

# KHAASBAAT

A PUBLICATION FOR INDIAN AMERICANS IN FLORIDA

AUGUST 2022

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**Florida communities celebrating the festive occasion include:**

By **NITISH S. RELE**

**TAMPA/ST. PETERSBURG/CLEARWATER**

After a two-year pandemic driven gap, FIA of Tampa Bay will celebrate India Independence Day ("Azadi Ka Amrit Mahotsav") in-person from 10 a.m. on Sunday, Aug. 14, at India Cultural Center, 5511 Lynn Road, Tampa. This year, FIA's youth leaders will plan and execute the event. Overseeing the festivities are FIA President Jigisha M. Desai and Event Chair Himatlal Parekh. See ad on page 21 for detailed information about the daylong activities.

**SOUTH FLORIDA (FORT LAUDERDALE, WEST PALM BEACH)** Palm Beach India Association will hold an India Independence Day show on Saturday, Aug. 13. The time, venue and other details were not available at press time. For information, email [events@gopbia.org](mailto:events@gopbia.org) or [www.gopbia.org](http://www.gopbia.org)

The Association of Indians in America (AIA) South Florida chapter will hold India Independence Day celebrations from 11:30 a.m. to 4 p.m. Sunday, Aug. 14, at the Broward Center for the Performing Arts, 201 S.W. Fifth Ave., Fort Lauderdale. Admission is free. On the agenda is cultural entertainment of music and dance, Indian food and fashion. For details, email [aia.sflorida@gmail.com](mailto:aia.sflorida@gmail.com)

**ORLANDO/CASSELBERRY/ALTAMONTE SPRINGS**

Hindu Society of Central Florida and New Age Group will celebrate India's Independence Day in advance on Sunday, Aug. 7, from noon to 1:30 to 5 p.m. in the community hall at 1994 Lake Drive, Casselberry. Admission is free with RSVP for paid 2022 members. Highlights include a talk by members on importance of Independence, games such as carrom, chess, cards; tea/coffee party with snacks. To RSVP, email [hscfnewagegroup@gmail.com](mailto:hscfnewagegroup@gmail.com)

*Continued on page 3*

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*Story, page 11*

# WHO'S WHO

Khaas Baat is a monthly publication that has been in circulation since August 2004. Issues are direct mailed to subscribers and also are available at South Asian grocery stores and restaurants. It presents exclusive, informative and relevant news about the Indian American community in Florida to its readers.

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# EVENTS

## EVENTS

FOR INDIA INDEPENDENCE DAY ACTIVITIES IN YOUR CITY, GO TO PAGES 1 & 3

### TAMPA/ST. PETERSBURG/CLEARWATER

**AUG. 9: HANUMAN CHALISA;** second Tuesday of month; Vishnu Mandir Tampa, 5803 Lynn Road; 7 to 9 p.m.; for information, call Deo Gajadhar at (813) 817-9724.

**AUG. 13: YATRA;** festival of Bharatanatyam/folk dances; presented by Rudram Dance Co.; USF School of Dance (Theater 1), 3839 USF Holly Drive, Tampa; 5 p.m.; for tickets and other information, email [Rudramdancecompany@gmail.com](mailto:Rudramdancecompany@gmail.com)

**AUG. 13: ZOOM WEBINAR ON COLLEGE READINESS;** presented by PEHCHAAN; 3 to 5 p.m.; panel discussion with college students about expectations and challenges of college life; professional counselor will guide and help understand situations students often face in college; topics include peer pressure, changing majors, isolation, etc.; link is: <https://us02web.zoom.us/j/87144039548>; RSVP at (813) 720-7115 or email [pehchaantampabay@gmail.com](mailto:pehchaantampabay@gmail.com)

**AUG. 17: ICC SENIORS GET-TOGETHER;** India Cultural Center, 5509 Lynn Road, Tampa; 11 a.m. to 3 p.m.; free seminar, lunch and entertainment; no age restriction; for information, text email address along with your name to Bhikhu Nayi at (631) 560-2718 to receive details about seniors gathering every month; or call Mahesh Modha at (813) 476-1540.

**AUG. 19: JAVED ALI IN CONCERT;** Ruth Eckerd Hall, 1111 McMullen Booth Road, Clearwater; 8 p.m.; tickets start at \$39; visit [www.rutheckerdhall.com/events](http://www.rutheckerdhall.com/events)

**AUG. 21: JANMASHTAMI CELEBRATIONS;** organized by International Society for Krishna Consciousness (ISKCON); Hindu Temple of Florida (hall on first floor), 5509 Lynn Road, Tampa; 3 to 8 p.m.; kirtan, kids contest, Shri Krishna katha, etc.; free but registration required; visit [www.iskcontampa.com](http://www.iskcontampa.com) or call (813) 523-5458.

**AUG. 27: ONAM CELEBRATIONS;** organized by Malayalee Association of Central Florida/Tampa (MACF); 11:30 a.m.; Sacred Heart Knanaya Catholic Community Center, 2620 Washington Road, Valrico; for information, call (813) 838-5462 or email [malayaleeassociationtampa@gmail.com](mailto:malayaleeassociationtampa@gmail.com)

### ORLANDO/CASSELBERRY

**AUG. 7: "BAIRA ONO BAHUBALI;"** Gujarati play presented by Gujarati Society of Central Florida;

6 p.m.; Olympia High School, 4301 S. Apopka Vineland Road, Orlando; for tickets and more information, visit [www.gujaratisocietycfl.com](http://www.gujaratisocietycfl.com)



**AUG. 8-12: "VIBHISHANA GEETA - WIN THE MIND, WIN THE WORLD;"** Swami Swaroopananda will speak; Kaivalya Hall, 1221 Chinmaya Way, Casselberry; 6:30 to 7:30 p.m.; for information, call (407) 963-6301 or visit [www.chinmayaorlando.org](http://www.chinmayaorlando.org)

**AUG. 14: AN AFTERNOON OF INDIAN MUSIC;** presented by Asian Cultural Association; Pandit Milind Raikar on violin accompanied by Rajesh Bhandari on tabla; Park Square Homes, 5200 Vineland Road, Orlando; 4 p.m.; \$25; for information, call (407) 333-3667.



**AUG. 19: GUJARATI COMEDY SHOW;** standup comedian Dr. Jagdish Trivedi; presented by Gujarati Society of Central Florida; Shri Lakshmi Narayan Mandir, 251 N. Klondike Ave., Orlando; 6 p.m.; free for society members; for information, call (609) 576-3312.



**AUG. 20: JAVED ALI IN CONCERT;** presented by Krish Patel; Olympia High School Performing Arts Center, 4301 S. Apopka Vineland Road, Orlando; tickets start at \$50; for information, call Krish at (407) 454-3334 or visit [www.bollywoodeventsfl.com](http://www.bollywoodeventsfl.com)

### TALLAHASSEE

**AUG. 11-14: HINDU TEMPLE OF TALLAHASSEE - GRAND OPENING;** Hindu Temple of Tallahassee (HTT), 2526 Chaires Cross Road; for information, visit <https://www.hindutempleoftallahassee.org/> or email [info@hindutempleoftallahassee.org](mailto:info@hindutempleoftallahassee.org)

### SOUTH FLORIDA (DAVIE)

**AUG. 28: RAKSHABANDHAN/BOWLING PARTY;** Sparez Bowling, 5325 S. University Drive, Davie; 3 to 5:30 p.m.; for information, call (954) 543-1539 or visit [www.irccflorida.com](http://www.irccflorida.com)

Disclaimer: Event details are subject to change. Please check with local organizers. Event submissions are free, e-mail information to [editor@khaasbaat.com](mailto:editor@khaasbaat.com) by the 20th.

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 Jahnvi Lekkhalapudi  
 Bharath Kumar Gali

Grandchildren  
 Nandini Gali  
 Shankar Gali

# SIGNIFICANT DATES

- AUG. 9: MUHARRAM**
- AUG. 11: RAKSHA BANDHAN**
- AUG. 16: PARSI NEW YEAR**
- AUG. 18: JANMASHTAMI**
- AUG. 24: PARYUSHAN (JAIN FESTIVAL) BEGINS**
- AUG. 31: GANESH CHATURTHI**

## INDIA INDEPENDENCE DAY CELEBRATIONS

*Continued from page 1*

### ORLANDO/CASSELBERRY/ALTAMONTE SPRINGS

Central Florida Indian Cultural Association will celebrate Independence Day from 2 to 9 p.m. on Saturday, Aug. 13, at Cranes Roost Park, Altamonte Springs. Programs include a parade, cultural dance and kids fancy dress. Entry is free. For information, call Prashant Saoji at (321) 460-0800.

**JACKSONVILLE** The Indian Cultural Society of Jacksonville will celebrate India's Independence Day from 3 p.m. onward on Saturday, Aug. 27, at Bolles Middle School, 2264 Bartram Road. Activities include cultural performances, dance, skits and group singing, flag hoisting, cultural showcase highlighting Indian states, and dinner. The dinner is free for ICS members and \$10 for non-members. For details and to RSVP, email [independenceday@jaxics.org](mailto:independenceday@jaxics.org) or visit [www.jaxics.org](http://www.jaxics.org)

**BARTOW/PLANT CITY/LAKELAND** The Bhartiya Samaj of Central Florida will celebrate Independence Day with a competition for kids from noon to 5 p.m. Sunday, Aug. 14, at Mary Holland Park, 2015 Shumate Drive, Bartow. For tickets and more information, call Vinoo Patel at (863) 293-0942 or visit [www.bscl.com](http://www.bscl.com)

**GAINESVILLE** India Cultural and Education Center (ICEC) Youth Group will celebrate India's Independence Day. However, at press time, the time, date and venue had yet to be determined. Visit [www.icec-florida.org](http://www.icec-florida.org) for any updates.

**MELBOURNE/COCOA (SPACE COAST)** India Association of the Space Coast will hold India Day on Aug. 20 from 4 p.m. onward at Melbourne Stadium, 625 E. Hibiscus Blvd., with a parade, entertainment and dinner. For information, email [iascbrevard@gmail.com](mailto:iascbrevard@gmail.com) or visit <https://myiasc.com/>

**TALLAHASSEE** India Association of Tallahassee (IATLH) will hold its annual Utsav/India Day this year. But at press time, time, date and venue were not available. For updates, visit [www.iatlh.org](http://www.iatlh.org)





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MONTHLY EVENTS	WEEKLY EVENTS
<p><b>THURSDAY, AUG 11 (06:30 PM to 8:00 PM)</b></p> <ul style="list-style-type: none"> <li>• PURNIMA SATYANARAYAN KATHA &amp; RAKSHABANDHAN</li> </ul> <p><b>WEDNESDAY, AUG 17 (6:30 PM to 8:30 PM)</b></p> <ul style="list-style-type: none"> <li>• SHRI VISHNU PURAN KATHA START</li> </ul> <p><b>THURSDAY, AUG 18 (7:30 PM to 9:30 PM)</b></p> <ul style="list-style-type: none"> <li>• SHRI VISHNU PURAN KATHA</li> </ul> <p><b>THURSDAY, AUG 18 (9:30 PM to 11:30 PM)</b></p> <ul style="list-style-type: none"> <li>• SHRI KRISHNA JANMASHTMI VRAT PUJA &amp; BHAJAN</li> </ul> <p><b>FRIDAY, AUG 19 (6:30 PM to 8:30 PM)</b></p> <ul style="list-style-type: none"> <li>• NAND MAHOTSAV</li> </ul> <p><b>SATURDAY, AUG 20 (6:30PM to 8:30 PM)</b></p> <ul style="list-style-type: none"> <li>• SHRI JAGNNATH / KRISHNA BAAL LEELA</li> </ul> <p><b>SUNDAY, AUG 21 (6:30 PM to 7:30 PM)</b></p> <ul style="list-style-type: none"> <li>• SHRI KRISHNA KATHA VISHRAM</li> </ul> <p><b>TUESDAY, AUG 30</b></p> <ul style="list-style-type: none"> <li>• SHRI GANESHOTSAV START (Welcome Ganesh Ji) (9:00 AM to 10 AM)</li> <li>• HARTALIKA TEEJ PUJA Morning (11:00 AM - 12:00 PM)</li> <li>• HARTALIKA TEEJ PUJA Evening (06:30 PM - 07:30 PM)</li> </ul> <p><b>WEDNESDAY, AUG 31 (6:00 PM to 7:00 PM)</b></p> <ul style="list-style-type: none"> <li>• PUJA EVERYDAY (6:30 PM to 8:00 PM)</li> </ul>	<p><b>EVERY MONDAY - 6:30 PM</b></p> <ul style="list-style-type: none"> <li>• SHIV ABHISHEK AND PUJA</li> <li>• SHRAVAN SOMVAR PUJA</li> </ul> <p><b>EVERY TUESDAY - 7:00 PM</b></p> <ul style="list-style-type: none"> <li>• SUNDARKAND</li> <li>• HANUMAM KATHA</li> </ul> <p><b>EVERY THURSDAY - 7:00 PM</b></p> <ul style="list-style-type: none"> <li>• SAI BABA SATSANG</li> <li>• MAHA PRASAD</li> </ul> <p>Pandit Manikya Sharma 813-484-9568</p> <p>Pandit Rushi Vyas 813-503-3388</p>

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**CANCER: WHAT IS THE ANSWER - PART IX CHALLENGES FACING CANCER SURVIVORS**

By **M.P. RAVINDRA NATHAN, M.D., FACC**



Now that you know most cancers are treatable and even curable, the general advice to cancer survivors is “prepare to live the rest of your life.” Many cancer centers have a ritual of celebration when a patient has finished their primary therapies and the cancer is controlled. However, the transition from the end of treatment to the next phase in life and future itself does present a few challenges.

The story of Tom, one of my patients, is noteworthy. At the age of 52, he presented with a little hip and thigh pain that turned out to be from “osteogenic sarcoma,” a serious type of bone cancer. After

extensive surgery followed by adjuvant therapy at Moffit Cancer Center and subsequent rehabilitation stretching over a few months, he came to my office in a wheelchair with a prosthetic leg. “I am cured of cancer now but I have to wear this long prosthetic leg for the rest of my life. My wife drove me here today,” he said. Over the next year, he learned to walk normally with his heavy prosthesis and even drive his car. In other words, he had fully adjusted to his new life as a cancer survivor. He reorganized his job too – from a travelling insurance salesman to an office-based manager, so he can settle down and work in one place

An essential prerequisite for a good, happy life after cancer is to take charge of all your affairs and bring a sense of control in life. You will do everything to lead a healthy life and not become obsessed with recurrence. According to Richard C Frank, M.D., a renowned cancer specialist and author, “The five major elements of preventing cancer and surviving the disease are to remember, ‘Survival is spelled LMNOP’.” Here is what it means.

- 1. L is for low fat diet:** As I have mentioned before, many diseases, including heart disease and cancer, tend to occur in those who consume a high-fat diet that often leads to obesity, a causative factor in cancer. Saturated fat in your diet, especially red meat, is one culprit.
- 2. M is for more fruits and vegetables.** They are a good source of vitamins like vitamin C and folates, minerals like potassium and a rich source of fiber that helps to maintain the health of your gut and prevent constipation. It also reduces the risk of bowel cancer.  
(M, in my lingo, is also for Meditation that can help lessen your, pain, anxiety, depression, fatigue and insomnia, all too common in cancer patients.)
- 3. N is for ‘No Smoking.’** You already know ‘tobacco abuse in any form’ is a leading cause of cancer and stopping this bad habit will reduce the incidence of cancer significantly. Smoking can cause cancer in any part of the body -- not only the lungs but other organs like throat, stomach, urinary bladder, etc. can also be affected.
- 4. O is for organizing your life:** Choose your oncologist and cancer center that you like and can relate to. Your oncologist will be your trusted adviser and help make important decisions. And chose a cancer center closer to home. If necessary, get a second opinion, especially if you have a complicated cancer, so you won’t have any cause for repentance. Prepare a living will and trust ahead of time. Organize a support system: you will need a few close friends and relatives to help you with your household chores, transportation, shopping, etc. Organize your finances so you don’t run out of money. And finally, learn time management skills – you need ample time for running around to doctor’s offices, hospitals and labs in addition to your personal needs.
- 5. P is for physical exercise.** Yes, you may be tired and drained after a session of chemotherapy or recent hospitalization but do what you can to keep the body moving. Simple walking is one of the best forms of exercise but you can do stationary bicycle, gentle swimming, etc. if you feel up to it. Ultimately, you need to learn to live with the cancer diagnosis, manage the recurrences without despair and keep a positive outlook in everything you do. Even if you don’t get a total cure, you can convert it into a chronic disease like coronary heart disease or chronic bronchitis that can be kept under control with medications. Consider each day is a gift and live to the fullest extent.

Ref: Richard C. Frank, MD: *Fighting Cancer with Knowledge and Hope* (Yale University Press) 2013.

*To be continued ...*

**M.P. Ravindra Nathan, M.D., is a cardiologist and Emeritus Editor of AAPI Journal. For further reading, “Second Chance - A Sister’s Act of Love” by Dr. Nathan from Outskirts Press, can be found at [www.amazon.com](http://www.amazon.com)**

# CLASSIFIEDS



**To list your classified ad (for sale, help wanted, services offered, matrimonials), call (813) 758-1786 or e-mail [editor@khaasbaat.com](mailto:editor@khaasbaat.com)**

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**HELP WANTED** Tampa restaurant is looking for servers, food runners and front host. Good pay. Call (972) 900-1526 or email [minervatampa@gmail.com](mailto:minervatampa@gmail.com)

**HELP WANTED** Front desk and housekeeper needed in local motel in St. Petersburg. Both are in day shift. Accommodation provided. Contact (727) 686-0807.

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## AMGEN INC. AND SHOOTING STARS FOUNDATION INSPIRE TAMPA BAY YOUTH TO PURSUE STEM CAREERS

*Story provided by Shooting Stars Foundation*

Amgen Inc. and Shooting Stars Foundation (SSF) partnered to host a SSF STEM Entrepreneurship Program July 18-22 at the Amgen Capability Center in Tampa.

This STEM Entrepreneurship Program served students in the greater Tampa Bay area, providing an opportunity to learn entrepreneurial, leadership and technology skills from industry professionals focusing on the biosciences, as well as exposure to functional areas such as finance, ideation, marketing, product design, Web development. The sessions were taught by Amgen staff who are experts in the field. The participants pitched their business

idea to professional judges, learnt about career choices, experienced corporate culture, and networked with peers and Amgen leaders. Twenty-four middle and high school students from 18 schools in Hillsborough, Pasco and Pinellas counties participated.



This initiative was led by Una Krisnan, Global Chair, AISN - Amgen Indian Sub-Continent Network, and Shalini Nemani, Tampa Chair, WE2 – Women Empowered to be Exceptional, employee resource groups within Amgen and sponsored by Haresh Patel, Amgen Tampa site lead, and Cassidy Johnson, Amgen Tampa Corporate Affairs lead. The program was coordinated by Rajan Sambandam from Lake Highland Prep School, Orlando, and Ishi Jain from Palm Harbor University High School IB Program, youth officers of SSF. A representative from Congresswoman Kathy Castor's office and Latha Narayannan, CEO, Shooting Stars, attended the closing ceremony.

Shooting Stars Foundation is a STEM education focused nonprofit organization, which provides volunteering opportunities for high school students in the United States to make an impact in their communities while learning leadership skills. SSF's mission is to educate, enable and empower communities to break the cycle of generational poverty through early STEM education.

One of the world's leading biotechnology companies, Amgen makes medicines to help patients with serious illnesses. It opened its door in Tampa Bay in 2017 and has over 1,000 employees at the Tampa location.

**For information on such events and to volunteer with Shooting Stars, visit <https://shooting-stars-foundation.org/volunteer/>**

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**BEWARE OF CON ARTISTS IMPERSONATING ICE OFFICERS**

By **DILIP PATEL**



As has happened in prior years, there has been an uptick of reports regarding individuals impersonating U.S. Immigration and Customs Enforcement (ICE) officers or staff tricking people into giving them personal information or money. The Tampa U.S. Citizenship and Immigration Services (USCIS) community relations office shares the following from the Federal Trade Commission. We have had several calls from clients in the local area, so we hope this will be useful to our readers.

If you got a call from ICE, you're not alone. (And, for the record, it wasn't them.) Scammers are pretending to be from ICE and USCIS. Like other government impersonators, they want to trick you into giving them your money or personal information.

Here's how the scam often goes: They call or email saying you've violated immigration law. Or that your identity information is wrong or out of date. Or that you owe fees or need to pay an immigration bond. They'll threaten to alert the police or to have you deported if you don't give them the information they want. And they'll tell you not to talk to anyone else about it — which means you can't double-check their story.

All of this can be unsettling. So, if you come across this scam, here are some things to know:

- **ICE and USCIS never call out of the blue and demand money.** So, if the caller wants you to pay a fee or share personal details like your date of birth or bank account numbers, hang up. It's a scam.
- **ICE and USCIS never accept payments using gift cards, cryptocurrency or wire transfers.** If someone asks you to pay this way, it's a scam. Always.
- **Don't trust caller ID.** Scammers can make their phone numbers look real even if they're not. Sometimes, they'll have you look up their number to confirm it's what's listed on the agency's website — even if it matches, it could be a trick.

- **Check with ICE or USCIS if you're unsure about whether a call or email is real.** Never call back phone numbers in caller ID or left in voicemails or emails. Instead, type the agency name into a search bar and click on their webpage to find contact information.

For more information on these types of scams, visit [ftc.gov/imposters](http://ftc.gov/imposters) And if you spot this, or any scam, report it to the FTC at [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov)

**GREEN CARD THROUGH REGISTRY – A NEW PROPOSAL**

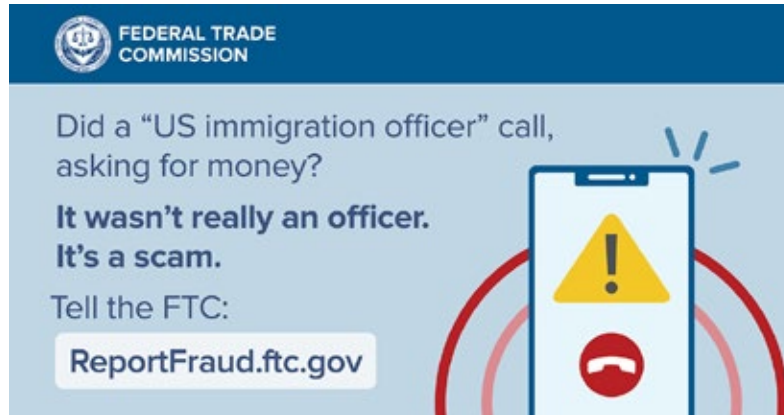
Registry is a section of immigration law that enables certain individuals who have been present in the United States since January 1, 1972, the ability to apply for a Green Card (permanent residence), even if they are currently in the United States unlawfully. All you have to show is that you entered the U.S. before Jan. 1, 1992 and have lived here continuously since then. You would also have to show that you have not been convicted of certain types of crimes, that you have resided in the U.S. continuously since you entered and have been a person of good moral character.

There are not many who qualify because of that date: Jan. 1, 1972. It is too far in the past. However, on July 20, 2022, a new bill was introduced in the House

of Representatives entitled "Renewing Immigration Provisions of the Immigration Act of 1929." This would update the registry provision by moving the eligibility cutoff date so that an applicant may qualify if they have been in the U.S. for at least seven years instead of since 1972.


If this becomes law, it would bring relief to millions of people in the U.S. without legal status. So, the question becomes, what are the chances of this proposal becoming law? Unfortunately, with the current political situation in Congress, the prospects are not good, but potential applicants can hope it leads to something eventually.

*Dilip Patel of Shutts & Bowen LLP, a Florida Bar board-certified expert on immigration law, can be reached at (813) 227-8178 or e-mail [dpatel@shutts.com](mailto:dpatel@shutts.com)*



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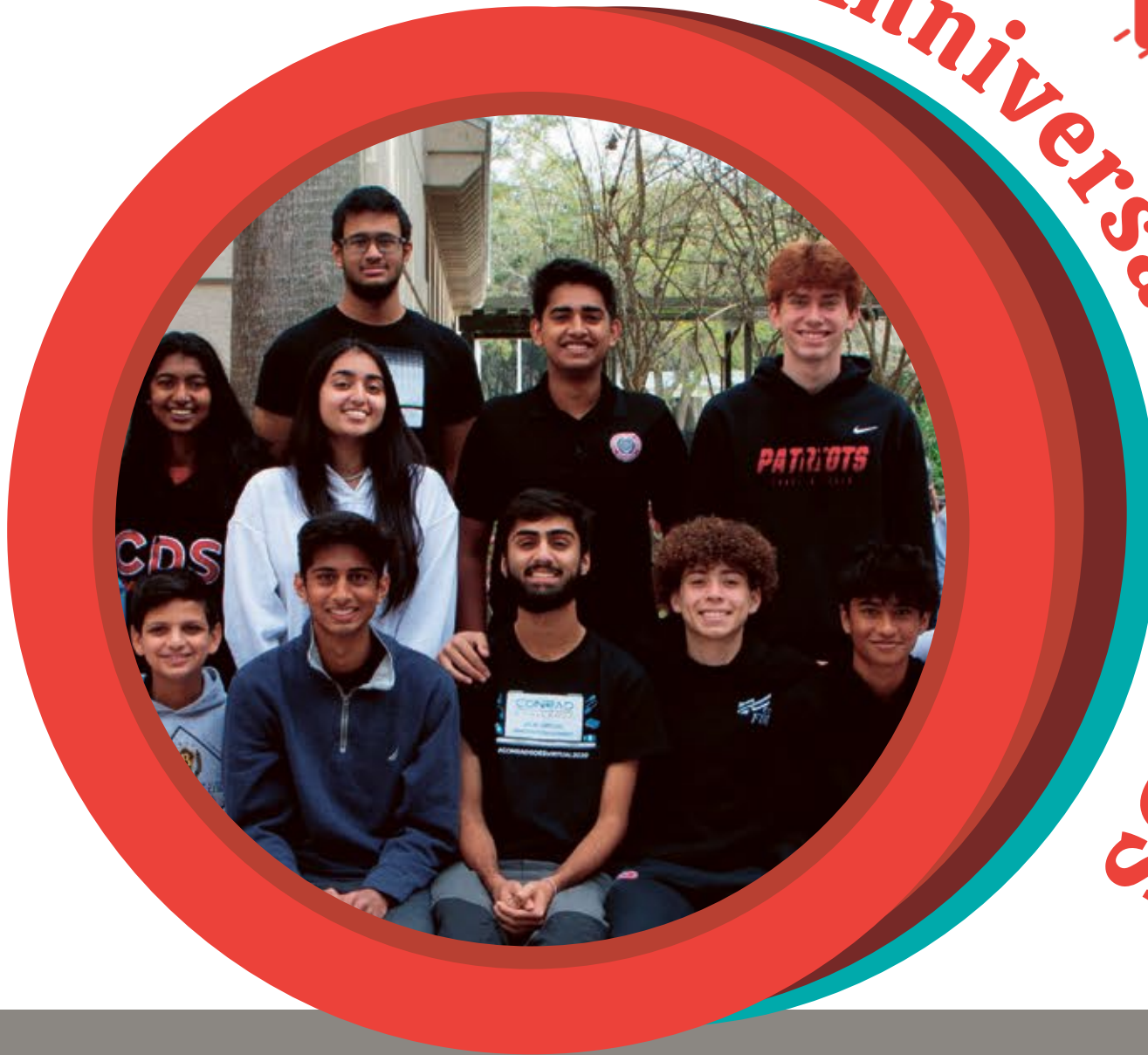
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## ARMADA PLATINUM BOASTS OFF-ROADING PROWESS

Test-drive stories by NITISH S. RELE [motoringtampabay@gmail.com](mailto:motoringtampabay@gmail.com)



**THE RIDE:** Four-door, up to eight-passenger full-size 2022 Nissan Armada Platinum 4WD SUV.

**DOWN THE ROAD:** Ensnconed on a heavy-duty, body-on-frame structure, the power in the Armada is abundant to propel the 6,000-pound-plus vehicle. The ride is quiet and graceful whether you are on the highway or testing the Armada's off-road talent.

**TECH & PERFORMANCE:** A 5.6-liter V-8 DOHC engine pumps out 400 horsepower at 5800 rpm and 413 pounds-feet of torque at 4000 rpm. It is mated to a smooth-shifting 7-speed auto gear box. Tow capacity? An astonishing 8,500 pounds. The four-wheel-drive system can be driven in auto, 2WD, 4Hi or 4Lo modes depending on road and weather conditions. Up front and in the rear is an independent double wishbone suspension with stabilizer bars and shock absorbers. The power-assisted, rack-and-pinion steering is accurate and direct. Stopping power is left up to the massive 13.8-inch front and rear vented disc brakes.

**LOOK & FEEL:** We test drove the top Platinum model with chrome accents on the bold and familiar Nissan grille, door handles, exterior mirrors and exhaust tip. Huge LED headlights and fog lamps stand out as you approach the SUV. The dark-painted, side-step rails come in handy for the little tykes for ingress and egress. Space is at a premium (make that Platinum!) in



the full-size Armada with storage areas in the center console, overhead console and doors. Want cargo space to haul plywood from the local home improvement store? Then fold flat the second-row seat. Or press a button and watch the 60/40 third-row seat fold flat to open up 95.4 cubic feet of space (that's with both second and third row seats down). Wood trim on the doors and the dashboard above the glove box conveys a tasteful appearance. Also notable are a leather-wrapped steering column and shifter knob, 12.3-inch touch infotainment display, 13-speaker Bose audio, dual auto a/c, 10-way power heated/cooled driver and eight-way passenger quilted leather seats, power

slide/tilt moon roof and liftgate and nine total cup/bottle holders!

**OUT THE DOOR:** \$68,300, plus tax, tag, delivery and destination charges.

**BY THE NUMBERS:** Tires, 275/50R22 all-season; wheelbase, 121.1 inches; length, 208.9 inches; fuel capacity, 26 gallons; city, 13 mpg; highway, 18 mpg; Web site: [www.nissanusa.com](http://www.nissanusa.com)

**WHY DIG IT:** Lots of room for passengers and cargo as well as commendable tow capacity backed by a robust engine. What's there not to like? If you looked past the fuel economy figures (we eked out just 14 mpg in combined driving), this full-size SUV should serve the needs of large households quite well.

## OVERHAULED 2022 INFINITI QX60 OOZES LAVISHNESS

**THE RIDE:** Four-door, six- or seven-passenger mid-size 2022 Infiniti QX60 AWD.

**DOWN THE ROAD:** After a hiatus in 2021, the QX60 is back, all redesigned but retaining its power train. Based on an all-steel frame, the power in the Infiniti is plenty to push the 4,655-pound plus vehicle. The luxurious ride is quiet and graceful whether you are on the highway or testing the Infiniti's off-road prowess.

**TECH & PERFORMANCE:** Under the hood sits a 3.5-liter V-6 engine putting out 295 horsepower @ 6400 rpm and 270 pounds-feet of torque @ 4800 rpm. It is now coupled with a 9-speed auto, replacing the previous continuous variable transmission. Tow capacity is creditable at 6,000 pounds. The four-wheel-drive system can be driven in auto, 2WD, 4Hi or 4Lo modes depending on road and weather conditions. Up front is a MacPherson strut and a multilink independent takes up the rear. The power-assisted, rack-and-pinion steering is accurate and direct. Depending on road/ weather conditions, driver has a choice of standard, eco, sport, personal and snow modes via the drive selector.

**LOOK & FEEL:** We test-drove the well-equipped Autograph trim, which is packed



with tech and luxury goodies. An even more pronounced hood meets the double-arch mesh grille surrounded by digital piano key LED headlights and daytime running lights. Also distinct are body-side moldings with chrome accents. A huge bin under the cargo hold will come in handy to hide personal belongings. Total passenger area is nearly 141 cubic feet. The InTouch infotainment system comes with a 12.3-inch touch screen atop the dashboard. Wood trim on the doors and the dashboard

above the glove box conveys a tasteful appearance. Standard are tri-zone auto a/c, eight-way power semi-aniline/quilted front heated/cooled seats, head-up display, removable center console, roof rails and power slide/tilt moon roof and rear lift gate, seven USB ports and a total 10 cup/bottle holders.

**OUT THE DOOR:** Based at \$63,250 (with options totals \$65,645), plus tax, tag, delivery and destination charges.

**BY THE NUMBERS:** Tires, 255/50R22; wheelbase, 114.2 inches; length, 198.2 inches;

Width, 66.9 inches; Height, 69.7 inches; fuel capacity, 18.5 gallons; city, 20 mpg; highway, 25 mpg; Web site: [www.infinitiusa.com](http://www.infinitiusa.com)

**WHY DIG IT:** Welcome back, QX60! You have been missed. Boasting a powerful engine backed by a sumptuous cabin, and impressive tow capacity, the midsize SUV is a winner in our eyes. And that would make it a champ amid tough rivals in the ring such as the Acura MDX and Audi Q7.





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THINGS THAT MATTER IN ADMISSIONS ... KINDA

By ROBERT LEVINE



After 37 years of being involved in college and graduate admissions, I cannot count the number of times I have answered a question with “It depends.” Here are some answers to the vexing questions we are asked on a daily basis.

**Do Rankings Matter?** Once in the while, rankings indicate something valuable. Most of the time, they indicate only that admissions is big business. For medium and large schools (most small colleges avoid being part of the rankings game), rankings usually indicate an effort by

a school to prove its worth to you, and the results are inconsistent. For example, U.S. News currently ranks the University of Washington as the 59th best college in America but the 7th best college in the world! How is that possible? Each ranking uses a different formula. So, when you look at rankings, realize you’re being marketed more than informed.

**Do Grades Matter?** How you did in school is the best indicator of how you will do in school. However, everybody knows that students like to play GPA games. Many take easy courses to get high grades. Many take dual enrollment and other non-traditional courses to “benefit” from higher weighting. These tricks are obvious to – and not favored by – admissions offices. In fact, top grades are not the single most significant factor used by highly selective schools.

**Does Academic Rigor Matter?** Colleges do not expect applicants to take all the most rigorous courses. In fact, the statistical difference between more and fewer AP courses is surprisingly small, and many top high schools limit the number of high level IB courses to three per semester. Students should challenge themselves in areas that are relevant to their interests and futures, but taking rigorous courses just for the sake of taking rigorous courses is not a winning strategy. Besides, taking a class is just absorption, not a pioneering intellectual effort.

**Do Standardized Test Scores Matter?** For the most selective schools, higher is better, but highest is not required. Stanford rejects an alarming number of perfect test scores in favor of students with other contributions. Even for medical school, where the MCAT seems to be the scariest thing this side of an apocalypse, we have seen students with lower test scores – in the 60th percentile – achieve great results because of other factors (including really good essays). And for undergraduate admissions in private colleges, “test optional” is likely here to stay.

**Does Direct Experience Matter?** If you’re applying to a graduate school, a U.K. university, or a specialized program, direct experience matters. Otherwise, while some experience in an academic or career direction is indicative of interest, “more” is not always the same as “better.”

**Does Leadership Matter?** A title may indicate popularity or seniority, but being president or captain but does not necessarily indicate world-class achievement. Don’t just be something; do something.

**Does Service Matter?** In a world where everyone is expected to perform some kind of service, the absence of service is a red flag. However, schools do not count service hours to differentiate between applicants. What matters to the applicant is what matters to the admissions office.

**Does Athletics Matter?** While it is true that “a strong body leads to a strong mind,” it is also true that alumni who were physically active during college donate money at a rate of three times more than the rest. You don’t have to be an Olympian but do something to indicate you are not limited to mental pursuits.

**Do Recommendation Letters Matter?** An average recommendation letter will lead to a below-average admissions result. Focus on your relationship with the recommender; it’s the caliber of the letter, not the caliber of the writer, that matters. Once there was a student who received a recommendation letter from the President of Georgetown ... but did not get in to Georgetown.

**Do Interviews Matter?** A great interview won’t get you admitted if the rest of your application isn’t impressive, but great interviews do help differentiate between those who are “in the running” at the final stages of the selection process.

**Does Being a Legacy Matter?** Schools give great attention to children of alumni, but some alumni are more important than others. If the parent has contributed to the school over the years – either with money or time and effort – then another long-term contribution by the applicant can be expected. However, if there hasn’t been much contribution ...

Any more questions?

*Robert Levine is the founder and CEO of University Consultants of America, an independent educational consultancy assisting students around the world with applications to colleges, universities and graduate schools. For more information, call University Consultants of America, Inc. at 1-800-465-5890 or visit [www.universitycoa.com](http://www.universitycoa.com)*

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By **NITISH S. RELE** and **SHEPHALI J. RELE**

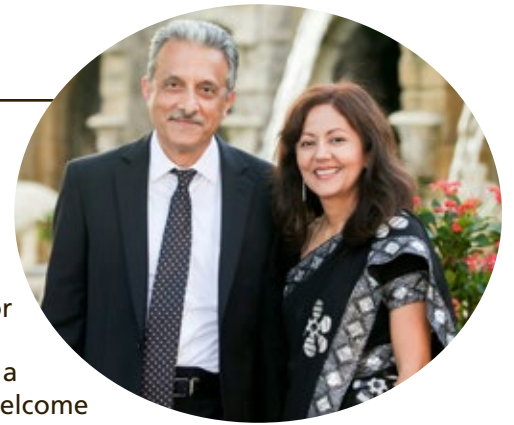
As Khaas Baat celebrates its 18-year anniversary this month, we thank our dedicated volunteer columnists for their valuable contributions, our savvy advertisers and well-wishers.

As we mentioned in the July issue, more than a third of newspapers in the United States have shut down in the last 15 years. Paper shortages and supply issues have hit community newspapers such as Khaas Baat the hardest but, despite all odds, we have continued to print on a monthly basis since the inaugural issue in August 2004. Things have been worse because of the pandemic, rising inflation and high gasoline prices. Once again, we urge everyone to support in our efforts.

If you pick up a copy from the grocery store/restaurant, consider subscribing for home delivery. And to business owners, we request you to promote your new endeavors to the community through our newspaper.

As activities are under way, we request community leaders and organizers to email event details to [editor@khaasbaat.com](mailto:editor@khaasbaat.com) by the 20th of the month for the following month's issue. Feel strongly about an issue? Send us a letter to the editor. We always welcome your story ideas and suggestions on how we can best serve our community.

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**AUGUST FORECAST**

By PANKAJ KOHLI



**ARIES / Mesha (Fire sign, ruling planet is Mars) - (March 21-April 20) Mars Sign – Stars covered Ashwini, Bharani, Krittika (1st Part)** Stay away from unnecessary anger; focus the mind on light activities. Resistance to enjoyment is eluding some happiness; emphasize on family, home and outdoor activities. Anger may lead to misunderstandings with co-workers, friends and family; avoid it. Despite all negatives, you endure and overcome any adversity.

**TAURUS / Vrushabha (Earthen sign, ruling planet is Venus) - (April 21-May 21) Venus Sign - Stars covered Krittika (last 3 parts), Rohini, Mrigashira (first 2 parts)** Planetary combination confers all material wealth, happiness, and money and sound finances. Natives will be happy, witty and light up the spirit wherever they go. However, you may have to work hard to keep up your income as certain planetary conditions may have an adverse effect on pay.

**GEMINI / Mithuna (Air sign, ruling planet is Mercury) - (May 22-June 21) Mercury Sign - Stars covered Mrigashira (last 2 parts), Ardra & Punarvasu (first 3 parts)** Majority of planets indicate happiness, welfare and material prosperity, increase and gains all over. However, some planets do have an adverse effect and few might face undesirable currents, misunderstandings, health issues, etc. Some may suffer from gout and rheumatism. Moderation in eating, drinking and driving is advised, plan well and do not gamble, speculate or take chances.

**CANCER / Kataka (Watery sign, ruling planet is Moon) - (June 22-July 22) Moon Sign – Stars covered Punarvasu (4th part), Pushya, Aslesha** Stay away from people you don't know well, your own reputation can be at stake. Some may get a chance to travel abroad; this may be beneficial in terms of monetary gains. Others may suffer from migraine. Your self-efforts can lead to extra income and earnings.

**LEO / Simha (Fire sign, ruling planet is Sun) - (July 23-Aug.22) Sun Sign – Stars covered Magha, Purva Phalguni, Uttara Phalguni (1st part)** Chance of earning additional income is quite high. However, money will not elude but do not waste wealth on unnecessary items. Beware of people who cause mental anxiety and undue tension.

**VIRGO / Kanya (Earthen sign, ruling planet is Mercury) (Aug. 23-Sept. 22) Mercury Sign – Stars covered Uttara Phalguni (last 3 parts), Hasta, Chitra (first 2 parts)** Despite possessing all virtues, feeling of insecurity may persist for no reason. Rich gains from business or trading cannot be ruled out for a few. You stand to gain through own efforts. Financial conditions could improve.

**LIBRA / Tula (Air sign, ruling planet is Venus) - (Sept. 23-Oct. 23) Venus Sign – Stars covered Chitra (last 2 parts), Swati, Vishakha (first 3 parts)** You stand to gain in all undertakings. This is a great time and opportunity, so do not lose it. Stay away from misunderstandings, bad name or loss of reputation. Take care of health issues, especially palpitation and minor heart ailments. Some may have a problem with superiors or co-workers.

**SCORPIO / Vruschika (Water sign, ruling planet is Mars) - (Oct. 24-Nov. 22) Mars Sign – Stars covered Vishakha (4th part), Anuradha, Jyestha** Planetary influences indicate ill health, mental, emotional disturbances and lack of mental happiness. Do not give in to anger or gamble. Your intelligence and truthful disposition will help you win difficult situations at home and on the business front.

**SAGITTARIUS / Dhanush (Fire sign, ruling planet is Jupiter) - (Nov. 23-Dec. 21) Jupiter Sign – Stars covered Moola, Purva Shada, Uttara Shada (first part)** You will enjoy conjugal bliss, pleasure, wealth, family happiness. Some may have more than one source of business undertaking and extra income. Avoid domestic arguments that may take a serious turn. Try and control your anger that can lead to unpleasant situation at home and work.

**CAPRICORN / Makara (Earthen sign, ruling planet is Saturn) - (Dec. 22-Jan. 20) Saturn Sign – Stars covered Uttara Shada (last 3 parts) Shravana, Dhanistha (first 2 parts)** Some may suffer from phlegmatic disorders, weak in constitution and indisposed in health. Do not be angry as this may cause trouble at home and work. There may be a problem with superiors or co-workers. Do not speculate or gamble as you might lose heavily. Blaming others for misdeeds and failures will not help; instead, take ownership of your actions.

**AQUARIUS / Kumbha (Air sign, ruling planet is Saturn) – (Jan. 21-Feb. 19) Saturn Sign - Stars covered: Dhanishta (last 2 parts) Satabhisha, Purva Bhadra Pada (1st 3 parts)** Expect good income from unknown channel; if you work hard, there is great income potential. Prepare well for any exam or else there is possibility of not clearing it. Do not worry for unknown reasons and keep away from legal proceedings.

**PISCES / Meena (Water sign, ruling planet is Jupiter) - (Feb. 20-March 20) Jupiter Sign - Stars covered: Purva Bhadra Pada (last part) Uttara Bhadra Pada, Revathi** There are gains from all sides – money, fame, reputation and happiness. Also, chances for a promotion or an elevation at place of work or in society. Expenses equal income! Think of ways to earn extra money. You earn respect from all and your biggest critics become your leading supporters.

*For detailed horoscope analysis and chart reading, courtesy Pankaj-Astro Jyotish, call Pankaj Kohli at (905) 910-1441 or e-mail Pathofastrology@gmail.com*

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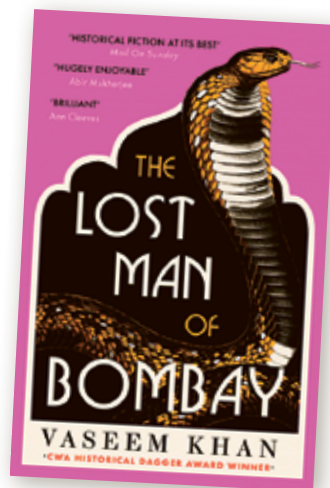
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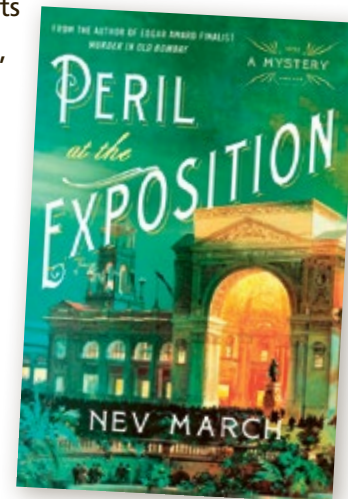
By Nitish Rele

**“The Lost Man of Bombay” (376 pages; \$26.99) by Vaseem Khan; published by Hodder & Stoughton (www.hodder.co.uk)** It all began with “Midnight at Malabar House,” followed by “The Dying Day” and now “The Lost Man of Bombay.” Detective Persis Wadia returns in Vaseem Khan’s latest, a historical crime series featuring India’s first female police inspector. This recent book is also set in 1950 Bombay though it starts with the body of a man found frozen in the Himalayan foothills near Dehra Dun. The mysterious death circumstances of “the Ice Man” circle back to Bombay as Inspector Wadia and Scotland

Yard criminalist Archie Blackfinch attempt to uncover a trail leading directly into the dark heart of conspiracy. If one death isn’t enough, an Italian industrialist, his Indian wife, and a German monk are murdered in Bombay, raising questions about Europeans being targeted by a serial killer. Making matters worse is Persis’ inept senior colleague, Hemant Oberoi, who rushes to arrest an innocent man and begins taking credit for solving the case. Detective Wadia takes off for Dehra Dun to pursue further leads. In the bazaar, “she discovered a primordial chaos, as frantic as a seaport: cries of chaiwallahs and fruit sellers mingled with the shrieks of langurs and the baying of stray dogs; young women spun silk parasols in their hands as they flirted with handsome soldiers from the academy ...” Other interesting characters are the inspector’s wheelchair-bound father Sam, who owns a bookshop, his old friend Dr. Shaukat Aziz, and Auntie Nessie who desperately wants her niece to tie the knot. Indeed, the book brings the Bombay of the 1950s, now Mumbai, back to life as the author notes, “The Bombay Secretariat, a four-hundred-foot-long building designed in the Venetian Gothic style, with a façade of arcaded verandas in Porbander stone and a tower as imposing as the top hat of an Englishman out on the town ...” or Elephanta Island: “a lonely stub of tide-tormented rock lying ten kilometres out in the city’s harbour, dominated by undulating hills covered in fragrant swathes of mango and tamarind trees ...” Like the initial books in the Malabar House series, “The Lost Man of Bombay” is a thrill ride that involves numerous twists, codes and puzzles. We cannot wait for the next in the Persis Wadia crime series from the very talented Vaseem Khan.



**“Peril at the Exposition” (344 pages; \$27.99) by Nev March; published by Minotaur Books (www.minotaurbooks.com)** On the heels of her debut “Murder in Old Bombay” comes another captivating mystery by Nev March. Captain Jim Agnihotri of mixed heritage (Indian and British perhaps) and his wife Diana Framji return, this time to their new home in Boston in 1893. “Our September strolls were filled with excitement – maples brilliant with orange and gold, hedgerows of crimson burning bush against low flint walls – woodlots bursting with color, stately homes, sidewalks lit by tall, yellow gaslights,” notes March. Jim, a detective for the Dupree Agency, is dispatched to Chicago to probe the murder of one of the agency’s investigators. For five weeks, there is no word from her husband. Restless and impatient, Diana takes off for the Midwest city. Amid the ruckus, Chicago is gearing up for the World’s Fair Columbian Exposition, a massive display of science and industry exhibits stretching for miles. Meanwhile, in the underbelly of the city docks, warehouses and taverns, Jim mingles with a plethora of characters that include union members, steel mill workers, immigrants and anarchists, who are hell bent on blowing up the fair. Jim, Diana and their loyal companions race against time to stop the armageddon from taking place. Though thousands of miles away, home is always on Diana’s mind. “Bright, sunny Bombay, where one must drench chattai mats over the windows to cool the breeze, where groves of banana trees crowded around dancing palms?” Making an appearance in the story, and fittingly well we must say, are Jamsetji N. Tata “a white-haired man wearing a tall, lacquered pagri hat and Parsi dugli coat”) and Swami Vivekananda (“An orange scarf around his heck, he wore a black coat over his white kurta and traditional plated dhoti trousers”). The author’s note explains that the World Fair did take place in Chicago and was attended by 29 million people, i.e. almost half of the population of the United States at that time! Like her first book, this is another enthralling tale of conspiracy, mystery, anguish, faith and murder. With two popular books under the belt, looks like the Captain Jim and Lady Diana Agnihotri Mysteries Series is here to stay.



**HINDI MOVIE PREVIEWS**

By SHEPHALI J. RELE

**“Darlings” Starring Alia Bhatt, Shefali Shah, Vijay Varma, Roshan Mathew; directed by Jasmeet K Reen; music by Vishal Bhardwaj.** This quirky thriller stars Alia Bhatt as Badru and Shefali Shah as her mother. Fighting against unique circumstances, they struggle to find their place in Mumbai. Vijay Varma plays Humza, Badru’s volatile husband. Badru hopes Humza will reform when he stops drinking but does a predator ever really change? When his rage eventually goes too far, she takes matters into



her own hands leading to some darkly comic situations. Expect power packed performances from the mother-daughter duo. “Darlings” is produced by Alia Bhatt (Eternal Sunshine) and Gauri Khan (Red Chillies Entertainment) and premieres Aug. 5 on Netflix.



**“Laal Singh Chaddha” Starring Aamir Khan, Kareena Kapoor Khan, Mona Singh, Naga Chaitanya; directed by Advait Chandan; music by Pritam.** This official remake of “Forrest Gump” was almost two



decades in the making. Atul Kulkarni wrote the adapted screenplay. Aamir Khan stars in the title role, Mona Singh plays his mother. She teaches her young son self-confidence and that he can accomplish anything without limits.

Kareena Kapoor Khan stars as Rupa, his love interest. Events of India’s history unfold through the eyes of Laal Singh. The makers describe it as “a simple man on an extraordinary journey.” Filmed in over 100 locations, including Chandigarh, Kolkata, Kerala, Jaisalmer, Goa, Srinagar and Ladakh, it features a soulful soundtrack.





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REMINISCING THOSE MOM FRIENDSHIPS OF THE PAST

By ANU VARMA PANCHAL



I was hard at work at my desk in my home office one day, vaguely conscious of the suburban afternoon outside. Somewhere, someone mowed their lawn. The occasional car drove by. Birds fluttered and chirped lazily in the heat. Focused on the clicking of my computer keyboard and the words taking shape on my screen, I felt rather than heard the tempo of the day shift. Our neighborhood elementary school had let out. Kids skipped and ran or biked down the sidewalk, parents calling out to them to slow down in between the “uh huhs” as they listened to them chatter about their day.

Two women paused outside my window. “It was so nice to meet you,” one exclaimed. “Yes!” the other responded, and I could hear the excitement in her voice. “We have to go home now, but we’ll hang out later.”

I knew that voice. It was the voice of a mother who had found, in the words of Anne of Green Gables, a kindred spirit.

I remember being that mom, scoping out playgrounds and classrooms for The One who could help you get through the hour pushing a kid on the swing or waiting in the Kumon waiting room (pre-Covid). The one you could partner with backstage at India Fest in the thick of costumes and makeup. The one with whom you would wrap silent auction baskets or chaperone field trips or decorate cafeterias for year-end parties and graduation bashes.

In the grips of small-child parenting, I became adept at sizing up a potential buddy, mentally assessing the compatibility of the child and the friendliness of the (usually) mother. Sometimes all you wanted was adult conversation; common interests or background were a bonus. Some relationships were

temporary, yet deep, like the “ballet friend” I had when my older daughter was about four. We started chatting one day before class, and soon we got into the habit of saving a spot for each other in the corridor or waiting room and hanging out. The two of us had deep, personal conversations about life and family when our daughters were in class, but we never took it beyond the studio; in fact, we didn’t even know each other’s names and never exchanged numbers. Perhaps it was the relative anonymity of the relationship that allowed us to confide in each other this way. And when the season ended, we went our separate ways, though I still think about her and wonder what her child is up to nowadays.

Relationships like these helped me stay sane when my daughters were very young by providing me with islands of adult interaction in a child-heavy world. While some such connections vanished after the situation ended, others lasted. One friend met another mom at Gymboree when they were both there with their first babies. They hit it off instantly, dropped out of Gymboree and now have six kids and 16 years of close-knit friendship between them.

When you find the ones that you click with, it’s such a joy. I’ve been fortunate enough that many mom friendships have continued even after our children have gone separate ways to different schools or acquired new interests. Some PTA moms with whom I spent hours in the trenches are among my closest friends, and we slip in and out of each other’s orbits even if we don’t meet as often as we used to. This decade or so of small-person parenting coincided with one of the largest influxes of new people into my circle, at least post-college days. It served the purpose of not just personal interaction, but of weaving me into the common fabric of our community and bestowing upon me the warmth of belonging.

Now that my children are older and I don’t have as much day-to-day involvement in their school lives, the opportunities to encounter their friends’ parents are fewer. The kids do their own thing socially. The older one either drives herself or is picked up by friends, and even the younger one hops out of the car with a backward wave. While the occasional new mom friend enters my orbit, I spend more time managing existing friendships than acquiring new ones.

Listening to those two women outside that afternoon, I wonder what it will be like for them. I wonder if they’ll spend hours in the playground or at the pool together, or volunteer together, or sip cocktails as they trick-or-treat around the neighborhood. I hope they enjoy their time together — whether it’s for an afternoon, a season, a few years — or forever.

Anu Varma Panchal is a mother of two and owner of [www.YourEditingSolutions.com](http://www.YourEditingSolutions.com)

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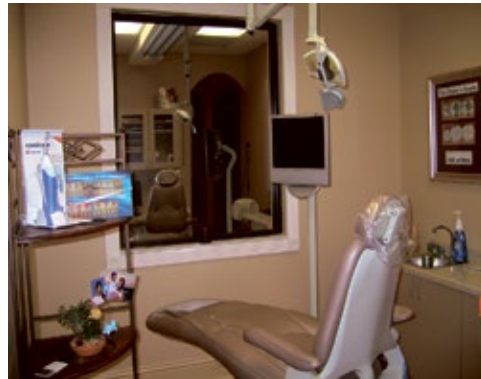
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**VERY NEARSIGHTED? THIN CORNEAS? DRY EYES? NO PROBLEM**

By DR. ARUN GULANI



The Food and Drug Administration has approved a new technology called EVO ICL to help patients with extreme nearsightedness, dry eyes and thin corneas to see without glasses and contact lenses.

Among the first in the world, I have been involved with ICL technology since early 1990s when it was designed by a Russian company. It caused a paradigm shift in eye surgery by helping people with extreme glasses prescriptions see without glasses/lenses. We had shared our experience with different varieties of

these Phakic implants (lens implants that are placed in the eye while you still have your natural crystalline lens) produced and invented in different parts of the world like the French "Domilens," Japanese

"Momose" Lens and Dutch "Worst" Lens.

The original Phakic implant underwent numerous advances over decades to become successful as the FDA approved, Vision ICL (Implantable Collamer Lens) for nearsighted patients who are not candidates for Lasik surgery. This technology did involve the need to make an opening in the patient's iris (laser or surgical) for safety and prevention of induced glaucoma. The recent FDA nod allows for this already successful ICL technology that does not need that uncomfortable procedure so patients can enjoy vision with least intrusion.

Like a miniature contact lens, it is surgically implanted into the eye to correct the nearsighted vision and even astigmatism and you won't feel it or need to maintain/clean once it is in the eye. The surgery is brief (minutes) and performed with just numbing drops and no stitches and permanently eliminates the need for patients to remove or replace lenses every day.

The material this ICL is made of is Collamer, which contains collagen that is biocompatible with the eye (and hence not rejected inside the eye) and provides exceptional quality of vision. That's because it is placed close to the nodal point of the eye's refractive system, which sometimes even provides vision better than patient's glasses or contact lenses.

As long as you are more than 21 years of age and stable in refraction and your natural lens is clear (not a cataract) and have had no history of diseases such as glaucoma, iritis or diabetic retinopathy or any severe anatomical dysfunction, you could be a candidate.

If you have the following conditions that prevent you from being a candidate for Lasik eye surgery, ICL technology is ideal for extreme and even normal nearsightedness:

High nearsightedness: Since there is a limit to how much tissue can be removed during Lasik surgery, the ICL safely corrects all the nearsightedness and even associated astigmatism.

Thin corneas: The front clear, viewfinder of your eyes that Lasik surgery is performed on is completely bypassed since the ICL technology is placed inside the eye.

Dry eyes: Since there is no cutting of a corneal layer or disturbance of the nasociliary nerves, the ICL is ideal for patients with dry eyes.

Besides the straightforward nearsighted cases, I have even combined ICL with Lasik surgery in extreme cases, and additionally, used it in certain Keratoconus cases as an off-label indication.

Though safety and efficacy of this technology has been documented by over a million cases outside of USA before FDA approval, there can be side effects in some cases like glaucoma, inflammation or residual astigmatism. These can be treated successfully and ICL even removed as a reversible option, if needed.

One more important factor to understand is that as you age and develop a cataract (previous Khaasbaat article), ICL technology can be easily taken out during cataract surgery. You can then proceed with premium lens implants in most cases to enjoy vision without glasses permanently.

Find out if you are candidate for the new EVO ICL technology and have a no-maintenance contact lens inside your eyes.

**Arun C. Gulani, M.D., M.S., is director and chief surgeon of Gulani Vision Institute in Jacksonville. He can be reached at [gulanivision@gulani.com](mailto:gulanivision@gulani.com) or visit [www.gulanivision.com](http://www.gulanivision.com)**

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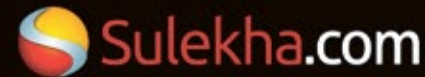
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## INSIDE CREATIVE VORTEX

By **BRINDA PAMULAPATI**



Artists seek inspiration for their paintings from a variety of sources, including immediate surroundings and imagination. Industrialized objects such as automobiles, high-rise buildings with hard edges, harsh lines, bold colors and sharp angles were a main inspiration for artists that were a part of the Vorticism movement. The movement was an artistic reaction resulting from the increase in progress that was being witnessed in their culture. The artists' works were highlighting the happenings of their own urban environment.

Vorticism was a short movement that lasted only for a few years, from 1914 to 1920, when World War I began and brought the movement to an end. Additionally, the undertaking was emerging in Britain during the same time as Futurism was gaining popularity in Italy. Both movements found inspiration in the simple shapes of the industrialized cityscape and depicted the dynamism, energy and movement of modern life.

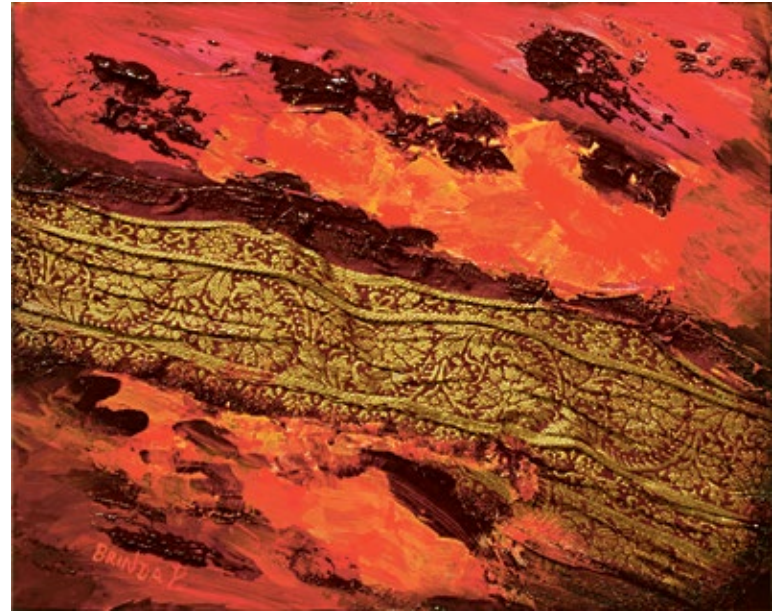
Vorticism was first founded by Wyndham Lewis, who focused on depicting the speed, movement, business and emotionlessness of urban life. He created complex geometrical figures that evoked both dynamism and stillness. Lewis was tired of what he saw as the pretensions of the British art world and sought to pave a way for work that better reflected the modern and ever-changing world.



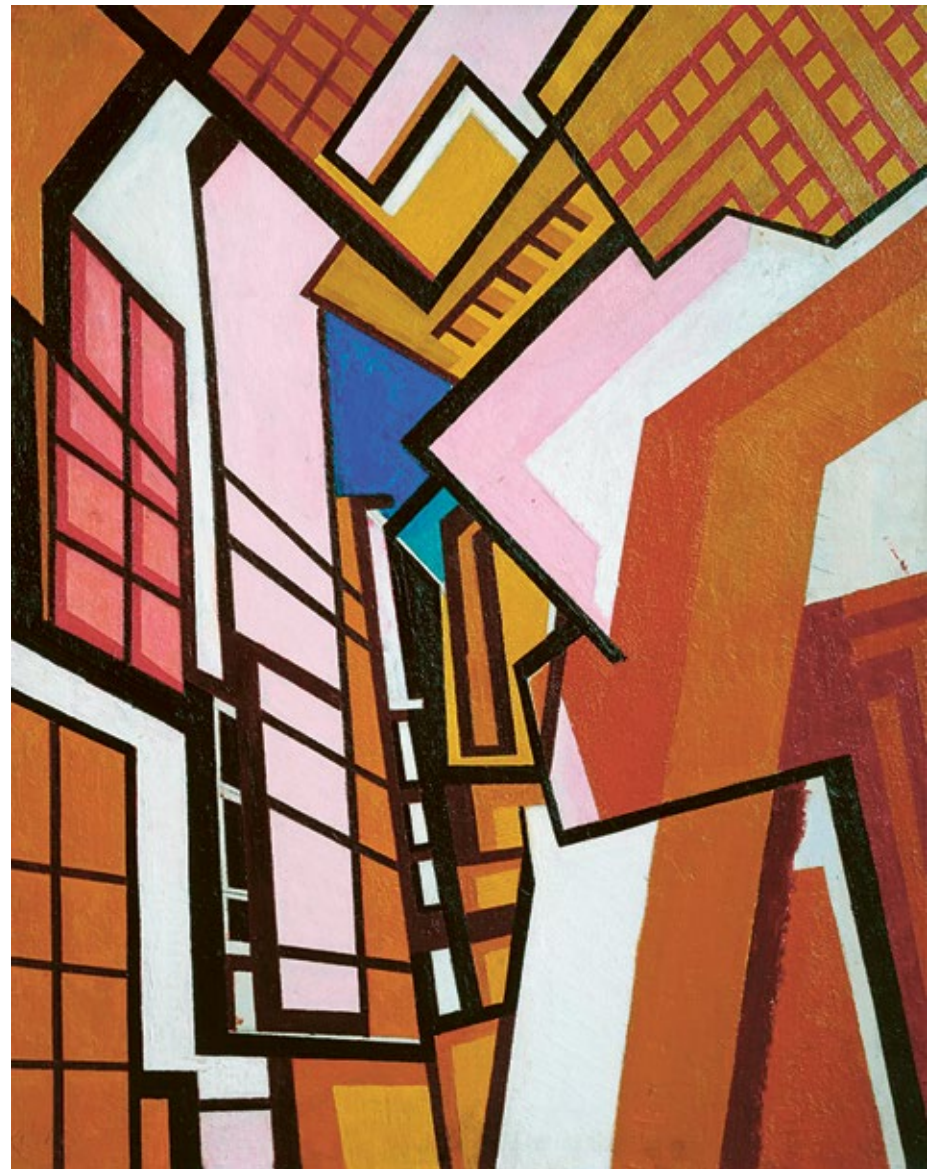
Crossing the Bridge by Brinda Pamulapati, 18 x 24 inches Acrylic on canvas

To me, Vorticism represents the energy of the artist after absorbing all the immediate visual scenes that we are presented with. This intake results in a passionate and creative blast of ideas filled with energy and movement that are translated onto the canvas. In my recent solo art exhibition, "Revitalization" at Venvi Art Gallery, my new abstract paintings were more inclined to this style of vorticism. Like the Vorticists' works, they convey dynamic shapes and scenes but instead of the urban environment, they emerge from my imagination and the vortex of desire and knowledge inside. This internal and external creative process has resulted in a series aimed at breadth ranging from mixed media using Indian saree in abstract style to energetic abstractions.

**Brinda Pamulapati, owner/managing director, of Venvi Art Gallery in Tallahassee, can be reached at (850) 322-0965 or visit [www.VenviArtGallery.com](http://www.VenviArtGallery.com)**



Saree Series Peach by Brinda Pamulapati, 8 x 10 inches Mixed Media-Saree and acrylic on clay board



Wyndham Lewis, Workshop c. 1914-15 Image courtesy of tate.org.uk

**HINDU TEMPLE OF TALLAHASSEE TO HOLD OPENING CELEBRATIONS AUG. 11-14**

*Story provided by organizers*

The Indian community of Tallahassee and its adjacent counties has grown rapidly over the last 10 years. Within this community, followers of Hinduism have always felt the need to have their own place of worship to practice



their rich and diverse religious traditions.

Religious ceremonies and festivals have been held at Leon County community

centers and school auditoriums. However, the community longed for its own permanent temple that would host numerous deities as well as a priest who would perform daily rituals and major Hindu festivals.

Thanks to the diligent and consistent efforts of many individuals and families involved in making this vision a reality, the Hindu Temple



of Tallahassee (HTT) is slated for grand opening celebrations Aug.11-14. A series of worship and prayer sessions along with cultural programs is planned. In addition, there will be a 'Prana Prathista' (ceremony by which a deity is consecrated in a Hindu temple) of all Utsav murtis (deities) along with food offerings.

*For details, visit <https://sites.google.com/hindutempleoftallahassee.org/htttempleopening2022/home>*

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 Ramnarayanan Mani  
 Abhay Vaswani  
 Gayathri Ramaka  
 Sunitha Saravanan  
 Vidya Takkalaki  
 Ramesh Pusala  
 Arpana Ghosh

**Cultural Program Youth Committee**  
 FIA\_TPA\_Cultural@googlegroups.com

**Voice of FIA**  
 Entry Due Date - 08/05/2022

**Cooking Competition**  
 9:00 am - 11:30 pm  
 Meghna Ramaswamy  
 Jyoshni Ram  
 FIA\_TPA\_Cooking@  
 googlegroups.com

**Voice of FIA Music Contest**  
 Preliminary round  
 10:00 am - 2:00 pm  
 On Saturday 08/06/2022  
 @ Ayappa Temple Hall  
 Manasa Jaishankar  
 Sahana Saravanan  
 FIA\_TPA\_VoiceofFIA@  
 googlegroups.com

**Rangoli Competition**  
 9:00 am - 12:00 pm  
 Wamikka Duzianthan  
 Karthik Prabhu  
 FIA\_TPA\_Rangoli@  
 googlegroups.com

**Let's give back to the community**  
**Blood Donation Drive**  
 1:00 pm - 6:00 pm  
 All blood donors will receive a light snack & wellness check up including BP, temperature, pulse, hemoglobin & cholesterol screenings  
 Sriharshith Pusala  
 FIA\_TPA\_Wellness@  
 googlegroups.com

**Theme Exhibits by Member Organizations**  
 10:00 am - 6:00 pm  
 FIA\_TPA\_Sports@  
 googlegroups.com

**All other competitions**  
 Entry Due Date - 08/07/2022

**FIA Youth Recognition**  
**Class of 2022**  
**Outstanding High School Graduates**  
**Application Due Date**  
 08/07/2022  
 Sampath Narayanan  
 fiayouthtampa@  
 gmail.com

**GAS-SIPPER NISSAN SENTRA IS AN INEXPENSIVE, ENJOYABLE CAR**



Test-drive stories by NITISH S. RELE [motoringtampabay@gmail.com](mailto:motoringtampabay@gmail.com)

Redesigned two years ago, the 2022 Nissan Sentra continues to be an alluring ride. It can be even more if you opt for the brand-new Midnight Edition package, which comes with lovely black exterior trim and black 18-inch aluminum-alloy wheels. The powertrain maintains its status quo, which means the small sedan boasts a spirited, great-to-drive attitude, with speedy acceleration and nimble handling/balance.

A 2.0-liter direct-injection inline-4 cylinder engine puts out 149 horsepower @ 6400 rpm and 146 pounds-feet of torque @ 4400 rpm. Our test drive was mated to a fairly silent continuous variable transmission. An up front strut suspension and a rear multilink system soak obstacles with skill and self-assurance. Providing positive on-center response is an electric power steering. Want to save on gas as fuel prices go up the roof? Turn on the green eco button to the left of the steering wheel. Boomerang-shaped reflector LED headlights flank the dark chrome V-motion grille to portray a forceful look. Boosting the appearance further are lower body side sill extensions, black-painted outside mirrors, and a rear spoiler and chrome tip. The practical cabin is plentiful with creature comforts such as dual auto a/c, flat-bottomed and tilt/telescopic steering column, 60/40 split fold rear seat, leather steering wheel and shifter, power-slide

**SENTRA (SR)**  
**Tires:** 215/45R18  
**Wheelbase:** 106.6 inches  
**Length:** 182.7 inches  
**Width:** 71.5 inches  
**Height:** 57 inches  
**Weight:** 3,084 pounds  
**Fuel capacity:** 12.4 gallons  
**City:** 28 mpg  
**Highway:** 37 mpg  
**Base price:** \$22,100  
**Price as tested:** \$27,615  
**Web site:** [www.nissanusa.com](http://www.nissanusa.com)



moon roof, overhead sunglass holder, Apple CarPlay and Android Auto and six-speaker audio. The 7-inch Advanced Drive-Assist, located between tachometer and speedometer, displays vital info. Trunk space is an admirable 14.3 cubic feet. We recommend opting for the SR Premium Package, which will fetch you such wonderful features as thin projector LED headlights, power sliding glass moonroof with tilt feature, heated steering wheel and front seats, six-way power driver's seat with two-way power lumbar, 8-speaker Bose premium audio, among others.

Dual front and side airbags, side airbag curtain for both rows, front knee airbags, vehicle dynamic and traction control systems, four-

wheel antilock brakes with electronic brake distribution and brake assist, blind spot and lane departure warnings, rear-cross traffic alert, auto emergency brake with pedestrian detection, tire pressure monitoring system, three-point front seat belts with pretensioners, rearview camera and daytime running lights are standard.

Slotted between the smaller Versa and the Altima sedan, the reasonably priced and fuel-efficient Sentra responds with agility and grip in all driving conditions. First-time owners, please put this pleasant and energetic car at the top of your list to test drive. You won't be disappointed.

**REDESIGN MAKES 2022 OUTLANDER AN IRRESISTIBLE RIDE!**

That Outlander you may have driven or heard about in the past, toss it all out. The all-new, fourth-gen Mitsubishi compact SUV has been reborn with a fresh power train, extended fascia and an almost luxury-like cabin. Essentially, it is now taller, longer, wider opening up more legroom space for rear-seat passengers. And make that a seven-seater with a third row!

Sharing a chassis and power train with its corporate cousin Nissan Rogue, the 2022 Outlander is equipped with a 2.5-liter, inline-4 cylinder engine that puts out 181 horsepower @ 6000 rpm and 181 pounds-feet of torque @ 3600 rpm. However, the slightly noisy continuous variable transmission continues as is to our detriment. Our test vehicle had the Super All-Wheel Control (S-AWC), so it would be more than a relief if it were taken off the beaten path such as gravel, mud and even snow if you drive up north this winter. A MacPherson strut front and multilink rear suspension handles uneven bumps on the road with confidence. The electric power steering conveys an immediate and communicative feel. No doubt, the Outlander sports a fresh look with horizontal LED headlights and fog lamps, flanking what the Japanese carmaker terms

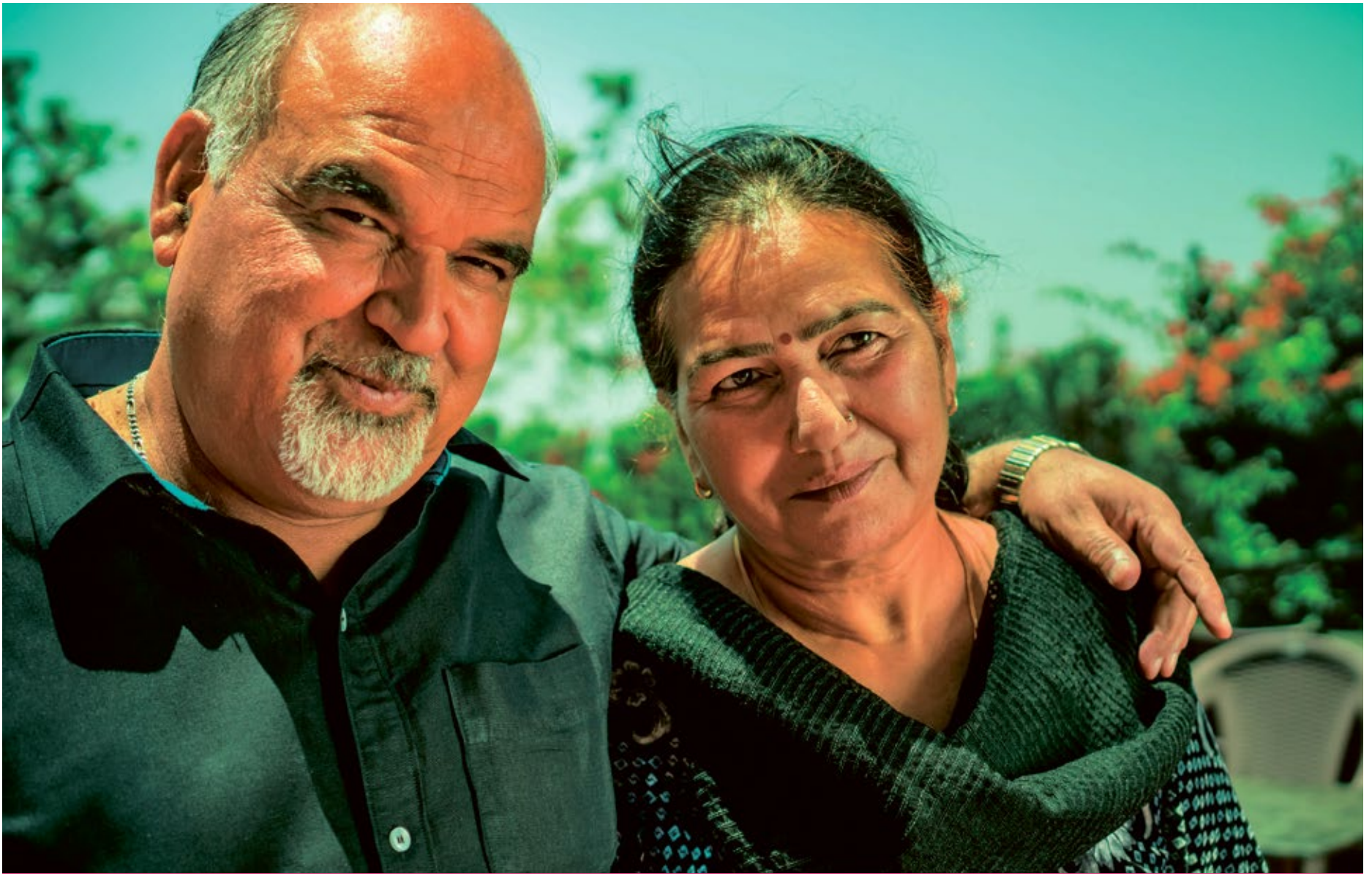


**OUTLANDER SEL**  
**Tires:** 255/45R20  
**Wheelbase:** 106.5 inches  
**Length:** 185 inches  
**Width:** 74.7 inches  
**Height:** 68.8 inches  
**Weight:** 3,803 pounds  
**Fuel capacity:** 14.5 gallons  
**City:** 24 mpg  
**Highway:** 30 mpg  
**Base price:** \$33,745  
**Price as tested:** \$38,590  
**Web site:** [www.mitsubishicars.com](http://www.mitsubishicars.com)

a "dynamic shield" grille with the familiar Mitsubishi emblem. The rear too shows off a horizontal-themed T-shaped tailgate. The cabin is now even roomier with plentiful head and leg room for second-row seat passengers. Space in the third row, found only in another small SUV, the VW Tiguan, is miniscule. The analog instrument cluster of speedometer and tachometer with silver accents hosts digital fuel and temperature gauges. Several comforts are offered such as tri-zone auto a/c, thick-rimmed leather tilt/telescopic steering wheel, eight-

way driver and four-way power and heated front-passenger seats, 9-inch infotainment touchscreen display, panoramic sunroof, power liftgate, 12.3-inch digital display and power windows.

Though deficient in power, the four-cylinder and brand-new Outlander is a tempting proposition. After all, it makes up for the deficit with considerable cargo and passenger space, decent fuel mileage (our mixed driving average was around 26.8 mpg) and a price that isn't astronomical, so to speak.



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