

KHAASBAAT

A PUBLICATION FOR INDIAN AMERICANS IN FLORIDA

MARCH 2022

WWW.KHAASBAAT.COM

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813-758-1786

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HERE ARE A FEW OF THE COMMUNITIES CELEBRATING THE FESTIVAL OF COLORS IN FLORIDA

email info@gujaratisocietycfl.com or visit www.gujaratisocietycfl.com

TAMPA/CLEARWATER/PINELLAS PARK

MARCH 20: HOLI; organized by Gujarati Samaj of Tampa Bay; 11 a.m. to 4 p.m.; Florida State Fairgrounds, 4800 U.S. 301 N., Tampa; free for members; non-members \$20/person; lunch; natural colors available for purchase; nominal parking fee; for information, call Keval Brahmabhatt at (813) 494-2700 or Mukesh Patel at (727) 505-4636.

ORLANDO/CASSELBERRY

MARCH 20: DHULETI CELEBRATIONS; organized by Gujarati Society of Central Florida; 10 a.m. to 4 p.m. at Turkey Lake Park, 3401 S. Hiawassee Road, Orlando; free for society members; \$35 for non-members; for information, call (863) 651-4418,

JACKSONVILLE

MARCH 19: HOLI FESTIVAL; presented by Indian Cultural Society of Jacksonville and Hindu Society of North East Florida; 11 a.m. to 2 p.m.; free to public; Hindu Temple of Jacksonville, 4968 Greenland Road; free colors provided for ICS members; for information, visit <https://jaxics.org/>

SOUTH FLORIDA

MARCH 20: HOLI CELEBRATION; organized by Indian Religious and Cultural Center (IRCC); venue to be determined; 11 a.m. to 4 p.m.; \$20 per person IRCC members, non-IRCC members \$30; for details, call Durgesh Thaker at (954) 543-1539 or visit www.irccflorida.org

Continued on page 2

NORTH SOUTH TO HOLD ONLINE CONTESTS IN ORLANDO, FORT LAUDERDALE, TAMPA, JACKSONVILLE

North South Foundation (www.northsouth.org) will be holding its online educational contests for Orlando, Fort Lauderdale, Tampa and Jacksonville in April. Taking place in the United States since 1993, the contests are designed to encourage academic excellence among Indian American students and prepare them for college.

The contests are grouped into Junior, Intermediate or Senior levels for children from first- through 12th grade. Conducted every year in two steps, children participate in Regional Contests at various locations throughout the country. Then students with high scores, based on a cut-off, advance to the National Finals. Computer science, spelling, essay, math, vocabulary, history, geography and public speaking contests are offered. Registration closes on March 20 and details are available on the web site.

ORLANDO: The contests will be held April 2, 9-10. For information, call Ramya Nagraj at (207) 409-2650 or email ramya567@gmail.com



TAMPA BAY: The contests, sponsored by Gurukulam of Tampa Bay Sunday School, will be April 2, 9-10.

For information, call Ramesh Vasudevan at (813) 417-5799 or email ramesh.vasudevan@northsouth.org

FORT LAUDERDALE: The Fort Lauderdale contests will be held April 2, 9-10. For information, call Malathi Yeedara at (954) 918-3903 or email malathiyeedara@gmail.com

JACKSONVILLE: They will be on April 2, 30 and May 1. For more information, call Rajiv Gupta at (904) 349-3179 or e-mail gupta_rajiv_jpr@hotmail.com

Day 1 contests are Computer Science and Essay Writing. The Day 2 contests include Math, Science, Geography Bee, History Bee and Brain Bee. The Day 3 contest includes Vocabulary Bee, Public Speaking Bee and Spelling Bee.

Parents who are interested in registering their children can visit northsouth.org. For questions, e-mail ramesh.vasudevan@northsouth.org

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GURU RANDHAWA AND KANIKA KAPOOR WILL PERFORM APRIL 2 IN ORLANDO.

See EVENTS, page 2

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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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KHAASBAAT

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EVENTS

TAMPA/CLEARWATER/PINELLAS PARK

MARCH 1: MAHA SHIVRATRI; open all day for the festival; Ambaji Mandir, 10991 58th St., Pinellas Park; call the mandir at (727) 388-6685 or visit www.ambajimandir.com

MARCH 1: MAHA SHIVRATRI; open all day for the festival; Laxmi Narayan Mandir, 4615 George Road, Tampa; for information, call (813) 444-9786 or visit www.hindutemplettampa.com

MARCH 19: SUMMER PICNIC; organized by SOIKOT (Bengali Association of Greater Tampa Bay); 11 a.m. to 5:30 p.m.; Fort DeSoto Park, shelter #15, 3500 Pinellas Bayway S., St. Petersburg; \$25 for family; for details, email soikotflorida@gmail.com or visit www.soikot.org

ORLANDO/CASSELBERRY

MARCH 4: "LAUNCHING FARTHER: A DISCUSSION ON INDIA'S SPACE POLICY"; virtual webinar; presented by the University of Central Florida India Center; 10 to 11 a.m.; speaker Dr. Rajeswari Rajagopalan with moderator Brendan Byrne; open to public; register at ucf.qualtrics.com/jfe/form/SV_55AsIH1iogDgXxY

MARCH 5: CONSULAR SERVICES CAMP; 10 a.m. to 5 p.m.; Sikh Society of Central Florida, 2527 W. State Road 426, Oviedo; services include guidance on passport renewal and new OCI applications, guidance on visa for India, etc.; for information, call Amit Pal Singh at (407) 409-2496.

MARCH 6: 17th ANNIVERSARY OF HSCF NEW AGE GROUP; 4 to 7 p.m.; HSCF community hall, 1994 Lake Drive, Casselberry; entertainment, snacks and dinner; \$5 for 2022 paid members with prior RSVP to hscfnewagegroup@gmail.com; for information, call Madan Arora at (407) 971-9259.

MARCH 25: FILM SCREENING; free "Writing with fire" movie screening and panel discussion of Academy Award-nominated documentary; 6 p.m.; Downtown UCF Communication and Media Building, Room 127, Orlando; RSVP required: https://ucf.qualtrics.com/jfe/form/SV_eg6d5ny6AxdO43Y

APRIL 2: MUSICAL CONCERT; Guru Randhawa and Kanika Kapoor; special guest Iulia Vantur; presented by Krish Patel; 8 p.m.; Orange County Convention Center, 9800 International Drive, Orlando; for tickets and sponsorship, call Patel at (407) 454-3334 or visit www.bollywoodeventsfl.com for online purchase.



MELBOURNE

MARCH 5-6: INDIAFEST; organized by Manav Mandir; Wickham Park, 2500 Parkway Drive, Melbourne; cultural and fashion shows, henna, arts and crafts, Indian cooking demo, food, raffle drawings, etc.; 10 a.m. to 6 p.m. on Saturday and 10 a.m. to 5 p.m. Sunday; \$7 for adults, \$3 for children ages 12 and under and kids younger than 5 years are free; for details, call Yasmin Majeed at (321) 720-8590, e-mail info@indiafestbrevard.org or visit www.indiafestbrevard.org

GAINESVILLE

APRIL 2: INDIA FEST; presented by the India Cultural & Education Center; Bo Diddley Plaza, 111 E. University Ave., Gainesville; 11 a.m. to 5 p.m.; Indian food, music/dance, fashion, jewelry; for information, email Indiafest@icec-florida.org or visit www.icec-florida.org/

SOUTH FLORIDA (DAVIE)

MARCH 6: MELODIOUS SOUND OF SANTOOR AND TABLA; presented by Association of Performing Arts India; Pandit Nandkishore Muley on santoor and Rajesh Bhandari on tabla; 5 to 8 p.m.; Palace Indian Restaurant, 11422 West State Road 84, Davie; \$50 per person includes dinner after the concert; seating limited to 40 people; to buy tickets, visit www.apaiart.com
Disclaimer: Event details are subject to change. Please check with local organizers. Event submissions are free, e-mail information to editor@khaasbaat.com by the 20th.

FESTIVAL OF COLORS IN FLORIDA Cont'd from page 1

SPACE COAST (COCOA)

MARCH 22: HOLI; organized by the India Association of the Space Coast (IASC); F. Burton Smith Regional Park, 7575 W. King St. (Highway 520), Cocoa; 11 a.m. to 6 p.m.; for information, call (321) 271-7072, email iascbrevard@gmail.com

NAPLES/BONITA SPRINGS

MARCH 19: HOLI; organized by India Association of Naples; Vineyards Community Park, Pavilion#1, 6231 Arbor Blvd., W. Naples; 2 to 6 p.m.; Holi colors, snacks and drinks will be provided by association; free for all; for information, email naplesindia@gmail.com

TAMPA/CLEARWATER/PINELLAS PARK

MARCH 17: HOLI; Satya Narayan katha from 5:30 to 6:45 p.m., Holi Ka Dahan from 6:50 to 7:15 p.m., and mahaprasad after aarti; Ambaji Mandir, 10991 58th St., Pinellas Park; call the mandir at (727) 388-6685 or visit www.ambajimandir.com

MARCH 17: HOLI; Satya Narayan katha from 5:30 to 6:30 p.m., Holi Ka Dahan from 6:50 to 7:15 p.m., and mahaprasad after aarti; Laxmi Narayan Mandir, 4615 George Road, Tampa; for information, call (813) 444-9786 or visit www.hindutemplettampa.com

BARTOW/LAKELAND

MARCH 17: HOLI RANG UTSAV; Shree Swaminarayan Hindu Temple (ISSO), 2793 New Tampa Highway, Lakeland; 5 to 8 p.m.; for information, call (863) 529-1146 or visit www.issolakeland.org

MARCH 1: MAHA SHIVRATRI
MARCH 18: HOLI
MARCH 21: NAVROZE (PARSI NEW YEAR)



GAINESVILLE TO HOLD INDIA FEST APRIL 2

Presented by the India Cultural & Education Center, the India Fest will be held on Saturday, April 2 from 11 a.m. to 5 p.m. at Bo Diddley Plaza, 111 E. University Ave., Gainesville. There will be Indian food, music/dance, fashion, jewelry, etc. For information, email indiafest@icec-florida.org or visit www.icec-florida.org

CLASSIFIEDS

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

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

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MONTHLY EVENTS	WEEKLY EVENTS
SUNDAY, MARCH 6 (5:00 PM) • SAI JHULAY LAAL BHAJAN THURSDAY, MARCH 17 (6:00 PM to 8:00 PM) • HOLIKA DAHAN • PURNIMA SATYNARAYAN KATHA FRIDAY, MARCH 18 (6:30 PM to 8:00 PM) • DOLA PURNIMA JAGANNATH BHAJAN SATURDAY, MARCH 19 (6:00 PM to 8:00 PM) • HOLI CELEBRATION • BHAJAN PROGRAM	EVERY MONDAY - 6:30 PM • SHIV ABHISHEK AND PUJA • SHRAVAN SOMVAR PUJA EVERY TUESDAY - 7:00 PM • SUNDARKAND • HANUMAM KATHA EVERY THURSDAY - 7:00 PM • SAI BABA SATSANG • MAHA PRASAD Pandit Manikya Sharma 813-484-9568 Pandit Rushi Vyas 813-503-3388
SAVE THE DATE APRIL 1 to APRIL 10 • CHITRANAVRATRI APRIL 2 • MATA DA JAGRATA APRIL 6 to APRIL 10 • NEW TEMPLE ANNIVERSARY (Big Celebration)	
IMPORTANT - Puja services have been resumed with guidelines. - Please follow CDC guidelines when visiting temple. - For private puja at Temple or at your place, please contact Temple or Pandit Ji.	



CANCER – WHAT’S THE ANSWER? PART IV: EARLY DETECTION IS KEY

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



The good news is President Biden has renewed his pledge to end cancer as we know it. He said recently, “We will bring a fierce sense of urgency to the fight against cancer,” a welcome revival of the ‘moon shot’ – an initiative, first launched in 2016 when Biden was vice president. This aims to accelerate the progress of cancer research in the U.S. that includes early detection, proper screening and state-of-the-art therapy. To detect every cancer as early as possible, one needs to know its symptoms that you cannot afford to neglect. First, let me give you some real-life stories.

A 56-year-old woman began experiencing back pain, which she initially thought was job-related, being a secretary with a desk job and constantly crouched in front of the computer. Since Tylenol and back exercises didn’t help, she saw her family doctor who took a spine X-ray that already showed tell-tale signs of bone metastasis from a primary kidney tumor! An oncologist told me that he was saddened to see a middle-aged lady with advanced breast cancer in his clinic recently. “I felt a tiny nodule, more like a peanut a year ago. I thought it will go away but then it grew and grew,” she said. Precious time was lost in treating and even curing her disease. But the case of Mr. Henry, one of my patients, had a happy ending. When he presented with a little chest pain and mild cough, he was immediately sent for a chest X-ray, being an ex-smoker, and it showed a small but abnormal opacity in the right upper lung that turned out to be cancer. With surgery followed by adjunct therapy from the oncologist, he remained cancer-free for many years.

Initial symptoms of an underlying cancer can vary depending on the size of the tumor and organ affected. If it has spread (metastasized) to other organs as they often do, then you can expect additional symptoms related to the dysfunction of the affected part. Which is what happened to our first patient whose kidney tumor was not diagnosed early enough. Also, an enlarging tumor can compress the nearby structures producing symptoms related to the pressure effect on that organ. Like an enlarging ovarian tumor in the pelvis that pushes the bladder causing urinary symptoms. A large pancreatic tumor, often painless, can compress the bile duct to cause jaundice.

In general, if a patient experiences unexplained weight loss, lack of appetite, fever of unknown origin that refuses to go away, general fatigue, recurrent cough, constant body aches or skin changes that do not heal properly, a thorough investigation is warranted. Then there are specific symptoms related to the primary organs affected. A tumor in the colon is often associated with constipation and blood in the stools. And those who develop urinary bladder cancers invariably present with episodes of hematuria (blood in the urine). A brain tumor patient often complains of headaches and uterine cancers typically produce vaginal bleeding. If a patient develops a nagging cough or hoarseness of voice, one should suspect a cancer of the larynx or a thyroid tumor that can compress the voice box. Any thickening or even a tiny lump in the breast needs immediate work-up to rule out breast cancer. A change in the size of a wart or mole or occurrence of additional symptoms like itching or slight bleeding on the previously benign-looking skin lesion should immediately alert attention that the lesion is growing and may have become cancerous. Children are more commonly affected by blood cancers such as leukemia and lymphomas. And they may not often voice many complaints. But if you note the child is lethargic, has frequent nose bleeds, easy bruising, looking paler and has fever, etc., full work-up is needed.

Then there are symptoms, which are considered a remote effect of the tumor (not related to involvement of any organ), perhaps a humoral or hormonal effect? This is particularly true with lung cancers. Some people exhibit high calcium levels in the blood or tend to develop hypoglycemia or low sugar in the blood. Pancreatic cancers can produce thrombophlebitis or venous clotting in the legs.

The key to cure or at least long-term survival from cancer depends how early the disease can be diagnosed and how quickly the right treatment can be instituted. A delay in diagnosis is the commonest cause for the high death rate from cancer. Hence, pay close attention to any kind of abnormal or unusual symptoms that you are experiencing and make an appointment with your doctor right away.

This series will continue next month.

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



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Wed, March 23: 10:00 AM & 6:00 PM

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MARCH FORECAST

By PANKAJ KOHLI



ARIES / Mesha (Fire sign, ruling planet is Mars) - (March 21-April 20) Mars Sign – Stars covered Ashwini, Bharani, Kritika (1st Part) Health needs special mention. Take care, don't ignore and over-tax mind and body, and stay away from undue stress and over-heating your system. Work hard to achieve positive results, with finance, domestic happiness and on job front, though professional changes are not advisable. Meditate and relieve yourself from undue tensions. Be clear in your objectives as the mind may create confusion.

TAURUS / Vrushabha (Earthen sign, ruling planet is Venus) - (April 21-May 21) Venus Sign - Stars covered Kritika (last 3 parts), Rohini, Mrigashira (first 2 parts) This is a positive month with regards to wealth, finance and material comforts. Professionally, one stands to gain with job changes. However, due diligence is required. Do not let this time go to waste! However, beware of minor afflictions on domestic front.

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) In terms of money and finance, one stands to gain and then spend equally on the other. The end result is income equal to expenses! People seeking job changes stand to gain much professionally. Be careful while driving, partying or eating – everything needs moderation, health and well-being must not be compromised.

CANCER / Kataka (Watery sign, ruling planet is Moon) - (June 22-July 22) Moon Sign – Stars covered Punarvasu (4th part), Pushya, Aslesha This is a month where one can be a winner if you face challenges and problems head on and do not procrastinate. Manage finances well. Professional and domestic front require maximum attention. Tread carefully, take care of health, and count less on blessings. Mind will remain in a state of confusion, so stay focused. Despite tough times, you will be smiling.

LEO / Simha (Fire sign, ruling planet is Sun) - (July 23-Aug. 22) Sun Sign – Stars covered Magha, Purva Phalguni, Uttara Phalguni (1st part) Control anger and emotions, stay calm while dealing with situations as they might lead you to get angry and frustrated. Stress may cause further medical issues, which are not worth the risk. Manage finances wisely as expenditure may outweigh income. Health conditions need maximum attention at slightest provocation. Domestic front needs attention too.

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) Expect unexpected happy results in relationships where one can be pleasantly surprised. Happy domestic conditions prevail – love and be loved. One's finances need to be kept under check. Expenses may outweigh income. Health conditions require attention. Professionally, this is not a good time for change.

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) Financially, this is a gainful time. Love and romance are in the air. Health-wise, one is full of energy and enthusiasm. A positive outlook toward life creates peace and a cordial atmosphere all around. Some may have to work hard but are the end, rewards are in plenty. Professionally, be careful while changing jobs, do your due diligence.

SCORPIO / Vruschika (Water sign, ruling planet is Mars) - (Oct. 24-Nov. 22) Mars Sign – Stars covered Vishakha (4th part), Anuradha, Jyestha Count less on blessings and work hard to make the month favorable. Material comforts are on the increase. Spend more time with family; relax as this will reduce stress. Meditation will bring a calm disposition as well. Hard work will reward you suitably, but do not expect any help from anywhere; you are on your own. Be careful with job changes.

SAGITTARIUS / Dhanush (Fire sign, ruling planet is Jupiter) - (Nov. 23-Dec. 21) Jupiter Sign – Stars covered Moola, Purva Shada, Uttara Shada (first part) Stay committed, calm and focused; do not lose sight of your objective. Though there might be domestic and financial hardships, one may stand to gain much in the end. Think with a spiritual mindset; even the most difficult situations will look tiny. One needs to be extremely careful with health-related issues.

CAPRICORN / Makara (Earthen sign, ruling planet is Saturn) - (Dec. 22-Jan. 20) Saturn Sign – Stars covered Uttara Shada (last 3 parts) Shravana, Dhanishta (first 2 parts) Mind will remain in a state of confusion and despite best efforts one may not be rewarded fully. Just be persistent with what you are doing. This applies to personal, domestic and professional issues. Health might not be at its best so be extra careful, eat, work, feast in moderation. Professionally, it is not the best time for a job change. Monetary position will be fine if you are careful with expenses.

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) Your total happiness lies on the domestic front. Spend more time on family front and heal as one may be totally bound by work pressures. Take care of all health-related issues at once. Material and monetary plans may meet with success; complete all pending projects.

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 Luck is shining upon you, make best use of it on domestic, financial and professional level. You are able to sail through problems with ease and emerge as a winner always. Domestic happiness is ensured, enjoy every moment. Take care of health-related issues immediately.

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

TAMPA BAY AREA STUDENT ROBOTICS TEAM (IVYWARRIORS) HEADING TO STATE CHAMPIONSHIP

FIRST Tech Challenge (FTC) a program within FIRST (For Inspiration and Recognition of Science and Technology), helps students (ages 12-18) learn to think like engineers. Teams design, build, and code robots to compete in an alliance format against other teams. They work on developing autonomous and driver-controllable robot to complete missions on a thematic playing field. Robots are built from a reusable platform, powered by Android technology, and can be coded using a variety of levels of Java based programming. Teams also work on other areas, including creating an engineering notebook, business and sustainable plan, team goals for the season, fundraising, and outreach and engagement with engineering community, mentors, and also with non-technical community.

With all the uncertainty, the new FTC 2021-2022 season began last year in September. Even through the pandemic, FTC Team #16716 IvyWarriors, a student community robotics team from Odessa, continued to follow and develop their passion for engineering and robotics. After almost six months of hard work and perseverance, the team has advanced to the Florida State Championship by winning first place in the Tampa Bay Regional League Championship in Lakeland, attended by 16 teams on Feb 2. At the Florida State Championship, which will held at the Advent Fieldhouse in Winter Haven on March 4-5, they will compete against 48 other teams from Florida to win a spot for entering the FIRST World Festival in Houston in April.

IvyWarriors consists of eight high school students (Sahil Vaswani, Joshua Selvan, Rohil Agarwal,



Vineet Sharma, Ananth Kutuva, Nikhil Padi, Neil Babu, and Avaneesh Venkatesh). These youths come from different schools in the Tampa Bay area, including Land O' Lakes IB High, Berkley Prep, Hillsborough High, Strawberry Crest High, and Robinson IB High School. The team is supported by two coaches (Abhay Vaswani and Tamil Gurusamy) along with other mentors. To qualify for the prestigious State Championship, the team has worked tirelessly over the past six months to build a robot that completes all tasks relatively efficiently with consistency. This year specifically, the team learned how to implement artificial intelligence (AI) to maximize their score, a feat that only few teams have accomplished. For more information, visit <https://ftc16716.wordpress.com/> and FIRST website at <https://www.firstinspires.org/>



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DO THINGS FOR YOURSELF, NOT THE RESUME: WHY STUDENTS SHOULD BE EXPOSED TO POTENTIAL PROFESSIONS

By SIVA ANNAMALAI and ROBERT LEVINE



As independent educational consultants, we are often asked "What should I do to build my resume?" Our response is always "It doesn't work that way."

The truth is this: if you build the best possible person, the resume follows organically. Do things for yourself, not for some college or company or person who may – or may not – be impressed by activities you thought should impress them.

Unfortunately, call it ear fatigue or whatever you wish, but people do not always hear our messages in the way we intend. For best communication, it

is often valuable to hear a different voice. This month, we present Siva Annamalai, a high school student preparing to submit college applications next fall. Siva wanted to share her experiences so that others may benefit.

"Many students are interested in careers without any real understanding of what their chosen fields truly entail. After watching a dramatized TV show or hearing a cool story, young people are suddenly convinced that they want to be just like these 'people' they observed. Because no profession can be effectively summarized in a one-hour fiction or a sound bite – and because society seems to tell everyone what they should do – most students believe that volunteering in their potential professions is a stepping stone along some career path. They feel like they're getting a head start by building a resume.

"In my opinion, students should really consider how volunteering activities will benefit them, not how to create a bullet point that should look good to a college.

"I am a junior in high school and have been volunteering at a local hospital for about a year. There are so many things I have learned just by being in the hospital environment. After finishing my daily tasks, I have had the opportunity to talk with the nurses assigned to my unit. These conversations have taught me a great deal about things I would not otherwise know, and I have observed for my own eyes that there are various specializations in medicine far beyond what the general public is aware of. Before volunteering, my idea of medicine was limited to being a pediatrician, a surgeon, or some other as-yet-nonspecific branch of health care. Now, I am aware of Electrophysiology and Onconephrology. This kind

of education is not available within the walls of any high school.

"Moreover, being in the hospital has allowed me to make meaningful connections with professionals in many fields. Beyond building my resume, my positive interactions have made it substantially more likely that I'll be remembered me when a good opportunity presents itself. That already happened for me, when a nephrologist at my hospital recommended that I apply to a research program through Florida State University, an opportunity I would not have even known about.

"Volunteering at the hospital unexpectedly put me in position to be taught basic things that can become valuable life lessons. This includes communication skills that must be refined for future success. When writing my application for an internship at a research center, I realized that a single word could have a dramatic effect on my overall tone and meaning, which could have become the deciding factor between acceptance and rejection. Even a simple e-mail is not so simple.

"Interestingly, I don't think it is critically important that your experience matches some profession in which you might ultimately practice. To exercise mindfulness, just be present.

"Please don't think of volunteering or interning or work as just another checked box that will look good on a resume. Instead, understand the potential benefits of learning by doing. I am certainly not old or extremely experienced, but I already know that having a mindset which connects predicted benefits with unknown possibilities will lead me towards much more success in my life."

Well said, Siva. You have seen the value of what lies beneath the resume. I'm sure you will get several great recommendations, but that's because you're doing great things with a great attitude.

Get involved somehow. Get into the room. You cannot always predict what you'll find in that room, but rest assured of this: by putting yourself in position and paying attention, you can discover some really good things.

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



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IN TIME FOR AND BEYOND VALENTINE'S: VUITY EYE DROPS

By **DR. ARUN C. GULANI**



You can now look into your sweetheart's eyes at close distance without pesky reading glasses in between.

The U.S. Federal Drug Administration recently approved Vuity™ prescription eye drop to treat age-related blurry near vision

called presbyopia in adults. In FDA studies, improved near vision was noted without compromising distance vision.

What is amazing is that this eye drop has a main ingredient that has been around for over a century (Pilocarpine), which by constricting the pupil of the eye increases the depth of focus like a camera.

First let's understand what is presbyopia (previous Khaasbaat article). Most people will end up needing reading glasses as we 'mature' into our 40s. So, put on your "cheaters" and read on.

In a young eye (less than about 40 years old), the lens is fully transparent and flexible. The lens muscles can easily change its curvature from steeper to flatter and give you clear vision at all distances. But during middle age, usually beginning in the early 40s, the lens becomes less able to change shape, so people experience blurred vision at near points, such as reading,

sewing or working at the computer and smart phones. This is known as presbyopia.

I like to describe this mechanism as an age-related loss of "zooming power" ("tele & wide," like a camera) of your natural lens inside the eye (hence you zoom with your arms – short hands syndrome).

Given time, presbyopia happens to everyone. Also, you can have other conditions (like cataracts, nearsightedness and farsightedness) and presbyopia at the same time. In fact, you can even have 20/20 vision, but still need reading glasses because of presbyopia.

Vuity is the first and only FDA-approved prescription eye drop for treatment of presbyopia in adults and helps patients read and see up close while maintaining distance vision. The recommended dose is a single drop once daily in each eye. If more than one topical eye medication is being used, administer at least five minutes apart.

In studies, the eye drop improved near vision without compromising distance vision. This was measured by the proportion of patients achieving a three-line gain or more reading a near-vision eye chart without losing more than a line in a distance vision eye chart at day 30, three hours after dosing. It does require a prescription.

This medication eye drop should be used with caution during night driving and other hazardous activities, such as in poor light.

Temporary snags when changing focus between near and distant objects may occur. Do not drive or use machinery if your vision is not clear. The most common side effects were headache and eye redness.

I personally see the importance of the drop not only to help people see up close but, in fact, do so in a safe, reversible and temporary way. It can also be a bridge for patients awaiting to undergo surgery for presbyopia.

I have previously described advanced laser techniques and multifocal cataract surgeries to correct presbyopia permanently and effectively, including associated cataracts, near- or farsightedness and even astigmatism.

As I returned after teaching at the world conference, it was great to see the eye care industry reveal a full pipeline of similar eye drop products to address this important vision problem that eventually everyone will face with age.

So finally, you have a reversible, safe and temporary way to read and see up close and impress people, especially with those menu cards in a dim-lit restaurant while your peers raise flashlights on their phones in embarrassment.

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 or visit www.gulanivision.com

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TRENDY BMW M440i COUPE, GRAN COUPE ARE ENJOYABLE RIDES!

Test-drive stories by NITISH S. RELE motoringtampabay@gmail.com

OK, so the immense and vertically prominent kidney grill with mesh air intakes conveys a love-it-or-hate-it moment! But once you are agreed upon the front looks either way, there is only love ... and more love ... for this incredibly energetic ride. The second-gen 2022 BMW 4 Series coupe (two-door) and xDrive Gran Coupe (four-door) get an overall redo that will leave you flabbergasted. Both get a boost in width, length, wheelbase with the coupe and Gran Coupe reaching 0 to 60 in 4.3 and 4.5 seconds respectively.

Under the hood of the impressive cars resides a 3.0-liter twin-power turbo inline-6 cylinder gas engine blasting off 382 horsepower @ 6500 rpm and 369 pounds-feet of torque @ 5000 rpm. It is mated to a standard and flawless 8-speed auto gearbox, which is even more fun with moves via the steering paddle shifters. Suspension is handled proficiently via a two-joint spring strut front and a 5-link rear system. However, the standard adaptive M suspension is specially tuned to enhance nimbleness and poise when pushing pedal to the metal. And the electric power steering with variable sport has a solid and communicative feel, keeping both the coupes straight and watchful at sharp turns and curves.

Slim L-shaped LED headlights flank the noticeable grille while M sport brakes, blue calipers and the M logo are sure to grab any bystander's attention. Walk to the rear and you

BMW M440i xDRIVE GRAN COUPE
Tires: P245/40R19 front, 255/40R19 rear
Wheelbase: 112.4 inches
Length: 188.5 inches
Width: 72.9 inches
Height: 56.8 inches
Fuel capacity: 15.6 gallons
Mileage: 22 city, 29 highway
Weight: 4,169 pounds
Base price: \$58,000
Web site: www.bmw.com



will notice black edges around the L-shaped tail lamps and trapezoidal tail pipe finishers assimilated into the lower bumper area. As soon as we stepped into the airy and well-appointed cabin, our eyes fell on the massive 12.3-inch digital instrument display and the 10.5-inch infotainment touch screen. Further adding to the rich ambiance were touches of aluminum tetragon trim on the dashboard. Trunk volume is a cool 16.6 cubic feet. Other niceties include dual auto a/c, power moon roof, Anthracite headliner, power front sport seats, sport leather steering wheel, 20/40/20 rear seat, and more. Dual front and side airbags, front knee and side curtain airbags are standard along with dynamic

stability and traction control, four-wheel antilock brakes, electronic brake distribution and brake assist, rearview camera, front/rear park distance control, active braking assist (lane departure warning, blind spot monitor/detect, rear-cross traffic alert, city collision mitigation), daytime running lights and tire pressure monitoring are standard.

Looking for style, performance, sophistication as well as more space in a sport car than usual? Then the four-door Gran Coupe fits the bill. Or if you like the traditional coupe style, then opt for its sibling (base priced at \$56,700). Either way, you will be content with German engineering. It's on the finest display in these two outstanding rides!

GIVE ALL-NEW KIA CARNIVAL SERIOUS CONSIDERATION!

Let's rattle off some minivan names: Toyota Sienna, Honda Odyssey, Chrysler Pacifica. And now let's add another all-new ride to the list – Kia Carnival, a fine and fitting replacement for the Sedona. No kidding! Annual sales of the Korean automaker's former minivan had been dismal but we expect the seven- or eight-passenger Carnival to shake up the otherwise monotonous segment.



CARNIVAL (SX PRESTIGE)
Tires: 235/55R19
Wheelbase: 121.7 inches
Length: 203 inches
Width: 89.2 inches
Height: 69.9 inches
Weight: 4,727 pounds
Suspension: MacPherson strut front; multilink
Steering: motor-driver power
Fuel capacity: 19 gallons
City: 19 mpg
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Base price: \$46,300
Web site: www.kiausa.com

for digital instrument cluster and infotainment controls, Bose 12-speaker audio system and power tailgate. There also is a dual-screen entertainment to keep the tiny tots in the second row occupied. The power-sliding doors open up to lounge seats with footrests for second-row passengers with slide, recline and leg extenders. So, you are basically riding as though a member of the royal

A 3.3-liter gasoline-direct injection power train pumps out 290 horsepower @ 6400 rpm and 262 pounds-feet of torque @ 5000 rpm while mated to an 8-speed auto gear box. The drive mode selector allows the driver to pick normal, smart, sport and eco. Looking to haul a small boat? With a tow capacity of 3,500 pounds for the front-wheel-drive ride, it's game on!

You would rarely hear anyone call a minivan good looking but the boxy and SUV-like Carnival

is just that. Perhaps, it is now the most attractive minivan on the road. Dual LED headlights flank a massive matte-chromed, tiger-nose grille to portray a handsome presence. You just cannot miss the fresh KIA emblem on the sculpted hood. The cabin is spacious and functional with a tri-zone auto a/c, eight-way power front leather seats, dual glove box, power tilt/slide moonroof, heated/cooled front- and second-row seats, mammoth 12.3-inch display screens

family. The third-row 60/40 split seats folds into the floor. With both rear seats folded, you get an impressive 145.1 cubic feet of space. For far too long in the past, its predecessor Sedona was the black sheep of the minivan family. This all-new replacement should put rivals on notice. With a solid powertrain, spacious passenger- and cargo-hauling capabilities and decent fuel economy, the Carnival has arrived. Let the festivities begin!

2022 CADDY XT4 IS AN ENGAGING LUXURY CROSSOVER

Debuting just two years ago, it sits on a car-like framework but with all the bells and whistles you would find among competitors such as the Audi Q3 or the Volvo XC40. The 2022 Cadillac XT4 is packed with ample power, oodles of it, and luxury that only a Cadillac can deliver.

Under the hood resides a 2.0-liter inline-4 cylinder engine that cranks out 235 horsepower @ 5000 rpm and 258 pounds-feet of torque @ 4000 rpm. The front-wheel-drive SUV is mated to a seamless 9-speed auto gearbox. A MacPherson strut front and a five-link independent rear work well to absorb unpleasant road bumps or curves. Steering response with the electric power rack-and-pinion is swift and accurate. Tow capacity is a satisfactory 3,500 pounds. And you can pick tour, sport and snow/ice drive modes. Bright Galvano accents on the front grille, satin-aluminum window moldings and chromed door handles lend the compact XT4 a classy appearance. Vertical L-shaped LED headlights and tail lamps further enhance the bold look. The crossover boasts an upscale and luxurious interior with exceptional fit and finish, glass



XT4 PREMIUM LUXURY (AWD)
Tires: P235/60R18 all-season
Wheelbase: 109.4 inches
Length: 181.1 inches
Width: 83.5 inches
Height: 64.1 inches
Fuel capacity: 16.3 gallons
City: 22 mpg
Highway: 29 mpg
Weight: 3,691 pounds
Base price: \$42,095
Price as tested: \$55,470
Web site: www.cadillac.com

levels and materials. An 8-inch color touchscreen in the center stack includes capacitive controls, haptic feedback, gestures and voice recognition (yes, Apple CarPlay and Android Auto are now standard). The rotary dial controller with a jog function is easy to operate. There is plenty of room – 48.9 cubic feet with rear seat folded; and total passenger volume is a worthy 100.6 cubic feet. Standard goodies are dual auto a/c, eight-way power driver and six-way front-passenger heated seats, manual tilt/telescopic three-spoke

steering wheel ambient lights, piano black accents on the gear shifter, satin aluminum roof rails, 7-speaker Bose audio, remote start, 60/40 rear seat and hands-free lift gate. Accommodating five people in luxury, the XT4 is difficult to beat if you consider performance, significant cargo capacity, notable fuel economy and a fair price. Rivals in the crossover segment should be watchful of this highly competent and pleasant ride

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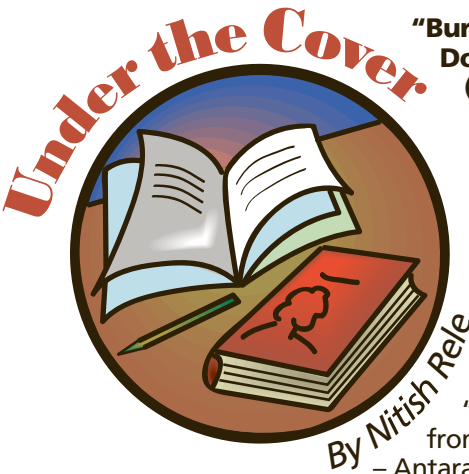


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By Nitish Rele

“Burnt Sugar” (234 pages; \$26) by Avni Doshi; published by The Overlook Press (www.overlookpress.com)

“I would be lying if I said my mother’s misery has never given me pleasure.” So begins a tale of motherhood, memory, secrets and regrets. A mother-daughter relationship is laid bare through the eyes of Antara, an artist, who was abandoned by Tara for a guru in an ashram. “She named me Antara, intimacy, not because she loved the name but because she hated herself,” she notes.

“She wanted her child’s life to be as different from hers as it could be. Antara is really Un-Tara – Antara would be unlike her mother.” Set in Pune

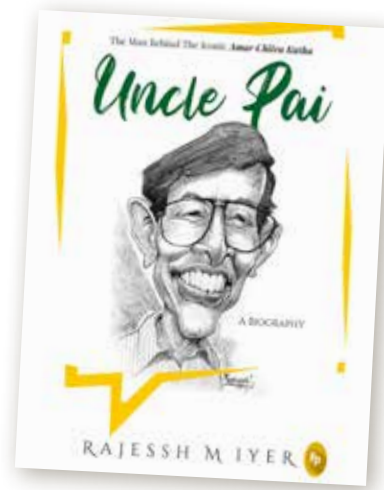
with flashbacks of childhood, the adult Antara now carries the responsibility of taking care of a mother with early signs of dementia. “Human degeneration halts and sputters but doesn’t reverse,” she notes as she foresees the future. Reflecting back, six years after their wedding, Antara’s parents’ divorce and her father remarries and set off for America. It isn’t long before Tara is found in the clutches of an ashram firebrand, a master manipulator of women. At the ashram, Antara takes a liking for another of the guru’s victims, Kali Mata. The mother-daughter also share an insignificant affair with Reza Pine. And then there is the abuse Antara faces at a boarding school. In present day, she finds marriage with U.S. born husband Dilip to be just that ... a bond with no true love. It is no surprise then that when she has a baby of her own, Antara raises questions. “I wonder how long it takes for children to grow up, and in my mind I mark the milestones, still so far away. When the baby will walk, when the baby will eat by herself, bathe by herself. When the baby will have her own life, go off into the world.” Antara finally realizes, “I will never be free of her. She’s in my marrow and I’ll never be immune.” Shortlisted for the Booker Prize, this is Doshi’s debut novel, written brilliantly, a masterpiece that starkly and, with no inhibitions, explores the strained bond between a mother and daughter. With multifaceted characters, the disturbing story will rattle any reader.



“Uncle Pai” (346 pages, \$9.99) by Rajesh M. Iyer; published by FingerPrint! (www.fingerprintpublishing.com)

If you lived in India in the late 1970s, 1980s and even the 90s, you would have read at least a few of the extremely popular and beloved Amar Chitra Katha comic books. Based on famous stories from Indian mythology, history, heritage and culture, the gems were the creation of Anant Pai, affectionately known as Uncle Pai, notes the author in this biography of the icon. A native of Karkala in Karnataka, Pai moved to Bombay at age 12. During childhood, the atheist was enamored and influenced by Harikatha or traditional storytelling and Yakshagana or old-style Karnataka theater. A stint as a journalist at The Times of India led to the creation of Indrajal Comics before Amar Chitra Katha, Tinkle and PARTHA magazines and Rang Rekha syndicated strips came into being. “How to Win Friends and Influence People” by Dale Carnegie and “The Power of Positive Thinking” by Norman Vincent Peale were huge influences in shaping his career and future. “Not only should one read books but also take notes from them and later discuss how one intends to adopt those values in one’s life,” Pai once said back in the 1960s. During his journey toward success and fame, Pai faced several obstacles and criticism but carried on. In the early 1980s, Amar Chitra Katha sold over a million copies a month and put out more than 400 titles. The beginning of the satellite revolution hurried the demise of the comic industry, which was already in doldrums. Along came a couple of self-help books and a column in the Indian Express called “Ask Uncle Pai” in which the lifelong teetotaler and vegetarian answered questions from children on several topics. What astounded

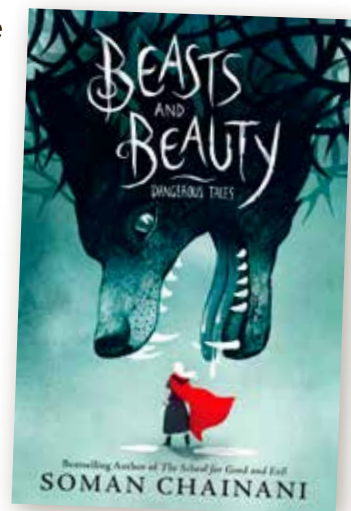
and perplexed many was how a scientific-minded man had such deep love for Indian mythological stories. Iyer has attempted to provide an answer with one of Pai’s favorite quotes from the Bhagavad Gita: “Whatever action is performed by a great man, common men follow in his footsteps. And whatever standards he sets by exemplary acts, all the world pursues.” The author deserves our sincere kudos for sharing the life of a great storyteller and a heroic pioneer who against all odds created a new literary world. The well-researched book with information collected from friends, family and colleagues is enhanced by photographs of the legend. Uncle Pai’s legacy will continue to be cherished as long as books, comics and otherwise, are written and published.



“Beasts and Beauty: Dangerous Tales” (336 pages; \$17.99) by Soman Chainani; published by HarperCollins (www.harpercollinschildrens.com)

Just forget those fairy tales such as Snow White or Cinderella you read about in childhood. Chainani has revised 12 classic tales with his own twists and turns that will keep you on the edge, along with striking illustrations. The title is a bit of a giveaway but the reimaged Grimm stories look at diverse cultures and perspectives while pushing boundaries and asking provoking questions. In “Red Riding Hood,” every spring, the prettiest girl in town is devoured by wolves. But she realizes, “Survival comes not in resistance to the game but in winning it.” After tempting the wolves to an even more beautiful girl who lives across the river with grandmother, she takes off with the animals in pursuit too. “Through the hickory grove and past the fern field lies the red-leafed clearing and the old wood cottage, its two small windows moonlit like glowing eyes, the eaves coated in gray moss like fur.” A girl with “crow-black skin, blood-red lips, eyes with whites as bright as snow?” That’s Snow White for you in a kingdom where

“black hearts don’t sleep quietly in white castles.” The blue-bearded man is a pillager who snatches boys from orphanages. “He strides the doors alone, cloaked in a white tiger’s skin, his neck and fingers cuffed with rubies, the sharp heel of his black boots impaling the floor, clack, clack, clack, and the boys have to be threatened with the whip to slink out of their rooms,” is the description of Bluebeard. We discover that Pietro, 16, “with soft, girlish features and long blond hair and big green eyes that blink like a doll’s” is no ordinary boy. An Indian flavor to the “Hansel and Gretel” story of two “fair-haired babes who went off the forest path and nibbled a candy house and nearly got baked into a pie for it?” Why not, asks the author, as we read on about Rishi and Laxmi in a village called Bagha Purana! Chainani, whose “School for Good and Evil” series has sold a couple million copies, validates the collection. “These fairy tales told the way I wish I’d learned them,” he notes. “In the midst of lockdown and isolation, I realized that somewhere inside me, resentment had built up against the classics—these all-too-familiar tales filled with lily-white heroines, dark-skinned witches and bland, handsome princes, all wrapped up with easy happy endings. Meanwhile, here in my world, witches could look like princesses and princes might suck the life out of you. I wanted to know more about those characters and what happened to them.” Though the recommended reading age for the book is 10 to 14 years of age, everyone will enjoy these memorable tales, “dangerous” as they are!



EMPLOYMENT AUTHORIZATION FOR SPOUSES OF E AND L NON IMMIGRANTS.

By DILIP PATEL



Further to policy changes first announced in November 2021, U.S. Customs and Border Protection (CBP) has implemented new Form I-94 admission codes that allow E and L dependent spouses entering the U.S. after Jan. 31, 2022 to work without a separate employment authorization document (EAD). The new codes are: E-1S – Spouse of E-1; E-2S – Spouse of E-2; E-3S – Spouse of E-3; and, L-2S – Spouse of L-1A or L-1B

A Form I-94 issued to an E or L dependent spouse admitted to the U.S. after Jan. 31, 2022 is now alone sufficient to establish I-9 employment eligibility. However, at this time, a Form I-94 issued to an E or

L dependent spouse admitted before Jan. 31, 2022 is not sufficient by itself to establish I-9 employment eligibility. A valid Form I-94 must be combined with a valid EAD or with evidence of a timely filed EAD extension in order to establish I-9 employment eligibility. See the limited automatic extensions policy below for further details.

New Form I-94 admission codes are assigned only when a foreign national enters the U.S. If E or L dependent spouses currently in the U.S. were admitted before Jan. 31, 2022, they would have to depart and re-enter the U.S. based on a valid E-1, E-2, E-3, or L-2 derivative visa in order to obtain a new Form I-94 admission code permitting them to work in the U.S. Otherwise, they will need a valid EAD as detailed above. They cannot obtain a new admission code through CBP.

Although not required, CBP recommends L2 and E spouses travel with proof of the marriage relationship (i.e., marriage certificate with English translation,

if necessary) to assure the correct notation is entered into their I-94 admission record.

U.S. Citizenship and Immigration Services (USCIS) has updated its I-9 policy guidance to confirm that employers can accept the new, revised I-94 containing these new work authorization notations as evidence of employment authorization under List C of the Form I-9.

Only E and L dependent spouses are newly eligible for employment incident to status. The new codes distinguish between dependent spouses and dependent children in each category because only E and L dependent spouses are eligible for employment authorization. Dependent children in each category will also receive a new Form I-94 admission code upon entering the U.S., but dependent children will remain ineligible for employment and their status will otherwise remain unchanged.

Limited automatic extensions for pending EAD renewal filings will continue. Per the policy changes announced in November 2021, E and L dependent spouses will continue to qualify for automatic extension of their employment authorization if they have timely filed an EAD renewal application and have derivative nonimmigrant E or L status that continues to remain valid, as evidenced by an unexpired Form I-94. Dependent spouses who qualify for automatic extension of their EAD may continue to work in the U.S. until the end date of their I-94 record, the approval or denial of the EAD renewal application, or 180 days from the date of their expired EAD, whichever is the earliest date. Upon approval, pending extensions of status will reflect the new Form I-94 admission codes.

Dilip Patel of Buchanan Ingersoll & Rooney PC, a board-certified expert on immigration law, can be reached at (813) 222-1120 or email dilip.patel@bipc.com

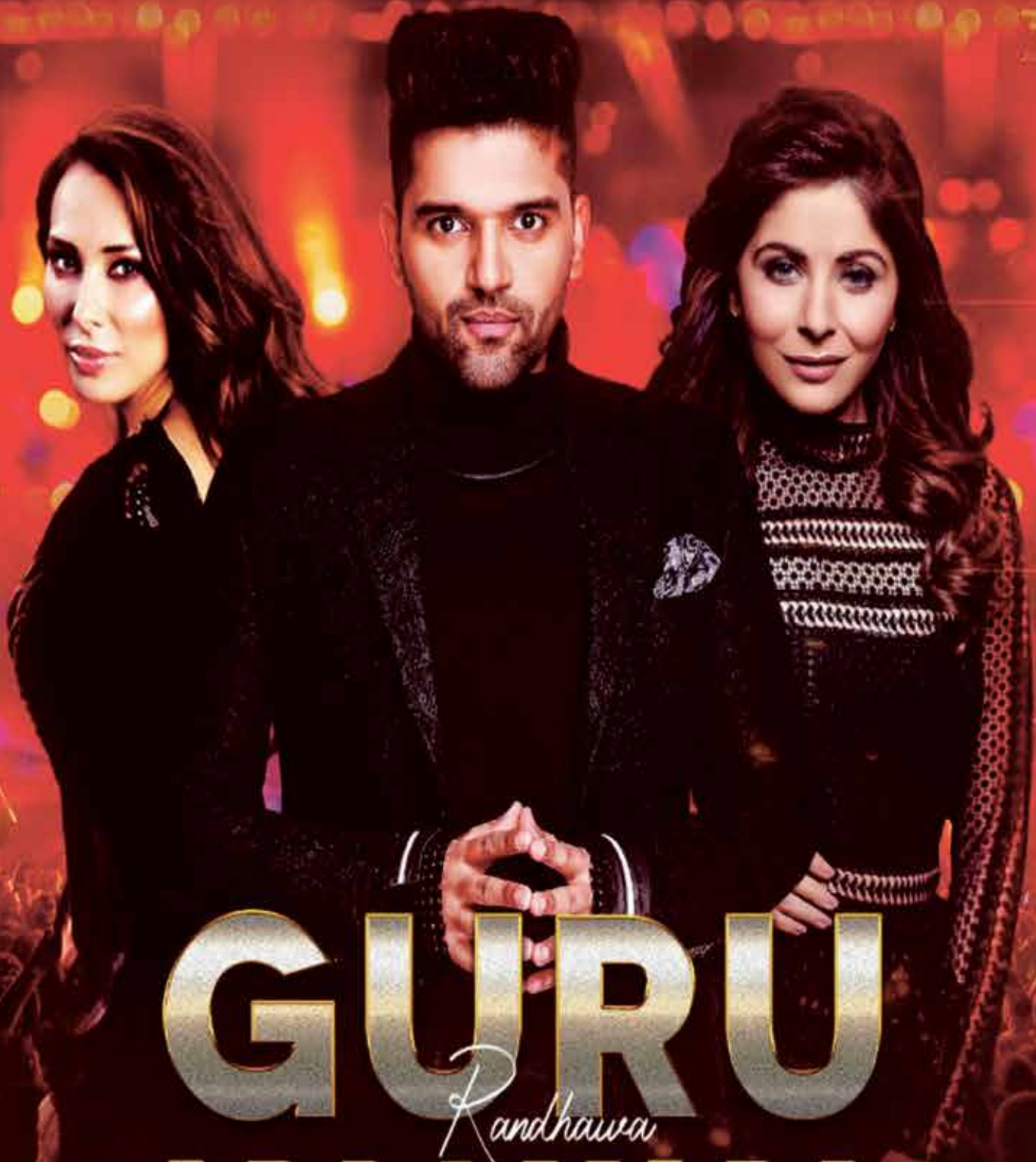


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