

KHAASBAAT

A PUBLICATION FOR INDIAN AMERICANS IN FLORIDA

DECEMBER 2020

WWW.KHAASBAAT.COM

EDITOR@KHAASBAAT.COM

813-758-1786



Florida News
Chhath Puja

3



Nutrition
Diet matters!

6



Books
'Each of us Killers'

7



Classifieds
Matrimonials

8



Motoring
Subaru Legacy

12



Astrology
December forecast

14

TAMPA BAPS SHRI SWAMINARAYAN MANDIR CELEBRATES DIWALI ONLINE

Story provided by BAPS Tampa

Amid the COVID-19 global pandemic, the BAPS Shri Swaminarayan Mandir in Tampa focused on bringing together the Hindu community through five days of virtual Diwali celebrations. During this period, the traditions celebrated are an opportunity to reflect and introspect on one's personal, professional and spiritual growth.



rituals marked by bright colors of rangoli (ornate designs made of colored powder), the lamps, the elaborate offering of vegetarian food (Annakut) to God, all mark a renewal of the good within and the goodwill towards all around us.

Diwali is celebrated on the first lunar phase of the moon, when the moon provides no light and the world is enveloped in darkness. The ancient practice of lighting divos, or traditional lamps, during the days of Diwali not only erases physical darkness, but also symbolizes one's commitment to remove darkness – in the form of anger, greed, arrogance and resentment. The festival's rich traditions and

Many families would generally gather at the BAPS Mandir to celebrate this festival. However, due to all of the health and safety concerns this year, the BAPS organization provided live, interactive programs throughout the holiday season to bring the community together while suggesting activities that each family can partake in and share with others online. One such activity was the observation of New Year's Day, which occurs the day after Diwali.

Continued on page 3



STREAM THIS!

BBC STUDIOS' ADAPTATION OF VIKRAM SETH'S 'A SUITABLE BOY' PREMIERES DEC. 7 ON ACORN TV

One of the BBC's most ambitious TV series makes its highly-anticipated U.S. debut on Acorn TV in December: An epic tale of life and love set in vibrant 1950s India, "A Suitable Boy" is an adaptation of the bestselling, 1,349-page novel by Vikram Seth. This six-part, six-hour drama tells the story of spirited university student Lata Mehra as she comes of age in North India at the same time as the country is carving its own identity as an independent nation and about to go to the polls for its first democratic general election. The series will premiere exclusively on Acorn TV in North America with two episodes on Monday, Dec. 7, and weekly episodes every Monday through Jan. 4, 2021.



This sweeping period drama is directed by Mira Nair whose previous works include "Monsoon Wedding," "The Namesake," "Mississippi Masala". Shot in locations in Lucknow and Maheshwar, it features BBC's first-ever all-Indian lead cast.

"A Suitable Boy" is a vast, panoramic tale charting the fortunes of four interwoven families across



northern India in 1951 – four years after India declared independence from the British. Their stories play out during this tumultuous period and reflect the wider conflict between tradition and modernity at the time, as the series explores the country and its rich and varied culture at a crucial point in its history.

Continued on page 2



FLORIDA NEWS

Jay Mulaney of Lakeland voted best ophthalmologist of Central Florida

Story, Page 16

CHANGE SERVICE REQUESTED

KHAAS BAAT
8312 WINDSOR BLUFF DRIVE
TAMPA, FL 33647

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT NO. 489
TAMPA, FLORIDA

PUBLISHER'S NOTE

Dear Readers:

We wish all of you good health and happiness during the Christmas season. Many community groups are organizing relief efforts and holding virtual activities. Please share them with us. We want to thank all those who have recently subscribed or sent contributions to sustain our publication. To subscribe, see page 2. We welcome your story ideas, sponsorships and support. Checks can be addressed to Khaas Baat, 8312 Windsor Bluff Drive, Tampa, FL 33647. Payment can also be made via PayPal to PP ID: nitishrele@gmail.com

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.

EDITOR/PUBLISHER: NITISH S. RELE, M.A. IN JOURNALISM
ASSOCIATE EDITOR: SHEPHALI J. RELE, M.A. IN JOURNALISM
CREATIVE DIRECTOR: TIM LANCASTER

Khaas Baat, 8312 Windsor Bluff Drive, Tampa, FL 33647
Phone: 813-758-0518 • e-mail: editor@khaasbaat.com

Anything that appears in Khaas Baat cannot be reproduced, whether wholly or in part, without permission. Opinions expressed by Khaas Baat contributors are their own and do not reflect the publisher's opinion. Khaas Baat reserves the right to edit and/or reject any advertising. Khaas Baat is not responsible for errors in advertising or for the validity of any claims made by its advertisers. Khaas Baat is published by Khaas Baat Communications.

Continued from page 1

STREAM THIS

The central character is 19-year-old literature student Lata Mehra, played by Tanya Maniktala, who seems to have her life already mapped out, thanks to old traditions – and her meddling yet well-intentioned mother, Rupa (Mahira Kakkar), who wants to find her a suitable husband. Torn between family duty and the excitement of romance and inspired by rebellious Western writers and daring new ideas, Lata is determined to embark on her own journey of love and self-discovery as she decides her own future against the backdrop of post-Partition India. Over the course of the series, three very different men try to win Lata's heart: the dashing, mysterious university student and star cricket player Kabir Durrani (Danesh Razvi), self-made shoe salesman Haresh Khanna (Namit Das) and lawyer-turned-writer Amit Chatterji (Mikhail Sen).

Other central characters include the charming but directionless Maan Kapoor (Ishaan Khatter). His behavior has been hugely disappointing for his father, the progressive Minister Mahesh Kapoor (Ram Kapoor), who can't let anything unbalance his political career. However, when Maan becomes infatuated with the glamorous yet much older singer and courtesan Saaeda Bai (Tabu), the consequences could be catastrophic.

The score is composed by BAFTA-winning composer Alex Heffes with world-renowned sitar player Anoushka Shankar.

Acorn TV, a popular streaming service focused on British and international television, offers a 7-day free trial – sign up at <http://signup.acorn.tv>

"Bhaag Beanie Bhaag" (season 1, Netflix, releases Dec. 4)

Facing disapproving and concerned parents, a proposal-popping boyfriend and her own inner critic, aspiring comic Beanie ditches her comfortable but unsettled life to pursue stand-up comedy. Creators are Ravi Patel of "Meet the Parents" fame and Neel Shah. Stars Swara Bhasker as Beanie, along with YouTuber Dolly Singh and Ravi Patel, who also plays a comedian.



"Regiment Diaries" (season 1, Netflix, releases Dec. 9)



Historical footage and interviews with soldiers showcase war stories, unique traditions and unifying principles of the Indian Army's various regiments. According to Epic Channel where the series first aired in 2018, it is a tale of the Indian Army unlike any

before. Told by the very men who follow the illustrious feats of their predecessors, "Regiment Diaries" relates "timeless tales that warm the heart, moisten the eye, and leave you in even greater awe of the bravest children of India."

"Torbaaz" (Netflix film, releases Dec. 11)

Starring Sanjay Dutt as Kunal in the lead, the action thriller is about a man, rising from personal tragedy, who changes the lives of a few children from refugee camps in Afghanistan by teaching them cricket. He challenges other coaches for matches and finally, faces the evil villain himself. "Refugee kids are the first victims of terrorism," says Kunal in the trailer. Directed by Girish Malik, Nargis Fakhri and Rahul Dev also star.





CYBER CHASSE

Are you looking for a JOB?

Cyber Chasse Staffing is a top-notch cybersecurity staffing firm in the USA. Our Super-talented recruiters have helped place thousands of skilled candidates. Our recruiters go that extra mile to extend top-notch services to ensure that you realize your career goals.

Looking to improve your technical skills?

Cyber Chasse Learning Academy brings to the table the most revolutionary online technical training courses so you can stay ahead of the game.

● Business Analyst	● Full Stack Java
● Python	● Microsoft Azure
● AWS DevOps	● SAP HR Payroll
● Angular JS	● SQL Server
● .Net	● ETL and much more...

Get in touch with us to fulfill your life goals!
<https://cyberchasse.com/careers>
 +1 813-544-4009
 info@cyberchasse.com



KHAAS

BAAT

A PUBLICATION FOR INDIAN AMERICANS IN FLORIDA

www.khaasbaat.com (editor@khaasbaat.com)
813-758-0518

- ONE-YEAR SUBSCRIPTION: \$24
- FIVE-YEAR SUBSCRIPTION: \$100

To subscribe please send this completed form and check addressed to Khaas Baat to:
KHAAS BAAT
8312 WINDSOR BLUFF DRIVE
TAMPA, FL 33647

Name _____

Address _____

City _____


State _____ ZIP _____

E-mail _____

Credit Card# _____

Expiration Date: _____

Authorized signature: _____



INNOVATION PREPARATORY ACADEMY

5 Reasons Students thrive at InPrep

1. Our learning model challenges students to stretch and build their 21st century skills of collaboration and communication
2. An emphasis on science and health ultimately provides an opportunity to graduate with 5 high school credits
3. A technology based learning environment with innovative open accessible areas and modularized spaces
4. A focus on student wellness which completes and binds our model together, inclusive of social and emotional skills programs that foster a positive school culture
5. A supportive community and ongoing communication with families

TRANSFORMING POTENTIAL Into Possibilities
 Learn More at innovation-prep.org or Call us at 813-640-0210

@inprepacademy /innovationprepacademy



CHHATH PUJA FESTIVAL HELD IN FLORIDA



Amid Covid-19 and all the CDC guidelines, the Chhath festival was celebrated last month in Florida. Dedicated to Lord Surya (sun) and Chhathi Maiya (known to be the sister of Surya), the ancient Indian festival is widely held in Bihar, Jharkhand, eastern Uttar Pradesh and the country of Nepal.

It is the only Vedic festival that is dedicated to the Sun God, who is supposed to be the source of all powers, and Chhathi Maiya (another

name for goddess Usha). Historically, it is said that Chhath was first performed by Karna, who ruled the Anga Desh (now under Bihar). King Karna is considered an offspring of Lord Surya and Kunti. Others legend suggests that in ancient time, Draupadi and Pandavas of Hastinapur believed the worship of Lord Surya would help regain their lost kingdom.



Lasting for four days, devotees (or Vratins as they are called) went on a strict fast, took dips in water bodies, stood and offered prayers in water, and also prasad to the sun at sunrise and sunset.

DIWALI

Continued from page 1

BAPS mandirs the world over celebrate this day by offering Annakut (meaning of "Mountains of Food") to the sacred images within the shrines of the mandir. The 100s of food items are generally made by followers of the faith in their homes and brought to the mandir. This year, however, families were encouraged to make fresh vegetarian delicacies and offer them to the images that are kept at home, with the same spirit and to share pictures of this and other Diwali activities online.

Although no grand celebrations were held at the mandir this year, BAPS did offer limited viewings of the sacred images during the Diwali season. As a part of its ongoing Covid-19 response efforts, the organization's humanitarian arm – BAPS Charities – organized a food drive and requested all who come to the mandir to bring non-perishable food items for pandemic victims.

For more information, visit www.baps.org

Wishing you a healthy & prosperous 2021

BUYING SELLING INVESTING

YOUR
RESIDENTIAL
AND
COMMERCIAL
AWARD
WINNING
TEAM



SHEETAL 'SHELLY'
SIDHU



SUNNY SIDHU

SIDHU TEAM

BROKER ASSOCIATE
RE/MAX PREMIER GROUP
813.995.1600



SAVE THOUSANDS WHEN BUYING OR SELLING WITH US

LIST WITH US AND GET TOP DOLLAR FOR YOUR HOME WITH
OUR EXTENSIVE MARKETING STRATEGY

www.AllTampaHomes.com

SIDHU GETS IT SOLD

Meenakshi Jain, M.D., FACOG



Video
consultation
is available
with Dr. Jain!

Telemedicine consults
available for patient
convenience on

Kaigie.com

Dr. Jain also specializes in
AXONICS and **INTERSTIM
SNM** therapy for urinary
and fecal incontinence.

Dr. Meenakshi Jain is a board certified Gynecological surgeon who has been certified as a **Master surgeon** in Minimally Invasive **Robotic Surgery** by the Surgical Review committee of USA. She also specializes in **Interstim** Neuromodulation therapy for management of Incontinence.

Her office provides a full range of office, outpatient and inpatient gynecological services.

She also offers many cosmetic procedures in her office like **Laser Hair removal**, **Thermage** for skin tightening, **Fraxel** laser for removal of wrinkles and skin discolorations, **I-Lipo** for body sculpting.

Her office now offers a new innovative minimally invasive painless office procedure for Vaginal rejuvenation called **MONA LISA TOUCH**.

**Meenakshi Jain,
M.D., FACOG**

3275 66th Street North, St. Petersburg, FL 33782
Telephone: 727-343-2568 Fax: 727-345-6410

www.jaingynecology.com

OFFICE HOURS
Monday to Friday from
8.30 a.m. to 4.30 p.m.



SANATAN MANDIR TAMPA

HINDU SAMAJ INC. (501 C (3) RELIGIOUS ORG)
311 East Palm Avenue, Tampa, FL 33602







MONTHLY EVENTS	WEEKLY EVENTS
<p>SUNDAY, DECEMBER 06 (5:00 PM to 6:00 PM)</p> <ul style="list-style-type: none"> SHRI JHULAY LAAL BHAJAN PALAY & AARTI <p>SATURDAY, DECEMBER 12 (5:00 PM to 7:30 PM)</p> <ul style="list-style-type: none"> MATA KI CHOWKI <p>SATURDAY, DECEMBER 19 (5:00 PM to 7:00 PM)</p> <ul style="list-style-type: none"> SHRI SITA-RAM JI VIVAH <p>FRIDAY, DECEMBER 25 (5:00 PM to 7:00 PM)</p> <ul style="list-style-type: none"> MOKSHDA EKADASHI SHRI BHAGWAD GITA PATH & PRAVACHAN <p>SATURDAY, DECEMBER 26 (5:00 PM to 6:30 PM)</p> <ul style="list-style-type: none"> SHRI JAGNNATH JI BHAJAN SANDHYA <p>TUESDAY, DECEMBER 29 (5:30 PM to 7:30 PM)</p> <ul style="list-style-type: none"> PURNIMA GURU DATTATREY JI JAYANTI, BHAJAN & AARTI 	<p>EVERY MONDAY - 6:30 PM</p> <ul style="list-style-type: none"> SHIV ABHISHEK AND PUJA <p>EVERY TUESDAY - 7:00 PM</p> <ul style="list-style-type: none"> SUNDARKAND HANUMAM KATHA <p>EVERY THURSDAY - 7:00 PM</p> <ul style="list-style-type: none"> SAI BABA SATSANG MAHA PRASAD <p>Pandit Manikya Sharma 813-484-9568</p> <p>Pandit Rushi Vyas 813-503-3388</p>

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.



CORONAVIRUS PANDEMIC – PART VII IS THE VACCINE FINALLY HERE?

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



Our nation is still in the middle of a big health crisis. There is a terrifying upswing in the spread of Covid-19 cases all across the nation. And the U.S. has just passed yet another grim milestone – 12 million cases in total with deaths approaching 260,000! Looks like we are going backward with no end in sight. Many hospitals are running out of beds and ventilators. Coronavirus medical tents or field hospitals are being quickly set up to ease the burden. Even morgues are overflowing in some states like Mississippi and coroners are terrified, not knowing how to handle the load! Unfortunately,

India is not far behind; the pandemic is raging there too.

Why this setback, especially at this stage when we know more about the virus and better treatments are available? Sadly, our handling of this pandemic has been inadequate from the beginning, compounded by the reluctance or sometimes frank refusal by some sections of the public to abide by the prevention guidelines. Many indoor congregations and conferences have been super-spreaders. One in 10 people in the U.S. may be positive at this time, and every single one of them has the ability to spread the disease.

So, what are we supposed to do now? With Christmas and New Year holidays fast approaching, it's time to be extra cautious. As I have repeatedly mentioned, "prevention, prevention and more prevention," is the only answer. Even if it's cumbersome, please comply with all prevention measures; stay inside the house – voluntary lockdown – as much as possible at least until the anti-Covid-19 vaccine becomes widely available to the public.

What's the current status of Covid-19 Vaccine?

A few days ago, we all woke up to the exciting news that a vaccine to prevent Covid-19 will soon be available from Pfizer. As per CEO Dr. Albert Bourla, their "Coronavirus vaccine was more than 90 percent effective in preventing Covid-19 among those without evidence of prior infection," hailing the development as "a great day for science and humanity." Further data showed it is 95 percent effective. And a week later, Moderna announced that their "Vaccine against Covid-19 is also strongly effective and reduced the risk of infection by 94.5 percent," building further hope about the potential of controlling this

global pandemic. And Eli Lilly has started the world's first study of a potential COVID-19 antibody treatment in humans.

Finally, we are beginning to see the light at the end of the tunnel. Right now, there are many different vaccines under development for Covid-19 by other companies like CanSino, a Chinese company doing clinical trials in Mexico, Novavax, Usty of Oxford, CureVac, etc. Many Indian pharmaceutical companies are also in the race to develop a vaccine. However, at this time we should all be cautiously optimistic about the potential of these vaccines. Several are inching closer towards FDA approval and the current trajectory is that a small allotment of doses will be available for distribution by the end of the year but these doses may go to those in the high-priority category like healthcare workers, nursing home residents, older people. More about vaccines later.

It's pretty amazing how with the intense research and cooperation of many of the groups handling the epidemic, everything is finally coming together! However, as the experts remind us, "Vaccines do not save lives but vaccination does!" Which means we should be willing to get vaccinated when it becomes available. According to a recent survey, nearly half of people polled said they'd be reluctant to get vaccinated and "Vaccinating only half the population would likely fall short of stopping transmission of the virus." Hopefully, this will change in course of time.

"This is a marathon and we have ways to go," warns Dr: Anthony Fauci, the infectious disease expert. And he predicted that the coming months, "December, January and early February are going to be terribly painful months." Stopping this infection needs dramatic measures. For now, strict compliance with prevention guidelines is the only option. Unfortunately there is a set of people who suffer from "solution aversion" and they tend to resist following the advice or deny the existence of the problem. That simply won't work. Let's hope that with more people getting vaccinated and stricter adherence to prevention measures, we will get back to normalcy – maybe toward the end of 2021.

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




Beautiful Smiles

Created by Dr. Neeraja Jasthi

High Tech Digital Dental Office • Crowns • Veneers • Implants
New patients welcome • Most insurance and credit cards accepted • Finance options available

Invisalign®
Braces without wires

ZOOM!™
Professional Whitening System

813-866-9913
www.drjasthi.com
20441 Bruce B. Downs Blvd.,
Tampa, Florida 33647
Across the street from Wharton High School, just North of Wal-Mart







ATLANTIC AMERICAN PARTNERS

A Safe and Easy Path to Permanent U.S. Green Card

A Diversified Fund Approach to EB-5 Investment



LEADER IN THE EB-5 INDUSTRY FOR OVER 10 YEARS



34 SUCCESSFULLY COMPLETED EB-5 PROJECTS



700+ FAMILIES HELPED WITH THEIR IMMIGRATION PROCESS



100% I-526 AND I-829 PROJECT APPROVALS



\$350 MILLION+ OF EB-5 CAPITAL INVESTMENT



CAPITAL AND PROFITS RETURNED ON MULTIPLE OFFERINGS



Benefits of the EB-5 Visa

- ✓ USD \$900,000 Investment required*
- ✓ U.S. green card to applicant, spouse and children under the age of 21 years old
- ✓ Live and work anywhere in the U.S.
- ✓ No travel restrictions
- ✓ No language skills required
- ✓ No age restrictions
- ✓ No business or special training experience required
- ✓ Ability to start a business, go to school, retire
- ✓ Option to become a U.S. citizen after five years
- ✓ Ability to sponsor Green Cards for relatives

***USCIS NEW RULE EFFECTIVE NOV. 21ST, 2019: MINIMUM INVESTMENT REQUIRED INCREASED FROM USD \$500,000 TO USD \$900,000**

CONTACT US TODAY

Pardeep Kumar, CFA
Managing Director

pkumar@atlanticamericanpartners.com

+1 (813) 226-8844 Office
+1 (813) 361-9122 Cell/ Whatsapp
+1 (813) 223-5870 Fax
Skype ID: pardeepnbp

101 East Kennedy Blvd., Suite 3300
Tampa, FL 33602

www.atlanticamericanpartners.com

MENTAL HEALTH – DIET MATTERS!

By BHAVI NIRAV



Covid-19 has had a negative impact on mental health, according to recent research studies. As the pandemic continues to upend our lives, eating for mental health is of prime importance. Nutritional psychiatry is a new field on the block that studies connections between foods and mental health. The saying, you are what you eat, holds more weight since extensive research studies strongly suggest that foods can affect moods. Food is at the center of who we are.

The gut and brain axis is the connection between brain and second brain (gut). The vagus nerve connects the brain and the GI system. It is responsible for mood, digestion, immune response in addition to numerous other bodily functions. Mental stress can inhibit the vagus nerve, thereby affecting the gut bacteria and disrupting GI conditions. The gut microbiome (bacteria) can be one of the indicators of mental health. They produce short chain fatty acids and neurotransmitters that stimulate the nervous system. Specific bacteria can be responsible for strengthening memory and regulating stress.

Serotonin is a neurotransmitter (carries signals between nerve cells) responsible for reducing depression, healing wounds, controlling anxiety, determining hunger level and maintaining bone health. Aptly known as a mood stabilizer, it makes you feel happy, calm and less anxious. Serotonin needs an essential amino acid called tryptophan for its production.

Over 90 percent of serotonin is made in the gut. Certain gut bacteria play a vital role in production of serotonin. Bottom line, gut bacteria are important in maintaining mental health.

Diet recommendations

Systematic reviews of several clinical trials with the Nutritional Network of the European college of Neuropsychopharmacology confirmed that Mediterranean diet high in Omega 3 fatty acids and rich in polyphenols can improve the gut-brain axis, thereby providing protection against depression and anxiety.

Fermented foods (prebiotic and probiotic foods) – Improve the growth and diversity of the gut microbiota and reduce anxiety and stress response. Kefir, yogurt, buttermilk, kombucha (fermented tea), miso,

kimchi, sauerkraut, tempeh, idli, dosa, dhokla, handover, cheeses like cheddar, mozzarella and gouda. Prebiotics are food for probiotic foods; they are the type of fiber that the human body cannot digest.

High-fiber foods – Contain prebiotics. Fruits, vegetables, beans, whole grains. They reduce anxiety, improve mental health and lower inflammation.

High Omega 3-low Omega 6 diet – In a single center study, patients with bipolar disease who received a diet high in Omega 3 fatty acids and low in omega 6 fatty acids (H3-L6) showed significant reductions in mood swings, irritability and pain compared with the control that received diet with regular levels of Omega 3 and Omega 6 fatty acids. Omega 3 fatty acids are part of the membranes of the neuron and create signaling molecules that interact with immune and inflammatory systems. Increasing Omega 3's consumption and reducing Omega 6's might be effective. Sources include fish (salmon), cod fish tuna). Spinach, Mangoes, lettuce and kidney beans. Adequate intake of Omega 3 per day is 1600 mg.

Vitamin D – decreases inflammation and protects neurons (nerve cells) in the brain. Good sources include fatty fish, fortified milk, milk products, cereals and mushrooms.

Vitamin B12 – Its deficiency has been associated with memory loss, increased fatigue and risk of depression. This vitamin may prevent brain atrophy (loss of neurons).

Sources of B12: meat, fish, eggs, dairy products, nutritional yeast and mushrooms.

Foods that have negative effects on mental health include highly processed foods, fried foods, trans fats, foods high in salt and refined sugar, and saturated fat. They contribute to anxiety, stress, depression and inflammation. Highly processed foods lead to growth of bad bacteria in the body, ultimately leading to inflammation, triggering a host of mental and physical problems.

Recipe of the month:

Asparagus, spinach stuffed zucchini rollatini!

- 2-3 zucchini
- Onion - 1 medium
- Garlic - 4 cloves chopped
- Carrots - 1 small chopped
- Spinach - 3 ounces (big handful)
- Avocado - ½ chopped
- Asparagus - 4 stalks chopped
- Mozzarella cheese - shredded
- Fennel seeds 1/2 tsp
- Italian seasoning 1 tsp
- Nutmeg pinch
- Crushed red pepper 1-2 tsp
- ¼ cup fresh basil
- Olive oil - 1 tbsp
- Marinara sauce - homemade or store bought, make it spicy with crushed red pepper.

Preheat oven at 400F

Wash, dry and slice zucchini 1/8 inch thick strips in a mandolin slicer or with a knife. Season the slices with little salt. Heat the skillet with ½ tbsp oil and cook the slices for 2 minutes on each side taking care not to overlap the slices on the skillet alternatively roast in the oven for about 5-6 minutes.

In a pan, heat ½ tbsp olive oil, add chopped onion and cook for about 4-5 minutes, then rest of the chopped vegetables (except for avocado), basil, salt, nutmeg, red crushed pepper, fennel seeds and Italian seasoning. Cook for another 4-5 minutes.

Let the mixture cool, add chopped avocados half of shredded mozzarella cheese.

Take the zucchini slices and apply the mixture in the center and fold the sides to make a roll. Repeat this step for the rest of the slices. Layer the 8/9 inch baking dish with 1 cup marinara sauce and place rollatini with pinwheel side down. Top it with ¼ cup sauce and shredded cheese. Cover the dish and bake for about 15 minutes. Garnish with fresh basil and enjoy!

To Our Health!

Bhavi Nirav is a certified Iyengar yoga teacher, Registered Dietitian/M.S., R.D., L.D., and can be reached at swarayog@gmail.com

FIA of Tampa Bay

Will be Awarding **Four \$1,000 scholarships** to
2020 high school graduates

of Asian Indian heritage, graduated from Hillsborough, Pasco, or Pinellas counties. Scholarship recipients will be announced at the FIA Republic Day event during January 2021 after physical verification of supporting documents.

Please submit the completed scholarship form along with your resume as email attachments by **January 10, 2021** to **fiatampabaysc@googlegroups.com**

Download scholarship form and more details at **www.fiatampabay.org**



FIA will be awarding up to 4 scholarships of \$1000. At least one of the scholarships will be given to a student attending a college or university in Hillsborough, Pasco, or Pinellas county. 2020 high school graduates of Asian Indian heritage who attended schools in Hillsborough, Pasco and Pinellas counties are eligible to apply for the FIA scholarship. Scholarship recipients will be announced at the FIA Republic Day event in January 2021. The FIA scholarships will be awarded after physical verification of supporting documents. Please submit the completed scholarship form along with your resume as email attachments by January 10, 2021 to fiatampabaysc@googlegroups.com



"Each of Us Killers" (180 pages; \$18.99) by Jenny Bhatt; published by 7.13 Books (www.713books.com)

There are 15 stories about varying and colorful characters that involve race, class, gender, and more, and Jenny Bhatt relates each tale vividly in this debut book. Set in Michigan, England, Mumbai and Ahmedabad, the stories revolve around the dreams, challenges, aspirations and humiliations of their professions: live-in maid, street vendor, journalist,

engineer, professor, yoga instructor, bartender, baker, architect, etc. In "Return to India," police interrogate co-workers of an Indian American who has been killed. Blatant racism is on full display during the questioning: "When I turn around, it's this darkie fella I never seen before." "Where's your manners? Don't they teach no manners where you come from?" Or the usual one: "Go back to yer country." Then there's "Life Spring" in which a divorced baker who has just moved to Mumbai is inspired after a one-night meeting. "Memories are strangely blended things, made up of many details, and, as with baking, they rise in expected or unexpected ways," feels the baker. The title story highlights the indignities faced by a low-caste father and daughter as related by a group of Dalit men in a small village to a journalist, also a Dalit, from Mumbai. "How, in this present moment, as the rain drenches us, chills our clammy skin, mingles with our tears, we are still dumb, unable to speak of this corrosion burning away within each of us killers," notes the talented author. Particularly appealing and superbly told is "Mango Season" in which the protagonist Rafi works in a sari shop. Though aptly titled, the story is not just about the fruit, but about the stuff dreams are made off. "He wondered, staring at the rows of mangoes before him now, about the exquisite hopes of youth and how, in time, life eats into them." Though her characters are somewhat depressing and tragic with hints of happiness, Bhatt is a promising storyteller at bringing them to life.



"This Could Have Become Ramayan Chamar's Tale: Two Anti-Novels" (278 pages; \$15.95) by Subimal Misra; translated from Bengali by V. Ramaswamy; published by Open Letter (www.openletterbooks.org)

If you are looking for a "boy meets girl, girl meets boy" kind of story, you can give the book a pass. It's anything but a novel or close to one. "This Could Have ..." was first published in Bengali in 1982, while the second novella "When Color Is a Warning Sign" two years later. The two post-modernist works were translated and published as one just recently for the U.S. readers. The first looks at the death of Ramayan Chamar at police hands after his involvement in a Communist uprising on a tea plantation. But every time the author attempts to tell Chamar's story, he is thwarted by voices of maidservants, college boys, babus and bibis — the lords and ladies of upper-class elites. There appear diary entries, poetry, reportage, fantasy, mostly muddled but attempting to make the point – systemic disparities propagated by higher-class people. "When Color ..." is even more chaotic as it abandons any sort of narrative in exchange for dialogue snippets, newspaper clippings, historical facts, statistics, etc. You read about the Pope at a "gold-ornamented religious ceremony in famine-afflicted Poland" to Israeli occupation of Palestine; Alfred Hitchcock's films, Henri Matisse's paintings and explosion of handguns in America also get a mention. In fact, the author even dabbles in filmmaking techniques by zeroing into text on a page. Here are some thought-provoking tidbits: "Let us learn to recognize our own likes outside of the likes imposed upon us." "Democracy doesn't fill the belly, that's why democratic socialism came to our country—hooray for democratic socialism." "The writer offered a cigarette and lit it for him carefully. The boy held it like a chillum pipe between his two hands, took a deep puff and began to cough. The boy's still coughing." "Bastidwellers graze greedily at the house above in which electrical inverters provide light during a power outage." "What have you done with your science? What have you done with your humanism? Where is your dignity as a thinking reader?" An anarchist and activist, the visionary Misra offers the reader a harsh glimpse into violence, greed and corruption in 1980s India through experimental fiction. Sadly not much has changed in the country since the novellas (or is it anti-novellas?) were published more than 36 years ago.



4 TIPS FOR LEADING WITH SELF-AWARENESS AND COMPASSION

By DR. KARYN MATHURA-ARTHUR



In September, my father died quite suddenly. Being away from our extended family and with my sister and me as the only ones to plan his funeral during these trying times, we were both quite busy not to mention distraught. I struggled personally with what to tell my team, how long I should take off and how much I should or should not share. Instead of taking the approach of keeping personal things away from work, I decided to be completely transparent about what I was going through and from that, wanted to share what I learned.

A leader of a team is someone who sets an example, who works well with others, and who directs the team in the best possible way. As a leader, it's important to have self-awareness and compassion towards yourself and your team. Here are four tips you can use to transform your leadership habits:

No. 1: Remain open-minded

Having an open mind as a leader is a fantastic quality that can open the door to many opportunities for you and your team. You'll be able to see fresh perspectives, grow as a team, limit stress, and encourage your team's passion. Don't just shut down an idea because it's not something you wouldn't do initially. Take time to think the idea through, and determine if it would be in your team's best interest to

implement this idea.

Having an open mind allows your team the opportunity to speak up and be heard. This can lead to powerful engagement and effort from your team.

No. 2: Remain positive, supportive, and nonjudgmental

As a leader, your team must know they can come to you for support without fear of judgment. Remain a positive figure and it is okay to share your own experiences with them – might help them better related. This will nourish a more trusting and positive work atmosphere.

Practice mindfulness or paying attention to the present moment without judgment of what is being shared. However, as Deepak Chopra shares, "Don't try to steer the river."

No. 3: Ask for feedback

You see the world from one single perspective — your own. It's vital to ask your team members for feedback on your leadership qualities. Ask questions such as:

- Is there an ineffective way to running this team that is not being done currently?
- What are some of the advantages of this team setup?
- What are some of the disadvantages?
- What are some challenges you've faced as a member of this team?
- Is there any part of the way this team is being run that causes you frustration or

stress?

Listening to your team and considering what they have to say will allow for a stable and balanced foundation of cooperation and trust.

No. 4: Practice self-reflection

It's important to reflect on your own strengths and weaknesses and make changes where there is room for growth.

Maybe you could take some time at the end of the day to write down all the things that went well and all the things that might not have gone according to plan. This is a helpful practice in observing your actions for the day and making a plan for a better tomorrow.

You're always learning, growing, and changing. To be the best leader possible for your team, it's essential to reflect on these areas in your life.

Lastly, thank you to all the people who reached out and helped during these past two months – I am grateful for you and blessed to have this platform to continue to share with you my thoughts on leadership and innovation.

Dr. Karyn Mathura-Arthur is an agile implementation leader with experience in Operational Excellence, Continuous Process Improvement, Business Transformation, Process Engineering and Organizational Change Management across multiple industries (banking, insurance, healthcare, telecom, government, retail, etc.). For comments and suggestions, email editor@khaasbaat.com

Amit Dehra, Esq. • Dehra Miotke, LLC
IMMIGRATION ATTORNEY

LLM, The George Washington University, Washington, DC
 LLB Punjab University Chandgarh, India

Family based petitions • Employment based petitions
Deportation Defense • Asylum • Naturalization

Call our office to schedule appointments
WE SPEAK HINDI AND PUNJABI
 E-mail: adehra@dmimmigration.com
 facebook.com/dmimmigration



www.dmimmigration.com

TAMPA	ORLANDO	JACKSONVILLE
5404 Hoover Blvd, Unit 26, Tampa, FL 33634 (813) 221-0733 (T)	5401 S. Kirkman Rd., Suite 310 Orlando, FL 32819 (407) 965-2455 (T)	4720 Salisbury Road Jacksonville, FL 32256 (904) 746-4344 (T)

PRACTICE LIMITED TO IMMIGRATION & NATIONALITY LAW.



Dinesh Gandhi

CA license # 0G95100

Qualified Member MDRI 2009-2010-2013
 Financial Services Professional*
 New York Life Insurance Company



"AGENT YOU TRUST"

Licensed Agent
 Life Insurance - Long Term Care Insurance - College Funding
 IRA Funding - Key Person Protection

Cell 727 858 4123

dpgandhi@ft.newyorklife.com

LLC, Member FINRA, A licensed Insurance Agency
 3109 West Mik Blvd, Suite 300 Tampa FL 33607



LOOKING FOR MORE BUSINESS?

Then advertise
in our online
Biz Directory at
khaasbaat.com



- Car Accidents - Slip & Fall Accidents
- Insurance Claims
- Social Security Disability Claims
- Wills & Trusts
- Business - Buy/Sale/Lease
- Business Agreements & Disputes
- Family Law

A full service Law Firm for your business and personal legal situations.



Sushrut K. Pandya, Esq., J.D., LL.M.

407-926-0345 (Office) 845-893-6500 (Cell)

5401 S. Kirkman Road, Suite 310, Orlando, FL 32819

www.SKPLaws.com

CLASSIFIEDS

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

MATRIMONIALS

Gujarati, U.S. citizen boy. Florida resident. Born 1979. Works in IT/Quality Control. Looking for Hindu U.S. citizen girl. Email jls179@yahoo.com

Central Florida-based U.S. citizen family seeks match for daughter 29/5'3"/120, very beautiful, fair, slim, medical office administrator. Prefer suitors between 28 and 33, with college degree, and presently living in U.S. Please respond with bio-data and photographs (must) to moirishtha@gmail.com

HELP WANTED

Help wanted in convenience store located near Tampa. Require experience to run store. We will help with accommodation. Please contact Andy at (732) 925-9250.

HELP WANTED

Wyndham motel – now hiring. Looking for experienced professional couple to operate and manage Wyndham franchised motel in Sarasota. Will help with accommodation. Motel managing experience required. Call or text Ankit Shah at (732) 925-9250 or Ken Amin at (727) 597-0897.

Helping to Build Your Future

LIFE FINANCIAL SERVICES ANNUITIES LONG TERM CARE INSURANCE*

Seema Ramroop, CRPS®
Financial Planner
 The Prudential Insurance Company of America
 2300 Curlew Road, Suite 212
 Palm Harbor, FL 34683
 Office: 813-957-8107
 Fax: 844-894-5274
seema.ramroop@Prudential.com



For insurance and financial services, **The Rock®** is the place to be.



Life insurance and annuities are issued by The Prudential Insurance Company of America, Newark, NJ and its affiliates. Offering financial planning and investment advisory services through Pruco Securities, LLC (Pruco), doing business as Prudential Financial Planning Services (PFPS), pursuant to separate client agreement. Offering insurance and securities products and services as a registered representative of Pruco, and an agent of issuing insurance companies. 1-800-778-2255. Securities products and services are offered through Pruco Securities, LLC (Pruco). Each company is solely responsible for its own financial condition and contractual obligations. Prudential, the Prudential logo, the Rock symbol and Bring Your Challenges are service marks of Prudential Financial, Inc., and its related entities, registered in many jurisdictions worldwide. *Availability varies by carrier and state. 1001006-00002-00

D5080

AccounTax Services

"PROUD TO BE BORING ACCOUNTANTS"

- Monthly & Quarterly Bookkeeping
- Payroll & Sales Tax
- Personal Tax Returns
- Business Tax Returns
- New Business Formation
- Business Licensing
- SNAP (EBT) Retailer Services
- WBENC (Women Owned Business) Certification
- Debt Consolidation Assistance
- Management Svc for Sr. Citizens
- Check Cashing Business Services



BOB PATEL
 (407) 710-5818
bob@accounttaxservice.net

2323 TOPAZ ISLE LANE • APOKA, FL 32712

FOR ALL HINDU RELIGIOUS POOJA

Highly Qualified Priest
 Fluent in English, Gujarati,
Hindi & Sanskrit

Expert in:
 Shrimad Bhagwat Saptah
 Ramayan, **Sundar Kand**,
 and Bhajan Programs



AACHARYA RAMESH MEHTA
 TRIPLE AACHARYA M.A. MEDALIST

Cell: 813-453-9334 or Hm: 813-661-6297





Licensed Mortgage Broker Call Raja Paleja Licensed Realtor Broker

Now we can help you Buy, Sell & Finance Properties under one roof.

- Retail Centers, Office Buildings & Apartments
- Hotels / Motels, Flagged & Independent
- Industrial Buildings, Mini Storage
- Mobile Home Parks
- Land Development, Commercial & Residential
- Multi Family Homes, Conventional, Fannie & HUD Loans
- Construction Loans & Business Development Loans
- Commercial & SBA Lenders

We are Serving Florida Community for Last 30 Years

Tel: 407-262-0470 • Fax: 407-262-0474 • Cell: 321-689-6568
 1073 Willa Springs Dr., Suite 1001, Winter Springs, FL 32708
 Email: Rajapaleja@gmail.com • www.maharajafinancial.com

**UNDER NEW MANAGEMENT
 NS FOODS IS NOW**



OPEN:
 TUES-SUNDAY
 10:30 a.m.-8.30 p.m.

WE ALSO DO SPECIAL CATERING

We deliver foods with Uber Eats, Grub Hub, Door Dash and Bite Squad.

Shivam Foods & Groceries

5522 Hanley Road, Suites 104 and 105, Tampa, FL 33634
 Store: 813-570-7329 Cell: 848-252-8787

QUALITY FOODS & INDIAN GROCERY

It's HAPPENING..
RADIO at its BEST



Manoranjana
 THE RADIO SHOW
 MANORANJAN.NET & 1440AM
 SATURDAY 6PM - 8PM

Your Favorite **SONGS** from **YESTERYEARS** to **NOW**

The **BEST** of **BOLLYWOOD**... a **JOURNEY** of **EMOTIONS**

Requests • Dedications • Announcements • Advertising:
407-687-8466 or **info@manoranjana.net**

BOLLYWOOD Music LOVERS Email us **YOUR TALENT** and we will **AIR** it in **THE SHOW !!!**

THE VERY BEST BOLLYWOOD SONGS
 For the **WHOLE WORLD** to **HEAR**

THE RAM LAW FIRM PA
 IMMIGRATION ATTORNEYS

- ★ EMPLOYMENT / WORK VISAS
- ★ INVESTOR / EB-5
- ★ PERM / EB-2 NIW / EB-1
- ★ NON-IMMIGRANT VISAS
- ★ NATURALIZATION / CITIZENSHIP
- ★ FAMILY-BASED IMMIGRANT VISAS
- ★ INADMISSIBILITY WAIVERS
- ★ DEPORTATION DEFENSE

*PRACTICE LIMITED TO IMMIGRATION AND NATIONALITY LAW
 We also speak ESPAÑOL and PORTUGUÉS

ORLANDO BRADENTON SARASOTA
 5812 S. Semoran Blvd 435 12th Street West 6151 Lake Osprey Dr.
 Orlando, FL 32822 Bradenton, FL 34205 Sarasota, FL 34240
 (407) 270-9554 (941) 773-1523 (941) 773-1523

WWW.RAMIMMIGRATIONLAW.COM



RAM BALARAMAN, ESQ. *
 E-MAIL: INFO@RAMIMMIGRATIONLAW.COM

Srinivasa Charyulu
 Freelance Priest



Namah: Kandanidahashtaya
 Sandhikrutasharayahcha
 Khanidatkhiladaitiyaya
 Ramayapannivarine



Priest Srinivasa Charyulu

All Hindu Religious Services Performed at Home and Community

Services: Ganapathi Homam • Sathya Narayna Vratam • Gruha Pravesham
 Sai Vratam • Kalyana Uthsavam • Wedding Ceremony, Vaastu & Shradham, etc.

Languages: Hindi • Telugu
 Tamil • Kannada • English

Cell: (813) 735-0188 • Home: (813) 425-2216
 20716 Whitewood Way, Tampa, FL 33647
E-mail: srinivasa.acharyalu@gmail.com Web: www.acharyalu.co

VEDIC POOJA VIDHI (METHOD)

“For a Pooja to be beneficial, it must be done in Your Name, Gotra, Nakshatra, Rashi Lord, Isht Devi/Devata, and Lagna Lord”.



Also know your **“Janmaank or Lucky No.”**, **“Tattwa or Element of Air, Water or Heat”** in your body; coz **imbalance of these Tattwas** is the root cause of our ailments!

If you don't know the above, contact, **Astrologer and Vedic Mantra Therapist, Pankaj Kohli** to create your Horoscope and perform a Personalized **Pooja** that **Blesses YOU** with **Positive results**.

Call: Pankaj Kohli, Astrologer & Vedic Mantra Therapist
T: 905-910-1441

IMMIGRATION ATTORNEY

- More than 20 years of experience
- 1 of only 78 lawyers in Florida to be Board Certified in Immigration and Nationality Law
- Florida's Super Lawyer in 2008 and 2009

We speak Gujarati.

અમે ગુજરાતી બોલીએ છીએ.



Kashmira Bhavsar

Bhavsar Law Group
 Offices in Orlando

407-425-1202
 information@kiblawgroup.com
www.kiblawgroup.com

USCIS EXTENDS TIME PERMITTED TO RESPOND TO CERTAIN REQUESTS

By DILIP PATEL



On Sept. 11, U.S. Citizenship and Immigration Services again extended its policy to additional time to respond to certain agency requests. USCIS permits an additional 60 days to respond to requests for evidence, continuations to request for evidence, notices of intent to deny, notices of intent to revoke, notices of intent to rescind, motions to reopen an N-400, filing date requirements for the N-336, and filing date requirements for the I-290B. This applies to all notices listed on the request, notice, or decision from March 1, 2020 through Jan. 1, 2021.

Employment Verification (I-9)

If there are no employees present at a work location and a new employee is working remotely due to Covid-19, employers will not be required to review the employee's identity and employment authorization documents in the employee's physical presence. However, employers must inspect the Section 2 documents remotely (e.g., over video link, fax, or email, etc.) — and obtain, inspect, and retain copies of the documents — within three business days for purposes of completing Section 2. Employers also should enter "Covid-19" as the reason for the physical inspection delay in the Section 2. Once the documents have been physically inspected, the employer should

add "documents physically examined" with the date of inspection to the Section 2 Additional Information field on the Form I-9, or to Section 3, as appropriate. These provisions may be implemented by employers for a period of 60 days from the date of this notice or within three business days after the termination of the national emergency, whichever comes first.

Declaration of Self-Sufficiency (Form I-944) Now Required

After many weeks of uncertainty, the Declaration of Self-Sufficiency, Form I-944, is required in most adjustment of status cases. Unless there is further court action that enjoins its implementation, the form is here to stay. Of course, a new administration could direct USCIS to reverse implementation.

New Rules Governing H-1B Specialty Workers Will Further Restrict Legal Immigration

Department of Homeland Security issued an interim final rule, scheduled to take effect on Dec. 7 that limits an employer's ability to demonstrate that its job is in a "specialty occupation." The H-1B classification allows U.S. employers to hire or continue to employ workers in "specialty occupations." Engineers, information technology professionals, accountants, doctors, and scientists are all examples of "specialty occupations."

The DHS rule adopts a restrictive definition of "specialty occupation" — including narrowing which field of study will be

acceptable — as well as the criteria by which an employer may demonstrate that its job is in a "specialty occupation." The DHS rule also limits how H-1B workers may be employed and includes a restrictive definition of the employer-employee relationship. The rule also sets a one-year limit on employing H-1B workers placed at customer sites. These changes are aimed at restricting certain industries' use of the H-1B category

Only H-1B petitions filed on or after the rule's effective date will be impacted. This means that even new petitions to extend H-1B status, which were previously approved by USCIS, will be subject to these new more restrictive interpretations. The rule will not, however, apply to currently pending or previously approved H-1B petitions.

The rule along with the new rule on wages issued on Oct. 8, 2020 is facing court challenges. Not only has the administration lost several court cases where it argued for the same interpretations now found in the regulations, but Congress in legislation already defined "specialty occupation."

Pending litigation should provide interim relief in the next few weeks, and possibly permanently.

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

RESEARCHING COLLEGES IN THE DIGITAL WORLD

By ROBERT A.G. LEVINE



"We're quarantined! I can't visit colleges! I can't research the schools!"
Yes, you can.
Even if you cannot tour a campus, you can research colleges effectively. In fact, because of the recent changes caused by Covid-19, you now have more information than before.

Taking an official tour or attending an information session should never be your primary method of investigating colleges. Those events are marketing efforts by the colleges, generic presentations that are designed to communicate what they want you to know. They have some value, but you should never select a college based upon just a few hours on campus. Lots of influences — caliber of speakers and tour guides, number of other (annoying) people attending, travel logistics, and the weather — could unfairly influence your experience.

Instead, look online. But do not give significant weight to college rankings. In our industry, rankings are notorious for being inconsistent, inaccurate and incredibly money-driven. Each is created based upon its own algorithm, which has little correlation to student performance. Want to understand how ridiculous these can be? Check out the University of Washington-Seattle on two rankings created by the same company. In the U.S. News national ranking, "U Dub" is ranked as the 58th best college in America. However, in the U.S. News global ranking, the same school is ranked the 8th best school in the world!

Rely on more intelligent research. Start at each school's admissions websites. Your first effort should be to understand the

curriculum. The greatest strength of America's schools is the diversity in the ways they present education. On the "academics" tab of the website, look into the structure of the education. When must you declare a major? How many courses are required on top of those in the major (general education, core curriculum, open curriculum)? What courses are, and are not, required within a major? What is the academic calendar they use (semesters, quarters, block plan)?

Now, go back to the first page of the admissions website and search for what they are stressing. What is the first thing presented at the top of the page? What is second? What is repeated, and what is not mentioned at all? The websites are designed with purpose and reason. Deconstruct them to see what they are trying to emphasize.

Learn more about a major by searching for department websites and newsletters, which are designed for internal purposes, not for admissions or marketing. Review the schools' posts on Facebook and other social media: the school page, the admissions page, and especially the school newspaper, which has a primary audience of students and alumni. Because of the quarantine, colleges have increased their online presentations enormously. Watch them! It's amazing how much valuable information is available in these sessions, which are longer than the traveling shows that used to be the foundation of the colleges' outreach. To find virtual sessions, visit a college's admissions website (which will list dates and times), but also get on their "mailing lists" by signing up on the Contact Us page, by opening a Common Application account and inserting the names of 20 schools, and indicating certain colleges in your SAT and ACT registrations.

You'll get a lot of outreach from colleges if

you show a little interest in them. Read the emails. These are designed to communicate information, and they are also used by many schools for data mining your demonstrated interest.

Want to know more about campus culture? Research the school's traditions to find out about life on campus.

Then ... call the school! On the admissions webpage, there is a telephone number listed. Admissions people want you to call them, and the information you get from each person you speak with will provide context and color to everything you have learned. It's amazing how many students and families feel they cannot call the admissions office. Do it!

Also speak with other students and alumni. Hear what they have to say, and ask questions. Things will really start to make sense.

After all this, it is safe to look at blogs, community discussion boards, and online student reviews. If you do this too early, you'll get confused because you don't know the context of the writer's opinions. However, after doing your own research, the opinions have added value.

Finally, if you wish to take a tour but cannot yet travel, look for online virtual tours, not only the official ones, but also the videos created by "regular folks." And check out the drone and aerial videos too!

Remember, you should have a chance to visit a campus later, and things look much different after you have been offered admission.

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

BE ONE IN A MILLION

All of Us
RESEARCH PROGRAM

Join Us

All of Us
Research Program
Virtual Info Session

December 16, 2020

Wednesday
7:00 pm – 8:00 pm

Learn how you can be included in shaping the future healthcare for you, your family, your community, and generations

RSVP:
<https://bit.ly/35rvQ1P>
or
305-753-8791

JoinAllofUs.org
help@joinallofus.org
844-842-2855



Contact Us:

OCA South Florida Chapter
Winnie Tang | 305-753-8791
OCA.South.Florida@gmail.com
www.OCAfl.org

Merry Christmas



The All of Us Research Program is part of the National Institutes of Health



HAPPY STUDENTS SERIOUS EDUCATION



CALL FOR A TOUR

Corbett **Preparatory**
School of IDS



(813) 961-3087 • PreK3-8th Grade • www.corbettprep.com



TRINITY
MEMORIAL GARDENS
12609 Memorial Drive,
Trinity, FL 34655



Hindu
Funeral Service

Trinity Memorial Gardens Delivers
PREMIER HINDU FUNERAL SERVICE
in the TAMPA BAY area.

For Details Call: **LOU BRAVO**
813-920-4241 • 727-376-7824



ALL INCLUSIVE PACKAGE PRICE

- Service and Cremation conducted ANY day of the week
- Crematory on our premises • Custom designed rental casket
- Live internet streaming of the service
- Special package discount price for pre-need
- Financing available: 0% Interest for 48 months
- Large open parking area

Discounts Apply on Pre-Need Sales Only.
Offer Expires June 30, 2020.

At Need Pre Need

<u>Retail</u>	<u>Pricing</u>	<u>Includes</u>
\$6,595	\$5,595	1 Day Funeral Service Rental Cremation Casket

Financing: 4 Years, 0% Interest

\$1,119	Down Payment
\$93.58	48 Monthly Payments



REVAMPED 2020 SUBARU LEGACY A WORTHY DAILY RIDE

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

With Toyota Camry, Honda Accord, Nissan Altima, Mazda6 and more, competition is vicious in the midsize sedan segment. One competent vehicle that has not received as much attention in the field is the Subaru Legacy, which displays incredible nimbleness, remarkable handling and response. Partial credit, of course, goes to the standard symmetrical all-wheel-drive system that Subaru equips in all its vehicles.

For 2020, the seventh-generation Legacy has been totally redesigned inside out. A 2.4-liter horizontally-opposed, turbo 4-cylinder engine produces a healthy 260 horsepower @ 5600 rpm and 277 pounds-feet of torque @ 4800 rpm. Power routed through the revamped continuous variable transmission with 8-speed manual-shift capabilities contributes to a potent performance while ensuring fuel savings. The revised independent MacPherson strut front and a double wishbone rear suspension results in a delightfully supple ride. Steering response with the rack-and-pinion power assist is sharp, precise and perfectly weighted. Zero to 60 is achieved in 6.1 seconds, not bad for a car weighing 3,779 pounds.

Ensnconced on the unitized body structure is a frameless hexagonal grille and lower air intake

with centered Subaru star cluster insignia, flanked by C-shaped LED headlights.

Outdoor-loving folks will appreciate the mounting brackets atop the roof to haul a canoe or surf board. A twin cockpit with electroluminescent analog gauge displays for speedometer, tachometer, fuel and coolant temperature give the cabin a rich feel. An all-new and mammoth 11.6-inch tablet-style touch screen to control navigation, audio and phone along with circular control knobs is easy to use. Drivers of different heights in the family will appreciate the three-spoke tilt/telescopic steering column. Trunk capacity of 15.1 cubic feet matches rival offerings. And 1.4 inches of additional cargo floor length is welcome. Other standard comforts are dual auto a/c, 10-way adjustable power driver and eight-way passenger seats, 60/40 fold rear seat, rear-seat

LEGACY LIMITED XT

Tires: 225/50R18

Wheelbase: 108.3 inches

Length: 190.6 inches

Height: 59.1 inches

Width: 72.4 inches

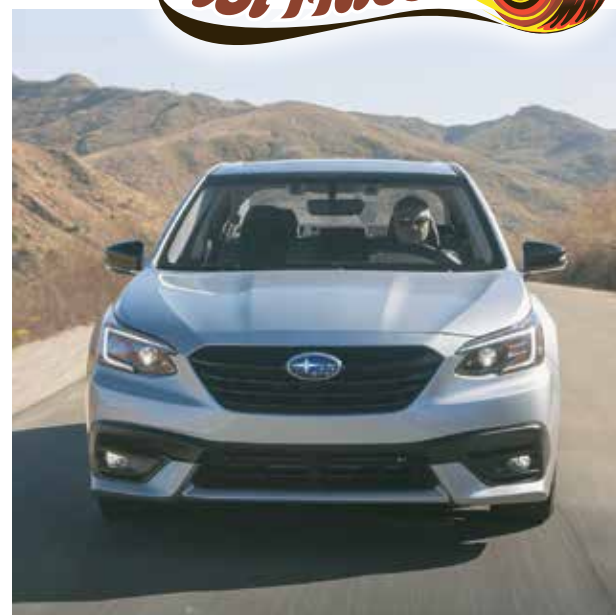
Fuel capacity: 18.5 gallons

City: 24 mpg

Highway: 32 mpg

Base price: \$34,195

Web site: www.subaru.com



a/c outlets, overhead sunglass holder and power moon roof.

A standard all-wheel drive to maintain stability in untoward road/weather conditions, first-rate and spacious cabin and, best of all, admirable gas mileage (going nearly 480 miles on a tank) makes the Legacy a great everyday sedan.

SPORT COUPE BUFFS WILL LOVE THE INFINITI Q60!

Not much is acknowledged about the Q60 (like a BMW or Benz offering) but the luxury sport coupe from Infiniti but should be on any prospective buyer's radar. Carrying over from last year, the Q60 is equipped with a 3.0-liter V-6 twin-turbocharged engine cranking out 400 horsepower @ 6400 rpm and 350 pounds-feet of torque @ 5200 rpm. Available as a rear-wheel or all-wheel drive, the energetic ride is coupled to a 7-speed auto gearbox. Credit for the superbly accurate steering goes to a power-assist, rack-and-pinion system. Behind the wheels hide large rotors: front four-piston 14 inches at front and rear two-piston 13.8 inches to inspire confidence in the driver. Lest we forget, you can enjoy the Q60 in standard, eco, snow, sport, sport+ and personal modes.

Up front, the chromed double-arch grille and wide hood are surrounded by LED headlights and daytime running lights. Distinct brushed finish exhaust tips made just for our Red Sport edition deck the rear. The active grille shutters not only lessen aerodynamic drag but also improve engine warm up, retain heat and ensure fuel savings. If anyone tells you that the Infiniti cabin isn't on par with its German rivals, point out the gorgeous-appearing matte black chrome and carbon fiber accents. The



updated InTouch infotainment system, which comes with 8- and 7-inch dual touch screens atop each other, is easy to use. A familiar Infiniti double-wave instrument panel lights up with electroluminescent analog gauges. Also standard are eight-way power front leather seats, dual auto a/c, solid magnesium paddle shifters, 60/40 rear seat, Bose audio with 13 speakers, aluminum pedals and sill plates with 'Infiniti' insignia, power tilt/telescopic three-spoke steering column and moon roof.

Dual front and side airbags, side curtain airbag, four-wheel antilock brakes, vehicle dynamic and traction controls, forward collision and

Q60 (RED SPORT)

Tires: 255/35R20 front; 275/30R20 rear

Wheelbase: 112.2 inches

Length: 184.4 inches

Width: 72.8 inches

Suspension: independent double-wishbone front; multilink rear

Weight: 4,047 pounds

Fuel capacity: 20 gallons

City: 20 mpg

Highway: 27 mpg

Base price: \$57,150

Price as tested: \$59,880

Web site: www.infiniti.com

blind spot warning, front seatbelts with pretensioners, hill start assist, remote keyless entry, rearview camera, zone body construction, energy-absorbing steering column, tire pressure monitoring system and daytime running lights come at no extra cost.

Push the start button to summon the twin-turbocharged engine and the rev-happy Q60 emits an exhaust rumble that will delight any sports coupe buff. Abundant luxury features, snappy performance and a robust steering feel make a wonderful combination in the four-seater. And a head-turner ride to boot.

FORD RANGER RETURNS AFTER 8-YEAR ABSENCE!

The Ranger is back in town! After an eight-year hiatus, the fourth-gen Ford Ranger returned last year and, we must say, it has been quite a feat. The rear-wheel-drive (4X2) version of the midsize pickup was equipped with a 2.3-liter EcoBoost inline-4 cylinder putting out 270 horsepower @ 5500 rpm and 310 pounds-feet of torque @ 3000 rpm. EcoBoost is essentially twin turbochargers and a smaller-displacement engine working in tandem with gasoline direct injection to produce a dominant but fuel-efficient engine.

Mated to the power train, providing seamless shifts, is a 10-speed automatic gear box. Guiding the truck is an electric power-assist steering while suspension is handled up front by a short-long-arm independent and a Hotchkiss-type non-independent live rear. The result is a remarkably supple ride that soaks obstacles with dexterity, sure-footedness and poise.

Conveying a bold and brawny appearance, and understandably so, is a black wide-mesh raked grille with LED headlights and fog lamps, body-color door handles and wheel lip moldings. Take a seat behind the robust leather-wrapped steering column and you find yourself staring



at a speedometer flanked by two 2.3-inch LCD screens. Sync3, which accesses audio, telephone, navigation controls via a voice command, 8-inch touchscreen tap or button click, is simple to use. Other amenities at no cost are dual auto a/c, eight-way power and heated front seats, 60/40 easy-fold rear bench, overhead sun glass holder, push-button start, and a 10-speaker Bang & Olufsen sound system. Our 5-foot-bed Super crew cab came with the optional FX2 package (\$595), which fetched us an electronic locking rear differential,

front underbody guard; and off-road tires, tuned suspension and cluster screen.

It's a warm homecoming for the Ranger in a crowded and highly competitive midsize pickup market. Though by no means a full-size truck, this Ford serves the purpose of one with commanding cargo and towing capability, and adequate fuel efficiency while delivering a utilitarian ride. Welcome back, Ranger!

FORD RANGER (LARIAT)

Tires: P265/65R17

Wheelbase: 126.8 inches

Length: 210.8 inches

Width: 85.8 inches

Height: 71.1 inches

Tow capacity: 7,500 pounds

Weight: 4,232 pounds

Fuel capacity: 18 gallons

City: 21 mpg

Highway: 26 mpg

Base price: \$34,675

Price as tested: \$41,780

Web site: www.ford.com



Home & Flood Insurance *Simplified!*

Providing quality insurance, without the hassle.

No obligation home & flood insurance quotes online at
www.TypTap.com



New patients welcome!



Dr. Jamie Melichar DO,
Family Practice



Kristy Kahen ARNP

- Diabetes Education
- Well Woman Exams
- School/ Sports Physicals
- Preventative Care Exams
- Chronic Condition Management

NOW ACCEPTING



ASPIRE MEDICAL

Appointments (727) 807-5900

7278 State Road 54 • New Port Richey, FL 34653

HOURS: Monday - Friday 9:00AM - 5:00PM

[facebook.com/aspiremedicalgroupllc](https://www.facebook.com/aspiremedicalgroupllc)



UNIVERSITY CONSULTANTS OF AMERICA

*Provides **WORLD'S BEST** Coaching
for Undergraduate, Transfer and
Graduate Admissions*



**Find Out About our
Programs, Seminars, Webinars
AND NEW
Town Hall Meetings**

Sign Up for our Mailing List or a Free Consultation:

info@universitycoa.com

www.universitycoa.com • 1-800-465-5890

DECEMBER 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) Arians, many planets are placed in highly favorable houses. Lord of profession bestows power to own house positively. Marital house blesses the native of this sign; however,

be careful when Moon passes through the sign; some undercurrents might be felt. This is a good time for recovery from medical issues.

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) First fortnight may bring rich gains in undertaken ventures. However, efforts done past mid-month may not produce desired results due to shift in planetary houses. Eligible people seeking success in romance, find positive dates in middle of the month. You continue to be blessed, so enjoy and maximize your efforts!

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) Excellent star positions indicate a great month for family, legacy, inheritance business, growth in family income, great efforts producing highly positive results. Personal upliftment promises chances of promotion, salary and increase in positive reputation on job front.

CANCER / Karaka (Watery sign, ruling planet is Moon) - (June 22-July 22) Moon Sign – Stars covered Punarvasu (4th part), Pushya, Aslesha Planetary movement brings good news, which means you will be able to multiply your efforts and in return your results will be directly in proportion. Tremendous personal gains are seen in mid-month. But financial progress is seen throughout the month as excellent planetary position creates favorable yoga.

LEO / Simha (Fire sign, ruling planet is Sun) - (July 23-Aug. 22) Sun Sign – Stars covered Magha, Purva Phalguni, and Uttara Phalguni (1st part) Be careful this month; certain planetary positions may not be so favorable. However, the second fortnight looks gainful and profitable. Positive personal upliftment cannot be ruled out. Good news may be expected in first and third week. However, be cautious while changing jobs, read between the lines if you get an offer. Watch for piles-related complications.

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) Each day may seem like a challenge; infighting with self, inability to do what you want to do will be frustrating. Excellent time for career growth, promotion or job change in first half of the month! Despite higher earnings, possibility of more expenses cannot be ruled out.

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) For some, medical complications related to prostate, colon or urinary tract need medical attention. Now is the time to make corrections to wrong financial judgments that resulted in losses! Business partnerships or marital alliances may suffer in some cases. On Professional front, no job changes foreseen. Stomach, liver and intestinal problems could be troublesome.

SCORPIO / Vruschika (Water sign, ruling planet is Mars) - (Oct. 24-Nov. 22) Mars Sign – Stars covered Vishakha (4th part), Anuradha, Jyestha Influential contacts develop, chance of new proposal for joint partnership seen. Excellent time for career growth, new job openings, salary increases in current career seen! Income sources increase too, however expenses are high too. Some marital issues may crop up; communicate, listen and resolve amicably.

SAGITTARIUS / Dhanush (Fire sign, ruling planet is Jupiter) - (Nov. 23-Dec. 21) Jupiter Sign – Stars

covered Moola, Purva Shada, Uttara Shada (first part) Loss in land deals or property-related proceedings cannot be ruled out, especially joint land or assets. Much expense on house, vehicle or on unnecessary things is seen. New cordial relations may develop for eligible matrimony seekers. On health issues, one might face liver, ear, sinus and allergy snags, take care.

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 marital issues are possible. Bad relations with junior colleagues cannot be ruled out. Keep away from picking up arguments with anyone. Kapha-related issues, sinus congestion, throat, allergies, diabetes may affect some. Be extra careful while driving; do not gamble and work hard.

AQUARIUS / Kumbha (Air sign, ruling planet is Saturn) – (Jan. 21-Feb. 19) Saturn Sign - Stars covered: Dhanistha (last 2 parts) Satabhisha, Purva Bhadra Pada (1st 3 parts) Hold on, if you are buying property, vehicle or household appliances, better deals seen in future. Good time for marital or new business alliances. Progress is slower than expected. Take care of health, especially skin problems, problems related to Pitta (boils, ulcers, intestinal problems).

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 Avoid falling under debt; for some, channels of income seem to be narrowing down; unfavorable time for professionals; decline in job prospects, downsizing in business is seen. Windy (Vaata) and phlegmatic (Kapha) diseases, troubles in the legs, unforeseen dangers, laziness, weakness due to over-exertion, mental affliction and stomach troubles can erupt.

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

THE PEARLY WHITES: NOT YOUR TEETH, YOUR EYES!

By DR. ARUN GULANI



The traditional “Pearly Whites” referred to our perfectly white and well-aligned teeth resulting in an infectious smile, which reflected how much our parents loved us (spent on us!)

With mandatory masks these days, that once basic requirement of life is now an afterthought

and, in fact, not important at all.

Next on stage then and in permanent display become our EYES!

While masks have hidden all but our entire face and its evolution-based expressive signs of communication, the crowning glory that is visible and fully in command of expressive communications now rest with our eyes. They then have become the center of attraction or distraction!

All imperfections of the eyes, especially the cosmetically unappealing yellowish and red bumps on the white of our eyes, have become unacceptable given the focused attention they draw from even mildly sadistic voyeurs whose lightning fast minds make judgment calls on such affected individuals.

These red and yellow lesions on the white of the eyes are called Pinguecula (small) and Pterygium (large). Pronounced “terigeum” is a raised, wedge-shaped growth of the



conjunctiva (transparent saran wrap-like layer covering the white of our eyes. This layer when infected causes the pink eye or conjunctivitis) which starts with a cosmetically unappealing, constantly red eye with symptoms of irritation, redness and even tearing.

It is fairly common among sports and recreation enthusiasts, golfers, surfers, as well as outdoor workers. Although it often remains dormant and causes mostly a cosmetic blemish with embarrassingly red and unhealthy looking eyes, it can be a relentless disorder, growing across the cornea and adversely affecting vision.

Medical treatments for the condition are varied and far flung, all evidence to the fact that none of them work. Surgery has been the mainstay for this problem.

We have seen a surge in patients from all over the world seeking our “no stitch” human placenta surgery technique that results in sparkling white eyes.

This condition rampant, especially in our Florida climate, calls for the use of human placenta wherein after removing the red growth during surgery, a human amniotic graft (derived from

human placenta that is tested to be disease free) is applied to the area of surgery. The technique is further enhanced by using tissue glue instead of stitches, resulting in a more comfortable surgical outcome with a goal toward cosmetic improvement in appearance, including a lower rate of recurrence.

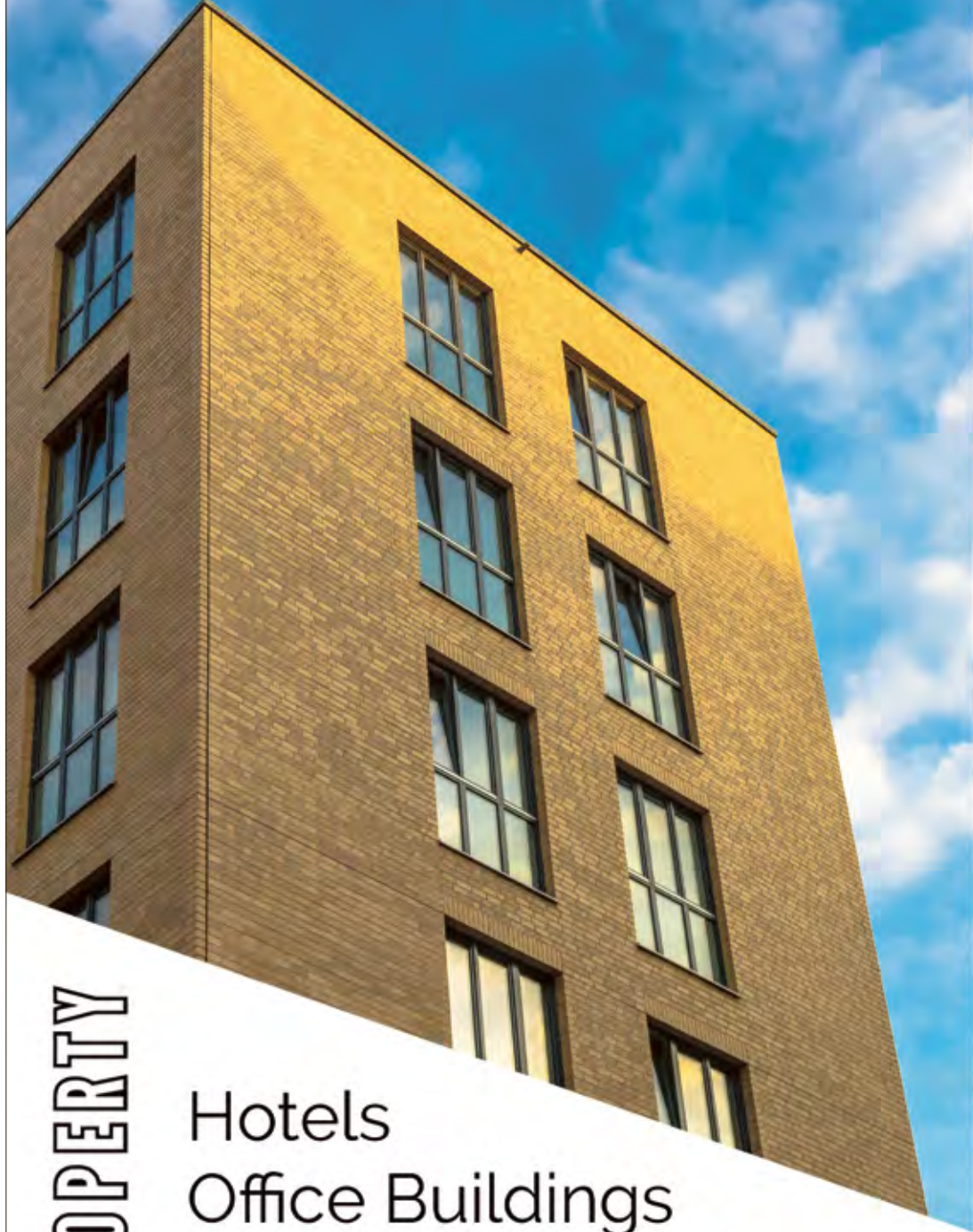
These patients appreciate the sparkling white eyes gleaming above their masks that can now not only face the scrutiny of people’s stares but actually call for compliments that add to a recurrent desire for selfies without a pout (remember, no one can see the pout with a mask anymore).

Additionally, as glasses fog up with masks, they can also undergo advanced laser vision surgery and NexGen “no-cut” Lasik to further make them see without glasses or contact lenses in keeping with the philosophy of “Look good and see good.”

This also prevents contact lens wear in patients, thus decreasing the irritation to the surgical area.

While people are focusing more on their eyes, I consider it my civic duty to remind everyone to still brush twice a day and do listen to your not-so-important dental conscience even if it stays behind a mask.

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



COMMERCIAL PROPERTY

- Hotels
- Office Buildings
- GL and Workers Comp.
- Liability Insurance
- Equipment Insurance
- Gas Stations
- Shopping Centers
- Business Auto/
- Commercial Fleet
- Business Insurance
- Warehouses
- Mini Warehouses
- Churches



ELEMENTARY
INSURANCE AGENCY

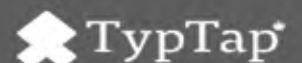
813-497-9002



INSURANCE PRODUCTS

ELEMENTARYAGENCY.COM

- Homeowners
- Condos
- Manufactured Homes
- Rental Properties
- Seasonal & Vacant Properties
- Flood Insurance
- Auto Insurance
- Boat Insurance
- Classic Vehicle
- Motor Sports
- Historic Military Equipment



KHAASBAAT

A PUBLICATION FOR INDIAN AMERICANS IN FLORIDA

DECEMBER 2020



WWW.KHAASBAAT.COM • EDITOR@KHAASBAAT.COM • 813-758-0518 • LIKE US ON FACEBOOK

JAY MULANEY OF LAKELAND VOTED BEST OPHTHALMOLOGIST OF CENTRAL FLORIDA



Dr. Jay Mulaney of Central Florida Eye Associates in Lakeland was selected as the Best Ophthalmologist in Central Florida. The Lakeland Ledger's Best of Central Florida Awards, which is in its fifth year of existence, is presented to the physician or business that secures the highest votes from patients or clients as the best in their field and is a recognition of excellence of the service and experience they provide. Dr. Adam Gant, ophthalmologist at the Watson Clinic placed second, and Dr. Gary Schemmer of Advanced Eye Care Associates was third when winners were announced Nov. 22.

The Best of the Best in Central Florida chooses the best physician or business as it is voted on by a large number of independent voters, most of whom have had firsthand experience with the service provided by the physician or organization they have used.

While accepting the award, Dr. Mulaney said, "I am honored to be voted the Best Ophthalmologist in Central Florida. It has been a privilege to care

for the health of the eyes of the people of Lakeland and the surrounding areas. None of this would have been possible without the passion for excellence and perfection that all my coworkers at Central Florida Eye Associates share with me. While the pandemic has presented a unique set of challenges to the practice of ophthalmology, the desire to do our best for our patients remains undeterred."

Dr. Mulaney recently was the board Chairman of Lakeland Regional Health and Lakeland Regional Medical Center, an 850 bed tertiary hospital, one of the largest in Florida with the busiest Emergency Department in the entire United States. He has served in numerous leadership roles in the medical profession, including President of the Polk County Medical Association, President of the Medical Staff at Lakeland Regional Medical Center and President of the Central Florida Physicians Alliance. His community leadership roles have included the Chairman, Board of Directors of Volunteers In Service to The Elderly and as a Director of the Lakeland Area Chamber of Commerce Board. Dr. Mulaney is a graduate of T.N. Medical College of the University of Bombay, 1982. He completed his Residency in Ophthalmology at the University of Pennsylvania, and Fellowships in Glaucoma at the prestigious Bascom Palmer Eye Institute, University of Miami, and the Scheie Eye Institute, University of Pennsylvania.

Introducing the STEAM Signature Program at Shorecrest

A new academic track allowing for in-depth study of Computer Science, Engineering, or Entrepreneurship and Design

Learn More at www.shorecrest.org/STEAM

#1 School for STEM in the Area;
Ranked among the Best Schools in the State by Niche.com



Shorecrest | Be More

5101 1st St NE | St. Petersburg, FL 33703 | 727-522-2111 | www.shorecrest.org