Shubh Navratri UBLICATION FOR OCTOBER 2020

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WHAT: "Beyond Bollywood: 26th annual

South Asian Film Festival" – Virtual Only!

TICKETS: Festival pass - \$25 or individual

WHERE: To buy tickets, visit https://enzian.

org/films/festivals/south-asian-film-festival/

For more information, call (407) 333-3667.

Inside:



Florida News One million candles



Flower paintings



Eye Care Cataract surgery



Classifieds Matrimonial



Books 'Midnight at Malabar House'



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NEW SHOWS AND MOVIES TO WATCH



'BEYOND BOLLYWOOD: SOUTH ASIAN FILM FEST' GOES VIRTUAL OCT. 10-11

"Beyond Bollywood: 26th Annual South Asian Film Festival" will be virtual Oct. 10-11 this year. The event showcases diverse images of South Asian (India/Pakistan/ Bangladesh) culture and heritage through acclaimed independent films from across the globe. The program is part of Enzian Theater's cultural festival circuit and is co-presented with the Asian Cultural Association.

Below is a synopsis of the movies showing during the two-day festival.



"MADE IN BANGLADESH" - Bangladesh/France/Denmark/ Portugal, 2019, 95 min, directed by Rubaiyat Hossain, **English and Bengali with English subtitles**

WHEN: Oct. 10-11

programs - \$10

Shimu, 23, works in a clothing factory in Dhaka. Faced with difficult conditions at work, she decides to start a union with her co-workers. Despite threats from the management and disapproval of her husband, Shimu is determined to go on. Together, the women must fight and find a way. It's a moving

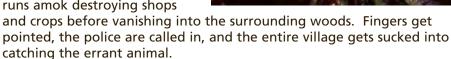
and suspenseful tale not simply of exploitation.

"JALLIKATTU" - India, 2019, 91 min, directed by Lijo Jose Pelilissery, Malayalam with English subtitles

Unfolding in a remote village in the filmmaker's home state of Kerala, "Jallikattu" begins with Kalan Varkey, a butcher whom the entire village relies on for fresh meat. A regular ritual of buffalo slaughter goes haywire when the

animal breaks loose, creating havoc across the village as it

runs amok destroying shops





CHHOTA CINEMA: NEW INDIAN SHORTS 2020

"SADAK CHAAP" (STREET STAMPED) - USA/India, 2019, 14 min, directed by Riddhi Talreja, Hindi with English subtitles

On the streets of Mumbai, a young brother and sister try to raise money to buy a new soccer ball so they can play like the children they see on the other side of the fence. When they lose the money, the young boy risks everything for the ball, only to find that help comes from an unlikely hero.

Continued on page 14

TK MATHEW VYING FOR HILLSBOROUGH COUNTY TAX COLLECTOR

By NITISH S. RELE - editor@khaasbaat.com

He wants taxpayers to save time and money. The Hillsborough County Tax Collector's office can do better. Much better, he believes. And that is the reason an Indian American of Kerala descent, TK Mathew, is vying for the seat being vacated by the retiring, current collector Doug Belden.

A Hillsborough County resident since 1991, Mathew has owned an automotive business and invested in several restaurants in the past. He even worked for four years in the tax collector's office. "Right now, I am focused on the election," says the Republican while stressing that his previous and current business experience is one of the strengths he brings to the tax collector's office.



Continued on page 9

Dear Readers:

PUBLISHER'S NOTE

We hope all of you are staying safe and healthy during this new way of life with the pandemic. 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

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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.

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

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SIGNIFICANT DATES

OCT. 17-24: NAVRATRI OCT. 25: DUSSEHRA OCT. 29: ID-E-MILAD

#ONEMILLIONCANDLES AT FLORIDA ASHRAM TO DISPEL DARKNESS OF CORONAVIRUS

Story provided by Divine Bliss International

The coronavirus pandemic is a darkness that's causing fear, anxiety and depression. News headlines continue to cause concern, prompting some to isolate themselves and worry about the risks of venturing out.

One of India's most revered epics is The Mahabharatha, about the great war between the light of the righteous, noble Pandavas and the darkness of the arrogant Kauravas. The symbolism of these stories is meaningful even today. That's why, during our modern epic battle, Her Holiness Sarva Loka Maa, Sri Sri Sri 1008 Guruji

Poonamji, has launched a movement to lift people

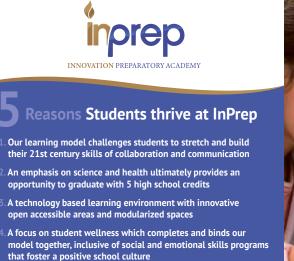
of all faiths and backgrounds out of the gloom and into the light of positivity. "Open the Light Within" offers an opportunity for all people to honor or sponsor the lighting of one million candles at Guruji's Divine Bliss International ashram at 2319 Nursery Road, Clearwater. Each beautifully decorated candle is tagged with the honoree's name and is blessed by Guruji, kindling the energies of gratitude, compassion, positivity and selflessness within that person. Those who sign up as "conduits of light" also benefit from live interactions with Guruji that uplift and enhance the soul, releasing the negative forces of fear, depression and isolation stoked by the pandemic.

"If you were to ask me energetically 'what does my soul look like?', then it looks like a bright light that is live. In the physical, the closest representation to that is ... a flame," Guruji says. "It represents you and when you are the one putting that candle here then I can take your energies and uplift you and make you complete. When your flame is here, you are here."

Guruji Poonamji has been teaching self-realization for a modern era to disciples, students and followers worldwide for more than 25 years. As the third in the highly esteemed spiritual lineage of His Holiness Sri Sri Sri 1008 Baba Neem Karoliji Maharaj, the great healing saint of North India, Guruji works tirelessly to assist those seeking to understand the true nature of self, through experiential learning.

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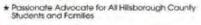
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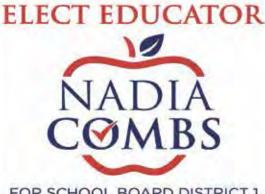


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THURSDAY, OCTOBER 01 (6:30 PM to 7:30 PM)

GROUP SURYANARAYAN KATHA

SATURDAY, OCTOBER 03 (6:30 PM)

PURUSHOTTAM HAVAN (By RSVP only)

SATURDAY, OCTOBER 10 (6:30 PM to 7:30 PM)

SHRI JAGANNATH JI BHAJAN

SATURDAY, OCTOBER 17 to SUNDAY, OCTOBER 25

- **ASHVIN NAVRATRI**
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- DURGA STHAPAN PUJA (10:00 AM)
- MATA DI CHOWKI (5:30 PM to 7:30 PM) (Sponsored by Sh. Deepak and Smt. Rini Mishra Family)

FRIDAY, OCTOBER 23 (6:30 PM)

- DURGASHTAMI HAVAN (Private Kund Available.) SATURDAY, OCTOBER 24 (6:00 PM)
- MAHA NAVMI DURGA BALIDANAM PUJA
- SUNDAY, OCTOBER 25 (5:30 PM)
- VIJAYA DASHMI AAYUDH PUJAN SATURDAY, OCTOBER 31 (6:00 PM)
- SHARAD PURNIMA KATHA

WEEKLY EVENTS

EVERY MONDAY - 6:30 PM

SHIV ABHISHEK AND PUJA

EVERY TUESDAY - 7:00 PM

- SUNDARKAND
- HANUMAM KATHA EVERY THURSDAY - 7:00 PM
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- MAHA PRASAD

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NOTE: Puja services have been resumed with guidelines

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3



<u>CORONAVIRUS PANDEMIC – PART V SEASONAL FLU VERSUS COVID-19 INFECTION</u>

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



Now that the fall has arrived, we need to worry about the seasonal influenza in addition to the pandemic. We are about to face a twindemic, which may be hard to deal with; so, it's time to be extra-vigilant.

Influenza and Covid-19 are both contagious illnesses but caused by different viruses as you already know. SARS-CoV-2, the virus that causes Covid-19, is much more virulent than flu and can produce severe respiratory and widespread coagulation disorders that could be lethal. Differentiating the two infections, Covid-19 vs. flu, is critical because of the prognostic

implications. As of now, a total of 6.8 million people have been infected with the virus in the U.S. with death rate approaching 200,000 and the count is going up every day!

Symptoms of Corona Virus Disease

Xiaoyan Song, Ph.D, director of the Office of Infection Control and Epidemiology at Children's National Hospital in Washington, D.C., and colleagues investigated the commonalities and differences between the clinical symptoms of Covid-19 and influenza in children. Here is their conclusion:

"Distinguishing Covid-19 from flu and other respiratory viral infections remains a challenge to clinicians. Although our study showed that patients with Covid-19 were more likely than patients with flu to report fever, gastrointestinal and other clinical symptoms at the time of diagnosis, the two groups do have many overlapping clinical symptoms. Until future data show us otherwise, clinicians need to prepare for managing co-infections of Covid-19 with flu and/or other respiratory viral infections in the upcoming flu season."

Generally, flu symptoms tend to be milder. It may start with a little fever, headache, cough and sore throat, runny nose and fatigue. Other symptoms include muscle and body aches, headaches and runny nose. People with Covid-19 have had a wide range of symptoms reported and these symptoms may appear 2-14 days after exposure to the virus. Incubation period for flu is much shorter, usually 2-4 days. Influenza and Covid-19 can coexist occasionally and that will make the outlook much worse.

There are some key differences in clinical symptoms between the two conditions. Significant shortness of breath with fever is a cause for alarm.

In New Delhi, with proliferation of Covid-19 cases, the patients are encouraged to buy a pulse oximeter – a handy little electronic gadget when clipped to your finger measures oxygen saturation in your red blood cells (normal range: 95 – 100%). The O2 Sat is an indication of how well your lungs are working. The device costs about \$13 (under \$25 in the U.S.) and patients are asked to report to their physician when the blood O2 Sat drops to 94%. Although the majority of patients who contract the virus have only mild disease, the vulnerable population that tests positive needs close surveillance and proper therapy.

Persistent pain or pressure in the chest, new onset of confusion, inability to wake up or stay awake, bluish lips or face, new loss of taste or smell, gastrointestinal symptoms like nausea, vomiting or diarrhea are more likely to be from Covid-19. Even mild breathing difficulty has to be taken seriously because this may herald the onset of a serious pneumonia.

The virus can also trigger many types of cardiovascular diseases, including inflammation of the heart muscle, actual heart attacks and sudden cardiac death as well as strokes. The virus does its damage through two main pathways – by triggering an immune response that sets up "hyper inflammation," and by triggering blood clots. And strokes have been observed in otherwise relatively young, healthy people, which appear to be caused by spontaneous blood clotting.

Diagnostic testing can help determine if the patient is sick with flu or Covid-19. Rapid molecular diagnostic test to detect influenza virus types A and B can be done in a doctor's office and results can be had in 15-20 minutes. Although a viral test for Covid-19 from a sample collected from the nose is available through most labs, there is a delay in getting the results. It's always better to get the symptomatic patient tested immediately.

The latest news is that U.S. coronavirus rates are rising fast among children and hence the necessity for testing and definite diagnosis. And vulnerable patients like the elderly and those with heart disease, diabetes, obesity, hypertension and immune deficiency, need to be evaluated quickly and, if necessary, hospitalized. Since flu vaccine is freely available and it protects you from most strains, I would hope all of you would go ahead and get vaccinated without delay.

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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THE (IM)PERFECT ROAD TO STANFORD

BY KONNER BREWER AND ROBERT LEVINE



Every week, potential clients ask, "How does it work?" When we explain the holistic method of admissions, people nod their heads ... before going back to their preconceived notions. However, when the admissions effort is done, the "aha" moment finally arrives.

We would like for you to understand this better before it's all over.

When our former students explain their experiences, sometimes their different voices help make sense of the morass. This month, we present to you Konner Brewer – one of my favorite

students ever - so you can understand what she learned after arriving in Palo Alto. These are her words:

How did I get into Stanford? I asked myself that every day during the summer before freshman year. I later found out that many of my classmates had been asking themselves that same question.

During our first week of orientation, the president of Stanford got up in front of all the new freshmen and said to the auditorium full of people with imposter syndrome, "You were not a mistake. You didn't get here by accident. We looked at the whole person and chose you."

He then went on to list some impressive attributes of my classmates that helped them stand out amongst the other applicants. "Winner of the national spelling bee, inventor of three engineering patents, Olympic gymnastics champion, national president of Mu Alpha Theta" The list of impressive achievements went on and on, but the thing I never heard was, "had a perfect ACT score, never got anything below an A+ in any class." Grades and scores were not all they cared about.

I wasn't an Olympic gold medalist, I've never won a spelling bee, and I even got a B in sophomore year chemistry, yet there I was. I thought the admissions process would be highly competitive - and in all honesty, it is. I thought that to stand out, I would have to list off every achievement, every success, every obstacle I've ever overcome, and every difficulty I've faced. But in reality, they just wanted to know me. They wanted to know the things I'm proudest of, what excites me most, what my personality is like.

Stanford wanted a diversity of thinkers, people with different interests and backgrounds. There was no "cookie-cutter" student because all my classmates were different. For one of my essays, I wrote about how my favorite holiday is April Fools' Day and how it excites me to think about clever ways to apply engineering in devising elaborate pranks to fool my friends. For that same essay, my roommate wrote about her passion for her high school softball team, while the girl across the hall wrote about how much she loves SpaceX. There is no right thing to write about, they just want to know what gets you out of bed in the morning.

With that said, I know it can still feel overwhelming. You're probably asking yourself, "what does get me out of bed in the morning?" Back when I was applying, UCA was a one-man show. Bob helped me talk through my passions, strengths and the stories I was most proud of. He helped me design an application that was able to best capture and highlight who I was. An application I was proud to send in. In the span of just one month – yes, I started in mid-November of 12th grade – I was able to complete and send out 14 applications. I highly recommend against waiting that long to start applications, but you get my point! When it was overwhelming, having a professional helped me simplify it.

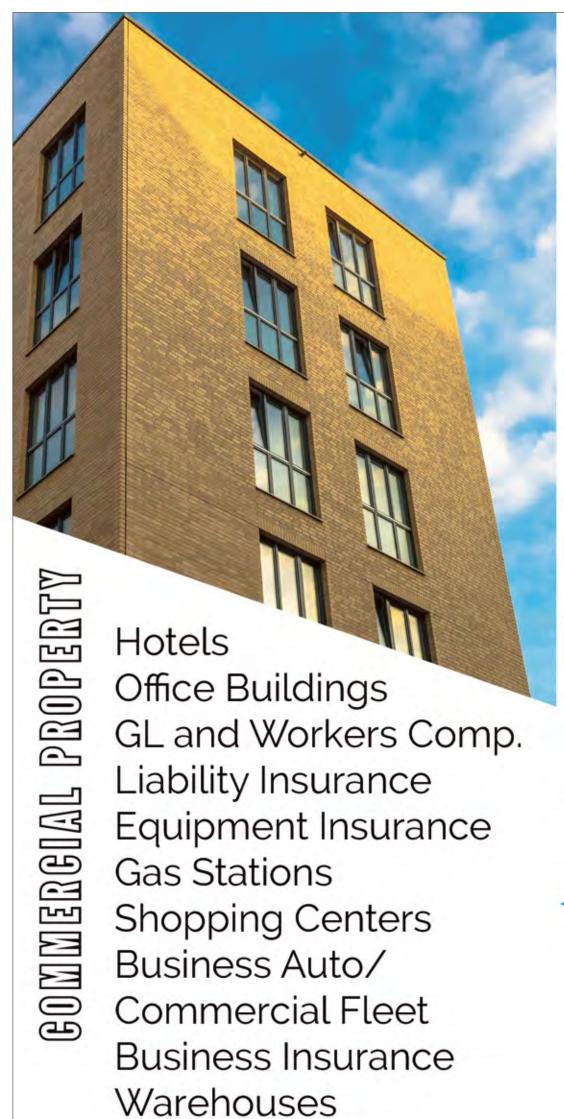
Just as no two people are exactly alike, no two Stanford students are exactly alike. Take a deep breath, reflect on the things that matter to you and the things that make you who you are, and tell your unique story because they want the whole person, the real you.

Konner is right. I just finished interviewing admissions professionals from 23 universities, big and small, private and public, highly selective and regional. They all said the same thing: be genuine, be authentic, be real. In fact, one Dean of Admissions turned her experience into a maxim not only for admissions, but for life:

"Don't do it all right. Just do it all you."

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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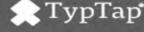




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FLOWER PAINTINGS: THEN AND NOW

By BRINDA PAMULAPATI



Flowers have always served to elevate people's mood, be they used for weddings, festivals, or everyday decoration. The sight of flowers — in painting as much as in nature — draws people's attention like a magnet. Flowers, too, have the power to inspire creativity. The blooming of flowers brings with it a sense of happiness and excitement that can motivate artists to paint even during the gloomiest of times.

In India, the traditional art form rangoli uses many flower patterns for a variety of celebrations. Rangoli are

usually created using powders made from colored chalk, quartz, rice, sand and flowers on the floor at door entrances, with unique designs passed down from one generation to the next.

Flower paintings have served not only for visual impact and aesthetic pleasure in India; they have also been used historically to record collections of botanical and herbal plants. Artists Rungiah and Govindoo, for example,



Figure 1: RANGOLI, Ref: https://en.wikipedia.org/wiki/Rangoli#Rangoli_in_different_states

illustrated many Indian plants in the mid 18th century. Remarkably, 711 of their original plates have survived in the library of the Royal Botanic Garden Edinburgh.

Flower painting (huahui) in China was associated with Buddhist art and thus took on spiritual significance. Though Chinese flower painting dates back thousands of years, it became extremely popular in the 10th century. This style of painting featured

precise ink outlines on silk or paper. The lines were then filled with bright colored ink or tonal washes, creating a calming and serene effect.

In modern times, the paintings of Georgia O'Keeffe, one of the most famous 20th century American artists, encouraged even the busiest New Yorkers to patiently observe and appreciate flowers. She said, "Nobody sees a flower —

really — it is so small it takes time — we haven't time — and to see takes time, like to have a friend takes time."

Inspired by Georgia O'Keeffe, contemporary artist Michelle Wilcox similarly uses a meticulous methodology in her floral paintings. She paints each flower one at a time, really looking at their characteristics and spending time with them. The result is a balance between what is stated through line and what is stated through form. On her paintings of lilies, Wilcox said, "Since I didn't

arrange the flowers beforehand, I was thinking a lot

Michelle Wilcox about layering/overlap to Oil on canvas 24 x 24 inches create a blend of space and Courtesy: Venvi Art Gallery pattern. I was also thinking

about the significance of flowers as symbols for feminine energy and women's empowerment through femininity: they are ripe, full of color, and pollinator type of flowers."

Figure 2: LILY DUO, 2020

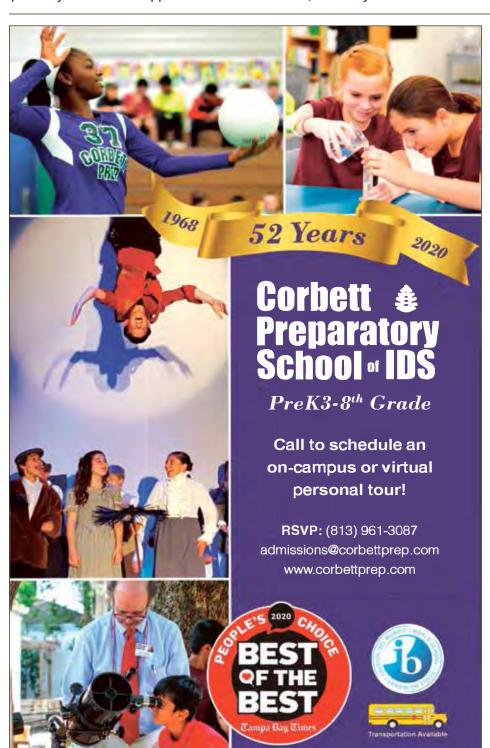
Abstractionist Daniel McCord Taylor draws inspiration from flowers for his present show "For the Love of Color" at the Venvi Art Gallery. In one painting, "Flower Power," Taylor has thrown several colors on canvas as a stress reliever, creating a striking and energetic abstract floral arrangement. In this way, he demonstrates the versatility of flower painting and shows how the ancient subject matter can still delight

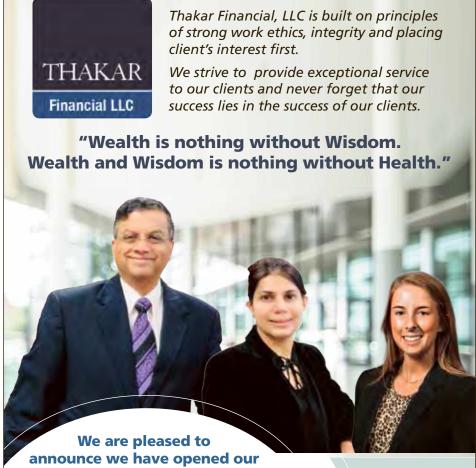
Brinda Pamulapati, owner/managing director, of Venvi Art Gallery in Tallahassee, can be reached at (850) 322-0965 or visit www.VenviArtGallery.com



Figure 3: FLOWER POWER, 2020 Daniel McChord Taylor Acrylic on canvas 48 x 24 inches

Courtesy: Venvi Art Gallery





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Left to right: Girish Thakar, M.S, MBA, AWMA®, President, Registered Principal - RJFS. Sonia Chowdhry, MBA, Associate. Morgan Lewis, Client Services Manager

CATARACT SURGERY IN A SPA; NO PAIN, NO INJECTIONS, NO DRUGS; JUST MUSIC AND VISION!

By DR. ARUN GULANI



Yes, you read that right. Imagine cataract surgery but not in a rushed surgery-mill on a cattle call with an impersonal experience to come out on a stretcher. Rather, how about in a spalike ambience with no injections, no IV drugs, no pain, warm and individually focused

environment with music and walking out of surgery (not on a stretcher) with immediate vision recovery?

This future is already here and you can take advantage of it.

During Healthy Aging Month (American Academy of Ophthalmology) in September, we must understand that one in six Americans ages 65 and older have a vision impairment that cannot be corrected with glasses or contact lenses. The risk of eye disease increases with age, yet many older adults neglect to see an ophthalmologist for care.

Of different age-related changes in the eye,

the most correctable and life impacting, which certainly will include 100 percent of the ageing population at some time in their life, is cataracts.

Many of you may have received this diagnosis from your eye doctor and are left puzzled and depressed (who wants to be reminded of our continued aging process). You are further confused when they tell you it is "just starting" or "small." Questions whizzing in your mind, what is "small," how big should it become? Should we let it become ripe first?

A cataract is not a disease; most commonly, it is the clouding of our clear natural lens with age. In other words, everyone who lives long enough will need cataract surgery eventually. Radiation exposure, steroids, diabetes and eye trauma can accelerate their development. Cataracts are the most common age-related eye condition and the leading cause of preventable blindness. Twenty million people in the U.S. age 40 and older have cataracts. Cataracts are treated by removing the eye's cloudy natural lens and surgically replacing it with an intraocular lens or IOL.

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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

Continued from page 1

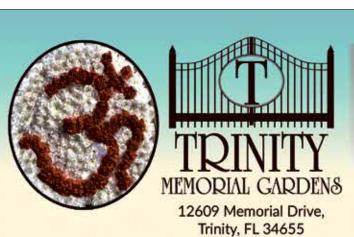
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The first Indian American running for Hillsborough County Tax Collector, Mathew wants people to vote. "This is our chance to be in the mainstream politics of Hillsborough County," he says. "Others have run for public office but lost during the primaries. Nobody has come this close and I have a chance. I am urging the 40,000 Indian Americans in the county who can vote to cast their ballots. We have a great chance of winning, a win for the second generation, and making our voice heard."

For more information, visit www.tkmathew.com









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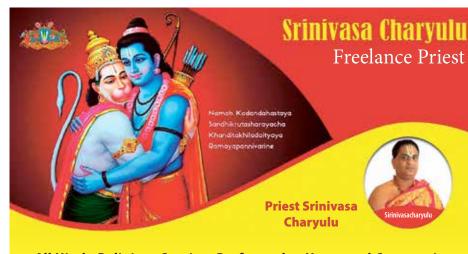
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OCTOBER 2020 B A A T KHAAS

DEALING WITH PERIODS OF CRISIS – PART I

By HAREN MEHTA



What is it?

By definition, a crisis is a turning point, a time when you have to make crucial decisions (often suddenly) that will affect your future. Although smart planning is the key to effectively dealing with periods of crisis, you may find yourself suddenly dealing with an unexpected event that you didn't prepare for, and you wonder what to do next. Whether you're planning ahead or dealing with a crisis now, take control. There's no escaping the fact that a crisis is a life-

changing event, but how you handle a crisis will, in part, determine whether your life changes for the better or for the worse.

Planning for a future crisis

Identify and manage risk

What future crises are you likely to face? While you hope that the answer to this question is none, that's an overly optimistic thought. It's almost inevitable that you will face one crisis or more during your lifetime. While you can't have a plan to deal with all possible risks, you can plan for events that seem likely and for some events that may seem unlikely. You should, for instance, plan for events such as death, illness, and job loss. You may not, however, have to plan for crisis risks that are unlikely to affect you, such as divorce (if you are single or happily married), or natural disaster (if you live in a non-disaster prone area). Knowing that you have some plan will help you deal with a crisis if you ever do confront one.

Example(s): Jane and Hal built a beach house in Malibu. Their home was swept away in a mudslide, and they spent months replacing their personal possessions, as well as getting duplicates of their birth certificates, insurance policies, and other personal and financial records. Five years later after they had rebuilt their house, a fire swept through town, and their house was destroyed. Fortunately, this time they were ready. They had kept their important records and financial information in a safety deposit box, and had sent boxes of photos to Jane's mother for safekeeping.

Plan for contingencies

Any plan you make for dealing with a future crisis should be flexible. Part of the stress you feel when confronting a crisis is because crises are unexpected and unpredictable. You won't know ahead of time how you'll react and exactly what you'll have to confront. One good approach is to plan for a

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worst-case scenario. For instance, if you plan for a period of unemployment that lasts for two months, what will you do if it stretches for six months? If you plan around a six-month period of unemployment, however, you'll know what to do if it only lasts for two months.

Organize your records

A key component of planning for a crisis is organizing your records and personal papers. This is particularly true if you become sick, incapacitated or die and your loved ones have to assume responsibility for your finances. You will also be able to readily access vital information instead of wasting time and energy trying to find it. At the very least, you'll want to set up a filing system and give a list of your important documents and advisors to a trusted friend for safekeeping.

Plan your finances

Unless you have significant liquid assets, planning for a crisis means, in large part, planning your finances. Many financial professionals advise their clients to keep an emergency fund equal to at least three months' worth of expenses, just in case your income flow stops or your expenses increase. This emergency fund can make a big difference because many things can change in three months. If you don't have the emergency fund, however, you may have to make hasty decisions regarding your future, such as taking a new job you don't really want, selling prized personal possessions, or dipping into your college or retirement fund. You should also work up a bare-bones budget that reflects only your basic living expenses. Cut out all luxuries, and determine the least amount of income you need to survive.

Quantify your plan

When you plan for a future crisis, don't be too general. Instead, be as specific as possible and write down your options. This way, you'll be less tempted to avoid decisions by thinking you'll deal with that when the time comes, and you'll have something concrete to refer to if you must deal with a crisis situation. You'll feel calmer, too, when you're facing the crisis. People who live in areas prone to natural disasters often keep emergency kits in their cars or homes in case they need to evacuate in a hurry--a good example of this

Dealing with an immediate crisis

Act, don't react

Often when facing an immediate crisis, you want to do something, just about anything to solve the crisis, or you want to run away. While both responses are natural, neither is helpful. While you definitely need to do something in a crisis situation besides hide your head in the sand, you shouldn't do just anything. In fact, it may even be preferable to take no action for a few days to let your emotions cool a bit. Then, act, but don't react. To the extent possible, collect information and advice and formulate a plan. You may have only hours or days to do this, but some plan is better than none. If you feel that you can't keep your emotions separate from your actions, ask a friend, relative, or professional to help you sort through your options.

Make a list of things that you need to do

When you have to plan in a hurry, the easiest way is to make a simple list of things you have to do. List as many items as possible. Then, as you do them, you can check them off. This is important because when you're under stress, you may forget to do important tasks. In addition, a list will help you remember to focus on action, not reaction.

Find help

No one should have to weather a crisis alone. Even if you're alone in the world or if you don't want to burden your loved ones with details, there are community resources and individuals (paid and unpaid) who can give you general and specific advice.

Dealing with illness or disability

Harness your emotions

If you find out that you, or someone close to you is sick, hurt, or dying, you'll probably feel numb, scared, angry, sad, anxious, or even panicked. It's likely that your initial feelings will change, but you may never accept your situation. You don't necessarily have to accept illness and its consequences to deal with it, however, and you can control how you react to it. In fact, some people need to feel in control of everything when they become sick because they are unable to control their disease. Remember that this need for control is common, and it can be positive if you use your energy to make unemotional decisions that will affect you and your loved ones.

To be continued...

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Haren Mehta, managing partner of Capital Insurance & Asset Protection in Tampa, can be reached at (813) 679-5204 or email haren@mycapitalinsurance.com



HERE'S SOME NEW MOVIES AND SHOWS TO WATCH:



"Serious Men (Netflix, Oct. 2)

Based on the Manu Joseph book, the story follows Ayyan Mani, who works as an assistant at the Institute of Theory and Research in Mumbai. He lives in a slum with his wife and a son. Unhappy with his situation in life, Ayyan develops an

outrageous story that his 10-year-old son is a mathematical genius - a lie which later gets out of control. Nawazuddin Siddiqui said, "This is my second stint with Netflix after 'Sacred Games,' and I hope that people give Ayyan Mani from 'Serious Men' the same love that they extended to Ganesh Gaitonde from 'Sacred Games.' " Written by Bhavesh Mandalia and directed by Sudhir Mishra of "Hazaaron Khwaishein Aisi" and "Chameli" fame. The film stars Nawazuddin Siddiqui, Aakshath Das, Shweta Basu Prasad, Nassar, and introduces actor Indira Tiwari.

"Ginny Weds Sunny" (Netflix, Oct. 9)

In this wedding-themed comedy, Yami Gautam plays a headstrong Delhi girl Ginny Gill, who lives with her matchmaker mother and is introduced to Sunny for a potential arranged marriage. But she is adamant to find

the guy of her dreams on her own. Sunny, on the other hand, is trying his luck with the ladies too. When the two meet at a wedding, Sunny tries hard to impress Ginny, creating laughs amid love, life, weddings and music. The film is directed by Puneet Khanna, written by Navjot Gulati and Sumit Arora; and stars Yami Gautam,



Vikrant Massey and Ayesha Raza.

"Evil Eye" (Amazon Prime, Oct. 13)

A superstitious mother is convinced that her daughter's new boyfriend is the reincarnation of a man who tried to kill her 30 years ago. The mother grows increasingly paranoid and tries to warn her daughter repeatedly. Are the mother's convictions correct? Is her past haunting her daughter's present? Watch to find out. This is the first project produced by Priyanka Chopra Jonas for Amazon. The actress will also produce a dance reality show about sangeet ceremonies with husband Nick Jonas. Directed by Elan Dassani and Rajeev Dassani, the film stars Sunita Mani, Omar Maskati and Sarita Choudhury.



"Mirzapur 2" (Amazon Prime, Oct. 23)

Its relentless pace, well etched-out characters and nuanced narrative had left fans wanting more. Two years later, the second season of "Mirzapur" is finally here. The crime thriller follows two brothers caught up in a world of drugs, violence and the mafia. The game of greed and power ends up turning messy. It depicts the government and rule

of mafia dons and the competition prevailing from the Purvanchal area of Uttar Pradesh. Producer Ritesh Sidhwani recently said, "Bringing thrilling and untold stories from India's hinterland without losing authenticity has been our biggest win. All the praise that season one of Mirzapur has received, not just in



India, but across the globe, is heartening." The series features Pankaj Tripathi, Divyendu Sharma, Ali Fazal, Vikrant Massey, Shweta Tripathi, Shriya Pilgaonkar, Rasika Duggal and Kulbhushan Kharbanda.

Compiled by Nitish S. Rele



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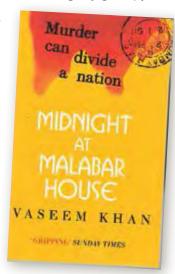
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ster the Core, "Midnight at Malabar House" (330 pages; \$27.95) by Vaseem Khan; published by Hodder & Stoughton (www.hodder.co.uk)

Move over Inspector Chopra and Baby Ganesh. Detective Persis Wadia has arrived. After successful Baby Ganesh Agency books such as "The Unexpected Inheritance of Inspector Chopra," "The Perplexing Theft of the Jewel in the Crown" and "Bad Day at the Vulture Club," Vaseem Khan introduces a new character protagonist, India's first female police inspector in a fresh historical crime

series. Set in 1950 with the horrors of partition

afresh, the bright, determined but slightly grumpy Wadia is consigned to the midnight shift at Malabar House, home of Bombay's most "menagerie of misfits," as one newspaper put it. A phone call reporting the death of a well-known English diplomat Sir James Herriot changes everything. Paired with Scotland Yard criminalist Archie Blackfinch, sub-inspector George Fernandes (curious name choice) and others, she sets out to solve the murder mystery. Other interesting characters rounding up the story are the inspector's wheelchair-bound father Sam, who owns a bookshop, and Auntie Nessie who is desperate to get her niece to tie the knot. Of course, there are hurdles aplenty along the way as male and societal resentment kicks in. Truly, the Bombay of the 1950s, now Mumbai, comes back to life as in: "She made good time along Madam Cama Road, then on to Marine Drive, a three-mile-long esplanade housing a succession of art deco towers - the Oceana, the Shalimar, the Chateau



Marine ..." Or "the tomb of Haji Ali had been built in the 1400s, a whitewashed monument perched on a tiny inlet in the middle of Haji Ali Bay in mid-town Bombay, linked to the city proper by a narrow causeway that was traversable only during low tide." Unlike the previous Inspector Chopra series, which entertained with the hilarious Poppy (Chopra's wife), a meddlesome mother-in-law, and an overbearing but rib-tickling building committee's Mrs. Subramanium, "Midnight at Malabar House" is serious stuff. Nevertheless, it is a promising start to the Persis Wadia crime series. Like always, we look forward to more from the author though we must admit that Baby Ganesh was one adorable character!

"Missed Translations: Meeting the Immigrant Parents Who Raised Me" (260 pages; \$27.99) by Sopan Deb; published by Dey Street Books (www.harpercollins.com)

It's a poignant story of a son re-connecting with immigrant parents he hasn't seen in ages. Sopan Deb, a "New York Times" writer and

standup comic, brings into the open the wounds within his family with remarkable candor. Sopan and his elder brother Sattik were raised in New Jersey by parents in an unsuccessful arranged marriage. However, the nearly 30-yearold author had lost touch with his parents for several years (no address or phone number for either!) before an unexpected wedding invitation in India spurred curiosity about their whereabouts. After a decade, Deb reconciles first with his engineer father in Kolkata (with encouragement from fiancée Wesley), and subsequently his mother in neighboring New Jersey. All's well that ends well, as they say.



Nevertheless, we cannot let go of this touching tale about family, love, forgiveness, without some classic lines from the talented comic: "Classic Indian family weekend: get in the car, drive to a relative's house, sit, talk, eat, sit again, talk some more, drive home. I'm generalizing here, but a family weekend for lot of my white friends seemed to involve doing things, like hiking, going to the movies, or hanging out at Six Flags." "Saying my parents had a tumultuous marriage is like looking at a redwood tree and remarking, 'Boy, these trunks are elevated." "For those of you who might need a reference point: Take a blazing ball of fire and put it in a microwave, and you have Kolkata in July." "I've got a bald spot that's growing in proportion to the federal deficit. And the bald spot bothers me more. I don't care if the country can't pay its bills. Just let me keep my hair." "Have you ever been to an elaborate Indian wedding in the summer? It's like Coachella, but with higher temperatures and fewer drugs." "There is a formula to this for many Indians: Go to school. Get good grades so you can get into another school. Get a job, preferably in what your parents want you to study. Get a better job. Get married (in many cases, how and to whom your parents want you to). Have children. Have those children do the same thing. Wash, rinse, and repeat."

<u>SOUTH ASIAN FILM FEST</u>

Continued from page 1

"BINIMOY" - India/USA, 2019, 18 min, directed by Tanvi Chowdhary, Bengali, **English and Hindi with English** subtitles

Gauri and Amal are about to celebrate their first wedding anniversary in their little home in north Calcutta. While Gauri wishes to find her husband a special gift, it isn't quite as simple as she thought it would be.



"PROOF" - USA/India, 2020, 20 min, directed by Nishtha Jain and Deepti **Gupta, Hindi with English subtitles**

Amandeep will never forget his time as a junior gynecologist in a government hospital in Delhi. He was conscientious, which rendered him unfit for the system. The 'women's ward' was a microcosm of woman's lot in society, and if he wanted to change things for the better, he would have to, perhaps, begin with himself.



"COFFEE SHOP NAMES" - USA, 2019, 8 min, directed by Deepak Sethi, English

Three Indian young professionals imagine their personas as their "coffee shop names," the names they give baristas because their real names are hard to pronounce.

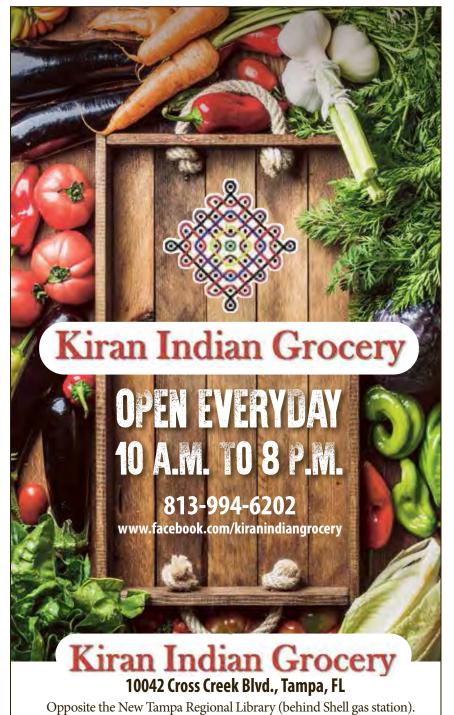


Sonu is 7 – the age at which children learn and imitate things from their immediate environment, and in the largely patriarchal societies of India, it's also the age at which machismo starts getting celebrated. One evening over dinner, Sonu casually mentions to his family about a ghastly act that he committed in school. Determined to correct his course, his doting mother Surekha (Vidya



Balan) decides that she will not let Sonu go down the same path as the other men in the family. Through her bedtime stories and a son's love for his mom, she teaches him the true virtue of equality: that between a boy and a girl, a human and an animal, and among all creations of God. "The Brat" is the powerful directorial debut from Shaan Vyas, producer of "The Lunchbox."





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NIMBLE GENESIS G70 LUXURY SEDAN IS A BARGAIN RIDE

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

Yes, folks, the stick shift has not yet totally joined the dinosaurs. Admitted, the manual gearbox is rarely to be found in the cars of today and even scarcer among luxury sport sedans. Our kudos goes to Genesis for keeping the tradition alive so the driver can have a better control regardless of road conditions. Introduced just last year, the entry-level Genesis G70 combines performance and luxury to result in an outstanding ride. The rear-wheel-drive car is equipped with a 2.0-liter turbocharged inline-4 cylinder engine cranking out 252 horsepower @ 6200 rpm and 260 pounds-feet of torque @ 4000 rpm. The winner of the 2019 North American and Motor Trend Car of the year awards, among several other accolades, delivers power to the rear wheels via a seamless 6-speed manual gearbox. Comfort, eco, sport and custom modes are available.

The long hood with short overhang meets a bold crest grille with the winged Genesis emblem, flanked by LED head and daytime running lights. Vertical tail lamps and chrome dual asymmetrical exhaust tips take up the rear. Step inside and you will discover generous sprinkles of brushed aluminum on the doors, console and pedals. Quilted Nappa leather seats convey class. The floating but practical 8-inch

GENESIS G70
Tires: P225/40R19 front;
P255/35R19 rear
Wheelbase: 111.6 inches
Length: 184.5 inches
Width: 72.8 inches
Height: 55.1 inches
Weight: 3,580 pounds
Suspension: MacPherson strut
front, rear
Steering: motor-driven
electric power
Fuel capacity: 15.8 gallons
City: 22 mpg Highway: 30 mpg
Base price: \$35,450

Web site: www.genesis.com

touchscreen display for phone, nav and audio is prominent. Pampering the occupants are dual auto a/c, leather-wrapped tilt/telescopic steering column, 7-inch electro-luminescent display for speedometer, tachometer, coolant temperature, fuel level, odometer and trip computer gauges, 12-way power driver and 8-way front-passenger seats, 60/40 rear seat, and much more.

Dual front and side airbags, side curtain airbag, driver knee airbag, four-wheel antilock brakes with electronic brake distribution and brake

Sot pines

assist, stability and traction control, rearview camera, forward collision avoidance and lane keep assist, blind spot detection with rear crosstraffic alert, tire pressure monitoring system and daytime running lights come at no extra cost.

This sleek and lavish Genesis is equipped with a commanding power train, well-appointed and classy cabin, and several safety features. And compared to its European rivals such as BMW and Audi, the G70 is an inexpensive ride.

2020 CHEVY BOLT GOES THE DISTANCE – SOLELY ON BATTERY!

Imagine going over 250 miles and some more on a full one-time electric charge in a ride. GM claims 259 miles (up 21 from its predecessor), to be exact, in its four-door, five-passenger 2019 Bolt EV. Plus, the four-door, five-passenger Bolt EV is an ultra-smooth and cool hatchback package with superb handling and overall balance. The ride is remarkably cooperative, soaking hurdles with dexterity, sure-footedness and poise.

The four-door hatchback driving force comes from an electric motor propelled by a huge under-floor lithium-ion battery with a capacity of 66 kWh. It produces 200 horsepower and 266 pound-feet of torque. The Bolt is mated to a single-speed gearbox with a sport mode switch to liven up handling. Regenerative braking allows the vehicle, when coasting or slowing down, to capture kinetic energy that would be lost. It converts the energy into useable electricity to recharge the battery. Keeping the vehicle stable enough to soak bumps is an independent suspension of front MacPherson strut and torsion beam rear. The column-mounted electric power rack-and-pinion steering is accurate and unswerving. Charging options include a standard 120-volt Level 1 power cord, which takes an hour to recharge 4 to 5 miles. Instead, opt for the



240-volt Level 2 charging, which can recharge 25 miles or so in an hour (cost to install can range from \$750 to \$1,000).

It isn't really a stunner though HID projector headlights flanking the familiar and centered Chevy bowtie gives the car a fitting appearance. The cabin is unlike most cars, especially the instrument panel with a 8-inch LCD screen in driver's vision displaying the digital speedometer, distance, miles to go, average and battery level bar graph indicators. The massive 10.2-inch color screen in the center stack shows entertainment, climate and navigation readouts. We must admit we were pleasantly surprised with the 56.6 cubic

BOLT EV PREMIER

Tires: P215/50R17
Wheelbase: 102.4 inches
Length: 164 inches
Width: 69.5 inches
Height: 62.8 inches
Weight: 3,563 pounds
Miles Per Gallon
equivalent (MPGe): 118
Base price: \$41,020

Price as tested: \$44,130
Web site: www.chevy.com

plenty for several bags of luggage. Also standard are a single-zone auto a/c, leather shifter with satin silver and chrome accents, tilt/ telescopic steering column, six-way manual front seats, 60/40 split rear fold

foot cargo space,

seat and keyless open/start.

Standard safety features include dual front and side airbags, side curtain airbag, front knee airbags, lane change/side blind zone/rear-cross traffic alerts, rear park assist, pedestrian safety signal, three-point safety belts, four-wheel antilock brakes, stability and traction control, rearview camera, tire pressure monitor and daytime running lights.

Though no longer eligible for a federal tax credit, the Bolt is a trailblazing vehicle that offers speedy acceleration with ample power. This car of the future could one day be mastered to perfection (imagine going 500 miles on an electric charge).

TAKE THE 2020 GMC SIERRA DENALI OFF-ROAD OR ON THE ROAD!

After a major redesign inside out last year, the GMC Sierra Denali 1500 4WD Crew Cab truck for 2020 continues mostly as is. This solidly built full-size pickup ensures reasonably quick acceleration from any speed, ample passing ability and accurate handling/balance. The four-wheel-drive system can be driven in auto, 2WD, 4Hi or 4Lo modes depending on road and weather conditions.

A 6.2-liter V-8 engine, mated to a 10-speed auto transmission, makes 420 horsepower @ 5600 rpm and 460 pounds-feet of torque @ 4100 rpm. Handling the suspension is an independent coilover shock front and a solid axle rear. The power rack-and-pinion electric power steering has an unswerving and communicative feel, making the truck easy to place at sharp curves. GM's Dynamic Fuel Management system deactivates up to four of the eight cylinders for fuel savings. Tow capacity is an amazing 9,300 pounds. The optional six-position Multipro tailgate can be used as a table, an extension or a step to load items onto the lightweight carbon-fiber bed. And 12 fixed tie-downs each have a capacity of withstanding 500 pounds of weight.

The robust Sierra boasts a mammoth bright and multidimensional grille surrounded by LED headlights with C-shaped elements. The rear also shows off C-shaped LED features within the tail lamps and integrated dual exhaust tips. Our

5' 8"-foot box offers 63 cubic feet for stowage. Climb into the back seat and you won't find a reason to complain about leg or knee room. The six-gauge analog instrument cluster is well-lit and crystal clear. The huge center console can swallow a laptop. Other notable features include dual-zone auto a/c, tilt/telescopic steering column, dual glove box, heated/cooled front seats, and an 8-inch color screen for audio, navigation and phone readings.

Dual front and side airbags, side curtain airbag



SIERRA DENALI AWD Tires: P275/60R20 Wheelbase: 147.4 inches Length: 231.7 inches Width: 81.2 inches Height: 75.5 inches Weight: 5,440 pounds Fuel capacity: 24 gallons

City: 15 mpg Highway: 20 mpg Base price: \$58,200 Price as tested: \$71,850 Web site: www.gmc.com

for second row, stability/traction and trailer sway control with hill start assist, lane-change and rear-cross traffic alerts, front/rear park assist, four-wheel antilock brakes, rearview camera, tire pressure monitoring system and daytime running lights are standard.

Indeed, the Sierra is a functional workhorse that you can go cruising on the highway or off the beaten path. It offers an outstanding performance with plentiful tow capacity and a gigantic but classy cabin.

1 6 K H A A S B A A T OCTOBER 2020

OCTOBER VISA BULLETIN BRINGS GOOD NEWS FOR MANY GREEN CARD APPLICANTS

By DILIP PATEL



On Sept. 24, 2020, the U.S. Department of State (DOS) posted the much anticipated October 2020 Visa Bulletin. After some initial confusion caused by U.S. Citizenship and **Immigration Services** placing the wrong chart in its website, USCIS

finally confirmed late in the day that for October 2020, the correct chart to use for employment-based adjustment of status applications is the Dates for Filing chart. This is good news for applicants chargeable to India because the filing dates for EB1 moved forward to Sept. 1, 2020; EB2 to May 15, 2011; and, EB3 to Jan. 1, 2015. This means that applicants who have I-140 Petitions with priority dates earlier than listed are finally able to apply for Adjustments of Status (AOS) if otherwise eligible.

The fact that the EB3 date has advanced much more than the EB2 date is interesting. EB2 beneficiaries with priority dates between May 15, 2011 and Dec. 31, 2014 who want to apply for adjustment in October can still apply but only if their employer would be willing to file a new petition requesting a downgrade of the EB2 petition to EB3 and concurrently file the AOS application with it. Filing the AOS application has many benefits, including the ability to obtain employment authorization and travel documents for themselves and spouses and children. Also, it would bring some comfort knowing

that in the event that the employment terminates after the AOS has been pending for 180 days, it would be possible to continue the process with another job in the same or similar occupation. Applicants with children closer to age 21 would need to carefully evaluate whether a downgrade would adversely impact the protection afforded to children under the Child Status Protection Act (CSPA) because eligibility for CSPA protection is based on the final action dates, not filing dates.

Adding to the complications is the fact that on Oct. 2, 2020, some of the forms (such as I-765) change along with the filing fees. As of Sept. 26, USCIS has not published the version which must be used for applications postmarked Oct. 2 or later. USCIS is also known for rejecting applications even for minor errors and it takes several weeks for an applicant to learn about the rejection. For all of these reasons, it is important to seek qualified experienced legal assistance for immigration applications.

More on Public Charge Provisions

We previously explained the changes to the Public Charge provisions. The latest news is that on Sept. 22, USCIS resumed enforcing the provisions, which had to be suspended on July 29, 2020 because of injections issued by federal courts. USCIS stated that it will apply the Public Charge rule to all petitions and applications postmarked on or after Feb. 24, 2020. USCIS has indicated that it will not re-adjudicate any applications or petitions

already approved that were filed without required forms, information or evidence. However, for cases that are pending or are filed before Oct. 13, 2020, USCIS may issue RFEs for the necessary forms or evidence. Cases filed after Oct. 13, without the forms, information, or evidence required by the Public Charge rule will be rejected. Form I-944 is the relevant one to be included with applications for Adjustment of Status.

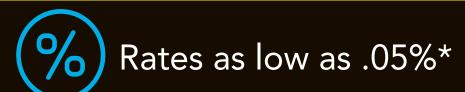
USCIS Extends 60-Day Period for Responses Due

USCIS announced that, in response to the COVID-19 pandemic, it is extending flexibilities previously announced on March 30, 2020, to assist applicants and petitioners who are responding to certain agency requests.

This flexibility applies if the issuance date listed on the request, notice, or decision is between March 1, 2020, and January 1, 2021, inclusive. USCIS will consider a response to requests and notices received within 60 calendar days after the response due date set in the request or notice before taking any action. Additionally, USCIS will consider a Form N-336 or Form I-290B received up to 60 calendar days from the date of the decision before taking any action.

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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OCTOBER 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) Planetary lord is in swakshetra (home) casting great aspect as well receiving excellent phase from important planets. This is the time for self-effort, determination and willpower. With proper planning and timely execution, many are bound to find success in undertakings. Quit unwanted habits; de-addiction to smoking, drinking or over-eating and inculcate better habits that help shape a great future. Victory over diseases and enemies is seen for some. Make use of planetary positions.

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) Your sign emits positivity, strong will and materialistic cleverness. This means Taurians will try to win anything that they set their eyes upon! How they win will be immaterial. However, some may find people scheming behind their back; so beware, winning may come at a price. Diabetics and liver-related issues could be on the rise. People with weak Moon in their chart may see strong chance of falling into wrong ways. Word of caution: be clear in your vision; create a work plan to see through turbulent time. Silent prayers might be beneficial!

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) Your sign lord is in a strong and commanding position.
Business or matrimonial alliances may be beneficial for some! It seems like a profitable period for many. Plan and execute well, success may be knocking at your door. Investments in property may be gainful. Professionally, this may be rewarding for some.

CANCER / Karaka (Watery sign, ruling planet is Moon) - (June 22-July 22) Moon Sign – Stars covered Punarvasu (4th part), Pushya, Aslesha Cancerians, your sign lord sees rich gains, monetary benefit, professional growth, comfort and happiness. Everything comes with a price: stalled business or marital alliances. Some may suffer mild symptoms of liver, diabetes or kidney. Scheming colleagues or acquaintances might work against your interest. Watch out for any eventuality. Keep away from arguments, confrontation and litigation.

LEO / Simha (Fire sign, ruling planet is Sun) - (July 23-Aug. 22) Sun Sign – Stars covered Magha, Purva Phalguni, and Uttara Phalguni (1st part) The planetary placement is excellent in house of luck, profession, willpower and finances. Attempt to work on these strengths in your chart; one may see some success. However, word of advice: try not to switch jobs or change profession as under-currents are possible. Genetic organ-related problems, fighting and arguments without reason and unnecessary tensions mark the month. Planetary strengths outweigh weaknesses.

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) Your sign lord is sitting in the house of gains; however, the
lord of income transitions through the house of loss; this means there is
fear of forfeiture even when things look profitable. With proper planning
and being watchful, one may overcome a negative downturn. Health-wise,
be careful; especially people requiring prostrate surgeries or treatment. Cut
down unwanted risks; postpone not so important work for other time.

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 people with strong Moon in their chart, this is a great time as luck, income and comforts may produce desired results. Some differences in business or marital alliances may be brewing; it is the planetary effect, which will wither away shortly. Work hard on the domestic front; be sympathetic toward others in the family. Professionally, stick to your job. Otherwise be careful, avoid any adventure of any sort.

SCORPIO / Vruschika (Water sign, ruling planet is Mars) - (Oct. 24-Nov. 22)
Mars Sign – Stars covered Vishakha (4th part), Anuradha, Jyestha This is a great month. Income potential looks promising. All meaningful planets are perfectly aligned bringing all the luck that one deserves. People with prostrate, lower back or reproductive organ-related issues should get checked. Positive time for career growth, new job openings, salary increases in current work seen! Marital issues can be resolved with proper communication, patience and listening.

SAGITTARIUS / Dhanush (Fire sign, ruling planet is Jupiter) - (Nov. 23-Dec. 21) Jupiter Sign – Stars covered Moola, Purva Shada, Uttara Shada (first part) Jupiterian influence will be on your mind. This means purity in thoughts, gaining knowledge and wisdom, performing wise actions, and being nice to all. However, one can be slow in taking actions, procrastinating things that may not be helpful. Almost all planets are excellently placed and one can make this one of the best times during the pandemic. It is a gainful month in every respect.

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) Growth in income in near future! Keep away from getting into an argument or litigation. Confine to your own activities; time to reflect on your career, relationship and marriage. One may feel isolated and left out. Kapha-related issues, sinus congestion, throat, allergies, diabetes may affect some. Be extra careful while driving; do not gamble, instead 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) Rely less on external support, instead self-motivate yourself. Avoid taking loans or falling in debt; for some charts, channels of income seem to be narrowing down. It is not the best of times for professionals; decline in job prospects, downsizing in business are possible. 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.

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 Gain in confidence and courage will continue for quite some time. It's a positive time for economic and financial growth! Almost all planets are favorably aligned. Make best use as this time has come after ages. However, health should not be neglected. Kidney, liver, stomach issues cannot be ruled out. Take extra care. Business or matrimonial alliances may be fruitful in the first half of the month.

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

LOOK COOL IN CHANIYA CHOLIS, SARIS, KURTIS/SUITS!

By KIRAN BAHL



Happy October! It's fall and the weather already feels cooler and breezier out. Navratri, too, is approaching on Oct. 17 and although garba and dandiya celebrations are non-existent now, it doesn't mean we can't celebrate at all.

Between poojas and smaller get-togethers, get your holiday on and dress up too! After all, let's strive to look cool like fall and not scary like Halloween!

CHANIYA CHOLIS TO A HOUSE DINNER?

Yes, it's upsetting that due to Covid-19, the garba and dandiya event we look forward to every year is cancelled. It's definitely a favorite time of year dressing up in our finest, praying and dancing the night away – just celebrating God and one another.

How do you stay positive and still motivated? Hold a mini garba/dandiya night at your house, your backyard or even use a small event center. Practice social distancing, find some good music and speakers, serve up some juice and appetizers and dance the night away like we do every year at the Florida State Fairgrounds!

And wear those chaniya cholis! Looking good definitely correlates to feeling good, so stay bright with vivid colors and sparkly jewelry. Wearing jeans and a cute blouse just won't give you the feel of Navratri that even the simplest chaniya cholis can. Don't have one? Try a lengha set or even a mirrored suit with flowy dupatta to mimic the ideal. If outdoors, keep hair up to avoid extra sweat flying around.

SARIS TO A DINNER OUT?

We are slowly beginning to venture out not only with our immediate families

but with our extended family and friends too. Meeting at an outdoor restaurant seems safer lately, so why not have a Navratri dinner there?

Choose your favorite people, RSVP at a restaurant (Indian or not) and plan a theme. Wearing all blue saris or chaniya cholis and showcasing your ensembles is beautiful and confident. Saris look elegant regardless when worn, but dressing up for Navratri and matching with your squad – oh-so-chic!

KURTIS/SUITS TO ONE ON ONES, THE BEACH, A HIKE?

A basic kurti with jeans looks and feels so easy put together. Put on a kurti or simple suit kameez/top and meet up with a friend for coffee or lunch. Wear jhumke, bangles even juttis/shoes with a dress or skirt and top for an Indian-boho-fusion look in your everyday vibe. It's all in the details.

There's been a rise in ladies wearing kurtis, suits even saris to the beach or forest. So many are tired of staying in house that going out for no reason becomes an event to dress up for and feel great. Try making the smallest chore outside the house an event, a celebration, and dress up a little more. It'll have you smiling more and spreading that smile around too, even at Publix.

As you make these small outings into big events and dress up, take this mantra into your life too. Inviting a friend to tea is a grand, happy moment. So is going out to buy a gift for a family member at the mall, it's a joyous thing and will spread happiness throughout.

These moments enjoyed will serve as memories cherished forever, even among a few loved ones versus the so many more we may be used to at garba/dandiya venues. Enjoy every little thing, enjoy each other and, as always, remember to 'gro' with style!

Kiran Bahl of Gro Styles, an Indian Boutique (www.grostyles.com), can be reached at (813) 843-9040 or kiran@grostyles.com

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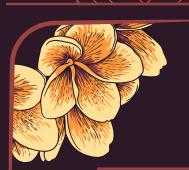
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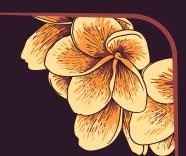
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