



THE LOTUS

A Monthly Publication of the Federation of India Community Association (FICA) Since 1967 • 12412 Cedar Rd., Cleveland Hts., Ohio 44106

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“Fica Celebrated “ India Fest on August 15th, 2010



“FICA took center stage in August with India Fest 2010 which was a great success.”

The celebrations started with the unfurling of the flags by Mr Om Julka and Mr Chittaranjan Jain.

After a few remarks and the singing of the two national anthems - American and Indian, Madhu Anand's students from Warren sang a patriotic song. This was followed a few lines of another patriotic song by Anju Shah who took a day off from her nursing job just so she could join in and be a part of the celebration.

There were 20 vendors including henna artists and a manicurist. MasalaBhangra was a great hit. The eggless cakes were a treat. Jewelry and clothing stalls were a huge draw. The most popular vendors of course were Flavors of India with their chaat and Saffron Patch's naan and kebabs hot from a tandoor right outside the center.

FICA had the most popular of all items - lassi. Dr Debrata Ghosh President of BCS was in charge of his Bengali Sweet House. Friends of India from Columbus also had a prominent presence.

An impressive Tibetan dance by Yin Tang of the Chinese Association was well received, and an impromptu bhangra lesson by Masala Bhangra had the audience on the dance floor! Sumita and Thakor had paid attention to every detail. Starting with providing pizza for the kids, to games, sumo wrestling, an art contest for the children and an enthusiastic cricket games. Michael Srestha our Membership Chair had a very busy table too.

The total number of attendees was about 400. It was a job very well done. Congratulations Sumita and Thakor and student volunteers for the day Sheetal Kotha, Stephen Srestha, Alana Edwards, and Yogarshi Mondal.



Golf Outing on August 21st, 2010



“ FICA GOLF OUTING A BIG SUCCESS ”

By Mona Alag

The 2010 FICA Golf Outing on the 21st of August was a tremendous hit. Sixty avid golfers started the day at about 11.30 am. at Fowler's Mill Golf course in Chesterland, Ohio. There was camaraderie amongst the eager golfers who were followed by the beer and water carts all day (now you see their eagerness to get going?) Rain in the late afternoon did not dampen their spirits. Some of them got drenched but they had a great time. The winners of the 1st place were Sheetal Jain, Matt Arnold, Steve Pastor and Chad Dennis. The event was organized by Michael Sreshta and Dinesh Bafna.

continued on pg 2



Report from the FICA President



The huge success of the past two events that FICA hosted is proof that our efforts are not in vain. I have always felt that if we pay attention to what our community wants and deliver it to them we will be able to achieve great things under the banner of FICA. Thakor Patel, Sumita Kedia, Michael Srestha and Dinesh Bafna are to be applauded for the tremendous effort they put in to ensure the success of both the Indai Fest 2010 and the Golf outing.

The tentative date for the Diwali dinner is 23rd of October. It will be at the ICC. More details in the next issue. Our present building is all we have for now. It is in dire need of some maintenance work. We also need a restroom on the first floor. We are appealing to the community to please come forward and help us in this most needed of projects. With the help of the Trustees we are very committed to see this thru. Lal Lalwani and Board member Sadaath Alikhan are at the helm of this effort.

Please direct any questions you have to monaalag@yahoo.com but please come on board and help us. FICA is here for you: to serve the needs of the community and preserve our rich cultural heritage. We want a place you will be proud to call "Our Community Center" a place that the children can celebrate Gandhi Jayanti and Bal Diwas and a host of other events.

We would also like to sponsor speakers and have workshops there. We need your input as well as co-operation to turn this vision into reality.

There is a vibrant, enthusiastic community out there. We all just need to connect and share ideas and bring them to fruition. Our focused energy can produce great results for all of us and the next generation to enjoy. Hoping to hear from you and also with your help looking forward to a brighter future for FICA.

Sincerely
Mona Alag

Announcement

Sister Organizations can publish upcoming events for free! Become a member and get free announcements in Lotus each month. Submit your local events and announcements to the Lotus Chief Editor, Parul Jain at lotus@ficacleveland.org



Waiting for the golfers in the evening was an open bar, dinner, prizes and a 50/50 raffle, which was suggested by Bhushan Shendure at the last minute. A lively auction added to the fun filled evening. The items up for bids were: A gift card for four at Fowlers Mill, two tickets to the Cavs and Miami Heat Game courtesy of Dinesh Bafna, a gift basket valued at about \$250 by Harjit Alag and FICA. The generous bidders were Chetan Patel of Bamboo Garden/Tadka Restaurant for the golf card, Sunny Kumar for the Cavs tickets, and Sanjay/Rita Sehgal for the gift basket. The winner for the 50/50 raffle was once again Harsha Dayal who in 2009 won the raffle at the Republic Day event.

This was Michael Sreshta's first event as an event chair. He has proven that he is a tremendous asset to FICA. Dinesh Bafna's dedication and sincerity in helping put this event together was very much appreciated. Not being a Board member, it is commendable how he has helped FICA. He has probably been drafted as the 2011 golf outing co chair. Our heartfelt thanks to the following Platinum Sponsors: Toshiba, Wraprite, Tethy's Bio Science, Mont Granite,

Other sponsors were Asian Indian Alliance, Ohio Precision Engineering, Family Medical.

Care, Tadka/Bamboo Garden, Saffron Patch, Hemant and Kusum Mainthia, WTP Advisors, and Fitzgibbons Arnold & Co



Please share your Birth • Marriage • Anniversary • Death • any announcements in Lotus for Free! Email Poonam Punwani kavi1229@yahoo.com

WHY JOIN FICA

"There is great strength in numbers and in diversity. FICA has made great strides within and outside the communities in the past 3 to 4 years. You almost call it the return to the glory days of the past. "Please join us by becoming a member and take FICA to the level we all know we can. We are a community that is vibrant, motivated, hard working and successful in many walks of life. Please bring that energy to FICA and make a difference"

Get involved as an Indian, not merely as one from a certain state or one from a certain religion. Get involved and be proud of your heritage and show this to the larger population. It is not necessary to be an Indian to join FICA. Anyone can join FICA and show their support.

SEVERAL MORE REASONS TO JOIN FICA

Networking – Increase your business and social contacts. Any member can rent the FICA building for half the rates. You could get discounts at various functions, Golf outing, Diwali, and other functions. FICA is working on discounts for its members at area businesses. Sister organizations can advertise their events at no charge in our monthly newspaper "Lotus"

www.ficacleveland.org

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Announcement

Dear friends:
The aim of "The Lotus" is to celebrate the successes and achievements in our community, as we have done in our last issue. To enable us to do this better, we urge you to send in information and photos about upcoming or past events, and news about the movers and shakers in our community. We wish to remind you that The Lotus is our community newspaper; we want it to become more engaging. This is a unique opportunity to showcase the talents and events of the Asian Indian community in Cleveland. We are also looking for community members interested in selling advertising space in The Lotus. Those who wish to help can earn a commission. We look forward to hearing from you soon!
Sincerely,
Editor

Banquet Hall Rental

India Community Center
12412 Cedar Rd.
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ICC Banquet Hall Rentals
(250 Capacity).

ICC Banquet Hall is available for rental to all the sister organizations and community members. Please bear in mind that ICC rental does not require organizations to provide proof of liability as long as they provide their own security.

ICC Building has a commercial grade Kitchen, Oven, Fridge, Tables, Chairs to seat at least 250 people. Men and Women Restroom, basement for temporary storage. Make shift Stage, Dance Floor, Coat Room

FICA Members Rental Rate: \$50/hr and \$100/hr others (Must rent for a minimum of 4 hours). A refundable deposit of \$250 payable to FICA is required for all building reservations. For Reservations

Please Contact: Mona Alag
440-796-5524
President@ficacleveland.org



FICA MEMBERSHIP APPLICATION

MAIL YOUR APPLICATION WITH CHECK TO FICA, 12412 CEDAR ROAD, CLEVELAND HTS, OH 44106

FAMILY MEMBERSHIP: \$35/YEAR,
(includes children upto 26 years of age)
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Seniors, are you ready to tackle the college admissions process?

Well Seniors, you just started your last year of high school. This is an exciting time in your life, one that is filled with much anticipation and uncertainty. This year, you will be asked to juggle many tasks – such as continue to perform well in school, taking the SAT/ACT, identify colleges, write your college essays, apply to colleges, actively identify and apply for scholarships, be active in your extra-curricular activities, attend prom, make a final college decision, graduate from high school and leave home for college. Whew...I'm tired just writing about it!

I hope you have used your summer wisely and visited colleges, narrowed down your college list, identified scholarship opportunities, and wrote a few of the essays. If you worked at this during the summer, then congratulations on a job well done; otherwise get cracking because you have a lot of work ahead of you. Ideally, college planning should begin in middle school. Yes, middle school!

However, many students actively think about college during their Freshman or Sophomore year. College planning should ramp up during Junior year and be at full throttle by Senior year.

This article will focus on what you need to do to get going on the college admission process. US college admissions process is complex and intense. With over 4000 universities and colleges in US, there is a great selection for the student; but also 4000 different admission policies to decipher.

Most students are familiar with only a small percentage of the colleges and most of these tend to be the famous ones or ones that are close to home. There are many other colleges that offer incredible education as well as grant generous financial aid and even full rides.

Even though the internet has a wealth of information about college admission, often times it is a very daunting exercise to process all the information. One can Google "college admission" and get 6.1 million hits! Information is everywhere; but knowledge is hard to find. In the past, before the evolution of the world-wide-web as we know it today, there was little information about colleges that was widely available. We had to rely on getting the college view books by postal mail. Today, we have access to excess information that we have to sift through in order to pick out the relevant information. Both extremes pose a serious problem for the student.

The road to college begins with taking an inventory of your strengths/weaknesses, goals, ambitions and aspirations. Ask tough questions.

Be honest and remember there is no right or wrong answer. This is not a graded test ... this is about your future – your life. A trained professional can guide you through this process and help you to better understand your interests and personality. This is the key to identifying best fit colleges. It also important to follow a methodical process - maintain an efficient filing system, and have access to expert

advice for making sound decisions during the college admission process.

Here is a task list that I recommend:

1. Identify your college list of your top 25 colleges (if you have not done so already).

2. Identify colleges that are a good fit for you as opposed to choosing by college rank
3. Find unbiased information about each college

4. Take a campus tour of the selected colleges (if you have not done so already)

5. Narrow your college list to 8 and identify which are dream, reach, and safety schools

6. Complete college admission applications before Thanksgiving or earlier if applying for "Early Decision"

7. Complete FAFSA after January 1
8. Patiently wait for acceptance letters and subsequently the financial aid offer letters in April

9. Evaluate financial aid offers and make your final decision

10. Inform college before May 1 your decision

The above list is simple to identify; but each step is very intense. Remember to continue to do well in your studies and participate in your extra-curricular activities as you go through the college admissions process.

High school guidance counselors don't have the time to offer individualized college planning assistance and they generally provide group workshops. The ratio of high school seniors to counselor at most public schools is about 400:1 and in some cases is as high as 900:1. The guidance counselor simply does not have the bandwidth to offer comprehensive college counseling in addition to their guidance counseling duties and various school activities. Few public and some private schools have a dedicated college counselor to provide assistance.

For the most part, the high school senior (and his/her family) is left to tackle the college admission process solo. Parents often fill this role and add this activity to an already busy schedule or in some cases the parent takes time off from work to go through the college admissions process. Some families choose to hire a professional to help their kids go through the college admissions process. However it's done, know that the college admissions process will be intense, confusing, frustrating, and requires hard work and lots of patience. Remember college is not a prize to be won; but a match to be made.

By Sharda K. Iyer, Founder of IyerEd, Iyer Education Consulting, a firm that is committed to helping high school students with their college choice. Member of HECA, IECA, NACAC, OACAC, Overseas ACAC. Visit us online at www.iyered.com or contact us at sharda@iyered.com. You can also send your college admissions related questions to collegetalk@iyered.com. Selected questions may be answered in an upcoming column.

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"Quote of the Month"

I look only to the good qualities of men. Not being faultless myself, I won't presume to probe into the faults of others.

- Mahatma Gandhi

Website of the Month

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Trip to A Varanasi

By Nikhil Bafna



After graduating from college, I had one final summer to relax before continuing my education in law. I thought that since I probably would not get to go to India for quite some time once law school started, now would be the perfect time to go and visit my family. However, many times that I go to India, I end up spending all of my time in Mumbai and nowhere else, either due to the fact that my cousins have school or because no one has an interest to go anywhere outside of the city due to the heavy rains that drench

many parts of the country during the monsoon season. The times that I did take a trip with my family were, for a large part, spent at some beach resort in Goa, with no one else there and the rain to keep us company.

This time, I made it a point to go somewhere other than Goa. I have a great interest in human history and I told my mamaji that I wanted to see a historical site in India. A place that really reflected the historical and cultural heritage of

India outside of Mumbai's increasingly congested streets. After thinking for some time as to where we might go to see such historical sites in India, we finally deliberated upon visiting the town of Varanasi. Being a holy city to Hindus, Jains and Buddhists, and being one of the oldest cities in India, I thought it would be very fitting to see and experience the history and culture of the place. I had always read about the city in magazines and on the internet, or had seen some documentary or the other on the television about it. Moreover, I had even spoken to many western tourists who had been to India and had been there. They had spoken very highly of the city, mentioning that they thought it was one of the most spiritual places they had been to and that being there was a surreal experience, whether it was taking a dip in the Ganga River or observing the Ganga Aarti at the Dashashvamedha Ghat, all travelers there said it was an amazing experience. I thought it a little embarrassing that so many non-Indians had visited the city while I had seen almost none of India outside of Bombay and Rajasthan. It was for that reason that I decided that a trip to Kashi would be an appropriate one; not because I wanted to make a Kashi Yatra in the true sense, but that I wanted to see what it was about the city that enthralled so many visitors.

I reached Mumbai on July 8th and after two days of adjusting to the time difference, my mamaji, mamiji, and two cousins proceeded on our Kashi Yatra. There was no direct flight from Mumbai to Varanasi, so we flew there via New Delhi. Although so many pilgrims

migrate to Varanasi every year, I did not think it too strange that there was no direct flight between the religious capital and the financial capital of India. I knew that it was still a small town in comparison to Bombay and so it would be a bit more difficult to get to than any other big city.

And surely enough, we arrived in Varanasi's tiny airport, which could only boast of one luggage conveyor belt at the baggage claim. In some ways, it indicated the backwardness of the town, if not the state (Uttar Pradesh), but that did not bother me. I figured that a highly developed airport probably was the last thing on the minds of the people there, since the entire state is one of the most underdeveloped of the union. The airport was about 13 km away from our hotel, so we hopped in a car with our luggage and drove not more than 20 minutes to our hotel. After resting and freshening up, we began our tour of the famous holy city.

Being one of the oldest cities in one of the oldest civilizations of the world, one certainly cannot expect Varanasi to be a planned city the way New York City or Chicago is. Varanasi is filled with narrow streets and gullies, all lined with shops selling anything from the famous Benaresi sarees to religious items and Coke products. It certainly was a mix of East and West. Our tour guide told us that the Dashashvamedha Ghat was the most sacred of the ghats in Varanasi, and so that is where we went first. We wandered the about the ghat, saw the seven platforms where seven priests perform the Agni Pooja at the banks of the Ganga River every night. The sun was setting,

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so before it got dark, I decided to take the opportunity to run down to the river to get a picture of the entire ghat from the river. I almost reached the edge of the river when I experienced the first shock of several over the next few days in Varanasi. I looked at the river, and to my amazement, I noticed that the river was not brown or green or yellow as some rivers are, but actually a bluish-grayish color. On the surface of the river, I could see garbage floating everywhere and the smell was absolutely awful. God(s) know how many chemicals are dumped into that river every day and what it does to the aquatic life and the surrounding plant life that depend on the Ganga River for life and sustenance. The smell was so unbearable that I had to go right back up to the main level of the ghat, where the smell of the river was not so noticeable. I later joked with my family that it was a wonder the river did not catch on fire during the Agni Pooja.

The next day, we visited Sarnath, Kashi Vishwanath Temple, the Durga Temple and several Jain temples in the area. The only clean places that we saw the entire day were at the ruins of Sarnath and the Jain temples. Since almost no one was visiting either location, both were quite clean compared to the other temples we visited. Although the temples like Kashi Vishwanath were quite dirty, that can be explained by the fact that hordes of people visit those temples each day, it does not explain why the surrounding areas of the temples were littered with garbage. Packets of pan masala, napkins, chip bags galore littered the streets of Varanasi. Even the gutter water at either side of the street was so full of pollution and garbage that it stopped flowing and certainly served as a breeding ground for mosquitoes and possibly even malaria.

I could go on about how absolutely disgusting Varanasi turned out to be, but then I would be rambling. As the trip progressed, I began to wonder what, in fact, was so holy about Varanasi. We as Hindus, Jains, Buddhists, Sikhs and Muslims alike pride ourselves on having clean homes. A particularly poignant example comes to mind when I think about Diwali. Every year during Diwali, we clean our homes in order to make sure it is suitable for the Goddess Laxmi to grace us with her presence and blessings. Essentially, we believe that cleanliness is next to godliness. However, it is this most holy of cities that Indians litter with garbage. I certainly would be embarrassed as a devotee of any God to call Varanasi a holy city. I may be an idealist, and full of misconceptions about what India should be, but when I think of the Ganga River now, I cannot think of it as a holy river at all. It is such a disgusting body of water; I cringe at the notion of ever taking a bath in that fetid cesspool of filth and disease, let alone drinking it. If someone were dying, I would make sure they were dead first before giving them the Ganga Jal. How can we call a filthy city a holy one? I relayed my thoughts to my mamaji and father and they both gave me the same answer: 'That's just the way it is.' How can that be? Do people not care? Are people so blind in their faith that they cannot see what is becoming of their supposedly holy city? Are people so numb to corrupt politicians preventing the city from being a clean and developed one that they just will not be bothered by the state of affairs there? I certainly have no inclination to ever set foot in

Varanasi again and I would advise people not to go there either. It is my sincere opinion that those westerners who went to Varanasi and said nice things about it were being polite when they said they liked it. Many people may harbor ill feeling towards me for writing this and I cannot blame them for it, but I wish to point out that if we value a place so much for its spiritual and godly qualities, why do we treat it like trash? That's just the way it is just does not suffice as an answer.

Benefits of mustard seeds

Mustard seeds have been around since almost 5,000 years. They're known to have numerous benefits since they're low in calories and high in nutritional value and have a lot of antibacterial and antiseptic qualities.

They're available in different varieties — black mustard, white mustard and brown

Indian mustard, in whole as well as in powdered form.

- Mustard oil is known to be great for the skin because it generates warmth.

- Mustard seeds are rich in a nutrient called selenium, known for its high anti-inflammatory effects. The high source of magnesium in mustard seeds helps reducing the severity of asthma attacks and certain symptoms of rheumatoid arthritis and lowering blood pressure.

- Suffer from migraines? Mustard seeds are known to give relief from the number of migraine attacks you get.

- Mustard seeds are very rich in calcium, manganese, omega 3 fatty acids, iron, zinc, protein and dietary fiber — include them in your diet.

- For people who suffer from a bad appetite,

here's something that will be really helpful. Mix a few black mustard seeds with milk and have it 15 to 20 minutes before your meal.

- Mustard seeds are excellent for digestion because they increase the metabolism rate of your body.

- They're also beneficial for menopausal women who have trouble sleeping.





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Anil Kumar at 440-542-9571;
cp_anil@yahoo.com
www.kaoh.org

Lighted Candles World Impact Ministries
Soudaranand Jayapandian - 440-213-0282

Marathi Mandal(NEOMM)
Vikram Bedekar at 614-352-9571
president@neomm.org
www.neomm.org

Marwari Association
Sushila Mohanka - 330-598-0642
sushilam33@hotmail.com

Orissa Society
Dr.Birendra Jena
www.orissasociety.org

Punjabi Cultural Society
Bunjinder Dhanoa 216-650-2311

Punjabi Heritage Org (PHO)
Hari Singh Dhillon

Jagriti Punjabi Community Paper
Harbans Singh Sandhu

North East Ohio Telugu Association(NEOTA)
Haritha Dakappagari-216-272-2291
www.neota.org

Shivas Classic Dances International(SCDI)
Krishna Bhagvatula 216-235-3560
www.scdi.org

Indian Classical Music Society
Anupa Deogaonkar
440-237-2791
www.icmscleveland.org

Please e-mail any corrections to
lotus_editor@fica-cleveland.org.

National Fitness Innovator Comes to Area for Master Class

Sarina Jain "Jane Fonda of India" Puts Spice into Workout

Sarina Jain, the "Jane Fonda of India," will bring the Masala Bhangra Workout to Beachwood on Thursday, October 7, 2010. Sarina will host a Master Class for the general public at Let's Dance Cleveland, 23366 Commerce Park, Suite 111, from 6:30-7:30PM with a meet and greet from 7:30-8:30PM. The fee for the Master Class is \$25 in advance and \$30 at the door. For more information about the master class call 330-573-7513.

Sarina is an energetic fitness innovator, music-video choreographer and international television/radio personality. She hosts her own TV segment on Discovery Channel's Fit TV and has a show on Exercise TV. Her regular appearances on NBC's "Today," and other major media have catapulted her to fame across mainstream America, and solidified her place as "Jane Fonda" of India.

Jain introduced her Bhangra-style fitness routine to the U.S. with her first workout tape in 1999, and has since directed and produced a total of five high-intensity workouts in her Masala Bhangra Workout® video/DVD series. Born in California, she started leading fitness classes at a very young age, and has been a certified fitness instructor for more than 18 years plus. She completed studies in marketing and public relations in Los Angeles, before founding her company, Masala Dance & Fitness, Inc. in 1999. She soon relocated to New York where she successfully cultivated a larger audience for her cross-cultural fitness ideas.

Jain proudly embraces her Indian heritage, and is an active member of the Indian-American community. "People fall in love with the beat of Bhangra," Jain says, "the music combined with its sensuous, vigorous movements recreates the excitement that an occasion is being celebrated. People have so much fun; they don't realize they are getting an awesome cardiovascular and muscle-strengthening workout. Bringing the

Masala Bhangra Workout® to people all over the world is so gratifying—I am absolutely living my dream."

To learn more about the Masala Bhangra Workout, visit masaladance.com.
Lisa Wheeler-Cooper

AAIWO 2010 Scholarship Winners announced

The Association of Asian Women in Ohio (AAIWO) awarded two scholarships in 2010 to Tina D'Cruz and Partik Singh. Tina will be attending Ohio State University's MAP Program and Partik will be attending Case Western Reserve University. The scholarships, which are need based, are given to high school students of Asian Indian descent. Scholarship applications were sent to several high schools in the Cleveland area. The scholarship is administered through the Cleveland Foundation.

AAIWO invites women to attend Chai Chat lecture event

The Association of Asian Indian Women of Ohio (AAIWO) is proud to launch its new speaker series, Chai Chat, with Devi Gursahany's inspiring lecture "Life is a Movie—what role do you want to play? The hero? The Victim? or the Bystander?" to be held between 2-4 p. m. on October 10, 2010 at the Brecksville Public Library, located at 9089 Brecksville Road, Cleveland, OH 44141-2396, (440) 526-1102. All women are invited to spend a lovely Sunday afternoon discovering new friends and new ideas. Refreshments will be served.

Our speaker "Devi" (Devyani) Gursahany provides human resources training and consulting in India and the U.S. Her unique approach to organizational development and staff training combine a cross-cultural perspective with a strong commitment to

introducing compassion in the workplace. She has worked with corporations, universities, associations, non-profit agencies, and religious institutions. She has presented at international conferences and has facilitated diverse groups with creative activities to resolve conflicts, manage cross-cultural communication, celebrate diversity and renew spirit. With a Master's degree in Social Work and another in Organizational Development, she incorporates a multi-disciplinary and creative approach with an "Eastern Flair" into her training sessions. Fees are \$5:00 for participation for AAIWO members and \$7:00 for non-members.







AAIWO is the preeminent Indian American women's organization in Ohio and strives to facilitate the transition of Asian Indian women into American society. It answers multiple needs, personal and professional, related to cultural education, domestic violence, and elder care. The members of AAIWO invite you also to be of service to the Indian American community and enjoy the easy camaraderie of a group of dynamic and compassionate Indian American women.

To register in advance, please call Cheryl D'Mello at 440-740-0876.

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The Masala Bhangra Workout
Comes to Cleveland Area



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Instructor Lisa Wheeler-Cooper

Beginning Sunday, September 12, 2010
4:00-5:00 PM
\$10 per class

The Masala Bhangra Workout combines
the traditional bhangra folk dance from
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Come see what everyone is talking about!

Visit www.masaladance.com

Master Class with
Founder and Creator Sarina Jain

Thursday, October 7, 2010
6:30 PM - 7:30 PM
Meet and Greet
7:30 PM - 8:30 PM

\$25 in advance - \$30 at the door
PayPal payments can be sent to
lisa.zumba@yahoo.com

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Health Tip: Foods That May Spur Migraines

A list of common culinary triggers

(HealthDay News) -- Migraine headaches frequently are characterized by symptoms such as nausea, dull or severe head pain and sensitivity to light.

In some sufferers, certain foods may help trigger migraines. The U.S. National Library of Medicine offers this list:

- Processed, marinated, fermented or pickled foods.
- Baked goods.
- Chocolate or dairy foods.
- Foods that contain MSG (monosodium glutamate).
- Foods that contain tyramine, including red wine, aged cheese, smoked fish, chicken liver, figs or certain beans.
- Citrus fruits, bananas or avocados.
- Processed meats containing nitrates, such as hot dogs, salami or bacon.
- Onions.
- Nuts or peanut butter.

-Diana Kohnle

Look, who SMSes most in US

- Times of India



WASHINGTON: A survey on cell phone usage across the United States has revealed that women, African Americans and Southerners are the people who talk and text the most.

According to new data released by the Nielsen company, every month, the data-tracking firm goes through phone bills from 60,000 people all over the country.

It breaks down cell phone and text usage by gender, race, age, and even region, with some interesting findings

"Pretty much everyone has a cell phone these days," ABC News quoted Jonathan Carson, CEO of Telecom for Nielsen, as saying.

"We're reaching a point where we'll have more than 100 percent penetration because people carry multiple devices," he stated.

The data revealed that women on the whole are bigger talkers and texters than men, using 22 percent more cell phone minutes than men, and sending 154 more messages per month than the average American man.

It also showed that teens text more than any other group, sending a stunning average of 2,779 texts per month, which comes out to be about eight SMS messages for every waking hour.

Text usage drops off steadily among older age groups, with senior citizens receiving an average of just 30 per month.

Texting has become such a mainstay for teens and children that their usage has even pushed increasing numbers of parents to adopt texting as a way to communicate with their kids.

"People start carrying mobile phones at younger and younger ages, and at this point, tweens -- people in the range of 12 to 14, more than half of them are actually now carrying mobile phones," Carson added.

India beat New Zealand by 105 runs to enter tri-series final

DAMBULLA (Sri Lanka): India relied on Virender Sehwag's swashbuckling century and an inspired show of swing bowling to spank New Zealand by 105 runs and cruise into the final of the tri-series on Wednesday.

Scorecard

While the flamboyant Sehwag (110) notched up his 13th ODI century to steer India to a competitive 223 after four early jolts, the pace bowlers then came up with fine exhibition of swing and control to skittle out the Kiwis for 118 in 30.1 overs.

Tailender Kyle Mills provided some late entertainment with a rollicking 52 but none of the other New Zealand batsman could provide much resistance as the Indians exploited the bowling-friendly conditions to the hilt to set up a summit showdown with Sri Lanka on Saturday.

The Indians, who desperately needed to win the floodlit contest to stay afloat, owed their victory to the brilliance of Sehwag who gave them enough runs on the board to push for a win on a tricky pitch at the Rangiri international stadium.

Captain Mahendra Singh Dhoni and Sehwag tried to steady the innings by playing cautiously and punishing only the loose deliveries.

Both gradually accelerated the pace of scoring after getting a feel of the conditions and the measure of the rather spongy track at the Rangiri International stadium.

Sehwag took a single off spinner Williamson to complete his 13th ODI century which came off just 87 balls.

Spinner Nathan McCullum brought an end to the 107-run fifth wicket partnership by evicting the dangerous Sehwag soon after he completed his century, much to the relief of his teammates.

Sehwag holed out at deep midwicket as a tried to pick McCullum's flighted delivery from outside off and swung it straight to the fielder. His knock of 110 came off just 93 balls and was laced with 16 boundaries and a six.

Ravindra Jadeja (17) fell immediately after Dhoni's departure and Ashish Nehra did not survive long either, hastening the end of the Indian innings.

- Times of India



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2121 Euclid Ave, Cleveland, Ohio

Tickets: Box Seats, \$100, \$75, \$50, \$35 & \$25

For tickets, contact: Jinal: 440-327-6428; Ankit 847-414-3408

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The Merchants of Bollywood at PlayhouseSquare



Called "the most exhilarating musical seen this year," by the Manchester Evening News, The Merchants of Bollywood is a nonstop whirl of color and music. A dance spectacular with over 1,000 glittery costumes, 2,000 pieces of jewelry, and the original music and choreography from the biggest Bollywood movies past and present, this show brings the true spirit of Bollywood to America. A sensation in Europe and Australia, this runaway hit is based on the true story of a famed family of choreographers who have dominated the Indian film industry for decades. A classic tale of the clash between generations ensues when a daughter breaks free of family tradition to create her own voice finding love, heartbreak, and independence along the way.

Merchants of Bollywood
PlayhouseSquare Palace Theatre
Sunday, October 3, 2010
6:00 PM

Dress Circle \$67.00 Orchestra A & B \$42.00
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Merchants of Bollywood

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