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Page 32

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# America's Gun Problem is Simply Unacceptable

## US needs Action on Gun Violence



Story on Page 18-19

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# UK's new visa offer to benefit thousands of Indian students



(News Agencies) The announcement means that Indian and other international students who join a UK educational institution from the 2020-21 academic year and complete an undergraduate or postgraduate degree in any subject will be able to stay for two years and take up any job.

The visa route was scrapped by Theresa May when she was home secretary in April 2012 on the ground that it was too generous, along with other measures such as closing bogus colleges that were admitting international 'students'.

Before its closure, Indian students with loans used the two-year period to find work and recover some of the

expenses of studying in the UK. However, there were also claims that it was abused by Indian 'students' in the bogus colleges, which have since been closed.

Scrapping the visa led to the perception that the UK is less welcoming, prompting a fall of Indian students from the high of 39,090 in 2010-2011 to 16,550 in 2016-17. Latest figures show Indian students numbered 21,165 in the year ending March 2019.

The announcement takes account of the realities of Brexit, which includes the fact that EU citizens will not be able to freely take up jobs in the country after the UK leaves the EU (the current Brexit date is

October 31).

The announcement was widely hailed by stakeholders, including universities, student organisations and the Foreign Affairs Committee of parliament that campaigned for the visa's return, but were consistently rejected by May as the home secretary and Prime Minister.

Johnson announced the new visa route while launching a whole genome sequencing project, which he held up as an example of the UK's pioneering research and international collaboration: "Breakthroughs of this kind wouldn't be possible without being open to the brightest and the best from across the globe to study and work in the UK".

"That's why we're unveiling a new route for international students to unlock their potential and start their careers in the UK", he said.

Alistair Jarvis, chief executive of Universities UK, the umbrella body of all UK universities, said: "This is very positive news. Evidence shows that international stu-

dents bring significant positive social outcomes to the UK as well as £26 billion in economic contributions, but for too long the lack of post-study work opportunities in the UK has put us at a competitive disadvantage in attracting those students". "The introduction of a two-year post-study work visa is

something universities UK has long campaigned for and we strongly welcome this policy change, which will put us back where we belong as a first choice study destination. Not only will a wide range of employers now have access to talented graduates from around the world, these students

hold lifelong links in the UK". Home secretary Priti Patel said: "The new Graduate Route will mean talented international students, whether in science and maths or technology and engineering, can study in the UK and then gain valuable work experience as they go on to build successful careers".

## AIA New York chapter 32nd Deepavali Benefit Gala Dinner.



Association of Indians in America New York Chapter preparing for 32nd DEEPAVALI festival had Annual Benefit fundraising Gala on Saturday sept 7th at most elegant place Crest Hollow Country Club Woodbury. Such classy place with great ambience attracted

our friends and supporters from Long Island, Manhattan, Queens and Westchester area. The cocktails were set up surrounding the pool area with wonderful lighting with various food stations and great service by Crest Hollow staff.

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Long Island Ladies Circle (LILC) organized Punjabi Mutyaar



Long Island Ladies Circle (LILC) held "Punjabi Mutyaar" event recently in Long Island. Both LILC presidents Pinki Jaggi and Jyoti Gupta were happy for the success of the event. Little Punjab was created with Punjabi outfits, giddha, bhangra, boliyan and tappe. Harkirat Singh Ahluwalia of Jus Punjabi gave speech on Punjabi culture.



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Food Drive Committee:

Table listing the Food Drive Committee members and their contact information, including Indu Gajwani (President), Rita Shah (VP), Anju Sharma (Event Chair), etc.

L.I Indo American Lions Club Wish List: Food Drive:

- List of items needed for the food drive: Canned Soups, Canned Meats, Canned Fish, Canned Fruits, Canned Vegetables, Canned Tomato Sauce, Fruit Drinks, Canned Beans, Breakfast Cereals & Cookies, Peanut Butter & Jelly, Packets of Beans, Rice & Pasta, Paper Goods Hot/Cold Cups, 9" plates, Granola Bars, Tea Bags & Ground Coffee, Boxed Powder or Evaporated Milk.

Food Donation and Monetary Donations Drop Off Locations:

Table listing drop-off locations for food and monetary donations, including Raj Bhog, Nassau Gold Buyers, K & R Store, etc.

Check Donations: please make check payable to and mail: L.I Indo American Lions Club 1947 Plymouth Drive, Westbury, N.Y. 11590. WE SERVE

India Association of Long Island Presents India Fest 2019. Includes details about vendors, free food, carnival, and event information for Sunday September 22, 2019 at Hyatt-Regency Long Island.

Punjabi Duniya Weekly. Features news articles such as 'Punjabi Nijavanan Ne Videsh Uddari Maran Lahi Kharche 27000 Karche' and 'Sant Karam Singh Kaur Nijavanan Ne Videsh Uddari Maran Lahi Kharche 27000 Karche'. Also includes an insurance advertisement for Business, Liability, Disability, Workers, Property & Casualty.

## Canadian PM Justin Trudeau dissolves parliament, launches election campaign

**Trudeau requested the dissolution of parliament Wednesday in a meeting with Governor General Julie Payette, Queen Elizabeth II's representative in Canada, marking the formal start of campaigning.**



(News Agencies) Canadian Prime Minister Justin Trudeau kicked off Canada's election campaign Wednesday, with polls showing his Liberals locked in a tight race with the opposition Conservative Party ahead of the Oct. 21 vote.

Trudeau requested the dissolution of parliament Wednesday in a meeting with Governor General Julie Payette, Queen Elizabeth

II's representative in Canada, marking the formal start of campaigning.

Neither of the two main parties is currently polling high enough -- both are just north of 30% -- to win a majority of the 338 seats up for grabs, meaning the next Parliament could be more fragmented than the current one. The Liberals enter the election with 177 seats, compared with 95 for the Conservatives. A majority

requires winning at least 170 seats.

The result will determine whether Trudeau, 47, can cement one of the most left-leaning agendas the country has seen in at least a generation -- progressive on social issues, willing to run deficits to tackle income disparities, assertive on climate change and fervently internationalist in an era of populism. It's a record that prompted former U.S. Vice President Joe Biden to hail Trudeau as one of the last main standard-bearers of liberalism. "Will we go back to the failed policies of the past, or will we continue to move forward? That's the choice. It's that clear, and it's that important," Trudeau said to reporters in Ottawa.

Yet despite Trudeau's

focus on income distribution, the country has struggled to create wealth during his tenure. Labor productivity and real wage gains continue to hover around historically weak levels, leaving the economy increasingly reliant on immigration to generate growth.

In the eyes of the business community, Trudeau hasn't devoted serious attention to fixing Canada's long-standing competitiveness challenges. Still, polls suggest his leftist tilt is popular and Trudeau has forged a comfortable lead over Conservative leader Andrew Scheer, 40, on the crucial question of economic stewardship, giving him a critical advantage in his bid for re-election.

## China trade war US companies yank money from country at faster pace

The American Chamber of Commerce in Shanghai said Wednesday U.S. companies are steering business away from China at an increasing rate amid the escalating trade war between Washington and Beijing. More than a quarter (26.5 percent) of the 333 respondents to AmCham's annual survey said they have redirected investment away from China over the past year, up 6.9 percentage points from 2018. Technology, hardware, software and services companies (40 percent), industrial manufacturing (37.1 percent) and chemicals (36.7 percent) were the most likely to look elsewhere.

"The causes are manifold, but include a need to guard supply chains from any further deterioration in U.S.-China trade relations and attendant tariffs; a Chinese regulatory environ-

ment that still favors domestic companies; and growing labor and material costs in China," AmCham said. One-third of respondents said revenue was down by as much as 10 percent due to U.S. tariffs on Chinese goods while 13 percent said revenue fell by up to 20 percent. Five percent of respondents said revenue was off by more than 20 percent.

AmCham found 13.1 percent of respondents directed investment to Southeast Asia, the biggest beneficiary, with India (7.6 percent) and the United States (5.5 percent) rounding out the top three. The survey, which was conducted with PwC, was administered between June 27 and July 25 -- during the period when President Trump and Chinese President Xi Jinping had reached a trade war ceasefire.

## Trump insists everything is fine as economic anxiety surges

**The president's free-wheeling approach and rapid-fire tweets are driving up uncertainty to historic levels.**

(News Agencies) The United States economy is slowing by nearly every major measure, from job creation to business investment.

And there's one major culprit cited by academics, corporate executives and business owners: a surge in economic uncertainty to historic levels driven largely by President Donald Trump's itchy Twitter finger and head-spinning approach to trade and fiscal policy.

Trump's shoot-from-the-hip style is delivering a new age of uncertainty across much of America and the world -- clouding business forecasts, puzzling investors and potentially threatening the president's own reelection prospects.

Evidence of the confusion and anxiety is piling up. The global Economic Policy Uncertainty Index in June hit its highest level ever, eclipsing periods after the Sept. 11 terrorist attacks and the 2008 financial crisis -- two stretches during which U.S. recessions were already underway and employers were

slashing jobs.

Now, Trump-related uncertainty dominates talk among corporate executives on earnings calls and during discussions at the U.S. Federal Reserve. Companies are reining in capital spending and slowing their hiring plans, unsure what the unpredictable president might do next and whether it will help tip the U.S. from slowing growth into recession. Taken together, the mosaic of data and anecdotes suggests traits that helped drive Trump into the White House -- his promises to rip up trade deals and demolish the status quo -- could undermine his own economy and imperil his chances for a second term.

"I've been in the business for 35 years, and I don't remember a time where uncertainty was at such an extreme level -- and that covers a lot of nail-biting periods," said David Rosenberg, chief economist and strategist at investment firm Gluskin Sheff. "The U.S. economy is going to slow

down perceptibly. I would suggest no growth in the fourth quarter. People are going to be surprised by it. It will either be recession or stagnation." Rosenberg suggested some of the current economic growth represents spending by consumers and inventory-building by companies trying to get ahead of pending tariffs. This activity could vanish later in the year.

Trump and other top U.S. officials are making a concerted push to argue all this is nonsense, and that the economy is doing just fine. They are also floating potential tax cuts to give the U.S. new fuel.

They say the real problem is doom-saying investors, pundits and journalists hyping slowing numbers into a potentially self-fulfilling prophecy of decline.

"The Economy is great. The only thing adding to 'uncertainty' is the Fake News!," Trump tweeted Friday after a Labor Department report showed private sector job growth slowing to around 100,000 in August, still



strong but a clear downshift from more than 200,000 per month last year.

On Monday, Treasury Secretary Steven Mnuchin dismissed talk of a U.S. slowdown while suggesting potential new tax cut proposals, something Trump also discussed ahead of the 2018 midterm election but never produced.

"I think there's no question the U.S. economy is in very good shape. As we look around the world, there's no question that China is slowing, Europe is slowing -- the U.S. is the bright spot of the world," Mnuchin told reporters. "And regards to a middle-class tax cut, you know, we'll be looking at tax cuts 2.0, something that will be something we'll consider

next year. But right now, the economy is in very, very good shape."

Key data does not support Mnuchin's argument. In addition to a slower pace of job growth, manufacturing output measured by both the Fed and the Institute for Supply Management show a contracting factory sector slammed by Trump's trade war with China and concerns that a replacement for the North American Free Trade Agreement negotiated by Trump may not pass Congress this year. U.S. GDP growth slowed to a 2 percent pace in the second quarter. The Atlanta Fed's GDPNow estimate predicts 1.5 percent growth in the third quarter, a figure dragged down by a 2.4 percent drop in nonresi-

dential equipment investment.

It's not hard to figure out why companies are growing cautious. Between May 31 and Sept. 5, the word "uncertainty" came up in over 250 presentations and earnings calls among S&P 500 companies, according to data provided to POLITICO by S&P Global Market Intelligence.

The U.S. Chamber of Commerce recently said that since June 1, "43 percent of Fortune 500 executives raised or addressed concerns over the impact of tariffs and trade policy tensions in earnings calls."

The big risk on their mind is the relationship between the world's two largest economies: S&P 500 company executives used the words "China" and "trade" in 216 public appearances since July 1, according to data from Refinitiv. The commentary from executives often centers on the uncertain outcome of the tariff battle with China -- which heats up and cools off with dizzying frequency -- as well as a lack of clarity on where exactly the U.S. economy is going.



# John Bolton's gone and Republicans want in

*The Senate's doves could benefit from the national security adviser's exit.*

(News Agencies) John Bolton's ouster from the Trump administration creates an immediate void on President Donald Trump's national security team as the president weighs critical decisions about the war on Afghanistan. It's a vacuum that a number of Senate Republicans are eager to fill.

enators who have been trying to shape Trump's thinking on foreign policy — especially the peace talks in Afghanistan — are now jockeying for more influence over the president's thinking. With an interventionist hawk like Bolton out of the picture, Trump, who campaigned on winding down the United States' engagement overseas, may be more inclined to limit foreign engagements.

Bolton had been a fierce opponent of striking a deal with the Taliban and told the president he could draw down troops without a deal. His exit is likely to boost Capitol Hill's more dovish members whose advice tends to align with

the president's own instincts. Maneuvering on the Hill to influence the president on the questions of Afghanistan escalated immediately on Tuesday in the wake of Bolton's exit.

"The president's long expressed a desire to bring America's longest war to an end," said Sen. Rand Paul (R-Ky.), who celebrated Bolton's withdrawal. "He needs to have somebody in the positions advising him that actually agree with his policy."

"The president deserves a national security adviser he has confidence in," agreed Sen. Lindsey Graham (R-S.C.). But the agreement stops there: Graham is urging Trump to do precisely the opposite of what Paul wants. The intel is very clear what will happen if you pull the plug on Afghanistan," Graham said. "I'm hopeful that [Trump] will not do in Afghanistan what we did in Iraq." Both Graham and Paul speak with Trump frequently and are

almost always at odds over national security, with Graham advocating a muscular military approach and Paul unceasingly advocating diplomacy. They are among a number of senators on whom Trump leans for advice on matters of war and peace, including Republican Sens. Tom Cotton and Ted Cruz. Several other senators use the media to make their case on foreign policy, appearing on Fox News and speaking with Capitol Hill reporters hoping their message will reach the White House.

"We do have a lot of people who talk to the president on a regular basis who have very informed views when it comes to matters of national security and foreign policy," said Senate Majority Whip John Thune (R-S.D.). "So I suspect whatever kind of void is there, he'll have a lot of voices in his ear."

Bolton's departure also exposed the messy debate within the Republican Party itself. The GOP

remains painfully divided over national security, with Trump's three years in office leaving unresolved whether the party itself can reach consensus on how and when the U.S. should deploy its armed forces.

That means that while Trump will be getting plenty of input in the wake of Bolton's sacking, it will often be contradictory. The first issue on which the two factions are likely to clash is whether the president should continue with a plan to draw down troops in Afghanistan even though the president has called off peace talks with the Taliban.

Bolton is "a brilliant man. And his alternate point of view I hoped would be welcomed in decision-making circles," said Sen. Mitt Romney (R-Utah), who panned planned negotiations with the Taliban. On Afghanistan "we need to rethink our entire approach. And the president said that the negotiations are dead. If that's

the case, well, how we go forward is now an entirely new discussion." Bolton's exit "means that Pompeo is the guy that's going to lead the approach. And I have confidence in him. I'm one that has gotten fatigued with the whole process there," said Sen. Mike Braun (R-Ind.), who has a libertarian streak on foreign policy and is open to negotiating with the Taliban. "Now that I know what occurred [with Bolton], I think we'll be OK."

Like so much of the president's decision-making, however, Bolton's ouster occurred after little apparent coordination with his allies on Capitol Hill. Braun learned about the news from a reporter after spending his morning in meetings: "What's that? Bolton is out. That happened this morning?"

And Senate Armed Services Chairman Jim Inhofe (R-Okla.) learned of the news after a staffer heard about Bolton on the radio.

## Vaping-related disease spurs calls for tighter rules in Congress

(News Agencies) Lawmakers are seizing on the outbreak of a vaping-related illness to push for more aggressive regulation of the young but fast-growing e-cigarette industry. Democrats and increasing numbers of Republicans want age restrictions, flavor bans, and marketing crackdowns. They want the FDA to move faster to investigate and regulate e-cigarettes, touted by the industry as a way to reduce harm from traditional cigarette smoking but which has also led to what the FDA calls an "epidemic" of youth vaping of nicotine. Health authorities haven't fully untangled what's causing the respiratory disease, which has potentially affected more than 450 and killed six. Public health officials across 33 states have linked many of the cases to vaped forms of marijuana and its component CBD — both of which are in legal but in regulatory limbo. Counterfeit or black market nicotine vapes may also have a role — and legal vapes haven't been totally

ruled out, but they aren't dominating the public health investigation into the illness.

Yet anti-tobacco lawmakers and children's health advocates are using the moment to demand more regulation of e-cigarettes, including industry powerhouse Juul. They want to go further than Senate Majority Leader Mitch McConnell's bill, which would raise the age for buying all tobacco to 21. And they want consistent national standards, not a state-by-state patchwork as some areas of the country plow ahead on flavor bans.

McConnell, who is pushing the bill alongside Virginia Democrat Tim Kaine, hasn't spoken about his bill in public in months, and his office Tuesday referred to his earlier statements about doing "everything we can to keep these harmful products out of high schools and out of youth culture."

The McConnell-Kaine bill is part of a broader health care cost bill, including drug prices and "surprise" medical bills, that's passed the

Senate HELP committee but does not appear likely to come to the floor quickly. Senate Finance ranking member Ron Wyden (D-Ore.) also proposed just last week that the committee advance legislation to tax e-cigarettes at the same rate as traditional cigarettes to remove the "on-ramp" for kids, he told POLITICO.

Many Republicans are still lined up with McConnell, wanting to raise the purchase age but leaving the rest to states and the FDA. Some, like Indiana Sen. Todd Young, who has sponsored legislation to raise the legal age to 21, say they're open to tougher measures. Sen. Mitt Romney of Utah, urged the FDA to pull e-cigarette products off the market. In the House, Rep. Donna Shalala (D-Fla.) is in talks with Republicans about her broader bill with House Energy and Commerce Chairman Frank Pallone (D-N.J.). The legislation, which she believes will get a markup soon, would raise the tobacco purchasing age to 21, ban flavors and restrict advertising.



And while there are 33 co-sponsors on the bill, just one — New York's Pete King — is a Republican. But that was before the lung disease emerged, and Shalala now says, "We'll get Republican votes on it." "What we need to do is keep the focus on kids. [That's how] we win the debate nationally with the American people," she added. Longtime vaping critic Sen. Dick Durbin (D-Ill.) has called on FDA acting Commissioner Ned Sharpless to act on the e-cigarette industry right now — or resign. Durbin has another meeting with Sharpless this week, he told POLITICO, just a few days after the FDA warned Juul against marketing its products as

much safer than tobacco. "As of last week, they'd done nothing," Durbin said of the FDA. "As of this week, they've done something at least confronting Juul with its health claims, which should have been done long ago." An Energy and Commerce subcommittee will hold a hearing this Sept. 25 on the vaping-related illness and e-cigarette regulation. Pallone and Oversight and Investigations subcommittee chair Rep. Diana DeGette (D-Colo.) said in a statement that they "are greatly concerned that e-cigarette products continue to be disseminated and used while consumers lack information" on their health impact.

## Why Trump reached out to Taliban, why he pulled back, and what next

Anything can happen once United States (US) President Donald Trump gets active in diplomacy's china shop. The developments over the US-Taliban deal, ironically revealed by Trump himself in a number of tweets on September 7, once again illustrate the bewildering, if not the chaotic, manner in which the US presently conducts its foreign policy. Indeed, Trump's Afghanistan policy is a case study in unpredictability.

In order to attempt discerning what Trump may do next, it may be useful to consider his instinctive approaches to the US involvement in Afghanistan. Trump was against continuing US military engagement in Afghanistan prior to his election. He wanted the US forces to leave the country. On becoming president, he took eight months to fashion his Afghan policy, and, then, taking personal responsibility, announced it on August 21, 2017.

Trump stressed that he had reached three basic conclusions that the US must achieve: Seek an "honourable and enduring outcome", eschew a "rapid exit", and acknowledge that the "security threats" that the US faced in Afghanistan and the region were "immense". Flowing from these conclusions, Trump said that the US presence in Afghanistan would shift from a "time-based" to a "condition-based" approach, which would "integrate" all elements of US power. Trump warned Pakistan that it had "much to lose by continuing to harbour criminals and terrorists". While asking Pakistan to deny the Taliban sanctuary, he was careful to create a distance between terrorist organisations and this group, for, in this policy statement itself, he envisaged the possibility of an Afghan political settlement that would include Taliban elements.

Clearly, the US' objective was to increase military pressure on the Taliban, including through the denial by Pakistan of safe-havens to it, so that they could be brought to the negotiating table with the Afghan government. The dire warnings to Pakistan did not work. Nor were the Afghan Security Forces, with US combat and intelligence assistance, able to push back the Taliban. The military stalemate that Trump had inherited in Afghanistan continued even as the National Unity Government (NUG) led by President Ashraf Ghani and Chief Executive Abdullah Abdullah frayed, and members of the Afghan political class went in different directions. Despite occasional threats to Pakistan till early 2018, by autumn, the Trump administration abandoned almost all the elements of the August 2017 statement, save for that which had dwelt on drawing in the Taliban into a political settlement. Even here, the US gave up a fundamental position, which required the Taliban to engage the

Afghan government prior to the US-Taliban talks. It became clear that the Trump administration was in a state of strategic desperation, and, in the process, was willing to let NUG swing in the wind.

More than that, Washington was also willing to overlook the fact that the Taliban had killed more than 2,300 US soldiers in Afghanistan during the course of the insurgency. It is important to recall that the US did not have any problems with the Taliban per se. Their difficulties with the group began only with its association with the al Qaeda, and its refusal to hand over Osama bin Laden after 9/11. The 10-month-long negotiation witnessed the Taliban maintain a singular focus on the withdrawal of US forces, and a refusal to engage the Afghan government. The US accepted Taliban's conditions, including a refusal to ceasefire in exchange for an assurance that it would not allow terrorist groups to operate from territories under its control. This was surrender.

There was obviously a push back within the US system to this surrender. Trump was tempted to preside over a diplomatic drama at Camp David to make the Taliban to directly engage the NUG and make it agree to a ceasefire. He decided not to take the risk of a Taliban rebuff, and, worse, of a terrorist attack on US soldiers by it even while its representatives were in Camp David. If they could attack US soldiers after the deal was agreed to, what would prevent them from gravely embarrassing Trump?

The issue before Trump now is if he has a real alternative to renew engagement with the Taliban after a gap? It wouldn't seem so, unless he is willing to undertake extensive military operations against it by substantially augmenting US troop level in Afghanistan, and taking military action across the Durand Line to show Pakistan that he truly means business. This is not on the cards. Hence, the Taliban can sit pretty and creep forward at present or reduced US force levels.

This scenario is also predicated on the continuing inability of the Afghan political class to get its act together even if a credible presidential election takes place. This too is a reasonable expectation in view of the developments since the Taliban were pushed out of Afghanistan in 2001. The sad fact is that neither former President Hamid Karzai nor Ashraf Ghani has been able to demonstrate leadership to knit the country together and reconcile its many contradictions. If this has been so now, reconciling the impulses emanating from the Emirate and Islamic Republic would be supremely difficult in the future. Afghanistan's agony would, therefore, continue. In these circumstances, India has to adopt subtle and realistic policies

## One step closer to a future in space

First, many congratulations are due to the scientists of Indian Space Research Organisation (Isro). Their first attempt resulted in the lander reaching the moon's surface, but have lost contact with it. Despite this, they have proved that the organisation, which once had to carry its equipment to its headquarters in Thumba, Kerala, on a bullock cart, has now evolved into a huge establishment. The journey of science draws inspiration and energy, not from successes but from failures. After all, Thomas Alva Edison faced failure many times in his efforts to light a bulb.

The greatest test of any country and its countrymen comes when young dreams die. The way the audio and visual media created a sensation around the Chandrayaan-2 landing sent hopes skyrocketing. And the entire country graciously accepted the news that communications with the lander, Vikram, had snapped. The manner in which Prime Minister Narendra Modi appreciated and encouraged the scientists must be lauded. The people who heard his words on the morning when scientists faced this setback will remember them for a long time.

For people of my generation who grew up listening to the rhyme 'Chanda mama door ke, puye pakayen gur ke...', such a scientific narrative means the end of poetic romanticism. I was just nine when Neil Armstrong took the first steps on the surface of the moon. The world was different then. There was no social media, and television in India was limited to just Delhi. Even at that time, I saw my elders glued to the radio. People were so curious and excited, wondering if the first person stepping on the moon is reaching a place more beautiful than even heaven. For millennia, we have equated the moon with beauty and we wondered if the actual

moon would prove this true.

But the reality was different; the moon's surface was filled with deep craters proving that all the literary imaginings about the moon were mere fantasy.

Science follows thought, and thoughts always require the support of imagination. Apollo 11 forced poets of the world to think in an entirely different manner. During those days, some people recalled the American general Homer Boushey's comment that one "who controls the Moon, controls the Earth". But it takes time to understand such comments.

Today, the moon seems to be emerging as a protector of humanity. There is evidence of water there. Needless to say, the crisis of drinking water is deepening on the earth due to the burden of a rising population, and hence, we feel the need for alternative planets. Besides the moon, Mars is also the focus of attention of scientists because there appears to be enough water to sustain life there as well. Here it would be appropriate to mention one of our own scientists. Syed Zahoor Qasim, who belonged to Allahabad (now, Prayagraj). He led India's first expedition to Antarctica. As a young reporter, I had covered his felicitation ceremony held in Prayag Sangeet Samiti. In his speech, he said that in the coming days, Antarctica will provide us with water as well as an alternative place to inhabit. At that time, we, who have been born in the vicinity of rivers like Ganga and Yamuna, could not even imagine the current water crisis. But Qasim's statement made us understand that if science doesn't have a far-sighted approach, humanity will be beset with one crisis after another.



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# With their hypocrisy and irresponsibility, how intermediaries hurt India



Social media — the barrier-free, communication enabler — has its dark side. The Chennai case, currently in Supreme Court (SC), is a case in point. Two observers of jallikattu appointed by the Animal Welfare Board of India were threatened on social media. Following no redressal on their complaint, they filed two public interest litigations (PILs) in which they asked for pre-requisitioning Aadhaar before a social media account is created. Besides being invasive, in my opinion, the Aadhaar/KYC requirement is a myopic approach to address cyber crimes since they operate in nebulous spaces beyond sovereign boundaries. There are possible dangerous consequences in sharing secure data.

However, harmful content and its arbitrary circulation needs regulation. As any agency that enables permeation of illegal activity through its spaces, intermediaries (tech companies) too are liable for content posted if they do not take corrective action. The high court's genuine intervention of exploring options, common in all PILs with wide ramifications, has suddenly raised questions about the invasion of privacy, curtailment of freedom of speech, judicial overreach and over-regulation. Camouflaged under all these arguments is an effort to oppose any external attempt to regulate illegal content.

Since 2015, I have been arguing a PIL (In Re: Prajwala case) in the SC pertaining to arbitrary and rampant circulation of Child Sexual Abuse Material (CSAM) and Rape and Gang Rape (RGR) imagery on social media. Through the case, and as a committee member appointed to explore technical solutions to prevent the circulation of these materials, I have closely engaged with intermediaries on the question of regulating clearly illegal content. While opposing regulation and steadfastly advocating zero accountability, they also talk about privacy and freedom of speech.

Relying on a judgment of the SC in the Shreya Singhal case, intermediaries claim no liability. This argument is completely misplaced. Section 79 of the IT Act which grants exemption to intermediaries in some cases, makes a clear exception for illegal content expecting the intermediary to observe "due diligence while discharging his duties under this Act and also observes such other guidelines as the Central government may prescribe in this behalf". In the Singhal case, the SC, while refusing to strike down intermediary responsibility under Sec 79(3)(b), narrowed illegal content to include only the exceptions to freedom of speech under Article 19(2) of the Indian Constitution.

The argument of privacy is ironical. On

social media, surveillance is by default and privacy is an option. Disregarding user privacy, significant resources are invested to enable advertisements to appear seamlessly by developing algorithms to tap into personal preferences of users. Purportedly developed to enhance the quality of services, it is actually a ruse to promote their economic interests. It is appalling that they refuse to invest or commit to anything substantial that would assist in identifying the genesis of illegal material.

During the course of the research for Prajwala case, one found several initiatives across the globe to mitigate the damage at least for CSAM. To name a few, in the US, it is a mandatory reporting process in which intermediaries report all CSAM in their portals to the National Centre for Missing and Exploited Children. In Canada, there is an agency which uses crawler technology developed by Microsoft to weed out CSAM. Quite a few of the intermediaries contribute to the Internet Watch Foundation in the UK which traces CSAM. However, for reasons one cannot fathom, they refuse to take any tangible action in India. For instance, Microsoft, which licenses its photo DNA technology, a technology to detect known images, free of charge, refused India the same and instead, is selling a similar software. While intermediaries proudly claim to mandatorily report CSAM in the US, they refuse to comply with a similar

statutory requirement in India. In the Prajwala case, almost all suggestions made to mitigate damage like pop-up warnings, reporting RGR content since it is not reported elsewhere, retaining India-based data, were rejected by intermediaries on specious grounds. For instance, small changes like activating an easily accessible "report" prompt took many months of sittings and a few court hearings for WhatsApp. Even today, the consequence of reporting

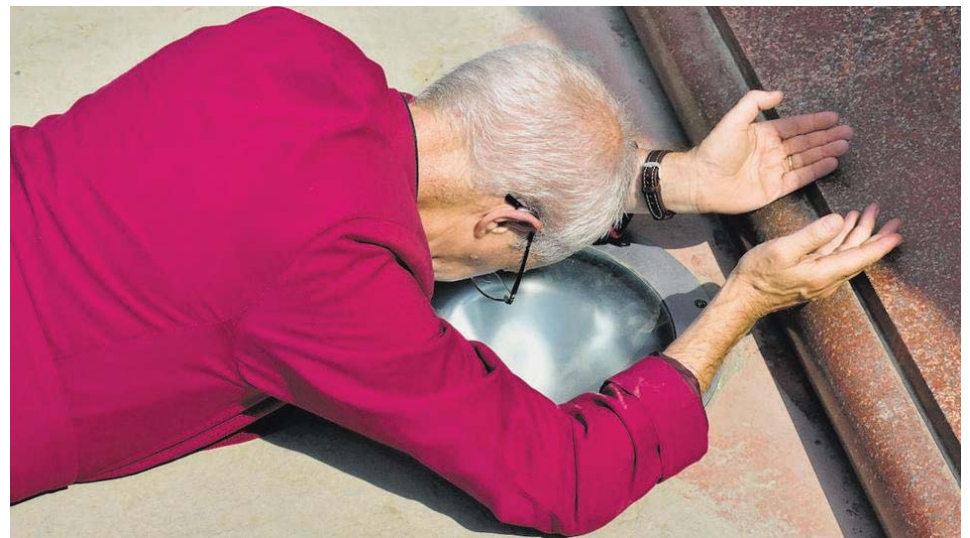
to WhatsApp is not clear. Similarly, in order to prevent mechanical forwarding, a suggestion made to WhatsApp to add their existing automated message, a line to indicate that the person forwarding the message is liable for the contents forwarded, was vehemently opposed. Except for making some changes in the internal reporting system, after the Court compelled them, the intermediaries have taken no effective steps to mitigate the problem.

Cyber cell officers across

the country have shared that it is next to impossible to get full cooperation from the intermediaries even in serious cases like human trafficking. We are dealing with a crime scene that is offering unimaginable advantage to the perpetrators. Regulation is necessary. Cooperation is key. It is time the intermediaries stop their double speak and take action.

**Aparna Bhat is a Supreme Court lawyer. The views expressed are personal**

## Jallianwala Bagh massacre Why Britain must follow the Archbishop's lead



The Archbishop of Canterbury, the principal leader of the Church of England, has said that he was "personally very sorry" for the slaughtering of around 1,000 unarmed Indians by soldiers of the colonial British government at Jallianwala Bagh in 1919. Though the Archbishop's apology is not the same as a State apology, the fact that it comes from the principal leader of the Church adds moral heft to the demand for an official apology for the massacre.

Britain has refused to do so even though former prime ministers have expressed regret in some form, the latest being Theresa May's reference to it as a "shameful scar" in British Indian history. Britain can follow its own precedent. It acknowledged its culpability in the crackdown on the Mau Mau uprising in Kenya in the 1950s, and the killing of 13 protesters in Northern Ireland on Bloody Sunday in 1972. In 2016, Canada apologised for the Komagata Maru incident (1914), in which hundreds of Sikh, Muslim and Hindu passengers were forced to return to a violent fate in India.

France has apologised for its role in criminal slavery in Haiti. This week, Denmark apologised to indigenous children who faced abuse and neglect in orphanages decades ago.

There are two main reasons why Britain is reluctant to formally apologise. One, many academics, such as Priyamvada Gopal of Cambridge University, demand that Britain must expand the scope of an apology. They argue that Jallianwala Bagh was not an isolated incident, but a part of the colonial project, which was violent from start to finish, and which included systematic racism and discrimination. Therefore, Britain and other colonial powers must apologise for the entire colonial project. Second, Britain fears that an apology will open the space for demands for reparation by the descendants of Jallianwala Bagh's victims. But even without an apology, the legatees of the violence can demand compensation, as the Mau Mau victims did in 2013. It is time to stop the excuses, and say sorry.

# India must preserve the values it's known for

There is no reason for us to curb democratic debate just because Pakistan may exploit some of our statements

**Sharat Sabharwal**

Pakistan's use of certain statements made by our politicians on the abrogation of Jammu and Kashmir's (J&K) special status and related issues unleashed a political storm. With our relationship with Pakistan becoming a key electoral issue in recent years, developments concerning it evoked reactions on both sides of the political divide, not necessarily informed by rational considerations. Critical examination of government's moves in relation to Pakistan has been dubbed by some as playing into the hands of the enemy. It was suggested in the Supreme Court recently that its notice on the petitions against scrapping of Article 370 and related issues would have international implications, and statements made in the court might be raked up in the United Nations (UN). Is there any weight in such arguments?

First, Pakistan questions the accession of Jammu and Kashmir to India. Since the special status given to the state did not in any way detract from the finality of its accession to the Indian Union, debate concerning its abrogation cannot bolster Pakistan's case.

Second, this is not the first time



the Pakistani establishment has attempted to use the statements made in the course of our vibrant democratic discourse to pad its case for its home and international constituencies. Indeed, we have ourselves been using statements made/documents issued in Pakistan from time to time to criticise it in international forums. For example, I have occasionally cited from the reports of the Human Rights Commission of Pakistan, an independent non-profit organisation of human rights activists, to bring home gross violations of human rights

by Pakistan during debates at the erstwhile UN Human Rights Commission in Geneva. It is just that our national discourse being far more vibrant and varied, Pakistan has been a bigger user in this context. That is no reason to put an end to our democratic debate. Third, aside from questioning J&K's accession to India, Pakistan, to present itself as champion of the human rights of Kashmiris, seeks to play up the restrictions placed in the state that have received greater focus than the scrapping of the special status in otherwise a muted international reaction

hitherto. Given its extremely poor human rights record, Pakistani propaganda is not likely to add significantly to the criticism that may come our way on the human rights aspect. That would largely be a function of how the situation evolves on the ground in J&K. Moreover, our position during the UN human rights debates has been that such rights can be promoted more effectively through a cooperative rather than a finger pointing approach.

And that the preservation of human rights in India does not need external intervention, simply because of our internal

checks and balances through vigorous political debate, free media, strong civil society and, above all, independent judiciary. Any attempt to take away from these assets will weaken our case and invite greater external scrutiny. Our detractors would not have failed to notice that our apex court has decided to take up the petitions challenging the abrogation of special status and certain allied issues.

While our lively national discourse highlights various aspects of the matter, constitutionally, the final word will belong to the Supreme Court. This is what distinguishes us from Pakistan, whose brutal handling of internal dissent has led to disastrous consequences such as loss of its eastern wing, now Bangladesh.

There is no reason for us to curb our democratic values and norms just because the semi-dictatorship on our western flank may try to exploit some of our statements. Pakistan is now too weak to pose a significant threat to us, and too discredited for its propaganda to dent our image. However, the urge to emulate its divisive ideology and dictatorial value system could lay us open to the miseries that Pakistan has brought upon itself.

# Hold tech companies accountable for fake news

We need a regulatory outcome parity with other industries, and tailored for the consumer Internet. The unhindered gathering of personal behavioural information, systemic monopolistic exploitation of Internet consumers, and abstention of all responsibility cannot go on

**Dipayan Ghosh**

In the days after Donald Trump won the United States presidency, it became resoundingly clear that the Russians had engaged in disinformation operations to push millions of potential social media impressions at the American voting population — content that may have swung tens of thousands of critical votes in key swing states across the nation. But when questioned about the nefarious Russian activity by the American public, Facebook chief executive Mark Zuckerberg's response was predictably defensive; he claimed only "a very small amount [of all the content on Facebook] is fake news and hoaxes". He added, "The idea that fake news on Facebook...influenced the election in any way is a pretty crazy idea." And perhaps, most critically, he suggested that, in any case, the firm doesn't want to be an "arbiter of truth" — in

other words, that he did not want to put Facebook in the position of having to determine whether certain forms of content, like targeted political lies, should be taken down from the firm's platforms or not. But the time for corporations to shirk this responsibility must come to an end. And it must be the government and the people who hold the corporate sector's hand through the process — or, if need be, pull the industry by the ear. The damage done by leading Internet platforms has spread far beyond the US presidential elections; Brexit, the Brazilian elections, the Rohingya genocide, and the WhatsApp mob killings throughout India are front and center of the public eye. How can we assure that the content that proliferates and prevails over Internet platforms such as Google, Twitter and Facebook reflects the type of world we wish to cultivate?

How can we insure that Internet platforms support — or at a minimum, leave alone — the secure functioning of our



democracy, instead of destroying our society at its roots? Perhaps, reassuringly, the many concerns around Internet platforms have prompted a new contention among policymakers: That we must develop a novel regulatory regime for the Internet to eradicate these problems. Notably, the media industry — comprising traditional platforms such as radio, television, and the press — has long been subject to stringent

regulatory standards concerning content dissemination to protect the public interest from offending material such as disinformation and hatred. But the Internet, through a novel and different technological vector, has now overtaken the world — and, riding the coattails of pure American-bred profit-seeking capitalism, has escaped meaningful regulation since its birth. But some — including members of the news

industry — now wish to bring Internet firms under the umbrella of traditional media regulation. This would force companies like Facebook to comply with content stipulations set by industry self-regulators or governmental agencies. But, the Internet firms — seemingly coalescing under Zuckerberg's stolid belief that his firm should not be the arbiter of truth — have, to date, largely chosen to argue that they are not

media entities, but rather simply technology platforms over which anyone can and should, be able to share anything. Correspondingly, they have used Section 230 of the American Communications Decency Act, which protects their status as agnostic platforms, to shield themselves from many regulatory efforts. For a time, this seemed fine. But in recent years, we have witnessed a new technological development integrated throughout the Internet platforms. It is the spectre of artificial intelligence, in the form of advanced machine-learning infrastructures, that is principally designed by the Internet firms to accomplish two things: Curate our social feeds, and target ads at us. It has considerable economic benefits, undoubtedly; but I would contend that this has essentially turned the Internet companies into media firms like news organisations.

(Contd on page 9)



# The dangers in Delhi's Kashmir plan

**Haseeb A Drabu**

The Bharatiya Janata Party (BJP) has convinced an overwhelming majority of Indians that it has reclaimed Kashmir. Journalists are getting goosebumps watching the official Independence celebration as if it was done for the first time. That it has been conducted for the last 70 years, in the same place and in the same fashion, is seemingly a matter of trivial detail. What matters is that Kashmir is seen to have been conquered and Kashmiris "vanquished".

While this in itself is significant, it feeds into the meta-narrative of undoing Jawaharlal Nehru's "historical blunder". This, despite the fact that it was under Nehru's watch that the seed of Article 370 had been taken out. The BJP has now blown the husk away. What is even more interesting is how the BJP is following the footsteps of the Congress in seeking to assuage the feelings of the people of Kashmir after having disenfranchised them.

Circa 1954, immediately after substantially eroding the constitutionally-guaranteed autonomy of Jammu and Kashmir (J&K) through the Constitution (Application to Jammu and Kashmir) Order, 1954, a series of development

initiatives followed. Goodies were doled out to all sections. The procurement price of paddy was increased by 35%, its sale price reduced by 18%, and amount of ration per head increased by 25%. The landed cost of rice of 89 paise per kilogram (kg) was subsidised 60% to be sold at 37 paise per kg. This subsidy was later to become an albatross around the neck of the Kashmiris. Almost every working day, a new cooperative society was set up and each one of the 280 cooperative societies were given Rs 10,000 a piece, a total of Rs 28 lakh.

Universal education throughout the state, from the primary-level up to the graduate-level, was made free. Along with the abolition of educational fees, special educational facilities like mobile schools for Gujjars and Bakerwals were provided. Not only human beings, even animals were taken care of; imported studs, pedigreed bulls, stallions and rams were supplied at the block-level for better breeding.

Sixty five years later, little seems to have been learnt. The development carrot is again being dangled to dampen the pain and anguish caused by the political stick. The Constitution (Application to J&K) Order 2019,

which abolished the special status of J&K, is being followed up with the strategy of using money to buy loyalties. The tried, tested and failed model of corruption as a mode of cohesion is in operation yet again.

Circa 2019. Exactly as in 1954, a politically-motivated, socially-corrosive and financially-damaging public expenditure policy is being implemented. It is expected that by dispensing largesse, people's attention will be diverted from their disenfranchisement and disempowerment.

It is not autumn quite yet, but the trees are already shedding; not dried leaves but fresh currency. The grassroots of democracy are being irrigated with cash; Rs 366 crore has been directly transferred to the panchayats. Sarpanchs and panchs have been given honorariums of Rs 2,500 and Rs 1,000 per month respectively. More than 2,000 people have been hired to keep accounts in panchayats. A remuneration package — the highest in the country — for urban local bodies has been given to mayors, deputy mayors and councillors.

Anganwadi workers and assistants have got a 25% hike in salary; the stipend of court



assistants is up 66%; and village level workers have got a 500% hike in allowances. The honorarium of 30,000 special police officers has been increased, and the hardship allowance for police personnel has also been raised. An additional 40,000 people have been enrolled for old-age pensions. An apple procurement policy at a substantial premium to market prices has been announced, and National Agricultural Cooperative Marketing Federation of India Limited (Nafed) has earmarked Rs 5,500 crore for this.

The state government has become the employer of last resort. Over 4,000 teachers have been recruited in schools, and 30,000 rehbar-etalim (learning guides) have been regularised. This, despite the fact that the student to teacher ratio in J&K at 16:1 is not only better than the national average of 24, it is even better than that of China at 19:1. Gujarat had a student to teacher

ratio of 32:1 and Bihar is at 57:1. There is no development angle in any of this. If anything, all this will make Kashmir economically more insular, operationally more vulnerable, businesses more dependent on the government, and the government even more fiscally fragile. The unstated idea is to give some money to every stakeholder and buy his acquiescence. A few years from now when the context and the compulsions of such socially-regressive and fiscally-disastrous decisions will be forgotten, Kashmir will be castigated for systemic corruption, and Kashmiris for being pampered pelters.

Tailpiece: A verse of Robin D, a journalist-poet from Kerala, sums up the sentiment of Kashmiris towards the largesse rather evocatively;

"Fools/ Even as I point towards the moon/ How come you stare at my finger tip? Pardon us, master/When we see the blood stain on your hand/ How can we enjoy the moon?"

## Hold tech companies accountable for fake news

(Contd from page 8)

When, as an Internet firm, you have hundreds of versions of the same story thread — all slightly different from each other — and your algorithmic system unilaterally determines which of those versions the user should see, you are actively executing the sort of decision that has traditionally been reserved for editors in the news media.

As such, you should be accountable for that recommendation of content in the same way that a media editor is. For example, you would expect that, should the New York Times or ABP News misreport a story and were to come to know of the error, the outlet would ultimately stand by the truth, correcting itself as necessary. But Internet platforms are neither here nor there, and face no such accountability. They are not traditional media entities in that they do not produce and

promote their own content. Yet, they cannot claim to be independent technology platforms any longer, either. In unregulated status, they determine what content we shall see. And that is a circumstance that has facilitated the Russian disinformation problem, the annihilation of the Rohingya, and the lynchings of Indian nationals. This cannot be allowed to pass any longer. What we need now is regulatory outcome parity with other industries, but in a manner tailored for the consumer Internet. The unhindered gathering of personal behavioural information, systemic monopolistic exploitation of Internet consumers, and abstention of all responsibility cannot go on. A new regulatory standard designed to protect Internet privacy, competition, and transparency must be adopted in the way forward. The time has come to replace the interests private commerce with that of democracy.

## Kashmir: The diplomatic battle

India and Pakistan faced off at the United Nations Human Rights Council (UNHRC) over New Delhi's decision to reorganise Jammu and Kashmir (J&K) and revoke its special status. Pakistan, which fielded its foreign minister Shah Mahmood Qureshi, adopted a maximalist position and raised the possibility of a war. The Indian response, provided by two diplomats, noted that Pakistan's top leadership is using the issue to call for jihad and to encourage violence in J&K. Pakistan also presented a joint statement, which its diplomats claimed had the support of 60 unnamed countries, and listed steps India should take to address the Kashmir situation.

On the face of it, there appears to be little global appetite for Pakistan's efforts to internationalise the Kashmir issue. In fact, most countries, including those which are among the 47 members of the UNHRC, have not opposed India's contention that these changes are an internal matter. China is



among the few countries that has spoken out against India's actions, though its opposition has been more in the context of Ladakh. China's opposition also has to be seen through the prism of its relationship with Pakistan, with Beijing being the only world capital that consistently backed Islamabad's latest campaign on Kashmir. For the harried Pakistani leadership, Kashmir is a handy diversion at a time when it is grappling with a tanking economy, global pressure to counter terrorism, and public anger over poor governance. However, the battle of perception over Kashmir is not over. Having been stymied at several forums, Pakistan will raise it at the UN

General Assembly in New York later this month, at a time when there is mounting international concern about the clampdown and communications blackout in J&K. Many countries, especially those with a deeper interest in human rights, are not reassured by India's announcements about the partial easing of these restrictions. The fact that this coincides with concerns about hundreds of thousands in Assam being possibly rendered stateless has added to the diplomatic challenge. India must continue to challenge Pakistan's mischievous propaganda. But, at the same time, Delhi should do more to improve the situation in Kashmir, and open up the Valley.

# Urmila Matondkar's exit is least of the worries for Congress in Maharashtra

**Urmila Matondkar's exit from the Congress is not the only worry for the party in Maharashtra. Urmila Matondkar is not a grassroots leader but there are many mass-based politicians who are ready to quit Congress.**

(News Agencies) Assembly election in Maharashtra is due in October. The Devendra Fadnavis government is seeking re-election while the Congress must be hoping to return to power in the state. But the two parties are a study in contrast on the eve of Maharashtra polls. The BJP is looking to consolidate its hold, the Congress is losing its leaders in the state, the latest being Urmila Matondkar.

Urmila Matondkar had a very short but troubled stint in the Congress after making debut in politics ahead of the Lok Sabha election. She contested

from North Mumbai constituency only to lose to Gopal Shetty of the BJP. She wrote a letter to Milind Deora, then Mumbai Congress chief who later resigned.

The letter was leaked to media, which upset Urmila Matondkar, who complained that instead of taking action against people and addressing issues that led to defeat of the Congress in the polls and weakened the party, the state leadership was fanning groupism and infighting. Her exit from the party earlier this week led to fresh round of infighting involving Milind Deora and former Mumbai Congress

chief Sanjay Nirupam, who is said to have brought Urmila Matondkar in the Congress party. He, in fact, vacated his parliamentary constituency for Urmila Matondkar. But Urmila Matondkar's exit is the least of the worries for the Congress. Urmila Matondkar was not a grassroots leader. She only added star power to the Congress party and was inducted to galvanise party workers, who were losing faith in the local leadership's ability to taken on the well-oiled political machinery of the ruling BJP. There are a host of the Congress leaders, who are stalwarts in their own

constituencies, but waiting to switch over preferably to the BJP and, if not possible, to its ally the Shiv Sena. BJP president and Union Home Minister Amit Shah had mocked the Congress as well as the NCP recently at a public rally in Maharashtra saying their leaders are just waiting for the BJP to open its doors. "If the BJP opens its door completely, except Sharad Pawar and Prithviraj Chavan, no one will remain in their respective parties," claimed Amit Shah on September 1 in Solapur attending a rally of the Mahajanadesh Yatra (grand-mandate tour)



launched on August 1 by Maharashtra Chief Minister Devendra Fadnavis. The flight of leaders from the Congress to the BJP has been unabated in Maharashtra. Soon after the Lok Sabha election, the Congress suffered a huge setback when former Leader of Opposition in Maharashtra Radhakrishna Vikhe-Patil joined the BJP. This had followed his son Sujay Vikhe-Patil quitting the Congress and winning

the parliamentary polls as the BJP candidate from Ahmednagar. Another senior Congress leader Abdul Sattar quit the party and joined the BJP. Priyanka Chaturvedi, who was one of the vocal spokespersons of the Congress, quit the party to join the Shiv Sena. Recent reports suggest that there are more than half-a-dozen grassroots politicians and MLAs of the Congress are negotiating with the BJP.

## On India, Pakistan back-and-forth over Kashmir, UN chief delivers clear message

**India and Pakistan had clashed at the UNHRC in Geneva on Tuesday over New Delhi revoking Jammu and Kashmir's special status last month.**

(News Agencies) UN Secretary General Antonio Guterres has appealed to India and Pakistan to avoid any "potential escalation" over Kashmir and resolve the issue through dialogue after the two countries clashed at the UNHRC in Geneva over New Delhi revoking Jammu and Kashmir's special status last month.

The Secretary General's spokesperson Stephane Dujarric, at a daily press briefing at the UN on Tuesday said that Guterres had spoken to the leaders of both India and Pakistan.

"His message to all of them has been the same, both publicly and privately, that he remains very concerned about any potential escalation between India and Pakistan over the situation. He appeals to both sides to deal with the issue through dialogue," PTI quoted Dujarric as



saying. Dujarric's response came when he was asked whether the UN chief plans to mediate between India and Pakistan on Kashmir during the UN General Assembly session later this month. "You know, the position... our position on mediation has, as a matter of principle, has always remained the same," Dujarric said. Guterres has maintained that his good offices are

available only if both sides ask for it. India insists that the Kashmir issue is an internal matter and there is no need for third-party mediation.

At the UNHRC meet in Geneva, India came out all guns blazing defending its decision to scrap the special status of Jammu and Kashmir and rejected Pakistan's right to speak on alleged "atrocities" and said Islamabad was misusing international platforms for its "malicious

political agendas under the garb of human rights". Vimarsh Aryan, first secretary in India's permanent mission to the UN Human Rights rebutted Pakistan's charges as "an ill-disguised effort to advance its territorial ambitions" and Islamabad forgets that terrorism is the worst form of human rights abuse.

India also charged Pakistan of "blatant misrepresentation of facts and false narrative".

## CBI upgrading its crime manual to tackle economic offences, corruption

**The last time the agency changed its crime manual was in July 2005 when US Mishra was its chief. That set of changes was the first overhaul of the procedures in 15 years.**

(News Agencies) The Central Bureau of Investigation said on Wednesday that it is in the process of changing its crime manual in wake of changes in laws including Prevention of Corruption Act, several Supreme Court judgments and new kinds of offences.

A CBI spokesperson confirmed that the crime manual is being changed and the whole process should be completed by end of this year.

The CBI crime manual lists the standard operating procedures for investigations, collection of evidence, protocols for use of technical units, economic and cyber crimes as well as defining the work done by different branches, zones and units. It has different units like Anti-Corruption Branch, Economic Offences Zone, Bank Securities and Fraud Cell, Special Crimes Zone, Cyber Unit, Interpol, prosecution, Central Forensic Science Laboratory. The last time the agency changed its crime manual was in July 2005

when US Mishra was its chief. That set of changes was the first overhaul of the procedures in 15 years.

A CBI official, who didn't wish to be quoted, said the latest crime manual will take into consideration changes made by Narendra Modi government in the anti-corruption law which requires the CBI to take prior approval before investigating a government servant. Besides, the CBI also has to fix its internal procedures to proceed against giving bribes that is explicitly punishable in the new-look anti-corruption law. Similarly, there have been changes in banking rules following series of multi-crore scams linked to businessmen such as Nirav Modi and Vijay Mallya.

There are also many international investigations in CBI's kitty now and several wanted persons who fled abroad are being pursued. The officer cited above added that efforts are also being made to increase coordination with different state governments and agencies. "All this will be included in the new crime manual," said the officer.

# Terrorism a 'global threat', has deep roots in Pakistan: PM Narendra Modi

**The whole world needs to take a pledge and stand up against those who give shelter and training to the terrorist, Prime Minister Narendra Modi said in Mathura**

(News Agencies) Terrorism has become a "global threat" and this "ideology" is deeply rooted and flourishing in Pakistan, Prime Minister Narendra Modi said today, recalling the horrific 9/11 twin tower terror attack in the US.

"Now terrorism has become an ideology which is not confined to the boundary of any nation. This is a global problem and has become a global threat whose deep roots are situated in our neighbouring country and are flourishing there," he said at "Swacchata Hi Seva" programme in Uttar Pradesh's Mathura.

Stressing the India has taken some bold steps against terrorism in the past and will continue to do so in future, PM Modi said: "The whole world needs to take a pledge and stand up against those who give shelter and training to the terrorist. India is very much capable of tackling the menace on its own." Last week, India designated Pakistan-based terrorists - Jaish-e-Mohammad's Masood Azhar; Lashkar-e-Taiba's Hafiz Saeed, Zaki-ur-Rehman Lakhvi, the mastermind and operational head of the 2008 Mumbai terrorist

attacks and Dawood Ibrahim, the Indian underworld don believed to be in Pakistan after masterminding the 1993 Mumbai bombings. These were the first designations announced by India after an existing law was amended to expand its reach to also cover individual and not just organisations.

These four men have been on the US list of designated terrorists for a long time, along with their respective outfits (with the exception of Dawood Ibrahim, who doesn't lead a well-defined group such as the LeT or JeM); and since past April, on the

UN Security Council's blacklist as well, with Azhar being the last addition as the result of a US-led effort to overcome years of resistance from China, acting on behalf of Pakistan. The United States offered a resounding endorsement of the designation of four Pakistan-based terrorists by India.

According to the Intelligence Bureau (IB) inputs, Pakistan has "secretly" released Jaish chief Masood Azhar to plan terror attack on India while other terror organisations were also working openly in the neighbouring nation.



There were government's move to uncorroborated reports after the February 14 car bomb attack in Jammu and Kashmir's Pulwama that Pakistani agencies had taken Azhar into protective custody. Pakistan, according to the input, is planning "big action" in Sialkot-Jammu and Rajasthan sectors in the coming days in response to the

There were government's move to revoke Article 370 that gave special status to the state of Jammu and Kashmir. The input warned that Pakistan has started deploying additional troops near the Rajasthan border as part of the plan. India has for long linked any sort of engagement or talks with Pakistan to Islamabad ending its support for terror groups based on its soil.

## Some feel words 'cow' and 'Om' will take us back to 16th century: PM Modi

**PM Modi was in Mathura to launch the National Animal Disease Control Programme (NADCP) for eradicating Foot and Mouth disease and Brucellosis in livestock.**

(News Agencies) Prime Minister Narendra Modi Wednesday hit out at his critics who argue that mention of words 'Om' and 'cow' takes India back to the 16-17th century, saying they are hell-bent on damaging the country.

"There is a country called Rwanda in Africa. I had gone there. In Rwanda, there is a unique programme, where the government gives cows to villages with the condition that the first female calf born to the cow is taken back and given to those who do not have a cow," he said.

"This way a chain operates. And their endeavour is that in Rwanda every household should have a cow, milk production and animal rearing, which forms the base of the economy. I have myself seen how a network to earn livelihood through a cow has been established there," Modi said. He was in Mathura to launch the National Animal Disease Control Programme (NADCP) for



eradicating Foot and Mouth disease and Brucellosis in livestock. "But, it is unfortunate that in our country the moment the word 'Om' falls on the ears of some

people, they get alarmed ('baal khadhe ho jaate hai')," he said. "They also get alarmed by the word 'cow'. They feel as if that the country has gone back to the 16-17th

century. This type of knowledge has only been used by people hell-bent on damaging the country and they have left no stone unturned to do so," Modi said, without naming anyone. He wondered whether anyone can imagine an economy operating without animal husbandry. "In life of rural India, animal husbandry is very valuable. Can a family in a village survive without it? But, I don't know why some people get electric shock on hearing the word," the prime minister wondered.

## Centre slashes blacklist of Sikhs banned from travelling to India, reduces it from 314 to 2

(News Agencies) New Delhi's blacklist of Sikh foreign nationals who were banned from travelling to India has been reduced from 314 to just 2, a senior home ministry official who did not want to be named said on Friday. The 312 nationals taken of the "black list" will now be "eligible to get Indian visa and the Overseas Indian Card, the official said and added "all foreign missions have been informed about the change" The decision to whittle down the list was taken after a "review" of threats posed by these people to India. "This review is a continuous and dynamic process and is a part of a regular exercise.



Such a review will afford an opportunity to such Sikh foreign nationals to visit India, meet their family members and reconnect to their roots,

"the official said. During 1980s - when the militant movement for a separate Sikh homeland was at its peak - many Sikh Indian nationals and foreign

nationals belonging to Sikh community fell to anti-India propaganda. Some of them even fled India to escape Indian authorities, became foreign nationals and took asylum outside India. They were placed in the adverse list till 2016, making them ineligible to avail visa services to visit India, " the official explained. The blacklisting led to difficulties in providing consular access to those in the list and their family members. With the review and removal of the names from the list this hurdle has been addressed. Importantly all them will now be eligible for "long term Indian visa".

## Allow NC leaders to meet Omar, Farooq Abdullah: High court to J&K govt

(News Agencies) The Jammu and Kashmir high court on Thursday directed authorities to arrange a meeting of two National Conference Parliament members with their detained party leaders Farooq Abdullah and Omar Abdullah in Srinagar at the earliest. Justice Sanjeev Kumar asked Srinagar's deputy commissioner, Shahid Iqbal Choudhary, to convey the dates of the meetings to Hasnain Masoodi and Akbar Lone. He barred them from sharing details of their meetings with the press. "The meeting shall be related to a courtesy call and to know about the well being of the persons under detention. After the meeting, the petitioners shall not go the press to share details and deliberations with the detained leaders", the court said. Earlier, Justice Kumar allowed a petition of Masoodi and Lone seeking directions for their meetings with their party leaders. It has asked a government lawyer to seek instruction from the state government regarding the detention of NC president Farooq Abdullah and his son and party vice-president, Omar Abdullah. In their petition, Masoodi and Lone said they have not been allowed to meet their two leaders. Three former chief ministers, including Farooq Abdullah and Omar Abdullah, were among hundreds of people detained as a lockdown and communication blackout was imposed in Jammu and Kashmir on August 5.

# Supreme Court's 2018 verdict diluting Dalit atrocity law to be reviewed by 3-judge bench

**The top court had last year banned automatic arrests and registration of cases under the Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Act, 1989, triggering protests in parts of the country.**

(News Agencies) The Supreme Court on Friday referred its March 2018 verdict banning automatic arrests in Dalit atrocity cases to a bench of three judges. The top court's ruling comes on a review petition filed by the centre last year. The top court had last year banned automatic arrests and registration of cases under the Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Act, 1989, triggering protests in parts of the country against dilution of the law that was designed to protect marginalised communities



## Canadian beats up immigration officer after heated argument at Delhi airport, deported

(News Agencies) A Canadian national was deported from the international airport here on Wednesday night after he got into a major fight with an immigration officer over an issue of immigration clearance. The passenger who arrived on Lufthansa Airlines flight from Munich landed at Delhi airport on September 11. As per rules, every international passenger is required to clear immigration to exit any country. "During immigration clearance, the officer enquired why the Canadian had failed to fill his immigration form properly and asked him whether he was unaware of the

rules. The Canadian national then got into an argument with the official and beat him up badly," sources on spot told ANI. The immigration officer called in Delhi Police and lodge serious offences against the Canadian national.

"Immigration department lodged a formal complaint against Canadian and the foreign national was deported by Lufthansa airlines as per rule," Immigration sources said. Another incident was reported at Terminal 3 today involving an immigration officer and a passenger. The incident took place at around 2:30 pm when the pas-

senger identified as one RR Bhatia who arrived in Delhi from Dubai to Delhi via Air India flight AI-916. The passenger entered into an argument with an immigration officer who asked him to remove his cap before being photographed, prior to entering the country. Both parties reported the matter to Delhi Police. "Delhi Police has received two complaints on the above issue and we have taken cognizance under Section 186 of the Indian Penal Code (IPC) which means obstructing public servant in discharge of public functions," Delhi Airport DCP Sanjay Bhatia told ANI.

from abuse and discrimination. The March 2018 ruling of the court required approval of the Superintendent of Police to arrest those accused of an offence under this law. Besides, it required a deputy SP to conduct a preliminary inquiry to find out if prima facie, a case can be made under the law. The ruling BJP initially appeared to go along with the verdict but later recalibrated its stand in the face of widespread anger among Dalit groups and opposition parties targeting the ruling party as anti-Dalit. The Centre first filed a review petition in the Supreme Court but the court didn't immediately stay its verdict. A few months later, the changes were cancelled by Parliament to restore the power of police to carry out immediate arrests in cases of atrocities and denial of anticipatory bail. The implementation of the 1989 SC/ST Act has been patchy. For instance, only 16 percent of people charged under the 1989 law were convicted in 2016. But it has been associated with the notion of power and dignity for the marginalised sections, who could file a case against members of the powerful upper caste.

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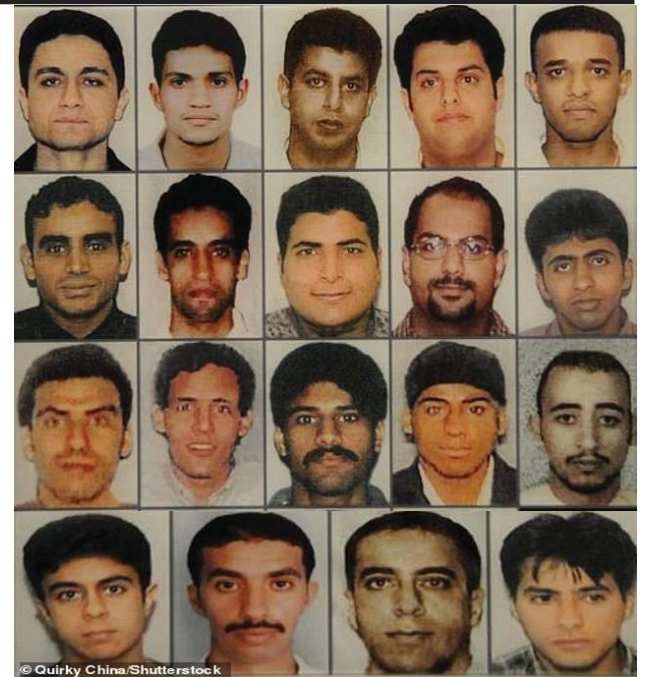


# U.S. WILL name Saudi citizen who 9/11 survivors and victims' families accuse of being a government official who helped the hijackers

(News Agencies) The U.S. release of the name, which lawyers for survivors and victims' relatives believe belongs to a Saudi government official who they say assigned two men in California to assist two of the hijackers. Instead, Justice Department lawyers said in a court filing that the FBI

will make the name available to a limited circle of people that includes lawyers for survivors and victims' relatives as well as to attorneys for the Saudi government. The decision is a big step forward for Sept. 11 victims, who allege in a long-running lawsuit that Saudi Arabia provided

support for the attacks.' The September 11 terrorist attacks were the most lethal in our nation's history, and the FBI has long been committed to providing the families of the victims with transparency regarding its investigation of the events of that tragic day, consistent with maintaining the national security and the FBI's overriding goal of preventing future terrorist attacks,' the court filing states. The person's name was redacted in a 2012 FBI report suggesting that the FBI had been investigating three people in connection with aid to the hijackers. Those include two men whose names have already been released who were thought to have assisted two of the hijackers, and a third who tasked them with doing so. Victims' relatives believe that name could help them in establishing



a link between the Saudi government and the Sept. 11 attacks, which is a matter of dispute. Barr invoked 'state secrets' to block the release of other information in that report that he says could harm national security if released. 'This is a good result,' Terry Strada, national chair of the 9/11 Families & Survivors United for Justice Against Terrorism, said in a statement. 'The families are dedicated to getting to the truth, and we shouldn't have to beg for this sort of basic information, or be kept in the dark, about the Saudi role in the attacks.' There has been speculation of official involvement since shortly after the attacks, when it was revealed that 15 of the 19 attackers were Saudis and Osama bin Laden, the leader of al-Qaida at the time, was from a prominent family in the kingdom.

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# Google Earth leads to remains of missing Florida man in lake

Sheriff's office spokeswoman Teri Barbera said on Thursday that a previous resident of the Grand Isles neighborhood in Wellington, Florida, was checking the neighborhood on Google Earth when he zoomed into the lake and saw what looked like a car.

(News Agencies) It took 22 years, but a missing man's remains were finally found thanks to someone who zoomed in on his former Florida neighborhood with Google satellite images and noticed a car submerged in a lake, authorities said.

The skeletal remains were of William Moldt, who went missing in 1997 at the age of 40, according to the Palm Beach County Sheriff's Office.

Sheriff's office spokeswoman Teri Barbera said on Thursday that a previous resident of the Grand Isles neighborhood in Wellington, Florida, was checking the neighborhood on Google Earth when he zoomed into the lake and saw what looked like a car.

The former resident contacted a current homeowner, who used a drone to confirm it was a white car on the edge of the pond be-

hind his house. The man called the sheriff's office on Aug. 28, and deputies later arrived to find the white sedan's exterior "heavily calcified." After they got the car out, they found the skeletal remains inside.

The National Missing and Unidentified Persons System says Moldt went to a nightclub in November 1997 but did not appear intoxicated as he left alone before midnight. He had called his

girlfriend from the club saying he would return to their Lantana home soon. The subdivision was under construction when Moldt went missing, but the pond was already there. Barry Fay, whose home is near where the car was

found, told The Palm Beach Post that he had never noticed anything from the shoreline. "Never did I believe there would be a 22-year-old dead body," Fay told the newspaper.



# US Supreme Court allows Trump's order to curb asylum seekers



The Supreme Court lifted the block, handing another victory to US President Donald Trump in his administration's efforts to curb the inflow of migrants through the southern border.

(News Agencies) The US Supreme Court on Wednesday allowed the Trump administration to enforce a new rule it had issued earlier to deny asylum to those showing up at the country's southern border without having sought similar relief in Mexico or any other country they crossed on their way. The order had been blocked from being implemented by lower courts in California. The Supreme Court lifted the block, handing another victory to US President Donald Trump in his administration's efforts to curb the inflow of migrants through the southern border. "Some really big Court wins on

the Border lately!" Trump wrote on Twitter Thursday. The apex court had earlier allowed the administration to divert \$2.5 billion from the Pentagon's approved budget for building a portion of the wall being built along the border with Mexico to prevent people from entering the United States illegally. The new order unblocked by the court on Wednesday will allow the administration to deny asylum to those who did not seek it before in countries they crossed — essentially Mexico — to reach the United States, mostly people from El Salvador, Honduras and Guatemala fleeing poverty and gang violence..

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# America's Gun Problem is Simply Unacceptable'

(SAI Bureau) New York: Gun violence in the United States results in tens of thousands of deaths and injuries annually. Every day, 100 Americans are killed with guns and hundreds more are shot and injured. The effects of gun violence extend far beyond these casualties—gun violence shapes the lives of millions of Americans who witness it, know someone who was shot, or live in fear of the next shooting.

About 1.4 million people have died from firearms in the U.S. between 1968 and 2011. This number includes all deaths resulting from a firearm, including suicides, homicides, and accidents.

Compared to 22 other high-income nations, the U.S. gun-related homicide rate is 25 times higher. Although it has half the population of the other 22 nations combined, the U.S. had 82 percent of all gun deaths, 90 percent of all women killed with guns, 91 percent of children under 14 and 92 percent of young people between ages 15 and 24 killed with guns.

Gun violence against other persons is most common in poor urban areas and frequently associated with gang violence, often involving male juveniles or young adult males. Although mass shootings are covered extensively in the media, mass shootings in the United States account for only a small fraction of gun-related deaths. School shootings are described as a "uniquely American crisis", according to The Washington Post in 2018. Kids at U.S. schools have active shooter drills. According to USA Today, in 2019 "about 95% of public schools now have students and teachers practice huddling in silence, hiding from an imaginary gunman."

Legislation at the federal, state, and local levels has attempted to address gun violence through a variety of methods, including restricting firearms purchases by youths and other "at-risk" populations, setting waiting periods for firearm purchases, establishing gun buyback programs, law enforcement and

policing strategies, stiff sentencing of gun law violators, education programs for parents and children, and community-outreach programs. Despite widespread concern about the impacts of gun violence on public health, Congress has prohibited the Centers for Disease Control and Prevention (CDC) from conducting research that advocates in favor of gun control. The CDC has interpreted this ban to extend to all research on gun violence prevention, and so has not funded any research on this subject since 1996.

## How Likely Is the Risk of Being Shot in America It Depends

69 People Have Been Killed in Mass Shootings in 2019 Alone. Still reeling after two mass shootings in early August resulted in 31 deaths in two states over a span of less than 24 hours, the U.S. has been rocked by another gun rampage in West Texas that left 7 people dead and many more injured.

Before gunfire tore through a crowd of concertgoers at the Route 91 Harvest country-music festival in Las Vegas on Oct. 1, 2017, Jonathan Smith was not scared of guns. As bullets rained down around him, the father of three raced toward danger, lifting strangers who had fallen to the ground and rousing others who were too frozen in fear to run.

But then he was shot. Around him, 58 people were killed and almost 500 were wounded in the deadliest mass shooting in modern U.S. history. Smith survived, but the 32-year-old from California, who still has a bullet lodged in his neck, now trembles when he hears anything that resembles the sound of gunshots, like fireworks or even helicopters.

"I kind of shut down a little bit," he says. "Once you have something piercing through your skin and you can smell it burning, then you'll know what fear feels like."

Smith is not alone in his fears. Today, 59% of Americans say random acts of violence like mass shootings committed by Americans in

the U.S. pose the biggest safety threat to them, compared to 16% who fear terrorism attacks by foreigners on U.S. soil and 25% who fear attacks by religious extremists on U.S. soil, according to a Reuters/Ipsos poll conducted after 31 people died in back-to-back shootings in El Paso, Texas and Dayton, Ohio. The poll also found that 78% of Americans believe another such attack will likely unfold in the next three months, with 49% of those respondents considering it highly likely. Another recent poll indicated one-third of U.S. adults are so stressed by the prospect of mass shootings that they avoid visiting certain places or attending certain events.

So far this year, there have been more than 250 mass shootings, according to the Gun Violence Archive, a widely cited nonprofit that counts incidents in which at least four people other than the shooter were injured or killed.

In the wake of the massacres in Texas and Ohio, Amnesty International, the human rights group, warned travelers to "exercise caution" when visiting the U.S. due to its gun violence problem. "A guarantee of not being shot is impossible," said Ernest Coverson, an Amnesty campaign manager. Japan, Venezuela and Uruguay have also issued similar travel advisories following the shootings. With more than 265 million civilian-owned guns in circulation in America, should you be afraid of them? It's hard to say, since the question is so broad, the phobia so personal and the topic so polarizing. Studies on this issue have also been scarce since Congress voted in 1996 to limit the scope of research into gun deaths and injuries by the Centers for Disease Control and Prevention (CDC).

"A guarantee of not being shot is impossible."

Statistically, the average American has a greater risk of dying from heart disease or cancer than from a firearm, according to the National Safety Council. Car crashes also kill about the same num-

ber of people in the U.S. as guns do each year, CDC statistics show. In 2017, firearms killed 39,773 people and traffic deaths killed 38,659; in 2016, firearms killed 38,658 and traffic deaths totaled 38,748. Other figures also paint a stark reality of the uniquely American threat. People in the U.S. are 25 times more likely to die from gun homicide than people in other wealthy countries, a 2016 study in the American Journal of Medicine found. In 2017, the most recent year with available data, nearly 40,000 people in the U.S. died from firearm injuries, more than eight times the number of U.S. military members who died overseas during Operation Iraqi Freedom between 2003 and 2010. Most of the U.S. gun deaths in 2017 were suicides, but statistics show that if someone is murdered in the U.S., there's a high probability it will be with a gun. According to an FBI breakdown of homicides, more than 70% of murder victims were killed by firearms in 2017.

To some extent, the answer of whether you should be afraid of guns may depend on whom you ask. In TIME's Nov. 5, 2018 cover issue on guns in America, which featured perspectives of 245 people, many firearm owners said they felt safer with a gun and believed people would be less afraid if they became more familiar with them. A 2017 Gallup poll that measured Americans' anxiety levels after the Las Vegas massacre also found gun owners were significantly less worried about mass shootings.

Students participate in a protest against gun violence in Los Angeles, California on March 14, 2018. Ronen Tivony—NurPhoto/Getty Images

Criminologists and other experts who study U.S. violence say the fear of guns may be more warranted in certain parts of the country, specifically low-income areas within cities. According to the CDC, about 14,500 Americans were murdered with guns in 2017. More than half were young black men killed in

metro areas, which has been the pattern for at least the last five years, data shows. "Firearm violence and firearm injuries take different forms, depending on where you live, your gender, your race and ethnicity and your age," says Phoenix-based criminologist Jesenia Pizarro, who is studying firearm injuries and deaths among children and teens as part of a National Institutes of Health-funded research consortium. "If you're a racial minority who lives in an inner city that has a high crime rate," she adds, "then the levels of fear are more heightened, and the actual data would support that it is something you should actually be concerned about."

From a psychological standpoint, experts say it's easy to develop a fear of guns when mass shootings are carried out in what should be safe spaces, like schools and places of worship—and seemingly often. On June 17, 2015, nine black worshippers were killed inside the Mother Emanuel AME Church in Charleston, South Carolina. Two years later, at the First Baptist Church in Sutherland Springs, Texas, a gunman killed 26 congregants, including a pregnant woman, her unborn child and a toddler who was wrapped in her dying father's arms. Seventeen students and teachers were fatally shot on Feb. 14, 2018 at Marjory Stoneman Douglas High School in Parkland, Fla., which was once named the safest city in the state. Later that year, 10 students and teachers were gunned down at Santa Fe High School in Texas.

"People overestimate how likely it is to happen to them because they can easily think of an example," says social psychologist Frank McAndrew. "When they think of how likely am I to be killed in a mass shooting, they can think of all the examples of mass shootings they've seen in the news."

The day-to-day probability of being involved in a random high-casualty attack in public is still low, McAndrew says. The fear of guns, he

# America's Gun Problem is Simply Unacceptable'

adds, is perhaps misdirected when statistics show Americans have a higher chance of harming themselves intentionally or loved ones accidentally at home from firearms.

"There is reason to be afraid," McAndrew says, "but the most common kinds of things that kill people are the ones that everybody believes isn't going to happen to them." In a direct and urgent call to address gun violence in America, the chief executives of some of the nation's best-known companies sent a letter to Senate leaders on Thursday, urging an expansion of background checks to all firearms sales and stronger "red flag" laws.

**Action demanded on gun violence. "Doing nothing about America's gun violence crisis is simply unacceptable," the corporate chiefs urged senators in a letter.**

"Doing nothing about America's gun violence crisis is simply unacceptable and it is time to stand with the American public on gun safety," the heads of nearly 150 companies, including Levi Strauss, Twitter and Uber, say in the letter, which was shared with The New York Times.

The letter — which urges the Republican-controlled Senate to enact bills already introduced in the Democrat-led House of Representatives — is the most concerted effort by the business community to enter the gun debate, one of the most polarizing issues in the nation and one that was long considered off limits. The debate and the decision to sign — or not sign — are a case study in how chief executives must weigh their own views and the political risks to their businesses.

"To a certain extent, these C.E.O.s are putting their businesses on the line here, given how politically charged this is," said Chip Bergh, chief executive of Levi Strauss, a company whose denim jeans have long been a symbol of America. Mr. Bergh spent the last several days trying to cajole his peers into joining him and

gun control advocates like Everytown, which is funded in part by Michael Bloomberg. "Business leaders are not afraid to get engaged now," he added. "C.E.O.s are wired to take action on things that are going to impact their business and gun violence is impacting everybody's business now." Mr. Bergh said he was encouraged by the conversations. "The tide is turning," he said, citing a spate of recent polls that show a majority of Americans in both parties support background checks and red flag laws. "People were starting to be much more open-minded," he said, even when the discussion didn't conclude with a signature.

Yet he is also bracing for a backlash. "This has been spun by the N.R.A. as we're trying to repeal the Second Amendment," Mr. Bergh said. "Nothing is further from the truth."

The movement has gained momentum since last month, when a shooting at a Walmart store in El Paso killed 22 people. A day later, nine people were shot and killed in Dayton, Ohio.

"Gun violence in America is not inevitable; it's preventable," the business leaders wrote. "We need our lawmakers to support common-sense gun laws that could prevent tragedies like these."

In addition to the expanded background checks, they are pressing the government to let federal courts issue temporary orders keeping guns out of the hands of people considered at risk of violence, under what is known as a red flag law.

On Thursday after the executives released their letter, Business Roundtable, which had been reluctant to enter the gun debate, called on Congress and the Trump administration "to come together and enact bipartisan, common-sense legislation to address this epidemic." Visa joined with the group, saying that a "string of mass shootings in America has brought unimaginable sadness and a feeling of hopelessness to many in our communities."

A week ago, Walmart, the

largest retailer and employer in the country, wrote its own letter to Congress, pushing for a debate over reauthorizing an assault weapons ban. It also announced that it was removing certain ammunition and guns from its shelves and would discourage "open carry" in its stores. Other retailers followed suit by changing their open-carry policies, including Kroger, CVS, Walgreens and the Wegmans grocery chain. The letter signers on Thursday include the leaders of Airbnb, the Gap, Pinterest, Lyft, the Brookfield Property Group and Royal Caribbean.

Missing from the list, however, are some of America's biggest financial and technology companies, including Apple, Facebook, Google, JPMorgan Chase and Wells Fargo, some of which debated internally whether to sign the letter.

Two companies that signed may raise eyebrows in Washington: Thrive Capital, whose founder, Joshua Kushner, is the brother of Jared Kushner, President Trump's son-in-law, and Bain Capital, the private equity firm co-founded by Senator Mitt Romney, Republican of Utah.

The letter is the latest example of the business community's stepping into a sensitive political area — sometimes reluctantly — during the Trump presidency. Business leaders have criticized Mr. Trump's immigration policy and his response to the white supremacist violence in Charlottesville, Va. On guns, the president has on several occasions offered support for stronger firearms policies before stepping away.

Some of the letter signers plan to lobby lawmakers in Washington, but it is unclear how much money, if any, the companies may devote to this issue.

Some executives signed on without hesitation. Others mulled it, often creating a raucous debate in-

side their offices and among their boards of directors, only to decide that the political risk was too high. More than a half-dozen executives spoke about their deliberations on the condition of anonymity because of the sensitivity of conversations.

Mark Zuckerberg of Facebook did not sign, although he told colleagues and peers that he agreed with stricter background checks, two people involved in the conversation said. With Facebook under federal scrutiny — and contending with a drumbeat of criticism from Republicans who contend that the company's platform silences conservative voices — Mr. Zuckerberg has decided that activism on this issue would only intensify the spotlight on the company, these people said. Others inside Facebook made the case that it was a moral responsibility to press for more responsible gun sales laws.

Similar concerns were raised by the leadership at Google, whose YouTube unit was the site of a shooting last year. Google recently announced an internal policy that would make it hard for the company to consider signing the letter. That policy includes this line: "Our primary responsibility is to do the work we've each been hired to do, not to spend working time on debates about non-work topics."

Uber's chief executive, Dara Khosrowshahi, signed. His company's policy bans guns from its vehicles, either for drivers or passengers. Lyft, Uber's main rival, signed as well. Several executives said one of the biggest practical worries was whether taking such a stance would lead to in-store confrontations with angry customers carrying guns. Would they be putting their employees in danger or even just in an uncomfortable discussion about a divisive issue?

Even banks like Citigroup and Bank of America, which

both publicly distanced themselves

from gunmakers this year by ending lending and banking relationships with manufacturers, declined to sign the letter. After they made their positions public this year, the banks were rebuked by Republican lawmakers. Louisiana passed a law preventing the banks from working on bond offerings for the state.

"I personally believe the policies of these banks are an infringement on the rights of Louisiana citizens," the state's treasurer, John Schroder, said at the time. "No one can convince me that keeping these two banks in this competitive process is worth giving up our rights."

For better or worse, business leaders are increasingly carving out positions on social issues. It's not new — and the Hobby Lobby fight against the contraceptive provision of the Affordable Care Act shows us that such positioning does not confine itself to progressive causes — but it is growing.

In some cases, those maneuvers have happened out of necessity, as when top executives could not count on a strong response from Washington after the killing of the journalist Jamal Khashoggi. That touched off a flurry of calls between some of the country's top finance executives about how to handle a conference being hosted by Saudi Arabia, whose crown prince had been implicated in Mr. Khashoggi's disappearance.

But over the last three years, businesses have become engaged on social issues like immigration, climate change and race in a way that would have been unfathomable a decade ago. On Thursday, businesses turned to the problem of gun violence.

The letter suggested that background checks on all gun sales were a "common-sense solution with overwhelming public support." A number of polls have put backing for such policies above 90 percent.

The market is demanding action — and businesses are listening.

# Sam Khan's speech against abrogation of article 370 in Kashmir lands him in controversy.

## Ankur Vaidya of FIA slams "Call for Jihad" by Sam Khan.

And the only way we can achieve this is with a collective and united stance which should be progressive. There should be a fair, mature and private dialogue on how the turn of events that take place back in our respective motherlands may have tendency to impact us here. It is human nature to indulge in such discussions, especially for the migrant generation like us, who, with the social media's hyper progress is as much up to date as the natives and have differing viewpoints.

But an understanding has to be drawn which, in my opinion, be maintained by both communities residing here. Once here (in the U.S.) and involved in the day-to-day life and engaged with tackling the issues prominent here for personal and community progress; for one to get personal overly passionate and aggressive about unfolding of events back in the motherland and to react in a way which may cause worrisome turbulence here domestically, and act in a way that can potentially increase the already existing distance between the communities, is extremely inappropriate if not outright foolish. It's a clear display and repetition of what the East India Company did to the then India "Divide and Rule" and ended up ruling over both the communities and then some for centuries. I know there are bad apples on both sides of the community and my attempt is to only pinpoint a very recent and dangerous episode that has transpired which I came across. Not to mention that I know Khan quite well.

Sam Khan (SK), whom I have known for a very long time, almost a decade, and at one point being very good friends with him, my summary of the man is in two parts, first is that he is a very aggressive, opportunist, self-centered and self-promoting individual/businessman, which one can argue there may or may not be anything wrong. But recently, Khan added a second part, a new dimension which is very dangerous in my opinion. Knowing him, he would have done this as usual with his agenda of self-promotion and self-progression, but I am shocked that he is doing this at the cost of compromising the cautious calm and 'yield to each other' factor that the two communities have very slowly and gradually grown here over decades. Khan entered the Edison (central Jersey area) community with a claim of being from Bihar, India and having an Indian wife and kids that follow Indian culture. This was Khan's tagline which he used to penetrate into the community. A lot of people from the Indian-American community will vouch for this.

He then started to given token amounts -\$250 - \$500- in senior community functions and wined and dined the hierarchy by holding gatherings in his office, where he kept large stock of liquor ordered food from Delhi Garden restaurant, etc. Through his personal hospitality antics and false demonstration of patriotism (for India), he gained trust and even landed a nomination on the India Day Parade committee in 2013. There

was some hue and cry about this in the local media, but at that time Khan's goal was to project him as a loyal to this base, and gain momentum in the community stronghold of Edison to step into the socio-political circles of the

affluent folks and into the vote banks. Soon there started a rumbling where it was alleged that Khan is wrongfully claiming his origins to be that of Bihar when he is from Pakistan.

Concerned with loss of credibility he churned up another pitch that of migration and him migrating from India to Pakistan. Point to note here is that till now he has in many a function joined in Indian national anthems and chants of "Long Live India." One can even find videotapes of him doing this.

It is important to mention all this in order to portray Khan in his true facade.

He then joined the Republican Party from where he eventually landed a ticket to run for freeholder a contest, he miserably lost. He then made up his mind to align by the winning party and in pursuit of which he ditched the Republican Party, took with him even his donors crossing over to the Democratic Party.

Once such instance I want to point is when he went to the mosque first and that very same day later in the afternoon asked me to join him to go to a temple puja. He wanted to meet and greet people in attendance there, but was skeptical to go alone. The temple was in the back part of a building on Oak Tree Road where the puja was held.

I was impressed at the time with his sense of diversity and broad mindedness in accepting and respecting religions, which I found to be unique respectful and very American. During that visit there was a small confrontation with Khan and another Edison community leader who knew him and was objecting to his presence and cited it as a cheap publicity gimmick. But at the time I stood up for Khan and told the confronting member that he was there as my friend and not as a politician or benefit-seeker, after which the matter ended.

After this and during my period of interaction with him and with the objective of promoting diversity and harmony and love for our homeland (USA) we started the South Asian Community Outreach (SACO) which also hosted a 4th of July celebrations and fireworks in which both Indians and Pakistanis took part. The event was a major success. Very genuine people of both origins including generational residents of Edison joined and pitched in. Khan as usual was quick to hijack the publicity from the event and the organization to promote himself.

During that time frame, I also came across a business of his, a B2B retail. It became clear to me then that the business was basically hood winking and fooling people of the same two communities. He seemed completely fine with it, but was shocking to me. His 'partner in crime' was even more crooked as he was blatantly fooling and potentially stealing from his own family at the time. Khan, along with this associate/friend frequented Atlantic City at the time, getting involved into activities irrelevant to this discussion.

By now Khan had also established good contacts in the Pakistani community as well through appointing affluent donors and recognizing them and seeking their support.

Till then, he was a progressive semi-democratic liberal now organizing Iftar party, interfaith holiday party and other gatherings. He methodically stayed away from any politics that would force

him to side by one particular community as he wanted to reap monies and votes from both, which a lot of politicians do by playing on whatever is the favorite subject of liking of that particular community during the particular timeframe.

During that time he openly bragged that he believed in 'note (money) brings votes' which brings position which brings business. Through the maneuvering of this slogan and his knack of maneuvering the two communities to his advantage, he garnered a good amount of business from both communities which may qualify as shrewd and/or immoral, but it was certainly not dangerous.

In my personal opinion, the focus of our communities should be to find a common ground for which the first step is to sideline jokers like these and to rise above the fray. We need to ask ourselves the following question: Do the problems that rise and exist back in our respective motherlands impact our lives here? Does engaging in rifts that rise back in the motherland help in raising our children better here? Do they help in giving us and our future generation here a better cost-effective quality education? Does it help in getting them equality, fairness, equal opportunities and equal and efficient support system here? Does it help us to improve quality of lives for the two diaspora who have chosen this great country as our homeland??

The answer to all the above questions is NO.

So then why invoke division, be spiteful and spend our time, energy and resources to add to the already existing divide and separation?

I know there are differences but there is a LOT in common in the two communities as well, which I know people will hate to admit. I would say there is more in common than not.

A majority of us in both communities are family-oriented, career-oriented, conservative, God-fearing and progressive, among many other good things. Also, were these two homelands not the same 7 decades ago? Some foreigner came in and drew the line which was done mockingly and now we, the so-called foreign-educated folks, large majority being U.S. citizens are getting primitively hardcore about a dispute for a region which 90 percent folks here would not even have seen or visited or know the actual context.

Just by the virtue of the news cycles circulating this and by some self-gain seeking jokers peddling this on social media, should we jump on the band wagon?

I sympathize if you are a migrant from the region of impact, have lost a loved one, felt the impact yourself or through your loved ones and have had the short end of the stick due to circumstances. But that number. I am guessing is probably one in 10,000 here in the U.S. And if that is indeed the case, let us help raise funds to help those who suffer losses or a meal drive for peasants who cannot farm which gives 100 meals in India and 100 meals in Pakistan to the needy. Something united creative and selfless that bonds us.

And even if we cannot do that, let us at least not make the entirety of two communities get into a rift because some folks need a stage, a mic and an opportunity for a photo-op.

We need to recognize these fake demonstrators and start calling them out to stop spreading a hate-filled agenda.

Meanwhile, if these are genuinely concerned folks, then they should head back and join the cause they believe in. They should not shatter the peace and calm here to get cheap, free and dangerous publicity. Instead they should be empowering us to live in peace, harmony and freedom.

Let's turn the page.

And to selfish jokers like Khan - who are not family, country or community oriented, their allegiance is to self, to their own pocket and to their political ambitions. Sam Khan, if you want to insist that our communities talk to their neighbors and write to their members of Congress - write to them about getting more educational loans for our communities, more jobs for our community members with language restrictions, more accessible multilingual medical assistance, more senior communities oriented around our communities, and more collective programs that promote unity in diversity, let us, the two communities work on ways to have better collective representation here so that our collective voices are heard here in our homeland where we are growing, will get old and our kids will grow and have their futures. Let us all work on that.

I am writing to express my personal opinion and to express objection to the hate-filled propaganda and community dividing speech.

**Ankur Vaidya**  
ankurvaidya0@gmail.com  
848-248-0707

We reached out to Sam Khan for his comments. In his email reply, Sam Khan blames 2 Republican candidates of misleading the public & further fan the flames of hate and bigotry by misrepresenting the words and general spirit of unity spoken by Sam Khan at a recent American Muslim Council meeting as "hate filled" and a "call for jihad".

**Here is a complete, unedited text of Sam Khan's email:**

**COMMUNITY & HUMAN RIGHTS ACTIVIST RESPOND TO MISLEADING, POLITICALLY CHARGED REMARKS.**

We are concerned and disappointed that republican candidates Jeffrey Brown and Hirsh Singh, have chosen to mislead the public and further fan the flames of hate and bigotry by misrepresenting the words and general spirit of unity spoken by Sam Khan at a recent American Muslim Council meeting as "hate filled" and a "call for jihad". Mr. Khan, speaking in his native Pakistani tongue to a multicultural audience, quoted and misspoke Mohammed (Peace be Upon Him) when he used the word "jihad" in its most literal, Arabic translation of "striving or struggling, especially for a praiseworthy aim". The quote was a call for those concerned with the atrocities in Kashmir to exercise one of the most sacred rights as Americans and speak out. "It is our responsibility to reach out to the mayors in all towns, our councilmen and congressmen. We have to tell them what is going on in Kashmir".

For over a decade, Sam has embodied his words of peace and harmony for people of all faiths and all origins into his actions. He has singlehandedly



brought people together in times of crisis, year after year in forums both public and private. The attempts to discredit his selfless work and stifle his voice for the oppressed people of Kashmir for political gain should not stand.

Mr. Khan does regret his use that particular quote because of the word "jihad's" negative connotations, particularly here in the United States. However, by characterizing his statements as "hate-filled" is an irresponsible, political maneuver that borders on defamation.

**Sam Khan**

**Phone: 732-207-3812**

**Email: sam@samkhannj.com**

We also reached out to a noted community activist and businessman Davendra Dave Makkar for his response and comment on this matter. Dave, in his Facebook message shared Sharanjit Singh Thind, Editor and Publisher of South Asian Insider, said Indian community leaders mistakenly made Sam Khan a hero by asking Sam Khan be fired from his planning Board position for Jihadi comments. Dave minced no words in saying that " Our people had no intelligent or professional or credible leader as speaker, and one of our own speaker, who spoke practically at the fag end of our speaking time, praised Sam Khan and talked nothing but nonsense". Dave also commented that "Jihad" comment was given knowingly by Sam Khan, and that later on he can explain the mild meaning. Asked about abrogation of article 370, Dave noted that "370 should go but at the same time Nagaland, Himachal, Arunachal, Assam should also be brought under one country, one law. Doing away 370 one is targeting Muslims only".

**Publisher's Note: Disclaimer**

Few years ago, South Asian Insider published an article by Dave makkar commenting on corruption, mismanagement and other issue in FIA (Federation of Indian Associations) & it's leadership among, it's chairman and President and annual FIA Parade in Manhattan. Soon we were flooded with phone calls and personal messages of FIA leaders (Including President) , sympathizers and others with threats and/or offers of incentives. We were told to take off Facebook post and apologize. We out rightly refused to apologize, and/or delete Facebook post without any legal notice. A notice was promptly sent to South Asian Insider and accordingly we archived the post after consulting our attorney. A witch hunt was soon started , wherein FIA issued a gag order for South Asian Insider from all their activities and/or events, not that we cared for any of that. We never requested access to, or coverage of any FIA event, publicity or advertising after that event an stand by our story as of today.

# Why John Bolton had to leave and what to expect next

"This President has a mind of his own, often we wonder what is exactly in that mind ... chaos rules the day," Garamendi, a member of the House Armed Services Committee told CNN's Brooke Baldwin. Like everything in Trump's foreign policy, there is a political explanation for the latest storm that rocked the White House.

Trump's first term, while succeeding in traumatizing US allies and causing global disruption, is largely bereft of the big wins the great dealmaker promised back in 2016.

North Korea, despite Trump's embrace, is not denuclearizing. Iran is moving closer to building a nuclear bomb after Trump pulled out of an international nuclear deal. China is rising fast and Russia is resurgent after interfering in US elections.

That's a problem as Trump contemplates a lackluster record and goes in search of iconic achievements -- and longed for baubles, such as a Nobel Peace

Prize -- ahead of the 2020 election.

The President is in perilous political territory -- dipping to 39% approval in a new CNN/SSRS poll. Only 36% of those asked said he deserved reelection. So victories, preferably bringing favorable media coverage are imperative -- and soon.

Trump's team, given a lack of leverage or expertise, may struggle to manufacture big foreign policy breakthroughs. But eye catching summits will do just as well for a White House that cuts even Trump's routine meetings with foreign leaders into campaign highlight reels designed to frame him as a statesman.

"This likely signals that Trump is desperate to run a string of deals, however cosmetic, prior to the 2020 election on Afghanistan, Iran, and North Korea and sees Bolton as a roadblock," said Colin Kahl, a former Obama administration aide affiliated with the Foreign Policy for America advocacy group.

While Bolton, who even his many enemies will admit is a man of principle and a master of the Washington game, knows how to blow things up -- such as the Iran nuclear deal -- he was increasingly in the way of the President's photo-op diplomacy.

Most recently, Bolton objected to Trump's idea to bring Taliban terrorists to Camp David close to the anniversary of 9/11 in search of a deal to bring troops home.

And, according to CNN sources, he told Trump so to his face, contradicting a gut call by a President who demands obedience in a way that was always likely to cut his tenure short. Bolton's skepticism of Trump's infatuation with North Korea's Kim was also no secret. When Trump pulled off his scheme to visit his pen pal on the DMZ in June, Bolton took himself off to Mongolia. He contradicted the President by saying that the North's short-range missile tests contravened UN resolutions. Pyongyang responded by calling

him a "human defect."

And Trump's adoption of his hardline position on denuclearization seems to have been at least partly behind the collapse of the Hanoi summit earlier in the year.

In fact, Bolton's departure represents a victory for North Korea, which had been trying for months through its official media to drive a wedge between him and Trump. Now, coincidentally, the rogue nation says it's ready to talk again to the US.

Bolton was also a bump on a log for Trump when it came to Russia. While the President spent the recent G7 summit making Russian President Vladimir Putin's case for getting back in the club, Bolton never let go of his smoldering Cold War suspicions.

Trump also appears to blame Bolton, an unreconstructed hawk, for bringing him to the brink of war with Iran after the shooting down of a US drone over the Gulf of Oman.

With him gone, Trump will have greater leeway to pursue his reported hopes of organizing what would be a stunning meeting with Iranian President Hassan Rouhani at the United Nations General Assembly later this month.

Bolton is unlikely to go quietly given his flair for public relations and long list of media contacts. He seems unlikely to emulate the dutiful but pregnant silence on Trump by former Defense Secretary James Mattis as he promotes his book.

As Bolton looks back on his 19 months in the White House, he can claim several victories for his hardline school of foreign policy. The Trump administration banned an International Criminal Court prosecutor from visiting the US. The United States also withdrew from the UN Human Rights Council. And under his watch the US pulled out of the Iran nuclear deal.

And the ex-national security adviser might have succeeded in one of his final acts of killing of a deal with the Taliban that critics see as a fig leaf to cover a US surrender.

But Bolton's strong backing for what looked a lot like a coup attempt in Venezuela by opposition leader Juan Guaido did not work and made the Trump administration look foolish.

Ultimately, Bolton's departure is revealing for all the insights it offers into life inside Trump's White House.

Its timing on the eve of 9/11

anniversary commemorations was also appropriate. Bolton was just about the last remnant of the neoconservative foreign policy establishment that grabbed power after the world's worst terror attack.

Much of Trump's antipathy to foreign entanglements -- like the Iraq invasion and America's longest war that he is trying to end -- springs from policies put in place by Bolton and his cohorts.

The current President seems to have no organized doctrine -- other than his "America First" mantra that is mostly an offshoot of his campaign trail rhetoric rooted in a belief that the rest of the world is perpetually ripping America off. Bolton's personality clash with Trump also offers a glimpse into how this administration works.

He became the latest key foreign policy official to cross an invisible red line for Trump -- seeming to have an agenda and power base that is distinct from the President's own.

White House sources told CNN on Tuesday they believed that Bolton was leaking to the press about Trump's now canceled plans to host the Taliban at Camp David.

Shortly after Trump fired Bolton -- by tweet -- two of his former antagonists, Secretary of State Mike Pompeo and Treasury Secretary Steven Mnuchin, could barely hide their smiles.

The two men also showed they had learned the lessons of how to work for Trump that Bolton apparently never absorbed -- namely appeasing his wildest instincts and showing no disloyalty.

"We work very closely with the President of the United States," said Pompeo, who is not that ideologically different than Bolton but is poles apart on handling Trump.

"I don't think any leader around the world should make any assumption that because some one of us departs, that President Trump's foreign policy will change in a material way," he said.

Pompeo's comment reflected reality, that the rest of the world -- US allies and Trump subordinates, especially -- have learned over two-and-a-half tumultuous years. America's foreign policy does not follow precedent, doctrine or any predictable course.

It's what Trump says it is at any given moment. And people who work for him can either live with that or get out.

## Pension funds in Iran on brink of collapse amid US 'maximum pressure' campaign



**EXCLUSIVE:** Crippling sanctions imposed by the United States on Iran since President Trump's withdrawal from the nuclear deal last year have left pension funds throughout the country on the brink of collapse, according to documents reviewed by National Security Council officials and obtained by Fox News.

U.S. officials are pointing to this as evidence of just how punishing the ongoing "maximum pressure" campaign against Iran has been.

"They have fewer resources. We can see it with the Shia militias in Iraq. They're scrambling for resources. We think the Iranian government will shrink, that their GDP will shrink by as much as 12 or 14 percent this year," Secretary of State Mike Pompeo said on "Fox News Sunday," speaking to the

economic impact. "This will reduce their capacity to purchase the things they need, the equipment they need, the materials they need, to inflict terror around the world."

The impact has been so severe that of the 18 existing retirement funds in Iran, 17 are in the red, according to these documents. That includes the pension funds for all of Iran's armed forces.

As much as 80 percent of Iran's retirement funds rely on government subsidies, which the documents refer to as unsustainable for not just pensions but for food products, drugs and fuel.

There are also signs of a growing crisis in Iran's real estate market. The documents refer to the interconnected challenges as a "house of cards." Trump -- who campaigned during the 2016

election calling the Obama-era nuclear agreement with Iran "the worst deal ever" -- announced plans for the U.S. to withdraw from the deal in 2018.

However, American allies France, Britain and Germany are still in the Iran nuclear deal, trying to salvage it and allow Iran to sell its oil. Iranian officials have met with France and Japan, while China continues buying Iranian oil despite American sanctions.

"I noted the repeated statements by @SecPompeo that Iran must change its policies in order for Iranians to eat is pure #EconomicTerrorism," Javad Zarif, Iran's foreign minister, recently tweeted. "Tying bread & medicine to politics is to kill & starve people into submission. Iranians will never capitulate."

The details from the pressure campaign come amid reports that Trump is now considering throwing support behind a plan crafted by French President Emmanuel Macron that would extend a \$15 billion line of credit to the regime in Tehran if leaders agree to come back into compliance with terms of the 2015 nuclear agreement.

Iran has been taking steps away from those terms, most recently announcing it would take new measures to speed up uranium enrichment as part of its nuclear program.

# How To Tell If Your Child Needs Therapy

A few key signs your child might need outside help, and how to get started.

So many of the recent headlines about children and mental health are deeply distressing: Youth suicide attempts have doubled in the last decade, some in children as young as 5 years old. National estimates suggest that more than 4 million children in the United States have been diagnosed with anxiety, and nearly 2 million have been diagnosed with depression. Experts have argued that we're in the midst of an epidemic of children's mental health, and while awareness has certainly increased, only about 20 percent of kids with a diagnosable mental health disorder are actually getting the help they need.

It's frightening stuff to grapple with as a parent. Yet mental health experts resoundingly agree that there is reason to have hope: Treatment, including therapy and medication, can make a profound difference in children's lives.

The challenge is identifying whether your child would benefit from outside help, and then knowing how to go about getting it. Fortunately, experts say there are some common signs and behaviors to look out for, as well as simple best practices for connecting with treatment. Here are a few that all parents should be aware of. Sure, childhood can be great. But it can also be really, really hard. Kids are learning how to make their way in the world, coming up against obstacles and changing every day.

"All kids have emotions," said Alexandra Hamlet, Psy.D., a clinical psychologist with the Mood Disorder Center at the Child Mind Institute. "Emotions aren't bad, and kids will go through struggles. They'll feel emotions and have to work through them, but that doesn't necessarily mean they need therapy."

Parents should feel reassured that meltdowns, outbursts and even just bad days aren't just typical; they're developmentally expected, especially in young children. Sometimes they can be a sign of underlying problems, but they are also kind of a rite of passage for most kids. "Nearly all young children have temper tantrums at some point," reiterated Steven Meyers, Ph.D., a professor of psychology at Roosevelt University and a Chicago-based clinical psychologist. But if you're concerned, tune into how long your child's outbursts last, how severe they tend to be and



whether they're having them past an age that you suspect is developmentally appropriate.

The job of mental health professionals is to take parents' feedback and to use the clinical assessment tools available to them, like rating scales, to suss out whether a child's behavior is indeed outside the norm.

If your child has reached a point where any behavioral issues (from mood changes to outbursts or problems concentrating) are keeping them from getting through their days, or they're interfering with your ability to do what you need to do, that's a red flag. For example, some avoidance before school is common. But if your child is having daily, extended meltdowns that make you late for work, that's a potential sign something more serious is happening.

"It's really when the emotions start to become unmanageable, and they impact the performance of the child or functionally impair them, that's when we think, 'OK, let's take a look at this in a deeper, closer way,'" Hamlet advised.

Although the parenting world is often rife with unhelpful competition and judgment, both Meyers and Hamlet believe that reaching out to friends or family members with kids of a similar age is an effective way to get an initial sense of whether your child is really struggling. All kids are wildly different, so it's not about comparing. Instead, it's about using your existing network to help establish some guideposts.

It's also really helpful to jot down notes about changes or

patterns you see emerging, so that if you do go ahead and talk to your child's pediatrician, for example, you're able to provide concrete examples of what you're talking about, rather than simply walking them through the most recent moment or behavior you can remember.

"Psychological disorders come in two general types," explained Meyers, who emphasized he was speaking in broad brushstrokes. "The first type are acting out disorders, like ADHD or oppositional children. Those symptoms are typically easy to spot, because they're visible and they're impacting the lives of other people."

"The second set are what are called internalizing disorders," Meyers continued, "and they include anxiety and depression, which can be harder to spot because those symptoms are mostly disrupted thoughts and feelings rather than disrupted behaviors."

Though this is by no means exhaustive, some unexpected signs of anxiety in children include trouble focusing, avoidance and outbursts? perhaps not what parents typically think of as hallmarks of anxious behavior. "It's just their body's way of reacting to their worries," Hamlet said.

Likewise, signs of depression vary so wildly it's hard to single out just a few, but parents should pay attention to things like irritability, outbursts and changes in how children sleep and eat. Don't necessarily expect depression to manifest itself in really obvious sadness.

Physical cues can be important too, particularly in children

who may not have the verbal abilities to express what they're feeling. "What parents might see more of is their child complaining of headaches or tummy aches, because they don't have the words to describe it, and their body might be somatizing it," Hamlet explained.

And never ignore anything that seems urgent, like if your child stops eating, is causing him or herself physical harm, or expresses suicidal thoughts or behaviors. That is an emergency, and you need to get help right away.

While mental health issues are the result of a complex mix of genetics and environmental factors, it's a good idea to be aware of your family history, Hamlet said.

"If you have a family history, that's something to consider," she said, as mental health disorders can absolutely run in families. Genes are by no means destiny, but it's just another thing to keep in mind.

If you have concerns about your child's mental health, you should absolutely feel empowered to take them to an expert to start a conversation. It's fine if you don't know how to find a pediatric mental health specialist off the top of your head; your child's pediatrician can be an excellent place to start. Teachers can also be good touch points, Meyers said.

Reaching out for a bit more information does not necessarily mean your child is embarking on long-term mental health treatment, though there's absolutely nothing wrong with that if they do. Unfortunately,

sometimes the stigma that still shrouds mental health issues can prevent parents from reaching out.

"It can be hard for a parent," Hamlet said. "Sometimes they catastrophize. Sometimes they think, 'Well, I don't want them to have a label. I don't want them to feel like there is something wrong with them.'" Again, though, seeking out an outside opinion does not mean that your child will necessarily begin treatment; it's just a way of being careful and informed.

Ask your kids about how they're feeling, then listen

Even with really young kids, it is important to regularly initiate conversations about their emotional lives. Some children are more communicative than others, Meyers said, but if you establish a habit of talking to them about their thoughts and feelings, they might be more likely to come to you when they are struggling in some way. And then you're in a better position to connect them with outside help as needed.

The key is to listen and not immediately rush into what Meyers called "intervention mode." You don't have to have all the answers, and you cannot solve every problem.

"It's very hard to stay focused in a listening mode when children are describing painful events, we just want to make them feel better," he said. "But sometimes we rush to do so."

"Listen. Ask questions to elicit details," Meyers said. "Inquire about what the child's feelings are, and communicate understanding and compassion, rather than moving to try and solve the problem."

# Iran To U.S. After John Bolton Exit: 'Put Warmongers Aside'

**"Americans have to realize that warmongering and warmongers are not to their benefit," the Iranian president said in televised remarks.**

TEHRAN, Iran (AP) — Iran's president urged the U.S. on Wednesday to "put warmongers aside" as tensions roil the Persian Gulf amid an escalating crisis between Washington and Tehran in the wake of the collapsing nuclear deal with world powers.

Hassan Rouhani's remarks signaled approval of President Donald Trump's abrupt dismissal of John Bolton as national security adviser, a man routinely pilloried by Iranian Foreign Minister Mohammad Javad Zarif as part of a "B Team" that targeted Iran.

Bolton had for years been critical of Tehran and once promised before an Iranian exile group that they'd be celebrating the overthrow of Iran's government this year.

Bolton's departure also comes amid speculation about Trump potentially meeting Rouhani during the upcoming U.N. General Assembly this month in New York. Whether such a meeting materializes, however, remains in question, though Iranian comments Wednesday seemed to suggest Tehran would be willing to pin hostilities on the departing Bolton rather than Trump himself.

Rouhani spoke after a Cabinet meeting Wednesday, a day

that saw all major newspapers in Iran cover Bolton's departure. The pro-reform Shargh daily newspaper had one large headline that read: "Bolton: A scapegoat for Iran?"

"Americans have to realize that warmongering and warmongers are not to their benefit," the Iranian president said in televised remarks. "They should not only abandon warmongering but also abandon their maximum pressure policy." Ali Rabiee, a government spokesman, said after the meeting that Bolton's dismissal may help the U.S. have a "less biased" attitude toward Iran.

Though he stressed the dismissal was an internal U.S. issue, Rabiee called Bolton "the symbol of America's hawkish policies and its animosity toward Iran."

For his part, Zarif again used Twitter to write about what he calls the #B\_Team, which included Bolton, Israeli Prime Minister Benjamin Netanyahu, Saudi Crown Prince Mohammed bin Salman and Abu Dhabi Crown Prince Mohammed bin Zayed Al Nahyan, all hawks on Iran.

Zarif said "the world — minus 3 or 2 panicked cohorts — was breathing a sigh of relief" after Bolton's ouster. "Thirst for war — maximum pressure — should go with the warmonger-in-chief," Zarif

wrote.

Hard-liners, however, urged caution.

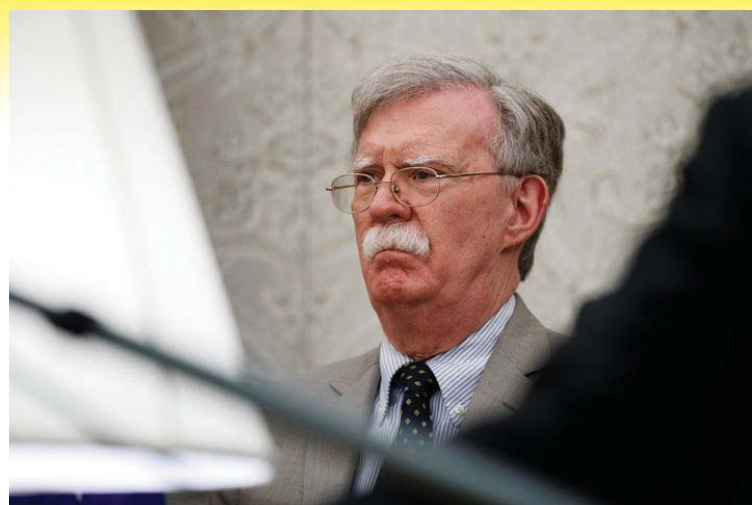
Gen. Mohsen Rezaee, a commander in the powerful Revolutionary Guard and its former chief, said in a tweet: "We will not be deceived by the sacrificing of Bolton."

Bolton was critical of any potential talks between Trump and leaders of Iran and had persuaded Trump to keep U.S. forces in Syria to counter the Iranian influence in the region.

Last year, Trump pulled the U.S. out of the landmark 2015 nuclear deal that lifted sanction on Iran in exchange for caps on Iran's nuclear program. The U.S. administration later also intensified sanctions on Iran, slashing its sales of crude oil abroad and sending the country's economy into freefall.

In response, Iran has in recent months crept past the limits the nuclear deal imposed on uranium enrichment and its uranium stockpile. And over the weekend, Tehran announced it would use advanced centrifuges prohibited under the deal.

Meanwhile, mysterious attacks on oil tankers near the Strait of Hormuz, the downing of a U.S. military surveillance drone by Iran and other incidents across the wider Middle East have



exacerbated the crisis in the region as Tehran tries to pressure Europe to find a way to sell crude oil abroad despite U.S. sanctions.

Rouhani has called the use of faster centrifuges Iran's "third step" away from the nuclear deal. On Wednesday, he said that "if necessary, we will take other steps in future."

For his part, Bolton was a longtime hard-liner on Iran who favored regime change and took money for speaking engagements from an Iranian exile group reviled by Tehran called the Mujahedeen-e-Khalq, or MEK. Bolton famously wrote in 2015, before Iran's nuclear deal was struck, an op-ed in The New York Times headlined: "To Stop Iran's Bomb, Bomb Iran."

"The declared policy of the United States of America should be the overthrow of the mullahs' regime in Tehran," Bolton told a

cheering crowd of MEK supporters in March 2018. "The behaviors and the objectives of the regime are not going to change, and therefore, the only solution is to change the regime itself. And that's why, before 2019, we here will celebrate in Tehran!"

Bolton would become Trump's third national security adviser a month later. "I don't back away from any of it. Those are positions I took as a private citizen," Bolton said when journalists asked him during a visit to Abu Dhabi in May about his prior remarks to the MEK. "Right now I'm a government official. I advise the president. I'm the national security adviser, not the national security decision-maker. It's up to him (Trump) to make those decisions." Trump's decision Tuesday was to fire Bolton. What happens next remains unclear.

# Kashmir: China may pose bigger challenge than Pakistan

**China is already occupying 20 per cent of land belonging to Jammu and Kashmir. While Pakistan has failed to find support over Kashmir move, China, on the other hand, may hold the key in this India-Pakistan diplomatic warfare.**

China is a global superpower with a chequered diplomatic history particularly for India. It launched an attack on India at the height of Hindi-Chini bhai-bhai sentiment espoused by then Prime Minister Jawaharlal Nehru and occupied Aksai Chin in Jammu and Kashmir. In the globalised set up, for years it blocked tagging Masood Azhar a global terrorist when the rest of the world agreed with Indian viewpoint.

While Pakistan has been visibly aggressive and desperate in attempting to swing international opinion on Kashmir, especially after the scrapping of special status of Jammu and Kashmir by the Narendra Modi government, China has been more subtle and nuanced.

China knows that it is the best bet for Pakistan if the Imran Khan government has any chance of getting international attention over Kashmir. The other hope for Imran Khan is US President Donald Trump, whose utterances on Kashmir and mediation offers have been firmly refuted by his own administration.

This makes China a serious player in diplomatic warfare between India and Pakistan over the status of Jammu and Kashmir. China is present in Jammu and

Kashmir in two main pockets -- both illegally acquired.

## China in Kashmir

China occupies about 38,000 sq km of Aksai Chin, which it claims to be a part of the Hotan County, lying in the south-western part of Xinjiang Autonomous Region. China has rejected the Simla Accord of 1914 signed between representatives of China, Tibet and British India.

According to this accord, Ladakh is part of Jammu and Kashmir. China does not recognise this agreement saying that it was signed by a government that did not represent the people of China. The current communist regime of China came to power in the country in 1949.

China continues to recognise Ladakh as "disputed" territory where Indo-China boundary is yet to be demarcated. This stand has helped China justify its occupation of Aksai Chin.

Besides, China has got an area of over 5,800 sq km in Shaksgam Valley of Pakistan-occupied Kashmir and renamed it as Trans-Karakoram Tract. It was originally part of Hunza-Gilgit region of the princely state of Jammu and Kashmir. In return, China has stood by Pakistan in all its dirty games against India.

The Pakistan-China boundary agreement of 1963, under which Pakistan gifted a part of Jammu and Kashmir's land, calls for re-settlement of boundary limits in the region once the Kashmir issue between India and Pakistan is resolved. This clause has a hidden message for China that it may get more land in strategically significant region.

## How China reacted post-August 5

On August 5, the Narendra Modi government ceased the operation of Article 370 giving special status to Jammu and Kashmir and also bifurcated the state into two Union Territories. Ladakh will be carved out as a Union Territory without a legislature.

China responded to the move angrily saying India has violated sovereignty concerns of China. The obvious reference was to its claim over Ladakh.

"Recently India has continued to hurt Chinese sovereignty by unilaterally changing domestic law. This act is not acceptable and won't be in any sense binding," the Chinese foreign ministry said on August 6. Here, the choice of words by the Chinese foreign ministry spokeswoman Hua Chunying was curious.

She categorically termed the Article

370 move by the Modi government a matter relating to "domestic law" of India but asserted it is not "binding" on China with regard to Aksai Chin, which was referred to by Union Home Minister Amit Shah when he moved the motion to make changes in the status of Jammu and Kashmir.

Ten days later, China extended unhindered support to Pakistan over its Kashmir policy. "China will continue to firmly support Pakistan in safeguarding its legitimate rights and interests and continue to preside over justice for Pakistan on the international stage," China's Foreign Minister Wang Yi said after hosting his counterpart from Pakistan.

This commitment came just ahead of Wang's meeting with Foreign Minister S Jaishankar, who visited Beijing as part of India's diplomatic outreach to international community in the aftermath of Kashmir move.

China then pressed for a closed-door deliberation of the United Nations Security Council over the Kashmir move and pushed for a statement after the meeting. But none of the other permanent members agreed to the proposal leaving both China and Pakistan utterly disappointed.

# I'm a conservative Republican. Climate change is real.

**It's time to stop denying a crisis that our constituents are already seeing every day.**

I'm a conservative Republican and I believe climate change is real. It's time for my fellow Republicans in Congress to stop treating this environmental threat as something abstract and political and recognize that it's already affecting their constituents in their daily lives. If we don't change our party's position soon, our voters will punish us. It is well past time for Republicans to recognize the increasing costs and dangers associated with a changing climate. Scientific data empirically substantiates rises in sea and land temperatures which have materially increased over the past 20 years, increased acid in our air and seas, and rising sea levels, which have also increased velocity over the past 25 years. In the past few years, the U.S. alone has experienced record-breaking tornadoes and flooding, devastating hurricanes, and expansive wildfires. The doubling of the deep ocean heat content in the past 20 years portends significantly more severe storms and hurricanes in the future, creating more and more calls for "disaster relief."

I'm from a coastal district that is directly affected by these issues every day. In fact, my home state of Florida is ground zero for the adverse effects of climate change. As these extreme weather events increase in frequency and intensity, Congress — especially my Republican colleagues — needs to recognize the costs, disruptions and global security risks that climate change will bring to both our domestic and foreign policy, and the federal budget.

Americans are experiencing these disasters firsthand, and these personal experiences are informing their views on climate change regardless of their age or party affiliation. According to a poll conducted by Monmouth University in 2018, 78 percent of Americans believe the world's climate is undergoing a change that is causing more extreme weather patterns and sea level rise. That same poll showed that 64 percent of Republicans surveyed believe in climate change, a 15-point increase from poll results just three years earlier.

Further, research conducted by the Pew Research Center

in 2018 showed that 59 percent of U.S. adults say the effects of climate change are affecting their local community, and 56 percent of U.S. adults say protecting the environment should be a top priority for the president and Congress in 2019. Clearly, there is broad support for action on climate change, but there is even more consensus among younger generations. Among millennials, 81 percent believe the planet is warming, and even the youngest members of this generation are now eligible to vote. As young people begin to make up an increasing portion of the electorate, the importance of climate change on the policy agenda will only increase as well. As elected representatives, it is time to step up and respond to the American people. It's important to remember that Republicans have traditionally led the way on important environmental issues. President Teddy Roosevelt established the U.S. Forest Service and many national parks to protect our natural treasures, President Richard Nixon created the Environmental Protection Agency and enacted the Clean Air Act,

and President George H.W. Bush implemented measures to combat urban smog and acid rain by improving the Clean Air Act. We need to reclaim our legacy of Republican stewardship of the environment.

We have finally begun to see some Republican members of Congress change their positions on this issue. Several of my fellow conservative members have become some of the strongest advocates for environmental policy. Recently several senior Republican committee chairmen and policymakers publicly acknowledged that climate change is a real threat and must be addressed. My colleague from Florida Rep. Matt Gaetz is one of these members, and we now work closely on the environmental issues affecting our state. Earlier this year, we sent a letter to President Donald Trump urging him to make permanent a current ban on drilling in the eastern Gulf of Mexico that is set to expire in 2022. The moratorium was enacted by Republican President George W. Bush, with the bi-

partisan support of both U.S. senators from Florida, Republican Mel Martinez and Democrat Bill Nelson.

Climate and the environment must be bipartisan concerns, but Republicans are lagging. Congress must work together to find solutions that will advance the goals of both parties and the best interests of the American people. Presidents of both parties have shown leadership on this issue: President John F. Kennedy said that "our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future. And we are all mortal."

We need to work together, in a bipartisan way, to find common ground. This is where the most effective solutions will be found. In the words of President Ronald Reagan, "If you got 75 or 80 percent of what you were asking for, I say, you take it and fight for the rest later."

If we want to show America that we're the party of the future, then it's time for all Republicans to return to their roots as champions of our environment.



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# Bukit Tinggi – quaint castle in the hills



**Colmar Tropicale Resort at Bukit Tinggi Highlands**

One is writing this from the cool confines of one's cosy abode, overlooking the Bukit Tinggi Highlands on the outskirts of Kuala Lumpur, surrounded by 16000 acres of greenery. The view from one's perch is picturesque. Clouds kissing treetops from one end of the horizon to another, thick tropical rainforest trees line the hills in various shades of green. Colmar Tropicale, one's tree-house, stands at 2600 feet above sea level, inside 80 acres of tropical rainforests, in the state of Pahang in peninsular Malaysia. Pahang is an ideal place to experience the bounties of nature. The tropical rainforest teeming with a wealth of flora and fauna.

The walk through the forest is nothing short of enchanting. The fresh, pine scented breeze, the towering trees, the perennial mountain streams and the ancient rock formations coupled with the chirping birds, the whispering willows and the squeaks, squeals and barks of the

macaques, make every step of this nature walk an exciting adventure. One gets to enjoy the sounds and sights of nature, as one ventures deeper into the forest. As one inches uphill, one gets to view impressive panoramic views of lush green hills and misty mountain peaks. Trekking through the forests that surround Colmar tropical is like exploring nature's own botanical garden.

There is a small open air wildlife reserve inside the forest, where one can observe deer and rabbits at close quarters in a near natural ambience. Over 200 rabbits of 4 different species and several white spotted deer and Timorese deer can be seen lazily grazing under the shade of the giant trees. The rabbits feed on bamboo leaves while the deer prefer grass and graze away lazily, unmindful of human presence.

The pleasures of walking barefooted through the forest floor at noon, while it drizzles, is an unmatched experience. One can feel the primordial elements, fire

the dame time. One takes rest in some secluded caves near a quiet cove, quenching one's thirst at the rapid. Its darkness at noon here as a thick canopy of tress, filter the sunlight from creeping into the forest. This secret place is one's island of peace to communicate in solitude with nature. Meditating at this hidden cove is a calm, serene, quiet and tranquil experience. The trek back is equally eventful. One stops briefly at the Japanese Tea House inside the rainforest for a refreshing cup of Japanese green tea, before returning to the comfort of your hotel room. The traditional Japanese Zen tea ceremony which one attends at

water is one's music for meditation. The value of patience becomes apparent as the hostess moves almost in slow motion, to dip the bamboo container into the kettle and pour small helpings of green tea into one's cup. One seeks forgiveness from one's neighbour before proceeding to sip the tea in three sips. One wipes the cup after sipping and graciously thanks one's host before departing.

#### How to get there?

Colmar Tropicale is a two hour drive from Kuala Lumpur International Airport depending on the traffic. The other option is to take the Putra LRT from KL Central to Putra Station and drive down from Putra Station which

Lots of small restaurants serving Indian and Chinese cuisine dot Kuala Lumpur. You get good vegetarian South Indian food at Brickfields near Kuala Lumpur Central Station. A few Chinese vegetarian stalls at Petaling street serve delicious and nutritious vegetarian dishes. The food at the high profile hotels is only for the gastronomically adventurous who like greasy food. Fresh fruits including water-melons, papayas, tender coconuts, durians, mangosteens and pineapples are available at the local market. Colmar Tropicale serves a selection of fresh tropical fruits, freshly squeezed fruit juices, Vegans who don't consume dairy, bakery and who avoid all products of animal origin and who don't consume processed foods or alcohol can go for green tea, Chinese tea, rice porridge, mashed potatoes and leafy lettuce salad at the buffet breakfast served at Colmar Tropicale. Strict vegans should also keep away from toxic additives like monosodium glutamate present in generous amounts in soya sauce, chilly sauce tomato sauce. Refrain from consuming these poisons at all costs by sticking to fresh fruits raw vegetables throughout the day. Avoid solids after sunset and drink several cups of lukewarm ginger water before retiring to bed. Colmar Tropicale Resort in Bukit Tinggi Highlands in Malaysia

**Murli Menon is the author of "ZeNLP-the power to succeed" and "ZeNLP-the power to relax" and conducts two-day stress management workshops based on ZeNLP (Neurolinguistic Programming with a touch of zen meditation). He is based at Ahmedabad and can be contacted by email at [ceo@tips4ceos.com](mailto:ceo@tips4ceos.com)**



**A colourful Japanese tea-pot at the Japanese tea garden at the resort**

the tea house is an extremely spiritual experience.

One sits on the floor on the *tatami* mat in the simple tea house, which transports one to Kyoto. One patiently watches ones hostess prepare a cup of tea. The silence pervading the ceremony is all encompassing. The sound of the kettle pervades the room. The gurgling, boiling

takes all of 45 minutes. Kuala Lumpur International Airport is connected by air to most international airports. It takes 28 minutes to get to Kuala Lumpur Central Station from Kuala Lumpur International Airport by KLIA Express. This journey costs 35 RM. (One RM is equivalent to Rs.12/- at current exchange rates)

#### Where to stay?

Colmar Tropicale at Bukit Tinggi Resort offers comfortable rooms at affordable tariffs by Indian standards.

#### Where to eat?



**Pine trees as seen from one's hotel room**

# Is your snack bar really healthy?



(Agencies) It seems harmless enough and does its best to tell you how healthy it is. But if I were you, I'd be suspicious of the average snack bar. I am referring to the granola bars, protein bars, health bars or fruit bars. Even The New York Times said in a recent article that they can be as calorific as dessert.

What started off as an innocuous effort to add more fibre and nuts to your daily diet has now become a multibillion

dollar industry, where the last thing you're getting is health. To understand how healthy your snack bar is, read the nutritional label: you'd be surprised.

To me, an ideal snack bar should be brimming with the goodness of nuts, seeds and healthy ingredients that are not so fat and calorie-dense. Have you thought of making your own?

**- Add more seeds :** Pumpkin seeds, chia seeds, flaxseeds, watermelon seeds, sunflower seeds - experiment with the abundance of this fundamental snack bar ingredient. Apart from containing good fats, seeds are fantastic sources of fibre, protein, minerals like zinc and vitamins like Vitamin E. They add a fabulous texture and taste that you will feel in every bite.

**- Reduce the nuts:** Ensure that the seeds to nuts ratio leans more heavily in favour of seeds. Nuts like almonds,

cashew, walnuts and macadamia, while healthy, are calorie-dense and need to be used sparingly. A tiny handful per bar should suffice, and abstain from high-fat nuts like cashews.

**- Puffs:** For added texture and benefits, you could also try quinoa puffs, rice puffs, wheat puffs and other similar foods.

**- Dates to bind:** Commercially made snack bars use caramelised sugar or syrups for binding, but it's better not to use sugar because it will completely negate the good work. How about exploiting the sticky and gooey texture of dates or figs? It's flavourful and natural.

**- Season:** Go creative with seasoning like sea salt or even sprinkles of paprika if you really like it tangy. At the end of the day, it's your bar. And only you can raise it.

## Hangry, are you?

(Agencies) Science agrees that 'hanger' is a real physiological reaction and not just useful slang. How can you manage your raging tummy?

Ever notice kids getting cranky as mealtime approaches? 'Hangry' is the latest portmanteau term (hungry+angry) to join the dictionary of urban slang. Kids though are not the only ones susceptible to fits of rage as their blood sugar drops. If you find yourself getting crotchety as a meeting drags into lunch or if you miss a snack, here's how you can get through it without losing your cool.

### Why we get hangry?

"Hanger is a survival technique built into our system from the time we were hunters. And it's not just specific to human beings - you'll notice that a hungry animal is an angry animal. If an organism was laid-back and took it easy when it was hungry, letting everyone else eat first, it would die," says psychiatrist Dr Hozefa A Bhinderwala. When you are hungry, your blood sugar level drops. This happens because the nutrients in your food get converted into simple sugars, amino acids and free fatty acids,

distributed to the blood and passed along to your organs. With time, after a meal, the density of sugar in the bloodstream reduces. Your body responds to this dip by releasing the adrenaline hormones epinephrine and norepinephrine, which can cause jitters, jumpiness, and anger. We tell you three simple ways to fight hanger.

### How to handle it?

Hanger is your body communicating with you, so make sure you listen. Dr Bhinderwala says, "The biggest problem is that most people ignore their basic physiological drives. Plain and simple awareness can bring about a big change."

**Try this:** Keep a diary/ journal to identify these complex emotions as they occur and to also record your eating patterns and timings. You might want to include questions such as, "What were my emotions before, during and after the meal?" You can deal with hanger using the mindfulness meditation technique. Close your eyes and slowly become mindful of the sensations that arise in your body. Accept your vulnerability and release any resentment you might feel towards



the sensations.

**Try this:** With one hand on the chest and the other on the belly, take a deep breath through the nose, ensuring the diaphragm inflates with enough air to create a stretch in the lungs. Deep diaphragm breathing is a technique used by those who fast. The point of a snack is to hold you over, maintain your blood sugar, and supply your body with the vitamins and minerals it needs till the next meal. People often forget this because they associate snacking with something crunchy, salty, sweet or processed, but fast foods are used up equally fast by the body and you'll be hungry again soon.

**Try this:** Keep nutrient-rich foods like walnuts, roasted chickpea, berries, granola, etc. in your bag or pocket. Munch on them before you get really hungry, and have them with water. This should keep you going till you eat again.

## Who should pay on the first date?



(Agencies) Most of us are attuned to paying whenever we go out for a date. But with the rules of dating changing and women wanting to be in charge in various situations, it sometimes becomes tricky to decode who will pay for the dinner on your first few dates. So here are few things you can follow to avoid that awkward situation:

### Go to an informal and affordable place

This works almost all the times. The very fact that the restaurant you go to is not too expensive and has a causal air to it, will keep you more relaxed. And paying the bill will not be an issue since it will not hamper your pockets. On the other hand, even if the girl offers to pay, it won't be too harsh on the guy's part to let the girl handle the expensive dinner.

### Think you're the one paying the bill

Be ready to pay unless the girl really insists to pay. Many a times, there are formal efforts to show they are willing to pay, but you should go ahead with splitting the bill or letting her pay only if she insists a second or third time. In such cases, it is better to let her do the formality as it might just work in your favor.

### She calls the shots while ordering

In most cases, if the girl wants you to pay, she would not be careful with what she orders. But if she orders something which you don't really endorse or want to have, then don't push to pay too much. While you might want to be open enough to pay for her expensive choices, in most cases it would be better for you to split or let her pay in such instances.

### Third time's the trickiest

So if doesn't offer to pay even after a few dates, chances are she never will. In such a situation, it is entirely your call. Some guys like to pamper their date by paying the bills all the time. But some might like to be treated differently and expect their girlfriends to pay too. In this case, you can be the best to call the shots.

## Gulp it down: 5 simple ways to trick yourself into drinking water

(Agencies) **Make it appealing** Ever noticed how you are motivated to hit the gym when you are wearing cute workout clothes, or how you feel more inclined to spend time at your desk if it is less cluttered? This technique also works when it comes to water. Pick a cute water bottle, or a chic pitcher to keep yourself excited about drinking from it through the day.

### Add natural flavours

Make your own 'spa water' by adding slices of fruit, or herbs - a practice that also has the benefit of making water look aesthetically pleasing. Try mint, lemon, watermelon, raspberries, thyme, or cucumber.

### Treat it like an appetiser

To control your appetite, and eat smaller portions, make it a point to drink a glass of water before every meal. Often, our bodies

confuse hunger with thirst, and you may find yourself satisfied — or at least, less ravenous — after sipping some H<sub>2</sub>O. Cheers to a slimming tactic that doesn't include cardio.

### Use the water app

Both, Waterlogged for iPhone, and Carbodroid for Androids, help you follow your daily H<sub>2</sub>O progress, and even send you friendly reminders to keep sipping.





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# What we know so far about the US vaping illness outbreak

**U.S. health officials are investigating what might be causing hundreds of serious breathing illnesses in people who use e-cigarettes and other vaping devices.**



York has focused its investigation on vitamin E acetate, which recently has been used as a thickener, particularly in black market vape cartridges. Suppliers say it dilutes vape oils without making them look watery. Vitamin E is safe as a vitamin pill or to use on the skin, but inhaling oily vitamin E droplets into the lungs can trigger pneumonia.

Immune cells containing oily droplets have been found in the lungs of some patients. These large cells, called macrophages, are the cleanup crew of the immune system. University of Utah doctors think this could be a marker for vaping injury. They wrote up their findings about six patients in the New England Journal of Medicine.

#### WHAT ELSE IS IN VAPE LIQUIDS?

Most e-cigarettes contain colorless, flavorless chemicals such as propylene glycol and vegetable glycerin, which create an inhalable vapor when heated. The chemicals are considered safe as food additives but their long-term effects when inhaled have not been studied.

Researchers have found cancer-causing chemicals in e-ciga-

rette vapor, such as formaldehyde. However, it's not yet clear whether those chemicals are present in high enough amounts to cause harm.

E-cigarette vapor contains tiny particles that carry flavorings. Some early-stage laboratory and animal studies suggest these flavor particles can damage the lungs, airways and blood vessels, but more research is needed to better understand how human bodies react to them.

Much less is known about the contents of THC oils and how those chemicals behave when heated.

"I wouldn't rule anything out at this point because we know so little," said Dr. David Christiani of Harvard T.H. Chan School of Public Health.

#### IS THIS BRAND NEW?

There have been occasional reports of similar illnesses, including one from 2000 that was tied to inhaling homemade marijuana-infused oil vapor. The large number of cases is new and alarming to public health officials.

#### WHO IS INVESTIGATING AND WHAT ARE THEY DOING?

State and federal health officials are testing products and analyzing cases for clues.

New York is issuing subpoenas to three companies that sell vaping additives made from vitamin E acetate. The state wants to know more about the ingredients, the quality of the raw materials, any safety testing performed, sales of the products during the past three years and what other additives the companies sell.

#### ARE PRODUCTS FROM STATE-LICENSED DISPENSARIES SAFE?

Most of the cases involve products purchased on the street, not in dispensaries in states with legal sales of medical or recreational weed. One person who died in Oregon had used an e-cigarette containing marijuana oil purchased from a dispensary. Health officials there don't know whether the product was contaminated or whether the victim may have added something to the liquid in the device after buying it.

#### WHAT'S THE BEST ADVICE RIGHT NOW?

Health officials are urging people to stop vaping and to get medical care if they have trouble breathing or chest pain after vaping.

(News Agencies) : U.S. health officials are investigating what might be causing hundreds of serious breathing illnesses in people who use e-cigarettes and other vaping devices. They have identified about 450 possible cases in 33 states, including six deaths.

A look at what we know so far about the outbreak as the investigation continues:

#### WHAT ARE THE SYMPTOMS?

Patients are coming into hospitals with cough, chest pain, shortness of breath, fatigue and vomiting.

#### HOW SERIOUS ARE THESE ILLNESSES?

Many of the reports involve severe, life-threatening illnesses in previously healthy people. Many patients received oxygen.

Some needed to be put on breathing machines before they recovered. Antibiotics didn't work, and it's not clear yet whether steroid drugs helped.

#### WHAT VAPING PRODUCTS ARE INVOLVED?

No single device, ingredient or additive has been identified. Most of the patients say they vaped products containing THC, the high-producing ingredient in marijuana. Others say they vaped only nicotine and others say they vaped both THC and nicotine.

#### IS THERE A COMMON THREAD?

Doctors believe this isn't caused by a germ. Instead, they suspect chemical exposure. And vape juice contains many possible culprits.

After testing products, New

## No more burgers and coke ? Climate fears hit meat, drink sales

**About a third of people surveyed in 24 countries in Europe, Latin America and Asia are alarmed about the environment, with half of those - or 16% of the global total - taking active steps to reduce their imprint.**



(News Agencies) : Consumers worried about the environment are cutting their spending on meat and bottled drinks and trying to reduce plastic waste, and this trend is set to accelerate as climate concerns mount, a global survey showed on Tuesday. About a third of people surveyed in 24 countries in Europe, Latin

America and Asia are alarmed about the environment, with half of those - or 16% of the global total - taking active steps to reduce their imprint.

"We're already seeing small reductions in spending on meat, bottled drinks and categories such as beauty wipes," data analytics firm Kantar said in a

report on the survey.

"As markets get wealthier, the focus on issues of environmentalism and plastics increases. In the future, we could expect to see the share of 'eco active' shoppers rising in countries that experience growing gross domestic product." The poll of more than 65,000 people showed that consumers in western Europe were most likely to seek to reduce their environmental impact, while a majority of the population in Asia and Latin America has little to no interest in the issue. Chile is the exception in Latin America and the country with the most environmentally engaged consumers in the world, with 37% of those surveyed actively taking trying to make a change.

## why you might be in a toxic relationship

(News Agencies) : No relationship is perfect, in fact it is the imperfections that make a relationship perfect. A good relationship which makes you feel comfortable, secure, cared and loved always plays a major role in defining your happiness and growth quotient.

A toxic relationship not only affects your personal life, but it has an extremely drastic impact on your professional aspect which might lead to a lot of ups and downs in life.

In any relationship, mutual respect plays a huge role. If your partner is making you put your defensive guard on; it's an alarm bell for you, my friend. Try addressing the issue with praising your partner's small efforts to make you feel special. Show your happy vibes explicitly if that is what it takes to get the respect you deserve.

The feeling of being mentally naked in front of someone is com-

plete bliss. If you don't feel that 'you need not pretend anything at all in front of your partner' then it's something you should worry about.

If sex is no more a thing you both enjoy together, and you feel that your partner only shows interest in getting intimate when there's something they can get out of it, - this is a classic sign of an extremely toxic relationship. If instead of supporting you, your partner is the one who mocks you on the silliest topics and creates mountains out of molehills then it is best to finally say goodbye to all the negativity and mental abuse, and finally be free.

Growth is a pattern which keeps on spiking irrespective of age and gender. If your partner is the one who gets insecure about you and creates hindrances in your personal or professional life, then it may be time to move on according to psychologist Gregory Kushnick.

# Do you pop pills for heartburn?

**Beware, it can put your kidneys at risk**

**Those heartburn pills are bad for you they can increase relative risk of developing chronic kidney disease or kidney failure.**

(News Agencies) Millions of people popping common heartburn and indigestion pills could be at an increased risk of kidney failure, suggests a recent analysis. The study found that individuals who used proton pump inhibitors (PPIs), which reduce gastric acid production, had a 33% increased relative risk of developing chronic kidney disease or kidney failure when compared with non-

users. Previous studies showed a link between use of heartburn pills and kidney damage and even fractures.

To investigate, Charat Thongprayoon and his colleagues conducted an analysis of published studies that reported the risk of chronic kidney disease or kidney failure among PPI users compared with non-users. Five studies with

536,902 participants met the eligibility criteria and were included in the meta-analysis. Individuals who used PPIs had a 33% increased relative risk of CKD or kidney failure when compared with non-users.

Thongprayoon noted that this study demonstrated a significant association between the use of PPIs and increased risks of chronic kidney

disease and kidney failure. "Although no causal relationship has been proven, providers should consider whether PPI therapy is indicated for patients. Chronic use of PPIs should be avoided if not really indicated," he added. The findings are presented at ASN Kidney Week 2017 at the Ernest N. Morial Convention Center in New Orleans, LA.



# Your city's toxic air may harm even your mental health, finds study

**The effects of air pollution on cardiovascular health and lung diseases like asthma are well established, but this area of brain health is a newer area of research.**

(News Agencies) The higher the level of particulates in the air, the greater the impact on mental health, a new study warns. Air pollution may be detrimental to your mental health, according to the study which found a link between toxic air and psychological distress.

"This is really setting out a new trajectory around the health effects of air pollution," said Anjum Hajat, from the University of Washington in the US.

"The effects of air pollution on cardiovascular health and lung diseases



like asthma are well established, but this area of brain health is a newer area of research," said Hajat. Scientists have

identified "social determinants" of physical and mental well-being, such as availability of healthy foods at local grocers, access to nature or neighbourhood safety.

Air pollution, too, has been associated with behaviour changes - spending less time outside, for instance, or leading a more sedentary lifestyle - that can be related to psychological distress or social isolation.

The study, published in the journal Health and Place, looked for a direct connection between toxic

air and mental health, relying on some 6,000 respondents.

Researchers then merged an air pollution database with records corresponding to the neighbourhoods of each of the 6,000 survey participants.

The team zeroed in on measurements of fine particulate matter, a substance produced by car engines, fireplaces and wood stoves, and power plants fuelled by coal or natural gas.

The study found that the risk of psychological

distress increased alongside the amount of fine particulate matter in the air. Fine particulate matter (particles less than 2.5 micrometres in diameter) is easily inhaled, can be absorbed into the bloodstream and is considered of greater risk than larger particles. The current safety standard for fine particulates, according to the US Environmental Protection Agency, is 12 microgrammes per cubic metre.

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# Mushrooms are the newest 'superfood'. They protect you from signs of ageing and keep you healthy

**Mushrooms are loaded with antioxidants and can fight ageing as well as protect from free radicals that can cause cancer, coronary heart disease and Alzheimer's.**

(News Agencies) A team of Penn State researchers found that mushrooms are rich in antioxidants that could be used to fight ageing and boost general health. The study suggests that mushrooms have high amounts of ergothioneine and glutathione, both important antioxidants, said Professor Robert Beelman. Previous research said mushrooms can fight dementia and Alzheimer's disease.

He added that researchers also found that the amounts of the two compounds varied greatly between mushroom species. "What we found is that, without a doubt, mushrooms are highest dietary source of these two antioxidants taken together, and that some types are really packed with both of them," said Beelman.

Beelman said that when the body uses food to produce energy, it causes oxidative stress

because some free radicals are produced. Free radicals are oxygen atoms with unpaired electrons that cause damage to cells, proteins and even DNA as these highly reactive atoms travel through the body seeking to pair up with other electrons. Replenishing antioxidants in the body, then, may help protect against this oxidative stress.

"There's a theory — the free radical theory of ageing — that's been

around for a long time that says when we oxidize our food to produce energy, there's a number of free radicals that are produced that are side products of that action and many of these are quite toxic," said Beelman. "The body has mechanisms to control most of them, including ergothioneine and glutathione, but eventually enough accrue to cause damage, which has been associated with many of the diseases of ageing, like cancer, coronary heart



disease and Alzheimer's." According to researchers, the amounts of ergothioneine and glutathione in mushrooms vary by species, with the porcini popular in Italy where searching for it has become a national pastime.

## Rakul Preet in sports bra and tights lifts 80kg at gym in new video. Proves strong girls are sexy

Rakul Preet Singh is the newest celebrity who is giving us gym goals every day and motivating us to get on track to achieve a healthy lifestyle and fit body. Taking to her Instagram recently, Rakul posted her workout video in which she can be seen doing weightlifting exercises and nailing them perfectly. The diva posted the exhilarating video with the caption, "Keep pushing your limits. Cos you are limitless. My heaviest deadlift till

date.. 170 pounds and then drop to 140 The form needs to be better but then this was the 5th set ..thankuu @smackjil - we have 3 more months to reach my goal @kunalgir #stronggirlsaresexy."

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months to reach my goal @kunalgir #stronggirlsaresexy."

In the video, the diva can be seen deadlifting 170 pounds (77 kg) in order to improve her core strength and muscle strength, proving that strong girls are sexy. She then also went onto lift 140 pounds (64 kg) in the video and even did 5 sets of the exercise. After watching the gorgeous diva, we were bowled over by her amazing strength and the way she managed to deadlift heavy weights. For her workout routine, Rakul opted for a black sports bra with grey training tights at the gym. She styled the look with sleek ponytail and bare face. Rakul Preet Singh was last seen in Telugu film Manmadhudu 2. She was paired opposite Nagarjuna in the romantic-comedy, which opened to mixed reviews. The actress was also seen in Ajay Devgn's De De Pyaar De. Her next Bollywood movie is Marjaavaan, which is slated to hit the screens in October.



## Nora Fatehi dances to 'Pepeta' with ace choreographer Melvin Louis



Bollywood actress Nora Fatehi takes the internet by storm whenever she drops a new music video. The Moroccan beauty is known for her killer dance moves in the industry and is making a mark internationally with her latest release 'Pepeta'. The song has been directed by Abderrafia El Abdioui and features Nora and Ray Vanny, who have also lent their voice to the peppy track. While the 'Pepeta' fever is slowly taking over the world, on Thursday Nora took to Instagram and dropped a surprise for her fans. The actress can be seen shaking a leg with ace choreographer Melvin Louis on the song and is winning hearts with her moves yet again.

Nora became a rage on the internet when her song 'Dilbar' from 'Satyameva Jayate' went viral last year and topped charts. Since then, she has come a long way and has carved a niche for herself in the industry. On the film front, Nora was last seen opposite John Abraham in 'Batla House'. The film received a thumbs up from critics and the audience. She also had a cameo appearance in Salman Khan's 'Bharat'.

## Sonakshi Sinha looks like magic in ' thigh-slit sexy gothic dress for new shoot

Sonakshi Sinha started her career with the film, Dagangg opposite Salman Khan. The actress played the role of Rajjo, Chulbul Pandey aka Salman Khan's wife. During the entire film, she was seen in either a lehenga choli or a saree. However, Sonakshi Sinha is a true fashion queen in real life. The actress keeps sharing her pictures from various photoshoots on her Instagram account and we are always taking lessons. She did it once again. She posted various pictures of herself with the caption, "Black magic woman." Her plunging neckline, off-shoulder dress made our jaws drop.

The figure-hugging dress accentuated the enviable curves of the 32-year-old. The intricate details of the dress and the thigh-high slit was a perfect combination. She completed the look with a pair of embellished black heels by Sophia Webster. For her glam, Sonakshi went with middle-parted sleek hair and paired it with smoky eyes and a nude lip. She indeed looks like magic. On the work front, Sonakshi is currently shooting for her film Dabangg 3 opposite Salman Khan. She will also be seen in the film, Bhuj: The Pride of India which is set to release in 2020.



## Nick Jonas Whispers 'I Love You' to Priyanka Chopra Mid-concert, Fans Demand More of Couple's Such Moments



Nick Jonas has done it again. The singer-actor, who attracted a lot of admiration from netizens for signalling Priyanka Chopra 'I Love You' while performing in a concert, once again shouted 'I Love You' for the actress during one of his performance. And the internet can't stop gushing over it.

A video of the same has now gone viral on social media, in which Nick can be heard saying 'I Love You' to his wife, who was attending the concert with her mother Dr Madhu Chopra. After saying 'I Love You' to Priyanka, Nick walked on towards the area

where Priyanka and her mom were seated. He first touched hands with Dr Madhu and later went on to greet his wife Priyanka. Priyanka, who was seated near the stage, could not help but gasp in excitement as Nick came closer to her. She even covered her blushing face after Nick walked away. Check out the video from the concert here: In response to the video, users on Instagram responded with all things love. While many were left gushing over Nick's gesture, others demanded that more such videos of the couple be shared.

# Angelina Jolie transforms into the evil villain Maleficent in bewitching behind-the-scenes video from Disney set



The sequel to their 2014 box office megahit is set for release this October. And in the lead up to *Maleficent: Mistress of Evil*'s anticipated release, Disney has shared behind-the-scenes video and images of star Angelina Jolie's remarkable hair and makeup transformation into the villainess. The video shows the 44-year-old's hair being styled into twin buns, which then become Maleficent's trademark horns. In the captivating promo, the ex-wife of Brad Pitt sits in the makeup chair while being shown having her makeup and facial prosthetics applied. Finally she adds some pointed dentures and red lipstick for her character's trademark evil grin. The entire video is set to AD/DC's *Back In Black*, lending the proceedings a tongue-in-cheek effect. Disney beginners may not recall that Maleficent is the evil fairy in the classic 1959 animation *Sleeping Beauty*, and that Angelina Jolie played her in a 2014 live-action film *Maleficent*. Just five years on, Jolie is playing her again in *Maleficent: Mistress Of Evil*, still wearing kinky black horns, fighting good fairies and sorting out her conflicted maternal feelings towards sweet Princess Aurora (Elle Fanning). This time she has competition from a neighbouring queen (Michelle Pfeiffer). The original 2014 film grossed a whopping \$758million worldwide.



## Kylie Jenner serves an hourglass silhouette and a busty display in big sister Kim Kardashian's Skims shapewear



Kylie Jenner may be the youngest self-made billionaire, but she's known for serving some major body. The 22-year-old recently posed for the cover of *Playboy*'s upcoming *Pleasure* Issue with partner Travis Scott. She also showed off her signature curves Thursday while modeling big sis Kim Kardashian West's newly-launched Skims. Jenner served an hourglass silhouette in a black spaghetti-strap singlet from the highly-anticipated shapewear line. The little black number pushed up her ample bosom for some jaw-dropping cleavage, while accentuating her thigh gap. She posted photos to her Instagram as she modeled the look from her Kylie Cosmetics office, captioning the image: 'obsessed w @skims.'

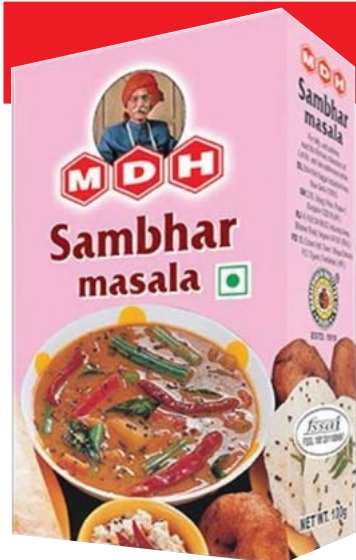
The reality TV star also posted a video to her story as she served body in the mirror, while *Riot* by Summer Walker played in the background. She also showed off a sky blue manicure as she held up her iPhone in a mirrored case. Jenner recently modeled for the collection's video campaign in a nude singlet, paired with some crimson cowboy boots. She joined her sisters Kim, Kourtney,

Khloé and Kylie for the sultry fashion shoot, featuring the brand's range of pieces. The mother-of-one also bared it all in a glimpse of her *Playboy* shoot, which she posted to Instagram. She showed off her curvy

backside as she nuzzled up to Scott against some lush greenery while sporting a beige stetson. The Astroworld artist went shirtless in jeans for the snap, which Jenner captioned: 'When Houston meets LA.'



# FDA finds bacteria in MDH Sambhar Masala



The US FDA revealed that the three lots of MDH Sambhar Masala were taken off the shelves earlier this week after the test results revealed the product contained salmonella.

(News Agencies) The Food and Drug Administration, a federal agency of the United States Department of Health and Human Services, or US FDA found salmonella bacterium in at least three batches of MDH Sambhar Masala.

Salmonella bacteria usually live in animal and human intestines. Salmonella infection called salmonellosis

is a common bacterial disease that affects the intestinal tract.

The US FDA revealed that the three lots of MDH Sambhar Masala were taken off the shelves earlier this week after the test results revealed the product contained salmonella, according to an Indian Express report.

The MDH Sambhar Masala was tested by FDA to learn if

it contains salmonella and also urged the consumers to return their packet of spice to the place of purchase for a full refund, according to an Economic Times report.

Salmonella poisoning is often linked to contaminated water or foods. The symptoms of salmonellosis include abdominal cramps, diarrhea, and vomiting.

The Centers for Disease

Control and Prevention (CDC) estimates Salmonella causes about 1.2 million illnesses, 23,000 hospitalizations, and 450 deaths in the United States every year. The CDC websites explains people with diarrhea due to a salmonella infection usually recover completely, although it may be several months before their bowel habits are entirely normal.

## Isro now has just a week to establish contact with moon lander Vikram

(News Agencies) Hopes to salvage the lander-rover, part of India's Chandrayaan-2 mission, are fading with the window of opportunity to restore link with 'Vikram' closing in about a week's time. Lander Vikram, with rover Pragyan housed inside it, lost communication with ground-station early on September seven during its final descent, just 2.1 kms above the lunar surface, minutes before the planned touch-down on the Moon. Efforts to reestablish the link has been going on since then. On September 8, Isro said the lander was spotted on the lunar surface by camera on-board of the Chandrayaan-2 orbiter. Vikram had a hard-landing.

The lander, designed to execute a soft-landing on the lunar surface, and rover have a mission life of one Lunar day, which equivalent to 14 earth days -- that means Isro now has just over a week to spring Vikram back to life "Progressively, you can imagine that it becomes that much more difficult, with each passing hour, the available power on the battery gets drained out, and there won't be anything left for it to power and operate", an Isro official told PTI. "With every passing minute, the situation becomes worse only...less and less probable (to establish contact with Vikram", he said.

## Why John Bolton had to leave and what to expect next

(News Agencies) Washington John Bolton had to go -- because he wanted to cancel President Donald Trump's worldwide reality show.

For a time the now ex-national security adviser, who first caught Trump's eye with his tough talk on Fox News, was useful to the President -- sharing his desire to shake up the globe. But like everyone else in Trump's dysfunctional foreign policy team, Bolton wore out his welcome, standing in the way of his boss' impetuous instincts and seeking a share of the spotlight. Only in the bizarre Trump orbit could the exit of a national security adviser seen as an ideologue and aggressive hawk also be perceived in some ways as the removal of a stabilizing



force. But he did have a view of American interests and the use of US power that while hardline was predictable and logical and positioned within the historic boundaries of US diplomacy. With him gone, Trump may have more

leeway to indulge his more dovish instincts, which rarely match big talk with action. And US diplomacy is likely to reflect its principal author even more closely. It will be more impulsive, less strategic and more geared to creating iconic moments,

like the President's stroll into North Korea with Kim Jong Un. Democratic Rep. John Garamendi welcomed Bolton's departure given his "radical" instincts but warned of instability to come.

(Contd on page 21)

## Sam Khan's speech against abrogation of article 370 in Kashmir lands him in controversy.

### Ankur Vaidya of FIA slams "Call for Jihad" by Sam Khan.

(By our staff reporter) New Jersey: Recently a Press release was sent to South Asian Insider on behalf of Ankur Vaidya, former President of FIA (Federation of Indian Associations) after Sam Khan of American Muslims Council gave a speech against abrogation of article 370 in Kashmir.

In the press release, Amkur accuses

Sam of being selfish & dangerously trying to ignite division and hatred in South Asians in US and calls for fair, mature and private dialogue on events happening in India. Ankur writes that Sam is a very aggressive, opportunist, self-centered and self-promoting individual/businessman, been good friends at one time and known for a very

long time.

**Here is a complete, unedited text of Ankur Vaidya's press release.**

US based Indo-Pak communities Beware - Selfish opportunists are at play. Sam Khan and his selfish, risky and dangerous attempt to ignite division and hatred here in the South Asian community in our homeland of USA. Recently

there was a speech circulated in social media by him that has compelled me to address this in my own personal way. I start by saying there is a lot that our communities collectively have gained here, but still there remains a lot to be gained for a better tomorrow, a better future for us and our children.

(Contd on page 19)

