



## Diwali Show 2013

### **Extended -Deadline to submit is Sept 30, 2013!!**

Our 19th Annual Diwali show is upcoming on November 8-9, 2013 at the [Ronald E. McNair High School](#). This show has been a landmark for the Indian Community in the San Joaquin County. For last 19 years it has been encouraging children of all ages to connect to their heritage by their performances in the form of Classical dances, Folk Dances, Vocal, Instrumental music, Bollywood ! This year's entry forms are now open....please go to [www.iasjc.org](http://www.iasjc.org) and click on Diwali 2013 tab to read the rules and submit your forms online. Hope to see you there!

[click here to see article and photos from last years show](#)

### Thank You

A big thank you to all our readers and contributors to the newsletter. Keep them coming!!

### **"Uttarakhand-The Land of Gods"**

#### ***2013 Natural Disaster***

**THANKS** to Sonali Thatte, Shital Kemshetti, Seema Bhende, Sharad Arora, Bhupendra B Patel, Girja Raina, Om D Bhardwaj, Ranchhod Family Trust, American Construction Company, Ramesh Dharawat, Suwarsha Davi Vasisht, Vijay Patel and their families, **who have helped raised \$1528.**

*The funds will be distributed judiciously!*

### Quiz Corner

***When was the first US income tax started?***

**Answer:** The first US income tax started during in the Civil War to help raise money back in 1862.

#### **Anirudh Lakhotia**

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#### **Answer this!!**



**What was the value of one rupee in dollars in 1947?**

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### **Upcoming Events**

**"Baat Cheet with  
Chai" Sept 26**

**Raas Garba &  
Dandiya night on  
Sept 27 @  
[Brookside School](#)**

### **We want to hear from you**

To inspire our readers and to recognize your accomplishments, we would like to feature you in upcoming newsletters. Please send us a personal story, poem, joke, comments, feedback at



***Friday Sept 27, 2013***

**730-1030 pm**

**at Brookside School MUR**

[2962 Brookside Road , stockton, ca 95219](#)

[Click here for Dandiya Lesson Video](#)

[Garba lesson 0.00-8.30min](#)

[Dandiya lesson 8.30min-15.34min](#)

### ***"Baat Cheet With Chai"***

Have you ever wondered **"why me?"** or **"I know!!"**..then share it over some "Garam -Garam Chai" **on Sept 20** @ Girja Raina residence, 2378 Pheasant Run Circle, Stockton, CA 95207. Please RSVP to Girja @ Ph.(209)323-9096 to attend.

### **Community News:**

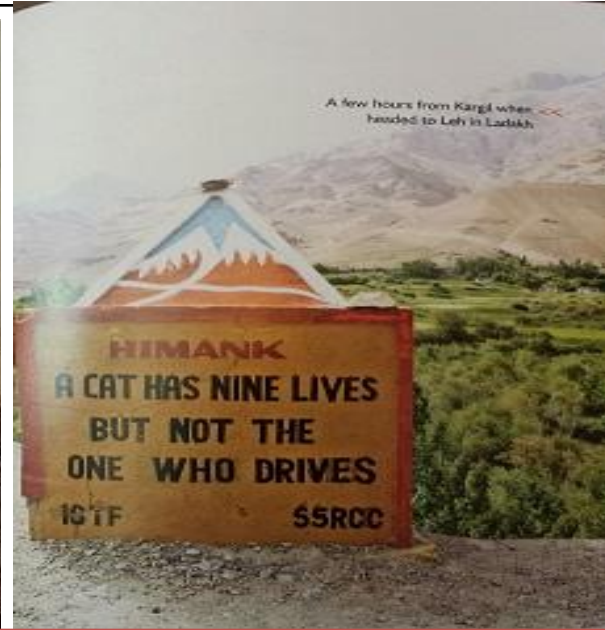
**"Chennai Express"** now playing in Regal 16 cinemas, Stockton,CA.

Support the event so more movies can come to Stockton Cinemas!

[Click here for showtimes.](#)

[Click here to get a 25%off coupon at Spirit Halloween Store by Sept 15](#)

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On our recent travels to India in summer of 2013, we were fortunate to learn, explore and understand different cultures of the eastern world...From Great wall of China, ancient chinese civilization, Tajmahal in Agra, Old Fort in Delhi, Mughal Empire and its impact on India, poetries of Amir Khusroo, Buddhist Monastries and Gurudwaras on the roof of the world in Ladakh, [Pangong Tso /Lake](#), the amalgamation of ancient cultures and the modern architecture in Dubai and Abu Dhabi in United Arab Emirates, the Persian Desert and Nubra Valley desert in Leh.... Amazing! It was a feast and celebration of God's creation of this wonderful world, human civilizations and its achievements. 16th century architecture has so much similarity for example the design of "temple of Heaven" in China is same as the "Hemis Monastery" in Ladakh. And yet so different from TajMahal and Red Fort in Delhi, India!

There were many exciting experience, but the one that made me almost write a book...was the "Himanik" and "[BRO- Border Roads Organization](#)" road signs in the Leh, Ladakh, Kashmir! They are insightful, warning signs and hilarious at the same time! I found a similar book "[Peep Peep Don't Sleep](#)" in the small bookstore at the Diskit Monastery in Nubra Valley in Leh,(also available at amazon.com) written by Ajay Jain, who drove over 10,000 km in India to put together a collection of road signs with a bit of witty commentary of his own, it is worth reading. [Read and see more here](#). (www.kunzum.com)

## Tips for Controlling Fall Allergies

**September 22, 2013 is the first day of fall!** After a hot and sunny summer... As days grow shorter and temperatures drop, we also spend more time indoors with the windows closed, exposing ourselves to more [indoor allergens](#). These seasonal allergy management tips can help:

- ✓ **Buy a dehumidifier.** dehumidifiers may actually be better if you are sensitive to dust or mold. "Dust mites and molds flourish in a humid environment. Use a dehumidifier to help reduce your indoor allergy symptoms.
- ✓ **Stay clean.** You should also change shoes before entering the house and change clothes inside the front doorway to reduce the amount of pollen and other allergens you may be bringing into the house.
- ✓ **Check pollen levels.** stay indoors on high pollen count days.
- ✓ **Avoid hanging clothes outdoors to dry.** Laundry is a magnet for pollen that will eventually end up indoors and on you, via clothing and bedding,
- ✓ **Take an OTC antihistamine.** This is one of the easiest and most effective steps. Many over-the-counter allergy drugs are now non-drowsy, long-lasting, and effective. "For best results, start using an antihistamine two to three weeks before the first day of the season and continue treatment for the first month of the season,"
- ✓ **Buy hypoallergenic filters.** "Change air conditioner filters monthly, using HEPA filters,"
- ✓ **Use an air conditioner at night.** It's where you spend eight or more hours each night, so it's critical to keep your bedroom clean and pollen-free to avoid allergies. \*Consider installing a HEPA filter system, especially during high season, so that you're breathing in better purified air while you sleep.
- ✓ **See a doctor if needed.** "A proper allergy test will help identify the cause of your suffering.

Read more at <http://www.everydayhealth.com/allergy/8-tips-for-fall-allergy-relief.aspx>