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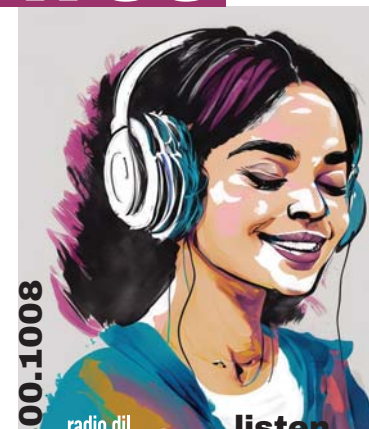


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# Neurosurgeon Dr. Anil Nanda Cautions Against Overconfidence Among Physicians

By ARCHANA ADALJA

**W**hile it is natural to feel confident and rewarded at the success in treating a patient with a demanding and serious illness, it is important to not become conceited and maintain a humility because there are equal chances of a treatment failing and a physician making a mistake, said Dr. Anil Nanda.

Nanda, MD and MPH, has been the Chair of the Department of Neurosurgery at Rutgers, New Jersey, and a member of the RWJ Barnabas Health Medical Group. He was speaking on Punditry and Poignancy in Healthcare at a recent conference. Organized in Puttaparthi, the district headquarters of Sri Sathya Sai Institute of Higher Medical Sciences in Andhra Pradesh, the global conference on Sri Sathya Sai Ideal Healthcare marked the hundredth birth anniversary of Sri Sathya Sai Baba.

Emphasizing Punditry as expertise in a particular medical field, and Poignancy as a mix of feelings of humility, sympathy and sadness, Nanda said striking a balance between the two while focusing on patient care is an imperative for medical professionals.

Recalling he attended a summer course at the age of fourteen in Brindaban with Sathya Sai Baba, Nanda acknowledged his gratitude to the Baba for giving his life a direction.

Beginning his talk with listing roots of modern medicine in ancient Indian and Greek practices, Nanda referred to the legendary story of Shiva cutting off Ganesh's head and of Zeus's headache being cured by opening his skull. Going to hospital was considered having only a fifty percent chance of survival a hundred years ago. Today, that has turned around, he said.

Coming to the title of his talk, Nanda said it was easy to become arrogant in the realm of medicine, with physicians boasting about numerous procedures performed by them or publishing many



PHOTO: VIDEOGRAB FROM YOUTUBE

"Punditry and Poignancy in Healthcare, a talk by Dr. Anil Nanda at the Global Conference on Sri Sathya Sai Ideal Healthcare held on June 28-29, 2025 in Puttaparthi, Andhra Pradesh, to commemorate the 100th birth anniversary of Sri Sathya Sai Baba.

academic papers. "I think physicians and medical professions have this sense of toxic doubtlessness sometimes. I'm right, this is the only way to do it, there's no other way to do it. An important thing to remember that punditry can be dangerous," Nanda said.

Nanda stressed the need for humility in the midst of confidence. Punditry in medicine often arises from overconfidence and hasty generalization, leading to a toxic form of doubtlessness, he said. It is crucial that we remain aware of how dangerous this can be, he said, and added, "Punditry works sometimes, and sometimes it doesn't and I think we have to look at our own skill set."

Pointing out historical incidents of medical punditry, Nanda listed customs during the Roman period, the Middle Ages, and the 19th century, and of treatments like lobotomy surgeries for women, and treatments for George Washington and King Charles as examples of punditry. These historical events were evidence of

not all medical practices being effective and of punditry gone wrong, he said.

Quoting Osler's famous statement that humanity's three great enemies are fever, famine, and war, Nanda said parallels in literature, such as Apollo's arrows raining down on the Greeks in the Iliad resonate with the challenges faced in medicine today.

Giving an example of punditry, Nanda reminded the audience of the lockdowns during the Covid-19 which were enforced to save lives but which also created economic and educational setbacks. It is time to consider if lockdowns were justified, or if that decision was erroneous, he said.

If punditry of lockdowns was questionable, there were examples of positive punditry such as use of rose water discovered by Andrew Pare, Joseph Lister's advocacy for carbolic acid, Florence Nightingale's data visualization techniques like pie charts, advances made by Marie Curie and Harvey Cushing, Nanda said, adding even once common medical procedures get rejected with time.

A sense of accomplishment after performing a complicated procedure successfully is natural, Nanda said. "As I reflect on my own experiences, such as successfully operating on a large skull base meningioma, I find a sense of accomplishment. Yet, I am reminded of the importance of humility," Nanda said.

However, medical field requires continuous learning and self-evaluation, Nanda said. Punditry can have its merits alongside its pitfalls, and confidence and humility both are essential for medical professionals, he said. Striking a balance between patient safety and informed medical practices is of utmost importance, he stated.

Medical professionals often come face to face with situations that test resolve and understanding of patient care. Illustrating this with an example of his performing a procedure for spinal cord tumor, Nanda said he removed the tumor after a long and strenuous operation, but the patient was not able to move legs. "For those of us in medicine—whether as nurses or

physicians—such complications are often accompanied by sleepless nights spent questioning our choices and capabilities," he said. The particular case turned out positive after a few days when the patient began to walk, he added.

But not every case ends well. Nanda here spoke of a case involving patients treated for trigeminal neuralgia receiving tenfold dose of radiation, resulting in devastating consequences. "Such events remind us of the profound responsibility we bear as healthcare providers," he said.

Looking at such cases, it is highly desirable and necessary to have open communication in the operating room, Nanda said. Hierarchies should not prevent anyone—nurses and surgeons alike—from voicing concerns that could avert critical mistakes, Nanda said. "If you think something wrong is happening, you have to speak out because you may prevent a fatal mistake. And therein lies the balance between poignancy and punditry," Nanda said.

He then spoke about his book on implications of medical errors and the moral imperatives faced by physicians. Nanda went on to reemphasize the importance of learning. We must ask ourselves how we can improve processes and prevent mistakes, rather than placing blame on those involved, he said.

"I think our moral dilemma as physicians is how we address mistakes, how we look back at the root cause analysis and say what could we have done differently? Do not accuse berate and criticize. Instead say how could we do this differently? How can we make a difference?" Nanda said.

Nanda said a balance can be struck between the poignancy that arises from human error and the punditry that often accompanies public discourse on medical failures. "Ultimately, it is our duty to continually question ourselves: How can we do things differently? What steps can we take to make a positive impact on our patients?" Nanda stated. He said such reflections were guiding lights to finding purpose and a path forward in healthcare.

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One suspect got out of the vehicle and shot Mr. Patel. Mr. Patel died at the scene as the robber took his money. Both suspects fled in the stolen Tacoma.

Included below are two pictures of Amit Patel and a screenshot from surveillance video of the stolen Toyota Tacoma as it left the scene of the homicide.

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# Inside The Trump Team's Conflicting Efforts To Mend Ties With India

By PRANSHU VERMA

**W**ith the relationship between the United States and India at its lowest point in decades, Washington's inflammatory language toward New Delhi is deepening the crisis, according to people familiar with the matter, and complicating efforts to repair ties.

Peter Navarro, one of President Donald Trump's longest-serving and most trusted advisers, has gone on the attack, making increasingly charged statements about India and Prime Minister Narendra Modi. Russia's conflict with Ukraine is "Modi's war," Navarro told Bloomberg News last Wednesday; New Delhi has become a "laundromat for the Kremlin," he said the next day on X, allowing it to evade Western oil sanctions; on Sunday, he went on Fox News and said Indian "Brahmins are profiteering" from the conflict, an apparent reference to a Hindu caste.

Secretary of State Marco Rubio and United States Trade Representative Jamieson Greer, meanwhile, have attempted to resolve the diplomatic standoff with New Delhi. Rubio and Greer went to the Oval Office recently to present Trump with a proposed Indian trade deal, but the president rejected it, according to three people familiar with the matter, speaking to The Washington Post on the condition of anonymity to discuss sensitive political discussions.

One of the people familiar said the centerpiece of the proposal was an Indian offer to significantly reduce its tariffs on U.S. goods, which would represent a major concession from New Delhi in the countries' long-running trade dispute. Trump, however, has declined to approve trade deal options unless India commits to scaling back its purchases of Russian oil, two of the people familiar said.

"India buys most of its oil and military products from Russia, very little from the U.S.," Trump said Monday on Truth Social. "They have now offered to cut their Tariffs to nothing, but it's getting late," he added, referring to the U.S.-India economic relationship as "a totally one sided disaster!"

In a statement to The Post, White House deputy press secretary Anna Kelly said, "President Trump and Prime Minister Modi have a respectful relationship, and teams from both the United States and India remain in close communication on the full range of diplomatic, defense and commercial priorities in our strategic partnership."

"India must do more to sufficiently address U.S. [trade] concerns," the State Department press office said in a statement, adding that "this administration is working as one team to protect American workers and secure U.S. interests."

Navarro and the Office of the U.S. Trade Representative did not respond to a request for comment.

The escalating rhetoric from the president and his senior economic adviser has led to deepening anger and confusion in India, where businesses are already straining under the weight of U.S. tariffs, which Trump ratcheted up to 50 percent last month to punish the country for buying oil from Moscow. Navarro's attacks in particular could trigger an increase in anti-American sentiment in India, former U.S. and Indian officials and political analysts warned, with potentially lasting consequences.

"This is not a situation which the current decision-makers in India are used to," said Pankaj Saran, India's former deputy national security adviser. "It's going to have a cost."

Modi, who spent years cultivating personal ties with



PHOTO: JARIN BOISFORD / THE WASHINGTON POST

President Donald Trump shakes hands with Modi at the White House in February.

Trump and highlighting the overlap in their nationalist agendas, has responded to the falling-out by courting the United States' main geopolitical rivals. In China this week for the first time in seven years to attend the Shanghai Cooperation Organization summit, Modi was seen smiling with Chinese leader Xi Jinping and hugging Russian President Vladimir Putin.

When Modi and Xi met on the sidelines, "they reaffirmed that the two countries were development partners and not rivals," according to a readout from the Indian Ministry of External Affairs (MEA). "Their relations should not be seen through a third country lens," the statement added, in what seemed a clear nod to how the summit would be viewed in Washington.

At home, Modi has adopted a posture of defiance. The day after Trump announced the increased tariffs, Modi said he was willing "to pay a heavy price" for not accepting a U.S. trade deal that would hurt farmers, dairy workers and fishermen, who together make up a majority of the Indian workforce. On the country's Independence Day, Modi emphasized national self-reliance: "It is a great misfortune when dependency becomes a habit," he said.

Modi's office and the MEA did not respond to a request for comment.

While Trump has long criticized India's heavily protected economy, tensions with Modi reached new heights this spring after a short-lived military confrontation between India and Pakistan. Trump has repeatedly claimed credit for brokering a ceasefire between the two nuclear archrivals – an affront to India, which maintains that all issues with Pakistan are handled bilaterally.

The extent of U.S. involvement in the ceasefire negotiations remains unclear. But Modi's refusal to acknowledge any role by Trump, who has publicly campaigned for the Nobel Peace Prize, has irritated the White House, according to analysts and former U.S. and Indian officials.

"Due to his focus on peace, President Trump was able to successfully broker a ceasefire in the escalating conflict between India and Pakistan in May," Kelly, the White House spokeswoman, said in her statement to The Post.

As trade talks stalled, Navarro emerged as the administration's most strident critic of India. He called the country the "maharaja of tariffs" and said its purchases of Russian oil were prolonging the war in Ukraine. "If India wants to be treated as a strategic partner of the U.S., it needs to start acting like one," he wrote Aug. 18 in the Financial Times.

The adviser's criticisms have "really rubbed New Delhi the wrong way," said Chietigj Bajpae, a senior research

fellow for South Asia at Chatham House, adding it could push New Delhi to reduce cooperation with Washington in key areas such as defense.

A U.S. official with knowledge of the situation, speaking to The Post on the condition of anonymity to discuss sensitive issues, said there is a recognition within the administration that Navarro's comments are "unhelpful" but that he is "not actually involved" in negotiations with India.

The State Department has been tasked with trying to stabilize the relationship, two of the people familiar with the matter said, but the extent of its influence was unclear. On Monday, the U.S. Embassy in India posted on X that the "partnership between the United States and India continues to reach new heights – a defining relationship of the 21st century," a message that drew immediate scorn from experts and politicians.

"Seems out of touch with reality," wrote Derek Grossman, an adjunct senior fellow at the Center for a New American Security.

Sujeet Kumar, a member of Parliament from Modi's Bharatiya Janata Party, was more blunt:

"On the one hand, you talk of our enduring friendship; on the other hand, officials in DC are speaking filthy almost daily," he said on X.

By focusing on India's Russian oil purchases, analysts said, the White House had chosen an especially thorny issue, one complicated by history and the intricacies of global trade.

India became a major purchaser of oil from Moscow only after Putin's invasion of Ukraine, lured by discounted prices – and spurred on by Western allies keen to stabilize world energy prices. Russian oil "is going to be selling at bargain prices, and we're happy to have India get that bargain," then-U.S. Treasury Secretary Janet L. Yellen said in November 2022.

Since 2023, India has been the top buyer of Russian seaborne crude, according to the ship-data-tracking firm Kpler. The discounted oil has created a windfall for Indian refiners, especially Reliance Industries, the conglomerate owned by Asia's richest man and Modi ally, Mukesh Ambani, which has earned almost \$6 billion in extra profits, the Financial Times reported last month.

India buys oil from Russia "because they receive a huge discount," said Petras Katinas, an energy analyst at the Center for Research on Energy and Clean Air. "You cannot fully solve this issue."

The Trump administration is "treating Russian oil and trade as two separate issues," the U.S. official said, "but obviously there's goodwill involved here, and [India's] continued purchases of Russian oil isn't helping."

New Delhi has given no public indication that it plans to reduce its Russian oil purchases. Hardeep Singh Puri, the country's oil minister, wrote in the Hindu newspaper this week that "India has not broken rules" and has "kept global prices from spiraling."

In August, Katinas noted, India bought 24 percent less Russian oil than it had the previous month, and increased its oil imports from the United States by 129 percent compared with July. But he cautioned it was "too early" to draw any firm conclusions.

In the meantime, anti-American sentiment is growing in India. Ramdev, a celebrity yoga entrepreneur and prominent Modi backer, called last week for Indian citizens to boycott American brands in response to Trump's 50 percent tariffs.

"Not a single Indian should be seen at the counters of Pepsi, Coca-Cola, Subway, KFC or McDonald's," he said. "If this happens, chaos will ensue in America."

-THE WASHINGTON POST

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# US, Indian Armies Begin Yudh Abhyas 2025 In Alaska

By SGT. 1ST CLASS IAN MORALES

**S**oldiers from the U.S. Army's 11th Airborne Division and Indian Army officially opened Exercise Yudh Abhyas 2025 during a ceremony at Fort Wainwright, Alaska, Sept. 2, marking the start of two weeks of combined training designed to enhance interoperability, readiness, and cooperation between the two nations' land forces.

The bilateral exercise, now in its 18th iteration, will take place Sept. 1-14 at Fort Wainwright, the Yukon Training Area and Donnelly Training Area, Alaska. Sponsored by U.S. Army Pacific Command, Yudh Abhyas 25 includes U.S. Army Soldiers, primarily from the 1st Battalion, 5th Infantry Regiment "Bobcats," 1st Infantry Brigade Combat Team (Arctic) and a comparable Indian Army contingent of the 65th Infantry Brigade.

"Together, we sharpen our skills for peacekeeping, humanitarian response and combat operations because we know that the challenges of the future will demand cooperation across borders," said Col. Christopher Brawley, commander of the 1st Infantry Brigade Combat Team (Arctic), 11th Airborne Division. "When our soldiers trained side by side, we demonstrate to the world that our partnership is strong, enduring and prepared to meet any challenge."

Yudh Abhyas, which means "Preparing for War" in Hindi, began in 2004 as a counterinsurgency training exchange. Over the years, it has evolved to include brigade-level command post exercises and field training exercises focused on conventional, unconventional and hybrid threats, as well as humanitarian assistance and disaster relief.

This year's exercise includes a brigade combat team command post exercise linked with a bilateral field training exercise. Training events will incorporate artillery live-fire exercises, academic exchanges, cultural events and combined tactical operations in Alaska's challenging terrain and climate.

The exercise's objectives include enhancing bilateral readiness and interoperability, developing coordination between brigade and battalion staffs, integrating operational enablers, and refining air-to-ground



Senior leaders from the Indian Army and U.S. Army's 11th Airborne Division stand shoulder to shoulder during the opening ceremony of Yudh Abhyas 25 at Fort Wainwright, Alaska, Sept. 2, 2025. Exercise Yudh Abhyas 25 highlights the long-standing defense partnership between the Indian Army and U.S. Army, building joint readiness for future challenges in the Indo-Pacific.



U.S. Army Col. Christopher Brawley, commander of the 1st Infantry Brigade Combat Team (Arctic), 11th Airborne Division, speaks during the opening ceremony of Yudh Abhyas 25 at Fort Wainwright, Alaska, Sept. 2, 2025.



U.S., Indian Armies Begin Yudh Abhyas 2025 in Alaska. Brigadier Rajiv Sahara, commander of the Indian Army, 65th Infantry Brigade, speaks during the opening ceremony for Yudh Abhyas 25 at Fort Wainwright, Alaska, Sept. 2, 2025.



Brigadier Rajiv Sahara, commander of the Indian Army, 65th Infantry Brigade, speaks during the opening ceremony for Yudh Abhyas 25 at Fort Wainwright, Alaska, Sept. 2, 2025.

integration doctrine. It also supports U.S. Indo-Pacific Command's strategy to strengthen regional partnerships and maintain a free and open Indo-Pacific.

"Exercises such as Yudh Abhyas create the ideal environment to test concepts, refined procedures and most importantly, learn from each other's experience," said Brigadier Rajeev Sahara, commander of the Indian Army, 65th Infantry Brigade. "I thank our American hosts as the partnership continues to be invaluable to us."

Since its inception, Yudh Abhyas has expanded beyond its original counterinsurgency focus to address modern challenges faced by both nations' militaries. Recent iterations have included training in high-altitude environments, humanitarian operations, and joint responses to crises such as natural disasters.

The exercise also provides opportunities for cultural exchange, sporting events, and professional development workshops. U.S. and Indian soldiers will work together in planning, execution, and after-action review phases, building mutual understanding and trust at all levels.

Yudh Abhyas alternates annually between India and the United States. This year the exercise is held in the United States, and next year's iteration is scheduled to return to India.

For the United States, Alaska offers a strategically significant training ground due to its proximity to key Arctic and Indo-Pacific air and sea corridors. For Indian soldiers, it provides a venue to train in cold-weather conditions with U.S. forces experienced in Arctic operations.

The exercise supports U.S. Army Pacific's five main priorities: campaigning, transformation, lethality, partnerships, and people. It also reflects the broader U.S.-India Major Defense Partnership, which includes a series of joint exercises, defense trade initiatives, and personnel exchanges aimed at enhancing combined capabilities.

-(THIS ARTICLE WAS RELEASED BY THE US ARMY @ARMY.MIL SEPT. 2, 2025)



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# A Democratic Dark Horse Visited Pennsylvania. Workers' Message Was Simple

By SALENA ZITO

**M**embers of the United Auto Workers gathered in a U in a hotel conference room not far from Dana Inc.'s facility in Montgomery County. Most of them have worked at the 105-year-old auto parts plant for years.

Their guest: Ro Khanna, a California Democrat known as a policy maven on the left - and whose name is often thrown around as a potential dark horse presidential contender. From the head of the table, he had a clear view to gauge everyone's reactions to his questions about their lives, how they see the world, and what they expect from the party.

The congressman is known for representing Silicon Valley, but his roots are here in Southeast Pennsylvania, where he was born and raised. Originally, he was set to tour the manufacturing plant; when his team was unable to get company permission, the UAW members who work there - many of them Democrats, many of them not - decided they still wanted to chat. Many were eager to tell him where Democrats have lost their way when it comes to appealing to the working class.

So they took the meeting to a nearby Marriott.

Zac Richards was the only open Republican and Trump supporter in the room - if anyone else was, they did not admit it, perhaps out of politeness. He has 15 years at Dana as a machine operator. He's also secretary of the bargaining committee of the plant's union and vice president of the local union.

"When I was younger and started working with people here at Dana, they kind of told me to vote Democrat for the union, and that's what I did," he said. He pulled the lever for Obama twice - but in 2016, like many working-class Democrats, he started migrating toward Republicans. "I believe that they've gone pretty extreme to the left," he said, pointing to a blind eye at the border, support for trans athletes playing in women's sports, and the stridency of the party's abortion rhetoric.

Khanna was not shy about engaging with Richards, he said, peppering him with questions and probing for common ground across the aisle.

"He kind of asked me if I'd be in support of free college and Medicare-for-all, and I did not support either of those issues," Richards said. Some debates broke out during the chat, but it stayed civil.

Going to middle-of-somewhere places is something Khanna told me he has been doing for years - nine years to be exact - frequently visiting cities like Allentown in the Lehigh Valley and Johnstown in Cambria County at least three times.

"It is important to visit places like Bucks and Cambria counties, places that have not had economic prosperity. And for that I say 'shame on us' as a nation that we did not do better by those communities for decades," he said. "You cannot have a na-



Rep. Ro Khanna in March.

PHOTO: PHILIP CHEUNG/ FOR THE WASHINGTON POST

tion half prosperous and half in economic decline. And I think a lot of people who voted for President Trump said, 'Look, for 40 years, 50 years, we've been seeing our kids have less opportunity. The system isn't working. We've got to blow the system up.'

If the Silicon Valley congressman is running for president, he is not saying, and he denied any connection between his visits and any ambitions to be on a national ticket in 2028. But he says if his party isn't able to convince voters in Pennsylvania, they need to rethink both their message and purpose. Pennsylvania, with its 19 electoral votes, is one of the must-win swing states, and within Pennsylvania, the area including Bucks and Montgomery counties is one of the most important swing areas ... which brings us back to his back-and-forth with the union men and women here offering him their worldview.

Jim Hutchinson, president of UAW Local 644, was sitting with the other attendees including Richards during the roundtable. Hutchinson is a Democrat who the party has not lost, and he worked tirelessly last year knocking on doors to help Democrats Kamala Harris and Sen. Bob Casey win the state. They didn't.

"I do understand that social issues break off a good amount of voters and

certainly voters in my plant," Hutchinson said.

What he appreciated about Khanna was his humility. In a week when California Gov. Newsom was generating headlines with all-caps posts satirizing Trump and skewering Republicans, Khanna was quietly emphasizing that he wanted to listen to voters where they were.

"And this isn't the first time I met him," Hutchinson said. "I met him in June in Allentown. I think what I like about him is that he thinks it is important to recognize and respect other people's concerns, whether we agree with him or not."

Bucks County is of a piece with Erie, Luzerne, Cambria and Northampton counties, all of which are treated as bellwethers. The political rule of thumb here is that if you are running for president of the United States, you need to win three out of five of them to have a shot at carrying the state.

Winning Bucks County was something Democrats had done for decades, until November when Trump narrowly won the county by just under 300 votes. He lost in 2020 by 17,345 votes. In July of last year, registered Republicans began outnumbering Democrats in the county by just 264. By Election Day, the margin had soared to 4,437, and it's still rising: the September numbers from the Pennsylvania Department of State show the Republican advantage has more than doubled since the election to 9,815.

"I want to listen," Khanna said. "I want to understand, 'What did we do wrong? What are we not getting? Why are we disconnected? What can we do better?' And I really have come at it not with, like, 'Hey, here's my plan,' but have them tell me what would make a difference."

What he has heard so far, he said, is that voters want to hear a real vision and road map for what is going to create good-paying jobs or how people are going to be able to afford a house or how their kids will be able to make a living. What they tell him is pretty simple, he said: "We just want economic independence and economic vision, and we don't want to be judged, and we want to be respected for what we've done to build this country."

There's plenty of tension between companies headquartered in Khanna's district and workers in the state where he grew up. Artificial intelligence, self-driving cars, advanced robotics and renewable energy all are driving fears that jobs in a wide range of fields will soon be replaced or undercut. The congressman has spent much of his career negotiating a path forward that would benefit both sides, even penning a book on the topic. One of its themes was finding ways for people to participate in the economy without leaving the communities where they were raised and where their families still live.

"Now I happen to understand this stuff about technology, and people look at me talking about some of the future jobs and our kids having those jobs and say we're open to that," he said. "But what

they want to know is that you get that our communities have been screwed and that we don't see ourselves in the economic future."

That process starts with respect. He always stresses his immense gratitude for the people who built America before his family even came here and for the people who fought in the wars, labored in the coal mines, forged the steel and made America a superpower.

"I think that that is so important for the Democratic Party to understand the anger there, to understand why they feel abandoned by our party and to understand and to articulate a sense of true patriotism, which is not about mouthing the words; it's not about calling it economic patriotism," he said. "They can sense it in my bones when I speak to them - that I'm filled with gratitude and the chances Pennsylvania gave me."

Longtime Democratic strategist and pollster John Anzalone - who recently conducted a poll with Republican pollster Tony Fabrizio that found Democrats' popularity at its lowest point in three decades with a whopping 63 percent of voters holding an unfavorable view of the party - said Khanna's listening tours may not get him a lot of views on social media but that they matter.

"It's the heart of working-class America, and it is gritty in a time where I think most politicians just think about middle-class America in the service industry," he said.

Personal trips to places that "might feel uncomfortable" for Democrats, he said, are a better use of time than engaging in debates over message-testing at the national level. He pointed to the summer Democratic National Committee meeting in Minnesota, where members watched a polling presentation that argued "tough on crime" messaging is less powerful than "serious about safety."

"One of the things that we see in focus groups is that voters don't believe that Democrats listen anymore," he said. "And so we've got to get back to listening and being the party of working-class families."

A genuine interest in what ordinary Americans have to say is where it starts. As Newsom soaks up the spotlight mimicking Trump's social media style, Democrats would be wise to remember that Trump paired his own prolific posting with numerous visits to Pennsylvania, not just in Pittsburgh and Philadelphia but also in Johnstown, Erie, Luzerne and at a McDonalds drive-through window in Bucks County.

"You cannot just be Mr. All-Caps on X to win over voters; you have to be willing to take tough questions and have voters kick the tires when you are in town, as Khanna did in Bucks County," Mike Mikus, a Pennsylvania-based Democratic consultant, said. "When a candidate is kept in a bubble, voters notice."

-THE WASHINGTON POST



Supporters cheer as Donald Trump walks off stage at rally in Erie, Pa., in 2023.

PHOTO: PHILIP CHEUNG/ FOR THE WASHINGTON POST

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# NASA Appoints Indian American As Associate Administrator

By A Staff Writer

**T**he nation's top space agency announced September 3, 2025, it has selected exploration-focused Indian American as its Associate Administrator. Acting NASA Administrator Sean P. Duffy named Amit Kshatriya, a 20-year NASA veteran, to the agency's top civil service role.

Kshatriya was most recently the deputy in charge of the Moon to Mars Program in the Exploration Systems Development Mission Directorate (ESDMD) at NASA Headquarters in Washington, the press release from NASA said. In this role, Kshatriya was responsible for program planning and implementation for crewed missions to the Moon through the Artemis campaign in preparation for humanity's first mission to Mars.

Kshatriya is one of only about 100 people in history to serve as a mission control flight director.

Promoting Kshatriya to NASA's top ranks puts America's return to the Moon through Artemis at the very core of our agency, NASA said, adding that the move "exemplifies President Donald J. Trump and Duffy's seriousness about returning Americans to the Moon and before China."

"Amit has spent more than two decades as a dedicated public servant at NASA, working to advance American leadership in space. Under his leadership, the agency will chart a bold vision to return to the Moon during President Trump's term," said Duffy. "Amit's knowledge, integrity, and unwavering commitment to pioneering a new era of exploration make him uniquely qualified to lead our agency as associate administrator. With Amit we'll continue to push the boundaries of what's possible."

Kshatriya's promotion also signals how the Trump



Amit Kshatriya

Administration sees the commercial space sector as an American economic engine, the agency said. "By putting a proven leader at the top, NASA is set to partner even more closely with America's booming space industry, grow the space economy, and ensure the future of exploration is built in the United States."

According to the biography given by NASA, Kshatriya began working at the space agency in 2003. During his career there, he has worked as a software engineer, robotics engineer, and spacecraft operator primarily focused

on the robotic assembly of the International Space Station.

From 2014 to 2017, he served as a space station flight director, where he led global teams in the operations and execution of the space station during all phases of flight.

From 2017 to 2021, he became deputy, and then acting manager, of the ISS Vehicle Office, where he was responsible for sustaining engineering, logistics, and hardware program management.

In 2021, he was assigned to NASA Headquarters as an assistant deputy associate administrator for ESDMD, where he was an integral part of the team that returned a spacecraft designed to carry humans to the Moon during the Artemis I mission.

Kshatriya holds a bachelor of science in mathematics from the California Institute of Technology in Pasadena, California, and a master of arts in mathematics from The University of Texas at Austin.

He was born in Brookfield, Wisconsin, but considers Katy, Texas, to be his hometown. A son of first-generation Indian immigrants to the United States, Kshatriya and his wife are parents to three children.

Decorated with the NASA Outstanding Leadership Medal for actions as the lead flight director for the 50th expedition to the space station, Kshatriya also is the recipient of a Silver Snoopy, an award astronauts bestow for outstanding performance contributing to flight safety, for his actions as lead robotics officer for the Commercial Orbital Transportation Services Dragon demonstration mission to the orbiting laboratory.

"He brings unparalleled operational and strategic experience to NASA's executive leadership team," according to NASA.

## JAINA Celebrates Unity And Forgiveness Across North America

By A Staff Writer

**T**he Federation of Jain Associations in North America (JAINA) announced the successful observance of Paryushan and Das Lakshan, Jainism's most significant annual festival, across the United States and Canada. The week-long period of reflection, fasting, prayer, and forgiveness was celebrated by thousands of Jain families in temples, community centers, and homes.

Across North America, Jain communities gathered for daily prayers, scriptural discourses, meditation sessions, and acts of community service. Many devotees observed fasting as a practice of discipline and self-reflection. The festival concluded with Kshamapana, the act of forgiveness, where Jains humbly sought and granted forgiveness, symbolized through the phrases "Micchami Dukkadam," "Uttam Kshama," and "Khamat Khamana."

"Paryushan gives us a unique opportunity to pause, reflect, and renew ourselves with compassion and forgiveness," said Mr. Bindesh Shah, President of JAINA. "Across North America, it was heartening to see Jains, young and old, come together to honor this tradition and strengthen our community bonds."

As the umbrella organization for Jains in North America, JAINA continues to unite more than 70 Jain centers and orga-



Devotees gather at a Jain temple in North America during Paryushan celebrations.

nizations, while promoting the timeless values of Jainism: Ahimsa (non-violence), Aparigraha (non-attachment), and An-ekantavada (non-absolutism). Beyond preserving traditions, the organization also champions vegetarianism and veganism, mindfulness practices, and wellness

initiatives that align with Jain principles of compassion and non-violence.

The celebrations underscored Jainism's enduring message of peace, forgiveness, and unity — values that resonate not only within the Jain community but also with the wider world.



Federation of Jain Associations in North America (JAINA).

Founded in 1981, JAINA has grown to become the largest Jain umbrella organization outside of India. Today, it serves as a guiding force in promoting Jain principles, culture, and education, while fostering unity and engagement among Jains across North America.

ASTROLOGY

This week for you



By DR. PREM KUMAR SHARMA

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**ARIES:** This week brings an opportunity to finalise a deal that could boost your business growth. Family members may encourage your career plans and even offer valuable suggestions.

Your partner is likely to show understanding and help you work through any challenges. At the same time, erratic work hours may leave you feeling drained, so a well-balanced diet rich in protein and nutrients is essential. Students may feel proud as their efforts bring favourable results.

**TAURUS:** Positive lifestyle adjustments may be on your mind, and expert advice from a nutritionist can prove helpful. At home, avoid unnecessary debates, especially on financial matters, to keep the atmosphere light. With consistent communication, misunderstandings with your partner can be cleared. Students must not let peer pressure shake their confidence. Socially, adding variety to your routine may lift your spirits and keep boredom away.

**GEMINI:** Your innovative thinking and enthusiasm may earn admiration at work this week. Health looks promising as long as you eat balanced meals and stay hydrated. Financial rewards and recognition may soon follow your consistent efforts. Family coordination is important; this will allow you time for self-care. If you are unable to give attention to your partner, tension may rise in the relationship. Students may find guidance from mentors and parents beneficial in shaping their academic goals.

**CANCER:** Your determination and hard work can lead you toward success. However, past investments may not deliver expected gains, causing a temporary financial crunch. This is the week to balance personal priorities with family responsibilities. Romantic matters may progress to a deeper stage, bringing joy. Beginning a yoga practice may improve your energy levels, and by weekend, you may feel rejuvenated. Dedication can also bring students encouraging results.

**LEO:** Meditation or yoga may bring calmness and clarity into your life. Friends and family may motivate you to pursue your ambitions wholeheartedly. Your persistent efforts could lead to a promotion or salary hike. Younger natives may get exposure through business-related projects. Love life seems promising, with delightful moments shared with your partner. Students confused about their career choices may benefit from expert advice. A visit to a spiritual place may also bring peace of mind.

**VIRGO:** At work, fresh strategies may help you take on prominent assignments. To remain secure financially, it's wise to avoid risky investments this week. Couples may enjoy pleasant times together, while singles may find the courage to confess their feelings. Offering assistance to friends or relatives over the weekend may strengthen bonds. Students aiming for overseas education may find encouraging

opportunities. Regular exercise may help you achieve long-term fitness goals.

**LIBRA:** Financially, the week looks stable, giving you confidence. A thoughtful gesture or gift from a loved one may brighten your days. While dealing with family concerns, staying composed and listening to elders can resolve matters smoothly. On the health front, intensifying your workouts may push you closer to fitness targets. Those looking to purchase property should carefully verify documents. Students can achieve good progress with dedicated efforts and timely action.

**SCORPIO:** Certain family situations may require you to make tough choices, but handling them with diplomacy can keep harmony intact. On the romantic front, a short getaway with your partner may prove enjoyable. A sudden inheritance or monetary gain may come your way. Health remains strong with regular workouts and meditation. Students may perform well in their assessments, and involvement in social causes could earn admiration from peers.

**SAGITTARIUS:** Gaining your partner's trust through genuine care and effort may strengthen the relationship. A surprise gift or gesture could bring more closeness. Your cheerful outlook can spread positivity at home, ensuring harmony. Exploring unconventional fitness techniques might give better-than-expected results. For students, this week appears productive, with motivation pushing them to complete tasks successfully.

**CAPRICORN:** Your analytical approach may make you a strong contender for significant work opportunities. Financially, there are indications of gains, and wise investments may improve your position further. Offering practical solutions during family matters may earn you respect. Health could improve after minor issues, restoring energy and confidence. Students may find this a supportive phase to focus fully on studies and achieve their goals.

**AQUARIUS:** Strong finances may encourage you to make smart decisions and grow your assets. Home improvements or family news may add cheer. Exciting experiences are likely in your love life. Adopting simple lifestyle changes could boost overall wellness. For students, this period is excellent to apply for internships and gain practical exposure.

**PISCES:** Romantic bonds may strengthen this week, bringing warmth and happiness. On the other hand, differences with siblings or relatives over family matters may arise, so maintaining calmness is essential. Prioritising your mental peace will prevent unnecessary stress. A disciplined fitness routine and nutritious meals may quicken recovery from any health concerns. Students should avoid disputes to maintain good relations with teachers and peers.

THIS WEEK  
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# Reps. Khanna And Massie Bring Survivors Of Epstein Abuse To Capitol Hill To Call For Release Of All Secret Files

By JAMIE TARABAY, CHRIS STROHM  
AND JIMMY JENKINS

**S**urvivors of deceased financier Jeffrey Epstein's sex trafficking ring called on Congress to pass legislation requiring the Trump administration to release all unclassified material gathered in a federal investigation of the operation, including information on clients who abused underage girls.

Flanked by Republican Representative Thomas Massie of Kentucky and Democrat Ro Khanna of California, survivors and their lawyers charged that the federal government has protected people complicit in Epstein's crimes by keeping files secret. Even the survivors' attorneys have been barred from sharing some documents, they said.

"Jeffrey Epstein received greater protection than any of the victims for years," Brad Edwards, an attorney for some of the survivors, said during a press conference at the US Capitol on Wednesday. "While we have seen the documents, you haven't. And when you see the documents, you will be appalled."

Massie, who has frequently sparred with Trump, and Khanna have launched a campaign to deploy a seldom-used procedural maneuver known as a discharge petition to force a House vote on releasing the material against the opposition of Republican party leaders.

"The perpetrators are being protected



Congressman Ro Khanna, D-California, speaking at the press conference on Capitol Hill, surrounded by some of the Epstein abuse survivors, September 3, 2025.

because they are rich and powerful," Massie said during the press conference.

If the two lawmakers can gain the backing of a majority of House members, they can bypass House Speaker Mike Johnson, who ordinarily controls what legislation comes to a vote. All House Democrats support the discharge petition. Massie said only two more Republican lawmakers need to sign on in order for the legislation to advance.

"The truth needs to come out, and the government holds the truth," said Republican Representative Marjorie Taylor Greene, one of the handful of Republicans who has signed the discharge petition.

"We have to fight like hell for those who are enduring sexual abuse and are living in a prison of shame," Greene said. "All of the fault belongs to the evil people that do these things to the innocent."

House Oversight Committee Chairman James Comer, an ally of President Donald Trump, has subpoenaed the Justice Department for the documents but critics including Khanna and Massie say the committee's approach has shielded much of the files from public view.

Trump has continued to be pressed about his previous relationship with Epstein, who died in prison in 2019 as he faced sex-trafficking charges.



Representative Thomas Massie, a Republican from Kentucky, center, during a news conference outside the US Capitol in Washington, DC, US, on Wednesday, Sept. 3, 2025.

The president has acknowledged he had a personal relationship with Epstein long ago and attended social gatherings with him but has denied knowing anything about his sex-trafficking operation. Trump has called controversy over the Epstein files "a big hoax."

The oversight committee conducted closed door testimonies of former government officials including former Attorney General William Barr, with only brief statements to describe their depositions. Massie has derided the panel's work as "smoke and mirrors."

-BLOOMBERG

# Jasveen Sangha Aka "Ketamine Queen" Pleads Guilty To Federal Drug Charges, Including Selling Fatal Dose To Actor Matthew Perry

By A STAFF WRITER

**A** San Fernando Valley woman who had agreed to plead guilty on August 18, 2025, to federal criminal charges, including that she provided the ketamine that ultimately resulted in the overdose death of actor Matthew Perry in October 2023, entered her formal guilty plea September 3, 2025, in a California court.

Jasveen Sangha, 42, a.k.a. "Ketamine Queen," of North Hollywood, is a dual citizen of the United States and the United Kingdom, has been in federal custody since August 2024.

Upon entering her guilty plea, Sangha faces her sentencing hearing – which is expected to occur in the coming months – a statutory maximum sentence of 20 years in federal prison on the drug-involved premises count, up to 10 years in federal prison for each ketamine distribution count, and up to 15 years in federal prison for the count of distribution of ketamine resulting in death or serious bodily injury, a Justice Department press release said.



Jasveen Sangha

According to her plea agreement, Sangha worked with Erik Fleming, 55, of Hawthorne, to knowingly distribute ketamine to Perry, a successful actor and author whose struggles with drug addiction were well documented, the Justice Department noted in its press release of Aug. 18. In October 2023, Sangha and Fleming sold Perry 51 vials of ketamine, which were provided to Kenneth Iwamasa,

60, of Toluca Lake, Perry's live-in personal assistant.

Leading up to Perry's death, Iwamasa repeatedly injected Perry with the ketamine that Sangha supplied to Fleming. Specifically, on October 28, 2023, Iwamasa injected Perry with at least three shots of Sangha's ketamine, which caused Perry's death.

After learning from news reports of Perry's death, Sangha called Fleming on Signal to discuss how to distance themselves from it, the Justice Department said. That day, Sangha updated the settings on the Signal apps to automatically delete her messages with Fleming. She further instructed Fleming to "Delete all our messages."

Two days after Perry's death, Fleming left Sangha a voicemail on Signal and texted, "Please call . . . Got more info and want to bounce ideas off you. I'm 90% sure everyone is protected. I never dealt with [Perry]. Only his Assistant. So the Assistant was the enabler. Also they are doing a 3 month tox screening . . . Does K stay in your system or is it immediately flushed out[?]."

In her plea agreement, Sangha also admitted to selling four vials of ketamine to victim Cody McLaury in August 2019. McLaury died hours later from a drug overdose.

Sangha also admitted in her plea agreement to possessing with intent to distribute various drugs at her North Hollywood residence. In March 2023, law enforcement searched the residence and found 1.7 kilograms of pressed pills containing methamphetamine, 79 vials of liquid ketamine, MDMA (Ecstasy) tablets, counterfeit Xanax pills, baggies containing powdered ketamine and cocaine, and other drug trafficking items such as a gold money counting machine, a scale, a wireless signal and hidden camera detector, drug packaging materials, and \$5,723 in cash.

She further admitted to using her North Hollywood residence to store, package, and distribute narcotics, including ketamine and methamphetamine, since at least June 2019.

According to news reports, Sangha's sentencing hearing is scheduled for December 10.

# Kala Utsav 2025: Celebrating India's Culture, Diversity, And Artistic Heritage In Chicago

By BHAILAL M PATEL

**T**he Consulate General of India, Chicago, hosted its annual flagship cultural showcase, Kala Utsav 2025, at the end of August in the Yellow Box Theatre in Naperville, Illinois, drawing a crowd of more than 500 attendees. The event brought together community leaders, artists, dignitaries, and members of the Indian diaspora in a celebration of India's rich cultural legacy.

Kala Utsav has become a much-anticipated tradition in the Midwest, serving as a cultural bridge where diversity meets unity, and art becomes a powerful expression of togetherness. Through classical, folk, and contemporary performances, the evening paid tribute to the timeless spirit of India—an enduring bond between tradition and modernity.

The event kicked off with the traditional lighting of the ceremonial lamp by Consul General of India in Chicago



India's Consul General in Chicago Somnath Ghosh with special invitees at the Kala Utsav inauguration in Naperville, Ill. August 31, 2025.

sion, emphasizing that Indian culture and philosophy—rich legacies of world heritage—must be nurtured, preserved, researched, and integrated into education. It identifies cultural competency as a key student outcome and recognizes the power of the arts in enhancing both cognitive and creative capacities.

Through its Chicago edition, Kala Utsav not only showcases performances but also reflects India's long-term commitment to cultural education, creativity, and global cultural exchange.

## PERFORMANCES THAT LIT UP THE STAGE

The audience was treated to a rich tapestry of performances that captured the cultural expanse of India: Bharatanatyam – Nrithya Sangeeth School of Performing Arts, Odissi Classical – Aikyam ODC Chicago, Bhangra – Bhangra Rhymes Chicago, Mohiniyattam Classical – Bharathanjali School of Dance, Kathak Fusion – Team Laya, Maharashtra Mandal of Chicago, Semi-Classical / Creative



Above and below: the various dance performances at Kala Utsav 2025, in Naperville, Ill., displaying India's rich mosaic of art and culture.

Somnath Ghosh, joined by Ward 10 Alderwoman Shweta Baid and Gautam Bhatia, Naperville Township Trustee. In his opening address, Consul General Ghosh extended heartfelt gratitude to dignitaries, members of the diplomatic community, Indian American organizations, ethnic media, and friends of India for their continued support.

He emphasized the Consulate's ongoing commitment to promoting Indian languages, culture, films, and art in universities and institutions across the region. "Kala Utsav alone cannot encapsulate the depth of India's cultural heritage, but it serves as an important platform to spotlight young talent and emerging artists," he remarked. He further announced the Consulate's plans to collaborate with local organizations to strengthen cultural ties and create more opportunities for cultural exchange. Highlighting India's extraordinary diversity, he reaffirmed that unity in diversity remains the country's greatest strength.

Other dignitaries who also addressed the gathering included Baid, Bhatia, and Saba Haider, and Bhavini Patel. They lauded the Consulate's initiative in foster-



ing community engagement through cultural diplomacy.

Initiated in 2015 by the Department of School Education and Literacy (DSE&L), Ministry of Education (MoE), Kala Utsav is designed to foster and showcase the artistic talent of students at the Secondary Stage. It involves a comprehensive process of identifying, exploring, practicing, evolving, and presenting student talent at multiple levels—school, district, state, and national. It embodies the vision of Ek Bharat, Shreshtha Bharat, where students

not only perform but also immerse themselves in India's diverse art forms.

Kala Utsav also helps strengthen community ties by promoting collaboration between students, artists, artisans, and cultural institutions. Importantly, it provides an inclusive platform, ensuring equal opportunity for students from all sections of society to express their abilities in a joyful, creative, and supportive environment.

India's National Education Policy (NEP) 2020 further reinforces this vi-

Dance – Bengali Association of Greater Chicago, Patriotic Dance – Shirlzar Dance Company, Haryanvi Folk Dance – Bolly Bhangra, Bharatanatyam – Soorya Dance School, Regional Folk Dance – Utarakhand Association of Chicago, Folk Dances of Tamil Nadu – Nalinapadam, Kathak Classical – Taal Dance Company, Cinematic Folk – Team Ghunghur

The evening's seamless flow was anchored by Anindita Anaam, who served as the emcee.

# USCIS Moves Closer to Wage-Based H-1B Lottery: What Employers and Applicants Should Know

All Photos: Canva

IN MEMORIAM



Michael Phulwani



David Nachman



Ludka Zimovcak



Snehal Batra

By David H. Nachman, Esq

The H-1B visa program is again at the center of proposed regulatory changes. On July 17, 2025, the Department of Homeland Security (DHS) sent a draft rule titled “Weighted Selection Process for Registrants and Petitioners Seeking To File Cap-Subject H-1B Petitions” to the Office of Management and Budget (OMB). OMB completed its review on August 8, 2025, clearing the way for USCIS to publish the rule for public comment in the Federal Register.

If enacted, this would mark a fundamental shift in how H-1B cap registrations are selected — moving away from a random lottery toward a system that prioritizes higher wage levels.

## What the Proposed Rule Would Do

While the final text has not yet been released, the expectation is that USCIS will revive and reintroduce a rule first proposed in January 2021, which was later blocked in federal court and withdrawn.

Under that framework, H-1B cap registrations would be ranked based on the prevailing wage level offered for the position:

- Level IV (highest wage) would be considered first, followed by
- Level III, then
- Level II, and lastly
- Level I (entry-level positions).

If more registrations are submitted at one wage level than there are available visas, USCIS would then apply a lottery within that level.

The rule would apply to both the regular H-1B cap and the advanced degree exemption (U.S. master’s or higher degree holders).

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## Why This Matters

The change would represent a major departure from the current random lottery system. Key implications include:

- Reduced chances for entry-level workers. Many recent graduates in F-1 OPT or STEM OPT typically qualify at wage level I. Under the proposed system, these cases would likely have the lowest chance of selection.
- Advantage for higher-paid positions. Employers offering wage levels II-IV would see stronger odds of success, especially in competitive industries.
- Impact on startups and nonprofits. Organizations unable to pay higher salaries may find it much harder to secure H-1B visas for talented foreign nationals.
- Broader workforce effects. The change could alter the pipeline of skilled foreign workers, particularly in technology and research, where many entry-level hires come from U.S. universities.

## Background and Context

- The 2021 wage-based rule was struck down by a federal judge and later rescinded by the Biden Administration.
- The second Trump Administration is expected to push forward aggressively with this policy, meaning timing may favor implementation before the next H-1B registration season.
- In March 2025, the H-1B selection rate was 35.7%, with more than 216,000 applicants unselected. A wage-based system would likely make those odds even steeper for lower-level filings.

## Concerns and Criticism

Critics argue that salary does not equal talent. Many of the world’s most innovative minds began their careers earning entry-level wages. A wage-based system risks excluding highly qualified individuals — including recent U.S. graduates — who could otherwise make significant contributions to the economy and society.

## What Employers and Applicants Should Do

- Monitor the Federal Register. Once the proposed rule is published, there will be a public comment period. Employers, schools, and industry groups should consider submitting feedback.
- Plan ahead for March 2026. If the rule is finalized in time, H-1B registration strategy may need to focus on offering higher prevailing wages or rethinking hiring plans.
- Explore alternatives. Options such as the O-1 visa, TN (for Canadians and Mexicans), or employment-based green card categories may become more important if H-1B access narrows.

## Final Thoughts

If implemented, this rule could fundamentally reshape the H-1B program by prioritizing wages over randomness. While intended to reward “higher-skilled” positions, it may unintentionally shut out bright new graduates and startups.

At NPZ Law Group, we are closely tracking these developments. Our team advises employers and foreign nationals on navigating H-1B strategy, compliance, and alternative visa options.

## Contact Information

If you or your family members have any questions about how immigration and nationality laws in the United States may affect you, or if you want to access additional information about immigration and nationality laws in the United States or Canada, please do not hesitate to contact the immigration and nationality lawyers at NPZ Law Group. You can reach us by emailing [info@visaserve.com](mailto:info@visaserve.com) or by calling us at 201-670-0006 extension 104. We also invite you to visit our website at [www.visaserve.com](http://www.visaserve.com) for more information.

# Vote Common Good Endorses Sanjyot Dunung For Illinois' 8th Congressional District

BY A STAFF WRITER

Indian American Sanjyot Dunung, Congressional candidate for Illinois 8th District, received the endorsement of Vote Common Good, a leading national organization mobilizing faith-driven voters toward candidates who it evaluates as prioritizing the common good.

This endorsement, in addition to the recent ASPIRE (Asian Americans & Pacific Islanders Rising & Empowering Political Action Committee (ASPIRE PAC), her campaign announced May 28 ([www.sanjyotforcongress.com](http://www.sanjyotforcongress.com)), this new Vote Common Good endorsement marks a significant moment for Dunung's campaign as it continues to gain momentum among voters seeking commonsense solutions, responsible change, and shared common values, a press release from the candidate's office said.

"Sanjyot is precisely the kind of leader our movement seeks to uplift. Her commitment to people, her passion for community service, and her vision for an America where all voices are heard align perfectly with our mission," Robb Ryerse, political director of



Sanjyot Dunung, right, speaking to a constituent during her campaign for Congress from Illinois' 8th Congressional District.

Vote Common Good, is quoted saying in the press release. "We believe she will champion policies that serve not only Illinois' 8th District, but the common good of all Americans."

Vote Common Good selected Dunung after a review of her campaign priorities, community engagement, and vision for 21st-century governance.

"I'm passionate about building bridges across our communities by focusing on our shared values," said Dunung. "I am deeply honored to receive the endorsement of Vote Common Good. Their work reminds us all that politics is, at its heart, a moral calling—a call to care for our neighbors and to build a society where every person can thrive. I am committed to representing the people of Illinois' 8th District with integrity, compassion, and an unwavering dedication to the public good."

Dunung is the daughter of Indian immigrants and was raised in Des Plaines, Ill. A small business owner, Dunung has three sons. She is a social scientist and educator, who has served on Biden's foreign policy working group focused on international trade and serves on the Boards of National Small Business Association and Truman Center for National Policy.

## Punjabi Cultural Society Of Chicago Hosts Successful Declamation Contest

BY A STAFF WRITER

The Punjabi Cultural Society of Chicago (PCS) hosted a "Declamation Contest" for youth September 7, 2025, at the National India Hub, in Schaumburg, a suburb of Chicago Illinois. The theme of the speeches was "Punjab." The event was attended by an audience of about one hundred community members, organizers said in a press release.

The speech contest was for students of elementary, middle, and high school categories. It saw enthusiastic participation from community youth across various schools, who were eager to show their oratory skills and passion for public speaking.

The contest featured three distinguished judges Dr. Amrik Singh Sohi, Harinder Pal Singh and Satnaam Singh Mago who evaluated the performances and provided valuable feedback to the participants.

The participants were allowed to speak in Punjabi, English or Hindi. Cash awards were given to the first, second, and third place winners in each category of students, recognizing their exceptional talent and hard work.

In the high school category, Ava Kaur Silverstein bagged the first place prize, Jaskirat Singh



PCS Declamation Contest 2025. All the participants pose for a group photo.

Soodan and Avni Kaur were tied for second place and Harsimran Kaur received the third place prize.

In the middle school category, the first place prize went to Natalia Kumar, the second place to Sukhmeet Kaur and the third place to Navroop Kaur.

In the elementary school category the first place prize was won by Khem Kaur Sohi, the second place by Prabhdeep Singh Maken, and the third place by Simardeep Singh Maken.

PCS Declamation Contest 2025. Illinois State Representative Michelle Mussman with Rajinder Bir Singh Mago Illinois State Representative District 56, Michelle Mussman graced the event as the guest of honor. Representative Mussman addressed the competitors, offering words of encouragement and inspiration and answered questions from the audience. She also had the honor of distributing certificates of participation

to all the participants and presenting the awards to the winners in each category.

The judges shared their remarks, commending the participants for their dedication and impressive performances. The event concluded with a pizza dinner for the participants, their families, and guests.

The event was organized by the P.C.S. board of trustees under the leadership of president Navtej Singh Sohi.



PCS Declamation Contest 2025-Judges Satnaam Singh Mago, Dr Amrik Singh Sohi, Harinder Pal Singh.



PCS Declamation Contest 2025. Illinois State Representative Michelle Mussman with Rajinder Bir Singh Mago.

Call it foliage season, shoulder season, Q3 or plain old fall: It's the best time of year for big cities and big adventures, and it's coming up fast. In any constantly evolving metropolis, this is when restaurant rows and museum miles flash with glitzy new openings and exhibits, all of them ready to capture a local population that's spent the last few months decamped somewhere else. And autumn is your best chance to get better-than-summer weather in many beachy getaway spots-without peak summer pricing. That may be truer than ever this year, as global tourism contracts on the heels of tariffs and broader economic uncertainty.

If you want to be in the right place at the right time, look no further: Here are five perfect-for-fall escapes pulled from our master list of where to travel in 2025. As a bonus, they're all doable as long weekends from a wide variety of US and European cities.

# Five Perfect Weekend Trips To Take This Fall

By Nikki Ekstein



## Upper East Side, Manhattan

In New York City, uptown has been downtown-ified. Madison Avenue, once the exclusive domain of rarified labels and shoppers in red-soled shoes, has seen Covid-era store closures get filled in with youthful brands such as LA-import Violet Gray and flagships of of-the-moment brands like L'Agence. Unlike other prime shopping neighborhoods, which feel aggressively packed with an outpost of every brand you've ever heard of, the UES feels curated. You'll actually enjoy yourself as you stock up on Khaite trench coats, Still Here denim and Gorjana charm bracelets. The restaurant scene here has never been more exciting (just try to nab a reservation at Chez Fifi, Le Veau d'Or or Le Café Louis Vuitton). And on the hotel front, what's old is new again. The excellent Surrey is now a Corinthia hotel, with an outpost of Miami's beloved Casa Tua restaurant bringing social buzz (and so many Chanel handbags) to the first floor. Stretch the neighborhood's boundaries a smidge to include the just-redone Waldorf Astoria on 50th Street-it's a worthy reboot of the city's most iconic stay, complete with a new restaurant by Gramercy Tavern's Michael Anthony. Don't forget the area's art institutions, which are worth a revisit even if you've been many times. The Metropolitan Museum of Art has just reopened its renovated Rockefeller Wing, for instance, featuring new collections that highlight work from Africa, the ancient Americas and Oceania. And the Frick has reopened this year after a five-year, \$330 million renovation that (among other draws) reinstated a pair of grand gardens and added a spectacular new auditorium for intimate concerts.

Consider the fall months a reprieve from all of that hubbub: This is when you can get a prime restaurant reservation without waking up at the crack of dawn exactly three months in advance to book it, and it's when hotel rates fall in step with the crowds. Plus, the year's biggest hotel openings-like the Romeo Roma and Orient Express La Minerva-have now had a few months to iron out their kinks. And all of the infrastructure investments meant to support the big events, from a new metro line to renovations at Piazza Navona, have duly removed their scaffolding.

## Canary Islands

Sometimes it's easy to identify why a destination is buzzing (see above). Other times there's just something in the air. That's the case with the sun-smacked, palm-studded Canary Islands, a mountains-and-beach destination where more and more jetsetters in our orbit seem to be going,

## Paros and Antiparos, Greece

Let it serve as a sign of the times that one of the hottest amenities for Mykonos resorts this summer-besides a Missoni-branded beach club, natch-was a fleet of speedboats to take guests to neighboring Paros. That's how much buzz has built around this rising star of an island, and its little sister, Antiparos, in the last year alone. (Don't just take our word for it; American Express Travel put Paros on its list of hot destinations for 2025 this summer, based on how many of its cardholders were racing to book trips to the island.) Drawing people there are the holy trinity of Greek vacation attractions: Perfectly clear-watered beaches, cross-island breezes ideal for kitesurfing, and traditional whitewashed architecture. And if Paros and Antiparos used to be a lower-priced alternatives to their iconically nightlife-packed neighbor, those values are evaporating as the island's cultural clout soars. Take the Rooster, Antiparos' most sought-after hotel: Rooms are going for \$2,500 per night in the middle of September.

That particular property closes for the season by the time October rolls around, but many others now stay open. Included in that set is Parilo, a Design Hotel with 33 minimalist-boho suites that can be booked beginning at just \$370 per night through October 25. (Its restaurant is a destination unto itself, having earned two Michelin stars and a Michelin Green star for its zero-waste, ethically-sourced approach to local Greek cuisine.) Book it with Marriott Bonvoy points for an even better deal.

## London

The energy in London this year has coalesced in a surprising area: All along the Elizabeth tube line. But nothing is poised to be as game-changing as the hulking, Eero Saarinen-designed US Embassy in Grosvenor Square, reborn in late August as the 144-room Chancery Rosewood. Around its massive perimeter, looking out onto leafy Mayfair, is a quiver of ultracool restaurants like the Avro-Ko designed brasserie Serra and outposts of New York institutions Carbone and Masa. (Local culinary legend Ruth Rogers is also said to be opening a venue, and there's a cafe serving floral-inspired creations by pastry chef Marius Dufay.) The rooftop is home to the Eagle Bar, so named for the way its oversized windows look out past the giant gilded bird that crowns the hotel's port cochere and towards Hyde Park. It's fast becoming the most coveted spot for after-work drinks, complete with a sprawling outdoor terrace and a menu by talented NoMad vet Liana Oster.

## Rome

You'd think Italy's fashionistas would have a hard time shifting their center of gravity anywhere south, north, west or east of Milan. And yet in 2025, fashion houses such as Dolce & Gabbana and Dior are using this year's Vatican Jubilee as one of many excuses to move their runway shows to the Eternal City. Some 30 million visitors were originally expected to visit Rome during the papal celebration-not including the couture chasers. And that number has likely grown considering that some 250,000 people turned up just to see white smoke rise from the Vatican chimneys in early May.

even though the hotels we were excited about in 2025 have all been mysteriously delayed

Regardless, some 44 new hotels-or 6,000 new rooms-are in the pipeline across this seven-island Spanish archipelago of the western coast of Africa, all scheduled to pop by 2028, so there's clear reason to believe the trendline is ascendant. But that growth includes megaprojects that will change the face of their surroundings.

Take the latest project in Gran Canaria by the Spain-based Lopesan Group: It consists of a whopping 1,800 rooms across nearly 70 acres. The project is estimated to cost around \$787 million.

It all points towards a tourism development boom that locals fear is going unchecked. That may make it wise to go now, before it's spoiled. Bonus: The fall weather here is effectively an extension of everyone else's summer.

# What Sanjay Gupta Learned After Years Studying Chronic Pain And The Brain

By TRISHA PASRICHA, MD

**S**anjay Gupta has spent much of his career treating people in pain. But the neurosurgeon and CNN medical journalist recently witnessed firsthand how it can upend your own life: His mother broke her back, and he became her caregiver. The experience taught him that pain hijacks your entire identity, and it hijacks the identity of the whole family. Pain, he saw, can create a sense of powerlessness compounded by the medical community, which often struggles to understand and treat chronic pain. But Gupta also knew that it didn't have to be this way.

About 20 percent of the American population lives with chronic pain – more than 50 million people. But so much of the conversation around chronic pain has centered on opioids and addiction, Gupta said. In his book, “It Doesn’t Have to Hurt,” Gupta explores what the latest science tells us on how to help relieve pain. He emphasizes that pain begins in the brain and that we should pay attention to our bodies.

Gupta, a staff neurosurgeon at Emory Clinic in Atlanta, came to appreciate that pain was unlike any other experience or symptom. It’s a uniquely personal experience, and maybe – he told me – that was the entire point behind why it is so notoriously difficult to understand and treat. I spoke to Gupta about our brain’s endogenous opioid system, which produces natural painkillers such as endorphins; how foam rolling can actually relieve and prevent pain, and why the placebo effect can be a good thing.

This conversation has been edited for length and clarity.

**Q: One of the trickiest conversations I have with my patients with chronic pain is when they’ve been told by 10 doctors that their pain is “all in your head.” And there’s this tension between not wanting anyone to feel like they’re making this up – which is not at all true – but also recognizing that all pain starts and ends in the brain.**

A: Totally. To best prevent and have the best chance of treating chronic pain, you have to treat the brain first. An acute pain experience can turn into a chronic pain experience if you let that loop of pain cycle over and over again. But if the brain decides the pain doesn’t exist, it doesn’t exist. And I realize that’s a provocative thing to say within the pain world.

**Q: What role does the brain play in pain perception?**

A: It’s like scrolling a social media feed – you’re scrolling, scrolling, and then something really incendiary pops up. You have to decide: Is this real? Is this fake? Your brain is doing that constantly. And if you’re in a very inflamed state – because of your mood, whether you exercised, what else is happening in your life –

everything’s going to hurt. But I could bang your thumb with a hammer on a Tuesday and you would have one sort of pain experience – and I could do the same thing to you on a Wednesday and it could be a totally different pain. It’s kind of awesome to see that variability within a human, let alone ... like all the seven, 8 billion other humans on the planet.

**Q: It’s difficult to not have a so-called objective measure of pain that captures that well. If a patient comes in and says, “My pain is 10 out of 10,” and they look fine – they’re eating, they’re not crying – a lot of doctors might say, “Go home. I think you’re OK,” right? That’s very hard for patients to navigate.**

A: I think the patient has to be the North Star. You have to trust the patient. There’s some people who believe we shouldn’t even try to objectify and measure pain because it is such a personal experience. You can measure cholesterol or the size of a tumor. Pain is a biopsychosocial phenomenon that defies a lot of those measurements. But it’s an opportunity. Chronic pain never occurs in isolation. It always comes with baggage attached. And you have to address the baggage as much as the pain.

**Q: Is it possible to tap into the brain’s own endogenous opioid system for better pain relief?**

A: Yes. So when you give an opioid pill, you’re going to get a certain half-life, you’re going to get side effects. With your own endogenous opioid system, it turns on and off on a dime without any of that. It’s really wondrous what the body can do. I went through an experiment myself when I was working on the book around what’s known as the MORE therapy: the mindfulness-oriented recovery enhancement therapy. What struck me about the data that’s now coming out of the University of California at San Diego is that when people with chronic pain start meditating in that program, they may have no pain. A meditation session has

the capacity to give the same pain-relief as five milligrams of oxycodone.

**Q: Most people who end up living with chronic pain cannot identify one clear-cut event that started it – like a fall or car accident. Only about a third of people have that inciting event. That means most people have no idea what caused it.**

A: I talk to a lot of gastroenterologists like you who deal with this specifically. IBS often doesn’t have any clear-cut sort of cause. One of the things gastroenterologists really emphasized to me was that a lot of patients worry that something toxic is happening inside their body. “I have this pain, and it means that something bad has happened.”

**Q: Right, like eating – or this food – must be harming me because I’m hurting.**

A: Exactly. And they told me they often find that when you explain to people that this was not harming you – that there wasn’t this toxic force inside their body, that this was a gut-brain axis phenomenon – it actually relieved a lot of anxiety. Same thing with fibromyalgia.

**Q: You say foam rolling can help prevent pain. It wasn’t something that had really crossed my mind that way before.**

A: I’m kind of like you. I didn’t have a lot of knowledge of foam rolling, but as I talked to so many different people for the book, it kept coming up over and over again. As we get older, the myofascia – which is basically this thick envelope of tissue that surrounds all your organs and all your muscles – it gets stiff. Two things result. One is that you could have pain just from that. You feel achy as the myofascia becomes increasingly stiff. But also, if you do have an injury, your muscles will tend to swell. And if they’re swelling against a really stiff myofascia, that is more painful. So simply foam rolling on some

regular basis can go a long way. But it can be a little bit painful to foam roll.

**Q: Yes. I discovered this. I thought, “This cannot be right.”**

A: Well, usually it’s most painful in people who’ve not done it before, but once you start to do it regularly, you’re just basically loosening up this connective tissue that I think a lot of people ignore. We focus a lot on muscles. We may strengthen tendons even. Obviously, bone health is really important, but the myofascia is a neglected part of our body’s interconnected system. And it’s highly innervated, which is why it hurts a little bit when you’re foam rolling.

**Q: Do you foam roll before you exercise? Or should we do it whether we’re exercising or not?**

A: I do it every day. I have it in my closet when I’m getting ready in the morning, it only takes a few minutes for me. Sitting at my desk right now, I have no aches and pains.

**Q: What about tools like acupuncture? Despite the fairly good data, there’s still a vocal group of people who say, “No, it’s a placebo.”**

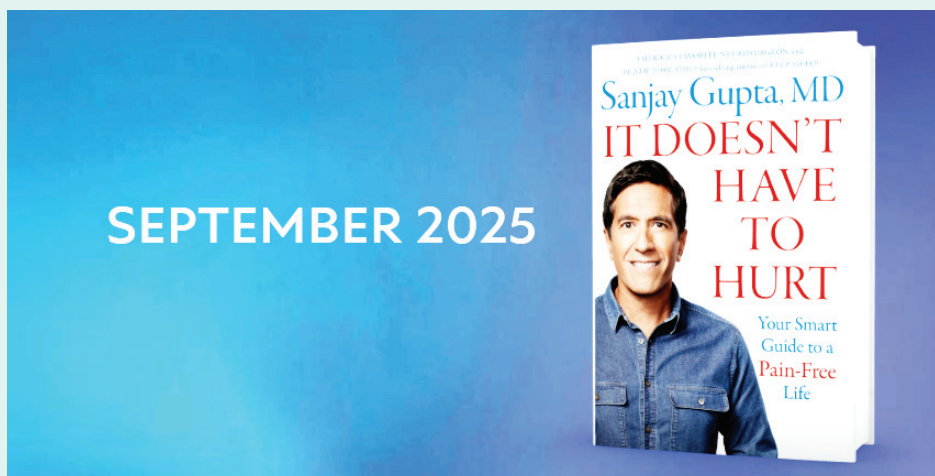
A: Absolutely. Look, expectations and experience are inextricably linked. If you expect something to hurt, it will hurt. And if you don’t think it’s going to hurt, you can do almost anything to the human body – within reason – and it won’t hurt. I think it is fair to say, just as a broad statement, that our endogenous opioid system is the placebo effect.

**Q: I’ve heard that it can be harnessed through something as simple as looking at photos of your partner or connecting to them in some way. When we just say “try holding the hands of someone you love” – that can sound a little woo-woo to people. But when you think about these tools in terms of what that’s doing neurochemically, it’s incredibly powerful and the studies really back that up.**

A: It’s funny that you use the term woo-woo, because I think that’s always in the chat. I mean, I’m a neurosurgeon, you’re a gastroenterologist, and we’re sitting here having this conversation about things that have classically fallen into that woo-woo bucket, you know? But I do think that the endogenous opioid system is at the heart of all of this and it’s a beautiful thing to consider. That it’s within all of us. And if I am diving into things that are traditionally thought of

as woo-woo as a Western-trained neuroscientist, then hopefully that leaves an impact on people – that, “Hey, this guy is looking at this with an open mind and trying to explain not just the what, but the why behind it.”

—THE WASHINGTON POST



Book jacket of Dr. Sanjay Gupta's latest publication.



PHOTO: THE WASHINGTON POST

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Motel in Upstate New York immediately need couple or single for front desk. Good salary with accommodation provided.  
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**VIRGINIA- MARYLAND & NORTH CAROLINA**  
Hotels are looking for skilled Front Desk, Housekeeping & Laundry attendants.  
If you are experienced & ready to contribute,  
Pls call/text: 540-324-8786  
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**BALTIMORE, MARYLAND**  
Franchise Hotels seek Front Desk help. 7 days per week, 8 hours shift \$950/week. Legal must.  
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Franchise hotels in Lancaster, PA very close to Harrisburg needs couples or singles for housekeeping and front desk work. Legal status must. Accommodations will be provided. Homely atmosphere.  
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Franchise Multiple Motels in Florida needs experienced live-in manager- Housekeepers couple, Night auditor, Accountant and front desk person and Wyndham, Choice and Hilton experienced GMS. Must be franchised experience. LOOKING FOR FULL TIME DRIVER HELP.  
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Established 72-room interior corridor hotel seeks experienced Operations Manager, Housekeeping Couple, and Maintenance Staff. On-site accommodations provided.  
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FRANCHISE HOTEL NEED Couple for Housekeeping and Single for Front Desk Help (English must). Good pay with free accommodation. Legal must.  
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04/18/25 - 04/17/26 -SL

**NEW JERSEY**  
Franchise Hotel in NJ is looking for Single/Couple for: Housekeeping, Front Desk, Maintenance. Good salary and accommodation will be provided. Also looking for Hotel Sales Associate. (Experience and good communication skills required)  
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Choice Hotel needs an experienced single person for the Night Auditor Front Desk. Must be legal. Accommodation provided.  
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Durham, NC- Jacksonville, FL- Bethlehem, PA and Dumfries, VA located hotels need Single or couple for laundry, Breakfast, housekeeping and front desk help. Accommodation will be provided with hourly salary.  
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08/08/25 - 10/03/25 -SH

**PHILADELPHIA & NEW JERSEY**  
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Call Ghanshyam Patel (610) 279 0150  
09/27/2024 - 09/19/2025-SL

**OK/TX/NY**  
Franchise Motels in (1) Chickasha, OK (2) St Antonio- TX need Front desk help (3) Utica- Upstate New York need Housekeeping help. Couple or single (for all locations). Accommodation provided.  
Contact: Mike: 661-373-1528 (Text only)  
08/29-09/19-SD

**MERRILLVILLE, INDIANA**  
(Close to Chicago)  
Need Single / Couple for Housekeeping, Houseman, Front Desk help for Franchise hotel in Indiana. Ready to train.  
Free on-site accommodation with a personal kitchen provided.  
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**AKRON, OH**  
A franchise hotel in Akron, Ohio needs a couple for housekeeping. Guaranteed 20 to 30 rooms per day. The hotel has an interior corridor with 2 elevators. Accommodation will be provided with a kitchen.  
Legal status must.  
Contact: 330-861-9157/330-861-9142  
09/12-10/10 SD

**NEW JERSEY**  
Need Single / Couple Front Desk / Night Auditor for independent motel in Cherry Hill, South Jersey.  
Experience preferred, computer literate and Legal must.  
Free accommodation provided.  
Call (804) 366 2127  
09/12-10/03 SL

**NEW YORK & MARYLAND**  
**GARDEN CITY, LONG ISLAND,**  
NEW YORK Franchise Hotel and BALTIMORE, MARYLAND Franchise Hotel seeks FRONT DESK CLERKS and NIGHT AUDITORS with fluent English and computer skills looking for long-term employment with excellent salary and accommodation provided. Manager positions available with experience and education looking for growth-oriented company and bonus potential.  
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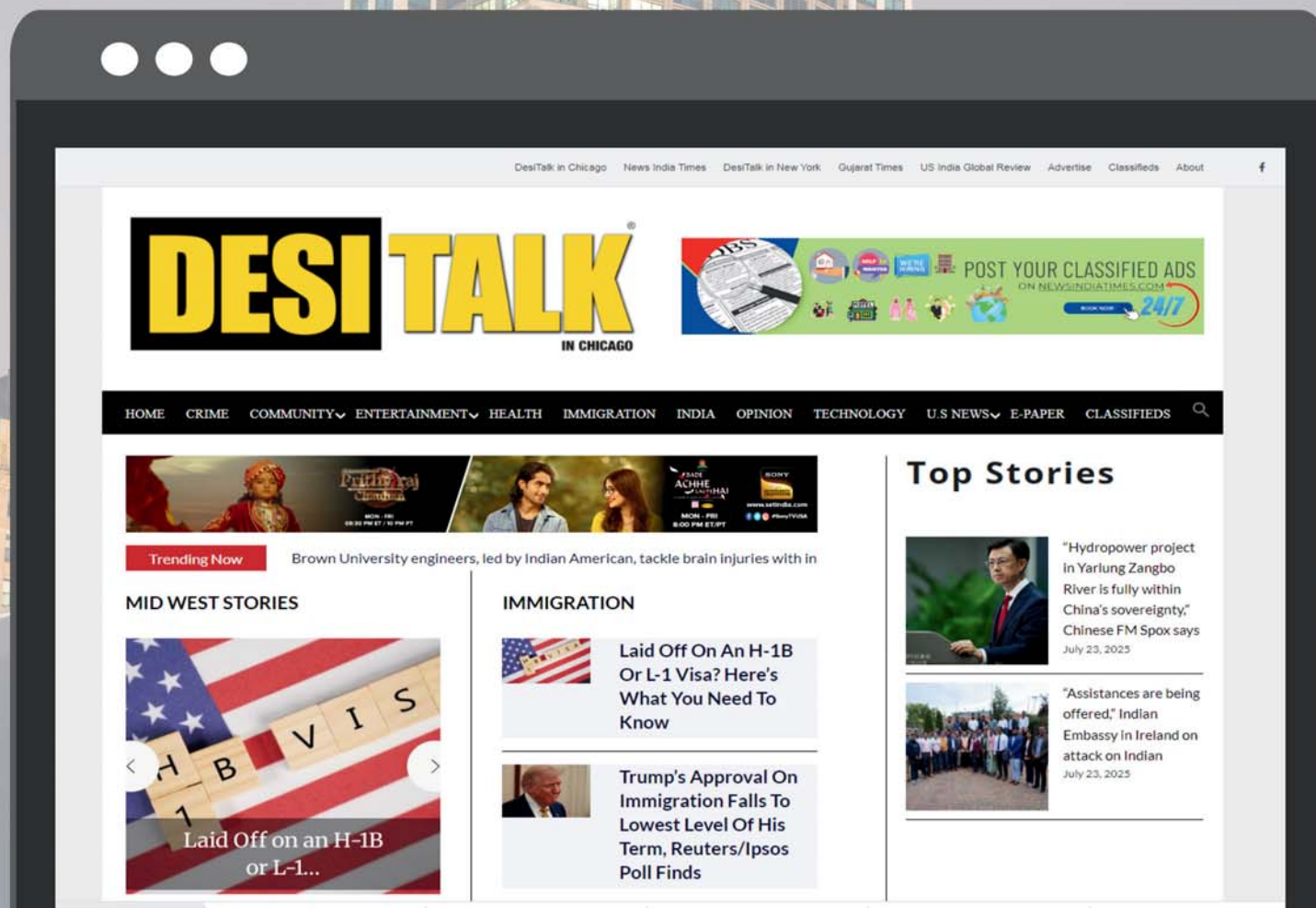
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