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## How To Stop The No. 1 Killer Of Americans Long Before Any Symptoms

By Allyson Chiu

illions of adults in their 20s or older have coronary artery disease. But experts say the common condition doesn't have to be an inevitable part of aging.

There are steps you can take to reduce your risk of developing cardiovascular diseases, which are the leading cause of death globally. The key, however, is starting much earlier than you might think.

"This disease in modern Western society develops at a very early age," said Steven Nissen, a cardiologist at Cleveland Clinic, who has been one of the leading voices championing early prevention. In the United States alone, more than 900,000 people died of heart disease in 2023, which is the equivalent of one in every three deaths.

A growing body of cardiologists and public health experts agree that millions could be saved if the medical system shifted how we treat heart disease by focusing on detecting and managing atherosclerosis, or the build up of plaque that narrows arteries over time, before overt signs or symptoms appear.

"Unfortunately, most of our systems have been set up to consider that the moment that you look for coronary artery disease is the moment when someone tells you they have symptoms or the moment they have a heart attack," said Rasha Al-Lamee, who led a research team of more than two dozen experts from around the world that looked into changing how heart disease is identified and treated. "This is a disease that starts much earlier. There's a continuum. If we intercept much earlier, we can prevent people from ever having those events."

#### WHAT ARE THE MAIN CAUSES OF HEART DISEASE?

Coronary artery disease is most commonly caused by the buildup of fatty substances, also known as plaque, in the arteries. Risk factors include high blood pressure, high cholesterol, an unhealthy diet, lack of exercise, obesity and diabetes, and smoking.

One study found more than 99 percent of people who experience heart attacks, heart failure and strokes had at least one of four main risk factors for cardiovascular disease. These patients had "suboptimal" blood pressure, cholesterol or glucose levels, or they were current or former smokers, according to research published last month in the peer-reviewed Journal of the American College of

Cardiology

"People may have risk factors for the disease, but we can treat those risk factors," said Al-Lamee, a professor of cardiology at the National Heart and Lung Institute at Imperial College London.

#### **WHAT DOES TREATMENT LOOK LIKE?**

While several treatment guidelines - published by the American Heart Association and American College of Cardiology - focus on prevention, many cardiologists say more needs to be done to identify and provide care earlier to people with risk of developing heart disease.

Heart experts widely agree that shifting focus to preventing plaque buildup is critical. Researchers estimate that if risk factors that cause plaque to accumulate are eliminated by 2050, the rate of death from heart disease could decrease by more than 80 percent, potentially saving 8.7 million lives worldwide annually, according to an article published in the Lancet, a peer-reviewed journal, earlier this year.

Current guidelines recommend aggressive treatment if a person's chances of having a coronary event, such as a heart attack, in the next decade is high enough, said Patricia Best, an interventional cardiologist at the Mayo Clinic in Rochester, Minn.

"Most of us want to live more than 10 years," Best said. "We need to be starting to look at younger ages and looking more at a lifelong risk rather than shorter risks of 10 to 20 years."

Because many of the cardiovascular risk assessment tools are designed for people with symptoms, catching atherosclerosis early would require new screening strategies and changes to risk definitions, researchers wrote in the Lancet article. They also called for greater investment in research and the development of novel treatments that would prevent disease onset or progression.

"We need to think about what to do for the 25-year-old with obesity and a cholesterol level that's substantially higher than optimal," said Nissen, who was not involved in the Lancet paper. "We need to think about their lifetime risk rather than their 10-year risk. What are the chances that at 55 or 60 years old they are going to have a heart attack or sudden cardiac death?"

#### WHAT YOU CAN DO TO HELP YOURSELF AND YOUR HEART

To improve your heart health, consider following the American Heart Association's checklist, said Neha Pagidipati, a cardiovascular disease prevention expert with the American College of Cardiology.

The AHA's "Life's Essential 8" include:

-Eating better. Recommendations include whole foods, lots of fruits and vegetables, lean protein, nuts, seeds, and using olive or canola oil for cooking.

-Quitting tobacco and vaping.

-Getting healthy sleep. For most adults, this is seven to nine hours of sleep each night.

-Managing weight.

-Controlling cholesterol. LDL, or "bad" cholesterol, should be 100 milligrams per deciliter or lower, Nissen said.

-Managing blood sugar. If you have diabetes, pay attention to your hemoglobin A1C levels, which should be below 5.7 percent.

-Managing blood pressure. For most people, blood pressure should be below 120/80, Nissen said.

"We have all the strategies now to look at cardiovascular disease very holistically," said C. Noel Bairey Merz, a cardiology professor and director of the Barbra Streisand Women's Heart Center at Cedars-Sinai. "Why wait for them to need bypass? And also our holistic strategies actually are quite affordable."

It's also critical to know if you have a family history of heart disease, Nissen said.

Consult with doctors about the best way to manage your risk. You can ask your doctor if you need to treat any potential risk factors, such as elevated blood pressure or cholesterol levels, with medication or lifestyle changes.

Al-Lamee encouraged people to view heart disease like cancer.

"People are very aware of what they need to do to reduce their risk of cancer, and they are very keen for early

detection," she said. "I want to see the same happening in coronary artery disease.".



Allyson Chiu is a reporter focusing on chronic diseases for The Washington Post. She previously covered climate solutions and wellness, and worked overnight on The Post's Morning Mix team.

-The Washington Post

#### PUBLIC SERVICE ANNOUNCEMENT

## 83rd Edition Of Know India Programme (KIP)

Indian Ministry of External Affairs

now India Programme (KIP) is the flagship programme of Ministry of External Affairs, Government of India which seeks to reconnect PIOs in the age-group of 21-35 years to their ethnic roots besides showcasing the rich cultural heritage of India and its recent spectacular developmental efforts. Ministry of External Affairs endeavors to present various facets of contemporary Indian, Art, Heritage, Culture, Economy, Innovations, Start-ups, Science & Technology, etc., to the youth members of the Indian Diaspora and strives to motivate and inspire them to contribute and participate

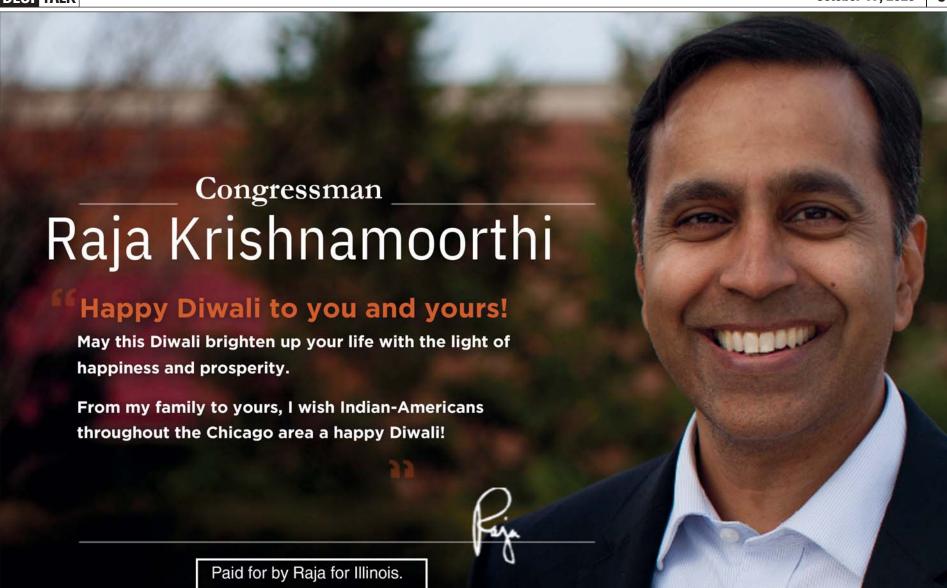
in the transformative initiatives of the Government of India as part of its march towards Viksit Bharat.

Since its inception in 2003-04, the Ministry has successfully organized 82 editions of the KIP with participation of 2959 youth PIO members. The Ministry of External Affairs is organizing the 83rd edition of the Know India Programme (KIP) from 10 to 28 November 2025 and invites applications from Indian Diaspora Youth Members (excluding non-resident Indians) in the age group of 21-35 years.

Interested individuals may submit scanned copy of duly filled Application Form and required documents to the Consulate General of India, Chicago by email on pic.chicago@mea.gov.in by 19 October 2025.



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# India's Modi, Britain's Starmer Push For Benefits From Trade Deal To Add Jobs

By Alistair Smout and Ira Dugal

ndian Prime Minister Narendra Modi and
British counterpart Keir Starmer hailed the
potential on Thursday, October 9, of their
months-old trade deal to transform commercial links, as London unveiled further Indian
investment in Britain.

Starmer is in the financial capital of Mumbai on a two-day visit to India, joined by more than 100 leaders from Britain's business, culture and university sectors, as he rushes to harvest the trade deal signed in July.

The deal agreed to cut tariffs on goods from textiles to whisky and cars, and allow more market access for businesses in the world's fifth- and sixth-largest economies, aiming to boost two-way trade by a further 25.5 billion pounds (\$34 billion) by 2040.

#### MODI HAILS INDIAN DYNAMISM, UK EXPERTISE

Starmer's visit, accompanied by the largest-ever business delegation, "reflects the new energy and broad vision" in the partnership, Modi said after talks with the British prime minister.



British Prime Minister Sir Keir Starmer and Indian Prime Minister Narendra Modi walk through the gardens at Raj Bhavan on October 9, 2025 in Mumbai. India.

"India's dynamism and the UK's expertise together create a unique synergy," Modi said, speaking in Hindi.

"Our partnership is built on trust ... it is a clear reaffirmation of our shared commitment to ... build a brighter future for the people of both our nations."

Starmer said the focus of his visit was about doubling down on the potential of the trade deal, expected to take effect within a year.

"When we leave India tonight, I expect that we will have secured major new investments creating thousands of high-skilled jobs in the sectors of the future."

An Indian foreign ministry statement said the two sides agreed to set up an India-UK connectivity and innovation centre and a joint centre for AI, and unveiled a critical minerals industry guild to bolster supply chains and promote green technologies.

They also announced joint investment in a climate technology startup fund and set up new collaborations on health and renewable energy, an offshore wind task force, and a health research partnership, among other things, it said.

-REUTERS

## **UK Signs \$468 Million Deal To Supply India With Missiles**

ritain said on Thursday, October 9, it had signed a 350 million pound (\$468 million) contract to supply the Indian army with UK-manufactured lightweight missiles, as part of a deepening weapons and defence partnership between the two countries.

The announcement came as British Prime Minister Keir Starmer was visiting Indian Prime counterpart Narendra Modi in Mumbai, where the pair hailed the potential of the commercial links from their months-old trade deal.

In its statement on the defence deal, the British government said the new contract for Lightweight Multirole Missiles made by Thales in Northern Ireland would secure 700 jobs at a factory which currently makes the same weapons for Ukraine.

"The deal paves the way for a broader

complex weapons partnership between the UK and India, currently under negotiation between the two governments," it said

Starmer has over the last 12 months thrown his weight behind Britain's defence sector to try to drive higher economic growth, pledging to up spending in line with NATO targets, as well as focusing on winning exports, such as a recent \$13.5 billion frigate contract with

Norway.

Britain also said on Thursday it reached a new milestone with India on a tie-up for electric-powered engines for naval ships as both countries signed the next phase of a deal, worth an initial 250 million pounds.

-Reuters

## **UK PM Pushes For Quick Implementation Of India Trade Pact**

By Lucy White and Diksha Madhok

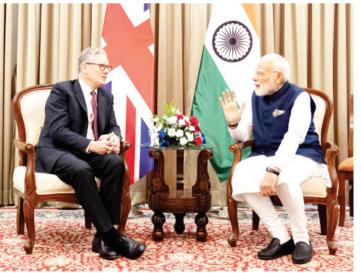
eir Starmer said he wants the UK's free trade agreement with India implemented "as soon as humanly possible," as the British prime minister received a warm welcome on his first visit to the South Asian nation since taking office.

Speaking to business delegates from the grand staircase of Taj Mahal Palace hotel on Wednesday in Mumbai, Starmer said he has instructed his team to move quickly on the deal signed earlier this year.

Starmer and his Indian counterpart Narendra Modi had finalized a free-trade agreement in July after three years of intense negotiations. The UK premier is in India this week, leading a delegation of more than 100 British business, academic, and cultural leaders to deepen commercial ties between the two countries.

"Our job is to make it easier for you to seize the opportunities," Starmer told the business delegates. "On the plane home, I want each of you to tell me what you got out of this trip – a deal, a contact."

The British leader's arrival was met with welcome



British Prime Minister Sir Keir Starmer and Indian Prime minister Narendra Modi hold a bilateral meeting at Raj Bhavan, in Mumbai, India October 9, 2025.

messages across Mumbai, the seaside megacity that is India's business and financial capital. Hundreds of billboards and posters with Starmer's face dotted the city, including some showing the British leader standing alongside Modi and praising the close ties between the two nations.

Starmer said the signing of the FTA is already boosting trade between the two nations. He closed his address at the hotel by taking a selfie with the gathered delegates with a disposable camera. The visit also comes a day after British Airways Plc announced plans to start a third daily flight between Heathrow Airport and New Delhi.

Later in the day, Starmer visited Yash Raj Films, one of India's leading production and distribution houses, and announced that the studio would shoot in the UK from next year. "Bollywood is back in Britain, and it's bringing jobs, investment and opportunity," he said in statement. "This is exactly the kind of partnership our trade deal with India is destined to unlock."

-Bloomberg





Written by ensemble member

**RAJIV JOSEPH** 

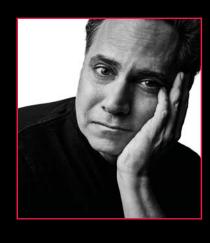
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## **US Lawmakers Urge Trump To Reset Relations With India**

By a Staff Writer

n October 8, 2025, Indian American Congressman Ro Khanna, D-California, and Rep. Deborah Ross, D-North Carolina, led a group of 19 Members of Congress in urging President Trump to take immediate steps to repair America's strained relationship with India and to reverse his administration's "harmful" tariff policies.

In the letter, the Members warn that the President's recent tariff hikes, which raised duties on Indian goods to as high as 50 percent, have undermined relations with India and hurt both American consumers and manufacturers.

"We write as Members of Congress representing districts with large, vibrant Indian-American communities that maintain strong familial, cultural, and economic ties to India. Recent actions by your administration have strained relations with the world's largest democracy, creating negative consequences for both countries," wrote the lawmakers. "We urge you to take immediate steps to reset and repair this critical partnership."

The lawmakers emphasized

that the U.S.-India trading relationship supports hundreds of thousands of jobs in both countries. They warned that escalating tariffs threaten to drive up costs and weaken American competitiveness by pushing India to build closer ties with China and Russia.

"The United States and India share democratic traditions that set us apart from our authoritarian competitors," they went on to say, adding, "Our partnership demonstrates to the world that free and open societies can prosper through cooperation and mutual respect."

The other signatories on the letter include Brad Sherman, Marc A. Veasey, Valerie P. Foushee, Sydney Kamlager Dove, Raja Krishnamoorthi, Eric Swalwell, Suhas Subramanyam, Henry C. "Hank" Johnson, Jr., Jonathan L. Jackson, Frank Pallone, Jr., Danny K. Davis, Pramila Jayapal, Susan K. DelBene, Julie Johnson, Jimmy Panetta, Thomas R. Suozzi, Jan Schakowsky, Shri Thanedar, and Sam T. Liccardo.

The full letter can be found on the website of Rep. Ross at ross.house.gov or the pdf version is at Final-US-India-Partnership-Letter.



Congressman Ro Khanna, D-California.



Congresswoman Deborah Ross, D-North Carolina

Congress of the United States

House of Representatives

Machington, DC 20515-3302

October 8 2025

The Honorable Donald J. Trump President of the United States of America The White House 1600 Pennsylvania Avenue NW Washington DC, 20500

Dear President Trump

We write as Members of Congress representing districts with large, vibrant Indian-American communities that maintain strong familial, cultural, and economic ties to India. Recent actions by your administration have strained relations with the world's largest democracy, creating negative consequence for both countries. We urge you to take immediate steps to reset and repair this critical partnership.

In late August 2025, under your leadership, tariffs on Indian goods were elevated to as high as 50 percent, combining initial 25 percent "reciprocal" tariffs with an additional 25 percent duty levied in response to India's energy purchases from Russia. These punitive measures have hurt Indian manufacturers while simultaneously raising prices for American consumers and damaging the intricate supply chains that American companies depend on to bring products to market.

Furthermore, our trading partnership with India is exceptionally important, supporting hundreds of thousands of jobs in both countries. American manufacturers depend on India for key inputs in sectors from semiconductors to heath care, energy and more. American firms investing in India also gain access to one of the fastest-growing consumer markets in the world, while Indian companies have invested billions of dollars here in America, helping to create new jobs and opportunities in the communities we represent. This indiscriminate tariff escalation jeopardizes these ties, raising costs for American families, undermining the ability of American companies to compete globally, and undercutting ground-breaking innovation and cooperation.

At the same, these actions have pushed the Indian government to increase its diplomatic and economic engagement with regimes hostile to the United States, including China and Russia. This development is particularly concerning in light of India's growing importance as a stabilizing force in the Indo-Pacific through its participation in The Quad (in conjunction with the U.S., Australia, and Japan) and its indispensable role as a counterweight to China's growing assertiveness. More broadly, India has become a vital partner in defense cooperation, conducting joint military exercises with U.S. forces and working constructively with America and our allies to secure vital maritime routes.

The United States and India share democratic traditions that set us apart from our authoritarian competitors. Our partnership demonstrates to the world that free and open societies can prosper through cooperation and mutual respect. Given the depth and breadth of U.S.—India cooperation — spanning defense, regional security, energy markets, innovation, and supply chain resilience — it is critical that our nation reaffirm its commitment to India. Strategically, economically, and reputationally, we strongly believe the path forward demands recalibration, not confrontation. We hope that your administration will take the appropriate steps to restore this relationship, beginning with a review of tariff policy and continued dialogue with the Indian leadership.

Thank you for your prompt attention to this matter

# Congressman Frank Pallone Calls For Early US-India Dialogue To Remove Obstacles In Strategic Partnership

By a Staff Writer

ongressman Frank Pallone, D-NJ, a long-time 'Friend of India" called for an early resolution to obstacles in the US-India strategic partnership, and criticized the \$100,000 additional fee for H-1B visas, as well as the tariff regime slapped by President Trump on India which was coming in the way of trade negotiations between the two democracies.

At a webinar held Oct. 4, 2025, by the Global Organization of People of Indian Origin (GOPIO) entitled, "H-1B Visa Storm, Current Challenges and Pathways Forward," Pallone, a Padma Bhushan recipient and member of Congress for 18 terms, said the Trump administration is focusing on the wrong priorities. Rep. Pallone emphasized that rather than investing in training programs to develop locally qualified talent, billions are being spent on a fee that does not address the root problem. Linking the \$100,000 H-1B fee to tariffs, was like adjusting the lottery to favor higher-paid employees, and disadvantage small businesses creating economic distortions, the press release from GOPIO said.

Congressman Pallone contended there was a broad bipartisan support in Congress for continuing the H1B Visa program. He said the Indian American community and organization such as GOPIO should engage with



Rep. Frank Pallone

the Members of Congress to help develop a consensus towards a more considered approach towards preserving the many benefits of the H1B Visa program that has led to many positive outcomes for the US economy, the GOPIO press release said.

He also warned that in the global competition for talent, countries like Germany and China are ready to attract highly qualified professionals, which could ultimately weaken the U.S. economy instead of strengthening it.

He also expressed some concern about what he saw as India's growing turn toward China and Russia.

"Meanwhile, India's pivot toward countries such as Russia and China – partially in response to U.S. policy – raises additional strategic and economic concerns." He called for an early US-India dialogue to remove the current hiccups.

The webinar began with a welcome from GOPIO's Associate Secretary and Chair of Webinar Series Sunil Vuppala. GOPIO Chairman Dr. Thomas Abraham noted how "shocked" everyone was when President Trump announced \$100,000 fee for H-1B Visa on September 19, and described the benefits of the visa program to the US economy.

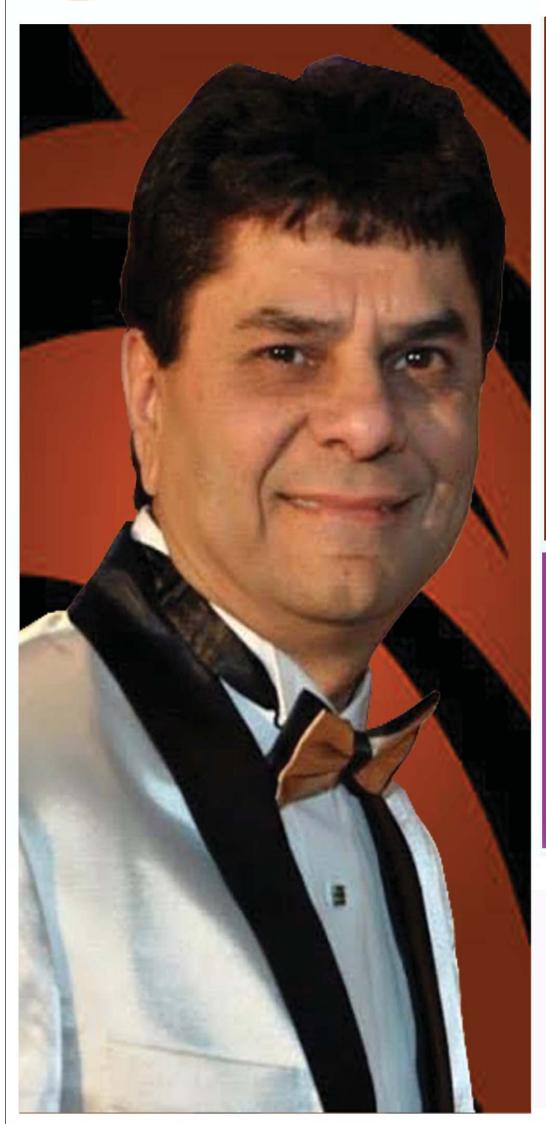
The Moderator for the panel discussion was New York Immigration Attorney Dilli Bhatta. The panellists included Immigration Attorneys David Nachman, Stephanie Dy, and Prashanti Reddy.

Panelists described in detail, the impact of the new \$100,000 fee. They also noted that the current policy upheaval extended far beyond H-1B visas, affecting tariffs, lottery mechanisms, and international competitiveness, all of which could have lasting consequences for U.S. innovation and global leadership and stressed the urgency of proactive community engagement and informed advocacy.



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# Akshaya Patra Tri-State Gala Raises Over \$3 Million For Flagship School Meals Program In India



India's CG Binaya Pradhan and Ashok Sancheti lighting the lamp to jumpstart the Akshay Patra Foundation USA gala October 11, 2025, in Newark, NJ.



India's Consul General Binaya Srikant Pradhan, speaking at the October 11, 2025 Akshaya Patra Foundation USA gala in Newark, NJ.



Mukund Padmanabhan speaking at the October 11, 2025 Akshaya Patra Foundation USA gala in Newark, NJ.



Dr. Rachana Kulkarni speaking at the October 11, 2025 Akshaya Patra Foundation USA gala in Newark, NJ.

#### By a Staff Writer

kshaya Patra Foundation USA celebrated its annual Tri-State Gala on Saturday, October 11, 2025, at the Marriott Newark Airport, where it raised more than \$3 million in support of its globally renowned school-meals program for Indian children. Akshaya Patra Foundation is the world's largest NGO-run school meal program, feeding 2.35 million kids daily.

The Gala in Newark, NJ, was attended by at least 400 supporters, community leaders and philanthropists, Dr. Rachana Kulkarni, vice-chair of Akshaya Patra Foundation USA Board, told Desi Talk/News India Times. Among the high-profile guests was India's Consul General in New York Binaya Srikanta Pradhan who spoke at the event, saying, "This is the second time I am here at the Akshaya Patra gala. ... It is a great feeling to be part of this gathering." He noted how the organization began with just a few hundred children in Bangalore and is today the world's largest school meals program.

The attendees opened their hearts and wallets to further strengthen the Indian program that has already fed billions of school-going children over the years. Organizers described it as "a memorable evening of culture, compassion, and collective action."

This year's gala featured a live performance by Penn Masala, the world's premier South Asian a cappella group, known for its blend of Bollywood and Western pop. The performance brought the audience to its feet. Guests also enjoyed a lively cocktail reception that enabled supporters of Akshay Patra to network.

Invitees also enjoyed dinner, and some high-spirited dancing that capped off an evening dedicated to a meaningful cause: ending classroom hunger in India.

Dr. Rachana Kulkarni, vice-chair of the Akshaya Patra USA Board, told Desi Talk the event raised an



Renowned Penn Masala a cappella group performing at the Akshaya Patra Foundation USA gala in Newark, NJ, October 11, 2025.



Akshaya Patra Foundation USA's tristate Youth Ambassadors, at the October 11, 2025, gala in Newark, NJ.

impressive amount in excess of \$3 million. This would help fund thousands of nutritious school meals for children across India, organizers estimated in a press release. "These meals not only improve attendance and academic performance but also empower students to build brighter futures," Akshaya Patra emphasized.

"The Tri-State Gala embodies the power of unity and purpose," said Dr. Kulkarni. "Every contribution tonight represents a promise — that no child should have to choose between hunger and education," she added.

Throughout the evening, guests heard inspiring stories highlighting Akshaya Patra's impact — serving more than 2.35 million children daily through its school meal program.

Speaking to Parikh Worldwide Media/ITV Gold during the event, guests expressed their admiration for the goals of Akshaya Patra, and their happiness at being at the 10th such gala. Donors like Asha and Adish Jain encouraged people to step forward and donate because for less than 10 Rupees a day, a child could be fed. Akshaya Patra they said, "has changed the landscape of India in a very big way." The Jains are involved in building a state-of-the-art kitchen in India that will feed 100,000 children, they said.

Highlights of the evening included not only the musical performance by Penn Masala, but also a program showcasing Akshaya Patra's life-changing mission; networking among business, community, and philanthropic leaders; and to cap it all, a spirited Bollywood dance celebration to close the night. Biren Shah, a chapter president emphasized how Akshaya Patra as a public-private partnership has proven results that one can get "sheer magic" by the partnering of the Government of India and a non-profit organization.

The mission of Akshaya Patra Foundation USA is "to eliminate classroom hunger and promote education by providing nutritious meals that enable children to learn and thrive."

To learn more or support Akshaya Patra's mission, visit www.apusa.org.



 $Akshaya\ Patra\ Foundation\ USA\ tristate\ volunteer\ team\ at\ the\ gala\ in\ Newark,\ NJ\ October\ 11,\ 2025.$ 



Akshaya Patra Foundation USA Board poses for a picture at the October 11, 2026, Gala in Newark, NJ.



Swadhyay Pariwar offers millions of Salutations on the Centenary of Shreemad Bhaqwadgeeta Pathshala, inspired by Param Poojaniya Pandurangshastri Athavale



# Shivnarine Chanderpaul Inaugurates Cricket Field With Lights In Thornton, Colorado

By a Staff Writer

-THORNTON, COLORADO, USA
he inauguration of the new cricket
pitch and ground at the Thornton
Sports Complex marks a significant milestone in the development of cricket in the region. The
event was officiated by renowned West
Indian cricket legend and Hall of Famer
Shivnarine Chanderpaul, who officially
opened the facility on October 4, 2025.
This ground is dedicated to fostering youth and school cricket, particularly benefiting the Adams 12 Five Star
Schools, including Thornton High School
and its middle schools.

The cricket ground is notable for being the first in Thornton, Colorado to feature lighting, enabling evening & night matches and training sessions. The



From Left, Jatin Patel, Shivnarine Chanderpaul, and Jan Kulmann, Mayor a historical ribbin cuttingmoment for Colorado Cricket.

come a prominent aspect of local sports and youth development programs.

Mentorship is led by the Jatin Patel, a coach, professional sports analyst, and Cricket Hall of Famer recognized with a Lifetime Achievement Award. All the coaching staff holds

Level 2 or higher certification, ensuring a high standard of training and expertise.

"Jatin Patel has been an integral part of Colorado Cricket since 2017, providing ongoing support and guidance to our team and youth programs. His extensive experience and dedication significantly contribute to our development and success in the sport of cricket," organizers said in the press release.

Geo George Vadakkan (Colorado Tennis Cricket League, President), said, "On behalf of the Colorado Tennis Cricket League (CTCL), I am delighted to share



Manoj Gangwar escorts Legend Shivnarine Chanderpaul and Jatin Patel.

key advocate and contributor to youth cricket development in Colorado, was acknowledged for his dedication. The new facility is expected to support ongoing training and development programs, including youth initiatives and school cricket activities.

Reflecting on the growth of cricket in Colorado, Jatin Patel recalled his initial visit in September 2017, when he was invited by Raymond

Mascarenhas of the Colorado Cricket League to train local Crickt Coaches for youth cricket. Since then, the sport has experienced significant progress, driven by dedicated individuals like Manoj Gangwar, who has played a vital role in establishing cricket grounds and nurturing young talent in the region.

Overall, the opening of this cricket ground signifies a promising future for cricket in Thornton and Colorado at large. It provides a vital infrastructure for training, competitions, and community engagement, fostering the sport's growth and encour-

aging the next generation of cricketers. The community's commitment to developing cricket as a sport and cultural activity underscores its potential to be-



Geo George Vadakkan, CTCL President welcomes legend Shivnarine Chanderpaul.

facility's opening was attended by distinguished guests, including Jan Kulmann, the Mayor of Thornton, Jatin Patel, a respected multi-sports coach and cricket Hall of Famer with lifetime achievement award, as well as officials from the City of Thornton and local schools. The event included a ribbon-cutting ceremony that celebrated the growth of cricket in the community.

During the ceremony, Mayor Jan Kulmann emphasized the importance of cricket as a unifying sport that connects families, neighbors, and diverse cultures. She highlighted the role of cricket in fostering community spirit and youth development. The presence of Shivnarine Chanderpaul served as an inspiration to aspiring young cricketers, and the event provided an opportunity for local student-athletes from Thornton Middle School and Thornton High School to showcase their talents.

The event also recognized the efforts of the Colorado Tennis Cricket League (CTCL), which spearheaded the project to expand cricket in local schools. Manoj Gangwar, Anil Vijay from CTCL, Fareed Stanikzai and Charlene Fauls from School District. Vinod Murthy from DYCA,



Guests from the left, Shivnarine Chanderpaul, Jan Kulmann, Mayor, Jatin Patel, Manoj Gangwar & Donna Lyle.

our heartfelt appreciation with everyone who contributed to the success of our recent award ceremony. Special thanks to Mr. Jatin Patel, whose unwavering support since 2017 have been instrumental in shaping CTCL into the thriving league it is today. His guidance and expertise have not only elevated our league but also fostered the growth of individual players. We are also deeply grateful to the legendary Shivnarine Chanderpaul for taking the time to join us and share his invaluable experience with our players. His presence was a tremendous motivation for our cricketers, and your humility and kindness were truly inspiring. I would also like to extend my gratitude to our committee members, whose passion and dedication to cricket are evident in the growth and diversity of our league, which has become a melting pot of cultures and talents. Speaking of diversity, I am thrilled to see our league grow from strength to strength, attracting players from diverse backgrounds and age groups. This growth has not only helped our community come together but also provided a platform for people to connect, learn, and thrive."

#### **ASTROLOGY**



## This week for you

E-mail: psharma@premastrologer.com Contact No - 01147033152/40532026

ARIES: Aries natives can look forward to a rewarding week where their determination and efforts bring recognition. Colleagues will admire your work, making professional progress smooth. A delightful romantic experience may lift

your spirits. Your health remains robust, giving you the stamina to tackle challenges confidently. Family bonds, especially with parents and siblings, stay strong even if home life feels quiet. Be mindful of financial dealings and avoid risky shortcuts. Travel for spiritual purposes may appeal to some. Property matters could slow down due to legal delays. Students are likely to perform well, finding studies enjoyable. Overall, this week promises balance and productivity.

TAURUS: Taurus natives may experience a mix of highs and lows this week. Love life looks bright, with meaningful interactions and possibly new connections. Even if work feels monotonous, it ensures financial steadiness

and gradual progress. Relocation or promotion may take longer than expected, so patience is key. Harmony within the family brings peace of mind. Health stays satisfactory, allowing daily routines to continue smoothly. Short trips or drives could bring joy and refreshment. Real estate dealings – whether buying, selling, or leasing—are favourable now. Students may find academics a little demanding, but timely support from peers and mentors will be valuable.

GEMINI: Financially, this week looks promising for Geminis, thanks to careful planning and effort. You may feel energetic and motivated, though regular self-care is essential. Love and romance bring joy, while family time will be rewarding. Career growth

is possible if you remain consistent, and job interviews may favor fresh graduates. Travel might be tiring, so plan accordingly. Real estate dealings could bring good opportunities, including affordable rentals. Academic and personal growth remain on track, encouraging perseverance.

CANCER: Cancer natives can expect a highly promising week. Dedication at work ensures timely completion of projects, enhancing professional standing. Finances remain stable with wellmanaged expenses. Your fitness

improves with conscious lifestyle choices. Family connections strengthen through quality time spent together. Avoid making hasty moves in matters of the heart. Travel plans bring joy, with the potential for a memorable trip. The property market supports favourable deals, making this a good time to act. Students maintain strong performance, with continued focus on studies bringing positive outcomes. All in all, the week looks encouraging on multiple

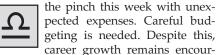
LEO: Exciting opportunities await Leos this week. Financial stability gives you confidence to pursue goals without hesitation. Excellent health supports an active

lifestyle. Peaceful family relations allow for moments of joy and bonding. Romantic connections blossom, adding happiness to personal life. Professional progress may be slower than desired if procrastination interferes, so staying focused is important. Well-planned vacations promise relaxation and delight. Property investments remain secure and reliable. Students who stay consistent in their efforts are likely to shine in academics. Keeping a positive outlook will help you overcome small hurdles.

VIRGO: Virgos step into a week of steady progress. Health improves, boosting your energy and confidence. Financial prospects look promising, with chances of

growth through income or investments. Romantic ties deepen, and heartfelt interactions strengthen bonds. Professional challenges may arise, but persistence ensures success. Family life may face minor hiccups, possibly due to a child's stubborn behaviour, yet patience will smoothen things. Leisure activities or travel for exploration bring refreshment. Property prospects remain steady, with opportunities to find your ideal space. Students can enhance their performance with dedication and hard work. The week is full of potential if you remain proactive.

LIBRA: Financially, Libra natives may feel



aging, and teamwork brings innovative ideas to the workplace. Health concerns are minimal, with overall stability. Family life brings both ups and downs, yet happy news from distant relatives could uplift spirits. Romance may present obstacles that require patience. Travel could lead you to new destinations or scenic places. Opportunities to buy, rent, or sell old property may prove beneficial. Academic success is possible, especially in competitive or scholarship exams. Overall, the week brings mixed yet fulfilling experiences.

SCORPIO: Scorpios may go through a week of contrasts, with both highs and challenges. Professional opportunities look promis-

ing, opening doors to career advancement. Finances may feel just average, so avoid expanding business ventures for now and monitor spending carefully. Health remains stable, though regular care is advisable. Family gatherings or celebrations create moments of joy and bonding. Romance improves with better communication and understanding. A nature trip may bring calm and happiness. Students need to prepare thoroughly to avoid dips in performance. Those owning property may find increased chances of profitable rentals.

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SAGITTARIUS: Sagittarians step into a



balanced week. Family life is cheerful and harmonious. Romance shines, either through new beginnings or renewed warmth in existing relationships. Financial stability pre-

vails, though minor unforeseen expenses may occur. Your commitment to healthy living shows results, motivating you to continue disciplined routines. On the work front, delays in evaluations or struggles in securing new roles may cause frustration. Travel plans could face interruptions, so double-check arrangements. Property matters appear favourable, especially for sales and rentals. Students may face challenges but can succeed with focus and planning. A balanced lifestyle is key this week.

CAPRICORN: Capricorns are likely to enjoy a fortunate week with gains in finances, romance, and health. Career prospects look strong, with exciting new roles or presentations in sight.

Love brings refreshing energy, either with new people or by rekindling old bonds. Physical fitness peaks, giving you the confidence to face any challenge. Travel, however, may bring disruptions, so plan carefully to avoid setbacks. Chances of acquiring property sooner than expected are high. Academics may demand extra effort, but success is achievable with the right mindset. Family interactions bring warmth, making this week both productive and fulfilling.

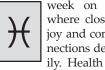
AQUARIUS: Aquarians can expect rec-



ognition and progress in their careers, with possibilities of promotions and appreciation. Romantic life brings stability and joy, although family matters

may require patience during gatherings. A marriage or significant commitment may be on the cards. Financial and health conditions remain secure, allowing peace of mind. Regular workouts and mindfulness practices further enhance well-being. Property prospects improve, opening doors for positive deals. Academic pursuits demand dedication, with the potential to shape a brighter future. Reconnecting with loved ones helps strengthen bonds and create meaningful memories.

PISCES: Pisces natives enjoy a fulfilling week on the domestic front, where close relationships bring



joy and comfort. Emotional connections deepen within the family. Health remains stable, provided you continue good habits.

Romance may lose some spark, but with effort, passion can be reignited. Finances remain steady though not particularly exciting, so wise choices are necessary. Balancing work with personal responsibilities could be challenging. Travel brings refreshing experiences and new discoveries. Property-related ventures show promise, with chances of beneficial investments. Students may secure scholarships or recognition through persistence. Keep your heart open to new bonds while valuing existing ones.

## **Festival Of Lights 2025 Promises To Shine Bright At Carter Green**

By BHAILAL M. PATEL

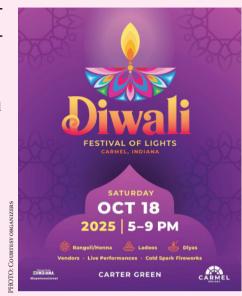
he City of Carmel, in partnership with the Diwali Committee and local community leaders, proudly announces the second annual Diwali Festival of Lights, to be held at Carter Green on Saturday, October 18, from 5:00 p.m. to 9:00 p.m.

Following the remarkable success of last year's inaugural celebration, which drew nearly 5,000 attendees, this year's festival expands to a larger, more central venue — symbolizing not only the growing scale of the event but also the deepening embrace of cultural diversity in Carmel's community life.

Diwali, or Deepavali, is one of the most significant festivals in Indian culture, symbolizing the victory of light over darkness, good over evil, and knowledge over ignorance. Traditionally celebrated with the illumination of lamps, sharing of sweets, and joyous family gatherings, Diwali represents the spirit of renewal and unity.

Carmel City Councilor Dr. Anita Joshi, the first Indian-American to hold this elected office, has led a dedicated team of volunteers and city staff in planning and execution of this event, as well as several other cultural events in Carmel for a variety of communities.

Volunteer organizer Sujata Barai



Poster giving details of the Carmel Diwali celebrations.

Chugh, an attorney and civic leader who serves as a member of the City of Carmel's Diwali Planning Committee, expressed excitement about the new venue and the festival's evolution:

This move to Carter Green is truly historic for us. It reflects the growing enthusiasm and support of our diverse community. We are very grateful to the City of Carmel for sharing in our vision and helping make this celebration inclusive and vibrant.'

Co-organizer and community volunteer Karen Vohra emphasized the cultural and emotional essence of the festival:

"Diwali is the Festival of Lights, but it's more than that - it's a time for joy, reflection, and connection. It's when we come together to celebrate good over evil, love over hate, and unity in diver-

Highlights of the 2025 Carmel Diwali Festival: The festival promises an unforgettable evening filled with culture, color, and community spirit:

Live Cultural Performances: Continuous dance, music, and artistic presentations from talented performers across Carmel, Fishers, Westfield, Zionsville, and Greenwood.

Diwali-Themed Huts & Vendors: Over 20 vendors offering authentic Indian cuisine, sweets, crafts, and festival merchandise.

Children's Art & Activity Zone: A family-friendly area designed for kids to engage in Diwali-inspired creativity.

Exclusive "Palladiscope" Light Show: A stunning visual display to conclude the evening, symbolizing the festival's radi-

Organizer Anindita Sen, founder of the Nrityangan Kathak Academy in Carmel, highlighted the importance of showcasing homegrown talent:

"There's so much creativity and energy within our community. We're thrilled to feature local artists who embody the very essence of Diwali — joy, collaboration, and cultural pride."

A Shared Celebration for All: The Carmel Diwali Festival is designed to be a welcoming celebration for everyone regardless of background.

This festival isn't just for the Indian community; it's for the entire Carmel community and beyond," said Chugh. "It's about discovering what unites us our love for light, color, food, and friendship.

Dr. Joshi, along with Mayor Sue Finkam, will join the community at this celebration, reaffirming the city's commitment to cultural inclusion and civic unity.

About the City of Carmel, Indiana: Recognized by U.S. News & World Report as the #2 Best Place to Live in the U.S., Carmel is known for its vibrant neighborhoods, outstanding schools, and thriving business community. The city continues to lead in celebrating cultural diversity through events like Diwali, which exemplify its motto: "Carmel — Built for Big Dreams."

For more information, visit http:// www.carmel.in.gov"

## **Hindu Mantras Start The Day At Three City Councils Of Idaho**

By a Staff Writer

indu prayers opened the Idaho City Councils of Burley, Arimo and St. Anthony on October 7-8-9 respectively. The prayers included verses from old scriptures, and according to Rajan Zed, a community activist, this was the first time a Hindu invocation was read in these city councils since Burley, Arimo and St. Anthony were reportedly incorporated in 1909-1923-1908 respectively.

Zed delivered the invocations from ancient Sanskrit scriptures, a press release from him said. After the Sanskrit delivery, he read the English interpretation of the

Zed, who is the President of Universal Society of Hinduism, recited from Rig-Veda, Upanishads and Bhaga-vad-Gita (Song of the Lord), and started and ended the prayers with "Om".

Reciting from Brahadaranyakopanishad, Rajan Zed said "Asato ma sad gamaya, Tamaso ma jyotir gamaya, Mrtyor mamrtam gamaya"; which he then interpreted as "Lead us from the unreal to the real, Lead us from darkness to light, and Lead us from death to immortality." Reciting from Bhagavad-Gita, he urged the councilmembers and others present to keep the welfare of others always in mind.

Mayors Steve Ormond (Burley), Lonnie Gunter (Arimo) and Donald Powell (St. Anthony) welcomed Zed; who was wearing saffron colored robes, a rudraksh mala (rosary) and tilak (religious mark) on his forehead.

Zed is on the Advisory Board of The Interfaith Peace



Rajan Zed with Burley Mayor Steve Ormond, Council-President Casey Andersen, Council-members and city officials just before he read invocation at Burley City Council meeting.

Project, Senior Fellow and Religious Advisor to Foundation for Religious Diplomacy, etc. He has been a panelist for "On Faith", an interactive conversation on religion produced by The Washington Post; and leads a weekly

interfaith panel "Faith Forum" in a Gannett publication for over 14 years, he said in the press release.

## **Diwali Lights Up City Hall In Downtown Chicago**

By a Staff Writer

n the heart of Chicago's bustling Loop, where skyscrapers pierce the autumn sky like modern-day minarets, a symphony of light unfolded on Wednesday, October 8, 2025, at City Hall, an iconic public building transformed with colorful Diwali décor.

The Festival of Lights was organized by the Federation of Indian Associations (FIA) Chicago and the INDO-US Lions Club jointly with Cook County Treasurer Maria Pappas.

Hundreds gathered for the event, according to a press release from Asian Media USA, as the fragrance of marigolds and incense, mingled in the Lake Michigan breeze. Traditional saris and kurtas mingled with Western suits.

Pappas along with Sunil Shah, Hina Trivedi, Anu Malhotra, and Ajeet Singh welcomed the gathering. Entry was secured with two IDs, but once inside the hall, barriers dissolved into smiles. "Join us to light up Chicago together with Unity, Joy & Tradition!" the invitations had read.

Pappas greeted everyone with the words, "Diwali greetings to all of you."

Mariyana Spyropoulos, clerk of Circuit Court of Cook County & Michael Puccinelli, Press Secretary also joined the celebration.

Anu Malhotra, President of FIA Chicago, welcomed the crowd. "Diwali is a festival of lights, but more than that, it brings communities, hearts, and people



FIA -Chicago Founder Sunil Shah and Chicago City Treasurer Maria Pappas, with other organizers and community leaders, pose for a photo at the City Hall Diwali celebrations October 8, 2025, for Diwali, the Festival of Lights.mit on Cancer Risk and Heart Attack Prevention.

together with gratitude and joy," she said. Explaining the ancient roots of the celebration — Lord Rama's homecoming after 14 years of exile — she reminded the gathering that goodness always triumphs over evil.

"The light in your hand represents the light within you, and the flower represents your heart — pure and ready to spread love," Malhotra said, as diyas flickered and petals shone, as the crowd recited the Sanskrit shloka:

"May Almighty take us from darkness

to light, negativity to positivity?

May all be happy? May all be peaceful? May all celebrate life every day?

May there be peace — within and all around."

A special guest, the Consul General of Ukraine in Chicago, arrived with his assistant, was greeted by the crowd. "Thank you for having me here. Let the good win over the tough times," he said.

Representing India, Deputy Consul General K.D. Thokchom conveyed greetings and appreciation to FIA and

the State of Illinois, wishing everyone a Happy Diwali.

Sunil Shah, Chairman of FIA Chicago, welcomed everyone and reflected on the deeper meaning of the festival, saying, "Diwali reminds us that when we come together with light in our hearts and purpose in our actions, no darkness can prevail. It is a celebration of hope, goodness, and new beginnings."

Others who joined in welcoming the crowd included, Brij Sharma, Chairman of UPA, and Hina Trivedi of INDO-US Lions Club, who said, "We thank Maria Pappas for welcoming us today. Maria always goes above and beyond, and her entire staff worked tirelessly for months to make this possible."

Pappas in her speech, said, "We are living in a period of darkness and anger, but it is wonderful to be at an event that reminds us light will always overcome darkness."

Dancer Madhura Sane of Nritya Natya Academy performed a classical Indian dance.

The celebration continued with proclamations and honors. Sunil Shah presented an official proclamation from Illinois Secretary of State Alexi Giannoulias, recognizing FIA Chicago for its leadership and cultural outreach in strengthening Illinois' vibrant diversity.

Awards followed for outstanding community service — including Sunil Shah, Anu Malhotra, and Ajeet Singh, honored for their tireless dedication to cultural unity and service.

## Support Grows For Bushra Amiwala, Illinois Candidate For Congress

By a Staff Writer

Bushra Amiwala, candidate for Congress in Illinois' 9th District, announced new endorsements from Next Gen Politics (IL and National Chapters), and the Northern Illinois American Muslim Alliance (NIAMA), as younger leaders, and some faith groups rally behind her campaign.

"I'm honored to have the support of these organizations and their members," Amiwala is quoted saying in a press release October 14, 2025. "They each represent the best of our district — engaged citizens, faith leaders, and organizers who care deeply about building a fairer, more inclusive future. We're working together to ensure that every voice in this district is heard and represented."

Next Gen Politics, a youth-led advocacy group, endorsed Amiwala for her record as one of the nation's first Gen Z elected officials and her ongoing commitment to mentoring young people in civic life.

"Bushra Amiwala represents the new generation of leaders—compassionate, energetic, and deeply connected to her community in Illinois' 9th District. At Next Gen Politics Illinois, we proudly endorse her because she fights fearlessly for her constituents and isn't afraid to challenge the status quo," said Next Gen Politics in a statement. "As the leader of a rapid response team in Skokie, Bushra has actively participated in protests,



Bushra Amiwala, right, taking a selfie with supporters.

standing up against systemic issues, even in confrontations with ICE agents. Her deep-rooted commitment to her community reflects her understanding of its struggles and aspirations. In these challenging times, we need Bushra in Congress to effectively represent our voices and interests."

Chairman and Founder of NIAMA (Northern Illinois

American Muslim Alliance) Vaseem Iftekhar, praised Amiwala's record saying, "Bushra Amiwala is the candidate who best reflects understanding of the full diversity and vibrant tapestry of the 9th Congressional District."

"We especially applaud her leadership on the Halal and Kosher School Lunch Act, for which she testified in Springfield and spearheaded implementation in her school district as a board member — making it one of the first in the state to adopt the program even before it became law," Iftekhar added.

These announcements follow Amiwala's previous endorsements from Northside Democracy for America, the Cook County Latino Democrats, and more than a dozen local elected officials and community leaders, including former Congresswoman Marie Newman (IL-03) and former congressional candidate Miracle Jenkins (IL-09). Those endorsements, announced last week, featured school board members, park and library trustees, and municipal officials from across the district.

Born in Chicago and raised in Skokie, Ill. to immigrant parents from Pakistan, Bushra appreciated the local support. "What unites this coalition is a belief that good government begins with empathy and accountability," Amiwala said. "I am so grateful for the support and will continue working tirelessly to represent every corner of our district."



## USCIS Site Visits Reported for STEM OPT and H-1B Applicants

IN MEMORIAM









Michael Phulwani David Nachman Ludka Zimovcak Snehal Batra

In recent weeks, there have been multiple reports of USCIS officers conducting site visits in Minnesota and the Dakotas targeting foreign students and workers with pending applications. The visits have focused on individuals with:

- STEM OPT extensions
- H-1B change of status petitions

#### What's Happening

- Officers have appeared at workplaces and residences, sometimes without prior
- In some cases, officers asked employers or students to meet in public spaces, such as parking lots.
- These visits do not appear to be removal actions but rather investigations tied to pending applications.
- Attorneys in the region have tracked multiple incidents in a short period, suggesting a broader enforcement initiative.

#### What Students and Employers Should Know

- Have documentation ready: Students on STEM OPT should keep copies of their I-20, EAD, and compliance records. Employers should maintain I-9 files and STEM training plans (Form I-983).
- Know your rights: Officers must identify themselves. Employers and students should not provide information without proper authority or documentation
- Contact legal counsel: If approached, contact your immigration attorney before providing any detailed responses.

#### **NPZ** Guidance

These visits highlight the importance of strict compliance with OPT and H-1B requirements. Students and employers should be proactive in maintaining records and should reach out to legal counsel if visited by USCIS.

At NPZ Law Group, we assist employers and foreign nationals in preparing for site visits, maintaining compliance, and responding to government inquiries. If you have been contacted by USCIS or anticipate a visit, contact our office immediately for guidance.

#### Frequently Asked Questions (FAQ)

#### 1. Why is USCIS conducting these site visits?

Reports suggest they are linked to verifying STEM OPT and H-1B applications and ensuring compliance with program rules.

#### 2. Can USCIS officers come to my home or workplace without notice?

Yes. Officers may appear unannounced, but they must identify themselves. You should not provide information without consulting an attorney.

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By David H. Nachman, Esq

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#### 3. What documents should I keep ready if I'm on STEM OPT?

Keep your I-20 with the STEM OPT recommendation, your EAD card, and your completed Form I-983 training plan.

#### 4. What should employers do if visited?

Employers should maintain updated I-9 files, STEM training records, and direct USCIS inquiries to legal counsel before releasing information.

#### **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 or by calling us at 201-670-0006 extension 104. We also invite you to visit our website at www.visaserve.com for more information.

## Gandhi Jayanti Celebrated At Skokie Sculpture Park, III

By BHAILAL M. PATEL

he Gandhi Memorial Foundation (GMF) of Skokie hosted a celebration at the Skokie Sculpture Park, marking the 156th birth anniversary of Mahatma Gandhi — the Father of the Nation, revered worldwide for his philosophy of non-violence, peace, and truth. The event paid tribute to Gandhiji's enduring ideals and brought together more than 50 community leaders, seniors, and dignitaries in a moving reflection on his global influence.

Police Chief Jesse Barnes attended and spoke at the Gandhi Jayanti celebrations held October 2, 2025, at Skokie Sculpture Park in Skokie, Ill.

Members of Metropolitan Asian Family Services (MAFS) Chicago and Niles joined guests, including Dr. Santosh Kumar, Executive Director of MAFS and President of GMF; Dr. Vijay Prabhakar, Vice President of GMF; Consul General of India in Chicago Somnath Ghosh; Skokie Commissioner of Fine Arts Pramod Joshi; Skokie Police Chief Jesse Barnes; GMF Treasurer Dipti Shah; and GMF Secretary Shree Gurusamy.

Dr. Santosh Kumar opened the ceremony by expressing gratitude for Gandhiji's everlasting contributions to humanity. She reminded the audience that in today's climate of uncertainty, social division, and financial stress, Gandhiji's teachings — rooted in truth, self-discipline, compassion, and simplicity — remain the foundation for a peaceful world. "Gandhiji's principles of unity, equality, and service are needed now more than ever. Let us each commit to rebuilding our communities through his timeless message," she said.

Indian Consul General Ghosh conveyed



Members of the Indian and Indian American community pose at the Skokie Sculpture Park in Skokie, Ill., October 2, 2025.

his greetings to the gathering and reflected on the continued global relevance of Gandhian philosophy in addressing modern challenges such as inequality, conflict, and environmental crises. "Mahatma Gandhi belongs not only to India but to all of humanity," he said. "His ideals of empathy, tolerance, and social coexistence continue to illuminate the path toward a sustainable and just world."

Vice President Dr. Vijay Prabhakar commended Dr. Kumar's steadfast leadership in sustaining the Gandhi Memorial Foundation for more than two decades. He invited the audience to observe a minute of silence in memory of the late Dr. Shriram Sonty, former Vice President of GMF, who dedicated his life to spreading Gandhiji's values through education and civic engagement.

Dr. Prabhakar extended gratitude to the Skokie Police Department for safeguarding the Gandhi statue at the Sculpture Park — a symbol of peace and resilience that has stood in the heart of the community for decades. Police Chief Jesse Barnes expressed his appreciation for the recognition and reaffirmed his commitment to community partnerships that promote harmony and mutual respect.

A highlight of the event was the introduction of Captain Arun Chakravati, a

decorated veteran who lost his right limb while serving the nation. His powerful words, "The world needs transformation — to embrace one another and live in harmony regardless of color, caste, or race," deeply resonated with attendees and underscored the inclusive spirit of Gandhiji's vision.

Ninety-three-year-old Shashi Singh moved the audience as she recounted her memories of India's independence movement. "The world must rediscover Gandhiji's magic of harmony and peace," she said. Fellow senior Mrs. Rujuta Pancholi spoke about Gandhiji's emphasis on simplicity, right knowledge, and spiritual grounding as the moral compass for future generations.

The celebration featured bhajans
— including "Vaishnav Jan To Tene Re
Kahiye Re" and "Raghupati Raghav Raja
Ram" — performed by Payel Ganguly and
UMAS seniors Shashi Singh and Darshna
Satyawadi.

Jahnvi Bavisi, director of the Adult Day Services (ADS) program at UMAS, invited participants to support the upcoming MAFS Annual Gala at The Matrix Club in Naperville on November 1, 2025. Proceeds from the event will help expand senior care and community service programs across Chicagoland.

The program concluded with a communal sharing of Indian snacks and conversations about Gandhiji's teachings of truth, love, and service to humanity.

Founded in 1989, the Gandhi Memorial Foundation (GMF) of Skokie, Illinois is a non-profit organization dedicated to preserving and promoting the ideals of Mahatma Gandhi — peace, non-violence, equality, and truth — through education, community engagement, and cultural events.

#### **NATIONAL AFFAIRS**

## S. Paul Kapur Confirmed As Assistant Secretary For South Asian Affairs

By a Staff Writer

he US Senate on October 7, 2025, confirmed Indian American S. Paul Kapur as Assistant Secretary for South Asian Affairs at the State Department. Kapur replaces Donald Lu, and his appointment comes at a difficult time not only in US-India relations, but also within the South Asian Subcontinent following on the heels of the India-Pakistan imbroglio, and the turmoil in Bangladesh and Nepal.

The Senate voted 51 to 47, a partisan vote October 7, for one of the top posts at the State Department, which in the past has been occupied by one other Indian American, Nisha Desai Biswal. Kapur was nominated to the position by President Trump on February 11 this year.

Kapur has been a professor at the Naval Postgraduate School's Department of Se-



S. Paul Kapur

curity Affairs. His expertise listed on that site (nps.edu) is in South Asian Politics and Security as well as International Relations.

He has also been a Visiting Fellow at the Hoover Institution, Stanford University

Kapur is not new to the State Department. He served from 2020-2021, on the State Department's Policy Planning Staff, working on issues related to South and Central Asia, Indo-Pacific strategy, and U.S.-India relations.

Previously, he taught at Claremont McKenna College, and was a visiting professor at Stanford University. Kapur has written extensively on issues in the South Asian Subcontinent. His biography on nsu.edu shows he is the author of Jihad as Grand Strategy: Islamist Militancy, National Security, and the Pakistani State (Oxford University Press, 2016); Dangerous Deterrent: Nuclear Weapons Prolifer-

ation and Conflict in South Asia (Stanford University Press, 2007); co-author of India, Pakistan, and the Bomb: Debating Nuclear Stability in South Asia (Columbia University Press, 2010).

Most recently, he was the co-editor of The Challenges of Nuclear Security: U.S. and Indian Perspectives (Palgrave Macmillan, 2024).

His work has appeared in leading academic journals such as International Security, Security Studies, Asian Survey, and Washington Quarterly; in outlets such as the Wall Street Journal, the National Interest, and RealClearPolicy; and in a wide variety of edited volumes.

Kapur also directs a United States-India Track 1.5 strategic dialogue, as well as other U.S.-India engagements, for the Department of Defense. He received his Ph.D. from the University of Chicago and his B.A. from Amherst College.

October 17, 2025 TRAVEL DESI

## 5 Cyber Travel Scams and How to Avoid Them

By Andrea Sachs

Four years ago, Joel Kramer was scouring vacation rental sites for a Rhode Island beach house for his family of five. A promising message from a property manager with "Golden Vacation" landed in his inbox: A three-bedroom was available for 10 days in early August. The house checked all of Kramer's boxes, except one.

The rental didn't exist.

"I emailed, no response. I emailed again, no response. We called and got a Verizon response saying this number is no longer active," said Kramer, 74, a neuropsychologist in San Francisco, recalling the day before his family was supposed to move into the rental. "We went, 'Oh, s---.'"

#### The Kramers had been scammed.

Travelers have been conned since time immemorial, but today's scams are more insidious and sophisticated than such old tricks as the bait-and-switch or shell game. Security experts say modern-day swindlers use advanced technology such as artificial intelligence to trick travelers out of their money and sensitive personal data.

"Cybercrime is a business, and just like legitimate businesses, cybercriminals are really focused on maximizing the returns," said Steve Grobman, chief technology officer at McAfee, an online protection company. "They're using technology to optimize their victim-conversion rates, things like AI to find victims who are more likely to fall for scams. And they are making the scams more relevant or scary to their victims."

Though the Federal Trade Commission received nearly 3,000 fewer fraud reports during the second quarter of 2025 compared with last year, the total loss was larger. Thieves absconded with \$40 million, an increase of \$5 million.

Grobman said everyone is a target. Cybercriminals will go after younger, thriftier travelers with cheap travel deals and lure older, wealthier travelers with luxury trips. They will prey on their victims through social media or by text, email or phone.

'The scammers know what generation you are and focus on the things that will resonate with you," Grobman said. "They really do know a lot about you and can hyper-optimize the scams to target the victims."

The FTC and other security entities offer tips to help identify and avoid fraud. Scammers often pretend to be affiliated with an established organization, such as the FTC, for instance. They will pressure the person to act immediately or risk missing out. And they will require forms of payment with weaker consumer protections than credit cards, such as Venmo, Zelle or a wire transfer.

In hindsight, Kramer noticed several red flags. "Mark Meyer," the so-called property agent with "Golden Vacation," had sent him a Vrbo listing, even though the company urges renters to perform all transactions on its platform. Meyer said the owner lived in Ireland; Kramer, however, had seen the name of a Rhode Island resident (the true owner, he later discovered) on the contract. Meyer instructed Kramer to pay through XOOM, a PayPal subsidiary that does not refund received payments. (Kramer was able to halt the second installment.)

After losing half of the \$4,000 fee and jeopardizing his family's summer vacation, Kramer has changed some of this travel-planning behaviors. He said he will no longer reply to emails from strangers on his phone. Instead, he will wait until he is on his home computer, where can see the full scope of the message and pick up on any suspicious signs.

He has also stopped relying on rental companies for his New England beach getaways. He and his wife bought a place in Rhode Island, which they rent on Airbnb.

#### The fake rental listing

The Kramers fell for the vacation home scam, one of the most common travel deceits, according to the FTC. The con works like catfishing, but with rental properties instead of people. Impostors will pilfer real online profiles and sell them as their own. In some cases, the rentals may be complete fabrications.

"If a legitimate Vrbo or Airbnb renter has created a good description with photos, then the scammer basically copies that and presents it as their property," Grobman said. "It makes it very easy for the scammers to get somebody to put down a deposit, but they didn't actually get a booking."

How to spot it: If the property's profile appears in multiple off-platform sites, with no history of guest reviews. Vrbo's warnings include listings with incorrect spellings or grammar; low-res photos; and a request to communicate and pay off-site. To protect yourself, the FTC recommends searching online for the property's address, the owner's name and the rental company. Cross-check the information against the listing you received. Grobman, meanwhile, recommends using only reputable rental agencies or platforms that vet the owners and provide protections, such as Airbnb's AirCover and VrboCare.



#### The CAPTCHA-if-you-can scams

Travelers need to be on high alert with every interaction, even rote ones such as proving to a website that you are not a bot.

In the fake CAPTCHA scam, the consumer will follow "verification steps" that often involve a series of keystrokes, such as pressing the Windows key + R, CTRL + V and then enter, according to Ohio State University's Office of Technology and Digital Innovation. The commands allow cybercriminals to install malicious software, or malware, into your computer and steal your personal information. Once the sabotage is complete, you may receive an error message in place of a booking confirmation.

"You think you're going to a site to get a great deal and you end up having your social security number or your passwords stolen right off your computer," Grobman said

How to spot it: Tech security experts say to be wary of verification requirements outside the norm, such as actions unrelated to logging in, creating an account or executing a financial transaction. Make sure the website address is legitimate, and never perform keystroke commands for a CAPTCHA test.

#### The fake travel website

Fraudsters create copies of popular travel websites with a slight permutation in the web address. As an example, Grobman shared a Booking.com knockoff with the URL www.booking-confirmation.com.

"They've essentially set up a site with the same look and feel, including the images and the layout of the real Booking.com," he said. "They can harvest your credit card and other personal details."

When it's time to pay, instead of purchasing a hotel room, you are handing over your credit card info to the cybercriminals. Grobman said they may even start shopping while you are still on the site. You won't realize you've been conned till you show up at the hotel and discover that you're not on the guest list.

How to spot it: Carefully inspect the web address and site for any stray or suspicious letters or words. Don't jump on the first site that pops up in your hotel or airline search, even if it shares the same name as an established travel company.

#### The urgent text scam

An urgent text appears on your phone. Your frequentflier miles are about to expire or you have an unpaid toll and could face late fees or legal action. You must act now or else ...

"Scammers really focus on the emotional manipulation that will drive fear and a sense of urgency to act," Grobman said.

In your frenzy to protect your miles or pay your delinquent bill, you may call the fraudulent phone number or click on the corrupt link, sharing valuable information

How to spot it: Most companies will not text unless you signed up for this form of communication. The frantic tone should also set off alarms. Even if you opted in, don't click on any links. Log into your frequent-flier or toll pass account and check for any alerts or discrepancies. If you are still concerned, call the airline's reward program or the toll authority. Just be sure to use the correct phone number. The web is a minefield of sham customer service numbers.

#### The personalized hoax

That Instagram photo of you lounging by a resort pool might attract more than the attention of your friends. Scammers might like it, too.

Grobman said cybercriminals don't need a location or hotel name to know your whereabouts. To craft a personalized scam, they will use technology to determine your vacation spot based on your social media post.

"If you think you're being careful because you're not saying where you are, artificial intelligence can help the scammers identify exactly where you are, even down to the restaurant or the hotel," he said. "Then they can use that information to create a scenario that becomes a lot more believable."

For this deception, the guest might receive an email, text or WhatsApp message from the hotel, notifying them of an unpaid charge. The message will stress the importance of settling the bill as soon as possible. Grobman said the link might be authentic, to avoid detection, but the phone number could be fake.

"They're trying to get you to call," he said. "Or sometimes they're just trying to get you to reply to the text message and then they'll call you back."

How to spot it: As with the urgent text scam, ignore the message if you didn't opt in for this type of communication. Even if you did, call the hotel directly and ask about any unsettled invoices. Don't pay without proof.

The Washington Post

## **India And Canada Agree On New Roadmap For Relations**

ndia and Canada agreed on Monday, October 13, 2025, on a new roadmap for their relations after talks between their foreign ministers in New Delhi, as both countries seek to mend ties strained over the killing of a Canadian Sikh separatist.

The two countries, both of which are looking to diversify trade away from the United States due to tariff announcements, agreed to collaborate on areas like critical minerals, trade and agricultural value chains, a joint statement said.

"Reviving this partnership will not only create opportunities for enhanced economic cooperation but also help mitigate vulnerabilities arising from shifting global alliances." it said.

#### **ALMOST TWO YEARS OF STRAINED RELATIONS**

The statement came after Canada's Foreign Minister Anita Anand met Indian Prime Minister Narendra Modi and her counterpart Subrahmanyam Jaishankar on Monday, October 13..

"Both of our governments agree on the importance of elevating the relationship," Anand said in her opening



PM Narendra Modi welcoming Canada's Foreign Minister Anita Anand October 13, 2025. They discussed ways to strengthen cooperation in trade, technology, energy, agriculture and people-to-people exchanges for mutual growth and prosperity.

remarks at the meeting with Jaishankar.

Relations between New Delhi and Ottawa were strained for almost two years after then-Prime Minister Justin Trudeau accused New Delhi in 2023 of involvement in the killing of a Canadian Sikh separatist Hardeep Singh Niiiar.

India denied Canada's allegations of involvement in the murder and in turn accused Ottawa of fostering separatist groups on its soil.

In June this year, Trudeau's successor Mark Carney hosted Modi at the G7 summit in Kananaskis in the Canadian province of Alberta.

India is Canada's top source of temporary foreign workers and international students, as well as an important market for pulses such as lentils and yellow peas.

Canada is home to an influential Sikh community. Indian leaders say there are some fringe groups there that are still sympathetic to the cause of an independent Sikh state called Khalistan to be carved out of Hindu-majority India.

-REUTERS

## India, US To Hold Trade Talks As New Delhi Seeks Higher Energy Imports

By Manoj Kumar

ndia and the United States are set to hold trade talks this week, with New Delhi pledging to import U.S. energy and gas as it aims to address Washington's concerns over its Russian oil purchases, an official said.

Talks were suspended briefly in August after the Trump administration announced tariff hikes of up to 50% on Indian goods, accusing India of financing Russia's war in Ukraine by continuing to buy Moscow's oil despite western sanctions

However, discussions resumed in September after U.S. President Donald Trump struck a conciliatory tone in public remarks and spoke to Prime Minister Narendra Modi on the phone, raising hopes for a breakthrough.

The official, speaking on condition of anonymity, due to the sensitivity of the issue, said India was looking to increase purchases of energy and gas from the U.S.

The move follows U.S. ambassadordesignate Sergio Gor's meetings over the weekend with Modi and later with Commerce Secretary Rajesh Agrawal on strengthening bilateral trade and investment

"During my visit to India, I met with Commerce Secretary Agrawal and discussed US-India economic ties, including increased investment in the United States," Gor said on 'X' on Sunday.

Indian officials held "constructive" talks with U.S. counterparts in Washington last month, the government said, adding that

both sides agreed to push for an early conclusion of a mutually beneficial trade deal.

The U.S. tariff hikes have hurt Indian exports of textiles, leather goods, gems & jewellery, and food products, prompting the government to diversify markets and offer incentives to exporters.

India's exports to the United States fell to \$6.86 billion in August from \$8.01 billion in July, trade ministry data showed, with exporters reporting further declines in September.

Negotiations began in February 2025, targeting a deal to double bilateral trade to \$500 billion by 2030.

The two sides have held five rounds of trade talks, with the sixth – postponed in August – now expected to lead to the first phase of the deal next month, as agreed by Trump and Modi.

India is seeking greater participation from private players, including U.S. firms, in its renewable and nuclear energy sectors.

"Investments coming into our renewable energy sectors are an important area of our relationship (with the U.S.)," the official said, noting that New Delhi was open to buying more Liquefied Natural Gas (LNG) from the United States.

When asked about the Trump administration's calls for greater Indian investment in the U.S., the source said New Delhi was not opposed and viewed overseas investments by Indian firms positively, similar to China's approach.

-REUTERS

# US Ambassador To India Gor Says He Discussed Bilateral Issues with PM Modi

S. Ambassador to India Sergio Gor said he met with Indian Prime Minister Narendra Modi and discussed bilateral issues which included trade, defense and technology.

Gor said he and Modi, in their first meeting in India, also discussed the importance of critical minerals to both the U.S. and India.

U.S. President Donald Trump has imposed a 50% tariff on most exports from India, among the highest for any U.S. trading partner. The move impacts about \$50 billion of Indian exports to the U.S., mainly hurting labour-intensive sectors such as textiles, gems and jewellery and the shrimp industry.

"President Trump considers Prime Minister Modi a

great and personal friend", Gor said, speaking at the U.S. Embassy in Delhi in his first address in India.

"Glad to receive Mr. Sergio Gor, Ambassador-designate of the US to India. I'm confident that his tenure will further strengthen the India–US Comprehensive Global Strategic Partnership", Modi said in a post on X.

Gor, who the U.S. Senate confirmed last week as the U.S. Ambassador to India and Special Envoy for South and Central Asian Affairs, also said that he met India's Foreign Minister Subrahmanyam Jaishankar and National Security Advisor Ajit Dova.

Gor has not taken charge as Ambassdor yet and is on a visit to India from October 9 to October 14 where he will

meet Indian officials.

Gor also referenced the "incredible" phone call that Trump and Modi had before he left for India in a press statement.

Modi said he spoke to Trump last week, adding that they "reviewed good progress achieved in trade negotiations" and agreed to stay in close touch over the coming

The tariffs were doubled on Indian goods from 25% over New Delhi's continued imports of Russian oil.

-REUTERS

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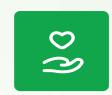
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