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What To Do With Thanksgiving Leftovers

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Bollywood's charming hero and national icon Dharmendra is no more



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Trump pivots from bashing Mamdani to praising him

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Why You Should Embrace New Technology As You Age

By RICHARD SIMA

Tou might think spending time on your smartphone or computer is bad for your brain. Indeed, “brain rot” - the slang term for a mental decline caused by mindlessly consuming social media or digital dreck - was Oxford Dictionary’s 2024 Word of the Year.

But new research suggests that older adults who spend time engaging with technology may get a cognitive benefit.

“We saw that older adults who are engaging with technologies overall seem to be having less diagnoses of dementia, mild cognitive impairment, better scores on cognitive measures,” said Jared Bengé, an associate professor at Dell Medical School at the University of Texas at Austin and an author of the paper, a meta-analysis of 57 studies, which was published in *Nature Human Behaviour*.

Across the studies, more use of everyday digital technologies such as computers, smartphones and the internet was associated with a 58 percent lower risk of cognitive impairment in people older than 50.

DIGITAL TECH ON THE BRAIN

The relationship between cognition and technology use is probably bidirectional, researchers said: People who have healthy cognition may use technology more, and people who use technology more may have better cognition in the future.

Technology is expensive, and its use may be a marker of socioeconomic status, education or wealth, which are themselves associated with reduced dementia risk.

But even when the researchers looked at studies that accounted for these factors, including health issues, the positive association between technology use and cognition remained.

“What’s surprising about it is how consistent our findings were,” with no studies finding technology use being harmful to cognition, said Michael Scullin, a professor of psychology and neuroscience at Baylor University and an author of the analysis.

Because the studies were observational, they cannot show causality. But longitudinal studies that tracked participants for an average of six years found that more technology use is associated with better cognitive health in the future.

While these studies show that technology use has a consistent positive link with cognitive health in older adults, it also carries certain risks, including exposure to financial scams and misinformation, as well as the temptation to fiddle on screens while driving, researchers said.

“There’s really not a simple answer to whether these devices are always good or always bad,” Scullin said.

Excessive use of technology can have other costs. That time could have been used for other activities, such as exercise or real-life social interactions.

A 2023 study of more than 18,000 older adults found that while regular internet users had approximately half the risk of dementia as nonusers, those who used the internet the most may have had higher dementia risk.

“Too much of anything is not a good thing,” said Virginia Chang, an associate professor in New York University’s School of Global Public Health and an author of the 2023 study.

THE THREE C’S OF TECHNOLOGY USE

There are three ways that technology can potentially boost cognitive health. Bengé thinks of them as the 3 C’s: complexity, connection and compensatory behaviors.

-Complexity: Research has consistently shown that challenging our brains with mentally complex tasks is good for it - crosswords, hobbies, music, reading and more years of formal education.



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“If you’re interested in learning anything new, whether that’s a new woodworking skill or engaging in an academic idea, you can find almost anything you want,” Bengé said.

How we engage with technology seems to matter, according to a 2022 study of more than 145,000 people older than 60. People who spent more time using the computer had a 15 percent decreased risk of dementia. But those who spent more time watching TV - a generally more passive screen activity - had a 24 percent increased risk of dementia. These patterns held regardless of the participants’ physical activity levels.

Ironically, navigating the frustrations that often accompany these digital technologies - troubleshooting software changes, diagnosing hardware issues, internet instability - are themselves sources of cognitive complexity and challenge.

While they are not “fun, they are basically stimulating activities for the brain,” Scullin said.

-Connection: Digital technologies can also help connect us with one another. Social connection is protective against dementia, while isolation and loneliness increase dementia risk.

Long-distance phone calls are no longer an exorbitant luxury, and people can connect immediately with friends and family members who are not physically nearby via text, email or video call - a welcome lifeline for older adults. One 2022 study found that internet use had even higher cognitive benefits for older adults living alone.

Interestingly, the studies on social media and cognition were more mixed, in part because there were fewer studies in that area, researchers said.

Using computers, smartphones and the internet had a much more consistent positive association, so this mixed result with social media raises the question of whether how we use social media is actually mentally stimulating or socially connecting, though a lot more long-term data is needed, Scullin said.

-Compensatory behaviors: As we age, we may encounter difficulties with cognitive abilities such as memory, decision-making and navigation.

Digital technologies can help cognition by compensating for this diminished capacity by providing a “scaffold” to support everyday function.

For example, we can use our digital technologies to help set reminders to remember doctors’ appointments. For navigation, “GPS is really a game changer,” Scullin said.

Having technological assistance can prolong independent living even if the intrinsic cognitive ability is impaired, Scullin said.

DIGITAL UNKNOWNNS

While there is consistent evidence that using digital technology is associated with cognitive benefits for digital pioneers - the first generation to be exposed to computers, smartphones and the internet in adulthood - it’s too early to know how growing up or being born into a world of screens shapes brain development and later cognitive health for younger generations, researchers said.

“The amount of exposure, the type of exposure, the timing of your exposure” is probably going to make a difference, Chang said.

But “if there’s one thing that brains are good at, it is adapting to the environment we’re in,” Bengé said. “I have very little doubt that we’re going to see changes in how the brain operates, but that’s being human.”

BEST PRACTICES FOR USING DIGITAL TECHNOLOGIES

Learn to use tech the right way.

For older adults who have been avoiding digital technologies because they may find them intimidating, there are easier ways to ease into that world.

Even people with mild cognitive impairment can learn to use these devices with patient trainers, improving the lives of older adults and their caregivers, Scullin and Bengé found in their research.

Often, well-meaning relatives might not be the best teachers because they could have built-in history, relationship dynamics and frustrations, Scullin said. Instead, “it’s just a lot better if you have a neutral party that is trained in being really patient with individuals at that life stage, that doesn’t assume any knowledge and that, you know, doesn’t have any prehistory with this person,” he said.

In large cities, there are often organizations that have trained professionals who can teach how to use these technologies, starting from the very basics, he said.

Monitor your own usage.

Take stock of your screen time every few months, Scullin advised. Many phones allow you to see these metrics, and there are apps that track usage on the computer.

The data will let you know whether you are spending your time the way you want to and could be a cue to use those extra minutes for something else, such as hitting the gym earlier or going outside, Scullin said.

With our screens, “there’s probably a little bit more garbage time than we’re comfortable with,” he said.

Reflect on what you are getting out of it.

“These are tools. They’re not some sort of predefined reality,” Bengé said. “So use the tools that are good for you and avoid the tools that you aren’t getting a benefit from.”

You can try a one-person experiment akin to testing food allergies. Get rid of one thing for a week or two and see how you feel, Bengé said. “If you systematically self-audit with this, you might see some interesting patterns, both in your use, as well as things that are working well for you,” he said.

“If it’s helping you get things done, if it’s helping you navigate life, if it is providing sociality for you, if it contributes to cognitive stimulation, if you enjoy reading the newspaper online or playing games online, I think that’s all good,” Chang said. “And then I would just say: Everything in moderation.”

-THE WASHINGTON POST



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Trump Pivots From Bashing Mamdani, Predicting He Will 'Do A Great Job' As Mayor

By NATALIE ALLISON

President Donald Trump and New York Mayor-elect Zohran Mamdani buried their proverbial hatchets on Friday, appearing together in the Oval Office after a meeting each described as the beginning of a warm relationship – despite months of slinging insults and hammering each other's policies.

The two men with roots in Queens looked into the cameras and spoke about their shared hopes for New York, emphasized common populist ideals and pledged to work closely together, a sense of agreement that ran afoul of nearly everything their respective political bases have come to expect from them. The president even declared he would finally feel comfortable moving back to New York with the 34-year-old democratic socialist running city hall.

It was as if Trump, seated at the Resolute Desk, hadn't just called Mamdani a "communist lunatic" and "stupid person," and Mamdani, now standing over his right shoulder, hadn't recently referred to the president as a "despot" with a "fascist agenda."

"I've been called much worse than a despot," Trump explained to a reporter who questioned the recent jab, in one of many questions about their past two disagreements that they shrugged off. "So it's not that insulting."

It was a remarkable scene that revealed the Republican president's recognition of the political potency of Mamdani's focus on economic policies that benefit the working class. Trump's approval rating has tanked in recent weeks to its lowest point this term, according to a Washington Post average of national polls since October, fueled in part by frustrations over the economy. He has faced criticism from some in his own base who say Trump has not focused enough on addressing the cost of living issues he campaigned on fixing, and has instead spent too much time on foreign policy matters.

Mamdani, whose resounding victory Trump acknowledged, for his part had clearly made efforts to flatter the president, conceding that a growing number of New Yorkers had supported Trump during the 2024 election.

"He said a lot of my voters actually voted for him," Trump said.

"One in 10," Mamdani interrupted, seeking to correct the record.

"And I'm okay with that," Trump added.

Mamdani shared that when he spoke with Trump voters on Hillside Avenue in Queens and Fordham Road in the Bronx, they said they supported the president because they wanted to "end forever wars" and address the cost of living, which Mamdani described as a crisis.

"We have to get Con Edison to start lowering their rates," Trump announced in the Oval Office.

"Absolutely," Mamdani said, nodding in agreement.

Mamdani, Trump explained, had shared some ideas "that were very interesting."

"He wants to see houses go up, he wants to see a lot of houses created, a lot of apartments built, etc." Trump said. "People would be shocked, but I want to see the same thing."

Trump repeatedly stuck up for Mamdani as the mayor-elect faced pointed questions from the press corps, at one point urging him not to bother explaining to reporters why he had called Trump a fascist, and at another point defending the climate-conscious politician's decision to take a plane, rather than a train or bus, to Washington.

"We agree on a lot more than I thought," Trump said. "I want him to do a great job, and we'll help him do a great job."

There were signs earlier in the day that the conversa-



President Donald Trump and New York Mayor-elect Zohran Mamdani during a meeting in the Oval Office on Friday.

tion might not devolve into name-calling and disagreements.

Trump sought to tone down his harsh rhetoric about Mamdani ahead of the meeting, predicting during a Fox News interview Friday morning that it would "be quite civil." When the host tried to bait Trump with a comment Mamdani had directed at the president, he acknowledged the smack talk had gone both ways.

"Well, I would say I'm a little hard, too, in all fairness," Trump said, adding that Mamdani "ran a good race." Trump endorsed former New York Gov. Andrew M. Cuomo (D) just before Election Day.

Mamdani explained this week that an Oval Office meeting between the president and mayor of the nation's largest city is customary. But the stakes are high for New York. Trump throughout the mayoral race threatened to withhold federal funding for the city if Mamdani won – and even said he'd have Mamdani prosecuted if he did not go along with the president's agenda. Mamdani, meanwhile, is seeking to limit the Trump administration's interference in his ability to execute on ambitious campaign promises like free child care and freezing rent prices.

Both political parties are wrestling with their identities ahead of the midterms and 2028 presidential election, though strategists on both sides are aware that economic relief remains voters top priority. Mamdani was kept at arms' length by prominent fellow Democrats nationwide, who believe that socialist ideals will be off-putting for swing voters despite a focus on affordability. And in spite of Trump and other conservatives warning of the ruinous effects of progressive governance, populist voices in the Republican Party have claimed the GOP isn't doing enough to keep the working-class voters who joined Trump's coalition.

Trump has repeatedly referred to the mayor-elect as a "communist," a description White House press secretary Karoline Leavitt echoed Thursday. Mamdani identifies as a democratic socialist, a wing of the Democratic Party focused on drastically reducing economic inequality.

While Trump had long signaled that he believes Mamdani's brand of progressive politics will be a turnoff to swing voters during the midterms, other Republicans – even officials in the White House – have acknowledged that Mamdani's laser focus on economic issues has resonated with many people. James Blair, the White House's deputy chief of staff for legislative, political and public affairs, said in an interview with Politico earlier this month that Mamdani did "so well" because "he relentlessly focused on affordability."

"People talk about communists, they can say all

these things, but the fact is he was talking about the cost of living," Blair said.

Two months ahead of his killing, top Trump ally and conservative influencer Charlie Kirk told The Post in July that the Republican Party would have to improve its own economic policies to appeal to young voters, warning about the "Mamdani effect" that could cost conservatives the gains they made with Gen Z during the 2024 election, believing that many young voters would be attracted to pledges like those made by Mamdani to make everyday life more affordable.

But Republicans overall have largely focused on framing Mamdani and his policies as an existential threat to the country. Hours before the mayor-elect walked into the White House, the House passed a resolution denouncing socialism, with Republicans backing the measure unanimously. Democrats split their vote, though 23 fewer members voted in favor of it compared to 2023, when the chamber took up the same resolution.

"They are grasping at straws," Rep. Becca Balint (D-Vermont) told The Post. "They have nothing. They keep tacking back to the same tired tropes, whether it's socialism, whether it's beating up on trans kids, it's just like the same thing over and over."

GOP members, meanwhile, had hoped Trump's meeting with Mamdani would show a stark contrast between the two men's policies.

"I think we need to restate for the people of this country just how dangerous socialism is, how disastrous it has been for the people of the countries in which it has been implemented, and it has its proper place in the ash bin of history," Rep. Ben Cline (R-Virginia) said in an interview ahead of the Oval Office meeting.

Some Republicans privately griped afterward about Trump's praise of Mamdani, with one suggesting he had sold out his own party.

Before their meeting on Friday, Trump had leaned into "birther" conspiracies in talking about Mamdani, suggesting falsely that the mayor-elect, who is a naturalized U.S. citizen born in Uganda, is "here illegally." Mamdani moved to New York as a child. Those conspiracies resemble Trump's previous attempted smears against Barack Obama. Trump this year also suggested arresting Mamdani if he tried to prevent federal immigration agents from conducting raids in New York.

The president, who was raised in Queens and launched his real estate development career in Manhattan, called New York home for most of his life until officially making Palm Beach, Florida, his primary residence in 2019. At the time, the president announced he made the decision after being "treated very badly" by the political leaders in New York.

Mamdani's meeting was the latest example of high-profile Democrats walking a tightrope of establishing goodwill with and seeking favorable outcomes from the president in the Oval Office, while proving to their anti-Trump political bases that they stood up to him.

Mamdani's appeared to go better than most others.

New York Gov. Kathy Hochul this spring compared her meeting with Trump to the movie Rambo, stating she "didn't draw first blood," while Michigan Gov. Gretchen Whitmer faced embarrassment from her liberal base after the White House called her in to the Oval Office at the same time that Trump had staged a photo op signing an executive order targeting political enemies. At one point, she was photographed covering her face with file folders.

And last month, House Minority Leader Hakeem Jeffries and Senate Minority Leader Charles E. Schumer, both Democrats from New York, were photographed in the Oval Office next to "Trump 2028" caps and the president grinning and pointing, a sight Trump and

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Opposing MAGA Critics, Trump Says He Will ‘Welcome’ Foreign Workers

By NATALIE ALLISON, CAT ZAKRZEWSKI

President Donald Trump on Wednesday (November 19, 2025) defended his decision to continue welcoming foreign workers to the United States for tech manufacturing jobs and potentially stirred up more upset within his base by maintaining that American workers aren't up to the task.

“You can't come in and open up a massive computer chip factory for billions and billions of dollars, like is being done in Arizona, and think you're going to hire people off an unemployment line to run it,” Trump said at the U.S.-Saudi Investment Forum, an event coinciding with the visit of Saudi Crown Prince Mohammed bin Salman. “They're going to have to bring thousands of people with them, and I'm going to welcome those people.”

The president's comments come in the wake of heavy criticism from some MAGA commentators and voters about his support for the H-1B visa program, which allows foreign workers with specialized skills to take jobs in the United States. Granting foreign visas for tech jobs is one of several issues currently dividing Republicans, some of whom have argued Trump is not upholding his “America First” agenda. As wages have lagged and inflation has remained stubborn under Trump's watch, prominent populist conservatives have said it's a betrayal of American workers to offer high-skill jobs to immigrants.

But the hundreds of business executives in Trump's audience included many tech leaders who have lobbied heavily to keep the visa program functioning. Among them was Jensen Huang, CEO of Nvidia, which has begun producing its high-powered Blackwell chips in Arizona at a plant where many workers have immigrated from Taiwan. Trump addressed Huang directly when he took an even deeper swipe at the U.S. workforce: “I don't think you can do that with people that don't even know what a chip looks like.”

Since last month, Trump has warned that factories producing chips, batteries and other products may initially need to rely on foreign workers who have specialized skills in manufacturing those products. He has suggested that the foreign workers would only work in the roles temporarily and could train American workers in the process. However, there is not a clear path for workers to temporarily immigrate for these roles.

Aware of the blowback he has faced in recent weeks, Trump on Wednesday insisted his embrace of foreign workers was the path forward for expanding manufacturing in the U.S. – and that it would eventually benefit more American workers.

“I love my conservative friends, I love MAGA, but this is MAGA,” Trump insisted. “And those people are going to teach our people how to make computer chips. And in a short period of time, our people are going to be doing great.”

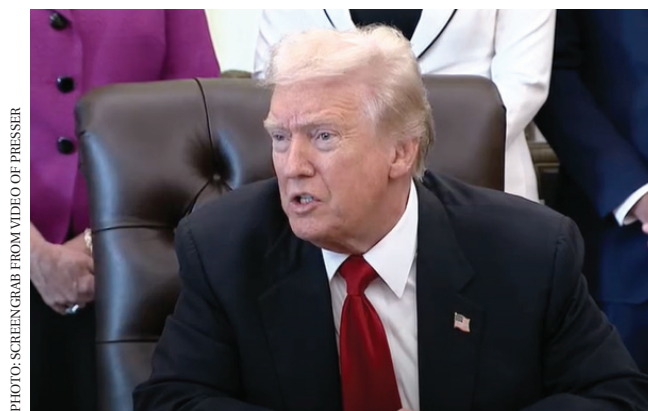


PHOTO: SCREENGRAB FROM VIDEO OF PRESSER
President Trump responding to a question on India, November 6, 2025, at a White House press conference on drug prices, when asked about tariffs and trade deal with India.

After clarifying that his supporters “love” him and that he loves them back, Trump said some of them are “way right” on the political spectrum, and acknowledged he may “take a little heat” from them for his position on immigrant workers.

“They're unbelievable patriots, but they just don't understand – our people have to be taught this,” Trump said of his supporters' opposition to bringing in foreign workers. Trump was emphatic as he spoke.

“We're not going to be successful if we don't allow people that invest billions of dollars in plant and equipment to bring a lot of their people from their country to get that plant open, operating and working,” he said. “I'm sorry.”

“So my poll numbers just went down, but with smart people, they've gone way up.”

The dissonance with “America First” proponents has been brewing for months. During a recent interview with Fox News host Laura Ingraham, who suggested the United States already has a sufficient number of skilled workers to staff these types of plants, Trump replied “No you don't,” a remark that prompted uproar from some of his supporters.

Earlier this year, Trump angered his base after suggesting he would create a legal path to remain in the country for farmworkers and hospitality laborers, after hearing complaints from agriculture executives and those in the hotel and restaurant industry. Trump campaigned on a pledge of “mass deportations,” while promising to usher in a “golden age” of economic opportunity for Americans, including the working class.

Mark Mitchell, head pollster at the conservative Rasmussen Reports who said he visited the White House on Monday, in recent days has continued to speak out against Trump's embrace of H-1B visas and warned that the administration should move away from the program.

“H1B is a toxic third rail, and should probably never be defended again,” Mitchell wrote on X.

A White House spokesman issued a statement Wednesday that did not address the question of whether the foreign visa program takes jobs away from Americans.

“American workers are the most talented and hard-working in the world. Right now, over one-in-ten young adults in America are neither employed, in higher education, or receiving vocational training,” said Kush Desai, White House spokesman. “President Trump is committed to working with industry leaders from across the world to help unleash this vast untapped potential of American hands and minds to usher in our next Golden Age.”

In September, hundreds of South Korean workers at a Georgia plant that manufactures batteries for electric vehicles were detained during an immigration raid and removed from the country. Referring to the raid at the Hyundai manufacturing site, which was carried out by Trump's U.S. Immigration and Customs Enforcement, the president on Wednesday said he remarked afterward, “Stop it. Don't be stupid.” Some of those South Korean workers recently returned to the plant.

As the Trump administration's frequently changing tariffs snarl global supply chains, many companies have sought exemptions from the White House by making commitments to open large factories in the United States. Trump often touts these investments as a signal that his trade policies are working, even though some of the manufacturing plans predate his presidency.

In other instances, companies have announced plans to build facilities in the United States, but they haven't opened yet. Trump says these facilities will create jobs for Americans, though companies often rely on foreign labor.

The administration now charges a large fee for people to apply for H-1B visas, a visa typically used for temporary, high skilled work. When asked about visas for factory workers last month, Trump said the administration is working on a plan. The White House did not answer a question Wednesday about whether that plan has been created.

At another point in his speech Wednesday, Trump, whom White House advisers have tried to get to focus more on talking about addressing Americans' economic concerns, mentioned the “incredible strides” his administration has made to “make America affordable again.” But Trump also seemed to mock the word “affordability” – pronouncing it slowly as he described it as “a new word that they use.”

Noting how some food prices have dropped this year, Trump said only the prices of stocks have risen since he retook office.

“The only thing that we're going up in is our stock market,” Trump said

-THE WASHINGTON POST

Trump Pivots From Bashing Mamdani, Predicting He Will ‘Do A Great Job’ As Mayor

-CONTINUED FROM PAGE 6

Republicans mocked after the fact. The two Democrats were there with Republican congressional leadership in an effort to reach a deal to stop a government shutdown, though the two sides failed to come to a consensus during the meeting. Trump later posted an AI-doctored

video of Schumer and Jeffries speaking to press outside the White House.

Before the cameras, Trump built up Mamdani as he sent off the young mayor-elect.

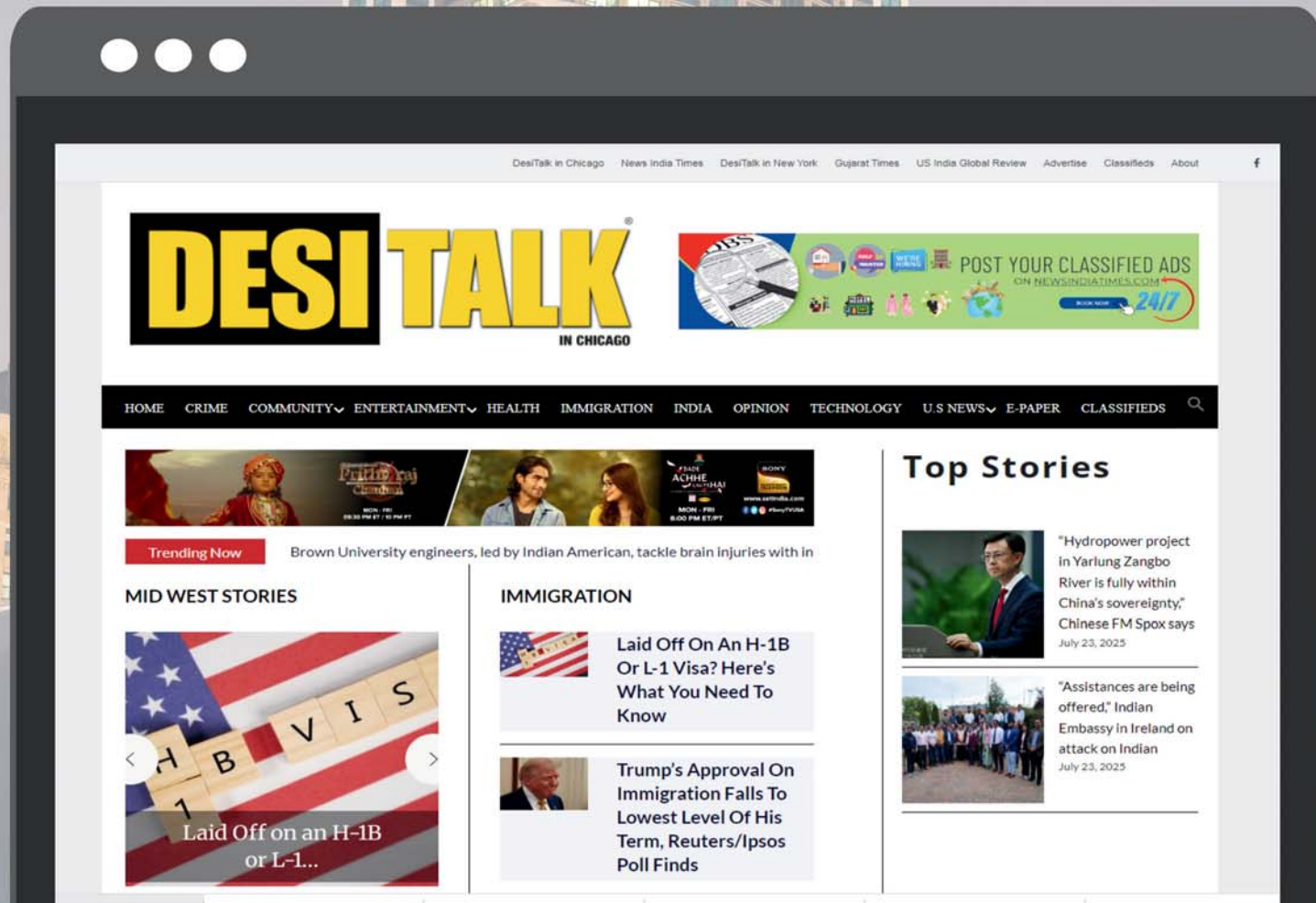
“By the way, being the mayor of New York City is a big deal. I always said, you know, one of the things I would have loved to be someday is the mayor of New York City,”

Trump said. “I think you're at really a turning point one way or the other – it could go great or it can go in a different direction. And I think you really have a chance to make it great.”

Trump shook Mamdani's hand, giving it a playful slap.

- THE WASHINGTON POST

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Inside The Effort To Force Trump's Hand On Epstein: Massie And Khanna's Role

By ANNA LISS-ROY

Reps. Thomas Massie and Ro Khanna's months-long campaign to force President Donald Trump's hand on the Epstein files started with a text.

Massie, a Kentucky Republican, and Khanna, a California Democrat, had built a relationship over the years. They often chat on the House floor, and this summer, they teamed up on a failed attempt to use a War Powers Resolution to limit the president's power to take military action against Iran without congressional approval.

At some point, they exchanged cellphone numbers. And when Massie saw Khanna try to use an amendment to force the Justice Department to release the Epstein files in July, he had an idea. He realized the maneuver could be successful if it were led by a Republican.

Massie figured he and Khanna could take advantage of an arcane legislative procedure known as a discharge petition, which sidesteps House leadership, to force a floor vote.

Massie texted Khanna.

Thirty seconds later, the Democrat responded: "Let's do it."

Within 24 hours, they introduced their resolution and started gathering the 218 signatures they would need to force a vote on the House floor.

For the following four months, President Donald Trump and House Speaker Mike Johnson (R-Louisiana) worked to block Khanna and Massie's effort. Johnson and Trump failed, and on Tuesday the House overwhelmingly approved Khanna and Massie's bill. This account of the long-shot campaign's success is based on public records and interviews with the two representatives.

Khanna and Massie have made plenty of enemies during their terms in Congress. Trump had long criticized Massie, who voted against the president's signature tax and spending bill this summer. "Some people seem to enjoy trying to inflict political pain on their own teammates," Johnson said in July.

Khanna has not faced the same blowback within his party over Epstein; Democrats have adopted Trump's refusal to release the files as a political talking point after seeing the issue divide the MAGA base. But Khanna spoke out against his own party as recently as last week, when he joined grassroots liberal groups and at least five other progressive House Democrats in calling for Senate Minority Leader Charles E. Schumer to step aside. He has said his party needs to elect younger members.

Despite their willingness to buck their own colleagues, Massie and Khanna's bill quickly picked up signatures. Every Democrat signed on, and Massie was soon joined by three more Republicans: Reps. Marjorie Taylor Greene (R-Georgia), Lauren Boebert (R-Colorado) and Nancy Mace (R-South Carolina). Trump and the White House pressured all three GOP women to take their names off the petition.

The trio refused to fold, and by Sept. 10, the discharge petition had 217 signatures, one short of the number needed to force a vote.

Then, the following week, the government shut down and the House went on break. For more than six weeks, Johnson kept the House out of session and refused to swear in Rep. Adelita Grijalva (D-Arizona), who had won a special election in September.

Just before the House voted to end the longest-ever government shutdown on Nov. 12, Grijalva took her oath of office and became the 218th signature on the



Reps. Marjorie Taylor Greene (R-Georgia), Thomas Massie (R-Kentucky) and Ro Khanna (D-California) pushed to compel the Justice Department to release all the files it has on Jeffrey Epstein.

petition.

That Friday, Trump publicly disowned Greene, calling her a "traitor" and withdrawing his endorsement of her.

But Khanna and Massie knew that once the 218 threshold was reached, names could not be removed from the petition.

"Knowing the rules helps," Khanna said.

Soon, victory seemed within their grasp. On Sunday night, Trump gave in, endorsing their effort in a social media post.

By Monday, the night before the vote, they were feeling confident. Shortly after 8 p.m., Massie, 54, and Khanna, 49, entered Khanna's office laughing, en route from a joint TV appearance down the hall.

"Can I get you a coffee or something?" Khanna asked Massie as the two walked in. They settled on a couch, angled slightly toward each other. Each crossed his left leg over the right. Each watched the other intently, nodding frequently. They sometimes answered questions in concert.

Are they friends?

Massie: "Oh, abso -"

Khanna: "Yeah!"

"lutely," Massie finished. "And if he needs me to campaign against him in California -"

Khanna laughed.

"I will campaign for his opponent."

Massie splayed across two of the couch's three black leather cushions, cowboy boot resting across his khaki-suited knee, palms spread on the leather beside him. To



Khanna, Greene and Massie hold a news conference Tuesday outside the U.S. Capitol with victims of Epstein.

his left, Khanna crossed his legs tightly, hands folded on the lap of his navy suit.

"Thomas is one of the most sincere people, even when you disagree with him," Khanna said.

They think their past experience - and shared fearlessness - in standing up to their respective party leadership helped their effort succeed, they said.

The next morning, Khanna and Massie started early. At 9 a.m., Massie, Khanna and Greene joined more than a dozen survivors of Epstein's abuse outside the U.S. Capitol. A crimson sign on the podium read: "EPSTEIN FILES TRANSPARENCY ACT." Protesters outside the gate waved signs demanding the release of the files.

"Today is the first day of real reckoning for the Epstein class," Khanna said.

"We fought the president, the attorney general, the FBI director, the speaker of the House, and the vice president to get this win," Massie crowed. "But they never - they're on our side today, though. So let's give them some credit as well. They are finally on the side of justice."

"I want to see every single name released so that these women don't have to live in fear and intimidation, which is something I've had a small taste of in just the past few days," Greene said.

Then, the three lawmakers stepped to the side and listened as survivors and their family members spoke. Massie and Khanna stood next to each other, both in navy blue, each with his left hand clasping his right.

Some of the women held up photos.

"This was me at 14 years old."

"This was me at 17 years old."

"This was me at 22 years old."

Several addressed the president directly, pleading for him to release the files.

"I voted for you, but your behavior on this issue has been a national embarrassment," said Jena-Lisa Jones.

"Thank you for defending democracy! Thank you!" one man called out as the members walked toward the Capitol after the conference wrapped. He held a sign that said "RELEASE THE FILES NOW!"

A couple hours later, the House passed the bill, 427-1. Even Johnson voted for it. After the vote gavelled closed, Massie and Khanna turned to face the survivors of Epstein's abuse standing in the gallery above them and clapped. The survivors hugged each other, clasped their hands over their hearts, and blew kisses to the members.

Later Tuesday, the Senate agreed to consider the legislation passed once it arrived from the House, sending it to the president's desk.

The representatives were gleeful at that prospect - "I'm tired of winning," Massie quipped. They had warned senators against inserting loopholes that could undermine their effort to reveal additional names of figures involved with Epstein's dealings.

Massie and Khanna think their effort will succeed in compelling the release of additional documents. But just how much information is actually revealed, they know, is in the president's hands.

"When the Congress acts with robustness in a powerful coalition, the president folds," Khanna said. "The question is, is he gonna follow through with justice for survivors?"

Outside the Capitol, the lawmakers fielded more questions from reporters.

"There are probably girls and women watching the vote today to see what our government is made of, and it's a good signal," Massie said. "[Trump] just needs to follow through on his promise to sign it."

-THE WASHINGTON POST



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Rep. Krishnamoorthi Introduces Bill To Promote Tourism

By A STAFF WRITER

Congressman Raja Krishnamoorthi (D-IL) introduced the Brand USA Restoration Act, legislation to restore \$80 million in federal funding for Brand USA, the nation's public-private tourism partnership.

The bill replenishes the Travel Promotion Fund to offset the nearly 80 percent cut made in President Trump's 'One Big Beautiful Act', Krishnamoorthi's office said in a November 20, 2025, press release.

Noting that Brand USA plays a critical role in marketing the United States to international travelers, and supports



Congressman Raja Krishnamoorthi, D-Illinois.

millions of American jobs, as the FIFA World Cup rolls around and US celebrates its 250th birthday, Krishnamoorthi said, "Restoring Brand USA's funding is about protecting American jobs and strengthening our economy. When we attract visitors from around the world, we support American workers, small businesses, and communities in every state. This bill ensures that the United States continues to compete globally and remains a top destination for international travel."

The legislation has been strongly endorsed by the Asian American Hotel Owners Association (AAHOA), an organization dominated by Indian Americans, which represents thousands of hotel owners across the United States.

"Restoring full funding to Brand USA

was a top priority at our Fall National Advocacy Conference because this is about keeping international travelers coming to the United States and protecting our members' businesses," said Kamallesh (KP) Patel, AAHOA Chairman. "Brand USA has generated \$140 billion in economic impact and supported over 300,000 American jobs, yet recent funding cuts threaten to slow this momentum." Patel added.

Laura Lee Blake, AAHOA President and CEO, added, "Brand USA drives millions of international travelers to the U.S., generating tens of billions in visitor spending and supporting hundreds of thousands of jobs. For AAHOA Members, who own over 60 percent of U.S. hotels, this funding is a major step forward—every \$1 dollar for Brand USA creates \$20 in visitor spending.

Teamsters Joint Council 25 Endorses Raja Krishnamoorthi For U.S. Senate

By A STAFF WRITER

Teamsters Joint Council 25 announced its endorsement of Congressman Raja Krishnamoorthi in his bid for the U.S. Senate. The latest union joins an extensive and rapidly growing coalition of unions and organized labor leaders who have backed his U.S. Senate bid. "The undeniable labor candidate in the primary, Raja now has earned the support of ten Illinois labor organizations," his campaign announced in a press release November 24, 2025..

"Raja has always been the kind of leader who listens first and fights hard, and that's why workers across Illinois trust him," said Thomas W. Stiede, President of Teamsters Joint Council 25. "He's stood with our members on picket lines, he's gone after powerful corporations that shortchange workers, and he's championed labor at every step. I look forward to working alongside him to strengthen workers' rights, protect good-paying union jobs, and keep the voices of working people at the center of the conversation."

"Teamsters Joint Council 25 is proud to stand with a labor champion who has consistently delivered results for working families," said Juan Campos, Secretary-Treasurer of Teamsters Joint Council 25. "Raja has always shown up when workers have needed him most, and that's exactly the type of public servant that Illinois needs right now in Washington. I'm looking forward to partnering with him to continue fighting for a future where unions are respected, workers are protected, and Illinois' working families can thrive."

Teamsters Joint Council 25 is one of the largest and most influential labor organizations in the region, representing workers across Illinois and Northwest Indiana. Led by President Thomas W. Stiede and Secretary-Treasurer Juan Campos, Joint Council 25 provides coordination and leadership for the 25 affiliated local unions and more than 100,000 men and women that they represent. The Teamsters, founded in 1903, remain one of the nation's most diverse and powerful labor unions with 1.3 million members nationwide.



Rep. Raja Krishnamoorthi has a busy November 2025, campaigning for his bid for the US Senate from Illinois.

"The Teamsters are a force for fairness and dignity in this country, and their leadership in the labor move-

ment is second to none," said Krishnamoorthi. "Earning Joint Council 25's endorsement is an incredible honor, and I'm proud to stand with more than 100,000 of the workers who power Illinois' economy and keep our communities strong. I look forward to continuing to work alongside President Stiede, Secretary-Treasurer Campos, and every Illinois Teamster in the fight to advance pro-worker policies, safeguard the future of good-paying union jobs, and ensure that every worker has a fair shot."

According to the Krishnamoorthi campaign, with 10 labor unions now united behind his campaign, the Indian American candidate "has firmly established himself as the labor candidate in the U.S. Senate primary."

In addition to Teamsters Joint Council 25, labor unions and leaders backing Raja include Teamsters Local 705, UFCW Local 881, Illinois Federation of Teachers Local 1211, National Association of Letter Carriers branches 825, 31, 2810, 4016, and 2076, and Elevator Constructors Local 2. Like Joint Council 25, these organizations recognize that Raja is the champion that working people need in Washington right now.

Krishnamoorthi was first elected to Congress in 2017, and has advocated for organized labor in Illinois since then, his campaign noted. Among his achievements for labor, the press release noted, he delivered major federal investments for job training infrastructure, including \$850,000 for the Mechanics' Local 701 training facility in Aurora and \$1 million for the HIRE360 job-training center in Chicago, backed by the Chicago Federation of Labor. He authored bipartisan legislation to modernize workforce training nationwide, led the introduction and passage of pro-labor trade legislation backed by the United Steelworkers and AFL-CIO, and continues to fight for passage of the PRO Act, landmark legislation that he proudly co-sponsors. Raja has stood with workers through organizing drives, picket lines, and corporate battles — from postal workers resisting facility closures to grocery workers fighting against a mega-merger that would have endangered union jobs and hiked food prices.

PHOTO: SCREENSHOT FROM VIDEO ON FACEBOOK @RAJAFORIL

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ASTROLOGY



This week for you

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

ARIES: Focus on your overall well-being and don't overlook minor health concerns. Someone may approach you for emotional or financial support. A composed attitude at work brings admiration and teamwork. Avoid confrontations at home to maintain peace. Professional duties may take precedence over romance. You might receive an invitation to travel; think before deciding. Relocation or a long-awaited trip promises happiness and fulfillment.

TAURUS: Your consistent health efforts begin to show encouraging results. A senior family member may advise you to spend wisely and save more. Diplomacy will help you maintain smooth relations with seniors at work. Domestic life remains calm and supportive. Some hidden matters may surface, impacting relationships. A new car or gadget could soon be yours. Students will gain recognition through diligence and steady progress.

GEMINI: Healthy habits and mindful eating will keep you in top shape. Financial gains appear likely, especially through well-planned investments. Be patient while guiding a colleague or subordinate. You may redecorate your home or prepare for festive occasions. Emotional depth strengthens romantic connections. A journey with someone you don't get along with may still prove useful. Academic growth brings renewed confidence and clarity.

CANCER: Stay cautious against seasonal ailments and avoid impulsive investments. Workplace confusion may test your composure. Family get-togethers bring laughter and warmth. Love life flourishes for many, while others revive fading bonds. A purposeful trip yields success, though property dealings require attention to detail before signing. Students can expect consistent improvement and a clearer sense of direction.

LEO: Discipline and routine enhance your health and overall lifestyle. Increased income improves your comfort and confidence. It's an ideal time to start ventures or collaborations. A family elder may be critical. Romantic relationships grow stable, with potential for long-term plans. A refreshing trip offers perspective and peace. Guiding others brings you fulfillment and respect.

VIRGO: Avoid taking responsibility for issues you didn't cause. Financial stability strengthens as new sources of income emerge. Your composed demeanor ensures smooth progress at work and home. Domestic disagreements may arise. Romantic feelings deepen, urging you to express emotions openly. A new vehicle or renovation project could be on the cards. Academic assistance from others helps you.

LIBRA: Neglecting your fitness may lower stamina. Unplanned expenses might affect savings. Your creative input at work may take time to be recognized, but persistence will pay off. A calm home environment brings mental peace. Romantic plans unfold beautifully, strengthening emotional bonds. Expect travel delays and plan ahead. Revisiting old academic material can spark valuable insights.

SCORPIO: Those recovering from illness must adhere to medical advice. Strategic financial planning boosts long-term stability. Work challenges ease through diplomacy and sharp thinking. A family matter demands patience and empathy. Romantic attraction deepens as someone's charm captivates you. Students benefit from consistent dedication. Helping others or engaging in charity brings inner joy and appreciation.

SAGITTARIUS: Discipline and a positive attitude help you maintain excellent fitness. Finances remain steady, allowing you to assist others generously. Collaboration at work leads to swift success. Harmony in family relationships grows stronger. Be cautious with promises in love. Travel brings fun and smooth execution of plans. Promising real estate prospects may arise. Academic discussions or workshops enhance your understanding and vision.

CAPRICORN: An active lifestyle fills you with energy and optimism. Past investments may take time to mature. Small obstacles shouldn't shake your faith—keep moving forward. Family commitments keep you engaged yet happy. Romantic plans may face delays due to work. Short journeys bring relaxation. Academic focus ensures consistent progress and success.

AQUARIUS: Don't let hesitation make you miss professional chances. Innovative thinking will help boost financial growth and stability. Your competence earns recognition at work. A sensitive family issue requires a composed approach. Patience in love will gradually deepen emotional connection. Academic achievements or competition results enhance your self-belief. Meeting an old acquaintance revives delightful memories.

PISCES: Clearing a long-pending payment or debt brings great relief. Studying current market trends helps you make profitable decisions. Unexpected guests may disrupt plans but add cheer to your days. Romantic feelings intensify as someone expresses genuine affection. A spontaneous trip or drive brings joy and bonding. Property talks may take time but will move positively. Learning something new or joining a social group broadens your outlook.



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Akshaya Patra Hosts 2025 Indiana Fundraiser In Merrillville, Indiana

BY A STAFF WRITER

The 2025 Akshaya Patra Indiana Chapter, hosted a musical fundraiser at the Indian American Cultural Center in Merrillville November 15, 2025, that brought together a large gathering of like-minded supporters, all united by a shared commitment to end classroom hunger for children in India. The funds raised are expected to make a significant difference in the lives of thousands of children, ensuring they receive the nutritious meals they need to stay in school and build brighter futures.

National Award-winning music composer Bishakh Jyoti, gave a soulful and energetic performance that elicited an enthusiastic response from the audience, which also got to enjoy a delicious dinner.

Chapter Chairs Dr. Saket Sinha and Dr. Ravi Bhagwat, along with executive team members Soumita and Subir Bandyopadhyay, Dr. Shailesh Bhatt, Dr. Vijay Dharla, Darshana & Niru Patel and Chandan Rai, extended their heartfelt gratitude to all guests, donors, and volunteers for their unwavering support.

A significant highlight of the night



PHOTOS: AKSHAYA PATRA

Organizers and special guests as well as attendees enjoying the Akshaya Patra 2025 Fundraiser held in Merrillville, Indiana November 15, 2025.



was the keynote address by entrepreneur and philanthropist Rajiv Khanna, whose inspiring words encouraged many to deepen their commitment to the cause. His message of compassion and collective responsibility resonated strongly with the audience.

The attendees also had the opportunity

to hear from Akshaya Patra USA CEO Navin Goel, who shared meaningful insights about the impact the organization has made over the years. He also outlined the vision and plans for the upcoming years, reinforcing the importance of continued community support in driving lasting change.

As the chapter reflected on the success of the event, the Akshaya Patra Indiana Chapter Team expressed excitement and optimism for 2026, looking forward to another impactful year of service and community engagement.

A New Gateway To India For Global Youth: Special 85th Know India Programme Announced And Invites By Consulate General Of India, Chicago

BY BHAILAL M PATEL

The Consulate General of India, Chicago is pleased to announce the launch of the Special 85th Edition of the Know India Programme (KIP), to be held from 06 January to 27 January 2026. The Ministry of External Affairs (MEA), Government of India, invites applications from eligible Persons of Indian Origin (PIO) youth (excluding NRIs) aged 21–35 years for this flagship initiative.

The Know India Programme is a premier outreach effort of the Diaspora Engagement Division of the Ministry of External Affairs aimed at reconnecting young diaspora members with their ancestral roots. The programme offers an immersive introduction to India's art, heritage, culture, economy, innovation ecosystem, science & technology landscape, and contemporary development journey.

Since its inception in 2003–04, the Ministry has successfully organized 83 editions, enabling 2,999 PIO youth to experience the richness, diversity, and dynamism of modern India.

A Special & Unique Edition: Integration with Viksit Bharat Young Leaders Dialogue (VBYLD) 2026. The upcoming 85th edition is being designed as one of the most unique in KIP's history. In a first-of-its-kind collaboration, participants will have the opportunity to take part in the Viksit Bharat Young Leaders Dialogue (VBYLD), a national-level youth engagement platform aligned with India's vision of Viksit Bharat @2047, as articulated by the Hon'ble Prime Minister of India.

Viksit Bharat Young Leaders Dialogue (VBYLD). Ministry of External Affairs (Diaspora Engagement Division): The Viksit Bharat Young Leaders Dialogue (VBYLD) 2026 marks the second edition of the reimaged National Youth Festival. Building on the success of VBYLD 2025, this edition continues to celebrate Yuva

Shakti — the power of youth — through innovation, collaboration, leadership, and nation-building.

Viksit Bharat Challenge Track — Flagship Component: At the heart of the Dialogue is the Viksit Bharat Challenge Track, which invites youth to ideate and present transformative solutions across 10 national priority tracks, including: Governance, Education, Sustainability, Entrepreneurship, Technology, Social Development, Innovation.

The Challenge unfolds through four competitive stages: Nationwide Online Quiz, Essay Competition, State-Level Presentations & Leadership Assessments, National Championship. The competition culminates in an extraordinary opportunity for finalists to present their vision before the Hon'ble Prime Minister of India. For the first time, select youth from the 85th KIP will also be chosen to present their ideas on this prestigious national stage - a hallmark opportunity for global Indian youth.

Four Dynamic Segments of VBYLD 2026: VBYLD will bring together 3,000 exceptional youth leaders from across India and the global Indian diaspora, through four major segments: Viksit Bharat Challenge Track, Cultural Track, Design for Bharat - Design Track, Hack for a Social Cause - Tech Track.

The Dialogue is further supported by Pathbreakers, a network of young achievers and mentors guiding participants in each track. Together, this initiative aims to empower youth as catalysts for change and nurture leaders capable of shaping a Developed India by 2047.

Call for Applications> The Consulate General of India, Chicago invites eligible candidates to submit: Scanned copy of the duly filled Application Form. Required supporting documents; Email submissions to: pic.chicago@mea.gov.in

Application Deadline: 08 December 2025;

Modi Ally And Political Scion Fuels Investment Boom In Southern Indian State

By SARITA CHAGANTI SINGH AND KRISHNA N. DAS

A 42-year-old MBA from Stanford is becoming the go-to person for multinationals looking to invest in India, leveraging his party's proximity to Prime Minister Narendra Modi to dismantle the country's infamous bureaucratic bottlenecks and secure near-instant approvals for billion-dollar projects.

Nara Lokesh says he has secured \$120 billion in firm investment commitments in the last 16 months for his home state of Andhra Pradesh, far more than any of India's other 35 states and federal territories.

Google is setting up a \$15 billion data center in Andhra, its biggest investment in India, while Lokesh said the ArcelorMittal Nippon Steel joint venture has pledged nearly \$17 billion for a 17.8-million-tonne facility in the southern state. ArcelorMittal Nippon told Reuters it was committed to the investment, which will be made in phases.

"We don't go into a meeting where we just do this dog and pony show, exchange memorandums of understanding, take a nice picture and then forget. Now every meeting has an outcome," said Lokesh, whose Telugu Desam Party (TDP) rules Andhra Pradesh and provides crucial parliamentary support for Modi's coalition to stay in power.

"I want to move from the ease of doing business to the speed of doing business."

Modi has ruled India since 2014 but his Bharatiya Janata Party was reduced to just 240 seats in the 543-member parliament at last year's general election, leaving him reliant on the TDP and some smaller parties to form the government in the world's most populous nation.

At about 6.5%, India has the highest GDP growth rate of the world's major economies but investors have long complained about the difficulty of operating in the country, citing its lumbering bureaucracy, complex tax and legal systems and pervasive regulation.

Lokesh and his father, Chandrababu Naidu, the chief minister of Andhra Pradesh, are showing there is a way of doing business in India, some investors say.

"Your mantra of 'Speed of Doing Business' is not just a slogan, it is a lived experience for investors like us," Karan Adani, scion of the Adani Group of companies, said at a conference this month.

Adani pledged the group would invest an additional \$12 billion in the state over the next decade across ports, cement, data centers and energy, on top of nearly \$5 billion already invested.



Nara Lokesh, Minister for Information Technology in the southern Indian state of Andhra Pradesh, speaks during an interview with Reuters in Amaravati, India, November 9, 2025.

"It definitely helps to be part of the ruling coalition... because we have a voice at the table," Lokesh told Reuters at his father's bungalow on the banks of the Krishna River in Amaravati, the state capital. "But at the same time, they are also looking for states that can run fast."

He said he's now aiming for firm investment commitments of up to \$1 trillion in Andhra Pradesh before the 2029 national and state elections.

THE GOOGLE DEAL

Lokesh, Andhra's minister for human resources development and electronics, said he learned in October 2024 that Google was scouting for a data center location in India. The company had sought assurances that it would not be hit with retrospective taxation – an issue that had dogged Cairn Energy and Vodafone – and clarity on whether India could intercept third-country data stored for AI applications.

Under current law, India permits data interception for national security purposes.

Lokesh said he and his team of young bureaucrats got into the act. A flurry of meetings between Andhra officials and Modi's top ministers culminated in Google's October 2025 announcement investment, to be rolled out between 2026 and 2030.

"We worked closely with the central government and received clear assurances," Lokesh said. "This process has

ultimately benefited India. Andhra had the first-mover advantage."

He declined to give details on what concessions the Indian government had given Google.

Modi's office, Google and India's Ministry of Electronics and Information Technology did not respond to requests for comment.

Lokesh and his aides denied that corners were being cut to fast-track approvals.

"The leadership is very clear: Try to see how we can streamline the process, how we can run things in parallel and save time, but don't deviate from the process," said Saikanth Varma, the CEO of the Andhra Pradesh Economic Development Board.

ANDHRA'S 'SPICY' INVESTMENT MODEL

ArcelorMittal Nippon Steel had considered multiple states, including one ruled by Modi's own Bharatiya Janata Party, for a mega steel plant before settling on Andhra Pradesh. The company pledged the Andhra facility after TDP persuaded Modi to approve a 200-km (120-mile) slurry pipeline to transport iron ore from a neighbouring state, Lokesh said.

"It was done within a second," Lokesh said of Modi's approval.

He declined to name the other states considered.

An ArcelorMittal Nippon spokesperson did not respond to a question on which other states were considered but said its plan to set up plants in both Andhra and the neighboring state of Odisha, ruled by Modi's party, were on track.

Sanjeev Singh, a consultant who has advised other states on attracting investments, said that in the short run, Andhra's aggressive push is good for the country because it puts development at the center of politics and sparks healthy competition among states.

"But in the long run, it can lead to uneven industrial growth, which might create issues like labor shortages and infrastructure strain in other regions," he said.

Andhra's other neighboring state of Karnataka, home to India's tech city of Bengaluru and run by the opposition Congress party, was also keen on the Google data center but said it lost out because of generous concessions on power, water, land and taxes, which it deemed too costly for its people.

In response, Lokesh said on X: "They say Andhra food is spicy. Seems some of our investments are too. Some neighbours are already feeling the burn!"

-REUTERS

U.S. Chipmaker Marvell Plans India Hiring Spree, R&D Push To Tap AI Boom

By SAI ISHWARBHARATH B

U.S. chipmaker Marvell Technology plans to boost hiring and research spending in India to tap surging global demand for AI infrastructure, its India head told Reuters.

The company aims to grow its 1,700-strong workforce in India by 15% annually over the next three years, Navin Bishnoi said in an interview on Wednesday, but refrained from giving details of the expanded research and development budget.

Bengaluru serves as Marvell's India headquarters, while its Hyderabad centre focuses on security solutions for data centers. It has a team specialising in embedded development for networking and storage in Pune.

India contributes a small portion of Marvell's revenue, but Bishnoi expects that to grow as local data center capacity expands and data protection laws tighten.

"India is now probably the third largest in data center footprint," Bishnoi said, adding that Marvell is in talks with hyperscalers, or large-scale cloud services providers, and local companies to expand

its client base.

As a fabless company that designs advanced chips for AI and cloud infrastructure, Marvell does not manufacture chips but it is in discussions with local assembly and testing firms to align with their manufacturing plans.

These companies, known as outsourced semiconductor assembly and test (OSAT) providers, handle chip packaging and testing after fabrication.

While India is unlikely to become one of Marvell's top revenue markets in the next five years, he sees long-term potential.

"Ten years down the line, yes," Bishnoi said.

Marvell's expansion aligns with Prime Minister Narendra Modi's efforts to make semiconductor manufacturing central to India's economic strategy, reducing import dependence and elevating its role in global electronics.

India does not have a large-scale chip fabrication plant yet, but several projects and OSAT facilities are underway under a \$10 billion government incentive programme..

-REUTERS



H-1B Lottery 2025: What Employers and Foreign Workers Need to Know About the New USCIS Fee and Policy Changes

By David H. Nachman, Esq

IN MEMORIAM



Michael Phulwani



David Nachman



Ludka Zimovcak



Snehal Batra

The H-1B visa lottery for Fiscal Year 2026 remains one of the most critical opportunities for U.S. employers to bring skilled foreign talent into the workforce. Despite the introduction of a new \$100,000 H-1B petition fee for certain filings, the H-1B program is still very much alive—and understanding who is affected by the fee is essential before the upcoming registration period.

1. The H-1B Lottery Is Still Open for Business

There's good news for U.S. employers seeking to retain existing international workers or file amendments, extensions, or changes of status.

According to USCIS guidance issued on October 20, 2025, the \$100,000 filing fee does not apply to:

- Current H-1B visa holders filing for amendments, extensions, or changes of status, and
- Petitions filed before September 21, 2025, or already in process prior to the effective date.

This means that companies filing for current employees already in the U.S. can continue preparing their H-1B petitions under the normal fee structure without concern about the new surcharge.

2. When the \$100,000 Fee Applies

The new fee primarily affects consular petitions—cases where the worker is outside the United States and will enter the country upon approval.

Employers sponsoring new hires abroad for cap-subject H-1B filings must factor in this additional cost when preparing their petitions for the upcoming filing season.

3. Change of Status Filings Remain Safe

Foreign nationals in the U.S. in valid nonimmigrant status (such as F-1, TN, or J-1) may continue to change status to H-1B without being subject to the \$100,000 fee, even if the change occurs after September 21, 2025.

This ensures that students on OPT/STEM OPT, professionals already working in the U.S., and others maintaining lawful status do not bear the burden of the new surcharge.

4. Visa Appointments Must Now Be Scheduled in the Applicant's Home Country

As of October 10, 2025, the U.S. Department of State updated its procedures for visa interviews. Individuals applying for nonimmigrant visas are now expected to book their interview in the country where they are citizens or where they legally reside.

In previous years, many applicants traveled to third countries with shorter wait times to complete their visa stamping. Under the new rules, this option has been significantly restricted, which means applicants should anticipate:

- Longer wait times in high-volume consulates,
- Less flexibility for scheduling, and
- The need to prepare travel plans well ahead of time.

5. USCIS Ends the 540-Day Automatic EAD Extension

Effective October 30, 2025, the Department of Homeland Security discontinued the 540-day automatic extension that previously allowed many individuals to keep working while waiting for a renewed Employment Authorization Document (EAD). This change affects several categories, including:

- Asylum applicants,

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- Adjustment of status applicants,
- Dependent spouses of H-1B, L-1, and E visa holders,
- Certain humanitarian categories.

These individuals must now stop working if their EAD expires before USCIS approves the renewal. The main exception remains Temporary Protected Status (TPS) holders, whose automatic extensions are based on Federal Register notices specific to their country.

6. Preparing for the FY2026 H-1B Lottery

To prepare for registration, NPZ recommends that employers:

1. Identify cap-subject candidates early, especially F-1 students.
2. Confirm expiration dates for current H-1B workers and dependent EAD holders.
3. Plan ahead for potential delays due to consular processing changes.
4. Monitor USCIS announcements for updated filing procedures.

FAQ - H-1B Fee and Policy Updates (November 2025)

Q1: Who must pay the \$100,000 fee?

Employers filing new H-1B petitions for individuals outside the U.S. must pay this fee for filings on or after September 21, 2025.

Q2: Do current H-1B employees inside the U.S. need to pay the fee?

No. Amendments, extensions, and changes of status are exempt.

Q3: Can F-1 students on OPT apply without paying the new fee?

Yes. Change-of-status filings inside the U.S. are not subject to the new charge.

Q4: Can applicants still book visa appointments in third countries?

Generally no. The new rule requires scheduling in the applicant's home country or country of residence.

Q5: What should employees do now that automatic EAD extensions ended?

File renewals as early as possible to avoid a lapse in work authorization.

Contact NPZ Law Group

For guidance on H-1B filings, fee rules, visa appointments, or EAD renewal strategies, contact NPZ Law Group at www.visaserve.com or call 201-670-0006 (ext. 104). Our attorneys help employers and foreign professionals navigate complex USCIS updates and workforce planning under the latest regulations.

Bollywood Icon Dharmendra Deol Dies At 89

Dharmendra Deol, who became one of India's most prominent actors and a Bollywood action hero, died in Mumbai on Monday (November 24, 2025), local media said. He was 89.

Dharmendra, who is survived by two wives and six children, had been ill for the past month and died at home, media reported.

There was no official statement from the actor's family, but several of his contemporaries, including actor Amitabh Bachchan, gathered at a crematorium in the Mumbai suburb of Juhu for his funeral.

"A massive mega star, the embodiment of a hero in mainstream cinema," producer and director Karan Johar, who cast Dharmendra in his 2023 film "Rocky Aur Rani Kii Prem Kahaani" (Rocky and Rani's Love Story), wrote in an Instagram post.

Known to his legion of fans by his first name, Dharmendra acted in more than 300 films in a career spanning more than six decades.

Born in Punjab province in 1935, Dharmendra won a talent show organized by a film magazine, moving to Mumbai and acting in his first film in 1960.

In the years that followed, he appeared in everything from arthouse films to soft romances, action films and



PHOTO: REUTERS/MARK BLINCH/FILE PHOTO

Bollywood actor Dharmendra Singh Deol attends a press conference announcing that Toronto will host the first ever Punjabi International Film Academy Awards (PIFAA) in Toronto, April 12, 2012.

goofy comedies, making him the top actor of his generation.

Notable films included Bollywood cult classic "Sholay" (Embers), in which he played one half of a team of small-time thugs tasked with catching a bandit. The film, which was released in 1975, has become part of Indian popular culture and Dharmendra's dialogue from the film has influenced movies ever since. In recent years, it has become a meme.

Dharmendra married his first wife, Prakash Kaur, before he found fame. After starring alongside Hema Malini in several films, he married her in 1980, without divorcing Prakash.

He was a lawmaker in the Indian parliament from 2004 to 2009.

Prime Minister Narendra Modi, President Draupadi Murmu and several others also sent their condolences on the actor's death.

"He was an iconic film personality, a phenomenal actor who brought charm and depth to every role he played," Modi said in a post on X.

-REUTERS



Fans garland a photo of late Bollywood actor Dharmendra outside a crematorium where his rites take place in Mumbai, India, November 24, 2025.



PHOTOS: INSTAGRAM- @DREAMGIRLHEMAMALINI, @JASUNNYDEOL, @IAMBOLLYWOOD. COURTESY ANI



Legendary actor Dharmendra with family members, Hema Malini, Sunny Deol, Bobby Deol .



Police officers attempt to control a crowd as they surround a car that exited the crematorium where late Bollywood actor Dharmendra's last rites take place in Mumbai, India, November 24, 2025.



Cars exit the crematorium where late Bollywood actor Dharmendra's last rites take place in Mumbai, India, November 24, 2025.

Photo: Dreamstime



“There’s a certain level of civic pride that people have in Buffalo if you’ve grown up here,” says Moriarty, who opened his original location with his wife, Caitlin after spending years studying abroad in Europe and apprenticing in French butcher shops. “There’s always been a lot of people nationally who look down on Buffalo because it went through a lot of hard times through the years. But for the people who’ve lived here, it’s always been a great community.” The city has quietly emerged as a bona fide culinary destination, boasting international food halls, world-class barbecue, craft cocktail bars and award-winning fine-dining restaurants. But the transition didn’t happen overnight.

“To spoon-feed Buffalo new ideas, you’ve got to do it with respect and ease,” says Tim Stevens, whose string of local cocktail bars includes Lucky Day Whiskey Bar and small-batch gin specialists Graylynn. “We’re still a beef on weck and chicken wing town, and we’ve lived and died by that for a long time.”

Stevens is among the many “boomerangs” who have returned home after years away to open businesses in Buffalo, lured by affordable rents and, beyond that, the opportunity to own their own real estate.

Compared with larger American cities, commercial rents are still relatively affordable in Buffalo: The average retail rent there is \$14.40 per square foot, versus \$46.50 in the New York City metro area, with a 2% higher vacancy rate, according to a third-quarter 2025 market report from commercial real estate specialists CoStar Group, provided by Michael Scheid, a broker at Hunt Commercial Real Estate. This lower cost has enticed many native Buffalo chefs to return home to open restaurants.

Jill Colella managed the Rustica Bakery in Minneapolis before coming back to Buffalo post-pandemic with her business and life partner, Stephen Horton. The two opened Miller’s Thumb Bakery & Café in Tonawanda, on Buffalo’s north side, in 2022. “We looked into the startup costs when we were still living in Minneapolis, and it would not have been viable for us to purchase real estate, and there would’ve been too much competition,” she says.

At Miller’s Thumb, Horton mills his bread flour on premises from local grains and offers a variety of hearty sourdough breads, bagels, sweet rolls and pastries. Colella says sales have exceeded initial projections; revenue is already up 10% from 2024, with average customer spends increasing from \$14 to \$19.

“Those of us who lived elsewhere and came back, we wanted some of what we had in bigger cities to be available here,” says Colleen Stillwell, a Buffalo native who made pastry at the New York fine-dining institution Daniel before returning to open Butter Block, in 2015. Her bakery, in the Five Points neighborhood, runs the gamut from fine French pastries such as kouign amann to whimsical pop tarts in flavors like birthday cake and matcha cherry.

In the past five years, several of the city’s top restaurants and chefs have been James Beard Award finalists, a first for Buffalo. Among them is Ryan Fernandez in the best chef New York state category, for his restaurant Southern Junction, which offers Texas barbecue with Keralan Indian twists. (Disclosure: I’m a former member of the James Beard Award subcommittee for the foundation’s restaurant and chef awards.) Southern Junction was also listed in the top 50 barbecue restaurants outside of Texas last year by Texas Monthly, recognized for its singular fusion dishes including brisket biryani, beef barbacurri (his take on barbacoa, accented with garam masala) and cardamom cornbread.

“This being a smaller market, if you’re doing something different, you’re going to get noticed much sooner,” says Fernandez, who moved to Texas from Kerala with his family when he was 14 years old.

The best food scene you don’t know about is in Buffalo, New York

By Hannah Sampson

Buffalo might be synonymous with hot wings, but there’s a less heralded bar staple that represents the city even better. The locally beloved roast beef on a caraway-seed-studded kummelweck roll is a legacy left over from German immigrants who flocked to the northern New York metropolis in the early 19th century in search of jobs in the flourishing shipping and milling industries.

Beef on weck is still on the menu at many local restaurants and deli counters - most famously at Schwabl’s in nearby West Seneca, New York, where it’s proudly been served since 1837 - though middling versions abound. But when Tom Moriarty opened Moriarty Meats, a French-style whole-animal butcher and cafe in the Black Rock neighborhood five years ago, he determined to give the signature sandwich gourmet treatment. He serves boeuf on weck, piling thin slices of tender, locally sourced beef round, slow-roasted for hours, on a springy, house-made bun slathered with a zesty horseradish mayonnaise.

The Moriarty Meats sandwich is emblematic of the recent evolution in the city’s dining scene. Buffalonians are proud of their hometown food traditions, but now the many new and returning cooks are not only invigorating staples such as beef on weck but also moving beyond them.

The eclectic menu at Southern Junction signifies how shifting demographics in Buffalo’s population are diversifying the city’s foodways. *“Buffalo is one of the rare cities in New York state that actually experienced a population increase in the last 10 years entirely due to immigrants coming in,”* says Andrew Galarneau, former restaurant critic for the Buffalo News who publishes Four Bites, a newsletter chronicling the city’s rapidly evolving dining scene. According to the most recent census, the city’s population increased by 6.5%, rising for the first time since 1950 and the most of any city in upstate New York. New food halls International House and West Side Bazaar have provided opportunities for immigrant entrepreneurs to develop businesses that showcase their native cuisines such as Egyptian, Afghan and Filipino. “The neighborhood place to get something to eat used to be the corner bar, where you could get some wings or weck or a cup of chili,” Galarneau says.

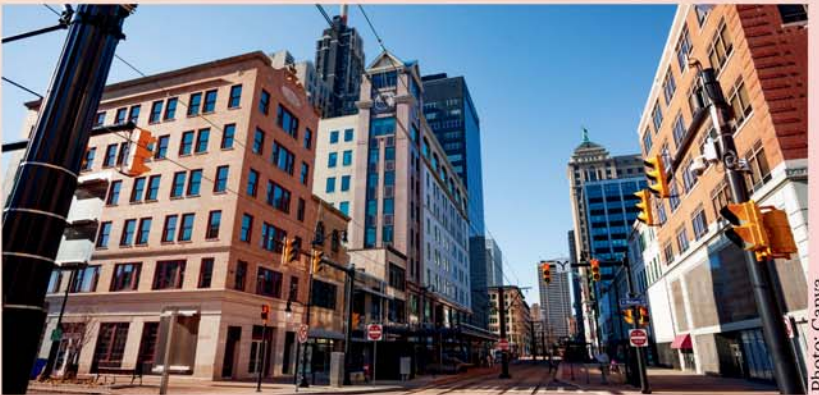


Photo: Canva

“Now the corner places are Bangladeshi and Yemeni, and the food options are much more diverse.” Catering to an audience of adventurous diners has empowered local chefs and restaurateurs to open more ambitious concepts. Rita DiTondo returned to Buffalo six years ago with her husband, chef Fabio Consonni, to take over her family’s restaurant DiTondo’s, which was established in 1904. When the couple reopened the renovated restaurant as DiTondo in late 2021, they introduced a new menu of regional Italian specialties including spezzatino all’uva, a dish of Molise-style braised pork shoulder with grapes. DiTondo says these changes likely couldn’t have happened 20 years ago. But there’s a question of whether Buffalo’s food scene can continue to thrive and expand and whether the current administration’s immigration enforcement may stifle some of the international culinary impetus. “I hope immigrants keep settling in Buffalo and opening restaurants,” Galarneau says, citing the German settlers who once transformed Buffalo’s food scene with their horseradish-laced roast beef sandwiches. “So far it’s working spectacularly for the eaters of Buffalo.”

The Washington Post

Stop Basting Your Thanksgiving Turkey

BY OLGA MASSOV

Every Thanksgiving, I host dinner for friends and family. Of all the dishes on the table, including at least two kinds of pie, my pièce de résistance - each time - is the turkey. Moist, juicy and flavorful, it's the dish that always gets the most compliments and requests for the recipe. It also happens to be the thing I spend the least amount of effort on. My secret to success, besides a digital probe thermometer? I don't baste. And I'm here to tell you that you - yes, you - should stop basting, too.

I speak from experience: I haven't basted in 25 years. From the moment the turkey goes in the oven, and until the internal temperature reaches 155 degrees, I pretty much set it and forget it. While I'm not usually someone who offers a hot take, especially one that will ruffle many, ahem, feathers, this is one of the few kitchen practices I've been passionate about for a long time.

Conventional wisdom and tradition tell us that basting makes the turkey meat more moist. It's what our grandmothers (and their grandmothers?) have sworn

by for generations. But basting as a technique for a juicy bird is a myth that doesn't hold up to science. (The argument that this is how it's been done in the past is not good enough. Just because our elders rinsed poultry, doesn't mean we should.)

My induction into the anti-basting club came in the early aughts, when social media and virality didn't yet exist. I was still in college and spent whatever free time I had reading recipes and watching Food Network, especially Alton Brown's "Good Eats." It was Brown's arguments against basting - he called it "evil" - that caught my eye. For this barely-an-adult in my early 20s, hot takes, perhaps because they sounded bold and cool, were like catnip. I followed Brown's instructions to end up with the best turkey I'd ever eaten.

I've been making Thanksgiving dinners since I was 14, but until Brown's method, I was relying on the plastic pop-up timer and basting at 20-minute intervals. The turkey was always dry, and it made me wonder why this stringy bird was a holiday darling.

According to Brown, basting is not only ineffective, it's also inefficient. The

basting juices don't penetrate the turkey skin, and each time you open the oven door, heat escapes, slowing down the cooking process, which prolongs the roasting time and thus risks dry meat.

To get even more details on the science, I reached out to Paul Adams, science research editor at America's Test Kitchen, and asked him for his two cents on basting.

"Traditional basting has one advantage," Adams said, "depositing dissolved proteins onto the skin, which facilitate the Maillard reaction." That interaction of sugars and the proteins' amino acids gives you browner and glossier - not crispier - turkey skin.

Adams is in the no-basting camp for similar reasons as Brown, calling the practice "not beneficial." The myth makes sense on the surface, he said. "You're putting moisture onto your turkey, therefore your turkey will be more moist. But the turkey skin is impermeable to moisture, so it doesn't get into the bird."

"When you cook a turkey, lots of moisture is evaporating. The skin is made up of 50 percent water, and in order for that skin to get crisp, all that water needs

to cook off. It takes way more energy to evaporate water than it does to just heat water," Adams said. Evaporating a water-based basting liquid also causes significant cooling. When that energy is drawn out of the turkey, it slows down the cook time and dries out the meat.

While Adams is against most basting, he thinks that basting with oil, butter or another fat a couple of times during the roasting process could be effective. The added fats help crisp up the skin and make it more flavorful. And because the fat limits evaporation, trapping the moisture underneath, the turkey would cook 20 to 25 percent faster, he said.

Adams acknowledged that some myths are harder to dispel than others, sharing that his own father, despite Adams's food science cred, doesn't follow his son's advice. "My dad is a big baster, and we had a little argument about [this interview]." This Thanksgiving, Adams is going to focus on the vegetable sides - and look the other way when his father bastes the turkey.

-THE WASHINGTON POST

Give Your Thanksgiving Leftovers The Grilled Cheese Treatment

BY AARON HUTCHERSON

What's your post-Thanksgiving Day plan? In years past, it might have included going to sleep early to wake up well before dawn to fight - sometimes literally - for the best Back Friday deals. Maybe it's a trip to the theater to see the latest big movie release. I will be flying back to Washington from visiting my family. But if I were already at home, I would be taking it easy - and making this grilled cheese sandwich with leftover roast turkey and cranberry sauce.

While I do enjoy a plate of Thanksgiving leftovers simply reheated and enjoyed as is, after one (or maybe two) meals of that, I'm in desperate need of something different. Last year I was in the mood for chili. I'm also a fan of adding cranberry sauce to muffins. Frequently I will make some sort of soup and freeze it to enjoy later. And almost always, there will be a sandwich.

The Thanksgiving leftover sandwich is beloved. It's a tradition nearly as sacred as the holiday itself. Everyone makes theirs differently. Some layer it with stuffing and gravy. Others batter and fry it for an over-the-top indulgence. This version gives it the grilled cheese treatment. A smear of mayo on the outside of the bread while toasting gives it a nice crunch, slices of roast turkey bulk it up, and sweet-tart cranberry sauce (or whatever cranberry condiment you have lying around) is a match made in heaven for rich cheese.

After spending hours, if not days or weeks, preparing for the holiday, this grilled cheese sandwich is just about all the effort I want to put into a meal. Make it your own by incorporating whatever leftovers you have on hand. Maybe you had a cheese board as an appetizer for the big day? Use those remnants here instead of the cheddar. Are you a ham family instead of a turkey one? No problem. Want some vegetables? Brussels sprouts,



Grilled Cheese With Turkey and Cranberry Sauce.

collard greens or greens beans are welcome additions.

Lastly, a reminder: Most Thanksgiving dishes (including the turkey and many of the sides) should not sit out at room temperature for more than two hours, and you should consume or freeze leftovers within four days. And while we're here, use the turkey carcass to make stock. (Put it in a stockpot with carrot, celery, onion, bay leaves and black peppercorns; cover it with water by a few inches; let it simmer for a few hours, skimming it every now and then; then strain it and freeze for future recipes.) You've put a lot of effort into the Thanksgiving meal, so don't let any of it go to waste.

GRILLED CHEESE WITH TURKEY AND CRANBERRY SAUCE

This grilled cheese sandwich with turkey and cranberry sauce is a delicious way to make use of Thanksgiving leftovers. The recipe makes just one sandwich, but you can easily scale it up to feed a crowd. You can also make it your own by throwing in more leftovers, such as

collard greens, sweet potatoes or ham.

Servings: 1 (makes 1 sandwich)

Total time: 10 minutes

Substitutions: Mayonnaise >> butter or olive oil.

Cheddar cheese >> any melting cheese. Sliced cheese >> shredded cheese. Cooked turkey >> deli turkey, or leftover chicken or ham. Cranberry sauce >> any jam or jelly.

INGREDIENTS

- 2 slices sandwich bread, such as sourdough, white, whole-wheat or multigrain
- 1 tablespoon mayonnaise, divided
- 2 slices (about 1 1/2 ounces total) sharp cheddar cheese
- 2 1/2 ounces shredded or sliced cooked turkey
- 2 tablespoons cranberry sauce, relish or chutney

DIRECTIONS

Place a medium (10-inch) nonstick skillet over medium heat. Spread one slice of the bread with half of the mayonnaise and set it mayonnaise-side down in the skillet. Top with one slice of the cheese, followed by the turkey, cranberry sauce and remaining slice of cheese. Spread the remaining mayonnaise on the other slice of bread and set on top of the sandwich, mayonnaise-side up. Cook until the bread is brown and the cheese is melted, 3 to 4 minutes per side. Serve immediately.

Nutritional information per sandwich: 569 calories, 28 g fat, 12 g saturated fat, 41 g carbohydrates, 758 mg sodium, 122 mg cholesterol, 36 g protein, 2 g fiber, 14 g sugar.

This analysis is an estimate based on available ingredients and this preparation. It should not substitute for a dietitian's or nutritionist's advice.

From staff writer Aaron Hutcherson.

-THE WASHINGTON POST

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