

India Bulletin

UNBIASED - UNEDITED - UNBEATABLE NEWS DELIVERED DIRECTLY TO YOU

Saturday, September 7, 2019

Vol. 15 No. 21

Biweekly Midwest Edition

www.indiabulletinusa.com

FREE

INSIDE THIS ISSUE

NYC party
crasher sentenced



A notorious party crasher who used a series of frauds to scam is sentenced to prison. **Page 5**

Arun Jaitley
dies at age of 66



Jaitley was India's former finance minister and one of PM Modi's closest associates. **Page 9**

Forthcoming film
The Zoya Factor



The Zoya Factor stars Sonam Kapoor and Dulquer Salmaan and is based off a novel. **Page 16**

Kohli calls Bumrah
complete bowler



India captain Virat Kohli has declared Jasprit Bumrah as "the most complete bowler in world cricket." **Page 23**

INDEX	Entertainment.....	Page 16
	Business.....	Page 20
	Sports.....	Page 23
	Health.....	Page 24
	Astrology.....	Page 30

India and Russia target \$30 bln in trade by 2025, announce new energy deals

By Vladimir Soldatkin
and Gabrielle Tétrault-Farber

VLADIVOSTOK - India and Russia are targeting \$30 billion of annual trade by 2025, India's foreign secretary said on Wednesday as a string of energy deals deepened economic ties between the nations.

Seeking to boost bilateral trade from its current \$11 billion, the two countries announced deals in sectors including energy, defense and shipping after a meeting between Russian President Vladimir Putin and Indian Prime Minister Narendra Modi at an economic forum in Vladivostok.

India, the world's third-biggest oil consumer and importer, aims to raise the proportion of gas in its energy mix to 15% in the next few years and diversify its energy supply to hedge against geopolitical risk.

"We have had a major breakthrough in the energy sector. This is a sector where we are looking to diversify our sources of supplies and we are increasingly finding it attractive to buy oil and gas from the Russian federation," India's foreign secretary, Vijay Gokhale, told a news conference.

Modi, who wants to cut India's



Russian President Vladimir Putin and Indian Prime Minister Narendra Modi shake hands during a signing ceremony following their talks on the sidelines of the Eastern Economic Forum in Vladivostok, Russia on September 4, 2019.

oil imports by 10 percent by 2022, is steering efforts to buy foreign energy assets, taking advantage of low global oil prices and a slowdown in China's overseas acquisitions.

"We are looking at investing in additional oilfields in Russia ... we are also looking at sourcing LNG," Gokhale said.

Indian companies have stakes in Russian hydrocarbon assets in-

cluding the Sakhalin-1, Imperial Energy, Vankor and Tass-Yuriakh fields, but it rarely imports oil from there because of logistical constraints and higher freight costs.

Gokhale said Putin wants safe, secure and cost-effective supply channels for India.

Among the deals announced on Wednesday, India's top gas importer Petronet LNG agreed

to buy liquefied natural gas from Novatek and invest in the Russian company's future projects. The two companies will also look at joint marketing of the gas as a motor fuel in India.

Indian coal producer Coal India, meanwhile, signed a deal to mine coking coal in Russia's Far East, while private company H-Energy is looking at buying LNG from Novatek on a long-term basis.



Russian President Vladimir Putin and Indian Prime Minister Narendra Modi visit the shipbuilding plant "Zvezda" outside Vladivostok, Russia on September 4, 2019.



Russian President Vladimir Putin and Indian Prime Minister Narendra Modi inspect a Kamov Ka-226T helicopter on the sidelines of the Eastern Economic Forum in Vladivostok, Russia on September 4, 2019.

Thought of the Week: "Working hard for something we don't care about is called stress. Working hard for something we love is called passion." - Simon Sinek

ANYTIME.
ANYWHERE.



WWW.INDIABULLETINUSA.COM



PM Khan: Pakistan would not use nuclear weapons first, amid tensions with India



FILE PHOTO: Pakistani Prime Minister Imran Khan gestures as he addresses the Azad Kashmir parliament on Pakistan's 72nd Independence Day in Muzaffarabad, Pakistan-administered Kashmir on August 14, 2019.

By Asif Shahzad

ISLAMABAD - Pakistan would not use nuclear weapons first, Prime Minister Imran Khan said on Monday, amid tensions with arch-rival India after New Delhi revoked the special status of its part of the disputed Kashmir region.

"We both are nuclear-armed countries. If these tensions increase, the world could be in danger," Khan said, addressing members of the Sikh religious community in the eastern city of

Lahore. "There will be no first from our side ever," he said.

The foreign ministry's spokesman subsequently said on Twitter that the comments were being taken out of context and did not represent a change in Pakistan's nuclear policy.

"PM was simply reiterating Pakistan's commitment to peace and the need for both nuclear states to demonstrate responsible behaviour," spokesman Mohammad Faisal said on his official Twitter account.

Tension remains high in

Kashmir, where security forces have used tear gas against stone-throwing protesters and the valley remains under lockdown after Indian Prime Minister Narendra Modi's decision to withdraw special rights for the Muslim-majority state on Aug. 5.

By stripping Indian-controlled Kashmir of its special status, New Delhi blocked the region's right to frame its own laws and allowed non-residents to buy property there. Delhi said the change would help Kashmir's development, to the benefit of all, but its move angered many residents of the region and was strongly condemned by Pakistan.

Khan has so far focused on a global diplomatic campaign condemning India's actions, accusing Modi of committing human rights violations and atrocities in the valley.

He has also said frequently that any misadventure between two nuclear-armed nations could endanger the world.

Muslim-majority Kashmir has long been a flashpoint between India and Pakistan. Both countries rule parts of Kashmir while

claiming it in full. Two of the three wars they have fought have been over it.

Also on Monday, Islamabad gave a consular access to an Indian who was given a death sentence for spying by a Pakistani military court, which the International Court of Justice asked Pakistan to review in mid-July.

"Pursuant to the decision of the International Court of Justice, Pakistan provided consular access on 02 September, 2019 to India for Commander Kulbhushan Jadhav, Indian spy, serving Indian Naval officer," a

Pakistani foreign office statement said.

The statement said that at India's request, there was no restriction on the language of communication and the access was recorded, which continued for two hours.

An Indian external affairs ministry statement said "Jadhav appeared to be under extreme pressure to parrot a false narrative to bolster Pakistan's untenable claims." It said Delhi would wait for a detailed report to determine the extent of conformity to the ICJ directives.

Blast in Punjab fireworks factory kills 14 people

NEW DELHI - A blast at a fireworks factory in Punjab on Wednesday killed 14 people, police said, weeks ahead of a Hindu festival marked by the lighting of millions of fire crackers.

It was not clear if the factory in the northern state of Punjab was a legal facility or one of the many illegal fireworks factories dotted across the country with lax safety

standards.

"We have recovered 14 dead bodies," said police officer Mukhtiar Singh.

Videos posted by media showed rescue workers and dozens of people milling around a large collapsed structure.

India marks Diwali, the festival of lights, next month when revelers set off countless fireworks.

DO YOU KASASA?

DEVON BANK

POWERED BY KASASA

To Apply Visit DevonBank.com

Welcome to Free Rewards Checking

- ✓ NO Minimum Balance Required
- ✓ NO Monthly Maintenance Fees

KASASA CASH

- Earns 3.5% APY up to \$10,000
- OVER \$10,000 earns APY of 0.77%

KASASA CASH BACK

- Earns 2.00% cash back, up to \$400 in total purchases
- Up to \$8.00 total cash back per statement cycle

KASASA SAVER

- Kasasa Cash earns 3.50% APY, up to \$10,000
- Kasasa Cash Back earns 2.00% cash back, up to \$400 in total purchases
- Kasasa Saver earns an additional 1.25% APY on SAVER balances up to \$50,000
- Over \$50,000 earns 0.75% APY

QUALIFYING FOR KASASA REWARDS IS EASY

To earn APY and ATM withdrawal fee refunds, simply do the following each Monthly Qualification Cycle:*

- Have at least 12 debit card purchases with a minimum purchase amount of \$3.00 that post and settle
- Have at least 1 ACH credit or direct deposit that post and settle
- Be enrolled in online banking and agree to receive e-statements

Also includes:

- ATM withdrawal fee refunds up to \$25 per cycle**
- Optional FREE Kasasa Sweep to Saver Account***

DIDN'T QUALIFY? DON'T WORRY!

- Your account is still free.
- You can try to qualify the next monthly cycle.

APY=Annual Percentage Yield. Rates are subject to change without notice.

When both your Kasasa Cash and Saver qualifications are not met, interest rate earned on the entire daily balance will be .04999% resulting in an annual percentage yield of .05%.

When your Kasasa Cash Back qualifications are not met, interest rate earned on the entire daily balance of your Saver will be .04999% resulting in an annual percentage yield of .05%. \$25.00 minimum balance required to open Kasasa Account Product(s).

Rates are effective as of June 1st 2019.

There are no fees associated with Kasasa products, however bank fees may affect earnings i.e: overdraft, stop payment, wire etc.

* The end of the Monthly Qualification Cycle falls on the banking day prior to the last day of each month. All rewards are paid on the last day of the statement cycle.

** Maximum ATM credit is \$4.99 per transaction; if qualifications are not met, ATM withdrawal fees are not reimbursed.

*** At the end of each monthly cycle, rewards received from either Kasasa Cash or Kasasa Cash Back automatically sweep into your Kasasa Saver account.

CAR ALARM SALE

* GIFT CERTIFICATES AVAILABLE *

STOPS THIEVES...REDUCE YOUR AUTO INSURANCE...BUY A WIRELESS CAR ALARM!

**LIFETIME
WARRANTY**

EMERGENCY PANIC BUTTON*

AUTO RE-ARM*

ALARM STATUS INDICATOR*

HOOD-TRUNK*

LONG RANGE REMOTE TRANSMITTER*

L.E.D. FLASHING LIGHT*

CODE LEARNING*

ANTI-SCAN DETERRENT*

SIX TONE SIREN*

VALET SWITCH BYPASS*

LIFETIME WARRANTY ON PARTS & LABOR*

MULTI TONE SIREN*

\$88.88

INCLUDING INSTALLATION
1 Week Special Only
Save \$80.00
ALL STAR ITEMS INCLUDED

Flashing Lights - Starter Disabler (Cut-Off) - Remote Power Trunk - Remote Start - Glass Protection - Shock Sensors
Two Button Remote Wireless - Remote Power Door Locks - Pocket Pager System - Shaker

A REMOTE CAR STARTER AVAILABLE! STAY COOL OR WARM. ONLY \$128.00 INSTALLED. SAVE \$70.00
SAME DAY INSTALLATION! WHILE YOU WAIT!

7" In Dash

7" In Dash AM-FM Radio
Built-In DVD Player Motorized Screen
CD-MP3 Player High Power

\$238

9" Roof Mount Color Monitor w/Built-In DVD

9" Roof Mount TFT LCD
Color Monitor
Built-In DVD Player
CD-MP3 Playe
FM Modulator

\$198

REMOTE START

Available for Stick or Automatic

ADD TO ANY ALARM
 Start Your Car By Remote **\$128**

INTEGRATION for your iPod, iPhone, MP3 Players

Aftermarket or Factory Radio

\$98.88

installation included

CAR CONVENIENCE CENTER

Open or Lock Your Doors By Remote

\$88.88
save \$70

Open The Trunk By Remote

STAY SAFE & SECURE WITH DOME LIGHT SUPERVISION

JVC CD PLAYER AM & FM STEREO

JVC

Hi Power 200 Watts
8 Times Over Sampling
Bass-Treble Controls

\$98 FREE INSTALLATION

Built-in 2.5" TFT monitor
AM-FM Tuner
DVD-CD-MP3-MP4
High Power 80x4 CH

\$138

Hedge fund suing Sanjay Valvani's widow to recover the millions he earned at firm



Sanjay Valvani

NEW YORK - The hedge fund swindled by Sanjay Valvani, who killed

himself just days after being indicted for insider trading, is suing to get the \$105 million he earned at the firm back from his widow.

Valvani committed suicide in 2016, just a week after federal prosecutors in Manhattan indicted him and two others for using non-public information on drug applications to game the stock market.

His big-bucks earnings for Visium Asset Management during the decade he was employed at the \$8 billion hedge fund made Valvani, 44, a "health-care industry star on Wall Street," the company said in its Manhattan Supreme Court lawsuit.

The Duke University grad had "appeared to generate legitimate substantial positive returns for the firm and its funds. Indeed, he emerged as one of

Wall Street's leading portfolio managers in the pharmaceutical sector. By all appearances, Valvani was a health-care industry star on Wall Street," according to court papers.

Flush with cash - Valvani earned more than \$30 million in a single year - the father of two endowed \$250,000 scholarships at his alma mater and a 6,000-square-foot Brooklyn Heights townhouse, along with a six-bedroom home in the Hamptons. Valvani pleaded not guilty to the \$32 million scheme but just days later was found on his kitchen floor with his throat slashed.

His wife and children aren't entitled to keep his cash, VA Management said in its filing.

"It would be fundamentally unfair for Valvani's past illegal activity ... to be

permitted to perpetuate a super-luxurious lifestyle for his spouse," it says in court papers.

The firm is repped by attorney Irving Picard, who led the effort to claw back funds lost in Bernie Madoff's Ponzi scheme.

Even if VA Management wins its case, the Valvani family will be provided for by a \$10 million insurance trust, the company said.

Valvani's widow, Harjot Sandhu, sold the Brooklyn townhouse last month for \$9.8 million. Her lawyers slammed the lawsuit as "completely baseless," calling Valvani a loyal employee and adding, "It is particularly ironic that the same company that enabled, encouraged and profited from Mr. Valvani's work is now coming after his estate."

California police arrest suspect in fatal stabbing of Sikh man

TRACY, CA (AP) - Police in Northern California say they have arrested a man suspected in the stabbing and killing of a Sikh man who was on nighttime walk at a park in Tracy.

The Tracy Police Department says officers arrested 21-year-old Anthony Kreiter-Rhoads at his Tracy home Saturday in the killing of 62-year-old Parmjit Singh.

The killing came a month after another Sikh man was attacked in a neighboring

community.

Parmjit Singh was wearing his traditional turban when he was fatally stabbed Aug. 25 in Gretchen Talley Park in Tracy.

Police have not determined a motive for the attack but said they were looking into all possibilities.

Relatives say Singh came to the United States three years ago from India to stay with family in Tracy. He had two children and three grandchildren.

Man who posed as physician found guilty of conspiring to unlawfully prescribe opioids

HOUSTON - A Houston-area man who posed as a physician at an unregistered pain clinic was found guilty for his role at a "pill mill" at which he and his co-conspirators illegally prescribed hundreds of thousands of doses of opioids and other controlled substances.

After a five-day jury trial, Muhammad Arif, 61, of Katy, Texas, was found guilty of one count of conspiracy to unlawfully distribute and dispense controlled substances and three counts of unlawfully distributing and dispensing controlled substances. Arif is expected to be sentenced on a date not yet determined by U.S. District Judge Alfred H. Bennett of the Southern District of Texas, who presided over the trial.

According to the evidence presented at trial, from September 2015 through February 2016, Arif conspired with a doctor and with the owner of Aster Medical Clinic of Rosenberg, Texas, which operated as an illegal pill mill, to unlawfully prescribe controlled substances to patients. The evidence showed that Arif was not licensed to practice medicine in the United States, but posed as a physician at Aster Medical Clinic, saw patients as if he were a physician and wrote prescriptions for patients on prescription pads that had been pre-signed

by the doctor, Arif's co-conspirator.

Through this scheme, Aster Medical Clinic dispensed prescriptions for over 200,000 dosage units of hydrocodone, a Schedule II controlled substance, and over 145,000 dosage units of carisoprodol, a Schedule IV controlled substance. The combination of hydrocodone and carisoprodol is a dangerous drug cocktail with no known medical benefit, the evidence showed.

Trial evidence showed that Aster Medical Clinic issued unlawful prescriptions for controlled substances to over 40 people on its busiest days. "Crew leaders" brought numerous people to pose as patients at Aster Medical Clinic and paid for their visits in order to obtain prescriptions for controlled substances that the crew leaders would then sell on the street. Aster Medical Clinic charged approximately \$250 for each patient visit, and required payment in cash, the evidence showed.

To date, two co-conspirators have pleaded guilty based on their roles in the unlawful prescription scheme at Aster Medical Clinic. Baker Niazi, 48, of Sugar Land, Texas, and Waleed Khan, 47, of Parker, Texas, are currently awaiting sentencing before U.S. District Judge Alfred H. Bennett of the Southern District of Texas.

AMPIL-GATBUNTON LAW OFFICES

Experienced, Knowledgeable & Trustworthy

REAL ESTATE TRANSACTIONS

- Buy, Sell, Lease, or Refinance
- Short Sales & Foreclosures
- Quit Claim Deeds & Powers of Attorney

ESTATE PLANNING

- "Simple" Wills & Living Trusts
- Healthcare Directives or Living Wills
- Powers of Attorney for Finances &/or Healthcare

BANKRUPTCY

- Chapter 7 ("Fresh Start" / Discharge of Debts)
- Chapter 13 (Debt Repayment Plan)

Call for a **FREE Consultation**
(847) 592-7082

Offices in Schaumburg and Downtown Chicago
E-Mail: GatLawOffices@gmail.com



Janice A. Gatbunton
Attorney at Law

India Bulletin

India Bulletin (ISSN 1548-7229) is published bi-weekly by
India Bulletin, Inc.
P.O. Box 59584
Chicago, IL 60659-0584

Copyright 2019 India Bulletin, Inc.
All rights reserved as to the entire content.
India Bulletin is a trademark of India Bulletin, Inc.

Disclaimer

India Bulletin makes no warranties or representations as to the accuracy of the content and assumes no liability or responsibility for any error or omission in the content. India Bulletin is not responsible or liable for any claims made in advertisements or classifieds. Any questions or comments concerning advertisements or classifieds within this newspaper should be directed to the advertiser. The views, advice, opinions, and information in letters to the editor, analysis section, legal section or any other article in this publication are those of the writers and do not necessarily represent those of India Bulletin, Inc.

How To Contact Us

Phone: 847-674-7941

E-Mail

advertising@indiabulletinusa.com
feedback@indiabulletinusa.com
pressrelease@indiabulletinusa.com
subscription@indiabulletinusa.com

Subscription Services

Subscription orders can be mailed to us
or submitted online at www.indiabulletinusa.com

Subscription Rates

United States: \$52 - 26 Issues (Bi-Weekly for 1 Year)

India Bulletin encourages its readers to express their views in letters to us. All letters must include the writer's full name, complete address and telephone number. Unsigned letters and letters without any of the above information will not be included in the selection process. The selected letters may be edited and shortened. Writer's name will be withheld upon request. Letters may be published or distributed in print, electronic or other forms.

Relatives of slain mom and son wage legal battle over insurance payout



Sasikala Narra with her son Anish.

BURLINGTON, NJ - More than two years after the still-unsolved grisly murder of a mother and her son, the family is embroiled in a legal battle over life insurance payouts totaling \$1 million.

Authorities have not announced charges in the killing of Sasikala Narra, 38, and her son Anish, who were found dead in the family's Maple Shade apartment on March 23, 2017.

Narra had \$500,000 life insurance policies for her and her son with her husband listed as the beneficiary. But filings in federal court show that Narra's insurance company is not ready to hand her husband the insurance checks until he is ruled out as a suspect.

An attorney representing Prudential filed a lawsuit invoking the state "slayer statute," which voids a killer's claim to their victim's estate. The company sought to avoid "potential competing claims" to the estate. Narra's parents, who live in India, wrote in a separate filing - seeking to inherit their daughter's estate - that her husband was "a suspect in the investigation."

Law enforcement has not formally identified a suspect in the case or released the husband's name. The FBI is still offering a \$25,000 reward for information that leads to an arrest.

But news reports in India, and the lawsuit in U.S. District Court

in New Jersey, identified him as Hanumantha Rao Narra. He filed a benefit claim for his wife's life insurance in 2017, his attorney Jack Venturi wrote.

"The most that can be said is that Narra 'has not been [conclusively] eliminated as a suspect,'" Venturi wrote. "It is a far different thing to say that someone is

named a suspect of a crime than it is to say that the person has not been eliminated as a suspect."

He added that Narra had a "convincing alibi" that "show[ed] definitively that he was elsewhere" when the two were killed. But he may never fully be eliminated as a suspect unless someone else is charged. Venturi said

Prudential should pay out the policy to him and said the slayer statute does not apply since his client has not been found responsible for the killing.

U.S. Magistrate Judge Cathy Waldor ordered Prudential to deposit the \$1 million into a court-controlled account until the case is decided.

Infamous NYC party crasher sentenced to prison

NEW YORK - A notorious party crasher who used a series of frauds to scam his way into exclusive Manhattan events including the Tribeca Film Festival was sentenced last month to two to four years in prison.

Priyantha De Silva, 61, copped to one count of criminal possession of a forged instrument as part of a plea deal he struck with Manhattan prosecutors.

The high-society-loving crook allegedly used a forged check to buy a \$15,000 VIP package for two to attend the Tribeca Film Festival. He was captured on surveillance video April 19, 2018, enjoying the festivities, court papers state.



Priyantha De Silva

A few days later, he was photographed partying at celebrity nightspot IOAK, where he allegedly passed a bad check, the papers say.

Authorities tracked down the perpetual party grifter, who was on probation for similar

scams, to a homeless shelter in Brooklyn.

He was sentenced in 2012 to 1-1/2 to three years in prison for sneaking into the Elizabeth Seton Pediatric Center's gala and bidding on a \$1,500 Prada bag during a silent auction with a fake Bank of America credit card.

In 2017, he was up to his old tricks, crashing a bash for Polaroid's 80th anniversary, where he told one partygoer he worked with Lady Gaga and another that he was an Oscar-winning producer.

His attorney, Glenn Hardy, said his client learned his lesson and wants to move forward with his life.

HELP WANTED - MEDEFIL, INC.

Well-established and fast-growing pharmaceutical manufacturing facility has various positions available:

- Manufacturing Techs
- Laboratory (Chemistry and Microbiology) Techs
- Material Handlers
- Shipping and Receiving

Company offers competitive wages, benefits, and advancement opportunities. Willingness to work overtime and Saturdays as needed. Must be able to speak and write in English.



Apply in person: 250 Windy Point Drive • Glendale Heights, IL 60139 • 630-682-4600

Or email: hr@medefilinc.com

www.medefilinc.com

American tennis star Alison Riske weds Stephen Amritraj



Alison Riske with Stephen Amritraj

PITTSBURGH, PA - American tennis player Alison Riske, who stunned everyone by knocking off world no. 1 Ashleigh Barty at the recently concluded Wimbledon, pulled off yet another feat that left everyone pleasantly surprised.

This time, the stage was her wedding. Riske, who married Stephen Amritraj, a former Indian American professional tennis player who represented India and also the son of former Indian Davis Cup player Anand Amritraj, took to Twitter to share

a snippet from her wedding: a Bollywood dance performance.

“Officially an Amritraj! I’m the luckiest lady because of @stephenamritraj! where all my new Indian followers at?!?! here’s a little Bollywood to try to win over your affection!” she tweeted.

Dressed in white gowns, Riske and her sister, Sarah, presented a well-rehearsed performance to the song, “Nachde Ne Saare,” from the Katrina Kaif and Sidharth Malhotra’s Bollywood film, *Baar Baar Dekho*.

The 2:20-minute video is garnering a lot of attention.

Indian tennis player Sania Mirza was among those who congratulated the couple and praised the dance moves.

“Yay!! Congratulations... to you and @stephenamritraj (love) those moves btw,” Mirza wrote alongside heart and

clapping hands emojis.

Stephen later posted a photo of the two of them alongside a post stating, “Best day of my life to marry the woman of my dreams @Riske4rewards and to be surrounded by family, friends, mentors, colleagues and coaches. Thank you to everyone who has sent

messages to us. Grateful beyond words.”

Riske, who beat Barty to reach her first grand slam quarter final, lost to Serena Williams in three sets.

The couple married in Pittsburgh, soon after Wimbledon 2019 concluded for her on a good note.

Individual who planned attack in New York charged with attempting to provide material support to ISIS

NEW YORK - A criminal complaint filed last Friday in federal court in Brooklyn charged Awais Chudhary, 19, a naturalized U.S. citizen born in Pakistan, with attempting to provide material support to the Islamic State of Iraq and al-Sham (ISIS), a designated foreign terrorist organization. Chudhary was arrested the day before, and made his initial appearance last Friday afternoon before United States Magistrate Judge James Orenstein. Chudhary was ordered held without bail.

“The defendant allegedly planned to conduct a deadly attack in New York on behalf of ISIS,” stated Assistant Attorney General for National Security

John C. Demers.

As alleged in the complaint, in August 2019, Chudhary communicated to undercover law enforcement officers through text messaging that he planned to conduct a stabbing or bombing attack on behalf of ISIS. Chudhary also wanted to record his attack to inspire others to commit similar acts of violence. Chudhary identified the pedestrian bridges over the Grand Central Parkway to the Flushing Bay Promenade (the Promenade) and the World’s Fair Marina (the Marina) as locations for the attack. On Aug. 23, 2019, Chudhary told an undercover agent that he intended to use a knife “because that’s what he knows,” but if the undercover

agent could instruct him on how to build a bomb, he would consider using an explosive device at a “mini-bridge over a busy road with many cars.” On the same day, Chudhary texted another undercover agent a screenshot of a document entitled, “Islamic State” with the subheadings: “Places to Strike,” “The Ideal Knife” and “Knives to Avoid.” The instructions included a diagram of the human body with directions where to stab a victim. Chudhary also sent the undercover agent videos of pedestrian bridges over the Grand Central Parkway and stated that he was considering throwing explosives over the fencing at vehicles passing below.



LIQUOR BARN

**WE MEET
OR BEAT ALL
COMPETITORS'
PRICES!**

8170 Golf Rd. Niles, IL — 847-581-0060 — www.liquorbarnil.com
287 DUNDEE RD WHEELING, IL 60090 847-465-0700
(In the Fresh Farm Shopping Plaza)

 <p>Royal Challenge \$16.99 750ml</p>	 <p>Johnnie Walker Select Casks Whisky \$25.99 750mL</p>	 <p>Glenmorangie Single Malt Scotch \$59.99 1.75L</p>	 <p>Courvoisier V.S. Cognac Bonus Pack \$19.99 750mL</p>	 <p>Hennessy V.S. Cognac \$72.99 1.75L</p>	 <p>Glenlivet Scotch \$67.99 1.75L</p>
 <p>Grey Goose Vodka \$49.99 1.75L</p>	 <p>Punjabi Club Rye Whiskey \$19.99 750mL</p>	 <p>Glenfiddich Whisky \$69.99 1.75L</p>	 <p>Johnnie Walker Blue Label \$174.99 750ml</p>	 <p>Chivas Regal 12yr old Scotch \$20.99 750ml</p>	 <p>Old Monk Rum \$18.99 750mL</p>

SHOP ONLINE 24/7 AT www.THELIQUORBARN.com SALES ITEMS ARE CASH & CARRY

SALE DATES: 9/7/19 thru 9/19/19

HOURS: Mon-Sat: 9am to 10pm, Sun: 11am to 7pm
We reserve the right to correct printing errors and limit quantities.

JERRY'S FRUIT & GARDEN JERRYSFRUITANDGARDEN.COM

**SIGN UP FOR MORE
SPECIALS AT
www.jerrysfruitandgarden.com**

**SALE DATES:
SEPTEMBER 4, 2019
thru SEPTEMBER 10, 2019**

<p>Sweet Corn</p>  <p>8 for \$1</p>	<p>Red Seedless Grapes or Gala Apples</p>  <p>79¢/lb</p>	<p>California Extra Large Peaches & Nectarines</p>  <p>98¢/lb</p>	<p>Jumbo Pineapples</p>  <p>2 for \$3</p>	<p>Whole Seedless Watermelons</p>  <p>\$2.98 Ea</p>	<p>Cauliflower, Eggplant or Fresh Beets</p>  <p>49¢/lb</p>	<p>Acorn Squash, Butternut, Spaghetti, or Kabocha Squash</p>  <p>49¢/lb</p>	<p>Green Onions or Cilantro</p>  <p>4 Bunches for \$1</p>
<p>Amish Chicken Drumsticks</p>  <p>79¢/lb</p>	<p>Chicken Cutlets</p>  <p>\$2.49/lb</p>	<p>Tropical Sunshine 41/50 Raw Shrimp</p>  <p>\$8.99 32oz Pkg</p>	<p>Sara Lee Oven Roasted Turkey Breast</p>  <p>2 for \$4 10oz Pkgs</p>	<p>The Laughing Cow Spreadable Cheese</p>  <p>2 for \$3 5.3oz Pkgs</p>	<p>Niagara Spring Water</p>  <p>2 for \$3 24 Packs</p>	<p>Just Tea Time Tea Biscuits</p>  <p>4 for \$1 175g Pkgs</p>	
<p>Borrelli Pomace Oil</p>  <p>\$7.99 3 Liter Can</p>	<p>Bachatt Basmati Rice</p>  <p>\$4.99 10lb Bag</p>	<p>Lazzat Chappati Flour</p>  <p>\$6.99 20lb Bag</p>	<p>Crispa Pasta (asst.)</p>  <p>2 for \$1 16oz Pkgs</p>	<p>Cheshni Flower Honey</p>  <p>\$2.99 450g Jar</p>	<p>Algerian Deglet Nour Dates</p>  <p>\$2.99 24oz Pkg</p>	<p>Sahtein Chick Peas</p>  <p>2 for \$1 15oz Cans</p>	

Not responsible for picture or typographical errors. We reserve the right to limit quantities.

7901 N Milwaukee Ave., Niles, IL 60714

(847) 967-1440

Hours: Monday & Tuesday 8am-11pm, Wednesday-Sunday 7am-11pm

www.jerrysfruitandgarden.com

FRESH FARM'S

WE BRING THE WORLD TO YOUR TABLE

Prices effective from
9/4/19
thru **9/10/19**

Largest Selection of South Asian items:

Atta, Rice, Fresh Fruits and Vegetables, Frozen Items, Oils, Spices, Dals, Pickles, Snacks, Dry Fruits, Much More!



Healthy Fruit Juices Made FRESH at Our Juice Bar!

SWARNA
CHAKKI ATTA



\$6.99
20lbs

BRITTANIA
WHEAT RUSKS



99¢
10.75oz

CONSUL
COCONUT MILK



99¢
14oz

UDUPI
SONA MASOORI



\$10.99
20lbs

GOLDEN
CHICK PEAS



99¢
28oz

ROYAL
BASMATI RICE



\$18.99
20lbs

TUKAS
TOMATO PASTE



\$1.99
24.7oz

DIONI
POMACE OLIVE OIL



\$9.99
3 ltr

ROYAL CHEFS
SELA BASMATI RICE



\$9.99
10lbs

THREE HORSES
JASMINE RICE



\$19.99
25lbs



CALIFORNIA CAULIFLOWER

49¢/lb



HOMEGROWN EGGPLANT

69¢/lb

www.myfreshfarms.com

Fresh Farms Niles
5740 W Touhy Ave, Niles, IL 60714
(847) 779-7343

Fresh Farms Niles Golf Mill
8203 W Golf Rd, Niles, IL 60714
(224) 470-2060

Fresh Farms Chicago
2626 W Devon Ave, Chicago, IL 60659
(773) 764-3557

In Kashmir, shopkeepers refuse to open despite India easing some curbs



REUTERS/Aamir Abidi

A man rides a bicycle past the closed shops and hotels during restrictions, after scrapping of the special constitutional status for Kashmir by the Indian government, in Srinagar on August 25, 2019.

SRINAGAR - A month after India withdrew contested Kashmir's autonomy, locked it down with thousands of additional troops and made mass arrests, residents are resisting attempts by authorities to show some signs of normalcy returning in the Muslim-majority valley.

Prime Minister Narendra Modi revoked special rights for Jammu and Kashmir state on Aug. 5, striking down long-standing constitutional provisions for the Himalayan region, which is also claimed by neighbouring Pakistan.

To dampen the possibility of widespread protests, India flooded Kashmir - already one of the

world's most militarised zones - with troops, imposed severe restrictions on movements, and cut all telephone, mobile phone and internet connections. Thousands of people were arrested.

New Delhi has since eased some of the curbs although no prominent detainees have been freed and mobile and internet connections remain suspended.

Officials in Jammu and Kashmir's summer capital of Srinagar say that 90 percent of the Kashmir valley is free of restrictions on daytime movement, some landline phone connections have been restored and thousands of schools have re-opened. However, check-

points remain in place and communication restrictions make reporting from the region difficult.

Despite the partial relaxation, many students are boycotting classes, shopkeepers are not opening up and public and private sector employees are not turning up for work, in informal action aimed at protesting against the government in New Delhi, according to interviews with seven government officials and dozens of residents of the valley.

"For us, our identity at stake and its safeguarding is our priority," said Shabir Ahmad, a shopkeeper from the old quarter of Srinagar.

"Let them restore it and we will re-start our businesses."

The civil disobedience has sprung up alongside small but regular protests by stone-throwing crowds that have been quickly quashed by security forces with tear gas and pellet guns.

In previous phases of protests in Kashmir, separatist groups would issue official calls for shutdowns and protests.

This time, however, separatist leaders - who either want independence for Kashmir, or support joining Pakistan - have been detained alongside mainstream politicians, including three former

chief ministers and hundreds of other civil society leaders.

In posters across Srinagar, which began appearing in late August, shopkeepers have been asked to only open late in the evenings and early in the mornings to enable residents to buy essentials.

In the commercial areas of downtown Srinagar, the majority of shops remain shuttered.

Despite security forces asking owners to return to normal opening hours, many have refused.

"We were opening shops in the evenings for people," said Mohammad Ayub, a Srinagar shopkeeper. "The troops tell us either to open the shops for the full day or don't open in the evenings."

Rohit Kansal, the official spokesman of the Jammu and Kashmir state government, blamed "anti-national" forces for preventing shops from opening.

"Security forces have taken note of it," he said.

SCHOOLS, GOVERNMENT SHUTDOWN

Attendance in major government offices in Srinagar is about 50% and those in smaller, subordinate offices in the city is substantially lower, a state government official said, declining to be

named as he was not authorised to speak to the media.

At an office of the state housing and urban development department in western Srinagar, only 30 out of about 300 staff were in attendance on most days, another official said.

"Only those who live nearby report to the office. The others come in once in a while," the official said.

Government workers employed to tend Srinagar's famous Dal Lake have not turned up for work in several weeks, officials said, and the water's surface has become clogged with weeds.

Many schools are empty.

"How can I send my children to school? There is a clampdown and we are concerned for the safety of our wards," said Javed Ahmad, a Srinagar parent.

Kansal said that 4,000 schools in Kashmir were functioning, and that attendance was improving, although it remained low in some areas.

The shutdown and restrictions are having an impact across all areas of society.

On Thursday, rights group Amnesty International launched a campaign urging New Delhi to lift the communications blockade.

Spectacular Weddings & Events



DOUBLETREE
by Hilton™

LISLE NAPERVILLE

3003 CORPORATE WEST DRIVE, LISLE, IL 60532

630-245-7627

doubletreebyhilton.lislenaperville.com

US Business Brokers Inc.

American Financing Group LLC



Financing - Loans

- We do all kinds of SBA & Conventional loans.
- We specialize in Gas Stations, Liquor Stores, Hotels, Convenience Stores, Motels, Apartment Buildings, Food Franchise.
- We can get your loan approved within a few days

Contact us for any Financing Need Nationwide

FAST APPROVAL | QUICK CLOSINGS | SBA 504 & 7A |
CONVENTIONAL LOANS | HOTELS, MOTELS | GAS STATIONS, TRUCK STOPS |
INDUSTRIAL CLIENT | LIQUOR STORES, C-STORES, CAR WASH

Specializing in buying/selling.

Helping buyers buy businesses and sellers sell their businesses.



Contact us Buy or Sell business
AJ Sandhu (MBA)
Managing Broker/Realtor/Consultant
Licensed in IL, IN, WA

916-995-0783 (Cell) 425-529-6283 (Direct)

630-206-2467 (Fax) www.ubbchicago.com, aj@ubbchicago.com

101 W 22nd St, Suite 111, Lombard, IL 60148
23280 Pacific Highway South, Suite 307, Kent, WA 98032



ONLINE AUCTIONS

Bankruptcy Sale | Car Wash & Lube Center



Property # TAS190925

- Full-service car wash, C-store, detail facility
- Also includes Havoline Xpress Lube
- Situated on 1.03 Acres, 2128sf Building
- 110' Car Wash Tunnel
- Busy intersection just off Interstate 5
- Directly across from major shopping center
- Located just 10 miles from Sacramento International Airport
- Minimum Bid - \$2,100,000

420 Pioneer Ave., Woodland, CA
Online Bidding Closes Sept. 25th

Retail/Multi-Family Development Site



Property # TAS190900

- Prime corner location
- Specific Plan allows for a number of commercial/retail/residential uses
- 330' Frontage on Foothill Blvd.
- High traffic, high visibility
- Signaled intersection
- Directly across from Home Depot, near major retail centers and new development
- Previous plans for 22,260sf of retail/restaurant, 16 units

1364 W. Foothill Blvd., Rialto, CA
Online Bidding Closes Sept. 25th



Tranzon Asset Strategies | DRE Lic 01850659 | See website for details and terms

TRANZON.COM

888.314.1314

Heating & Air Conditioning

Attention Homeowners! Call Us & SAVE BIG!

\$1,000.00 Guarantee

We will beat any Competitors estimate by upto \$1,000!

24/7 E-Service

24/7 Emergency Service

Service

Service Call Charge Only \$49.00

Estimates

Free Estimate for New Equipment

Professional Installation Guaranteed

AIR CONDITIONER	\$1985.00
As low as	INSTALLED
FURNACE	\$1385.00
As low as	INSTALLED
A/C & FURNACE COMBO	\$2985.00
As low as	INSTALLED
CENTRAL HUMIDIFIER	\$349.00
As low as	INSTALLED

We offer free "second opinion"

Annual Clean & Check Special

\$69.00

- Save energy & money
- Avoid unnecessary repairs
- Keep your home safe
- Extend the life of your equipment
- Be more comfortable in your home

NO Breakdown Guarantee

No service call charge with repairs*



Contact: **Abraham Thomas**
847 924 4277
18 Years of Experience
Email: forlifetimecomfort@gmail.com



Residential Service Only
Single Family Homes, Townhouses and Duplexes
We Service all Makes & Models



Honest Reliable Professional
Repairs | Maintenance | Installation
Licensed | Insured | Bonded

Trump says India, Pakistan can handle Kashmir dispute on their own



U.S. President Donald Trump meets Indian Prime Minister Narendra Modi for bilateral talks during the G7 summit in Biarritz, France on August 26, 2019.

BIARRITZ - U.S. President Donald Trump said that India and Pakistan could handle their dispute over Kashmir on their own, but he was there should they need him.

The U.S. president has previously offered to mediate between India and Pakistan on Kashmir, a mountainous region which has been the source of repeated confrontations between the two nuclear-armed neighbours ever since they gained independence from British colonial rule in 1947.

Trump discussed the issue on the sidelines of a G7 summit in France with Indian PrimeMin-

ister Narendra Modi, who withdrew autonomy for the state of Jammu and Kashmir on Aug. 5.

"We spoke last night about Kashmir, the prime minister really feels he has it under control," he told reporters. "They speak with Pakistan and I'm sure that they will be able to do something that will be very good," he said.

Trump infuriated the Indian government last month when he said Modi had asked him to mediate in the dispute, drawing an immediate denial from New Delhi.

Sitting alongside Trump, Modi said the issues over Kashmir were bilateral, between India and Pakistan.

Modi's abrupt decision this month to cancel the mainly Muslim region's autonomous status triggered weeks of protests, mainly in the restive district of Soura, which has emerged as the centre of discontent.

It has also drawn deep anger in Pakistan, which said last week it would take the case to the International Court of Justice.

Pakistani Prime Minister Imran Khan said the United Nations had a responsibility to ensure that

the people of Kashmir had the right to decide their own future through a referendum.

He called Modi's intervention a "huge blunder" and said the risk of nuclear confrontation between the two countries meant the issue went beyond the immediate region.

"The responsibility today lies on the international community," he said in a special televised address on Kashmir, adding that Pakistan would "go to any length

at every forum" to press the issue.

He called on Pakistanis to stop work for half an hour as a mark of solidarity with Kashmiris.

"We as a whole nation give this message to the 8 million Kashmiris that we are standing with them," he said.

Kashmir has been the starting point for two of the three wars India and Pakistan have fought since the two states were created out of British-ruled India following World War Two.

Pakistan may close airspace to India says science minister

ISLAMABAD - Prime Minister Imran Khan is considering closing Pakistan's airspace to India and blocking its eastern neighbour's land trade route to Afghanistan, the science and technology minister in Islamabad said.

Pakistan reopened its airspace to India in mid-July, having closed it in February after an attack by a Pakistan-based Islamist militant group in Indian-controlled, Muslim-majority Kashmir that led to clashes between the nuclear-armed neighbours.

Bilateral tensions bubbled over

again this month when Indian Prime Minister Narendra Modi government revoked Kashmir's special status, under which people from the rest of India could not buy property or compete for government jobs.

Since then, stone-throwing protesters have clashed regularly with security forces in the disputed Himalayan region, and the Pakistani army said that Indian army shells had killed a man and a young girl.

Pakistan's Science and Technology Minister Fawad Chaudhry said Khan was debating whether

to close airspace to India and its land routes to Afghanistan.

"Legal formalities for these decisions are under consideration ... Modi has started we'll finish!" Chaudhry said in a tweet.

Pakistani officials were not immediately available for comment.

After February's attack, Pakistan and India carried out air strikes on each other's territory and warplanes fought a dogfight above Kashmir in which an Indian jet was shot down.

The airspace closure forced planes into long detours that cost airlines millions of dollars.

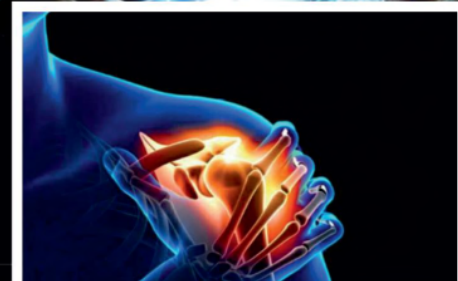
STEM CELL RECRUITMENT™

FOR KNEE PAIN, ARTHRITIS & JOINT PAIN

COVERED BY
MEDICARE &
INSURANCE*

Indicates for Cellular
Regenerative Medicine

- Knee, hip & shoulder arthritis
- "Bone-on-bone"
- Meniscus tears
- Avoid surgery & joint replacement
- Plantar fasciitis
- Joint pain & inflammation



4.85 OUT OF 5 STAR REVIEWS



97% Patient Satisfaction* · 100% would recommend PRI*

* Results based on 150 patients surveyed 30-90 days post stem cell recruitment

847.243.6178

PAIN RELIEF INSTITUTE

*Coverage varies by plan & carrier. Stem Cell Recruitment (SCR) is a trademark of Russell Health, Inc. The treatments described on this marketing are not considered to be standard of care for any condition or disease. SCR attempts to utilize minimally manipulated amniotic fluid and are comprised of amniotic fluid components intended for homologous use to supplement tissue. These statements have not been evaluated by the FDA. Results may vary. See complete disclaimer at painreliefinstitute.com.

India's top ports on alert for attacks from 'Pakistan-trained commandos'

By Mayank Bhardwaj and Alasdair Pal

NEW DELHI - India's two main ports said they had been warned by the coastguard and intelligence officials that Pakistan-trained commandos have entered Indian waters to carry out underwater attacks on port facilities.

The Mundra Port, run by Adani Ports and Special Economic Zone Ltd, and the state-owned Kandla Port had asked their employees and ship operators to be vigilant, port officials and the ports said in

advisories seen by Reuters.

Tensions between India and Pakistan have escalated since India revoked the special status of its portion of the Himalayan region of Kashmir on Aug. 5 and moved to quell objections by shutting down communications and clamping down on local leaders.

Pakistan reacted with fury to India's decision, cutting trade and transport ties and expelling India's ambassador. Both countries claim Kashmir in full but rule it in part.

Pakistan successfully carried

out a training launch of a surface-to-surface ballistic missile, an exercise viewed as hostile by some in India.

In recent weeks, both countries have repeatedly accused each other of violating ceasefires and seeking to provoke conflict in what is one of the world's most dangerous nuclear flashpoints.

Intelligence inputs shared by government officials suggested that "Pakistan-trained commandos" had entered the Gulf of Kutch on the west coast to foment violence, the Kandla Port said in an advisory.

Venu Gopal, secretary of a trust that runs Kandla Port, confirmed it had received the intelligence inputs.

"We've reviewed the situation and instructed our security personnel to beef up security at vital installations and vulnerable areas," he said.

An advisory issued by Adani, which operates the Mundra Port, told all ships there "take utmost security measures and maintain a vigilant watch".

"We've informed our stakeholders at the port," an Adani spokesman said, without giving further details.

Raveesh Kumar, the Indian



FILE PHOTO: A worker walks past a container ship at Mundra Port in Gujarat.

foreign ministry's spokesman, declined to comment on the reports but said the security forces were prepared to deal with any such infiltration.

A spokesman for Pakistan's military declined to comment on the advisory notices. A Pakistani military source said the reports were untrue.

"India is trying to divert the attention of the world from Kashmir," the source said. "There has been no such movement."

Located on the Gulf of Kutch, the Mundra Port is India's largest private port accounting for nearly

one-fourth of the cargo movement in the country.

The Kandla port, built in the 1950s, is a major hub for cargoes such as crude oil and agricultural commodities of cargo handled.

India has in the past been attacked by Pakistani militants infiltrating by sea.

In 2008, 10 militants arrived on a rubber boat on the Mumbai waterfront after crossing the Arabian sea from Karachi in a fishing trawler.

They unleashed three days of carnage in which 166 people were killed.

Supreme Court to hear legal challenges on Kashmir in October

NEW DELHI - The Supreme Court said it will hear challenges in October to a government order revoking the autonomy of contested Kashmir, and it allowed Sitaram Yechury, head of the Communist Party of India (Marxist), to visit the region that has been under lockdown for weeks.

India stripped the Muslim-majority region claimed by both India and Pakistan of its special status this month, and also divided Jammu and Kashmir state

into two, to the fury of many of its residents.

More than a dozen petitions have been filed in the Supreme Court questioning the legality the action, which the government said was aimed at developing the region at the heart of animosity with Pakistan for decades.

A panel of judges headed by Chief Justice Ranjan Gogoi, said the court would hear the petitions starting in the first week of October.



Established in 2004, Fine Hospitality works relentlessly to ensure investment yields are fully optimized. FHG leverages its resources and proven operation standards to mitigate the ever-increasing risks to your hotels investments by dealing with the day to day hassles of operations and compliance.

- ✓ \$48+ Million - Annual Revenue of 20 Hotels.
- ✓ \$18.2+ Million - Gross Operating Profit Average of FHG Portfolio
- ✓ 15 Years - Average Years of Experience of FHG Employees.
- ✓ 97% - Safety Effective Standards of 478 Employees

Our Brands



Nish Kharod, CHA, MBA
Fine Hospitality Group
Vice President, Operations

Visit www.finehospitality.com or call 1-714-990-8800 for more information.

LOOKING TO SELL YOUR BUSINESS?

Business Sale, Merger & Acquisition

With over 15 years of experience in buying, selling & managing small businesses and many successful transactions, Raj specializes in Business Sale and Merger & Acquisition. Some of the many industries we cater to:

- | | |
|--|----------------------------|
| Manufacturing | Transportation |
| Wholesale & Distribution | Auto & Truck Repair |
| Medical Practice & Healthcare Related | Pharmacies |
| Construction (Public Works & Private) | Retail (Restaurants, Etc.) |
| Services (Management, Staffing, Insurance, Accounting, Etc.) | |

Services Provided: Business Sale, Merger & Acquisition | Valuation | Consultation/ Exit Strategies

Raj is professionally licensed and carry following designations;

- CBI: Certified Business Intermediary by the International Business Brokers Association.
- CBB: Certified Business Broker by the California Association of Business Brokers.

Raj Parikh

NAI Capital Inc.
Business Intermediary
Sale, Merger & Acquisition
(909) 510-9102
rparikh@naicapital.com
CA BRE Lic. #01962451



In a first, Priyanka Chopra and Nick Jonas both named People's best dressed



REUTERS/Mario Anzuoni

Cast member Priyanka Chopra and husband Nick Jonas pose at the premiere for the movie "Isn't It Romantic" in Los Angeles, California, U.S. on February 11, 2019.

By Jill Serjeant

LOS ANGELES - Actress Priyanka Chopra and her pop star husband Nick Jonas were named the best dressed of 2019 by People magazine on Wednesday, marking the first time in the celebrity magazine's history that a couple has shared top style honors.

Chopra, 37, a former Miss World who became a star in both Hollywood and Bollywood, and Jonas, 26, topped People's annual best dressed list in an eclectic

slate that included actor Billy Porter and tennis champion Serena Williams along with style-setting veterans such as Jennifer Lopez, Lady Gaga and Celine Dion.

"It's the first time ever that we have had a man or a couple on the Top 10 list, let alone as the best dressed. But it really felt like these two deserved it," People's style and beauty director, Andrea Lavinthal, told Reuters.

"The combination of the two of them is so exciting to watch.

(Jonas) is not exactly someone who just wears a black tuxedo and stands next to her on the red carpet. You can tell that he enjoys fashion as much as she does," Lavinthal added.

Chopra, who became the first Indian to headline a U.S. television drama series as the star of "Quantico," married the younger of the three Jonas Brothers musicians in New Delhi in December 2018, becoming one of the most sought-after celebrity couples in the world.

Lavinthal praised Chopra and Jonas for embracing different

styles and designers but always looking good.

"They don't do matchy-matchy but they still look like they go together," she said. "Even walking down the street in New York City, they are not in jeans and a T-shirt or casual pants. She is in a head to toe look, and so is he."

Porter, the Emmy-nominated star of TV series "Pose" about New York's LGBTQ ballroom culture in the 1980s, was deemed the "Disruptor" on People's Top 10 best dressed list.

Porter, 49, turned heads when

he walked the Oscar red carpet in February in a black velvet tuxedo ball gown, and at the Met Gala in May dressed as an glittering Egyptian sun god with gold wings.

Lavinthal said Porter's appearances "never felt they were just for the sake of being outrageous or costumey. It was really the start of a conversation about what is considered gender appropriate."

People magazine's 20-page style feature in this week's magazine hits U.S. newsstands on Friday.

Heavy rains cause commuter chaos in Mumbai

By Shilpa Jamkhandikar

MUMBAI - Monsoon rains stalled trains, delayed flights and disrupted traffic in Mumbai on Wednesday, and forecasters warned of more wet weather for India's financial capital.

Authorities advised people to stay indoors and asked schools and colleges to close for the day.

"Those living near the Mithi river have been evacuated to safer places, but there are no re-

ports of any harm or casualties so far," a police spokesperson said, referring to the city's main river.

Flights were delayed at Mumbai airport, one of the busiest in the country, and trains carrying thousands of commuters to work were halted on many routes, authorities said on Twitter.

"It took me three hours to cover a distance that usually takes less than an hour," Vishwanath Acharya, an executive who

works in the city, told Reuters.

Mumbai has been hit by heavier-than-usual rain this monsoon, affecting the city's crumbling infrastructure.

Social media users posted videos of submerged streets and people wading through them.

Floods in 2005 killed more than 500 people in the city, home to the country's two biggest stock exchanges and headquarters of several major companies.

ACE

HEATING & COOLING SERVICES

AIR CONDITIONER
starting at
\$1950
installed

FURNACE & AC COMBO
starting at
\$2950
installed

FURNACE
starting at
\$1350
installed

PRE SEASON SALE!!!

James Mathew
847-401-2247
JMathew47@comcast.net
Will Meet or Beat ANY Competitor's Price

REFER A CUSTOMER, GET \$\$

RESIDENTIAL COMMERCIAL DUCTWORK BOILERS

WATER HEATERS
starting at
\$850
installed

HUMIDIFIERS
starting at
\$325
installed

SEASONAL MAINTENANCE
\$69.95
*No-Breakdown Warranty
*No Service Call Charge w/ Repairs

GET YOUR MEDICARE QUESTIONS ANSWERED

ASHOK SHAH
Senior Medicare Specialist

Medicare coverage can be confusing and it is important to make the best decision for you and your health. There are five different parts of Medicare:

- **Part A**
Hospital Insurance
- **Part C**
Medicare Advantage Plans
- **Part B**
Medical Insurance
- **Part D**
Prescription Drug Coverage

● **Plan F - HDF* - G & N**
Supplemental Insurance (Medi Gap)
Offered by various companies at competitive rates.



This leaves lots of choices to make, and you might even have health and/or prescription drug coverage from a current or previous employer that could affect your choices. Get a trained professional to help you by showing you all the options available.

FIND OUT MORE TODAY
There is **NO** obligation and **ALL** of the information is **FREE**





For more information call a licensed agent at the number below:
ASHOK SHAH
(847) 594 - 0211 (630) 992 - 1734
insurerite2you@gmail.com
www.INSURERITETOYOU.com

A sales agent may contact you. Not affiliated with any government agency. BH_11_0240 09142011

THE PREMIER GASOLINE DISTRIBUTION COMPANY

We Fuel Your Growth

www.gasdepot.com

NORTHBROOK, IL HOMES FOR SALE

4555 Concord Lane
Northbrook, IL
ASKING: \$350,000



Luxury Townhome in prestige area with #1 school district. 3 bed/2.5 bath, Master suite with jacuzzi and stand alone shower, 2 walk-in closets. Heat N Glow Fire Place, stainless steel appliances, kitchen with separate breakfast area. Ample light throughout, cathedral ceilings. Patio opens to the largest grass area in the subdivision. 5 minutes from the Hanuman Mandir of Greater Chicago.

3255 Westview Dr
Northbrook, IL
NEW PRICE: \$699,900



Stunning cape cod on an acre professionally landscaped land. 4 bed/3 bath, basement, new kitchen, new windows, move in and enjoy. #1 school district in Illinois. Central location to shopping, entertainment, metra, schools. Walking distance to the Hanuman Mandir of Greater Chicago.

Call Broker: Zina Kaufman

@properties®

847-867-2471




**MARRIOTT
CHICAGO
NAPERVILLE**

1801 N Naper Blvd
Naperville IL 60563

**25% Off Published
Wedding Package
Pricing**

*Offer Applies To New Contracts Only
Expires March 31, 2020*

**Contact Us
Today!**

630-687-6465



BOLLYWOOD Insider™

Bollywood Beat

Farah opens up about brother in #MeToo controversy



During the #MeToo movement in India, several Bollywood members were named and accused of sexual harassment. Filmmaker Sajid Khan was one among them, as he was accused by three women including an actress and a journalist of indecent behaviour. Soon after the accusations, the filmmaker was asked to step down from the position of the director of *Housefull 4*. He was even banned by film regulatory bodies.

Months after the accusation, Sajid Khan's sister and filmmaker Farah Khan has opened up about the matter. In an interview, Farah Khan spoke about how social media trials are unfair and that all the accused should be treated equally.

She said that her only issue was with the level of hypocrisy shown by some people. She further said that one cannot pick and choose. She said that you cannot choose a successful person because you can benefit from it and throw the other under the bus.

The *Om Shanti Om* director said that there needs to be a due process, which is yet to take shape. She said that social media trials are a very dangerous phenomenon and can happen to anyone in the course of time.

Akshay Kumar and others refused to work with Sajid in *Housefull 4* until the probe was on and he was still an 'accused'. On this, Farah stated that people should work with everyone until the court has given its verdict.

FORTHCOMING MOVIE

The Zoya Factor

Banner:
Fox Star Studios
Ad-Labs Films Limited

Producer:
Fox Star Studios
Pooja Shetty
Aarti Shetty

Director:
Abhishek Sharma

Starring:
Sonam Kapoor
Dulquer Salmaan

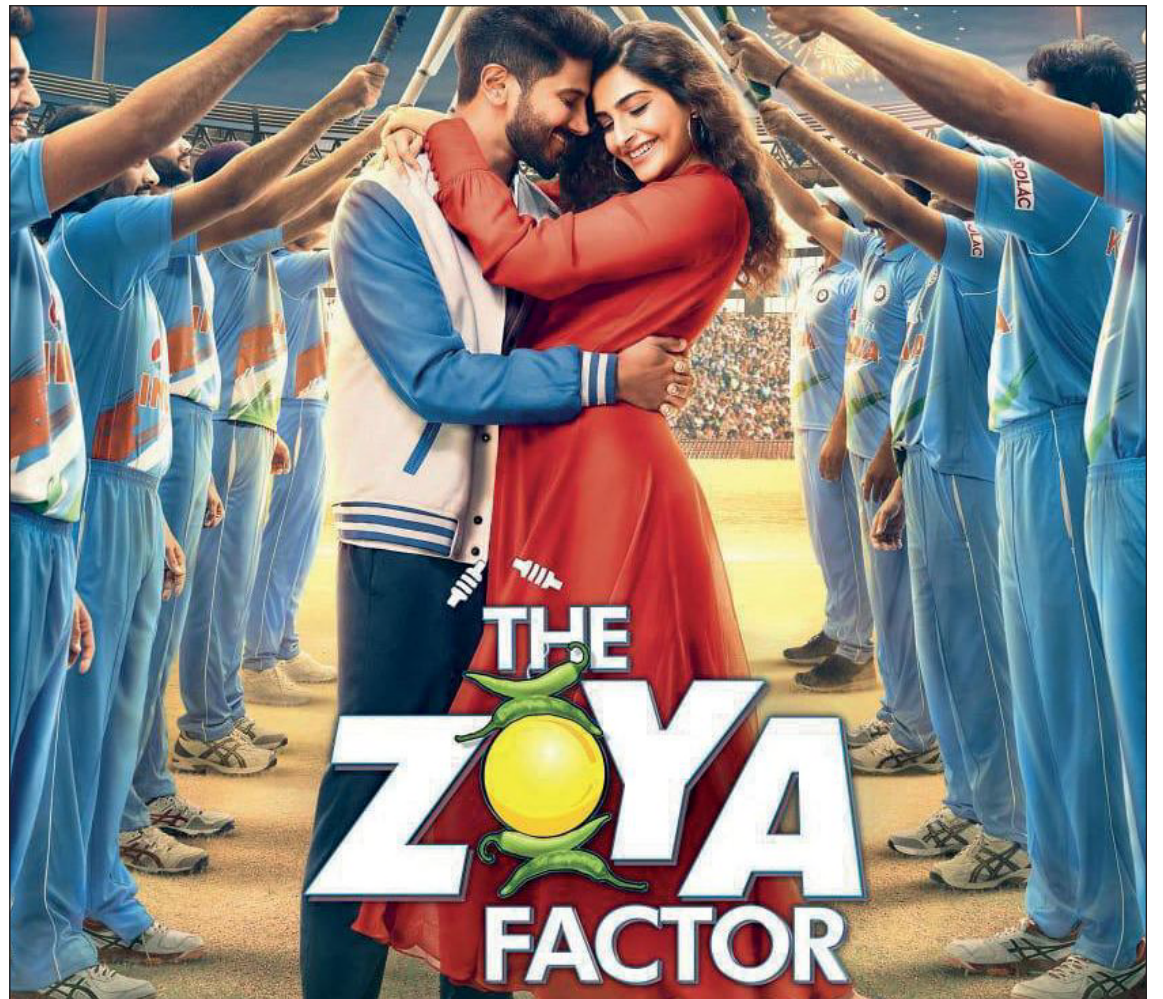
Music By:
Shankar-Ehsaan-Loy

Release Date:
September 20, 2019

The Zoya Factor is an upcoming Indian Hindi-language romantic drama film, starring Sonam Kapoor and Dulquer Salmaan. It is directed by Abhishek Sharma and produced by Fox Star Studios, Pooja Shetty and Aarti Shetty.

The Zoya Factor revolves around Zoya Solanki, played by Sonam Kapoor, who turns out to be a lucky charm for the Indian squad during the 2011 Cricket World Cup.

The makers of *The Zoya Factor*, a film based on the novel of the same name by Anuja Chauhan, have released the first trailer of the film, and it's quite funny and engaging. It features Sonam Kapoor in the lead who somehow



becomes the lucky mascot for the Indian cricket team.

There's an anecdote behind her luck though - she was born on the day India won its first world cup in 1983. However, her real life story is very different from how the world perceives her. Kapoor, in the trailer video, says that she has been unlucky in love and her professional career.

And then she meets the captain of the current Indian team, played

by Dulquer Salmaan. She also catches the attention of another Indian cricketer Robin Rawal, played by Angad Bedi. She soon becomes the national headline as everybody expects her to win matches for India.

It will also be another chance for the director Sharma to return to the comedy zone. His last film was *Parmanu*, but he came to limelight with films like *Tere Bin Laden* and *The Shaukeens*.

The Zoya Factor has been delayed quite a few times. It was initially meant to hit the screens on April 5, 2019 and then it got pushed to June, and now is releasing on September 20. There was much speculation that the film was delayed due to the Cricket World Cup that took place this year. However, another reason provided was that the film was delayed as there was post-production work left.

UNKNOWN FACTS ABOUT BOLLYWOOD CELEBRITIES



Not many know that Anil Kapoor is a trained semi-classical singer. He has sung in 'Pyar Kiya Nahi Jaata' from *Woh 7 Din* (1983) and 'I Love You' from *Hamara Dil Aapke Paas Hai* (2000).



Even though she's a star kid, Sonam had her own share of struggles with pocket money. The actor had ZERO inhibitions and worked as a waitress for some time to supplement her monthly income.

Top 3 Bollywood Films

- 1) **Saaho** - Directed by Sujeeth
Starring: Prabhas and Shraddha Kapoor
- 2) **Mission Mangal** - Directed by Jagan Shakti
Starring: Akshay Kumar, Vidya Balan, Sonakshi Sinha, Taapsee Pannu, Nithya Menen and Sharman Joshi
- 3) **Batla House** - Directed by Nikhil Advani
Starring: John Abraham and Mrunal Thakur

Top 10 Bollywood Film Songs

- 10) "O Saki Saki" - *Batla House*
- 9) "Enni Soni" - *Saaho*
- 8) "Dil Mein Mars Hai" - *Mission Mangal*
- 7) "Fikar Not" - *Chhichhore*
- 6) "Bad Boy" - *Saaho*
- 5) "Psycho Saiyyan" - *Saaho*
- 4) "Kal Ki Hi Baat Hai" - *Chhichhore*
- 3) "Sayyare" - *Pehlwaan*
- 2) "Khairiyat" - *Chhichhore*
- 1) "Dil Ka Telephone" - *Dream Girl*

Bollywood Trivia

- In which month is Varun Dhawan's birthday?
- 1) April
 - 2) March
 - 3) July
 - 4) December
- Answer: 1
- Who directed the film 'Kal Ho Naa Ho'?
- 1) Yash Chopra
 - 2) Rohit Shetty
 - 3) Nikkhil Advani
 - 4) Vishal Bhardwaj
- Answer: 3

BOLLYWOOD Insider™

MOVIE REVIEW

Saaho

Banner:
UV Creations
T-Series

Producer:
V. Vamsi Krishna Reddy
Pramod Uppalapati
Bhushan Kumar

Director:
Sujeeth

Starring:
Prabhas
Shraddha Kapoor

Music By:
Tanishk Bagchi
Guru Randhawa

Released Date:
August 30, 2019

Sometimes, one film is enough to turn an actor into a nationwide star. *Baahubali - The Beginning* was one such film. It made Prabhas from a regional star to a pan-India sensation and it's sequel *Baahubali 2 - The Conclusion* cemented his position as a superstar. Almost 2-½ years later, this macho actor is now back with *Saaho*. While *Baahubali* was a period drama, *Saaho* is a modern-day actioner with a bit of a futuristic setup. The hype is tremendous from East to West, North to South. So does *Saaho* live up to all the excitement? Or does it disappoint viewers? Let's analyse.

Saaho is the story of a mysterious man on a mission. The foreign city of Waaji is ruled by gangsters and criminals and the biggest of them is Roy (Jackie Shroff). He cleverly manages to get the approval of an Indian minister, Ramaswamy (Tanikella Bharani) for a hydro project in India. He then reaches Mumbai and this is where he's killed in a road accident. His son Vishwank (Arun Vijay) then takes over, which angers Devraj (Chunky Panday) as he wants to sit on Roy's throne. Meanwhile the Mumbai crime branch is investigating the death of Roy and other related crimes.

The case is handed over to Ashok Chakravarthy (Prabhas), a macho and extremely intelligent officer. He insists that Amritha Nair (Shraddha Kapoor) is also made a part of his team after he gets smitten by her photograph. While scanning the CCTV footage, they come across a mysterious person (Neil Nitin Mukesh) who they believe is a suspect. In the absence of evidence though, he can't be arrested. Ashok however manages to speak to him and finds out that he's hunting for a black box which can be used to access the wealth left by Roy in Waaji. Not just this chap but even Vishwank is trying to find the black box, which is hidden in Mumbai. He sends his associate Kalki (Mandira Bedi) who for some reason secures the box but instead of taking it to Waaji, she deposits it in a bank. When the mysterious person comes to get it, the cops who are already on his trial arrest him. However, the cops get a shock of their lives at this point when they realize they have a mole in their team. The mole runs away with the black box and this baffles not just the police force but also the gangsters of Waaji. What happens next forms the rest of the film.

Sujeeth's story is strictly okay but it could have been made for an exciting actioner if the screenplay and direction were upto the mark. Sujeeth's screenplay however spoils the show. Till the first half, it is captivating but then the screenplay is all over the place in the post-interval portions. There are so many villains and moreover, there are so many people double-crossing that it gets confusing for viewers to remember the twists. Abbas Dalal and Hussain Dalal's dialogues are simple but a few one-liners are powerful.

Sujeeth's direction is quite weak and it is one of the big reasons why this film fails. A film like *Saaho*, mounted on such a huge scale, required the execution by an expert and ex-



perienced filmmaker. Sujeeth sadly fails to do justice. The plot is weak but still, the film could have been saved with the execution. Sujeeth fails to do so overall. On the positive side, a few scenes are handled very well. These are mainly in the first half like the entry scenes of Vishwank and Ashok, Devraj threatening his father Prithviraj and of course, the interval point. In the second half, he does very well in a brief part of the climax where three scenes are running parallel - one of Ashok, one of Amrutha and one of Kalki. If he had wisely directed the rest of the film, *Saaho* would have been on another level.

Talking of performances, Prabhas puts up a great show. As per his character, he performs well and would be loved by the masses. His dialogue delivery in Hindi however is a bit weak. Moreover, his character sketch is also a bit flawed - throughout the film, his character is always winning and ahead of his enemies. Initially, it works but then it becomes unconvincing. Shraddha Kapoor is quite lovely and suits the part of the no-nonsense offi-

cer very well. She is great in action scenes. Jackie Shroff makes a huge impact in his cameo. Neil Nitin Mukesh is dependable and looks quite dashing. Chunky Panday steps into the villain zone once again after *Begum Jaan* and is appropriate. Arun Vijay oozes fear very well and is apt for the part. Murali Sharma (David) has a crucial part and is decent. Mandira Bedi gives a memorable performance. Tinnu Anand doesn't mouth a single dialogue and yet delivers a fine performance. Mahesh Manjrekar (Prince), Prakash Belawadi (Shinde) and Goswamy (Venella Kishore) are okay. Evelyn Sharma (Aisha) suits her part but her character doesn't have much to do. Jacqueline Fernandez is sizzling in the special song.

On the whole, SAAHO suffers from a lackadaisical script and a vacuous screenplay. At the box-office, it is bound to have a huge start and a good extended weekend due to tremendous hype and the fan following of the lead cast but will face obstacles post the weekend.

Rating: ★★☆☆

Bollywood Beat

Shraddha stands in protest to protect the trees of Aarey forest



Shraddha Kapoor is currently on a roll with back to back releases and has been juggling between the promotions of *Saaho* and *Chhichhore*. The actress has managed to win our hearts yet again with her love for the environment. While Shraddha Kapoor is constantly on the run for promotional activities, she decided to join the protest to protect the 2,700 trees of Aarey that are going to be chopped to build metro.

Aarey colony is one of the few places that provides a major chunk of oxygen consumed by Mumbaikars on a daily basis. As she did her bit, Shraddha Kapoor posted a picture from the protest with the caption:

"Trying to do my bit. Went live on my insta sometime back to show you all how so many people have come together to stand up against this. 2700+ trees are slated to be chopped down for the Metro. Unacceptable. Shocking. As if we don't have enough environmental issues already. As if Mumbai doesn't have enough pollution already. And permission is granted to chop off our lungs. This HAS TO STOP. #SAVEAAREY #TRYYOURBITFORTHEENVIRONMENT @aareyforest."

Shraddha Kapoor and South Indian movie star Prabhas starrer *Saaho* has already had a massive box office opening and her next, *Chhichhore* releases on September 6.

Celebrity Birthdays

September 7th Radhika Apte (1985)	September 12th Prachi Desai (1988)	September 18th Shabana Azmi (1950)
September 8th Asha Bhosle (1933)	September 13th Mahima Chaudhry (1973)	September 19th Meghna Naidu (1980)
September 9th Akshay Kumar (1967)	September 14th Ayushmann Khurrana (1984)	
September 10th Anurag Kashyap (1972)	September 16th Prasoon Joshi (1971)	
September 11th Tulip Joshi (1979)		

Upcoming Films

Street Dancer Varun Dhawan, Shraddha Kapoor and Prabhu Deva	The Zoya Factor Dulquer Salmaan, Sonam Kapoor and Sanjay Kapoor	Jhund Amitabh Bachchan and Rinku Rajguru
Sooryavanshi Akshay Kumar and Katrina Kaif	Housefull 4 Akshay Kumar, Kriti Sanon and Kriti Kharbanda	Commando 3 Vidyut Jammwal and Adah Sharma
Section 375 Akshaye Khanna, Richa Chadda and Meera Chopra	Dabangg 3 Arbaaz Khan, Salman Khan, and Sonakshi Sinha	Chhichhore Shraddha Kapoor, Sushant Singh Rajput and Varun Sharma

Kashmir protests claim first confirmed death, Pakistan sees 'seeds of war'



Relatives pray next to the grave of Asrar Ahmed Khan, who died on Tuesday night after succumbing to wounds during a protest on August 6, in Srinagar on September 4, 2019.

SRINAGAR - A man died in Kashmir nearly a month after being injured in a protest, officials said on Wednesday, confirming the first such death since India revoked the region's autonomy.

News of the fatality came as Pakistan warned that India was "sowing seeds of war" in the Muslim-majority region that has long been a flashpoint between the nuclear-armed neighbours.

India and Pakistan both rule parts of Kashmir while claiming it in full. They have fought

two wars over the region and their forces regularly trade fire across a 740-km (466 mile) Line of Control, which is the de facto border.

Asrar Ahmed Khan, 18, from the region's main city Srinagar, died on Tuesday night in hospital, succumbing to wounds he suffered a month ago, officials said.

"He was reportedly injured with a blunt object in a law and order situation where a violent crowd was indulging in stone

pelting," Jammu and Kashmir Director General of Police Dilbag Singh told Reuters.

Some protesters said Khan was hit by a tear gas canister, though authorities suspected a stone struck him, Singh said.

Media have reported at least two other deaths during protests, but authorities have denied that.

India flooded the Kashmir valley with troops, restricted movements and cut off communication as Prime Minister Narendra Modi withdrew special rights for Kashmir on Aug. 5.

Indian-controlled Kashmir lost its right to frame its own laws and non-residents were allowed to buy property there in changes the government said would help the region's development and bring it into line with the rest of the nation.

Mobile and internet connections have been off for 31 days. Hundreds of political leaders and activists, including three former chief ministers, have been detained.

"BIG DANGER"

Prime Minister Imran Khan this week warned of the risk of war with India, but said Pakistan would not act first.

"The situation in Kashmir has become a big danger in the region ... the Indian action in Kashmir is sowing seeds of war," military spokesman Major General Asif Ghafoor told a news conference in Islamabad.

He reiterated Pakistan's long-held position that while its nuclear weapons were for deterrence, it did not have a "no first use" policy.

Pakistan has sought the support of the United States, former colonial power Britain and others to press India over Kashmir, but India has ruled out outside involvement.

On Wednesday, Khan met foreign ministers for the United Arab Emirates and Saudi Arabia in Islamabad to discuss Kashmir.

"They fully understood the anguish of the people of Pakistan over the recent developments and were concerned over the worsening humanitarian situation," his office said.

The UAE shares close ties with India, last month awarding Modi its highest civilian honour.

Pakistan's Foreign Minister Shah Mehmood Qureshi told reporters Pakistan was considering calling a session of the

57-member Organisation of Islamic Cooperation to address the situation in Kashmir and had raised it during their visit.

"They have promised their complete support, which is a good development," he said.

India has battled separatist militants in its part of Kashmir since the late 1980s, accusing Muslim Pakistan of supporting them. Pakistan denies that, saying it only offers political support to the people of Kashmir.

The Indian military said on Wednesday it had detained two suspected members of the Pakistan-based Lashkar-e-Taiba militant group trying to cross into Indian Kashmir.

"Pakistan is attempting infiltration every night," Lieutenant-General K.J.S. Dhillon told a briefing.

"Some of them are getting eliminated, some of them are getting foiled and they are returning back to the Pakistani army post from where they were launched," he said.

Separately, India's Foreign Ministry said it had taken up with Britain reports of vandalism at the Indian High Commission in London during a protest over Kashmir on Tuesday.



Get
protection
and live
worry free

GM Kazim, Agent
1140 N Mclean Blvd, Unit E
Elgin, IL 60123
Bus: 847-278-0255
www.gmkazim.com

State Farm® provides life insurance policies to millions of people, and with more choices to protect you and your loved ones, I can help find the right policy for you.

Here to help life go right.™
Call me today.

 **State Farm**®

State Farm Life Insurance Company (Not licensed in MA, NY or WI) -
State Farm Life and Accident Assurance Company (Licensed in NY and WI) -
1605581 Bloomington, IL

 **PRIME**
PHYSICAL THERAPY

- ✓ EASTERN & WESTERN COMBINED
- ✓ ACUPUNCTURE & CUPPING
- ✓ SHOCKWAVE THERAPY
- #1 NON-SURGICAL SOLUTION FOR ROTATOR CUFF INJURY, PLANTAR FASCITIS, TENNIS & GOLF ELBOW AND OTHERS



SERVICES

- Manual Therapy
- Decompression Therapy
- Therapeutic Massage
- Therapeutic Exercise
- Acupuncture & Cupping
- Shockwave Therapy (#1 Muscle Pain Relief)

CONDITIONS TREATED

- Back & Neck Pain
- Disc Disease/Sciatica
- Frozen Shoulder
- Arthritic Joint Pain
- Pre/Post Surgical Rehab
- Auto/Work Injury
- Stroke (CVA)/Parkinson's



Dr. Anthony, DPT

Approved  Medicare Provider
Most Insurances Accepted
Including BCBS PPO

241 Golf Mill Ctr #424
Niles, IL 60714
847-868-9068

4513 Lincoln Ave #108
Lisle, IL 60532
331-998-2115

www.primeptclinic.com

Legacy Healthcare continues to grow in Chicagoland; adds two facilities

SKOKIE, IL – Bella Terra Streamwood and Bella Terra Wheeling have joined Legacy Healthcare’s portfolio of homes in the Chicagoland area. This transaction continues Legacy’s trajectory for 2019 bringing it’s total to 49 strong in Illinois, South Dakota, Montana and Utah.

“Legacy Healthcare has earned a reputation for innovation, service and clinical sophistication in the skilled nursing field and these properties already have a strong foundation and reputation,” says Shai Berdugo, COO of Legacy Healthcare. “This acquisition continues our growth north and west giving us more access

to partnerships with major hospital networks, new communities, and healthcare providers,” continues Berdugo.

Legacy is committed to maintaining and investing in current staff to expand necessary service lines. Bella Terra Streamwood (214 beds) and Bella Terra Wheeling (215 beds) join Bella Terra Morton Gove as the second and third locations for Bella Terra in the Chicagoland area.

Legacy Healthcare is a leading provider of outstanding residential health care consulting services. At Legacy, we have proven our ability to sustain strong growth while maintaining the highest



Bella Terra Streamwood
815 Irving Park Rd
Streamwood, IL 60107



Bella Terra Wheeling
730 W Hintz Rd
Wheeling, IL 60090

standards of care and providing exceptional clinical outcomes. We are proud of the facilities we manage, the dedicated healthcare professionals on our team and our unmatched reputation within our

industry as an organization that is leading a transformation in the way we look at short- and long-term care. Headquartered in Skokie, Illinois, Legacy currently services 49 facilities across 4 states.

REAL ESTATE



AGENTS WELCOME!
BE YOUR OWN BOSS!
WORK YOUR OWN HOURS!

MUST HOLD ILLINOIS LICENSE

- COMPREHENSIVE TRAINING FOR NEW AGENTS
- 100% & VARIABLE COMMISSION PLAN
- CENTRALLY LOCATED IN SCHAUMBURG.
- TO SET UP A CONFIDENTIAL INTERVIEW

PROVIDENT REALTY, INC. CALL PARESH SHAH
800 Woodfield Rd., # 105, (847) 363-8854
Schaumburg, IL 60173
(847) 995-0007 EMAIL: PSHAH40@COMCAST.NET



Hamare haath,
aapke saath.SM

I'll help you protect what matters most.

You've built your dreams through hard work. As your Allstate Agent, I'll work hard to protect the good life you've made and the good that's still to come. Call for a complimentary protection review today.



Manish Shah
630-884-5100
830 E. Nerge Rd.
Roselle, IL 60172
manishshah@allstate.com



Allstate
You're in good hands.

© 2014 Allstate Insurance Co. 10415443

MEDICARE SUPPLEMENTS & ADVANTAGE PLANS
GET YOUR MEDICARE QUESTIONS ANSWERED



Medicare coverage can be confusing and it is important to make the best decision for you and your health.

There are four different parts of Medicare:

Part A Hospital Insurance	Part C \$0 Premium Medicare Advantage Plans
Part B Medical Insurance	Part D Prescription Drug Coverage

Medicare Supplement Plans Offered by Various Companies at Competitive Rates

CALL or TEXT ELAN SURENDRAN
Senior Medicare Specialist
708-341-9554

www.GreenlineFinancialGroup.com
elansurendran@gmail.com

*There is no obligation,
All consultations are FREE!*

AFFORDABLE WINDOWS • SIDING • DOORS



CHICAGO
WINDOW PROS

DG HOME REMODELING OF ILLINOIS



ACCREDITED BUSINESS
BBB Rating: A+

CALL US TODAY & SAVE!
(847) 550-3955

EASY FINANCING AVAILABLE!



FOR A LIMITED TIME ONLY!
2 FOR 1!

WINDOW OFFER PLUS FREE UPGRADES.

CALL OR ASK YOUR SALES CONSULTANT FOR MORE DETAILS

(847) 550-3955

COUPON

ONLY WITH THIS COUPON
\$75 OFF

PER PELLA PROLINE SERIES WINDOW
• MINIMUM (5) WINDOW PURCHASE
• CAN BE COMBINED WITH 2 FOR 1 OFFER & FREE UPGRADES
MUST BE PRESENTED AT TIME OF WINDOW ESTIMATE

COUPON

TAKE AN ADDITIONAL
15% OFF

ANY OF OUR SERVICES PROVIDED BELOW
• WINDOWS • SIDING
• DOORS • REMODELING
MUST BE PRESENTED AT TIME OF WINDOW ESTIMATE

SALE

AFFORDABLE WINDOWS FOR EVERY BUDGET!



CHICAGO WINDOW PROS
DG HOME REMODELING OF ILLINOIS

VISIT WWW.CHICAGOWINDOWPROS.COM
CALL & SAVE (847) 550-3955

BIZ BRIEFS

India's gold imports slump to 3-year low

India's gold imports plunged 73% in August from a year ago to the lowest level in three years as a rally in local prices to a record high and a hike in import duty discouraged retail buying, a government source said on Wednesday.

Lower imports by the world's second biggest consumer could cap gains in global prices that are trading near six-year highs, but would help the south Asian country bring down its trade deficit and support the rupee.

India imported 30 tonnes of gold in August, down from 111.47 tonnes a year ago, said the source, who asked not be named as he was not authorised to speak to media. In value terms, August's imports fell 62% to \$1.37 billion, the lowest since August 2016.

On Wednesday, local gold futures hit an all-time high of 39,770 Indian rupees (\$556.29) per 10 grams, taking their gains to more than 26% in 2019.

Dollar and yen fall as global tensions ease

The safe-haven dollar and yen fell as risk sentiment improved after global political worries eased with what markets perceived as positive news in Hong Kong, Italy and Britain.

The dollar index slid for a second straight session, while the yen, which draws safe-haven bids in times of geopolitical stress, dropped for the first time in four days against the greenback.

Risk appetite rose on reports Hong Kong leader Carrie Lam would announce the formal withdrawal of an extradition bill.

India announces series of state-run bank mergers to strengthen lenders

By Mayank Bhardwaj and Aftab Ahmed

NEW DELHI - India announced a series of mergers involving 10 state-owned banks on Friday, as it moves to strengthen a sector struggling under a mountain of debt and ensure stronger balance sheets to boost lending and revive economic growth.

The mergers, which cut to 12 the total number of state-owned banks from 27 in 2017, are the first since Indian Prime Minister

Narendra Modi's government won re-election in late May.

Modi's government has vowed to clean up the banking sector and reduce the number of state-run banks.

"Twelve solidly present, well-consolidated, energised, adequately capital endowed banks will now operate," Finance Minister Nirmala Sitharaman told a news conference. "We're trying to build the NextGen banks."

The announcement came as India released data showing its economic growth in the April

India to woo foreign firms like Apple to capitalise on U.S.-China trade war

NEW DELHI - India is targeting companies including Apple, Foxconn and Wistron Corp with a charm offensive aimed at encouraging them to shift business out of trade war-hit China, according to a source and a document seen by Reuters.

Several Indian officials met on Aug. 14 and discussed a list of "target companies" that also include Taiwan-headquartered contract manufacturer Pegatron Corp, a source with direct knowledge said.

The dispute between the United States and China, the world's two largest economies, has led to higher tariffs on goods worth billions of dollars and disrupted global supply chains, prompting companies to look at other investment avenues to escape higher tariffs.

Amid suggestions that India is late to capitalise on the trade war, government ministries have been asked to submit their policies and incentive structures to Invest India, the country's foreign investment promotion agency. Nine sectors including electronics, autos, pharmaceuticals and telecoms

will be targeted.

The document said the government will meet companies between Aug. 26 and Sept. 5 to suggest the best investment zones for their operations. State governments will also participate.

A "complete package" detailing market factors and Indian incentives on offer will then be readied for presenting to potential investors, according to the government record of the Aug. 14 meeting seen by Reuters.

Apple, Wistron, Pegatron and Foxconn did not respond to a request for comment.

It is not clear whether the government will dole out new incentives or just detail existing ones, but the document shows India wants to explore opportunities and move swiftly, even as some fear it has missed the bus.

As companies think about rebuilding supply chains outside of China, a major global manufacturing hub, nations such as Vietnam have emerged as top destinations given the faster clearances and stable policies they offer, industry experts say.



FILE PHOTO: The logo of Punjab National Bank (PNB) is seen on a branch office window in New Delhi, India on February 27, 2018.

to June quarter fell to 5%, the weakest in more than six years.

The government has been taking steps to boost investment in the country, and to aid sectors such as banking and auto manufacturing.

Sitharaman said Oriental Bank of Commerce and United Bank would be merged with New Delhi-based Punjab National Bank to create India's second largest lender after State Bank of India.

Two lenders based in southern India, Canara Bank and Syndicate Bank, would be amalgamated, the government added.

Elsewhere Andhra Bank and Corporation Bank are to merge with Union Bank, while Indian Bank will merge with Allahabad Bank.

"The mergers have been done selectively to ensure that the stronger banks are not impacted due to the weaker banks in the merger process," said Siddharth Purohit, a research analyst at SMC Institutional Equities.

In 2017 the government merged State Bank of India with its associate banks, and this year it merged Bank of Baroda with some smaller peers.

"The consolidation will aid economies of scale for these banks, resulting in improved

cost of funds and operating efficiency," said Mona Khetan, a banking analyst at Reliance Securities.

However, merger-related issues including human resources and technology concerns, branch rationalization, and realigning non-performing assets may impact banks' interim profitability, she added.

CASH INFUSION

Sitharaman also announced the ten lenders to be granted funds in the government's latest cash infusion into state-run banks, after it announced in July plans to inject another 700 billion rupees (\$9.79 billion) into the sector this fiscal year.

PNB is to be the biggest beneficiary, receiving 160 billion rupees, followed by Union Bank with 117 billion rupees.

The government has injected roughly \$36 billion rupees of taxpayers' money into state-run banks over the last five years to revive the sector.

"The infusion is primarily aimed at giving a boost to the economy," said Sitharaman, while adding that gross non-performing asset levels at state-run banks have fallen sharply over the last fiscal year.

Get *Honest*, Experienced Help Buying or Selling Your Home.



BUYING - SELLING - ALL YOUR REAL ESTATE NEEDS

Hitesh Chadha
Real Estate Broker

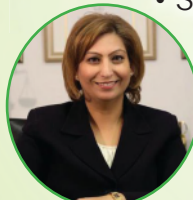


6900 Main St.
Downers Grove, IL 60516
630-335-1245 (cell)

THE WARMAN LAW OFFICE WILL FIGHT FOR YOU!

If you need legal representation, put an aggressive, experienced lawyer on your team. The Law Office of Priya Warman, P.C., is a full-service law firm servicing DuPage, Will and Kane counties.

Areas of practice include: • Civil Litigation • Business Law • Collections • Employment Law • Estate Planning and POAs • Family Law • Guardianships • Real Estate • School Law • Special Needs/Gifted Student Advocacy



Your Best Interest is our Only Interest!
Contact us today for all your legal needs.
7501 Lemont Road, Suite 252
Woodridge, IL 60517
630-664-7777



RUG & SOFA

Design Gallery

PRICE: \$489
Regular Price: \$789

Harmony
Sectional

**NEW FURNITURE
STYLES
HAVE ARRIVED!
SPECIAL PRICING
GOING ON!**

LARGEST SELECTION OF RUGS AT THE BEST PRICES!

PRICE: \$694
Regular Price: \$899

Armada
Sofa+Loveseat Set

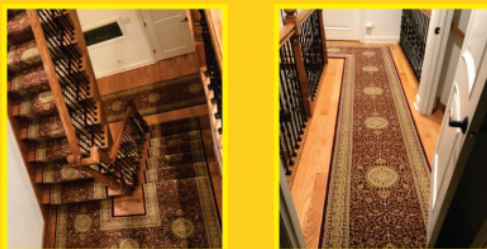
PRICE: \$1,199
Regular Price: \$1,899

Midtown
Sectional

PRICE: \$978
Regular Price: \$1,499

Uptown
Sofa+Loveseat Set

FREE
5' x 8' Rug
PLUS FREE DELIVERY
With any purchase over \$1,000
Must present coupon. Only one coupon per customer per sale. Cannot be combined with any other coupons. Expires September 30, 2019



We can customize your own area rugs and rug runners. Whatever the need, whatever the size, we have many customizable rug options for you!

FREE
3' x 5' Rug
with any purchase
Must present coupon. Only one coupon per customer per sale. Cannot be combined with any other coupons. Expires September 30, 2019

8217 W. Golf Rd., Niles, IL 60714 (Next to Fresh Farms)

Mon-Sat: 11am to 8pm | Sun: 11am to 6pm

Des Plaines Outlet Center: 1663 S Mt Prospect Rd, Des Plaines, IL 60018

VISIT OUR NEW STORE IN ORLAND PARK! 15121 S La Grange Rd., Orland Park, Illinois 60462

Amazon and Indian trader group in public spat over discounts



FILE PHOTO: A shipment moves on a conveyor belt at an Amazon fulfillment centre on the outskirts of Bengaluru, India on September 18, 2018.

By Aditya Kalra

NEW DELHI - Amazon.com defended its business strategies in India as it came under fire from a local trader group last Friday over discounted products on the global e-commerce giant's website.

New e-commerce foreign investment rules that took effect in India from February were designed to help small traders by curbing heavy online discounting, but traders have complained that big online retailers use com-

plex business structures to circumvent the rules and continue to burn billions of dollars to offer discounts.

The issue has become one of the biggest trade irritants between New Delhi and Washington.

At an open panel discussion last Friday - organised by India's competition watchdog - the Confederation of All India Traders (CAIT) reiterated its concerns to Amazon's senior corporate counsel, Rahul Sundaram, sparking a heated public

confrontation. The CAIT represents 500,000 merchants and traders in India.

Sundaram said Amazon was abiding by all the rules and does not influence prices of products its website, adding that the company provides growth opportunities to more than 500,000 sellers online.

The trade body, however, was in no mood to accept Sundaram's statement.

CAIT's Praveen Khandelwal pointed out to Sundaram that an air conditioning unit available at 42,000 rupees in the offline retail market was sold for 35,000 rupees on Amazon's website and asked what "magic" was used to offer such a discount.

Sundaram hit back with a personal example, saying he had once spent half a day once walking around New Delhi markets to buy an air conditioner and managed to secure a discount of 6,000 rupees.

"It is a factor of the entire retail market that you will get discounts," he said.

The new rules introduced in February followed complaints from small traders who said that the e-commerce giants used their control over inventory

from affiliated vendors to create an unfair marketplace.

In June the Indian government warned Amazon and Walmart's Flipkart that they must ensure compliance with the new regulation, adding that it will not allow deep discounts that affect small shopkeepers.

At one point during last Fri-

day's discussion, Amazon's Sundaram said the company's 57 warehouses in India provide logistics support to small sellers and traders, which served only to rile Khandelwal further.

"We are not small ... Don't call us small, please," came the CAIT representative's angry retort.

India eases foreign investment rules for several sectors to boost growth

NEW DELHI - India's cabinet approved further liberalizing of foreign direct investment (FDI) rules in four sectors, in an effort to get economic growth back on track.

The government approved foreign investment in digital media up to stakes of 26%, allowed 100% foreign investment for coal mining, associated infrastructure and sales of fuel.

Till now, foreign investment was only allowed in coal mines allotted for captive use, meaning for use by the companies themselves.

The new mining investment policy will to open up investment avenues for companies like Peabody, Glencore and BHP Group Ltd.

New Delhi also allowed 100% foreign direct investment in contract manufacturing and eased sourcing norms for single-brand retailers.

The government said single-brand retail firms would be permitted to open online stores before setting up bricks-and-mortar stores, making it easier for firms like Apple Inc, which do not operate retail stores in the country, to start selling their products online.

Lack of investment was partly responsible for the country's relatively sluggish economic growth of 5.8% in the January-March quarter. Analysts predict a slower growth rate for April-June, data on which is expected to be released soon.

MIKE'S FURNITURE

1259 N. Ashland Ave. - Chicago

Washers - Dryers - Freezers - Plus a Complete Line of Furniture
● Refrigerators, Stoves - \$95.00 & Up ● 2 Piece Sofa Set - \$299.00
● Table w/4 Chairs - \$119.00 ● Chests - \$59.00

WE CARRY TOP QUALITY MATTRESSES FOR LESS!

Geena
Firm Control

Queen Size Set
\$289

Twin....\$199 2pc set
Full.....\$259 2pc set
King.....\$419 2pc set

Rest-O-Pedic
Pillow Top

Queen Size Set
\$179

Twin....\$149 2pc set
Full.....\$159 2pc set
King.....\$259 3pc set

Promo

Queen Size Set
\$115

Twin.....\$79 2pc set
Full.....\$99 2pc set
King.....\$145 3pc set

\$10 OFF
REFRIGERATORS

\$10 OFF
WASHERS

\$10 PLACES
FURNITURE IN
LAY-A-WAY

\$10 OFF
STOVES

\$10 OFF
DRYERS

FREE DELIVERY IN CHICAGO AND SUBURBS
OPEN MONDAY THRU SATURDAY 7:30AM - 6:00PM



773-276-0599

www.mikesfurnitureandappliances.com



Kohli calls Bumrah the most complete bowler around

India captain Virat Kohli has declared Jasprit Bumrah as “the most complete bowler in world cricket” after the quick’s stellar performance in their 2-0 series sweep against West Indies.

Set an improbable target of 468 late on day three, West Indies lost their final six wickets for 51 runs and were bowled out of 210 to hand India a 257-run win in the second test at Sabina Park on Monday.

Bumrah finished as the leading wicket-taker in the series with 13 dismissals at an exceptional average of 9.23, which follows his impressive performance at this year’s World Cup.

“There is not much you can say about Jasprit, the way he has been bowling,” Kohli told a news conference. “All we can say is we are really lucky to have him on our team.”

“He confuses you with an-

gles, with swing, he’ll set up for the outswinger, then bowl the inswinger, and it’s coming at pace, and then he can hit you with bouncers as well. So, I think he is the most complete bowler in world cricket right now.”

Bowling at a sustained pace and moving the ball through the air and off the seam, Bumrah ripped through the Windies batting order twice in the series, including a hat-trick in the first in-



India's Virat Kohli congratulates his team-mate Jasprit Bumrah after the fall of the wicket of South Africa's AB de Villiers.

West Indies' batting limitations exposed by classy India

West Indies' batting limitations were ruthlessly exposed by a relentless and classy India bowling attack in the two-test series swept by the visitors in Jamaica on Monday.

India won the second test by 257 runs, a week after a 318-run victory in the first test in Antigua.

While West Indies' pace bowlers Kemar Roach and Jason Holder performed particularly well, the batsmen did not keep their side of the bargain.

West Indies made only 327 runs over two innings in Kingston, and produced an even more meagre grand total of 322 runs in the opening encounter.

Captain Holder acknowledged the frailties of his batsmen, though he could not offer a solution.

“Lots of problems with the batting,” he said.

“Tough question (is) how to fix the batting. It’s an individual thing.”

The problems were most acute at the very top of the order, where openers Kraigg Brathwaite aver-

aged only seven and 12 runs respectively.

Below them, a maiden test half-century by Shamarh Brooks on Monday, the highest score by a West Indies' batsman in the series, came after he had scored only 13 runs in his previous three innings.

Darren Bravo also went cheaply, with 24 runs in his first three innings before retiring hurt with concussion on 23 on Monday after being struck in the helmet by Jasprit Bumrah.

Dynamic middle-order batsman Shimron Hetmyer showed flashes of his rich talent without posting a big score.

He twice scored in the 30s, but was also out cheaply on two occasions, including on Monday when he made just one before giving his wicket away cheaply, caught at cover.

As so often has been the case, the tireless Holder had to rescue his team, and his average of 26 was the best of a disappointing bunch.

The all-rounder also enjoyed a

good series with the ball, taking eight wickets at an average of 22.25.

Roach showed he would be an asset to any team, picking up nine wickets at 22.22 and passing Wes Hall to become the ninth most prolific West Indies bowler with 193 career scalps.

“We have been on the field in every single day of this test series, and every single time our bowlers have delivered,” Holder said.

“India are a quality side. They wore us down. They knew our bowling was good, so they made us work hard for the wickets.

“And when we got the chance to bat, we didn’t bat well enough.”

The series was a reality check for West Indies, who beat England 2-1 in a three-test series early this year.

Their next test is against Bangladesh in India starting Nov. 27.

“Quite a bit of time till we play the next test match so time for players to take some ownership,” Holder said.

India batsman Rayudu does retirement U-turn

MUMBAI - India batsman Ambati Rayudu has made a volte-face on his decision to retire and made himself available for Hyderabad in domestic cricket, a senior official told Reuters.

Rayudu, 33, was not picked in India’s squad for the 50-over World Cup in England after being tipped as the team’s top choice for a middle-order batting spot.

He was not considered as a replacement even when India lost opener Shikhar Dhawan and Vijay Shankar to injuries, with Rishabh Pant and Mayank Agarwal called up instead, despite being named as one of the five stand-bys for the tournament.

A smarting Rayudu, who quit

first-class cricket in 2018 to focus on his limited-overs career, announced last month he has retired from all forms of the game.

He has now informed the Hyderabad Cricket Association (HCA) of his availability.

“He has withdrawn his retirement letter that he gave and said he’s available to play for HCA,” Ratnakar Shetty, a member of the committee in charge of the HCA administration, said.

Rayudu will be available to play the full season for Hyderabad and it was a “good” news for the team, Shetty added.

The middle-order batsman has played 55 one-day internationals for India, the last of them in March against Australia, and was part of the Chennai Super

Kings franchise in the 2019 Indian Premier League Twenty20 tournament.

“It is great news for us. I still believe he still has five years of cricket and groom youngsters which is more important for us. Last year without him, we struggled in Ranji Trophy,” HCA chief selector Noel David told Sportstar.

“Rayudu’s class and experience will prove to be very handy for Hyderabad and will surely have a major positive influence on the other players as he will be playing in all the formats.

“Hopefully he carries on the good work and leads from the front and I am confident of Rayudu getting support from all quarters.”

nings spell of 6-27 in the second test.

His devastating spell of 5-7 in the first test made him the first bowler from Asia to take to take five-wicket hauls in Australia, England, South Africa and the West Indies - in only his 11th test.

“He has absolute control of what he is doing. So when he steps out on the field, he knows how much he can contribute for the team,” Kohli said.

“It is really pleasing to see a guy who was tagged as a T20

specialist, he came in and took over the one-day scene, and now he is taking over test cricket.”

Kohli was also impressed with Hanuma Vihari’s assuring presence at the crease as the middle-order batsman enjoyed a breakthrough series in the Caribbean.

The 25-year-old finished as the top run-scorer with 289 runs that included a century and two half-centuries.

“I think the find of the series has to be Hanuma Vihari,” Kohli added.

Dhoni absent, Hardik back in India's T20 squad for South Africa series



India's Mahendra Singh Dhoni bowls in the nets.

Indian wicketkeeper Mahendra Singh Dhoni was a notable omission in the Twenty20 squad announced by the Board of Control for Cricket in India (BCCI) for next month’s three-match series against South Africa.

Dhoni sat out India’s ongoing tour of the West Indies as he was set to discharge his responsibilities as an honorary colonel in the army with patrol duties in conflict-torn Jammu and Kashmir.

There had been speculation he might retire after struggling in the recently concluded World Cup in England where India were knocked out in the semi-finals.

Except for the inclusion of all-rounder Hardik Pandya, who replaces fast bowler Bhuvneshwar Kumar, the squad is unchanged from the team that won the T20 series 3-0 in the Caribbean.

India play South Africa in Dharamsala (Sept. 15), Mohali (Sept. 18) and Bengaluru (Sept. 22).

India’s squad: Virat Kohli (captain), Rohit Sharma (vice-captain), Shikhar Dhawan, KL Rahul, Shreyas Iyer, Manish Pandey, Rishabh Pant (wicketkeeper), Hardik Pandya, Ravindra Jadeja, Krunal Pandya, Washington Sundar, Rahul Chahar, Khaleel Ahmed, Deepak Chahar, Navdeep Saini.

Alternate-day fasting associated with weight loss



People who start fasting every other day may lose more weight than they would if they stuck to their usual eating habits, a small study suggests.

By Lisa Rapaport

People who start fasting every other day may lose more weight than they would if they stuck to their usual eating habits, a small study suggests.

The 60 healthy people in the four-week study were not overweight. Researchers randomly assigned them to either stick to their usual eating habits or switch to alternate day fasting, with 12 hours of unrestricted food followed by 36 hours of no

food.

With alternate-day fasting, people reduced weekly calories by 37% on average and shed an average of 3.5 kilograms (7.7 pounds). That compares with an average calorie reduction of 8.2% and an average weight loss of 0.2 kilograms (0.44 pounds) without this diet.

“We do not recommend this as a general nutrition scheme for everybody, because this is a harsh intervention of which we do not know the long-term effects,” said

Frank Madeo, senior author of the study and a researcher at the University of Graz in Austria.

“We feel that it is a good regime for some months for obese people to cut weight,” Madeo said by email.

To ensure that people assigned to alternate day fasting didn't eat on fasting days, researchers asked them to wear continuous glucose monitors. Spikes in blood glucose levels might mean people had a snack. Researchers also asked participants to fill in food diaries documenting their fasting days.

After 4 weeks of alternate day fasting, people had more lean muscle and less body fat, lower cholesterol levels and improved

heart health - all things that can happen with a wide variety of exercise and nutrition programs.

To get a sense of the safety of alternate day fasting, researchers looked at a separate group of 30 people who had been eating this way for at least 6 months, comparing them to healthy people who had not been fasting.

They didn't find any meaningful negative side effects.

One limitation of the study is that researchers didn't test the diet in people who needed to lose weight. They also didn't have any long-term safety data, and many health problems associated with extreme dieting like malnutrition and brittle bones can take much longer than 6 months to

develop.

“The ‘starvation mode’ the body goes into during alternate day fasting may have some benefits,” said Susan Roberts, a senior scientist at the USDA Nutrition Center at Tufts University who wasn't involved in the study.

For example, fasting can improve the body's ability to use the hormone insulin to transform sugars into energy, a process that can help reduce blood sugar and prevent diabetes, Roberts said by email.

But there isn't enough safety information about alternate day fasting to recommend it as a regular way of eating to maintain a healthy weight or for weight loss, Roberts said.

More plant protein tied to longer life

People who eat more plant-based protein may live longer than those who get more protein from meat, a Japanese study suggests.

Researchers followed almost 71,000 middle-aged Japanese adults for an average of almost two decades. Compared to people who consumed the smallest amount of plant protein, participants who consumed the largest amount were 13% less likely to

die during the study and 16% less likely to die of cardiovascular causes.

“Previous studies have found higher consumption of animal protein is associated with increased chronic diseases and mortality, whereas higher consumption of plant protein is associated with lower risk, but most of these studies were conducted in Western populations, in which consump-

tion of animal protein is much higher than plant protein,” said Dr. Frank Hu, chair of the department of nutrition at the Harvard T.H. Chan School of Public Health in Boston.

“The take-home message is that to live longer, one should swap red and processed meat with healthy, plant proteins like nuts, beans, lentils, and whole grains,” Hu advised.

We Sell All Kinds of Kitchen And Bath Cabinets

Cabinet Land Kitchen & Bath, Co.

Traditional • Classic • Modern

Authorized Dealer Store

Complete Kitchen & Bath Design

Come Visit Our Showroom for a FREE design & estimate 5136 N. Pearl St. • Schiller Park

(847) 678-8888 Call for Details

www.kitchencabinetlands.com

1 Week
from Order
to Delivery!

Mon-Wed, Fri 9am-6pm
Thurs 9am-6:30pm & Sat 9am-4pm
Sunday Closed

100%
Customer
Satisfaction

SPECIAL OFFER

Buy Kitchen Cabinets with
Granite Counters and Receive
DOOR DELIVERY
FREE CABINET HARDWARE

Minimum 10 Cabinets. Call for details.

All Wood Kitchen Cabinets 10x10

\$2,200

tax and door delivery included

Extreme hypertension in pregnancy tied to kidney disease

By Lisa Rapaport

Women who develop preeclampsia, a form of dangerously high blood pressure during pregnancy, are 5 times more likely to develop end-stage kidney disease later in life than women who have normal blood pressure during pregnancy, a Swedish study suggests.

Preeclampsia has long been linked to an increased risk of events like heart attacks and strokes years later, and some previous research also suggest that this form of high blood pressure might also be one reason why women are more likely to develop advanced kidney dis-

ease than men.

For the current study, researchers examined data on almost 2.67 million births among 1.37 million women between 1982 and 2012. A total of 67,273 women, or 4.9%, developed preeclampsia during at least one pregnancy, and 410 women developed end-stage kidney disease.

Women who had preeclampsia in two pregnancies were more than seven times more likely to develop end-stage kidney disease than mothers who never had preeclampsia, the study found.

"This study shows that preeclampsia is a sex-specific, independent risk factor for the subsequent development of end-stage

kidney disease," said lead study author Ali Khashan, a public health researcher at University College Cork in Ireland.

"However, the overall end-stage kidney disease risk remains small, and women with a history of preeclampsia should not be overly concerned," Khashan said by email.

Women who develop preeclampsia earlier in pregnancy - before the halfway point - are more than nine times more likely to develop end-stage kidney disease than mothers with normal blood pressure during pregnancy.

The challenge with preeclampsia is that women often don't



Women who develop preeclampsia, a form of dangerously high blood pressure during pregnancy, are 5 times more likely to develop end-stage kidney disease later in life than women who have normal blood pressure during pregnancy, a Swedish study suggests.

experience symptoms until they have a life-threatening problem, especially when they're otherwise healthy and have uncomplicated pregnancies.

Kidney failure, also called end-stage kidney disease, is most commonly caused by diabetes or high blood pressure. Other causes can include autoimmune diseases and genetic disorders or chronic urinary tract problems.

With kidney failure, people require an organ transplant or dialysis.

The connection between preeclampsia and kidney failure in the study persisted even after

researchers accounted for other factors that can impact maternal health like age, education, and pre-pregnancy health problems like existing kidney disease or cardiovascular disease.

Women in the study who had preeclampsia were older on average and had a higher body mass index (BMI).

Among women with no preeclampsia in the first pregnancy, 14.2% were overweight and 4.9% were obese. Among women who did develop preeclampsia in their first pregnancy, 20.1% were overweight and 11.8% were obese.

Even a little exercise linked to a longer life

By Lisa Rapaport

People who get even a small amount of exercise may be less likely to die prematurely than their more sedentary counterparts, a research review suggests.

Researchers examined data from 10 previously published studies that used accelerometers that track movement to measure the exact amount of active and sedentary time spent by more than

36,000 older adults. After an average follow-up period of 6.7 years, a total of 2,149 people died, or about 6% of the participants.

Compared to people who got virtually no exercise, people who got the most physical activity were 73% less likely to die during the study, regardless of how intensely they worked out. With even a little exercise, people were 52% less likely to die.

When researchers looked only

at people who did light workouts, they again found that even a little bit of low-intensity exercise was associated with a 40% lower risk of death during the study compared with doing nothing at all. People who got the most light-intensity exercise were 62% less likely to die.

Physical inactivity has long been linked to an increased risk of premature death and a wide variety of chronic health problems.

Proudly serving the community with over **30** years experience



Direct Floors®

"We Care What You Walk On"

RESIDENTIAL AND COMMERCIAL

- CARPET • TILE • HARDWOOD
- CUSTOM AREA RUGS • WINDOW TREATMENTS
- GRANITE COUNTERTOPS & more!

6810 Route 53, Woodridge, IL 60517

630 | 739 | 7000

www.directfloors.net

NEW LOCATION!

HunterDouglas



Mon & Wed., 9am to 6pm | Tues. & Thurs., 9am to 8pm | Fri. & Sat, 9am to 5pm

Come visit our new 18,000 sq. ft. showroom

Most long-term acute care hospital patients die within five years



Most elderly patients admitted to long-term acute care hospitals die within 5 years, and spend two-thirds of their remaining life as an inpatient, a U.S. study suggests.

By Lisa Rapaport

Most elderly patients admitted to long-term acute care hospitals die within 5 years, and spend two-thirds of their remaining life as an inpatient, a U.S. study suggests.

The goal of long-term acute care hospitals (LTACHs) is to help patients recover from debilitating illnesses and injuries and regain their ability to live independently. Patients in LTACHs are very ill and may need cardiac monitoring, intravenous lines and mechanical ventilators.

But the study of 14,072 Medicare patients who were transferred from regular acute-care hospitals to LTACHs found that the average patient spent 66% percent of their remaining life in a hospital or inpatient setting. And, 37% of these patients died in a facility without ever returning home, often without receiving any hospice care in their final days.

“The take-home message is that if your loved one is planning on going to an LTACH to recover, then chances are they are very sick and may be nearing the end of life,” said Dr. Anil Makam, lead author of the study and a researcher at the University of California, San Francisco.

“Even before going to the LTACH you should have an honest discussion with your doctors and those closest to you about whether staying in a hospital setting and undergoing invasive procedures is most closely aligned with your values and goals,” Makam said by email. “For some the answer will be yes, but for others, they might prefer to focus on relieving their symptoms and optimizing their quality of life, even if that means they might not live as long.”

LTACHs provide extended, complex, post-acute care to more than 120,000 Medicare beneficiaries annually, researchers note

in the *Journal of the American Geriatrics Society*. They differ from acute-care hospitals and skilled-nursing facilities by focusing on treating patients who require extended inpatient care.

The current study focused on patients 65 and older who were covered by Medicare and transferred to an LTACH to recover after a hospitalization from 2009 to 2013.

Overall, 40% of the patients in the study were admitted to an LTACH for a respiratory diagnosis. These patients survived an average of 8.3 months and only 18% remained alive after 5 years.

By comparison, 75% of breast cancer patients typically survive five years, as do 69% of prostate cancer patients and 51% of colorectal cancer patients, the study team notes.

During their hospital and subsequent LTACH stay, 31% of patients received an artificial life-prolonging procedure, with feeding tubes being the most common at 22%.

A mere 1% percent were seen by a palliative care physician, and only 3.2% saw a geriatrician.

This scant access to palliative care suggests that patients and families need to advocate for themselves to make sure any treatment plans match their wishes, said Dr. Jennifer Goldstein, a hospitalist with Christiana Care Hospitalist Partners who wasn't involved in the study.

“Patients and families should discuss their prognosis and goals of care with their care providers to align their care plans with their wishes,” Goldstein said by email. “Discussions with hospice and palliative care providers can be extremely valuable when making these decisions and considerable efforts should be made to include them in these discussions.”

Patients and families should also understand that elderly patients admitted to the hospital

face a longer, steeper path to recovery than their younger counterparts, said Dr. Alok Kapoor, a researcher at the University of Massachusetts Medical School who wasn't involved in the study.

“Admission to hospital causes a number of different stresses on the body and brain of older

adults,” Kapoor said by email.

“The constant stimulation by alarms and personnel in the hospital setting including long-term acute care can exacerbate underlying dementia and confusion that manifests itself in the form of acute episodes of confusion/delirium that can manifest itself

as agitation and self-injury,” Kapoor said. “The process of diagnostic testing with required fasting episodes in the hospital can also lead to malnutrition and subsequent muscle breakdown and protein loss which might make the patient more susceptible to falls and infection.”

Customers can make fast-food combo meals healthier

By Ankur Banerjee

Combination meals in U.S. fast food and fast casual restaurants have lots of calories, saturated fat, sugar and sodium, but customers can make the meals healthier by substituting drinks and toppings, researchers say.

Combination meals include an entrée (such as a burger), a side dish (such as fries), and a beverage (typically a soda), for less money than it would cost to buy each item separately.

More than one third of American children and adults eat at a fast food restaurant each day, which is troubling because previous research has shown that restaurant food is generally unhealthy, lead author Kelsey Vercammen, a PhD student at the Harvard Chan School of Public Health in Boston, told Reuters Health by email.

In 2017 and 2018, Vercammen and colleagues used online menus from 34 U.S. fast food and fast casual restaurants to identify combination meal options, with nutrition information for each item obtained from MenuStat.

The researchers analyzed three options for each meal: the default option, as advertised on the menu, and two versions of the meal with substitutions (a low-calorie, or minimum option, and a high-calorie, or maximum option).

They compared their results to the Healthier Restaurant Meal Guidelines (bit.ly/303izY6), which say an adult meal should contain no more than 700 calories, with less than 10%, or less than 70, of those calories coming from saturated fat and less than 35%, or less than 245 calories, from sugars.

The average combination meal, in its default form, contained 1,193 calories, with 14 grams of saturated fat (126 calories) and 68 grams of sugar (272 calories),

The guidelines say an adult meal should contain no more than 770 milligrams of sodium, but the average default option contained 2,110 milligrams, the authors found.

Making changes to the default combinations - such as substituting a sugar-free beverage or plain water for a sugary drink, or removing toppings and dipping sauces from entrées - resulted in substantial changes to the overall calorie and nutrient content of a given meal, Vercammen said.

In both breakfast and lunch/dinner combination meals, beverages were the largest driver of increases in calories and sugar, whereas entrees and sides were the largest drivers of increases in saturated fat and sodium, she and her colleagues report in the *American Journal of Preventive Medicine*.

“We were surprised at just how much realistic customer modifications can change the nutrient profile of a meal,” Vercammen said, pointing out the maximum combination meal had nearly 500 more calories and significantly more sugar, sodium, and saturated fat compared to the default meal in the study.

Because it lacked sales data, the study can't tell which meal options were actually popular. And the findings can't be generalized to other types of restaurants, as the study looked only at fast food and fast casual restaurants.

Still, the results show that combination meals and especially “default” combination meals are generally not very healthy, said Tamara Dubowitz, a food policy researcher at RAND Corporation in Pittsburgh, Pennsylvania, who was not involved in the study.

Vercammen and colleagues believe government policies that regulate what restaurants serve, such as when local laws require children's combination meals to include only healthy beverages instead of sugary drinks, are an important public health tool.

Calorie labeling on menus, or making ingredients and nutritional composition more understandable for the consumer, are also likely to help, Dubowitz said in an email.

U.S. government gives states nearly \$2 billion to combat opioid crisis

The U.S. Department of Health and Human Services (HHS) said it will offer states more than \$1.8 billion in new funding to fight the opioid epidemic.

The funds will be used for expanding access to treatments for opioid overdosing and to gather case data from across states, the HHS said.

The Centers for Disease Control and Prevention will spend \$900 million over three years - about \$301 million in the first year - to help states and territories track

overdose data as closely as possible, the HHS said here in a statement.

Meanwhile, HHS unit Substance Abuse and Mental Health Services Administration is awarding about \$932 million to support prevention, treatment and recovery services.

Prescription opioid pain treatments and drugs like heroin and the more potent fentanyl were responsible for 47,600 U.S. deaths in 2017, according to the government, with only a small decline

last year.

Drugmakers such as Johnson & Johnson and Endo International Plc are facing several lawsuits brought by states, counties and municipalities that seek to hold the companies responsible for opioid abuse nationwide.

A U.S. judge rejected efforts by major drugmakers, pharmacies and distributors to dismiss claims that they caused the nation's opioid crisis, clearing the way for a landmark trial even as the judge pushes for a nationwide settlement.

Cancer overtakes heart disease as biggest rich-world killer

LONDON - Cancer has overtaken heart disease as the leading cause of death in wealthy countries and could become the world's biggest killer within just a few decades if current trends persist, researchers said on Tuesday.

Publishing the findings of two large studies in *The Lancet* medical journal, the scientists said they showed evidence of a new global "epidemiologic transition" between different types of chronic disease.

While cardiovascular disease

remains, for now, the leading cause of mortality worldwide among middle-aged adults - accounting for 40% of all deaths - that is no longer the case in high-income countries, where cancer now kills twice as many people as heart disease, the findings showed.

"Our report found cancer to be the second most common cause of death globally in 2017, accounting for 26% of all deaths. But as (heart disease) rates continue to fall, cancer could likely become the leading cause of

death worldwide, within just a few decades," said Gilles Dagenais, a professor at Quebec's Laval University in Canada who co-lead the work.

Of an estimated 55 million deaths in the world in 2017, the researchers said, around 17.7 million were due to cardiovascular disease - a group of conditions that includes heart failure, angina, heart attack and stroke.

Around 70% of all cardiovascular cases and deaths are due to modifiable risks such as high blood pressure, high cholesterol,



Cancer has overtaken heart disease as the leading cause of death in wealthy countries and could become the world's biggest killer within just a few decades if current trends persist, researchers said.

Soft drinks - sugared or low-calorie - may raise the risk of early death

By Linda Carroll

Consumption of soft drinks, whether they're sweetened with sugar or artificial sweeteners, may raise the risk of premature death, new research suggests.

In a study that followed more than 400,000 European adults for more than 16 years, the risk of premature death was heightened in those who consumed 2 or more glasses per day of soft drinks, according to the report published in *JAMA Internal Medicine*.

"Our results for sugar-sweetened soft drinks provide further support to limit consumption and to replace them with other healthier beverages, preferably water," said study coauthor Neil Murphy a scientist at the International Agency for Research on Cancer. "For artificially sweetened soft drinks, we now need a better understanding of the mechanisms that may underlie this association and research such as ours will hopefully stimulate these efforts."

The soft drinks themselves might not be at the root of the association, Murphy said. The new findings don't mean that

soft drinks cause early death, because "in these types of studies (observational epidemiology) there are other factors which may be behind the association we observed," Murphy added in an email. "For instance, high soft drink consumption may be a marker of overall unhealthy diet."

To take a closer look at a possible link between soft drinks and premature mortality, Murphy and his colleagues turned to the data from the European Prospective Investigation into Cancer and Nutrition, a multinational study that recruited participants from 1992 through 2000.

The study assessed diet at the start, including soft drink consumption. Participants also filled out lifestyle questionnaires that asked about factors such as educational level, smoking habits, alcohol intake and physical activity.

After excluding participants who already had conditions such as cancer, heart disease and diabetes at the study's start as well as those without data on soft drink consumption, the researchers were left with 451,743

participants, who stayed in the study for an average of 16.4 years. The average age at the start was about 51 years. During the study, 41,693 participants died.

When the researchers analyzed their data, accounting for factors that could increase the risk of death, such as body mass index and smoking, they found that participants who consumed two or more glasses of soft drinks per day were 17% more likely to die early compared to those who drank less than a single serving of soft drinks per month.

Those who consumed two or more glasses of sugar sweetened soft drinks per day were 8% more likely to die early compared to those who drank less than a glass a month and those who consumed two or more glasses of artificially sweetened soft drinks a day were 26% more likely to die prematurely compared to those who drank less than a glass per month.

The researchers allow that there were differences between the two groups of study participants that went beyond soft drink consumption.

diet, smoking and other lifestyle factors.

In high-income countries, common treatment with cholesterol-lowering statins and blood-pressure medicines have helped bring rates of heart disease down dramatically in the past few decades.

Dagenais' team said their findings suggest that the higher rates of heart-disease deaths in low-income countries may be mainly due to a lower quality of health-care.

The research found first hospitalization rates and heart disease medication use were both

substantially lower in poorer and middle-income countries than in wealthy ones.

The research was part of the Prospective Urban and Rural Epidemiologic (PURE) study, published in *The Lancet* and presented at the ESC Congress in Paris.

Countries analyzed included Argentina, Bangladesh, Brazil, Canada, Chile, China, Colombia, India, Iran, Malaysia, Pakistan, Palestine, Philippines, Poland, Saudi Arabia, South Africa, Sweden, Tanzania, Turkey, United Arab Emirates and Zimbabwe.

Warm weather, walkable neighborhoods tied to lower blood pressure in kids

Kids who grow up in warmer climates and in walkable neighborhoods may have lower blood pressure than those who live where it's cooler and people drive everywhere, a new European study suggests.

Researchers examined data on 1,277 mother-child pairs from the U.K., France, Spain, Lithuania, Norway, and Greece to see how exposures to outdoor factors like air pollution and weather, chemicals like pesticides and metals, and lifestyle factors like diet and exercise impacted blood

pressure in kids age 6 to 11 years old. The study team focused on a total of 89 exposures in the womb and 128 exposures during early childhood.

"Our results show that, starting in the fetal stage, where we live, the food we eat, the air we breathe and the chemical compounds that reach our bodies can affect blood pressure before adolescence," said Charline Warem-bourg, lead author of the study and a researcher at the Barcelona Institute for Global Health (ISGlobal).

YOUR PREMIER CHICAGOLAND LAW FIRM

Kagalwalla

Law Offices LLC

Our Areas of Practice:

- Residential and Commercial Real Estate
- Estate Planning • Landlord-Tenant Law
- Contract Drafting and Negotiation
- Corporate Law (focusing on small and mid-sized businesses)

Adnan A. Kagalwalla
Attorney-at-Law

1S450 Summit Ave., #110, Oak Brook Terrace, IL 60181
Ph: 847-490-9098 | Fax: 847-490-9085 | adnan@kagallaw.com

FARMERS
INSURANCE
We Are Farmers

What would you do for her future?

Contact Job Joseph, LUTCF
Request a Quote

Auto, Home, Life, Commercial, Annuities, Rollovers*, Mutual Funds*, College Saving Plans*, IRAs*, Retirement/401(k)*

(847)-966-7990
8432 N.Waukegan Rd, Morton Grove IL 60053
www.famersagent.com/jjoseph

Job Joseph is registered with and securities offered through Farmers Financial Solutions, LLC Member FINRA & SIPC

MARKET PLACE

NATRAJ TRAVEL INC.

25 Years of Professional & Trustworthy Service



Air - Cruises - Tours

Deepak - Madhu - Kalpesh - Naaz - Subash - Shilpa

IATAN **773-509-1300** ARC

www.natrajtravel.com

Email: info@natrajtravel.com

Advertise in this space for only

\$30

per issue (4 issue minimum)
or \$35 per issue
(2 issue minimum)
with advance payment

MUSIC LESSONS

Diana Kofman, an experienced piano teacher is offering music lessons for all ages

Educated in a prestigious music school and a conservatory in Ukraine

She has been performing and teaching piano in Chicago area for over 20 years.

For more information call:
847-961-4234

HELP WANTED

BP/SUBWAY

Northbrook, IL

Call: 224-730-4293

BULL'S EYE HOME INSPECTION

Comprehensive home inspections starting at \$200. Serving the NW suburbs

Call/Text
815-207-1391

PLEASANT TRAVEL

•Lowest Rates GUARANTEED. •Confirmed Seats

AIR INDIA - KUWAIT - EMIRATES - TURKISH - QATAR - ETIHAD

Book NOW and Get The Best Rates For December!

www.pricemyticket.com

AGENTS WANTED! FLEXIBLE HOURS.

Chicago Office:	Schaumburg Office:	Lombard Office:
6257 N. Clark St.	120 W. Golf Rd.	330 E. Roosevelt Rd. #2G
Chicago, IL	Schaumburg, IL	Lombard, IL
773-508-1927	847-410-8060	630-748-8811

We accept name change ads!

Call:

847-674-7941

For pricing & details

FRANCHISE HAIR CUT SALON FOR SALE IN SCHAUMBURG AREA

ASKING: \$150K

CALL JOSH:

1-309-648-0921

Online Liquidation Auction

Industrial Dry-Cleaning Plant Liquidation of Spotless Cleaners Auction

Over 100 LOTS

By Lettieri Auction & Appraisal

Tuesday, September 10, 2019 11:00 AM EST
Scranton, PA, US

This Auction Is Online

Visit our Website To See Pictures:

<https://www.lettieriauction.com/spotless-cleaners-liquidation-uction-910.html>

List of Auction Items:

<https://www.auctionzip.com/Listings/3332897.html>

Register To Bid On Items:

https://www.auctionzip.com/auction-catalog/catalog_C52ALKLD5M

MOTEL FOR SALE

Beautiful Private Indoor corridor motel located near Peoria
52 rooms with
Manager Apartment
2018 rev: \$310,000
Asking: \$885,000

Please call Manish Patel
at **847-924-6188**

FOR SALE 1412 W. Diversey Parkway Chicago, IL 60614

5 Story Building: 2 Condos. Units can be sold individually.

Penthouse Unit w/Two Rooftop Decks w/Sun Room. Ground Floor Duplex.

**Penthouse: \$1.4 million
Ground Floor: \$750,000**

Both units with wood burning fireplaces and hot tubs. Owner will seller finance with \$1,000,000 down payment.

Call: 1-773-441-3057

Niles, IL Restaurant For Sale Multi Karaoke Rooms and Party Room

9078 W. Golf Rd. Niles IL 60714

Square feet: 7,500 sq. ft.

Rent bill: \$15,014

Asking price: 350,000

Next to Indian movie theater and grocery store.

Available showing time: 9am to 10am

Call for more info:

847-800-6368

Motel For Sale

Beautiful Indoor/Outdoor Corridor
82 Rooms With Meeting Room
Located in Rantoul, IL near Urbana
Champaign

Asking price: \$725,000

Please call:

**Mac Hussain
at 217-402-4042**

Advertise in this space for only

\$30

per issue (4 issue minimum)
or \$35 per issue
(2 issue minimum)
with advance payment

BEST DEALS

for

INDIA-NEPAL-BHUTAN

Golden Triangle - 350 USD 5Nt /6dys

Rajasthan - 490 USD 7Nt /8dys

Kerala - 550 USD 7Nt /8dys

Call us : **224-795-3576**

Visit us : www.regalindiatours.com

Advertise in this space for only

\$30

per issue (4 issue minimum)
or \$35 per issue
(2 issue minimum)
with advance payment



14+ Years Experience Specializing In:

- Carpentry
- Kitchen & Bath Remodeling
- Custom Concrete Countertops
- Freestyle Craftsmanship
- Flooring (All Types)
- Painting
- Electrical
- Plumbing
- Tilework
- Roofing

Call Today: 847-630-7224

SURATI YOGESH ENROLLED AGENT
 HIGHEST CREDENTIAL THE IRS AWARDS USA

QBO-PRO ACCOUNTING, PAYROLL
 INCOME TAX SERVICES
 INDIVIDUALS & BUSINESSES

BOOKKEEPING SALES TAX PAYROLLS
 BACK TAXES COLLECTION APPEALS
 AUTHORISED IRS EFILE PROVIDER
 THOSE WHO DON'T HAVE SS NUMBER
 WE PROVIDE ITIN NUMBER TO FILE
 TAXDEX PRO: 773 412 3911 CALL NOW
 EMAIL: TAXDEXPRO@GMAIL.COM
 IT'S BETTER HOW MUCH YOU SAVE NOT YOU MAKE!

HELP WANTED

Best Indian restaurant in
 Saint Louis Missouri looking for a
 Helper, Tandoori & Servers.
 Market salary with the experience.

Call Kumar @
314-422-5604
 Nice residence provided.

INVEST AND GROW!

NATURAL STONE
 RESTORATION BUSINESS
FOR SALE

Owner retiring after 20+ years of success
 Customer database of 9,000 + Excellent SEO
 Valued at \$250,000, BEST OFFER THIS YEAR ONLY

Call or text : 773-844-9020

HOTEL HELP WANTED

NEED A NIGHT
 DESK CLERK WITH
 GOOD COMMUNICATION
 SKILLS FOR FRANCHISE
 HOTEL IN WISCONSIN.

Please call
 Alkesh Patel at 224-200-9706
 Or Email at
 alkeshpatel53227@gmail.com

BUSINESSES FOR SALE

- Design & Manufacture, Granite, Marble counter tops cabinets and more located near Rosemont. They're able to provide builders, distributors and homeowners with remarkably low prices on granite and marble from around the world & also design cabinetry to fit customers needs. They're in business for over 15 years. Gross Sales \$1.5M. Net \$300K plus. Owner moving out of town.
- This is your opportunity to own a well known & established Steak Chop & Seafood Restaurant. Serving Lunch & Dinner with Bar & Entertainment located in Northwest Suburbs. Grossing \$5M. Net \$500K +. Sold with Property. Established for over 30 years. If you're an investor, we can provide you with a well known worldwide GM to manage the restaurant for you.
- Auto Repair Shop & Gas Station with C-Store in Wheeling area. Gr. \$1.2M+, Net \$180K+. Sold with Property. Established for over 25 years same owner.
- 3 Bay Shop. Great location for hand car wash & detail. Low rent in Roselle on Lake St.

AAA VENTURE BUSINESS BROKERS, LTD. can provide financing for a qualified buyer for all the business they sell with 10% down payment amortized for 25 years if it is with property. Without property financing is for 10 years with 10% down.

For full profile call: John at 847-867-0050 or e-mail your request to John@venturebus.com

EYEBROW THREADERS WANTED

Chicago Salon hiring Eyebrow Threaders
 (minimum 2 years experience)
Knowledge of Body Waxing a plus

For interview use contact form at:
<https://internationalsalonspa.com/contact-us>

HELP WANTED
 STICHING / SEWING Expert



Portage Michigan 49002
 Cloths alteration and tailoring
 No Language Barrier
 Please call 269-352-1392

MONTANA HOTEL FOR SALE

The Outlaw Inn
 Asking \$965,000: Located in Billings, MT

This hotel has an occupancy of 95% and has 18 rooms with 6 full size apartments.



This hotel features lobby room with foosball table, television, outdoor patio with a BBQ, laundry facilities, parking, security and a common area kitchen.

Visit www.tanderealty.com for more information.

Call Emilio Campos or Tracy Miranda at
T & E Realty at 406-591-4220

FEMALE CARE GIVER NEEDED

In Canton, Michigan For Elderly Mother

GOOD PAY, FOOD and
 ACCOMMODATION PROVIDED

CONTACT: GURDEEP
 847-507-9023 or 313-409-7179

Waxer and Threader Wanted

Licensed Waxer, Threader Needed full time

Call Georgia
847-823-7800

FOR SALE

Convenience Store/
 Gas Station/Restaurant.
 Two way liquor license.

Located in SE Indiana.
 Call Mark:
 812-487-2665

Restaurant and Grocery Store for Sale

A unique combination
 of Indian Restaurant
 and Grocery Store for sale in
 Lake County, IL. Established
 business in a rich neighborhood.

Call: 224-513-1051
 for details.

CHICAGO WINDOW PROS
 www.chicagowindowpros.com
 CALL NOW: 888-308-9050

A+ Rated With Angie's List

ONE LOW PRICE SPECIAL!
 \$395 PER WINDOW - EVERYTHING INCLUDED



• WINDOWS • MATERIALS
 • INSTALLATION • WARRANTY

LOW PRICE GUARANTEED!
 FINANCING OPTIONS FOR EVERYONE.

HVAC/ELECTRICIAN CLASSES

FREE Training Available.

Electrical License
 HVAC License
 Power Engineering License

16 Piper Ln #127,
 Prospect Heights, IL 60070
847-215-8203
www.chicagoprofessionalcenter.com

Advertise in this
 space for only

\$30

per issue (4 issue minimum)
 or \$35 per issue
 (2 issue minimum)
 with advance payment

Heating & Air Conditioning

Lowest Rates
 Guaranteed!



A/C OR FURNACE TUNE-UP \$69.00

- Repairs •Maintenance •Installation
- Air Conditioners •Furnaces
- Boilers •Water Heaters •Humidifiers

Honest • Reliable • Licensed • Insured • Bonded
 16 years of experience.
 Contact Aby 847-924-4277
 Lifetime Comfort, Inc.

Salon Help Wanted

Full-time or Part-time
For threading and waxing.

Vivacity Beauty Salon
 6043 Dempster St., Morton Grove, IL
 Call: (847) 983-8874
 Text: (224) 650-1509

MOTEL FOR SALE

42 room Budget Inn Motel
 Located on I-70, Exit 188
 Asking price: \$551,000

Call Saroj at
1-636-456-7272

India Bulletin offers affordable advertising rates. **847-674-7941**

Call today and watch your business grow.

WEEKLY HOROSCOPE

(September 15 - 21, 2019)

Aries (March 21 to April 20)

The coming week may be about adapting to changes that you suddenly find yourself surrounded with. Keep your feelings of surprise or irritation to yourself – a little diplomacy, a calm and balanced exterior will go a long way in keeping you good professionally.

Taurus (April 21 to May 21)

You may find yourself a lot more image-conscious now — you look at clinching the deal, acing that exam or interview, or making that impression that can get you closer to your goals. However, along with ambition, there will be impatience.

Gemini (May 22 to June 21)

You are likely to find yourself looking for changes. It could be a result of realising that you don't quite feel satisfied in the current profession or organisation. There could be deep conversations with a mentor or a close friend.

Cancer (June 22 to July 22)

It is a period of mixed emotions for Cancer-born individuals. There is a bothersome inner feeling – personal life could be braving some rough weather and this keeps you moody and preoccupied.

Leo (July 23 to August 22)

The coming week begins on a happy note - you could be honoured or awarded on a public platform. There is status elevation; professionally, you find your sphere of influence increasing. There could be some worry or anxiety mid-week as there is a delay in communication regarding an important task.

Virgo (August 23 to September 23)

You are completely busy with work and other related concerns. There are several thoughts that crowd your mind - you may be eager to boost your savings, provide the best to your dependents in terms of opportunities as well as care, and also be the best child to your parents. Don't let it overwhelm you.

Libra (September 24 to October 23)

You are impressed by a new philosophy or insight and may look at living your life incorporating the new wisdom. There is also the possibility of moving away to a new location for work or travelling intermittently for the same.

Scorpio (October 24 to November 22)

You are likely to have a slightly difficult beginning. There may be apprehension about a result or a job interview. There is also worry about your reputation - what other people are talking about! You may be rationally aware of its futility but emotionally disengaging from this thought may be difficult.

Sagittarius (November 23 to December 21)

The coming week may be a slightly challenging period. There could be new things happening which require you to step out of your comfort zone, reorganise your day, and possibly put in greater effort to handle the demands on your time.

Capricorn (December 22 to January 20)

You could be worried about your financial situation. Expenses that you see lined up in the coming future get you worried. There are concerns about your own health. Lack of sleep or excessive thinking may impact it negatively.

Aquarius (January 21 to February 19)

You are concerned about your children and their affairs. Kindness and patience are the only ways to handle a complicated situation. There may be brainstorming about taking on a loan in order to purchase a house.

Pisces (February 20 to March 20)

You are likely to be completely involved in a home improvement task. There are concerns about money - there may be greater expenditure than you budgeted for. At work, avoid sharing unnecessary information in order to avoid trouble later.

Jury convicts doctor for unlawfully distributing Oxycodone, money laundering and tax evasion

NEW BERN, NC – United States Attorney Robert J. Higdon, Jr. announced that last month in federal court, Sanjay Kumar, 53 of New Bern, North Carolina, was convicted after a 26-day jury trial before United States District Judge Louise Wood Flanagan. The jury found Kumar, who was a licensed medical doctor at the time of the offenses, guilty of five counts of unlawful distribution of Oxycodone outside the scope of professional practice and not for a legitimate medical purpose, five counts of money laundering by concealment, and three counts of attempt to evade and defeat tax.

The evidence at trial showed that Kumar was a licensed medical doctor who operated a sports medicine and rehabilitation practice in New Bern, North Carolina from 2004 until June



Sanjay Kumar

21, 2016, when his ability to prescribe controlled substances was limited by the North Carolina Medical Board. The Drug Enforcement Administration's Charlotte-based Tactical Diversion Squad began investigating Kumar when they were notified by local pharmacies about the number and frequency with which Kumar was writing prescriptions for opioid narcotics.

A multi-agency investigation was initiated in early 2014 by the DEA, the State Bureau of Investigation, the Craven County Sheriff's Office, and the New Bern Police Department.

At trial, the evidence showed that Kumar prescribed Oxycodone and other controlled substances with little or no medical examination. Multiple witnesses testified that Kumar operated a cash-only practice, there was no additional staff in the office, and the patients received a prescription from Kumar at every visit without distinction based on their history of prior medications, prior treatment, and medical diagnoses. The evidence showed that Kumar wrote approximately 9,500 opioid prescriptions between the years of 2011 to 2016.

Kumar is scheduled to be sentenced in January of 2020.

Bail bondswoman sentenced to 3 years for smuggling hundreds into the U.S.

NEW YORK - In federal court in Central Islip, Hema Patel, a Texas-based bail bondswoman, was sentenced by United States District Judge Denis R. Hurley to three years' imprisonment for her role in smuggling hundreds of illegal aliens into the United States. The court also ordered Patel to forfeit her Texas residence, two hotels, \$7.2 million in bail bonds, \$400,000 in cash and 11 gold bars, among other assets. On June 7, 2018, Patel pleaded guilty to alien smuggling for financial gain by fraudulently bonding illegal aliens from immigration custody and causing their release into the United States.

Richard P. Donoghue, United States Attorney for the Eastern District of New York, and Angel M. Melendez, Special Agent-in-Charge, U.S. Immigration and Customs Enforcement, Homeland Security Investigations (HSI), New York, announced the sentence.

"For her personal financial gain, defendant Hema Patel arranged to have hundreds of

aliens smuggled into the United States, completely by-passing the visa application and eligibility requirements," stated United States Attorney Donoghue. "She will now pay the price for placing the safety and security of the residents of our communities at risk. Border security is a top priority of the Department of Justice."

From April 2015 through October 2016, Patel and her co-conspirators executed a scheme to bring undocumented aliens, primarily from India, into the United States in exchange for "fees" ranging from approximately \$28,000 to \$60,000 per person. Patel and her co-conspirators paid middlemen, or "coyotes," to arrange the logistics of the aliens' travel, either a northern route through Canada, or a southern route through Mexico. When the aliens were stopped and taken into custody by law enforcement officers at the U.S. border, they called Patel. Patel then prepared fraudulent bond documents on their behalf, including docu-

ments listing fictitious names and addresses indicating where and with whom the aliens would reside while their cases were pending. These documents and the bail bonds were then filed in United States Immigration Courts, and the aliens were released into the community. Patel used two of her hotels in Texas to temporarily harbor some of the aliens.

On November 17, 2016, law enforcement agents executed a search warrant at Patel's Texas residence, seizing thousands of fraudulent alien bonding records.

On November 30, 2017, Patel's co-defendant Chandresh Kumar Patel (not related to Hema Patel) pleaded guilty to smuggling aliens for financial gain for his role in the scheme as an alien trafficker and financial broker. At the time of his arrest, law enforcement agents recovered \$80,000 from his Queens residence. On October 5, 2018, Chandresh Kumar Patel was sentenced to three years' imprisonment.

Two students from India drown in Oklahoma

DAVIS, OK (AP) - Authorities say two University of Texas students from India drowned at a popular tourist destination in Oklahoma.

Davis Police say the foreign exchange students died Tuesday at Turner Falls, near Davis. One of them was struggling in a pool near the falls and the other

jumped in to help. Neither resurfaced.

Police say they weren't wearing life jackets.

The state Medical Examiner's Office on Wednesday identified the two as 23-year-old Ajay Kumar Koyalamudi and 22-year-old Teja Koushik Voleti.

Police say they were both

Indian nationals who attended the University of Texas at Arlington.

Two other people from India drowned at Turner Falls during the July Fourth holiday weekend. The City of Davis, 70 miles (110 kilometers) south of Oklahoma City, hired no lifeguards for the popular swimming hole this year.

MOTEL

ONLINE AUCTION

SUNSET MOTEL

44077 Oberlin Elyria Rd,
Oberlin, OH 44074

BIDDING ENDS ON SEPTEMBER 10TH, 2019

BID ONLINE @ www.sunsetmotelauction.com

Owners have lived on the property for 27+ years now, and raised their family there. It's time for them to retire and move on to the next phase of their lives. This property has provided a good living for the family over those years, and has been painstakingly maintained by the owner himself.

- 23 well kept rooms, mostly non-smoking
- Single floor throughout
- 5 separate buildings
- Includes living quarters made up of 4 bedrooms, 1 kitchen, 1 living room, small porch, large utility/laundry room & 2 full bathrooms.
- Gas appliances in kitchen
- Private above ground swimming pool for residents
- Septic system, fully operational and maintained
- All rooms hardwired to smoke and CO2 detectors
- Guardian electric alarm system in office
- 30+ parking spaces
- Laundry room includes gas dryer & electric washer
- New roof on apartment in 2012
- New roof on motel rooms in 2000, still in good condition
- Rooms include bed, microwave, mini refrigerator, 32-40" TV, bath/shower, fully carpeted
- 3.1 acres

**Call John Froelich, CAI AARE for info and appointment to visit:
1-440-454-1121 or email: john@auctionjohn.com**

GRANITE • MARBLE • QUARTZ COUNTERTOPS

We Sell **Aristokraft** Cabinetry

We Have Quick Turnaround Cabinets Like **KitchenArt Cabinetry** **PRO-CRAFT CABINETRY**

We Sell Kitchen Cabinets **ABSOLUTELY** At Cost
With Purchase Of 1 1/4 Granite Kitchen Counters!

WE WILL MEET OR BEAT ANY COMPETITORS PRICES.

ALL WOOD KITCHEN CABINETS 10X10 \$2,200
Tax and Door Delivery Included

QUARTZ STARTING FROM \$33.99
3 COLORS TO CHOOSE FROM
ADDL FEES MAY APPLY

SEPTEMBER SPECIAL 2019
TAJ MAHAL QUARTZITE \$59.99
NOTORIOUS QUARTZITE \$49.99
Minimum 45 Sq. Ft. • Square Edge Only. Expires 9/30/19.

GRANITE SLABS BLOWOUT SALE!
20% OFF
From Our Advertised Price For Single Leftover Slabs!
Expires 9/30/19.

SEPTEMBER SPECIAL

SILVER PACKAGE			GOLD PACKAGE		
\$1,280 <small>up to 30 sq. ft.</small>	\$1,480 <small>up to 40 sq. ft.</small>	\$1,680 <small>up to 50 sq. ft.</small>	\$1,480 <small>up to 30 sq. ft.</small>	\$1,680 <small>up to 40 sq. ft.</small>	\$1,980 <small>up to 50 sq. ft.</small>
• Bain Brook Brown	• Rosa Beta		• Black Pearl		
• Caledonia	• Tan Brown		• Napolito		
• Cream Caramel	• Uba Tuba		• Sand Cream		
• Giallo Vincenza					

PLATINUM PACKAGE			DIAMOND PACKAGE		
\$1,680 <small>up to 30 sq. ft.</small>	\$1,880 <small>up to 40 sq. ft.</small>	\$2,180 <small>up to 50 sq. ft.</small>	\$1,880 <small>up to 30 sq. ft.</small>	\$2,180 <small>up to 40 sq. ft.</small>	\$2,480 <small>up to 50 sq. ft.</small>
• Antico Bianco	• Fortaleza White		• Alaska White	• Venatino	
• Colonial White	• River White		• Black Forest	• White Supreme	
			• Hawaii		

ALL PACKAGES INCLUDE

- Measurement and estimate included
- Edge profile ease and quarter round included
- 1.25" countertop slab included
- Sink cutout included
- CNC fabrication included
- TAX included
- Sealer application included
- We sell all kind of sinks

OVER 300 COLORS TO CHOOSE FROM

100% Customer Satisfaction

House of Granite & Marble, Kitchen Cabinets Co.

Come Visit Our Beautiful Showroom
5136 N. Pearl Street Schiller Park
Mon-Fri 9am-6pm Sat 9am-4pm

SPECIAL DISCOUNTS ON GRANITE SLAB PIECES, LARGE STOCK! CALL FOR DETAILS!

(847) 928-1111
houseofgranite.com

Kitchen Countertops, Tabletops & Vanity Tops

WE SELL ALL KINDS OF TILES

GRANITE

HOTEL FOR SALE

SOUGHT AFTER REGIONAL AIRPORT LOCATION

OFFER DEADLINE: SEPTEMBER 27

152-ROOM COMFORT INN & SUITES MADISON - AIRPORT

4822 E WASHINGTON AVE., MADISON, WI 53704

Gross Room Revenue of: \$2,803,141 (2018)

New Approved PIP • Financing Available for Qualified Buyers

PROPERTY HIGHLIGHTS

- Common amenities include: heated indoor pool with hot tub, fitness center, business center, four meeting rooms (largest can accommodate 100+ people), continental breakfast area, lobby lounge
- Rooms feature: refrigerators & microwaves, flat-screen TVs, coffee makers, hair dryers, irons & ironing boards
- Ideal airport location with easy access to the capital building, governmental offices, and The University of Wisconsin campus
- Well-located next to the Dane County Regional Airport
- Situated immediately to the west of US Hwy 151 & I-90 interchange, offering easy access to downtown Madison, just 6 miles to the southwest



SHOWING: SEPTEMBER 17, 11:00AM - 12:30PM

