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We want to hear from you

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

arora@iasjc.org

Diwali Show 2013 !



Our 19th Annual Diwali show is upcoming on November 8-9, 2013 at the [Ronald E. McNair High School](#). This show has been a landmark for the Indian Community in the San Joaquin County. For last 19 years it has been encouraging children of all ages to connect to their heritage by their performances in the form of Classical dances, Folk Dances, Vocal, Instrumental music, Bollywood etc.

Over 100 children participate in this show every year!

This year's entry forms are now open....please go to www.iasjc.org and click on Diwali 2013 tab to read the rules and submit your forms online. Hope to see you there!

"Uttarakhand-The Land of Gods"

2013 Natural Disaster

Thanks for all those who have generously donated so far.....

Seema & Kishore Bhende, Sonali Thatte, Shital Kemshetti, Girja Raina, Sharad Arora...the list is still incomplete....final names will be published in next newsletter!

Please click here [for "In Pictures: Uttarakhand after the floods"](#) by BBC News.

IASJC has now extended the deadline to donate for this worthy cause to August 18, 2013 (Independence day picnic on August 18 @ Micke Grove Park).

"do your part" and send your tax deductible contribution **by August 18, 2013** to IASJC, P.O. BOX 78064, STOCKTON, CA 95267

Or Contact Girja Raina @ (209)323-9096

The funds will be distributed through "Pitanjali yogpeeth USA Foundation" or to a local ashram in the heart of Guptkashi "Shri Vidhya Dham".

Nails in the fence

The next time you are tempted to say something hurtful to someone just because you're angry, you might want to stop and remember this story: it's a keeper. Read it here.

There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there."

Pinky Purewal



Quiz Corner

Last quiz winners: Anirudh Lakhota, Olivia Lizzy Philip, Andal Krishnamurthy.

This month's quiz

sent by Anirudh Lakhota

When was the first US income tax started?

IRS Summertime Tax Tip July 2013

Late spring and early summer are popular times for weddings. Whatever the season, a change in your marital status can affect your taxes. Here are several tips from the IRS for newlyweds.

* It's important that the names and Social Security numbers that you put on your tax return match your Social Security Administration records. If you've changed your name, report the change to the SSA. To do that, file Form SS-5, Application for a Social Security Card. You can get this form on their website at SSA.gov, by calling 800-772-1213 or by visiting your local SSA office.

*If your address has changed, file Form 8822, Change of Address to notify the IRS. You should also notify the U.S. Postal Service if your address has changed. You can ask to have your mail forwarded online at USPS.com or report the change at your local post office.

*If you work, report your name or address change to your employer. This will help to ensure that you receive your Form W-2, Wage and Tax Statement, after the end of the year.

*If you and your spouse both work, you should check the amount of federal income tax withheld from your pay. Your combined incomes may move you into a higher tax bracket. Use the IRS Withholding Calculator tool at IRS.gov to help you complete a new Form W-4, Employee's Withholding Allowance Certificate. See Publication 505, Tax Withholding and Estimated Tax, for more information.

*If you didn't qualify to itemize deductions before you were married, that may have changed. You and your spouse may save money by itemizing rather than taking the standard deduction on your tax return. You'll need to use Form 1040 with Schedule A, Itemized Deductions. You can't use Form 1040A or 1040EZ when you itemize.

*If you are married as of Dec. 31, that's your marital status for the entire year for tax purposes. You and your spouse usually may choose to file your federal income tax return either jointly or married file separately in any given year. You may want to figure the tax both ways to determine which filing status results in the lowest tax. In most cases, it's beneficial to file jointly.

For more information about these topics, visit IRS.gov. You can also get IRS forms and publications at IRS.gov or by calling 800-TAX-FORM (800-829-3676).

Anirudh Lakhota, *IRS Enrolled Agent* (Enrolled to Practice Before IRS) Lakhota Tax & Accounting Services Inc.

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Beauty Tips *(Andal Krishnamurthy)*

TO REDUCE WRINKLES & INFLAMMATION

1. Grate unripe apple, apply to skin. Allow the pulp to remain on skin for 10-20 min. Rinse. Next step: Moisturizing honey mask:- 2tbsp honey, 2tbsp milk/cream. Make a fine paste & apply smoothly on the face, remain for 10 min and then rinse.

2. ANTI-WRINKLE TREATMENT:-

1-Very ripe tomato, 5 oz. whole milk, Bottled/spring water.

Process the tomato in blender, strain & discard the pulp. Mix equal amount of milk, store in the refrigerator for 10 min.

Apply to the face with cotton pad once or twice a day. Leave for 10 min. Rinse with bottled water, pat dry.

Seema's Kitchen QUINOA SALAD WITH A DESI TWIST

- 1) 1 cup raw Quinoa
- 2) 2 cups sprouted Moong beans
- 3) 1 med. red bell pepper and 1 med. green bell pepper 1 large tomato
- 4) 1 tender yellow zucchini
- 5) 1 med. apple, 1 med. peach and 1 mango(peeled)
- 6) 1 lemon and 1 med. jalapeno pepper(optional)
- 7) 1/2 cup dried cranberries or 1 cup fresh red grapes(cut in half)and 1 cup roasted peanuts
- 8) 1 cup shredded cabbage and 1 cup shredded carrots
- 9) 1/2 teaspoon cumin powder, crushed black pepper, salt to taste
- 10) Fresh cilantro ..chopped,,,1/4 cup

For tempering or tadka..

1 tea soon oil, whole cumin seeds 1teasoon crushed red pepper and few chopped curry leaves. This light and healthy salad is a side dish which compliments any meal...lunch or dinner. The idea is to use very little fat/oil and still make it very tasty and appealing! So make it at least 5 to 6 hours before you serve it so that all the flavors and juices from the veggies and fruits get blended in and coat the Quinoa. Wash and drain the Quinoa. Keep it aside for 1 hour. In a skillet take 1 1/2 cups of hot water and pinch of salt. Add the Quinoa and let it cook for 5 min. Cover with lid and let all the water evaporatejust like how you cook rice! With a fork make it fluffy and put it in a large bowl to cool. Steam the Moong beans with a pinch of salt .Chop all the veggies and the fruits. and add every thing to the cooled Quinoa. Then add cumin powder, chopped jalapeno pepper black pepper, lemon juice and salt. Mix well and keep aside.

For tempering... Put the oil in a small pan and when the oil is hot add cumin seeds, then chopped curry leaves and then crushed red pepper. Pour it over the salad mix it well Garnish with cilantro. Refrigerate in a air tight container for 5 to 6 hours and serve! Enjoy. Serves 6 to 8 people

Thank You

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