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Sandesh

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On the covers

By Deepak Sreedharan



The front cover photo was taken in my hometown in the state of Kerala (*God's own country*), India. When I visit, I go to a paddy field to photograph kingfishers and other beautiful birds. One such late morning, on my way back after a futile attempt to photograph a kingfisher fishing, I spotted an egret and a Gray Heron enjoying their meal, minding their own business. My plan was to take a regular photo and I was getting my camera ready to capture the photo. Out of nowhere, an Indian Kite swooped in to pick up the heron. I had not seen eagles or kites attacking other big birds. Luckily, my camera was ready (barely) for the moment. The heron sensed the attack and kept itself very close to the ground and pushed itself into the mud. What was fantastic was the egret's reaction. It got really angry at the kite and stepped in to defend the heron. The kite made a couple of attempts to get at the heron and each time the egret became angrier. Finally, the kite gave up. The heron flew away when it was safe and the egret resumed its business. The mid-morning sun caused some over exposure of the photo. The events unfolded before I

was fully ready. If you look at the eyes of the heron and the egret, you can see fear in one and anger in the other. The end result was a spectacular visual record of a moment of heroic bravery in nature.

The back cover photo is an American Bittern, at Bay Beach wildlife sanctuary, Green Bay.

Deepak Sreedharan works as a software engineer and has lived in Green Bay for several years. Photography is his passion and he likes to take his time for his shots. He enjoys clicking birds and landscapes. He loves to travel, but COVID-19 has clipped his wings for now. This became a blessing in disguise as he started to explore the beauty of this region through his lens.

IndUS of Fox Valley, Inc. Mission Statement:

Promoting Indo-American friendship and goodwill by serving the community through social, cultural, education and charitable activities.

Mark your calendar!

IndUS community engagement picnic (new): Summer 2022

Rhythms of the world: September 10, 2022

IndUS "Winds of Change" banquet at Hyatt, Green Bay: November 19, 2022

CDFC cookout: TBD

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Contents

From the Editor	page 3	
COVID-19 Health Care Warriors	page 4	by Rohan Gala
Beneath That Pretty Face!	page 9	by Neema Al Ameen
Centennial Series - The Prohibition Era	page 10	by Shveta Pant
Bharatanātyam	page 14	by SaiPranati Prakash
A Heart Attack That Cost \$14 Billion!	page 15	by Sampath Kumar
Trishanku's Heaven	page 17	by Mahesh Subramony
Book Reviews	page 19	by Jane Parish
My Trip to India	page 21	by Jai Pant
In Appreciation	page 23	by Manjari Chatterjee
IndUS News	page 25	by Dr. Sandhya Sridhar
Curio Corner	page 32	by Dr. Rekha Vijayan

We need your help!

The mission of *Sandesh* is to be a medium to build connections between people and strengthen the community. We conceptualize the magazine as belonging to our body of readers with content generated by locals for the shared enjoyment of the community at large.

Sandesh is mailed out to several hundred members in the area, with no subscription fee. We plan to make the magazine more accessible by leaving copies of the issue in areas of common public attendance like libraries, cafes etc. Traditionally, IndUS has paid for the majority of the printing and mailing costs. We are looking to use less funds from the IndUS pot, so as not to divert from the usual charitable pursuits. Our volunteer-run team has worked hard to secure advertisements to cover some of the costs.

Please consider supporting *Sandesh* by advertising your business or organization in the magazine. Ongoing corporate sponsorship will notably ease our financial burden while supporting this incredibly diverse community endeavor. Individual donations are much appreciated. Cheques may be made payable to "IndUS of Fox Valley," with a mention of *Sandesh* as the focus, and mailed to IndUS.

On this note, we would like to acknowledge Mr. VC Atotta and Ms. Shveta Pant for their valued monetary contributions towards this issue.

From the Editor

We are excited to bring to you our first issue of 2022. The New Year brings new resolutions for some, strengthening of old resolve for others, and for yet others returning to the grind after a rejuvenating break. Life has been getting back to normal or near normal. In some aspects we are seeing a new normal. Unfortunately, COVID-19 remains a big part of our daily conversation. There is much to be grateful for, including vaccines and a growing bank of knowledge from the world over, as we grapple with yet another variant on the loose. Humanity has been courageous and trying its best to navigate this curveball that has been COVID.

The populace as a whole is indebted to healthcare workers who are on the frontlines of our struggles against COVID-19. We are pleased to feature them in this issue. For the first time, we have a front cover that is sourced from one among us. This is thrilling and you may read about the background story to the same. We are sad to see Sandhya leave the *Sandesh* team and Manjari eloquently lends a voice to express gratitude for Sandhya's contributions. The range of articles in this issue are a testament to the depth and breadth of artistic, intellectual and professional interests of the denizens of our area.

Excitement continues to run high as this is only our second print issue. We are appreciative of article contributors from the community. A few of them you may already know and you will be introduced to some others. We have been working on building connections with other ethnic groups in the area and we hope to bring you their stories in the future. Enjoy this labor of love, and write to us at rekhle@gmail.com.

Dr. Rekha Vijayan, Chief Editor



Sandesh Team (L-R): Jamila Seaton, Rohan Gala, Dr. Rekha Vijayan, Neema Al Ameen, Rakesh Kaushika

In conversation with

COVID-19 Health Care Warriors ...

By Rohan Gala

The COVID-19 pandemic has created many obstacles for healthcare workers. From the dangers of spreading COVID-19 to family members, to dealing with PPE issues and labor shortages. With the implementation of effective vaccines, the virus's negative effects on communities have been slowly waning but what about the social and emotional impact of COVID-19 on the warriors who have saved so many lives? This article highlights the concerns, struggles, and emotions created by the COVID-19 pandemic and its impact on healthcare workers in the region.



Angie Qualio, DO, a practising emergency department (ED) doctor who also holds a key management position in her organization, shared her thoughts.

As Emergency Medicine physicians, we train to be ready for almost anything. Nevertheless, sometimes we face never-before-seen challenges, and that is exactly what happened with the COVID-19 pandemic. In the early days of the pandemic, we faced a shortage of PPE (personal protective equipment), something I could never have dreamt of dealing with. There was a fear of the unknown from every angle. I recall sitting in daily meetings with a multi-disciplinary team that included physicians/advanced practitioners from the areas of Intensive Care, Hospitalist Medicine, Infectious Disease, Hospice, Palliative Care, Emergency Medicine, Hematology, and Family Practice as well as Respiratory Therapists, case managers and nursing staff, amongst others. We did our best to come up with treatment plans, with very little evidence-based information to rely upon and with limited to no testing available. With limited PPE, we were confronted with the potential of

exposing ourselves and our families to COVID-19, along with shouldering the responsibility of taking care of and guiding our community through this very alarming and challenging time.

Initially, managing patients in the ED was trying as we were not able to tell if the symptoms were related to COVID-19, in a timely manner. This has, thankfully, significantly improved since then. I had never before in my career had to reuse a surgical or a N95 mask. However, due to the short supply, this became the norm. It was very scary for suspected COVID-19 patients, as I oftentimes had very little to tell them about their prognosis. Additionally, many of the reports from overseas and the East Coast were quite dire. It was difficult for both patients and providers as visitors were not allowed. Visitors help providers by providing vital information about the patient's history and help ease patients anxiety in what can be a nerve-racking, unfamiliar setting thereby helping patients get through grueling situations.

Personally, I felt like this is what I had trained for. I had gone into Emergency Medicine to be able to assist and respond immediately in crises. Even so, this was the first time in my career where I felt like I was possibly placing my family in danger. Although I changed out of my scrubs at work, I would change out of my clothes at home in the garage and immediately get in the shower, to keep my family safe. Like many of the readers, we had hand sanitizer everywhere and washed our hands constantly. We had a plan that if I had a significant exposure, I would move into a hotel for as long as was necessary. We put our home on “lockdown” prior to the State’s recommendation, which was tough mentally for my husband and two daughters. Thankfully, I did not have a significant exposure.

Fortunately, testing and our evidence-based knowledge continues to improve dramatically, but the major turn was vaccinations. I remember the day I received a call from the hospital to let me know that I could come in for my first vaccine; it felt like the first day I could deeply exhale in months. I felt like the tide was finally turning. It has been baffling to see the resistance in the community to masking, social distancing, and getting vaccinated. As a physician with years of experience, I believe it is a combination of these very practices that will lead to the end of this pandemic. It is unfortunate that there is a vast amount of false information out there.

In conclusion, I am optimistic that as more people get vaccinated and as we learn more about this disease, we will get back to a sense of normalcy. One day we'll look back at this time as a learning experience for the medical community and for society at large.



Dr. Angie Qualio is an Emergency Medicine physician in Green Bay, Wisconsin. She has been an attending physician for 12 years. Originally from Little Chute, Wisconsin, Dr. Qualio attended college at the University of Wisconsin-Green Bay followed by medical school at Des Moines University, Iowa. She completed her residency at Columbia, South Carolina.

Mark D. Westfall, DO is an ED doctor, a veteran, and an entrepreneur. He works closely with hospital staff and other doctors. We posed some questions to him, and he sent us his responses. In addition, we interviewed him by phone.

His written answers have been compiled as below:

We were very lucky and always had adequate PPE where I worked. Wearing different levels of PPE throughout the work day is strenuous. Imagine that one day you go for a one mile run and then the next day you have to wear a mask or a cumbersome breathing apparatus while you run. It would be tedious. I would shower before going home and be certain to wash any work clothing immediately.

It was very hard to tell family members of patients that they could not be with a loved one during severe illness, especially those with severe cases of COVID-19. However, this was done to prevent a family

member from getting sick through contact at the hospital. We do the same for other diseases such as meningitis.

Unfortunately, I do not know if masks and social distancing were ever proven to be effective. There is evidence out of New York City that when the city shut down, the infection rate went up because everyone was inside. The N-95 or higher-grade masks are the only ones proven to filter a virus the size of COVID-19. They are not cheap, and they must be changed and discarded at regular intervals to be effective.

It is a challenge to see the resistance to getting immunized. I respect an individual's right to choose to get vaccinated or not, however when they get severely ill and we have poor treatment options, they expect to be cured. I have had many unvaccinated patients get quite ill with COVID-19, tell me that they should have gotten "the shot".



Q: How did the pandemic affect your business in the healthcare industry?

A: We have had a great increase of people with illness. The uncertainty of treatments and mitigation efforts has produced great distress. We don't have a solid cure for COVID-19 that we know will work 90%-95% of the time. We have more staff getting ill and having to be out of work for two weeks, which puts a strain on other staff and on the business.

Q: What has been the personal impact of COVID?

A: My family and I were able to get immunized and none of us have had COVID-19. Outside of struggling with the psychosocial aspect of lockdowns and virtual school, we have been lucky. Nationally, we've had more deaths in 2021 than in 2020. Clearly, there is still a large impact of COVID-19 on people.

Q: What has been the impact of COVID-19 on the mental health of healthcare staff?

A: Fortunately, we have not had any staff who have been negatively impacted to the point of injuring self or attempting suicide. However, there has been increased stress levels for many in the health care sector. Health care workers are frustrated at the unknowns associated with this disease and because it's difficult to control and treat. Increased patient loads, crowding, and other challenges have made the job less fun. People who are in this line of work are drawn to the challenges of taking care of sick people in the ED, but this fulfillment is not there anymore due to the complexities of the COVID-19 pandemic.

Q: What do you think about the increased loss of healthcare staff due to the pandemic?

A: It's very unfortunate to see this attrition. I can understand the viewpoint of the staff because it's not what they signed up for. Society is going to be negatively impacted if this persists because of the integral nature of these jobs. It's similar to the supply chain problem. Having a new nurse replace a veteran nurse is going to take time. It takes almost two years for nurses to fully understand the system, to be fully trained and to gain sufficient experience. The increased turnover is unfortunate, but it goes back to the question that when the job ceases to be fun, are you going to be effective at your job and should you continue doing something you don't like?

Q: As an ED doctor collaborating closely with the intensive care unit (ICU), what do you think their experience of COVID-19 has been?

A: They have a greater challenge because patients stay longer in the ICU and those who get very ill can be on ventilators for long periods of time, can require prolonged treatments and some needing high levels of care such as lung transplants and advanced technology to keep them alive. Therefore, ICU staff have a high level of stress and strain, but they are very well trained to handle these situations.



Dr. Westfall went to medical school at the Chicago College of Osteopathic Medicine. His residency was in Emergency Medicine and Internal Medicine at the McGraw Medical Center in Chicago. Dr. Westfall served 12 years in the United State Army and has been practicing Emergency Medicine at ThedaCare Regional Medical Center in Neenah for 25 years.

We interviewed a triage nurse in internal medicine who answers patient phone calls, in addition to helping them in person in clinic and nursing home settings. This nurse works in a regional health care system but requested to stay anonymous for the purposes of this article.

Q: What was it like to go to work in the COVID-19 climate of May 2020, when there was widespread uncertainty, no vaccines, and limited PPE?

A: Uncertain and emotional, although the level of teamwork and camaraderie was high. Everybody was in it together even though it was scary to not know what you were being exposed to.

Q: How did you deal with the risk of transmitting COVID-19 to your family?

A: Using PPE appropriately at work while also trying to stay healthy and building my immune system. My trust was in God and I prayed that God would keep us safe as I didn't have control over bringing the virus home to my family.

Q: How did it feel to help patients with COVID-19?

A: There were a low number of serious patients in the clinic, and it was gratifying to see someone get over the infection. What stayed with me the most was the wide range of outcomes of COVID-19. How could some people have so few symptoms while others didn't get through it?

Q: What do you feel is the impact of COVID-19 now as compared to before the vaccines?

A: I feel like we are at a surge again. I believe that the vaccines and treatment options are a positive step, but I also see that it's a matter of living in a world totally different from what we were used to.



The COVID-19 pandemic has increased the stress levels for health care professionals and negatively impacted their local communities. Essential workers have braved the virus even as they placed their own lives and that of their families at risk daily in their attempt to save lives. As the pandemic starts to slow, there are some worrisome trends such as worker shortages in the healthcare industry.



Rohan Gala is a senior at Bayport High School. He lives in the area with his parents and younger sister. In his free time, he enjoys reading, running, and playing tennis.



The Three Wise Owls by Deepak Sreedharan

Over the last year I have been fascinated with owls. I photographed the Snowy Owl, which usually migrated from the Arctic in the winter; the Barred Owl and the Short-eared Owl. The Great Horned owl, common to this area, remained elusive. A friend clued me in to the location of an owl's nest. I was cautious to not disturb the birds. I limited my visits and maintained a safe distance. I was able to watch three owlets being fed by their parents, and followed them as they grew, learned to fly, and then eventually flew away.

Beneath That Pretty Face!

By Neema Al Ameen

That cute face, the innocent smile, those starry eyes!
You are a pretty sight to catch!
But you won't look straight into no one's eyes for too long.
You fear getting caught, worried if they'll see through you.
What have you been hiding dear, beneath that pretty face?

The purest of all beings came out of you, with tiny feet and a heavenly scent!
What a joy to look at!
But you couldn't look without tears in your eyes.
The weight of your past pulled you down, made you wonder about your worth to hold this precious being.
You cried about its misfortune to not have had a chance to choose a better nurturer!
What woes have you been covering up with that charming smile, beneath that pretty face?

The nods of agreement, the notes you take, the endless sticky notes!
The list of things to do you make!
But sometimes you stop listening, to dive into your secret hiding place.
The place where you are the perfect version of you,
You are everything you wish to be and got everything you wish to have!
What is this magical world you escape to while fooling all around you, beneath that pretty face?

The make-up, perfume, clothes and shoes, pretty house and cool cars!
The sophisticated modern woman!
But you are simply trying to numb your senses, taking cover for your broken insides!
You wish there is a one-time fix for the gazillion flaws you are trying to hide.
What holes have you been trying to fill up, behind this image of perfection you have created, beneath that pretty face?



Neema Al Ameen works as a software engineer. She has been living in the Green Bay area for the past 12 years. Neema enjoys the calm and privacy that Green Bay offers. Neema is a music and movie lover who occasionally ventures into writing prose and poetry.

Centennial Series

The Prohibition Era

By Shveta Pant

"Go to Kiowa and start smashing." In 1900, the head of the local chapter of the Women's Christian Temperance Union in Kansas, Carrie Nation, heard these words in a dream. She considered it a sign and found her calling - 'hatchetations' or vandalizing saloons with an axe. Kansas had been a dry state since the 1880s but illegal enterprises selling alcohol thrived. While Nation's hatchet swung and smashed with impunity, law enforcement were unable to make an arrest since an illegal substance was being destroyed. However, she was brought to book on charges of destruction of property.

Nation gained notoriety, travelled across state lines to meet her followers, lectured, edited a couple of newspapers, sold hatchet pins and souvenirs, and even performed in vaudeville. Despite being lampooned and vilified for her radical modus operandi, Nation's crusade is credited with fueling the temperance movement - a trailblazer for the impending Prohibition era (1919 - 1933). This happened courtesy of the 18th Amendment and its enforcer, the National Prohibition Act, or colloquially speaking - the Volstead Act.



Carry Nation, with her bible and hatchet, was a member of the temperance movement. via Getty Images

The temperance movement advocated for a ban on alcohol in an effort to ameliorate society from the ill-effects of alcohol consumption. Alcohol was perceived as the underlying cause of social evils such as spousal abuse, poverty, negligence of duty, prostitution, and crime, in conjunction with being injurious to health. By the 20th century, however, organizations such as the Anti-Saloon League (ASL) - that aimed to bring about legislation - changed the course of the temperance movement. Under the aegis of Wayne Wheeler, the ASL engaged in pressure politics by insisting that politicians

legislate sans relinquishing personal consumption of alcohol. The country polarized into the "wets" who lobbied for anti-prohibition and the "drys" who supported a ban.

The 18th Amendment (according to the Constitution - January 16, 1919) is credited with being the only amendment in the Constitution to be repealed - by the 21st Amendment.

Section 1: After one year from the ratification of this article, the manufacture, sale, or transportation of intoxicating liquors within, the importation thereof into, or the exportation thereof from the United States and all territory subject to the jurisdiction thereof for beverage purposes is hereby prohibited.

Section 2: The Congress and the several States shall have concurrent power to enforce this article by appropriate legislation.

Section 3: This article shall be inoperative unless it shall have been ratified as an amendment to the Constitution by the legislatures of the several States, as provided in the Constitution, within seven years from the date of the submission hereof to the States by the Congress.



New York City Deputy Police Commissioner John A. Leach (right) watching agents pour liquor into the sewer following a raid, c. 1920. 3 New York World-Telegram and the Sun Newspaper Photograph Collection/Library of Congress, Washington, D.C.

The Volstead Act: “an act to prohibit intoxicating beverages, and to regulate the manufacture, production, use, and sale of high-proof spirits for other than beverage purposes, and to ensure an ample supply of alcohol and promote its use in scientific research and in the development of fuel, dye, and other lawful industries.” The Volstead Act was drafted by Wayne Wheeler with Congressman Andrew J. Volstead being the eponymous reference.

However, the enforcement was inherently failure-prone as it was overambitious. The Prohibition era spawned novel illegal enterprises - speakeasies, bootlegging and illegal distilleries - to facilitate the distribution of alcohol. Some of these businesses also expanded into prostitution, gambling, extortion, narcotics etc.

Alcohol was smuggled in by bootleggers via the Canadian and Mexican borders over land; and Cuba, the Bahamas and the French islands of Saint-Pierre and Miquelon, by sea. Bootleggers were also involved in the production of liquor. Speakies or blind pigs or blind tigers were illicit establishments selling liquor that burgeoned during the Prohibition era but disappeared post 1933. Gangsterism was augmented and organized primarily due to these businesses. The Mafia syndicate -a collusion of Italian bootleggers and gangsters in New York City - organized all aspects of liquor trade - production, distribution, and sale - and expanded into narcotics, gambling, extortion, prostitution, etc.



Al "Scarface" Capone



"The Untouchable" Eliot Ness

Johnny Torrio, a Brooklyn racketeer, moved to Chicago to collaborate with James Colosimo (Big Jim) and firmly established bootlegging while handing Al Capone the reins of his rackets. Alphonse Gabriel Capone (Al Capone) or "Scarface" rose to prominence as the kingpin of the Chicago Outfit (a crime syndicate) during the Prohibition era, with a net-worth of \$100 million (equivalent to \$1.5 billion today), akin to others like Joe Masseria, Meyer Lansky, Lucky Luciano, and Bugsy Siegel.

The stock market crash of 1929 and the consequent Depression era exacerbated the thirst for alcohol. The Prohibition Bureau in Chicago, led by Eliot Ness of the US Department of Justice, was conceived with the sole purpose of cracking-down on and apprehending Al Capone. Ness employed a group of dedicated and incorruptible men, the "Untouchables", who succeeded in penetrating the mafia to procure evidence that led to the indictment and incarceration of Al Capone for tax evasion in 1932.

Prohibition was a key issue during the 1928 Presidential election with the newly elected Herbert Hoover declaring it "an experiment, noble in motive". However, the Depression era's unrelenting grip on the nation reemphasized the unenforceability of the Volstead Act. Prohibition lost its foothold and dissipated from the political conscience.



President Franklin D. Roosevelt signed the first relaxation of the Volstead Act in all the years of Prohibition, March 22, 1933, in Washington. AP Photo

Franklin D. Roosevelt assumed office in 1933 and endorsed the Cullen-Harrison Act - that amended the Volstead Act by permitting the manufacture and sale of low strength (3.2%) beer and wine. On December 5, 1933, with the ratification of the 21st Amendment, Prohibition was federally repealed while remaining legal at the state level. Though uncorroborated, it was claimed that FDR celebrated the repeal with a dirty martini - his favorite drink.

The "Repeal Night" donned a celebratory, yet demure, demeanor with champagne and wine flowing freely. Hotels, restaurants, and bars, packed to capacity, enthralled their patrons with jazz music. However, the revelers exercised restraint and America eschewed a bacchanal, heeding FDR's counsel "that they will not bring upon themselves the curse of excessive use of intoxicating liquors, to the detriment of health, morals and social integrity."

Prohibition impacted the economy negatively - including a loss of \$11 billion in federal tax revenues, an enforcement cost of \$300 million, and the government resorting to income tax to fund state and federal budgets. The shuttering of distilleries, saloons and breweries extinguished thousands of jobs. The hospitality and entertainment industries were adversely affected, and profits diminished. Due to several loopholes within the Act, people resorted to brewing their own - and instead of furthering temperance, Prohibition compounded alcohol problems. Spurious liquor or "moonshine" consumption resulted in 1,000 deaths per year. Bootleggers turned pharmacists could sell whiskey for a plethora of ailments, the grape industry sold kits of juice concentrate with the ironical caveat to not allow them to sit too long lest they ferment (and - duh - turn into alcohol). Furthermore, since alcohol could be procured for religious purposes, congregations and avowed rabbis at churches and synagogues increased manifold.

Shveta Pant received her MBA with a focus on Communication and Marketing, from Louisiana State University, Shreveport in 2009. In her free time, she enjoys reading, writing, and teaching. She has been living in Green Bay with her family since 2017. She believes that Wisconsin has a lot to offer in natural beauty and indoor and outdoor activities.



JOKE

One day, Einstein has to speak at an important science conference.

On the way there, he tells his driver who looks a bit like him: "I'm sick of all these conferences. I always say the same things over and over!"

The driver agrees: "You're right. As your driver, I attended all of them, and even though I don't know anything about science, I could give the conference in your place."

"That's a great idea!" says Einstein. "Let's switch places!"

So they switch clothes and as soon as they arrive, the driver dressed as Einstein goes on stage and starts giving the usual speech, while the real Einstein, dressed as the car driver, sits in the audience.

In the crowd, there is one scientist who wants to impress everyone and thinks of a very difficult question to ask Einstein, hoping he won't be able to respond. So the scientist stands up and interrupts the conference by posing a very difficult question. The whole room goes silent, holding their breath, waiting for the response.

The driver looks at the scientist, dead in the eye and says: "Your question is so easy that I'm going to let my driver answer it for me".

-Anonymous

Bharatanātyam

By Sai Pranati Prakash

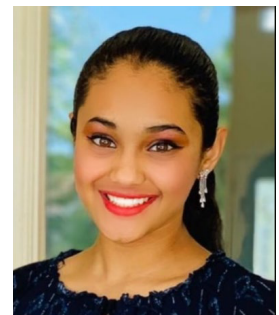


Mythology and philosophy, Shakti
The union of soul, mind, and body
A powerful and strong presence
An experience like no other

Devotion, love, anger, fear
Strength, unmatched
Graceful movement set to harmonious music
Bells tied to ankles, in synchrony with each step

Painting her face to express emotions of a goddess
Her eyes lined with kajal, inviting and alluring to the audience
Sharp movements, intricate hands, the dancer blooming across stage

Sai Pranati Prakash is a junior in high school and lives in Seattle, Washington with her family. She completed her arangetram (in the classical Indian dance form Bharatanatyam) in 2021. She has loved writing since a young age, starting with picture books and progressing to poems, articles and more. She likes to draw, spend time with friends and be outdoors.

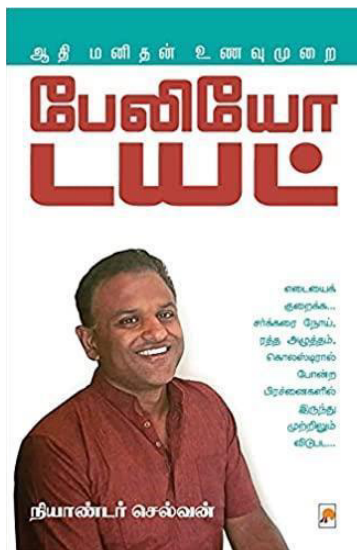


A Heart Attack That Cost \$14 Billion!

By Sampath Kumar

It was a Saturday afternoon in the year 1955. The then US president Dwight Eisenhower, war hero, at age sixty-four years had his first heart attack, while playing golf. On Monday, the US stock market opened to a pandemonium. The seven-year bull run of the US stock market was wiped out in a single day. The financial loss was estimated at \$14 billion. It is probably the most expensive heart attack the world has ever seen. Not because of the \$14 billion loss, but because of what happened next.

After he recovered, President Dwight Eisenhower declared a war on heart disease. Trillions of dollars were poured into efforts to make it go away. The American Heart Association and other health organizations examined the food habits of US residents and identified the culprit. It was the Fat, they said. In particular, saturated fat, the most dangerous kind of macronutrient the world has ever known. It is the kind of fat found in abundance in red meat, eggs, cheese, and butter.



What happens when you pour grease down your kitchen sink? It clogs the pipes. What happens when you empty greasy fats into your stomach? It clogs the arteries. Simple logic, right?

When President Eisenhower returned to the White House in January 1956, he received the following instructions from his medical team: follow a low-fat diet, with fat consumption to remain under 25% of his daily calorie intake; maintain a weight between 170 and 172 pounds; exercise daily and rest for one and a half hours at lunchtime. The same lifestyle changes were advised to all US Americans. They were asked to cut fat content from their diets, eat complex carbohydrates, consume three servings of fruits and vegetables, and walk 10,000 steps daily.

It is this misstep that proved to be more costly in the end. The war on saturated fat cost the US dearly. Sales of butter plummeted, and sales of vegetable oils shot up. People stopped eating the traditional US American breakfast of bacon and eggs and switched to cereals soaked in skimmed milk. Sales of Jane Fonda's exercise videos shot up. New foods like skimmed milk and egg white flooded the market.

Yet, nothing helped Eisenhower. The more he went on a diet, the more he gained weight. By the summer of 1958, Eisenhower had replaced his usual steak breakfast with Melba toast, fruit (papaya or melon), and decaffeinated coffee. By Fall his weight had increased to 176 pounds. Eisenhower complained that despite not eating much, by then he was only eating fruit for breakfast, he was carrying too much weight. In April of 1959, his physician noted, "he is in the same irascible mood because of his faulty manner of eating. He eats nothing for breakfast, nothing for lunch, and therefore is irritable during the noon hour. The butler, Charles, and I do not seem to be able to do anything about this. The President does this to maintain weight, and comes in and gives us hell at noon" All his military discipline on diet was rendered useless. He would go on to suffer several more cardiac arrests and finally succumbed to the fourteenth one.

The entire Eisenhower saga turned the science on heart disease, diabetes, and obesity upside down. However, the same diet that failed Eisenhower continues to be prescribed globally. It is true that grease clogs the kitchen sink, but there is no direct pathway for the fat in our food to reach our arteries. It gets digested by our intestines.

But is fat the enemy? If yes, this should be news to all species on the planet. Eating red meat is older than human civilization itself. In fact, it predates dinosaurs. Animals evolved on the earth millions of years before trees did. Meat is one of the most ancient food choices. When a food is older than trees on the evolutionary scale, how can it be considered harmful? At least half of the species on earth eat meat. And no, they don't trim the fat off before they devour it. Predators like lions, tigers, and wolves exclusively eat meat. Yet, they are lean.

In the 1870s, Dr. William James prescribed a meat-based diet to a cook, William Banting, who was suffering from obesity. "All carnivores are lean," he said. "It is the herbivores that are fat. Elephants, cows, hippos...all are vegan. They are also fat. Have you seen a single obese lion or tiger?" Banting then consumed an exclusive diet of meat, cheese, eggs with a small portion of vegetables. He rapidly lost weight and wrote about his experience in a book. His diet was called the Banting diet and it was the most popular diet until the Eisenhower episode.

In some way, my war on diabetes was similar to that of Dwight Eisenhower. Until I turned forty years of age, I was a vegetarian, eating a low-fat diet and avoiding fats. Nevertheless, I was diagnosed with prediabetes and prehypertension. With a weight of 195 lbs I was considered borderline obese. The healthier I ate, the worse it became. Then I came across the Banting diet. It is currently known by different names such as the ketogenic diet or keto diet, paleo diet or low carbohydrate diet.

After reading the science behind it, I eliminated most carbohydrates from my diet. No more rice, wheat, bread, dhal for me. My breakfast was eggs with milk. Lunch was nuts like almonds or walnuts with a vegetable salad. Dinner was a full serving of high fat red meat. In three months, my diabetes and hypertension ran away. I lost weight and reached a healthy 175 lbs. My sinus that had troubled me for decades, eased up. I wrote about my dietary experiences on Facebook and gained a lot of followers (and skeptics). Whoever followed my diet, got rid of their diabetes. Almost eight years later my Facebook group, in Tamil, has 600,000 members and the diet I follow has cured hundreds of thousands of people of lifestyle diseases like diabetes, hypertension and fatty liver.

If you suffer from these illnesses, I recommend that you research the keto diet. Based on my experiences and that of millions of people the world over, I believe that it will help you just like it helped me.

Sampath Kumar is from Coimbatore, Tamil Nadu, India. He lives in Wisconsin and works as a professor of marketing at University of Wisconsin, Green Bay. His hobbies include cooking, weight training, jogging, reading, and writing. Sampath authored the book "Paleo Diet" in Tamil language (as in picture above) under the pseudonym Neander Selvan, which was a bestseller at the Chennai (India) Book Festival in 2016.



Trishanku's Heaven

By Mahesh Subramony

Desi newsgroups in the 1990's often carried descriptions of Indian immigrants' experiences of alienation. One post compared our psychological state to that of the Indian mythical king Trishanku, unsuccessful in entering heaven clad in his corporeal self and thereby condemned to abide in a region between the earth and the skies. This story was never far from my mind as I navigated graduate school and during the early years of my career in the US. Keep my native accent or abandon it? (I did neither). Return to a chaotic emerging economy or continue within a sanitized system? (I stayed). In my few trips to the homeland, I basked in the simple joy of not having to spell my name nor worrying about fitting in. Yet, that simple home on a quiet suburban street felt like paradise upon my return.



Trishanku. Image Courtesy: New Indian Express

At this point, I request the reader to join me in a two-minute journey of self-reflection. For the first minute, think back to your life in India as you remember it. What do you see/hear/smell? Then, for the second minute, bring to your mind images of yourself engaging in your favorite activities, here in the US. I am certain that your memories and images are different in content and texture from mine. For instance, while I recall times spent in discussion with a best friend about existentialism, on campus; or taking my (then) toddler to the local zoo, you might have memories of a favorite concert or a vacation. The point is this: What we connect with, are our lived experiences, not the countries themselves. We continuously develop and refine our personal narratives, holding the nation of our birth or domicile as a backdrop. Identities are constructed using whatever experiences or memories we can access.

Our daughter grew up in a town where her cultural background was exceptional and salient. There she avoided her Indian identity, worried that she wouldn't fit in. However, over time I have seen her manifest our version of Indianness in her preference for music, movies, food, and yes – secular spirituality. She is no Trishanku, navigating the boundaries of culture and feeling spurned by one or

both. Instead, she appears to bask in her uniqueness – she can sing in Hindi and English, her family cooks food that others travel to the city to find, and her parents exemplify the Hamilton quote of getting the job done! I, in turn, bask in her strong bicultural identity.

The Trishanku myth, interestingly, ends on a positive note. Threatened by the possibility that the King would now reside in a second heaven, the denizens of paradise welcomed him to live with them on his terms (or so I imagine). If I could go back in time, here is what I would say to others on that newsgroup. I know times are tough. You miss home, and often feel isolated. Perhaps, you are reminded of your otherness because of causal remarks on your “good English” or the nature of the food that you enjoy. You love the opportunities in your adopted land, but miss the warm evenings with the fragrance of Mogra flowers and the ‘chaat’ vendors serving spicy savories. Perhaps you feel that you belong neither here nor there. Be patient. You will learn to construct an identity around your memories and invigorate them with your experiences. You will learn to laugh at ignorance and prejudice, and maybe even dismantle some of it. The journey will be long and replete with challenges. If you persevere, you will find yourself at the threshold of a great discovery. Trishanku’s heaven is within you.



Mahesh Subramony is an Appleton and IndUS alum who lives in Northern Illinois with his family. He can be contacted at mahesh.v.subramony@gmail.com.

QUOTES

- One must search inwards for experiences using the light of one’s intellect. From that, you will find the universal truth. Applying that universal truth to every day dilemmas and resolving them is called “Dharma” – nothing more complex.
- From person to person, generation to generation, wave to wave, like a postman who travels from place to place, human dharma descends from age to age. It’s an eternal flow of amrita (immortality).
- Life is greater than all religions and truths. Can a river in spate respect its banks? The essence of religion is generic principles. You alone have to seek what is good for you.

Mankuthimmana Kagga by Dr. D.V. Gundappa in 1943. (Referred to as the Bhagavad Gita in Kannada language)

*Let the mind grow,
learning from hundreds of experiences
Let a hundred streams of experience
swell the ocean of life
Let bodily bindings break and let life join
the dance of eternal consciousness*

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Arguably the finest work of 20th century Kannada literature, D V Gundappa’s *Mankuthimmana Kagga* is a bouquet of remarkable verses that are meditations on life, creation, destiny, art, culture, history, human nature, and the universe. Insightful, humorous, charming, hard-hitting, and inspiring by turns, the *Kagga* is a song of life that has something for everyone. *Foggy Fool’s Farrago* is a modern translation in simple English with a detailed introduction and copious additional notes that will build the bridge between this masterpiece and readers across the globe.



Devanahalli Venkataramanayya Gundappa (1887-1975) was a great visionary and polymath. He was a journalist, poet, art connoisseur, philosopher, political analyst, institution builder, social commentator, social worker, and activist. He founded/edited many newspapers, wrote extensively in Kannada and English, established social organizations and guilds, and worked tirelessly for people’s welfare. He lived like a sage till the last, moving easily with rich and poor, bureaucrat and laborer, scholar and unschooled. He received the *Kendra Sahitya Akademi Award* in 1967 and the *Padma Bhushan* in 1974.

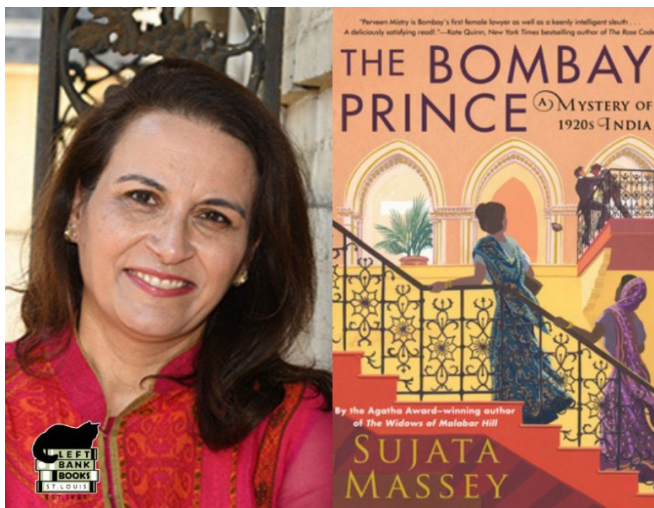
Book Reviews

By Jane Parish Yang

One of the few benefits of staying at home during the pandemic has been the opportunity to indulge in reading mysteries to pass the time, thanks to the Wisconsin Digital Collection of eBooks available from our area public libraries. Now that libraries have reopened to patrons, print books are available once again as well, from each library's collection or borrowed through the regional system. Many readers are familiar with city-focused mysteries such as Donna Leon's mysteries set in Venice, Louise Penny's mysteries set in Quebec, Elly Griffiths' mysteries set in eastern England, Frank Tallis' mysteries set in Vienna, and Jacqueline Winspear's Maisie Dobbs mysteries set in London between the two world wars.

I have recently become acquainted with two newer historical fiction/mystery series set in 1920s British Raj India, Bombay and Calcutta, respectively, by two Indian heritage writers, Indian American writer Sujata Massey and British Indian writer Abir Mukherjee.

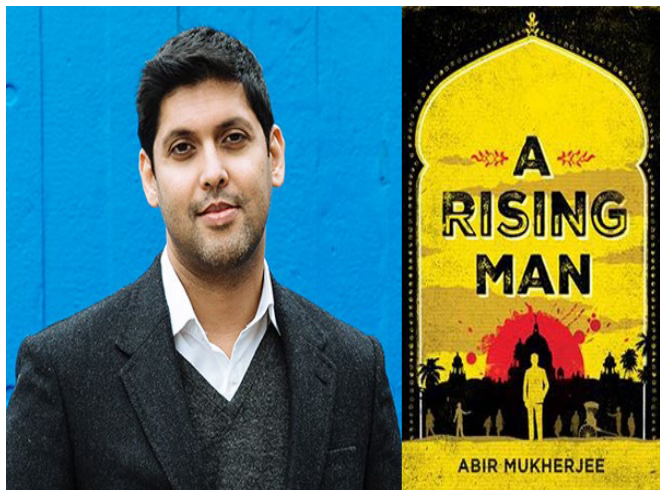
Massey has published three Perveen Mistry mysteries so far, though I suspect more are in the works:



The Widows of Malabar Hill (2018),
The Satapur Moonstone (2020), and
The Bombay Prince (2021).

They are best read in order (though I read the most recent first). The novels follow Oxford-educated female lawyer Perveen Mistry in Bombay as she solves murders her male counterparts could not as they would not have access to the women's quarters to speak to the women ensconced there. Rich with period detail and background on the various sects and castes in India, these novels can be deemed historical fiction as much as mysteries or crime novels.

Abir Mukherjee turns to the other side of the Indian subcontinent in his four, soon to be five, mysteries set in Calcutta, beginning with the wonderful *A Rising Man* (2017), which introduces Captain Sam Wyndham and Sergeant Surendranath Banerjee (called "Surrender-not" by the ruling Brits as they seem incapable or unwilling to pronounce his name correctly). Surrender-not is subject to subtle and not so subtle micro-aggressions due to his skin color by Brits unused to Indians with an Oxbridge education and a posh English accent. Told through the consciousness of Captain Wyndham, the stories contain smart 21st century-like observations on the politics of skin color. The mysteries unfold against the



backdrop of the post-WWI independence movement led by Gandhi, which adds immensely to the depth and texture of the stories. The rest of the series is as follows:

A Necessary Evil (2019),
Smoke and Ashes (2019),
Death in the East (2020), and
The Shadows of Men (2021).

The pandemic may be (almost) over, but we can still enjoy these recent two immensely satisfying crime series. Go online and check out the offerings from your public libraries!

Jane Parish Yang graduated from Grinnell College, majoring in American Studies. A year teaching in Hong Kong, still a British colony then, proved transformative. She studied Chinese and continued her studies in Taiwan, where she met her husband. She received her PhD in Chinese from UW-Madison, and taught at Lawrence University from 1991-2015 as an associate professor of Chinese, emerita. In retirement, she has been enjoying swimming and reading mysteries and memoirs.



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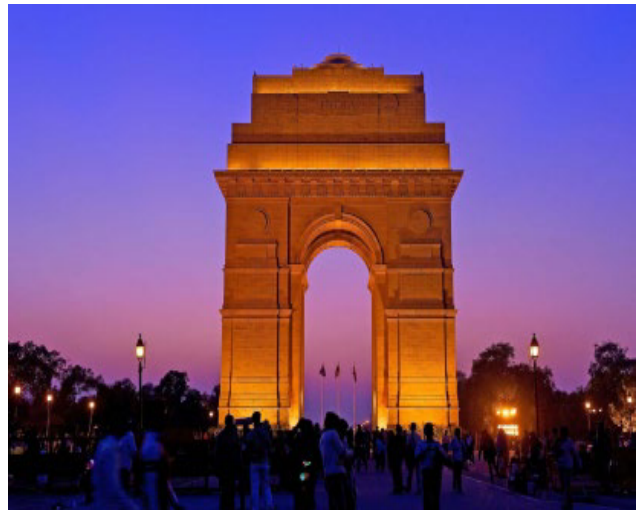
My Trip to India

By Jai Pant

In November 2019, my family and I went on a vacation to India to see my grandparents. We were excited as we had not seen them in a long time and also because we were going to meet my cousins for the first time. From Green Bay our first stop was Toronto, Canada. While we were waiting for our connecting flight to Canada, we took some pictures. Our next flight was to New Delhi. Upon landing, I met two of my older cousins and my Dad's elder sister. After our long trip I was so weary that I dozed off after reaching their home. We stayed in Delhi for a couple of days.



Rashtrapati Bhavan - President's House

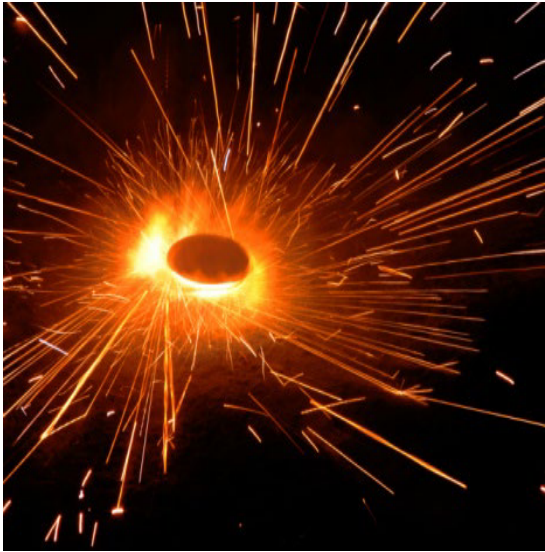


India Gate

New Delhi is the capital city of India. It houses the Parliament - the legislative branch of the government of India. The Prime Minister of India resides in New Delhi. New Delhi is famous for its historic sites, museums and gardens such as The National Museum, Rashtrapati Bhavan (President's House), India Gate, Rajpath (Kings Way), Gandhi Smriti (Mahatma Gandhi's last place of residence), Rajghat (site where Mahatma Gandhi was cremated in 1948), Jantar Mantar, and Connaught Place. I like New Delhi because it is cosmopolitan, multicultural, beautiful, and fun.

In New Delhi, my sister and I went to the mall with my cousins. We explored the mall, ate frozen yogurt, and pizza, and headed to the arcade. At the arcade, we played fun games and won lottery tickets. I won the most tickets. We bought some souvenirs with our tickets. I enjoyed spending time with my cousins, Aunt and Uncle. On the third day, we got up early to fly to Lucknow to see my grandparents. My sister was more excited than me because this would be her first visit with them. When we alighted at Lucknow, our grandmother had come to receive us and upon reaching home we saw our grandfather. We were thrilled to stay with our grandparents for five weeks. During this time they recounted anecdotes from when I was a year old. My grandmother showed us an album of childhood photos of my Dad and Aunt. Occasionally, we visited our maternal grandparents, Mom's siblings, and our cousins. We were happy to see our extended family and never felt lonely or bored.

The highlight of our trip was the celebration of Diwali - the festival of lights. It is a Hindu festival that symbolizes the victory of good over evil. It usually falls in October. On Diwali, my Uncle arranged for fireworks. We lit sparklers, rockets and tablets that emitted realistic slithering black snakes on the ground. My sister and I got scared of the snakes, stamped on them and then laughed. The fireworks were my favorite part of Diwali.



Fireworks. Image courtesy: Pixabay



Diyas or lamps. Image courtesy: Pixabay

During Diwali, people festoon home exteriors with colorful lights, light up diyas (lamps) and candles, wear new clothes, eat sweets, and visit families and friends. Diwali was memorable because we celebrated it with our extended family.

When I think of India, I feel excited. India is an ancient land that is historical, multi-lingual, multicultural, and diverse. During my stay I learned cultural values such as that guests are considered special, to respect the elderly, and to be helpful and kind. Mark Twain once said, "India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great-grandmother of tradition."



Jai Pant is a 5th grader who loves reading and writing. He lives in Green Bay with his parents and younger sister. He also enjoys art, swimming, playing the guitar and basking by Lake Michigan in his spare time.

In appreciation of

Sandhya's contributions to *Sandesh*

By Manjari Chatterji

It is not easy to write a tribute to someone you admire a great deal, who shares your own reticence in matters personal, and who shies away from self-promotion, and generally prefers to be a confident but shadowy background actor. Thus, to sum up Sandhya Sridhar is to resort to a metaphor. The best I can think of is "Like a silken tent."



Let me explain. Sandhya's accomplishments are too numerous to list. Her personality, intellectual curiosity, and her wide reading are all reflected in her leadership and administrative skills. Her family's commitment to learning and academic excellence are reflected in her own pursuits, and her life partner has only fostered and enhanced those proclivities. Thus, we know her as the ferociously competent juggler of roles: wife, mother, academic, community member, advocate and friend. Her sympathies and interests are many: gender equity, children and educational opportunity, travel and nature, fundraising for causes, the arts, and Indo-US friendship and dialogue.

All these are mirrored in her work as a volunteer or committee chair for Children's Day Camp, Diversity Fair, Oktoberfest, Food of All Nations, Multicultural Center, the New World Cinema, and as editor of Sandesh, the newsletter of IndUS. As I have been associated with the last briefly, I can attest to her skills at what Sarah Hale would call "Lady Editor." Why the 18th century terminology you ask? Because even in the 21st we consider tact, patience, gentle courtesy, encouragement and persuasion the feminine domain. And while her

work as chief or sub-editor may not have been arduous in terms of re-writing submissions, as most contributors were thoughtful in that regard, getting the newsletter out on time certainly was. You have heard the old joke:

Q--What is the difference between an ER doctor and an editor?

A-- One has patients with comas, the other has patience with commas.

Sometimes 'coma' was not an exaggeration in getting done on time. Of course there were other fantastically dedicated people like Badri, Rakesh and Sridhar, and others in the later years when I was not involved and including the current crop of young people who are doing a marvelous job. Editors are fussy about commas, too. I think it was Sandhya who posted this to Facebook to point to its vital function:

Woman without her man is nothing.

Woman: without her, man is nothing.

I think you will agree with the latter statement.

If you have read her summary in the Sandesh Winter 2021 of the two-decade Sandesh/IndUS years, you will see the breadth of topics and interests covered over the years. What started as a newsletter soon turned into a magazine. Articles were sought from professionals in their fields, whether Film, Medicine, Business, Education, Music and such, but also from our Fox Valley family of children and young

college goers. Additionally, Sandesh concerned itself with world events and problems such as the tragic Tsunami of 2004, and the impending climate crisis and energy issues. This accounted for its general appeal and also its focus. Of course when submissions were sparse, the team filled in with their own offerings. “There is no such thing as a curry powder in Indian cuisine” she once wrote, putting an end to that noisome bottled ingredient and that bit of cross-cultural contretemps.

Sandhya’s contributions exemplify her wide-ranging interests and knowledge. Thus, for the Pioneers issue of Sandesh, she chose the legendary Anandibai Joshi, whose tragic early demise did not lessen her impact on the education of women at a time when it was hard to acquire. So too is her focus on unusual practitioners whose “pedagogy of the oppressed” is variously exemplified in Bunker Roy’s Barefoot engineers as well as Maxine Berntsen, Ashoka Fellow and founder of a school in Phaltan, Maharashtra. As an avid world traveler, she also wrote travel notes on Indian historical monuments such as the Gate Way of India and the beauties of Marble Rocks and Dhnuadhar.

Additionally, she led discussions on films, created spaces for cultural exchange and conversations at Harmony Café, organized fashion shows and dance recitals, and all the while raising two wonderful children, traveling good distances to teach in the UW College of Business, and being a lively presence at the then considerable social scene of the Fox Valley. The Sridhars are also very hospitable: they hosted numerous parties with croquet on the lawn, and classical music in the library basement; a meeting point for friends and potential volunteers for the cause!

This tribute would not be complete without one more mention. Among her many fans was her mother-in-law and “Amma” to us all. She admired Sandhya’s loving devotion to family, her hard work and unfailing good cheer and smiling countenance. She appreciated her ability to balance work and home, while maintaining her sense of humor and community commitments. Many a time Amma accompanied the family as they all volunteered at the Salvation Army Saturday lunch, thus perpetuating a family legacy of social service.

And so the metaphor of the silken tent. While the central pole is essential to the integrity of the whole structure, the guy ropes work in tandem to establish the correct tension and control. Coordination, gentle control, and firmness of purpose, all the silken virtues of a smart, fun, and kindly woman.

Sandhya stepped down from her role as Chief Editor of Sandesh in 2020 and withdrew from Sandesh altogether in 2021. She, however, remains actively involved as ever in her other roles with IndUS.

Manjari Chatterji taught English at the University of Wisconsin for over thirty years. Her interests are in Post-colonial Studies, and the ecology of food systems. After retirement, she has published a book of short stories, and has written a novel set in British India. She spends her time with family, her garden, and lately, on a pontoon boat.



IndUS News

By Dr. Sandhya Sridhar

Sandhya Sridhar is a retired management professor. She has been associated with IndUS from its inception and currently serves on the Board of Directors. She has lived in the Valley for the past thirty years and thoroughly enjoys life in Wisconsin, except its long brutal winters.

Tribute to Mr. Ashok Tannan

It is with great sadness that we share the news of the untimely demise of Mr. Ashok Tannan, one of the founding members of IndUS and a devoted volunteer in the community.



Ashok was born on November 11, 1942, in Jalandhar, Punjab, India to Sarala Devi and Om Prakash Tannan. He completed his early education in India at Don Bosco High School, Mumbai followed by Gwalior Engineering College, in the state of Madhya Pradesh before proceeding to universities in Kansas, Ohio, and Wisconsin for postgraduate studies. Ashok moved to the Fox Valley in 1978. He founded Tannan Engineering, a company that specialized in HVAC design engineering.

Ashok was one of the pillars of the Indian American community in the Valley. He served as President of the Fox Valley India Association and was very supportive of IndUS from its inception. For over two decades, Ashok volunteered at Seva, the charitable arm of IndUS, serving lunch on Saturdays at the Salvation Army, Appleton. He was involved in Unity in Diversity, Toward Community, Fox Cities Rotary Multicultural Center and Celebrate Diversity in Fox Cities (CDFC).

Ashok was particularly liked by children and young people. He led them in outdoor adventures like skiing, biking, kayaking and other water sports. Ashok leaves behind Ashi, his wife of forty-eight years; children Neil, Mani, Jay and Hardeep; and five grandchildren and scores of members of his extended family and friends.

We are ever so grateful to Ashok for his key role in leading IndUS. He set an example for our volunteers to follow. In commemoration of his legacy, IndUS has commissioned a project to fund a calm space or a computing area for residents at Pillars family shelter. We dearly miss him.

Community Cookout on August 21, 2021 at Jefferson Park, Menasha. IndUS was well represented at the annual cookout, aka Summer Block Party organized by CDFC. We contributed food and three cultural items:

Punjabi folk dance by Richa Agarwal and Mehek Chopra

Vocal music by Dilip Tannan, Dheeraj Verma and Ishita Sur

Unity in Diversity: An Indian traditional attire fashion show by children, choreographed by Meghana Butala and set to ethnic music and dance.



The CDFC Board recognized the contributions of IndUS in working towards diversity, supporting shelters, and aiding the community with blood drives during the COVID pandemic with an ‘Unsung Hero’ award. Sridevi Buddi, Strategic Mentor for IndUS, accepted the award on behalf of IndUS.

World of Dance on August 31, 2021 at Titletown, Green Bay Packers Stadium.

Divya Ramachandran and her young students represented IndUS at the event organized by the Green Bay Packers. They showcased the ancient Indian classical dance form Bharatanatyam. Tribal dances, belly dance and hip-hop were other dance forms featured in this weekly series.



Rhythms of the World on September 18, 2021 in downtown Appleton. The Community Foundation was a major sponsor of this annual music and dance extravaganza. IndUS partnered with Appleton Area School District, Appleton Public Library, Building for Kids, City of Appleton, Fox Valley Technical College, Lawrence University, CDFC, TDS and

Rotary Club of Appleton to support the event. Dr. B. S. Sridhar and Sridevi Buddi were involved in all stages of the event from planning to execution. An Odissi dance by Anandi Silva Knuppel, a Gujarati folk dance by the Ringwala family and a performance of Unity in Diversity choreographed by Meghana

Butala added an Indian touch to the show. Other participating groups included Hmong, Philippine, Polynesian, Caribbean, Mexican and US American.

Blood donation in 2021: IndUS organized three donation drives to help the Community Blood Center replenish their reserves, which had been at critically low levels due to COVID-19. One was in June in collaboration with three Rotary clubs from Appleton. The second was arranged in Green Bay in July. The third was conducted in September at the “Rhythms of the World” event. A total of eighty-one donors pre-registered, leading to a collection of forty-two pints of blood



Green Bay Seva served over a thousand lunch meals and donated \$2,500 to the Green Bay Community Shelter in 2021. This volunteer run group also donated to the shelter for providing meals. They held two donation drives - one collected food items worth \$1,000 for the shelter’s pantry. The Halloween drive collected children’s toys.

After a hiatus, due to the pandemic, Appleton Seva resumed a modified lunch service at the Salvation Army. They hand out packed lunches, in keeping with COVID-19 protocols.



IndUS Board meeting was held in person for the first time since the start of the pandemic. in September. We had an energizing team building exercise led by Lisa Strandberg, Community Engagement Director at Pillars, Appleton. The group brainstormed ideas for an alternative event, as the Board had voted to omit the annual Banquet for 2021, due to safety concerns from COVID-19. Bollywood Dance-A-Thon was the proposal that invigorated us all.



IndUS Board (Standing L-R): Dr. Rekha Vijayan, Dr. Anupama Verma, Oliver Zorrow, Sandhya Maheshwari, Neema Al Ameen. (Sitting L-R): Sridevi Buddi, Meherrnaz Balaporia, Ritu Tannen, Shivani Devgun


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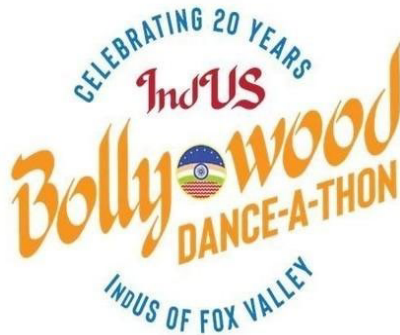
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Bollywood Dance-A-Thon

By Meherrnaz Balaporia and Sridevi Buddi

This was a fun online event to mark the 20th anniversary of IndUS' incorporation. At our annual banquets, we have been asked to open the floor for dancing, which is a challenge with 500 guests. The idea was conceptualized from these requests. We held the event on November 19, 2021 with COVID-19 precautions.



Four corporations sponsored a team each for the event. Team members were drawn from the sponsor companies' employees, volunteers, and non-profit partners. Each team was allocated instructors, ethnic clothing and jewelry accessories and assigned a Bollywood, South Indian, Bhangra or Dandiya dance. Each team had two hours to learn their dance routine before performing. The small group structure brought out amazing camaraderie within the teams. The instructors and dancers found the experience rewarding. Delicious Indian snacks nourished the groups. Eight hours of video footage was edited down to 30 minutes of streaming on Facebook, where it is still accessible, in addition to our website. We held an online silent auction during the event. Governor Tony Evers sent a video message of congratulations. IndUS board members recorded a piece conveying various aspects of our community activities.

Team sponsor: **Wisconsin Aluminum Foundry**

Voted Most Synchronized

Team members: Meghna Butala, Prajakta Deodhar, Sandhya Maheshwari, Sridevi Buddi, Gina Nachreiner, Manju Ram, Dr. Shanti Joseph, and Malathy Nair

Instructors: Sonia Baherawala, Swati Ringwala, and Dr. Sumit Ringwala





Team sponsor: **Schneider**

Voted Most Expressive

Team members: Akshay Patil, Tzu-Ying Chen, Suneesha Kudipudi, Dilip Tannan, Shivani Dwivedi, Vani Gottipati, and Sahasra Gottipati

Instructors: Saraswathy Ramachandran and Siva Chandrasekaran

Team sponsor: **Schreiber Foods**

Voted Most Energetic

Team members: Whitney Conner, Akisna Xiong, Andrew Pieper, Justyna Cermeli, Leilani Ray, Neema Al Ameen, Anand Ulaganathan, and Ramya Anand

Instructors: Saraswathy Ramachandran and Siva Chandrasekaran



We are appreciative of everyone who contributed to make the event a huge success. We wish to thank the talented instructors, our event sponsors, Building for Kids Children's Museum for the venue, Shawn Williams, Insha Mir and Dr. Rajeev Buddi. We are pleased that the event raised more than \$12,000 through the generosity of our sponsors, donors, and community members.



Team sponsor: **Thrivent**

Voted Most Enthusiastic

Team members: Adrianna McCleer, Timber Smith, Lisa Strandberg, Amy Gosz, Renee Ulmann, Oliver Zornow, Rebecca Zornow, and Lissette Cruz-Jimenez

Instructors: Afrin Azad and Manasa Hari

In 2003 IndUS established a future fund, which is managed by the Community Foundation of Fox Valley. In keeping with our mission, we awarded grants to the following recipients in 2021.

Karmodaya: A non-profit organization. \$5,050 for oxygen concentrators towards COVID-19 relief in India. Of this, \$3,050 was donated individually by IndUS members.

Casa Hispana: \$250 for continued professional training of its staff.

World Relief Fox Valley: \$1,000 to aid recent Afghan refugees.

Damascus Road, Oshkosh: \$1,500 to fight sex trafficking and to provide shelter to the victims.

Appleton School District: \$1,000 for the expansion of their early childhood and 4K programs.

Green Bay School District: \$1,000 towards the expansion of their 4K programs.

Pillars, Appleton: \$500 for a commemorative project in memory of Ashok Tannan.



Meherrnaz Balaporia (photo on the left) lives in Green Bay with her family. Originally from Mumbai, India, she has lived in Northeast Wisconsin for 25 years. She enjoys volunteering for multiple non-profits. Meherrnaz is the President of IndUS of Fox Valley. She is excited to continue to lead the organization as it pursues its mission in the new decade.



Sri Buddi (photo on the right) has lived with her family in Wisconsin for 19 years. She has an MBA, pre- PhD and is an alumna of the non-profit leadership initiative of the Community Foundation for the Fox Valley Region. She is the strategic mentor and a past President of IndUS. She has been on the Board of Rotary district 6220 as the Interact chair since 2019.

Curio Corner:

Movers and Shakers- Plate tectonics

By Dr. Rekha Vijayan

1. Plate tectonics is a theory, solidified in the 1960s, that explains how major land formations on Earth are a result of subterranean movements.
2. Earth's outermost layer (lithosphere- crust and upper mantle) is made of large rocky plates.
3. The plates lie on a partially molten layer of rock (Asthenosphere) and move.
4. Earth was formed 4.5 billion years ago (bya).
5. Initially, the lithosphere was one stagnant plate (Lid tectonics) similar to that on Mercury, Venus, Mars and our moon. Plate tectonics was operational 3 bya.
6. A supercontinent is a single continental landmass made up of most or all of the lithosphere. They form when land masses come together but break up when tectonic movements pull them apart. There have been seven supercontinents.
7. The oldest supercontinent is Vaalbaara (Kaapvaal + Pilbara cratons) from 3.6 bya
8. The youngest and the largest, Pangaea ("all earth") arose from the merger of Greater Gondwana (southern lands) with Laurasia (northern lands) 300 million years ago (mya). "Gaea" is the primordial Greek goddess "Earth". Pangaea started to break 200 mya and the continents moved to their current positions.
9. Gondwana is considered a supercontinent. Gondwana is named after its namesake, a region in the state of Madhya Pradesh, India, where the Gonds, an ethnolinguistic group, reside. Geological evidence for the supercontinent Gondana was found here.
10. The Pacific plate moves the fastest at 10 cm/year. The North American plate is the slowest at 1cm/year. The fastest plate ever, the Indian plate, crashed into Eurasia 50 mya at 20 cm/year after it moved from its location between Madagascar and Australia
11. The next supercontinent is predicted to come together 250 million years from now.
12. Most likely, Plate tectonics will stop in 2 billion years, due to Earth's interior gradually losing heat and we will have lid tectonics again.



2626 S. Oneida St, Green Bay, WI 54304
(920) 489-8095



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Website: www.indusfoxvalley.org

Email: indusfoxvalley@yahoo.com

Postal Address: 3000 East Apple Hill Blvd., Appleton WI 54913

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Editorial team

Dr. Rekha Vijayan *Chief Editor*

Ms. Jamila Seaton

Ms. Neema Al Ameen

Rohan Gala *Student Editor*

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The UPS Store

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Next Issue - Summer 2022