



*Om bhur bhuvah svah tat-savitur varenyam  
bhargo devasya dhimahi dhiyo yo nah  
prachodayat*

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## Over the Summer...

We have finally started a new year here at GGKLI this September after our summer break! During the break many of our students have had great summer vacations that they will remember for a very long time. Let's hear some of the wonderful experiences from a few members of our GGKLI family.

**Fall 2017**

*Welcome to a brand new year here at GGKLI! The summer went by very quickly and now we are in full swing of the fall season.*

*In this issue, enjoy interesting stories about GGKLI members' summer experiences, new information about clubs, information about Diwali, health talks, and more.*

*A special thanks to everybody who contributed to this issue and especially to Ramesh Uncle for taking all of the photos.*

*Wishing everyone a wonderful new year.*

*~Arjun*

### *Vacation Abroad* by Aman Mistry

Over this summer my family and I traveled on vacation to Paris and England. The trip was first to Paris. We landed in drowsy weather and had a driver to take us to our hotel. We started our sightseeing the following day. The sights were miraculous! We took a Big Bus Tour all over Paris to look at the main attractions. First stop was the Louvre. This museum is one of the largest in the world! We entered through a glass pyramid and descended into the crowded area of tourists. We spent two hours in the Louvre touring ancient photos and we even got to see the Mona Lisa! Next, we traveled down the old, sturdy cobblestone paths and well-designed, architectural, brick buildings and climbed up to the top of the Arc de Triomphe and saw the whole city beneath our eyes. The next day we toured an ancient castle called Conciergerie. We also saw Notre Dame, Saint Chapelle, Champ Elysees. On the third day, we toured a magnificent tower called Montmartre and all the beautiful shops and cafes near it. We also stood beside the breath-taking Eiffel tower while it was lit up. On the final day we visited the vast, royal, amazing Palace de Versailles. It's hall was decorated with gold and the

intricate works of art covered the walls and ceiling. It was superb! Now we were heading to England!

We traveled from my my foi and fou house in Manchester to my moti's house in Lester to the wedding destination in London. On our way there we ate English pastries and chocolate along with touring a beautiful village called Castleton. We saw rural areas and country farms on our scenic rides around England. After one week arrived in London. My second cousin was getting married! The Indian wedding was super! We tried to steal the groom's shoes and overall met many people and had a great time. At last, it was time to go home. This was a summer I would remember forever!



## *A Lesson in Appreciation* by Ikshu Pandey

This past summer, I was fortunate enough to take a trip to Argentina and Peru with my family. While this was a vacation at heart, it was also a great learning experience for my sister and I. On this trip, we saw firsthand how hard people had to work to do tasks that we here in America find simple, such as going to school. When we were on a tour, our guide pointed out a girl, who looked around 6 years. She was carrying a bundle on her back and our guide told us that the bundle held all of the supplies that she needed for her six-day trek to school. In this trek, she would have to walk alone along the mountainside. Though it seemed normal to locals, this touched me because people from here complain about walking to the bus stop, which is right down the street, while people in Peru have to walk for days!! Our guide also mentioned that school buses didn't exist so even the smallest of kids would have to make a trip that was at least an hour-long just to reach their school. This taught me to make sure that I don't take what I have for granted. There are always people across the world who live a much harder life than we do and are grateful for every minute of it and we should do the same. In addition, we should try to make life easier for other, though it be something small, like donating some clothes, or even something huge like raising thousands of dollars to help! Since we have a privileged life, the least we can do is donate some of our time to help better the world.

*The girl who was trekking to school*



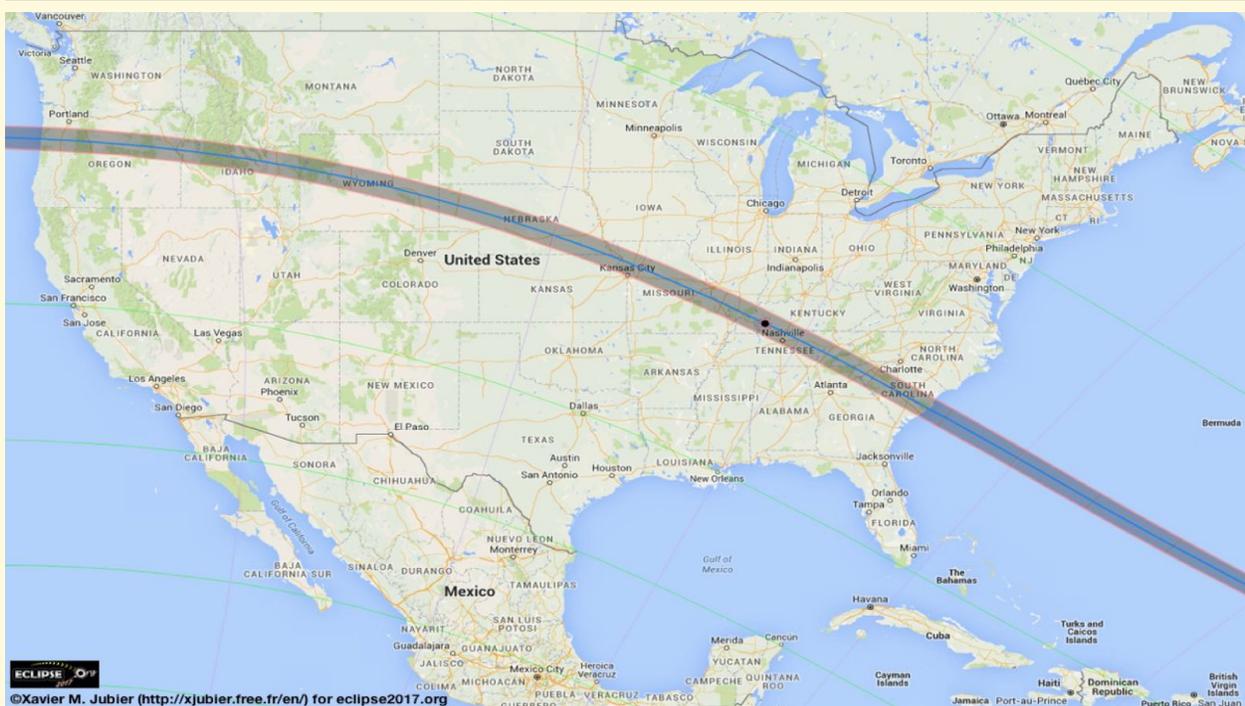
*The path she would have to follow.*



## *A Total Phenomenon* by Arjun Mehta

Over the summer there was the Total Solar Eclipse on August 21, 2017. A solar eclipse is when the sun is obscured by the moon. Solar eclipses are common, but this eclipse was different because it was a total solar eclipse where the entire sun is blocked by the moon causing total darkness in certain areas.

Many people from throughout the country and world went to the areas where there was 100% totality.



My cousins, Pari and Shivani Shah, had the opportunity to see the eclipse in person at Charleston, South Carolina and were gracious enough to share their wonderful experience through our interview below.

**What made you want to see the eclipse in person?**

We heard that it wouldn't happen in a very long time. The tour guides said that the next total solar eclipse **across the country** would be in about ninety-nine years.

**How did you choose a place?**

We decided to go see the eclipse in Charleston, South Carolina. This was not too far from NY. Since there were no available hotels in a 100-mile radius in Charleston we went to Florida instead so we could later drive to Charleston. Before we went to see the eclipse, we got to visit Orlando Studios and go on a lot of rides.

**How did you protect your eyes?**

We covered our eyes with solar eclipse glasses. We ordered them on the NASA website for \$0.99 each. They were made of paper and plastic. Through the glasses we were only able to see the sun. Once there was 100% totality we were allowed to take off the glasses.

**Can you describe the actual event for us?**

We went on a boat so see the eclipse. We found out about the boat on the NASA website. The boat was a former aircraft carrier called the U.S.S. Yorktown which was docked at Patriot's Point. To get tickets for the boat we needed to get to Patriot's Point because it was first come, first serve. On the boat, there were three floors. The first floor was where you could buy food, the second was where professionals gave lectures of the eclipse, and the third floor was where we watched the eclipse. We laid down on the T-Shirts we bought and watch the moon cover the sun until there was 100% totality for 2 minutes and 35 seconds. There were a total of three thousand people screaming in awe when they saw actual totality.

**What made this event so special?**

We thought that this was really cool because it was a natural occurring event. In a time where almost everything is manmade, it was really nice seeing something so amazing that was made from nature. We also found it fascinating that all of these natural disasters like hurricanes have been happening after the eclipse. It was one of the most interesting lectures that we listened to.

**Do you think that you will see any other eclipses in the future?**

I don't think that we will see another eclipse because we saw one of the rarest types. We may see a lunar eclipse since we did not see that yet. If you have never seen a solar eclipse before we strongly encourage you to go and see one total or partial. The next total solar eclipse is in 2024 but just in Texas. The next one that will go across the country will be in about 99 years.



*The naval ship they viewed the eclipse from called the U.S.S. Yorktown*



## Art Club

GGKLI gives us the opportunity to take part in clubs where we can learn different things. One of these clubs is the art club which is taught by Prisha Arora and Priya Manchu. Prisha and Priya teach multiple concepts of art such as calligraphy which is what they have recently taught their students. Calligraphy is a form of visual art which is presented in writing. An example of calligraphy is below.



Priya and Prisha also teach their students other concepts of art like drawing, sketching, and painting. To learn more about art and to improve your artwork you can go to GGKLI early at nine o'clock in the morning and take part in Priya and Prisha's club.



by Prisha Arora

## *Health Speakers at GGKLI*

Our first speaker to start off the new year of GGKLI was *Mr. Vijay Shah* who spoke to the parents and students of Culture Group 7.

Vijay Uncle is known by many GGKLI members as the music teacher for the school. What lots of people don't know about Vijay Uncle is that he is the President of the Gujarati Samaj in Long Island.

Vijay Uncle talked to our parents and students on how music and playing an instrument gives our brain more focus and more of an ability to carry out tasks with more ease. Doing these two things will make the brain more active and engaged. Playing an instrument is similar to a full body exercise, but for the brain.

I highly recommend those interested in playing an instrument to join Vijay Uncle's club which takes place in the mornings of GGKLI sessions at nine o'clock in the morning.

<https://youtu.be/R0JKCYZ8hng>- Please watch this TedEd video narrated by Anita Collins to learn more about the affect on the brain from playing an instrument.



Our second health speaker was **Dr. Nilesh Soni** who talked to our students from Group 7 and the parents.

Dr. Soni is a physical therapist who spoke to all of us about Lumbar Spine Rehabilitation.

He taught us how we put an excessive amount of pressure on the lumbar portion of our spine. We put all that pressure on our spine because of slouching. As much as we like to slouch while we sit it is not good for our backs.

Dr. Soni told us that we kids can slouch once in awhile, but we should sit up straight in an upright position to ease all of that pressure on our lumbar. He also said that we should do the same thing when we stand and we should stand more often. Even though it is comfortable to sit it puts pressure on areas of our spine that are not supposed to have pressure on them.

He said that the best way to ease pressure on the lumbar is to lose unnecessary weight, eat well, and keep a good posture. At the end of his lecture, Dr. Soni gave out a pamphlet for a Lumbar/Spine Rehabilitation center. The pamphlet has been added below.

<https://www.camscanner.com/share/NmtpP/0/w105s15wmecor>



Our third health speaker was a pharmacist, *Mr. Digesh Thaker*.

Digesh Uncle's two sons, Shrey and Shubh, are very involved at GGKLI student volunteers.

He spoke to GGKLI parents about helpful facts related to pharmacy, receiving medication, keeping your medications away from children, and reliable websites to ask about your medications as well as other medical inquiries.

Digesh Uncle talked to the parents about how important it is to keep your pharmacists up to date with all of your medical information. He also reminded us about how important it is to ask your doctor any questions you have about the prescriptions they are giving you during your office visit. You should always know the exact number of prescriptions you have and it is important that you ask your pharmacy if they have received all of your prescriptions.

Our speaker talked to us a lot about what to do if a medication is not covered by your insurance provider. If it is not, certain pharmacies may talk to your doctor and get one that is covered by your insurance provider, but that isn't always the case. Then, ask doctors or pharmacists if there is a co-pay assistance card, not applicable for Medicare or other federal funded program or state of Medicare. You are able to ask your doctor for a cheaper medication too.

He also told us to always check the bag the pharmacy gives us to see if the prescriptions are correct. It may seem unlikely that somebody else's prescription is in your bag, but it has happened before and it doesn't hurt to check.

He informed all of the parents that you should **NEVER TAKE ALCOHOL WITH YOUR PRESCRIPTIONS.**

Digesh Uncle also informed us that we should tell our pharmacists and doctors about the medications we already take because of Drug-Drug interaction. When certain drugs interact with each other it may have hazardous effects. Let your pharmacist know your current prescriptions so they can avoid giving you medications that may be hazardous to your health.

You should ***NEVER SHARE YOUR PRESCRIPTIONS WITH OTHERS.*** When it comes to pharmacy sharing is ***not*** caring. Your medications are not meant for others and may affect their bodies in a negative way. To keep children and teenagers away from your meds you should ask your pharmacy for a resistant cap unless you, yourself need an easy open cap.

When it comes to looking up facts about your medications you need to be very careful about what you read on the internet because not everything is reliable. For questions about medications you can use the websites WebMD, FDA, and Drugs.com. Always remember to be careful with your prescriptions.



## *Diwali*

On October 19, 2017, we celebrated Diwali. Diwali is known as the festival of lights and it is the celebration of Ram's victory over Ravana. In GGKLI we had a reenactment by the younger members of GGKLI of Ram, Lakshman, and Sita returning to Ayodhya after being in exile for fourteen years.

Ram was put in exile into the forest by the king, Dashrat, forced to do so by one of his wives' due to the promise he had made of fulfilling all of her wishes. Ram, his wife Sita, and his loyal younger brother Lakshman, went into the forest for their fourteen-year exile. A few years into their exile, Sita was kidnapped by Ravana a demon after his sister was rejected by Ram and Lakshman. The demoness' ears and nose were cut off by Lakshman after she showed her true self after being rejected by both men. Ram and Lakshman encountered an army of bears and monkeys lead by Hanuman. Hanuman agreed to help save Sita. There was a huge battle between the Ravan's army and the army of monkeys and bears. Ram then killed Ravana and was reunited with his wife Sita.

In GGKLI we watched the following video on Ram's victory over Ravana.

<https://youtu.be/pp59n0So-XE>



## Diwali Traditions

During the time of Diwali we put Rangoli in front of our houses or in our living rooms. Rangoli is a form of art which originated in India using colored materials like rice, dried flour, flowers, and colored sand.



**Cleansing:** Since the new year comes right after Diwali people rid themselves of sins, renovate their houses, and clean their houses to start the new year off the right way.

**Lightening up the house:** People light up Diyas into their houses to invite the goddess Lakshmi into their houses.



Shopping: People tend to go shopping during the Diwali season to decorate their homes and give out gifts for Diwali.

Firecrackers: During Diwali parties we always use firecrackers to celebrate the new year.



**Thanks for Reading this Edition of the Newspaper!**

**Wishing you all a happy and healthy holiday season!**