

# HC4A's Bollywood Meets Borscht Belt Raises \$35,000 For Education

by Aashu Morales

Laughter, cheers, and clapping



filled Shalom Austin's Dell Jewish Community Center on the afternoon of April 7, 2019, when over 400 people turned out for HC4A's signature spring event, Bollywood

Meets Borscht Belt ("BMBB"), to raise funds for school supplies for local homeless students.

When HC4A began its school supplies initiative in 2010, it raised \$2555 for homeless children.

BMBB this year raised more than \$35,000 which will be used to provide school supplies to over 1200 children and vocational scholarships to needy students.

The popular afternoon event was filled with a diverse group of supporters, from education, community, and business leaders, to fellow non-profit organizations, individuals, and families who believe in HC4A's mission.

Over 34 general and table sponsors made up of families, community organizations, and businesses, donated for the event's success.

Also contributing were 21 local Indian restaurants which generously supplied food for delicious Indian Thai plates.

The keynote speaker, Dr. Paul Cruz, superintendent of the Austin Independent School District, praised HC4A for its work, explaining that it takes "events like this, where people step up to the plate," to make a difference for homeless students.

The mother of one of the recipients of school supplies also thanked HC4A for its help to her son, saying that the help aided him to succeed in school and make it to college.

This year, attendees were treated to pre-event music by the Michel and Mark Klezmer Duo and then to a tour around India through dance and music.

Seven different states of India were represented with information about each state announced and projected on a large screen.

People applauded in delight and cheered when different states were announced.

Leading off the performances was Austin Arts Hall of Fame dancer Amratha Naampally, followed by

dancers representing the state of Punjab, led by Kamal Vats, and the state of Gujarat, led by Shobhna Kotecha.

Singer Jayeeta Dasumshi from Mexica Indian School of Music:



then entertained the crowd, followed by dancers representing Kerala, led by Ritu Nair and Arthi Ramesh, Rajasthan, led by Astha Daga and Mumal Joshi of Junooni Rajasthan Wings, Tamil Nadu, led by Vanitha Subramaniam of Nayalaya School, Bengal, led by Jayshree Kar and Praty Das, and Andhra Pradesh, led by Raji Raviprola of Abhinaya School of Kuchipudi Dance.

More than 60 performers donated their time and talent to support

HC4A's cause as did numerous other volunteers who assisted with set up, food service, decorations, photography, videography, sound, and fundraising.

HC4A is a non-religious 501(c)(3)

charitable organization dedicated to helping economically disadvantaged students in our local communities.

HC4A invites everyone to Serve Where You Live by bridging income disparities through education. Join us in packing school supplies for homeless children on August 11, 2019, and at our annual Gala on October 12, 2019.

For more information, visit HC4A at hc4a.org.

## 5 Warm Weather Weight Loss Blunders To Avoid

Along with warm weather comes picnics, cookouts and other parties that can take a toll on your healthy lifestyle.

To help you stay on track while you're enjoying the sunshine and good times, Courtney McCormick, manager, Clinical Research and Nutrition at Nutrisystem, is sharing the top five weight loss blunders people tend to make this time of year and simple tips for avoiding them.

• **Blunder 1: Crash dieting:** The thought of putting on a swimsuit may entice you to crash diet. Crash diets are not only unhealthy, they tend to slow metabolism, making it difficult for you to drop more than just a few pounds. Also, any weight you lose short-term will be regained as soon as you resume eating normally. It's best to stick with your healthy lifestyle year-round. Have a bad day? That's okay. Vow to get back on track the next day.

• **Blunder 2: Ordering smoothies and frappes:** When the weather turns hot, a blended drink can seem like an ideal morning or afternoon pick-me-up. However, those from coffee shops and convenience stores tend to be loaded with sugar and fat. A 16-ounce serving may have more than 200 calories and 50 grams of sugar. Quench cravings by ordering unsweetened or lightly sweetened iced coffee or tea or opt for a protein shake.

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## Scribblings By Arun PREPOSTEROUSLY ABSURD

All know who has done it  
No doubt it is a murder  
But the court has to declare  
To penalise the culprit.

To convince jury and Court  
Onus on those affected  
With established and confirmed  
Evidences to support.

The long drawn legal battle  
Without the money power  
Nor political power  
Disgustingly turns deadfall.

With the aid of lawyers shrewd  
Guilty try to get long ropes  
To pave ways for escape routes  
No doubt they often succeed.

Murder remain a murder  
Who done it remain cloused  
Quietly the case stands dismissed  
Busy court barely bother.

Preposterously absurd,  
Bitter fact to reconcile.

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