

O Sun God, Savitr!
Thou dazzling fount of life-persuasive light!
Sublimest mystery speeding from afar!
Swift became that burst too potent on the sight!
This radiant type of strength and youth!
Glowing eternally!



శ్రీ వేపచేదు విద్యా పీఠము

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May the golden-eyed Savitar come hither!
Shining forth he rises from the lap of the dawn!
Praised by singers, my God Savitar!
Stepped forth and never missed his place!
He steps forth the splendor of the sky the wide!
Seeing, far-shining, the shining wanderer!
-Rig Veda, vii. 65

He alone shines!
All luminaries get illuminated by His Illumination!
The whole Universe is enlightened by His light!
- Kathopanisad

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ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ॥

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MALE BEHAVIOR AROUND FEMALES IN MEAN GIRLS STYLE CLIQUE (MGSC) OF VERNON HILLS LIFE TIME SAUNA CULTURE (VHLTSC)¹ (BAN OF YOGASAUNA BY MGSC- VHLTSC, VERNON HILLS, IL, USA)

"General intelligence, the ability to think and reason, endowed our ancestors with advantages in solving evolutionarily novel problems for which they did not have innate solutions. As a result, more intelligent people are more likely to recognize and understand such novel entities and situations than less intelligent people, and some of these entities and situations are preferences, values, and lifestyles²."

"We are apes, a group that almost went extinct fifteen million years ago in competition with the better-designed monkeys. We are primates, a group that almost went extinct forty-five million years ago in competition with the better designed rodents. We are chordates, a phylum that survived in the Cambrian era 500 million years ago by the skin of its teeth in competition with the brilliantly successful arthropods. Our ecological success came against humbling odds³."

Some others show chivalry, defending her, prophesizing doom, establishing a clear and present danger from which the women will need their protection, fantasizing about kicking butt and thinking "when I save her from this MORON/ JERK/ illegal alien/ CRIMINAL ALIEN/ ISIS/ BEARDED FELLOW/ TOWELHEAD/ TERRORIST/low caste primate/low class human/etc., my worth will shine through, when I use that superhero routine pointing the unwavering finger of justice at him and then deliver the threat."



ABSTRACT

The author had undertaken a long-term experiment on the benefits of exercise using vibration, steam, sauna, and other equipment available at Vernon Hills Life Time (VHLT) beginning in August 2014 and terminated in January 2019, to determine exercises and equipment that would benefit the subject **Alien Person Extraordinaire (APE)⁴ Citizen of the United States (CUS)** the best by sequentially adding new equipment and exercises and removing exercises and equipment that didn't benefit him. **YogasaunaTM**⁵ was added in November 2018 with a particular regimen including vibration, exercises on different machines, and steam. During this experiment, the author stumbled upon an interesting behavior of White Americans toward the subject APE. This paper describes that observation and fact pattern from November 2018 through January 2019 in comparison with the experience from August 2008 through January 2019, which included the persistent bullying, name calling, and entitled demands to stop the therapeutic 15-minute YogasaunaTM exercise in the sauna by some entitled human cliques at VHLT to accommodate their special privileges. The xenophobia and discrimination are not limited to VHLT and extend to the rest of the world as well, indicating that it is a universal behavior of certain percentage of Homo sapiens irrespective of the nationalities, ethnicities, races, castes, tribes, etc., in whatever era or context it may be.

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Publication Date 1 FEBRUARY 2019



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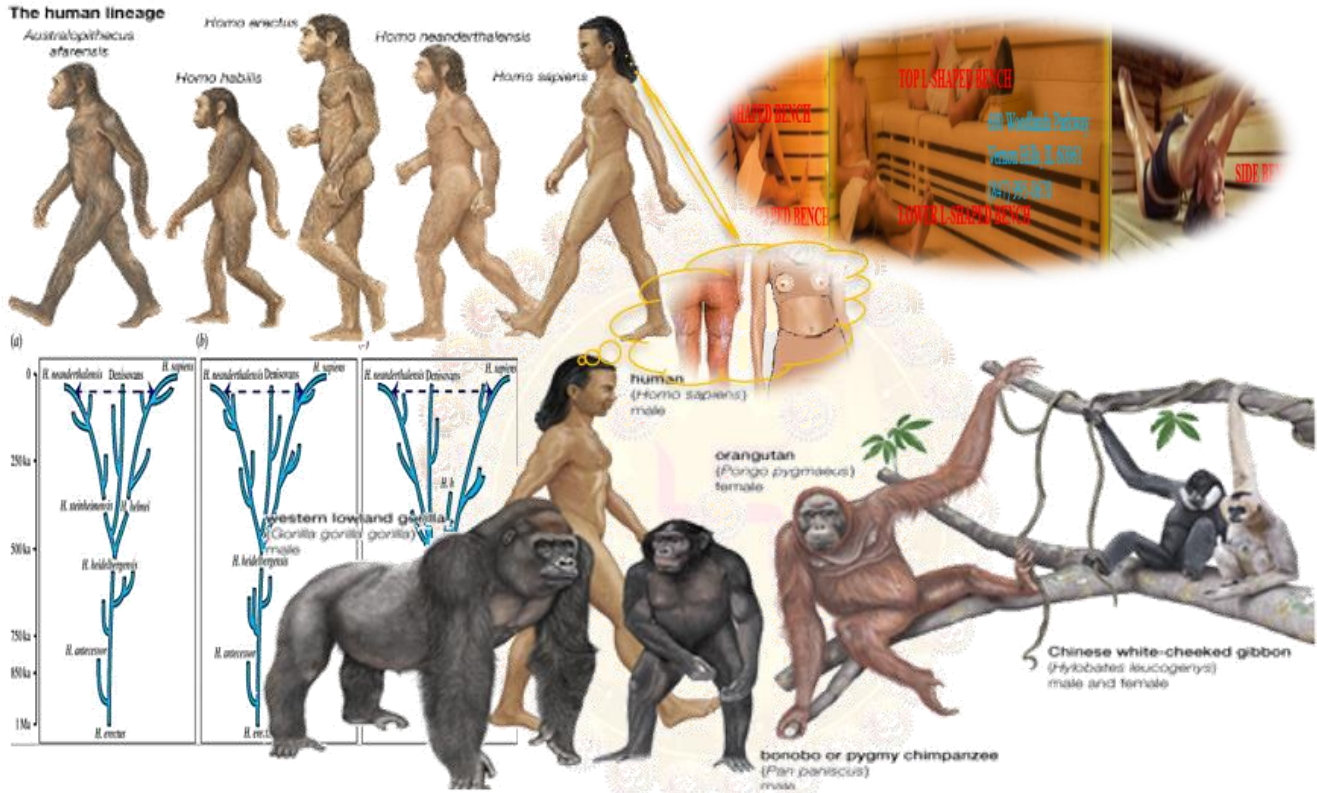
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INTRODUCTION



Human beings or *Homo sapiens sapiens*⁶, a species of the order Primates⁷ of mammals of the animal kingdom whose young depend on mother's breast milk for the sustenance, have divided themselves into mainly two groups – us (good) and they (evil) - whether the divide is due to sectarian, ethnic, cultural, linguistic, religious, territorial, monopoly, political, or other ideological differences. Usually, “us” is a small group and “they” is the rest of *Homo sapiens sapiens* on the Earth, and the “us” group is good, while the “they” group is the evil to be destroyed or changed into the good group “us.” Human blind devotion to the values defining and distinguishing them from other humans makes the conflict inevitable⁸ and the destruction of the rest of the world along with them⁹.



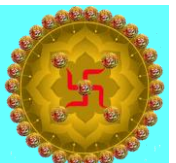
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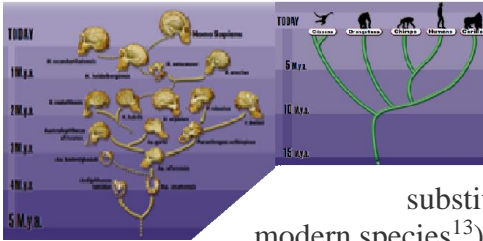
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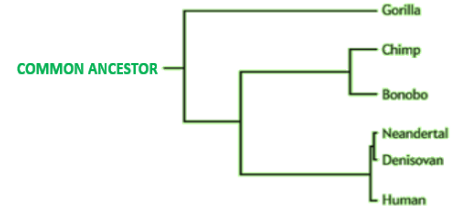
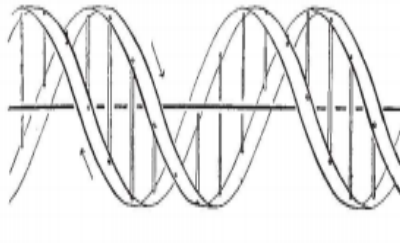


However, a human individual's Deoxyribose Nucleic Acid (DNA)¹⁰ has 99.9% homology with any other human individual and, not so surprisingly, homologous to the DNA of a lot of other animals¹¹.



Chimpanzees (*Pan troglodytes*¹², an occasional bipedal animal species of mammals), bonobos (*Pan paniscus*, female-centered, egalitarian, that substitutes sex for aggression, closely resemble the common ancestor of all three modern species¹³), and gorillas¹⁴ (*Gorilla beringei graueri* or *Gorilla gorilla gorilla*, 15% of

gorilla's genetic makeup is closer between humans and gorillas than it is between humans and chimpanzees¹⁵) are animals suited to teach us about human beings (*Homo sapiens sapiens*, a bipedal animal species of mammals),



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because they are closely related sharing a common ancestor who lived some four to eight million years ago. Bonobos and chimps share about 99%, and gorillas share about 98% of the human DNA¹⁶, while bonobos and chimpanzees



share 99.6% of their DNA. The difference of about 35 million DNA base pairs between the shared portions of the two genomes of chimp and human, each containing about 3 billion base pairs, results in about 10 times more differences between chimp and human than that between any two humans¹⁷. Humans share large portions of their genome with other organisms due to similar basic functions across the animal kingdom. All modern humans are 99.9% similar to one another, 98.8% similar to chimpanzees, 75% similar to chickens, and 60% similar to banana trees¹⁸!



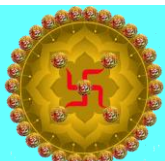
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Even cats are more like humans having a common ancestor about 80 m years ago and 90% of genetic similarity (between human and Abyssinian domestic cat¹⁹). Each human individual is unique with just about 3 million different DNA base pairs (0.01% of the 3 bn) resulting in differences in many physical, biological, and mental attributes ranging from eye color to predisposition to certain diseases²⁰. Thus, human behavior is as predictable as that of any close relative of humans or from who they evolved²¹.



Both bonobos and chimps live in a social group called fission-fusion group that consists of a large community that includes all individuals that regularly associate with one another (up

to a few hundred individuals) and smaller, temporary subgroups, or parties. Party size increases when the estrous females are present. In chimp communities, close relationships between males serve a) inter-community interactions, e.g., hostile attacks by groups of males and cooperative boundary patrol parties, and b) Intra-community interactions that are dominated by male cooperation that includes securing and maintaining dominance,

mate guarding, group hunting, and sharing. Visual and vocal communications including a suite of facial expressions, postures, and sounds function as signals during interactions between individuals and groups, are important to a chimp society. Body language conveys information to other individuals, e.g., submissive postures include extending the hand, crouching, and bobbing, while aggressive postures involve swaggering bipedally (to appear larger), hunching shoulders, and waving arms²². Relations between different chimp communities tend to be hostile. Chimpanzees exhibit complex social strategies such as cooperation in combat and the cultivation of coalitions and alliances via ranging together, reciprocal grooming, and sharing food and mating opportunities²³. Males form a distinct social hierarchy with high levels of both competition and association, given the need to stick together against males of neighboring chimp communities. On the contrary, peaceable mingling, including mutual sex and grooming, exists between different bonobo communities²⁴.



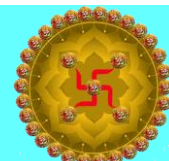
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Human animals have two separate kinds of ethologies based on the status, dominance and prestige. Dominance ethology is about physical posture and of size such as the large expanded chest seen in apes. Subordinates in dominance hierarchies are afraid and they back away or look away. In prestige hierarchies, humans are attracted to prestigious individuals, and they want to look at them, watch them, listen to them, interact with them, be near them, and imitate them²⁵.

Thus, in human communities, actions are motivated by the desire to make certain impressions on others²⁶. Humans experience distress when their public images are damaged or others' evaluations of them are unfavorable, and use various tactics to convey public impressions of themselves to others²⁷.

The Looking-Glass Self (LGS) concept states that part of how humans see themselves comes from their perception of how others see them. In US, LGS applies to members of ethnic minority groups as they believed other members of the same culture perceived them significantly correlated with their self-esteem scores, while the same may not be true for White Americans' self-esteem scores. When labeled by others in a particular way in terms of ethnic background, and physical or psychological perceptions, the labeling bias occurs and views and expectations are affected by that labeling and become self-fulfilling prophecies when repeatedly labeled and evaluated by others often enough because the self-labeling occurs by the adoption of others' labels explicitly into the self-concept.



IN YOGAPANTS AKA
EMPEROR'S CLOTHES

Social comparison occurs when humans learn about their abilities and skills, about the appropriateness and validity of their behavior, actions, attitudes, opinions, and their relative social status by comparing their own behavior, actions, attitudes, opinions and social status with those of others. These comparisons can be with people who they know and interact with, with those whom they read about or see on TV, or with anyone else they view as important. However, the most meaningful comparisons they make

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tend to be with those they see as similar to themselves²⁸. Thus, the power of the social situation in determining behaviors and attitudes of individuals toward each other in intra and inter relations in human communities is clear.

Humans also draw sense of identity and self-esteem from the social groups that they belong to resulting in positive feelings because they perceive their own groups and thus themselves in a positive light, and negative feelings against outsiders seeing others in a negative light²⁹. In addition, in Europe and US racial-ethnic relations emphasize assimilation, and orderly adaptation of immigrants to the laws and ways of the established host group, such as an Anglo-Protestant core culture and Judeo-Christian morality and law in US, on one hand; and imposing the Judeo-Christian morality, law, and democracy on colonies and protectorates³⁰; with white European domination over non-European peoples across the globe³¹, on the other hand.

Accordingly, impression management or self-presentation³² involves the processes by which people control how they are perceived by others because they are more motivated to control how others perceived them when they believe that their public images are relevant to the attainment of desired goals for which their impressions are relevant or valuable, and a discrepancy exists between how they want to be perceived and how other people perceive them. When people are motivated to manage their impressions, the impressions that they try to convey are influenced by the roles that they occupy and the norms in the social context, the values of the individuals whose perceptions are of concern, how they think they are currently perceived, their self-concepts, and their desired and undesired selves. Self-presentation of a positive image to others to increase the social status is ubiquitous in human communities and is a strategic, potentially dishonest, and politically and economically motivated enterprise. If everyone plays their part honestly according to accepted social scripts and conventions, then the social situation will run smoothly and the participants will avoid embarrassment in a transparent process, where individuals try to play the part required honestly trusting that others are doing the same. These interpersonal processes have practical implications in cognitive functioning of individuals in the modern society³³.

Emotions are potent symbols for the meanings people give to their powerful collective experiences shared with like-minded others forming relations between groups and individuals, enabling coordinated and concerted actions as a group against or in favor of other groups. Anger, empathy, fear, guilt, pity, pride, shame, etc. are such emotions that can be manipulated to achieve desired goals that benefit and promote individuals' and groups' interests³⁴. The following self-presentation goals strategically create corresponding desired emotions in others³⁵.

- The goal of intimidation is to create fear by showing aggression.



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- The goal of exemplification is to create guilt by showing that the other is inferior, evil, bad, or demon.
- The goal of supplication is to create pity by showing helplessness and need.
- The goal of self-promotion is to create respect by persuading others that you are competent.
- The goal of ingratiation is to create liking by using flattery or charm.

In human cultures in general, and in the American culture in particular, there is a pervasive stigmatization based on attributes such as color, class, caste, race, ethnicity, religion, physical ability, physical appearance, gender, sexual orientation, etc., which can be broadly classified into three categories 1) tribal, 2) character, and 3) disability, and every human individual has the potential to be stigmatized depending upon the time and context³⁶.

In a patriarchal society, the biological making of a human male³⁷ makes him dumb, violent, sexually visual³⁸, promiscuous and rapist³⁹, do stupid things⁴⁰, or lose self-control when females are around, because the IQ levels drop and testosterone levels increase when he believes he is being observed by a female⁴¹.



Some males try to overcompensate at the gym, some try to be funny with stupid jokes or acts, and some others just turn out to be clumsy in the vicinity or presence of females.



Researchers demonstrated that after a short interaction with an attractive female, males experienced a decline in mental performance. Males who believed they had been observed by a female during the lip-reading test performed worse, while females who thought they were being observed by a male showed no difference. Another study suggested that the cognitive impairment takes hold even when males simply anticipate interacting with a woman who they know very little about; the male cognitive impairment effect impression management motivation are directly proportional to his perception that the female perceived him attractive⁴².

In another study, physical risk-taking by males increased in the presence of an attractive female⁴³. Researchers found when there is an abundance of females, human males are more likely to be sexually promiscuous and violent, and males who stared at a pretty female displayed impatience and less willpower⁴⁴. In addition to losing their mind and becoming stupid and violent, males also become gluttonous and consume more food when they

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have the company of females, according to a study⁴⁵, males eating with females ate 93% more pizza (1.44 more slices) and 86% more salad, while females do not eat significantly differently as a function of the sex of their dining partners, while females eating with males tended to estimate themselves to have eaten more and reported feeling like they were rushed and overate. On the other hand, some human males try to put on their best behavior when females are nearby and show off their gentlemanliness by helping females out or become more charitable to impress females; competition for females underlies the pretention of public good contributions⁴⁶.

From the above sample of studies, it is clear that gender diversity aggravates the negative impacts of status conflict on team psychological safety and team creativity. Further, when power emerges as a bone of contention in teams, team outcomes can be severely impaired⁴⁷.

However, *contrary to the above data and author's data at Vernon Hills Life Time (VHLT)*, it was postulated that gender diversity mitigated the negative impacts of status conflict, purporting to offer novel practical and theoretical insights into the joint influence of status conflict and gender diversity on team psychological safety and team creativity, in a study⁴⁸ (Inset Ortner⁴⁹), which is proved wrong by the following data beyond any reasonable doubt, at least in one context - the VHLT Sauna Culture (VHLTSC) with a Mean Girls Style Clique (MGSC).

Ultimately, it must be stressed again that the whole scheme is a construct of culture rather than a fact of nature. Woman is not "in reality" any closer to (or further from) nature than man - both have consciousness, both are mortal. But there are certainly reasons why she appears that way, which is what I have tried to show in this paper. The result is a (sadly) efficient feedback system: various aspects of woman's situation (physical, social, psychological) contribute to her being seen as closer to nature, while the view of her as closer to nature is in turn embodied in institutional forms that reproduce her situation. The implications for social change are similarly circular: a different cultural view can only grow out of a different social actuality; a different social actuality can only grow out of a different cultural view. Sherry B. Ortner (1974)

MATERIAL AND METHODS

The VHLT at 680 Woodlands Parkway was built about a decade ago and the APE's family has been a member since its opening in August 2008. The author had undertaken a long-term experiment on the benefits of exercise using vibration, steam, sauna, and other equipment available at the VHLT beginning in August 2014 and ending in January 2019 to identify exercises and equipment that would benefit him the best by sequentially adding new equipment and exercises and removing exercises and equipment that didn't benefit him. He added YogasaunaTM in November 2018 with a particular regimen including vibration, exercises on different machines, and steam.

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During this experiment, the author stumbled upon an interesting behavior of White Americans toward him. This paper describes that observation and fact pattern over the past four years.

The VHLT has the following facilities and equipment which were used on a regular basis in this study. However, the behavior of White Americans toward him can be succinctly addressed by a comparison of sauna and steam rooms because sauna room is a common room for both males and females and steam rooms are separate. This gives a clear opportunity to study behavior of all male group in steam room and a mixed group of males and females in the sauna.

VERNON HILLS LIFE TIME CLUB ETIQUETTE⁵⁰ POOL AREA, SAUNA, AND STEAM ROOM

- Shower prior to entering the pool, sauna, steam room, or spa.
- Wear proper attire in the pool, sauna, steam room, and spa.
- Stay clear of swim lanes being used by lap swimmers.

FITNESS FLOOR

- Let others work in when you are finished with equipment
- Rerack your weights
- Wipe down your equipment when you're finished
- Store all workout bags, coats and other personal belongings in a locker during your workout



The routine included an 85-minute regimen comprising 15-minute Yogasauna^{TM51}, 10-minute cold shower, 15-minute power plate, 30-minute strength training and aerobic exercises, 15-minute steam room, and 10-minute cold, hot, and cold shower, spending approximately 90 minutes per visit at VHLT. The following table shows 44 days of the subject's activity from 1 November 2018 to 21 January 2019.

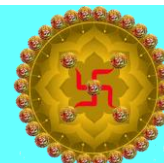
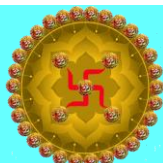
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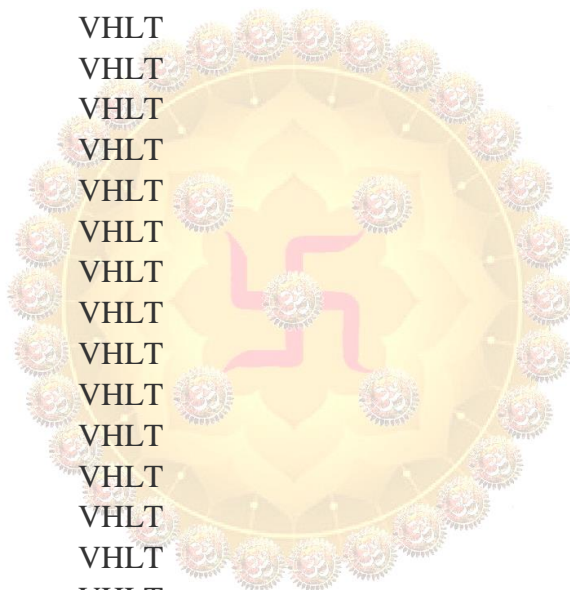
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TABLE 1

	DATE	START TIME	LOCATION
1.	01/21/2019	10:08AM	VHLT
2.	01/20/2019	11:07 AM	VHLT
3.	01/17/2019	9:54 AM	VHLT
4.	01/16/2019	8:24 AM	VHLT
5.	01/15/2019	10:10 AM	VHLT
6.	01/13/2019	10:15 AM	VHLT
7.	01/12/2019	11:51 AM	VHLT
8.	01/11/2019	10:53 AM	VHLT
9.	01/10/2019	7:53 AM	VHLT
10.	01/09/2019	12:34 PM	VHLT
11.	01/07/2019	9:00 AM	VHLT
12.	01/06/2019	6:04 AM	VHLT
13.	01/02/2019	6:29 AM	VHLT
14.	12/29/2018	3:44 PM	VHLT
15.	12/24/2018	8:21 AM	VHLT
16.	12/22/2018	10:52 AM	VHLT
17.	12/21/2018	5:27 PM	VHLT
18.	12/19/2018	3:44 PM	VHLT
19.	12/18/2018	9:12 AM	VHLT
20.	12/14/2018	10:07 AM	VHLT
21.	12/07/2018	9:57 AM	VHLT
22.	12/06/2018	10:27 AM	VHLT
23.	12/05/2018	12:46 PM	VHLT
24.	12/03/2018	11:31 AM	VHLT
25.	12/01/2018	8:38 AM	VHLT
26.	11/30/2018	9:41 AM	VHLT



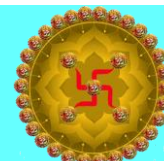
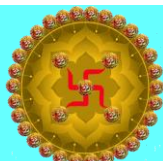
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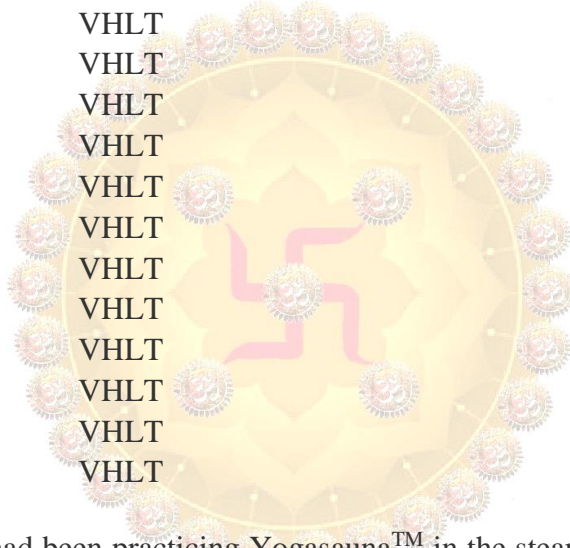
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27. 11/29/2018	8:59 AM	VHLT
28. 11/28/2018	10:53 AM	VHLT
29. 11/24/2018	7:25 AM	VHLT
30. 11/21/2018	1:02 PM	VHLT
31. 11/18/2018	10:44 AM	VHLT
32. 11/15/2018	9:35 AM	VHLT
33. 11/14/2018	10:30 AM	VHLT
34. 11/13/2018	1:48 PM	VHLT
35. 11/12/2018	12:26 PM	VHLT
36. 11/11/2018	10:20 AM	VHLT
37. 11/10/2018	11:51 AM	VHLT
38. 11/09/2018	8:31 AM	VHLT
39. 11/08/2018	3:44 PM	VHLT
40. 11/07/2018	8:43 AM	VHLT
41. 11/06/2018	8:01 PM	VHLT
42. 11/04/2018	6:28 PM	VHLT
43. 11/02/2018	9:51 AM	VHLT
44. 11/01/2018	10:35 AM	VHLT



For the past four years, the APE had been practicing Yogasauna™ in the steam room at the end of his exercise routine, without any issues. Everyone, White, Black, and Colored, or otherwise, were friendly and did not object to Yogasauna™ routine even when the room became crowded after the author started his 15-minute regimen. Moreover, many friendly Americans gave room by moving so that there was enough space to practice the 15-minute Yogasauna™ regimen. Of course, if the room was crowded when the APE entered the steam room, he had to wait patiently for enough room to be cleared to start his regimen. There was not a single instance of objection to APE's Yogasauna™ practice in the steam room and politeness in this regard prevailed. It should be noted that there were no White, Black or any other type of female primates in the steam room because the steam rooms for males and females were separate and located in the male and female bathroom areas, respectively.

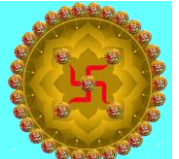
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☸(స్వస్తి) శ్రీ విళంబి నామ సంవత్సరము/☸(स्वस्ति) श्री विलम्बी नाम संवत्सर/☸Swasti Sri Vilambi Year

మాఘ మాసము / माघ महीन/ MAGHA Month

Publication Date 1 FEBRUARY 2019



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O Sun God, Savitr!
Thou dazzling fount of life-persuasive light!
Sublimest mystery speeding from afar!
Swift became that burst too potent on the sight!
This radiant type of strength and youth!
Glowing eternally!



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VEPACHEDU EDUCATIONAL FOUNDATION

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There was no reason or opportunity for any male to show chivalry and rescue a female in need of a specific entitled space despite the plenty of room available.

On 1 November 2018, the APE took up on a new regimen involving dry sauna at the beginning of his regimen. For a few days, it was no different from the steam room social experience, which was only short lived, unfortunately. On 11th of November, a White female approached the APE in the sauna room while he was in the middle of the 15-minute Yogasauna™ practice, and asked loudly “**MAY I SIT HERE?**” pointing to his head. The APE was puzzled at the rude interruption and looked at her noticing that she was standing near his head with a hand on the banister and standing on the lower bench with an arrogant impatience on her face as if he had committed a social blunder and owed an apology along with the relinquishment of that particular space to which she was entitled. While he was lying on one prong of the L-shaped top bench occupying 6 ft space; the other prong of the top L-shaped bench, lower L-shaped bench, and the side bench on the other side of the sauna room were vacant with space for many people to enjoy the sauna. To her and her clique’s surprise, instead of apologizing and relinquishing the space as anticipated, the APE disobeyed her by pointing to the plenty of available space for her to enjoy the sauna. The White female and her clique were not happy about it because the “Upper Bench” is hotter and they want the entire upper bench for themselves whenever they arrive in the sauna, and somehow this rude person of alien origin had the audacity to challenge their supremacy.

As soon as the bullying by the White entitled clique members of VHLT began, the APE had notified several members of VHLT management and requested for proper guidelines and rules for the sauna room and that there should not be any type of bullying in the sauna.

Members of the VHLT management that he approached included

- [Member Services Manager Lisa Gregorich](#)⁵²,
- [Regional MOD Coordinator and Member Services Assistant Manager Rebecca Minsley](#)⁵³, and
- [General Manager Anne Adragna](#)⁵⁴.

Although the members of VHLT management agreed with him that he need not give up his space in the middle of his 15-minute Yogasauna™, assured that he didn’t have to give up the space in sauna at the request of the clique members, and promised that they would talk to the clique members of the sauna, no one addressed the problem while the bullying continued, escalating by day.

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Soon after, a number of white males decided to take it upon themselves the responsibility of teaching the disobedient APE a lesson in etiquette and run him out of the sauna. The APE struggled with the entitled arrogant clique members of the VHLT who insisted that

- he must give up space for others in the middle of his 15-minute Yogasauna™ regimen in the sauna because they needed the space,
- it was rude of him to continue Yogasauna™ regimen in the sauna when a privileged clique member wanted the hotter top bench even when there was plenty of space on other benches,
- he should do his Yogasauna™ exercise on the floor by giving up the bench space,
- it was rude to disobey such requests,
- he had no proper etiquette,
- he was a jerk,
- he was taking up three people's space,
- they wouldn't give a "xxxx" about him or his reasoning or explanation,
- he was a xxxx (homophobic expletive),
- he was doing it out of ignorance,
- he didn't belong there,
- they should/would invoke Patriot Act,
- they would sit on him if he didn't give space to them, and so on....

On 20 January 2019, a White male asked the APE to vacate the place because he was taking up the space on the hotter "Upper Bench" because the white male needed that particular space at that particular moment and didn't



matter whatever the disobedient APE's reasoning or explanation was. When the APE responded by showing the



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space available on other benches and suggested that the white male should go over there instead of harassing him. The indignant white male was taken aback at the unanticipated disobedience from the APE, and threatened that he would sit on him. There ensued an argument between the white male and the APE. No one in the sauna supported the APE, but many pitched in and assisted the white male by making jokes and fun of the APE, and called for help from the management to remove the APE from the sauna for disobeying the clique's orders, while some were irritated by the ruckus, commotion, or scene created by the non-white who didn't move (of course, it was not by the White male who insisted the non-White move), and wanted the APE to shut up so that they could peacefully meditate there and the irate APE wouldn't shut up disobeying even the peace loving males of the clique who ordered him to shut up.

One of the White female managers came to rescue the clique and insisted that he must yield the space to the privileged White males and females when they request because the sauna was crowded or if the clique preferred the "Upper Bench." As indicated previously, the APE was assured by the management that he didn't have to interrupt or give up his 15-minute Yogasauna™ exercise. Accordingly, the APE insisted that he would not leave in the middle of his regimen and suggested that she should talk to the General Manager Anne Adragna, instead of harassing him. The overwhelmed White female VHLT employee brought a bulky and strong VHLT manager Mr. Darryl Markette⁵⁵ to assist her in removing the APE from the sauna. The APE did not yield to the muscle power flexed by the clique and Mr. Markette and indicated that he would not leave until his 15-minute Yogasauna™ exercise was finished. Mr. Markette and his associate were offended by the APE's disobedience and Mr. Markette complained that the APE was rude, yelled at both of them and other sauna users, and made the young and inexperienced White female VHLT employee cry. This image of the APE was presented to the headquarters of Life Time in Minneapolis.

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❧(స్వస్తి) శ్రీ విళంబి నామ సంవత్సరము/❧(स्वस्ति) श्री विलम्बी नाम संवत्सर/❧Swasti Sri Vilambi Year

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On Martin Luther King's Birthday (**I HAVE A DREAM ... FREE AT LAST!**), the APE wrote a note describing the situation one more time along with the **Vernon Hills Life Time Club Etiquette described above (from the VHLT website)** and links to his article on Yogasauna™ to General Manager Anne Adragna and posted a copy of the same in the VHLT sauna which was immediately, within two minutes, removed by the VHLT personnel. When he tried to discuss the issue with her, she indicated through her associates that she did not have time and would not discuss the issue as the matter had been escalated to the Minneapolis headquarters of the Life Time.



Later that afternoon, a rude person from the head office in Minneapolis called him indicating that she had terminated the membership for

- practicing the prohibited 15-minute therapeutic Yogasauna™ at the VHLT,
- failing to give up the space for privileged members of the sauna clique,
- disobeying the VHLT rules as interpreted by Mr. Markette that one must give up space for certain privileged members when they needed the space on the hotter "Upper Bench" for their convenience and purpose,
- disobeying and flouting the rules of the VHLT by posting an explanation of the benefits of the therapeutic 15-minute Yogasauna™ exercise, and
- because the membership was a privilege and can be terminated by the management at will; and she hung up without any further discussion.

Thus, the VHLTSC MGSC the VHLT and LT Headquarters in Minneapolis **colluded in gymtimidation of the APE.**

The APE wrote a letter to [Founder, Chairman & CEO Bahram Akradi](#)⁵⁶ explaining the situation and requesting proper action. As a result, on 24 January 2019, [Social-Media Editor Tatyana McNamara](#) indicated that someone from the member operations team from corporate office would be in touch with him to discuss the matter. However, at the time of the publication of this article no one from the member operations team from the Minneapolis Life Time Head Quarters has contacted him to remedy the situation at VHLT with reparations.

RESULTS & DISCUSSION

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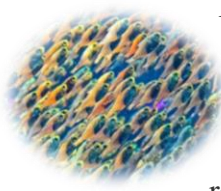
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Vertebrates commonly form aggregations, e.g., [fish form schools](#), [mammals form herds](#), [birds form flocks](#), etc.



Birds flock for cooperative food hunting, information exchange, and protection from predators.

The best strategy against a predator is to put another individual between oneself and the predator. If everyone tries to do this simultaneously, flocks, herds and schools should form in the presence of predators⁵⁷. The selfish-herd hypothesis proposes that animals form groups seeking more protected positions in the group. This effect allows individuals to decrease their

relative predation risk by deflecting attacks to other group members. Individuals on the outside constantly try to move into the flock and individuals in the middle try to maintain their position, causing animals in herds, schools, and flocks to constantly change positions, leading to fast changes in direction and o spectacular gyrations in the sky, as the flock moves up and down, side to side, and even flips backwards over itself as everyone tries to get in the middle⁵⁸.

As [BIRDS OF A FEATHER](#) flock together⁵⁹, one of the habits of *Homo sapiens sapiens* is to group with others who are like-minded or similar at work, at parties, at networking events, clubs, gyms, and any place where there are humans gather and spend time together. Offices are populated by cliques that are tightly knit groups of co-workers who socialize in and outside the office excluding other co-workers, even with the encouragement from the employer by including team sports and parties on the company dime. Minimal group paradigm studies have shown that humans form groups within minutes in a novel situation based on irrelevant criteria such as shirt colors, if no reasonable criteria are available. Just to fit in with a particular clique, humans do something they are not interested in or did not want to do such as make fun of or pretend to hate someone. About 15% hide their political affiliation, 10% hide personal hobbies, and 9% hide religious affiliations and beliefs for the fear of being excluded. Cliques provide social comfort and advantageous connections to its members and prevent inclusion of diverse perspectives, and wield social power to decide which rules and etiquette to be followed, and who should be excluded or included, ostracizing those who don't join them or disobey their rules, and force the upper management to take measures to appease them and make them happy by removing those victims who do not belong to or disobey such cliques⁶⁰. Whether or not individuals think they are acting against the mainstream, they eventually fall in line with prevailing patterns or trends, like birds moving in one direction and then another in near-perfect unison⁶¹.



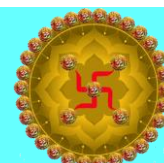
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Gyms where human herds gather are no different⁶². In human cultures in general, and in the American culture in particular, there is a pervasive stigmatization based on attributes such as color, class, caste, race, ethnicity, religion, physical ability, physical appearance, gender, sexual orientation, etc., which can be broadly classified into three categories 1) tribal, 2) character, and 3) disability, and every human individual has the potential to be stigmatized depending upon the time and context⁶³. Accordingly, Planet Fitness described the clique intimidation in a gym as *gymtimidation*⁶⁴, which is typically blamed on the victim. While not every gym-goer is a jerk, the reality is that marginalized people deal with all kinds of sizeism, ableism, xenophobia, homophobia, transphobia, sexism, racism, casteism, classism, nationalism, patriotism (invoking Patriot Act⁶⁵ is patriotism) and more at the gym⁶⁶, including calling the APE a jerk, rude, alien from xxxx, etc.

The advice to gym goers is generally to make sure that the gym's style and clientele make you feel comfortable⁶⁷, but it is not easy to find outward signs of inclusivity, as the APE has experienced and felt included for the past 10 years at VHLT since August 2008, only to find out that overnight things changed as he soon as he crossed the line by refusing to yield to a loud-mouthed queen of a powerful clique in the sauna on a fine morning in November 2018. Overnight, the VHLT Sauna Culture (VHLTSC) with Mean Girls Style Clique (MGSC) got in the way of his long-term experiment.



"Their ritual is gymtimidation, and their target is a fresh face. While most of us will never progress beyond a snubbed smile, a few souls do make it into the hallowed inner sanctum.... Every member has 'their' piece of equipment and 'their' space on the floor, exactly like you had 'your' seat at the family dinner table. God forbid that anyone else should occupy your place. Territorial doesn't even cover it. There is a lot of aggression, even within the clique. There's a very tiered structure. You always get one person who wants to stand the absolute closest to the front; if you get too near them, they'll give you such an angry look that you actually think they may want to kill you"⁶⁸.

In addition to the VHLTSC MGSC, there is the pervasive Xenophobia, Stigmatization, and Segregation (XSAS) across America encouraged and actively used by the Executive branch of the government and the conservative anti-immigrant media⁶⁹, producing a type of bullying with a vicious mix of the VHLTSC MGSC and XSAS at VHLT (VHLT Bullying).

Furthermore, as explained above, in the presence of human females, males have a tendency to lose their minds to become dumb, violent, promiscuous and rapists, do stupid things, or lose self-control because the IQ levels drop and testosterone levels increase when he believes he is being observed by a female⁷⁰. In the gym, some males try

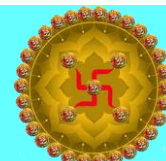
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to overcompensate, some try to be funny with stupid jokes or acts, some just turn out to be clumsy in the vicinity females, and

some others show chivalry, defending her, prophesizing doom, establishing a clear and present danger from which the women will need their protection, fantasizing about kicking butt and thinking “when I save her from this MORON/ JERK/ illegal alien/ CRIMINAL ALIEN/ ISIS/ BEARDED FELLOW/ TOWELHEAD/ TERRORIST/low caste primate/low class human/etc., my worth will shine through, when I use that superhero routine pointing the unwavering finger of justice at him and then deliver the threat.”

Lynching is an example of such chivalry shown by dominant groups over individual members of weaker sections of the society or groups, a method used extensively in America until 1950, to enforce social and racial control over black Americans terrorizing them into submission as an inferior caste. At the turn of the twentieth century, two ideologies controlled the consciousness of Americans: White Supremacy and True Womanhood, which prescribed roles for people according to their race and gender, establishing expectations for proper conduct creating a climate for ideology of lynching to flourish. White Supremacy legitimized the devaluation of Black life, while True Womanhood provided the opportunity for the taking of Black life in the defense of a White woman's honor, and the public acceptance of White Supremacy and True Womanhood ideologies rationalized the mistreatment and continued subjugation of Black people⁷¹.



A typical lynching would involve dubious criminal accusations against a targeted human male of the inferior caste of some misconduct towards the White female, and subverting the normal constitutional judicial process. Victims would be seized and subjected to every imaginable manner of physical torment, with the torture usually ending with being hung from a tree, set on fire, and dismembered for taking pieces as souvenirs, aided and abetted by law enforcement officers. Such activities were embraced by white Americans, not as a necessity or a way of maintaining order, but as a joyous moment of celebration. Whole



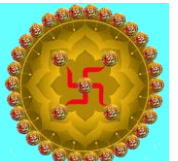
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families came together, mothers and fathers, bringing their youngest children, and it was the most popular show of the American countryside⁷².

It is not surprising to find a combination of all the above described American cultural practices in a gym and it is not shocking to find a chivalrous lynch mob of VHLT-SC with MGSC at VHLT, because just last year a White male shot two Indian males and killed one of them in the middle of a crowded bar in Kansas City suburbs, within



Adam Purinton

weeks of president Donald Trump's declaration of strict action against illegal migrants and proposed stricter rules for legal migrants including Indian professionals. An unemployed White male engineer Adam Purinton told the aviation systems engineers working for GPS manufacturer Garmin to "**get out of my country.**" When they didn't leave per his command, he opened fire killing one of the engineers. The White American killer also asked visa status of Indians before shooting, if the duo were staying in the USA as illegal migrants, reflecting the mindset of a section of American population whose concerns have been outlined by the current administration in Washington⁷³. And as recently as a couple of days ago, a White male vandalized an Indian temple in America⁷⁴.

Research suggests that the cultural diversity of a nation's workforce is a key factor in its ability to innovate and compete in a global economy⁷⁵. The US system of graduate education in science, technology, engineering, and mathematics (STEM)⁷⁶ has served the nation and its science and engineering enterprise extremely well because over the course of their education, graduate students become involved in advancing the frontiers of discovery, as well as in making significant contributions to the growth of the US economy, its national security, and the health and well-being of its people. However, recent surveys of employers and graduates and studies of graduate education suggest that many graduate programs do not adequately prepare American students to translate their knowledge into impact in their careers. Once the unchallenged leader in the fast-paced, complex global economy, US now faces steadily increasing competition, and its position as the global leader in innovation in STEM is at risk. The nation's diminished role in producing new technologies is seen, for example, in the decreased number of US patent grants issued for technologies developed within US compared to those of international origin⁷⁷.

America's decreased standing became apparent in the early 2000s, when China surpassed the United States as the world's top high-technology exporter; by 2010, Germany followed, and today, Singapore and South Korea are not far behind⁷⁸. To support faster economic growth and advance America's global standing, the economy will



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need to rely increasingly on higher levels of productivity, which will come, in part, from increased investments in research and technological advances⁷⁹. These gains will also require a strategic effort to expand the labor force by increasing the number of well-educated and highly skilled STEM-capable professionals to maintain the pace of producing meaningful technological breakthroughs⁸⁰.

However, the current xenophobic anti-immigrant attitude pervading all over US including the gyms against immigrants is not going to Make America Great Again (MAGA)⁸¹ because developing the required STEM workforce not only entails more than increasing the number and expertise of future professionals, but also requires interdisciplinary collaboration with diverse perspectives, knowledge, and skills to develop new discoveries in STEM for US to be competent in the global economy. The diversity of the workforce matters to MAGA and address American national priorities related to progress and innovation, and face the grand domestic and international challenges in STEM.

CONCLUSION

The relationship between individual status and aggressive/calm social behavior differs for different levels of clique status structure, and types of gender cliques. There appear to be different mechanisms at play within cliques based on internal structures of the cliques. The results of the study of a clique of chivalrous lynch mob of VHLTSC with MGSC at VHLT at the clique level revealed the importance of the clique context and taking into account internal clique structures when considering aggressive and chivalrous behaviors of adult male and female humans in a gym environment under the stress of all-pervading xenophobia and anti-immigrant rhetoric rampant from the highest levels of the administration and government of America and propagated by the propaganda of anti-immigrant, conservative right wing media⁸². However, thankfully, this behavior is limited to a small group of human males and females that formed a clique in the sauna at VHLT, while the rest of VHLT appeared to be without such behavior and peaceful, indicating the impact of female presence has tipped the balance toward bullying, and xenophobic, racist, and anti-immigrant behavior from a peaceful co-existence. Therefore, it is hoped that the forces of peace and *dharma* will prevail in this eternal war between the so-called good and evil⁸³.

ACKNOWLEDGEMENTS

The author's family enjoyed the VHLT facilities for the past 10 years and thanks the VHLT, although the management of VHLT colluded with the clique of chivalrous lynch mob of VHLT-SC with MGSC at VHLT against the author, [the Alien Person Extraordinaire](#).

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<https://www.goodreads.com/book/photo/4591.Genome>
- The subject APE is an alien primate who became citizen of the United States in so-called special category called Alien with Extraordinary Ability (EB1) which requires to show off the greatness of the APE with evidences of documentation as described by the USCIS, while not so extraordinary APEs get permanent residency just by lottery or claiming refugee status or just crossing the border into US. *The choice of the abbreviation is based on the disrespect certain xenophobic Americans have about aliens.*
 - Blatant Discrimination Against Aliens In America;
 - No Due Process For Aliens;
 - Human Rights Of Criminal Aliens;
 - Unauthorized Resident Immigrant (Aka Illegal Alien);
 - Scotus: Muslim Aliens Banned From Us Without Any American Relationship;
 - Alien Victims, Criminals, America Online Rape;
 - Alien Investor Program;
 - Removal Of Criminal Aliens;
 - Tax Paying Aliens Can Become Criminal Aliens For A Traffic Ticket;
 - Slavery, Involuntary Servitude, And Crimes Against Aliens;
 - Beware Of Alien Criminals;
 - Aliens In Us Higher Education;
 - Community Policing Reduces Crime, Not Innocent Alien Bashing;

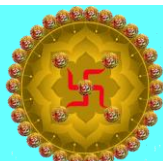
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- False Propaganda Against Victims Of Human Trafficking - Aliens
 - Increase in the Gap Between the Rich and Poor Due to Americans' Drop-Out of Labor Force
- ⁵ YOGASAUNA™ <https://www.vepachedu.org/manasanskriti/YOGA-SAUNA.pdf>;
YOGASAUNA™ <https://www.linkedin.com/pulse/yogasauna-rao-vepachedu-ms-jd-phd-llm/>
- ⁶ Homo sapiens sapiens <https://www.britannica.com/topic/Homo-sapiens-sapiens>; Homo sapiens = wise man
<https://www.britannica.com/topic/Homo-sapiens>;
- Homo genus of the family Hominidae (order Primates) characterized by a relatively large cranial capacity, limb structure adapted to a habitual erect posture and a bipedal gait, well-developed and fully opposable thumbs, hands capable of power and precision grips, and the ability to make standardized precision tools, using one tool to make another. Together with modern humans, Homo sapiens, the genus includes the extinct species H. habilis, H. erectus, and H. heidelbergensis as well as the Neanderthals (H. neanderthalensis) and the Denisovans (H. denisovans), the early form of Homo sapiens called Cro-Magnon, and the enigmatic H. naledi. <https://www.britannica.com/topic/Homo>; <https://www.britannica.com/science/human-evolution/Theories-of-bipedalism#ref541058>;
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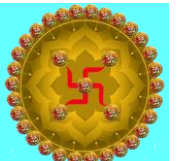
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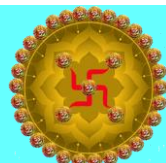
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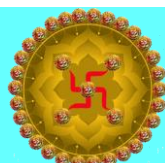
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- Insanely stupid things men do <https://www.standardmedia.co.ke/evewoman/article/2001257509/insanely-stupid-things-men-do-to-please-women>
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- Men really are more stupid than women, research shows
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- Fantasizing about kicking ass defending her - "She may have her doubts about me now, but when I save her from a MORON/ JERK/ illegal alien/ CRIMINAL ALIEN/ ISIS/ BEARDED FELLOW/ TOWELHEAD/ TERRORIST, my worth will shine through... use that superhero routine I've been practicing in front of the mirror.... Backhand slap, point the unwavering finger of justice at him and then deliver the threat-line I came up with."

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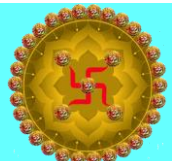
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⁵¹Yogasauna™ <https://www.vepachedu.org/manasanskriti/YOGA-SAUNA.pdf>; YOGASAUNA™ (<https://www.linkedin.com/pulse/yogasauna-rao-vepachedu-ms-jd-phd-llm/>)



⁵²Member Services Manager Lisa Gregorich <https://www.linkedin.com/in/lisa-gregorich-1133796/>

⁵³Regional MOD Coordinator and Member Services Assistant Manager Rebecca Minsley <https://www.linkedin.com/in/rebecca-minsley-b24b3565/>

⁵⁴General Manager Anne Adragna <https://www.linkedin.com/in/annie-adragna-95752426/>

⁵⁵On Boarding Manager Darryl Markette <https://www.linkedin.com/in/darryl-markette-0ba380a/>

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☸(స్వస్తి) శ్రీ విశంబి నామ సంవత్సరము/☸(स्वस्ति) श्री विलम्बी नाम संवत्सर/☸Swasti Sri Vilambi Year

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⁵⁷ Hamilton, Geometry of the Selfish Herd, Journal of Theoretical Biology, Volume 31, Issue 2, Pages 295-311 (May 1971) <https://www.sciencedirect.com/science/article/pii/0022519371901895>

⁵⁸ Beauchamp, The Selfish Herd, Chapter 6 in Social Predation: How group living benefits predators and prey, Pages 157-175 (2014) <https://www.sciencedirect.com/science/article/pii/B9780124072282000068>

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⁶⁰ A clique is a small group of people, with shared interests or other features in common, who spend time together and do not readily allow others to join them. About 43% of workers say their office is populated by cliques—which are tightly knit groups of co-workers who socialize in and outside the office, and often exclude others. Smith, How To Deal With Cliques At Work, Forbes (<https://www.forbes.com/sites/jacquelynsmith/2013/07/25/how-to-deal-with-cliques-at-work/#43c309d27920>)

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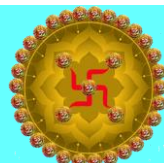
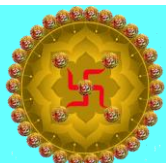
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⁶⁵The USA PATRIOT Act: Preserving Life and Liberty (of Americans by Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism). The Department of Justice's first priority is to prevent future terrorist attacks. Since its passage following the September 11, 2001 attacks, the Patriot Act has played a key part - and often the leading role - in a number of successful operations to protect innocent Americans from the deadly plans of terrorists dedicated to destroying America and our way of life. While the results have been important, in passing the Patriot Act, Congress provided for only modest, incremental changes in the law. Congress simply took existing legal principles and retrofitted them to preserve the lives and liberty of the American people from the challenges posed by a global terrorist network. <https://www.justice.gov/archive/ll/highlights.htm>;

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- Do you suffer from Gymtimidation? <https://www.bodyandsoul.com.au/fitness/do-you-suffer-from-gymtimidation/news-story/461995dbcf21535c1345acdb95441d4>;

⁶⁸“Their ritual is gymtimidation, and their target is a fresh face. While most of us will never progress beyond a snubbed smile, a few souls do make it into the hallowed inner sanctum.... Every member has ‘their’ piece of equipment and ‘their’ space on the floor, exactly like you had ‘your’ seat at the family dinner table. God forbid that anyone else should occupy your place. Territorial doesn’t even cover it.” Confessions from the women who always stand at the front of gym classes <https://www.mamamia.com.au/in-crowd-at-the-gym/>

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- Removal Of Criminal Aliens
- Tax Paying Aliens Can Become Criminal Aliens For A Traffic Ticket
- Modern Slavery In America
- Slavery, Involuntary Servitude, And Crimes Against Aliens
- Immigration Is Not A Crime, But Shooting Immigrants Is Terrorism
- Beware Of Alien Criminals
- Aliens In Us Higher Education
- Solution For Job Problem In The Us
- 2014-2016 Civil Immigration Enforcement Priorities
- A Day In The Life Of Ice Enforcement And Removal Operations
- The Undocumented And The Three– And Ten-Year Time Bars
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❧(స్వస్తి) శ్రీ విశంబి నామ సంవత్సరము/❧(स्वस्ति) श्री विलम्बी नाम संवत्सर/❧Swasti Sri Vilambi Year

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- Men really are more stupid than women, research shows <https://www.telegraph.co.uk/news/science/science-news/11288874/Men-really-are-more-stupid-than-women-research-shows.html>
- 10 Dumb Things I Do Around Women I'm Attracted To https://www.huffingtonpost.com/entry/10-dumb-things-i-do-around-women-im-attracted-to-us_58add729e4b0598627a55f84 Fantasizing about kicking ass defending her - "She may have her doubts about me now, but when I save her from a MORON/ JERK/ illegal alien/ CRIMINAL ALIEN/ ISIS/ BEARDED FELLOW/ TOWELHEAD/ TERRORIST, my worth will shine through... use that superhero routine I've been practicing in front of the mirror.... Backhand slap, point the unwavering finger of justice at him and then deliver the threat-line I came up with."

⁷¹ The Application of Critical Race Feminism to the Anti-Lynching Movement: Black Women's Fight against Race and Gender Ideology, 1892-1920 <https://escholarship.org/content/qt1kc308xf/qt1kc308xf.pdf>

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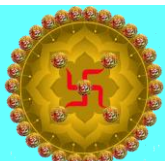
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- THE SHOCKING LEGACY OF AMERICA'S WORST MODERN-DAY LYNCHING <https://psmag.com/social-justice/the-shocking-legacy-of-americas-worst-modern-day-lynching>

⁷³ Solution for Job Problem in the US <https://www.linkedin.com/pulse/solution-job-problem-us-rao-vepachedu/>
Adam Purinton has an idea to create jobs for Americans. He told the aviation systems engineers for GPS manufacturer Garmin "get out of my country." When they didn't leave per his command, he opened fire killing one of the engineers. The American killer also asked visa status of Indians before shooting, if the duo were staying in the USA as illegal migrants, reflecting the mindset of a section of American population whose concerns have been outlined by the current administration in Washington. Ann Coulter, with her unique insight, candor, and sense of humor, makes the definitive case for why we should all join his revolution. In Trump We Trust: E Pluribus Awesome! https://www.amazon.com/Trump-We-Trust-Pluribus-Awesome/dp/0735214468/ref=pdcp_142?encoding=UTF8&psc=1&refRID=4B76YEK8ZH67BKX1VTQG Triumph - Trump's Plan is Working: After Kansas shootings, Indians are wary of moving to the US in the age of Trump.

⁷⁴ DESECRATION OF HINDU TEMPLE IN LOUISVILLE



LOUISVILLE, Kentucky, 1 February 2019: Swaminarayan Temple, an Indian (Hindu) temple located at 4032 Bardstown Road, sometime after the end of services on Sunday morning on 27 January 2019, was vandalized and desecrated in a hate crime that sent shock waves and dismay through the Indian-American community in Louisville, Kentucky, USA.

<https://www.courier-journal.com/story/news/crime/2019/01/30/louisville-hindu-temple-vandalized-mayor-asks-public-help/2723209002/>

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LOUISVILLE, Kentucky, 1 February 2019: Louisville's Swaminarayan Temple was defaced with black graffiti, including xenophobic and anti-Hindu messages. https://www.huffingtonpost.com/entry/swaminarayan-temple-louisville-vandalism_us_5c534fb6e4b043e25b1a6aad



LOUISVILLE, Kentucky, 1 February 2019: Cowardly Vandalism and a Hate Crime of Desecration of Hindu Temple in Louisville.

<https://indianewengland.com/2019/01/hindus-appalled-at-desecration-of-hindu-temple-in-louisville-officials-call-it-cowardly-vandalism-and-a-hate-crime/>;
<https://www.courier-journal.com/videos/news/crime/2019/02/01/member-vandalized-louisville-hindu-temple-says-hes-glad-culprit-found/2743257002/>



LOUISVILLE, Kentucky, 1 February 2019: The Louisville Metro Police Department announced Friday that it has made an arrest related to the vandalism of a Hindu temple in Buechel earlier this week, which LMPD Chief

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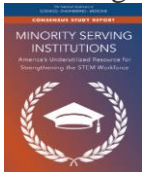
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Steve Conrad called a hate crime. Detective Sgt. Russell Montfort said that a 17-year-old **white male** was charged with third-degree burglary and first-degree criminal mischief on Thursday afternoon. <https://insiderlouisville.com/government/local/lmpd-arrests-juvenile-for-desecration-of-hindu-temple/>

⁷⁵ Minority Serving Institutions: America's Underutilized Resource for Strengthening the STEM Workforce (2019) https://www.nap.edu/catalog/25257/minority-serving-institutions-americas-underutilized-resource-for-strengthening-the-stem?utm_source=NAEM+News+and+Publications&utm_campaign=cadbcc3716-Final_Book_2019_02_05_25257&utm_medium=email&utm_term=0_96101de015-cadbcc3716-104922177&goal=0_96101de015-cadbcc3716-104922177&mc_cid=cadbcc3716&mc_eid=38b9e5abe8

There are over 20 million young people of color in the United States whose representation in STEM education pathways and in the STEM workforce is still far below their numbers in the general population. Their participation could help re-establish the United States' preeminence in STEM innovation and productivity, while also increasing the number of well-educated STEM workers.



⁷⁶ CAREERS IN STEM

- Careers in Science, Technology, Engineering, and Math (STEM) <https://www.slideshare.net/RaoVepachedu/careers-in-science-technology-engineering-and-math-stem>
- Careers in STEM <https://www.linkedin.com/pulse/careers-stem-rao-vepachedu/>
- Science, Technology, Engineering and Math: Education for Global Leadership <https://www.ed.gov/stem>
- Science, Technology, Engineering, and Mathematics <https://careerwise.minnstate.edu/careers/stem.html>
- Science, Technology, Engineering, & Mathematics (STEM) <https://www.wested.org/program/science-technology-engineering-mathematics-stem/>
- Our Science, Technology, Engineering, and Math (STEM) Initiative <https://www.teachforamerica.org/story/science-technology-engineering-and-math-stem-initiative> *STEM fields are at the core of our country's innovation. All students—especially students from low-income backgrounds and students of color—should be fully included in the equation.*
- What is STEM (Science Technology Engineering Math)? <https://www.lifewire.com/what-is-stem-4150175>

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- STEM Education Coalition 2017 Annual Report <http://www.stemedcoalition.org/2018/03/08/stem-education-coalition-2017-annual-report/>
- Career Clusters: Science, Technology, Engineering & Mathematics (STEM) <http://www.k12.wa.us/careertech/clusters/STEM.aspx>
- What is STEM Education? <https://www.livescience.com/43296-what-is-stem-education.html>
- Naval Science, Technology, Engineering and Mathematics (STEM) Education and Workforce Initiatives <https://www.onr.navy.mil/en/Education-Outreach/Navy-STEM-Strategy>

⁷⁷ US Patent and Statistics Chart: Calendar Years 1963-2015. Patent Technology Monitoring Team. https://www.uspto.gov/web/offices/ac/ido/oeip/taf/us_stat.htm

⁷⁸ The World Bank, World Development Indicators. High-technology exports [http://databank.worldbank.org/data/High-technology-exports-\(current-US\\$\)/id/3d5f6af5](http://databank.worldbank.org/data/High-technology-exports-(current-US$)/id/3d5f6af5)

⁷⁹ Bloom et al., Are Ideas Getting Harder to Find? National Bureau of Economic Research <https://www.nber.org/papers/w23782>

⁸⁰ Graduate STEM Education for the 21st Century (2018) <https://www.nap.edu/read/25038/chapter/1#v>

⁸¹ To Make America Great Again, Target Science & Immigration in America

⁸² Rush, Breitbart, Drudge, Ann Coulter, Fox, etc.

How conservative media became a “safe space” <https://www.vox.com/2019/1/18/18175582/trump-fox-news-conservative-media-charlie-sykes>; The Growth of Sinclair’s Conservative Media Empire

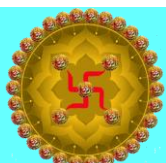
<https://www.newyorker.com/magazine/2018/10/22/the-growth-of-sinclair-conservative-media-empire>

Conservatives trust conservative media. Here’s why. https://www.cjr.org/tow_center/conservatives-trust-conservative-media-heres-why.php; Conservative news outlets https://www.sourcewatch.org/index.php/Conservative_news_outlets

The Top 10 Conservative News and Opinion Websites <https://www.thoughtco.com/the-top-conservative-news-and-opinion-websites-3303614> These 10 websites are a strong start for building an understanding of the basics of conservatism. These websites focus on educating the public, providing resources for action, and often specialize in one core issue (economics, abortion, gun rights). <https://www.thoughtco.com/top-conservative-educational-and-advocacy-web-sites-3303486>; An Overview of Political Conservatism <https://www.thoughtco.com/an-overview-of-political-conservatism-3303474>; 50 Top Conservative Websites <https://pjmedia.com/trending/50-top-conservative-websites-in-2017/>

⁸³ Bhagavadgita

यदा यदा हि धर्मस्य ग्लानिर्भवति भारता, अभ्युत्थानम अधर्मस्य तदात्मानम सृजाम्यहम्



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(yada yada hi dharmasya glanirbhavati bhārata abhyutthanam adharmasya tadātmanam sṛjamyaham) Whenever dharma (righteousness and the rule of law) is in peril and chaos prevails, I will manifest in a life form.

परित्राणाय साधुनाम विनाशाय च दुष्कृताम् धर्मसंस्थापनार्थाय सम्भवामि युगे युगे

(paritrāṇaya sādhuṇam, vinasaya ca duṣkṛtam, dharma-samsthāpanarthaya, sambhavāmi yuge yuge)! I manifest time and again to protect the good, destroy the evil, and reestablish the principles of dharma - rule of law and order and righteousness!

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन। मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥

(karmanyevadhikaraste ma phaleshu kadachana ma karma phalaheturbhūrmate sangostvakarmani)! You have the right to perform your action (work/duty), but not the fruits of the action. Do not let the fruit be the purpose of your actions, so you won't renounce your action (work/duty).

The Bhagavad Gita: Eternal message of spiritual wisdom https://www.huffingtonpost.com/rajan-thapaliya/the-bhagavad-gita-eternal_b_13882462.html

Reddy, Psychotherapy - Insights from Bhagavad Gita, Indian Journal of Psychological Medicine (Wolters Kluwer --Medknow Publications) Psychotherapy, 34(1), 100-4 (2012) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3361835/>;

War and Peace in the Bhagavad Gita, The New York Review of Books: The Bhagavad Gita: A Biography by Richard H. Davis, Princeton University Press, 243 pp., \$24.95

<https://www.nybooks.com/articles/2014/12/04/war-and-peace-bhagavad-gita/>

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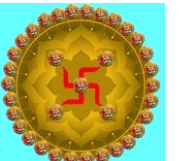
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⁸⁴ And other resources available to the author.



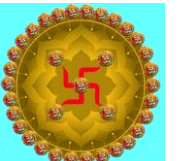
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Health and Nutrition

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He alone shines!
All luminaries get illuminated by His Illumination!
The whole Universe is enlightened by His light!
— Kathopanisad

May the golden-eyed Savitar come hither!
Shining forth he rises from the lap of the dawn!
Praised by singers, my God Savitar!
Stepped forth and never missed his place!
He steps forth the splendor of the sky the wide!
Seeing, far-shining, the shining wanderer!
— Rig Veda, vii. 65

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्॥

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Issue 253

Chief Editor: డాక్టర్ శ్రీనివాసరావు వేపచేదు | తెలంగాణ శాస్త్రవిజ్ఞానము కేంద్రం | Dr. Sreenivasarao Vepachedu



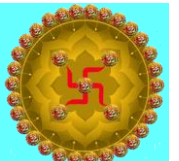
Issue 253

కలి కాలము/Kali Era| 2075 విక్రమార్క కాలము/Vikramarka Era| 1939 శాలివాహన కాలము/Salivahana Era

☸(స్వస్తి) శ్రీ విశంబి నామ సంవత్సరము/☸(स्वस्ति) श्री विलम्बी नाम संवत्सर/☸Swasti Sri Vilambi Year

మాఘ మాసము / माघ महीन/ MAGHA Month

Publication Date 1 FEBRUARY 2019



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ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योर्मा अमृतं गमय । ॐ शान्तिः शान्तिः शान्तिः ॥