

NEPALI AMERICAN
CENTER WISHES
EVERYONE A VERY
HAPPY NEW YEAR
2017



Chicago Chautari Times

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JAN 2017 NEWSLETTER

Welcome to Chicago Chautari Times - 94th Edition



Happy New Year 2017 - Potential and Options for Our Better Future

Another yearlong of our life journey that we started on January 1 2016 ended on December 31, 2016. Now it is behind us. For each of us, it is like our biography filled with all sorts of events. Some events were very memorable, some were challenging, some were successful and may be some were moments of missed opportunity, and so on. So a year is like a bag filled with some useful and some un-useful things, some liked and some disliked things, etc. Whatever those may be, each and every thing that happened in our personal life, in our family life or in our society, are now our past. They are not going to repeat in the same way even if similar things happens. Because we will certainly do it in a much better way now. However, year 2016 and for that matter all our other past years are very important part of our life journey, it is history.

As we continue our journey forward, we write more history pages. And every now and then our mind takes us to different part of our memory of the past and opens its content and unfolds the pages related to that past event from our memory. We give time to think about that event and analyze how we took the event and acted upon it and then we begin discriminating it anew with a fresh thought based on better understanding abitur it from our experiences. We then begin to realize that we were right in doing something properly and not quite so in doing some other, perhaps some were more straight forward and some were tougher and we acted incorrectly.

In this way, our mind, our ability to discern things anew and our own conscience collectively provides us the insight that we call experience and realize that we could have done things differently for those that have been done incorrectly, or would have done in a different way and so on for the benefit of ourselves and perhaps for the benefit of family and many other. We do this sort of contemplation and discrimination using our experience and begin to realize two very important things that we always have. Those are the potential to do things and many options in doing things in varieties of ways.

As a matter of fact, this is something we realize not just at a time when a year ends and another year begins, it happens with us all the time. However when some important human journey is marked by moments of time when all of us collectively pay greater attention, then we not only think of ourselves, we expand broadly to consider more other. To contemplate or discern in this way is quite useful for us as we walk forward in our journey.

Realizing our potential and options we can think, we can make right choice to make our life better for happiness and peace. Use of our potential based on our experience leads us to choose the best option for individual progress, family progress, community progress and that of the society for the peaceful, healthy and happy future to each and every one of us. Walking along this path, we elevate ourselves to higher level of understanding of love and compassion to each other, our community, our society and our planet as a whole.

May our life journey continue to guide us to better future with proper use of our potential and our experience for deciding upon the best options for each and every actions we ought to make. Wish all for a Happy New Year 2017!

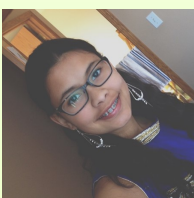
- Dr. Bishnu Phuyal



Rigged Arcade Machines

Have you ever been to an arcade? Have you gotten to the last level of that one game you were playing or maybe you got as close as you could possibly be to winning that mega super awesome stuffed bear? I did pretty recently. My family and I, along with our friends, went to Lake Geneva Hotel Resort. It was a pretty cool place to go on vacation. About halfway through the trip everyone was sleeping so we could be energized enough to go to the pool for a few hours with 3 little kids. But since my dad had taken a nap he said that he would go exercising and I could come to play some arcade games in the room next to the exercising area. That sounded fun to me so he gave me 8 bucks. We traded them in for tokens and my dad left me to play some fun games. I had about 40- 45 tokens at the beginning. I walked into the game room and I looked to see what amazing games they would have. All of them seemed pretty normal except for the one beautiful game in the near corner. The Stacker game. I quickly rushed towards it knowing that it would probably have good prizes. And what do you know it did! Candy, bouncy balls, and best of all a \$25 iTunes gift card. I'm an android guy when it comes to electronics but I still wanted it really badly. So I made a deal with myself. I would use half my tokens on candy, bouncy ball, and all the consolation prizes, but I would use the other half to try to win the \$25 gift card. You know that saying, "time flies when you're having fun?" Yeah, that basically happened to me. I got a lot of candy, bouncy balls and basically every consolation game prize you can think of. Then it happened. I used half my coins and now it was time to go for the gift card. I walked towards the machine, I put in the required 2 coins and I got ready to play. But when I hit the start button, the game wouldn't start. I started getting mad because I didn't want to waste a single coin. I started shaking the machine when I suddenly realized there was a coin ejection button. A little ashamed and red-cheeked I clicked the button and to my astonishment, I got 3 coins back. Thinking I could get unlimited coins I shoved in 2 more coins, waited a few seconds, shook the machine and clicked the ejection button. The moment came. It sounded like 3 coins fell into the hole in the front of the machine. I grabbed the coins. There were 3 again. I kept on doing this but on like the third or so try I think I shook the machine back in place so now the machine actually worked. The good news was that I had 2 or 3 extra tries to win the game. I put in 2 coins and I started playing. I lost a few and got a few consolation prizes. Then it came. The moment where I was one blue brick away from winning the gift card. I took a deep breath and looked intently at the rectangular screen. I clicked the button right before the block would have reached its designated spot. But the block kept moving and stopped one block after where it had to go. I became so mad I kicked the motorcycle game piece right behind me. I probably would've punched the Stacker game box screen, but common sense entered my brain and I stopped mid punch. I reached into my pocket for more tokens but I had none left. So I exited the arcade, told my dad I would be going back to the room and walked the way back eating candy watching a video on my phone about rigged arcade machines.

- **Alok Das**



Dionysus

Greek Mythology, along with other religions, has a god or gods who symbolize many things. Most of the Olympians and Titans in these particular myths represent power or control. However, there are two deities that possess a characteristic of man-pain. Unlike other Greek gods, Demeter and Dionysus suffer.

Dionysus, the god of the vine, experiences the most torture. This serves as a reason for his representation of both hardship and hope. He dies as the cold comes and his death is always terrible. In some stories, it is said that he is torn to pieces by the Titans, while in others, it is at the hands of his stepmother, Hera. Every year, he has to live through horrid pain until he reaches the point of death. Most gods, along with humans, don't ache nearly as much as Dionysus. For this reason, he is sometimes called "the suffering God" or "the tragic God."

But from this suffering, hope rises. Although he does die, every year he is brought back to life. At the time of the Ancient Greeks, this part of the year brought much joy. They celebrated his resurrection in a theater dedicated to him. Hope in this myth is mainly given with the fact that Dionysus comes back from the dead, his crops along with him. With his death and his life, Dionysus was a symbol of both pain and hope in Greek Mythology.

The story of Dionysus is still very relevant today. It revolves around a moral that can and will apply to everyone. Through suffering, there is always a piece of hope. You just have to look through a different perspective to be able to see it.

- **Shikha Adhikari**



The Nervous System

The Function of the Nervous System

The major parts of the nervous system are the nervous, the brain, the spinal cord. The nervous system is like the control center for your entire body, this is also the reason why you feel things. Like hot and cold, and sharp and soft, etc. The way your nervous system works is firstly, your nervous receive information from your environment. Next, your nervous send that information to your brain. Lastly, your brain coordinates your actions and reactions to the environment. And the neurons from your brain send the message to your muscles. For example if your hand touches a hot stove then your neurons give a pain message that goes to your spinal cord which then reacts quickly telling your hand to move away.

How the Nervous System Works With the Muscular System

The nervous system works with the muscular system to move your body. For example, if you poke your foot onto a sharp object then your nervous will send a pain message to your brain/spinal cord which then tells the muscles in your foot to move your foot away from the sharp object. So the two systems work together to help your body. In conclusion, without your nervous system working together with your muscular system then your body wouldn't be able to move away from a sharp, hot, or other object that is causing your body pain. You also wouldn't be able to stand with your two systems working together.

Health Choices That Impact the Nervous System Negatively

One health choice that would impact the nervous system negatively is if you don't consume enough glucose. This would impact the nervous system negatively because the nervous system uses glucose as a kind of fuel. Without glucose the nervous system would not function properly. Another health choice that would impact the nervous system negatively is if you eat too many carbohydrates. This would negatively impact the nervous system because eating too many carbohydrates will negatively impact your brain health. Which would cause your nervous system to not work properly because your brain controls your nervous system.

Health Choices that Impact the Nervous System Positively

One health choice that would impact the nervous system positively is getting enough rest. This would have a positive impact on the nervous system because without rest your brain can't function properly. And your brain controls most of your nervous system. Another health choice that would have a positive impact on the nervous system is eating healthy foods. This would have a positive impact on the nervous system because minerals like calcium, sodium, potassium, and vitamins B1 and B12 are good for the nervous system. These minerals are located in foods such as kidney beans, whole grains, milk, etc.

ALS

ALS is a serious disease that connects and impacts the nervous system. ALS affects the nerve cells in the spinal cord and brain. Motor neurons go from the brain to the spinal cord and from the spinal cord to the muscles in your body. A way to stop ALS is to do the ALS Ice Bucket Challenge or donate to the ALS cause.

Central Nervous System Cancer

Cancer is a disease that is deadly and also impacts the nervous system. Cancer that begins in the tissue of the brain or spinal cord is known as central nervous system cancers. This often affects the nervous system in negative ways like not functioning properly.

Dehydration

One bad health choice that people make is not being hydrated. This is bad for the nervous system because dehydration can cause confusion and memory problems. One way to prevent this is to drink water. Another way to prevent dehydration is to not take salt tablets. Also you can prevent dehydration by avoiding high protein diets, and alcohol. The best way to prevent dehydration is to drink water every day. Especially when exercising. When exercising you should consume water every fifteen to twenty minutes.

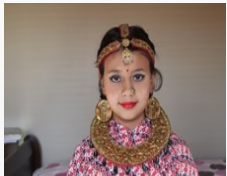
- Arya Rimal



Helpless September

What do you do when you feel helpless? I am of the habit of ignoring whatever the issue is and engrossing myself in irrelevant. My excuse of choice is usually either that I have time to deal with whatever it is I must deal with, or, when faced with problems out of my scope of influence, that I'm only a child anyway, what could I really even do? I reinforce my lack of power until I begin to believe it. But now I feel as though I'm at a crossroads. On one side, I have my lack of power, and on the other, a determination to change. Determination has power, true, but the only way the power truly reaches its potential is when it's self-generated. If that self-generation is blocked by the remnants of reinforced helplessness, then I truly am helpless. And the only person I can blame is myself. All of those times when something could have been done, I did not do it. It was out of pure laziness, at first. I began to lose sight of the possibilities that manifest when one truly takes action. That led to a fear of action; but fear is not easily accepted, and the best way to deny fear is to fortify it. Upon fortification, you are no longer a coward; you are wise. Wise to fear this monstrous all-powerful force. The fear covers itself in a shroud of wisdom and suddenly you are weightless. But what you don't take into account is how all of those things you were afraid of that you ignored pile up. What a weight they become, that truly force you to acknowledge how helpless you are. Even though you spurned them with cowardice, they come back to help you; to drive home that helplessness until you can't take it anymore. You rise up with righteous anger; but against whom? Yourself?

- **Rhitom Mishra**



Harry Potter and the Goblet of Fire - A Book Review

Imagine this, When you were a baby your parents (supposedly) died in a car crash, so you were living with your aunt Petunia, uncle Vernon, and their son Dudley. Your aunt and uncle hate you so you only get hand-me-down clothes from Dudley, who's so fat you can't see his neck. Then one day you learn that you're a wizard, a very famous wizard in fact. Your parents actually died trying to save you from the most evil wizard in the wizard world, a man so frightening that only two people can say his name without fear, a man called Lord Voldemort.

Now you attend the most prestigious wizard school, Hogwarts. You're now in your fourth year at Hogwarts and something that hasn't happened for a hundred years happens, The Triwizard Tournament. If you're 17 or older you can volunteer to represent your school. You can't represent your school so you watch as the Goblet of Fire pulls three names for people who will represent one of the schools. But then something legendary happens, a fourth name gets chosen, your name gets chosen, Harry Potter.

From getting rejected by a crush to losing a friend to almost dying, Harry Potter, Hermione Granger, and Ron Weasley go on an amazing but horrific adventure that could cause them to lose everyone they love.

All in all, I rate this book **5 Star**. I know that anyone and everyone would love this book and this series and that they would quickly get obsessed with it. - **Simran Adhikari**



Blizzards

In winter blizzards may come by. Blizzards are winter storms with high winds and a lot of snow. When a blizzard starts clouds are full with ice crystals. A blizzard is when a front of cold air meets a front of warm air. The freezing air makes the very cold air colder than it is. When there is a blizzard snow for hours and causes snow to pile up. When there is a blizzard everything looks white. Blizzards have a lot of snow drifts. When there is a blizzard there is very poor visibilities.

A blizzard may cause a lot of damage. Schools close, travels become difficult, roads become dangerous and flights get cancelled. It is safer to be indoors than being outdoors when there is a blizzard. When there is a blizzard it is very dangerous to travel. If you are trapped in a blizzard and you are traveling you should try to go to the closest building. If you are travelling by road in winter, you need to carry some warm blankets. Sometimes blizzard damage electric poles and it makes you live without electricity for few days.

Many kids may like blizzards the day after a blizzard because piled up snow is great for sledging, snow ball fights, building snow mans, snow forts, snow castles. Kids enjoy it a lot. - **Isha Mishra**



Animal Testing - Should it be illegal?

Over 100 million animals in US labs are abused or killed in a year yet we have no progressive way to stop it. Animal testing is an inhumane way to make sure our beauty products or medicine is suitable.

Your fancy new face wash you bought? Fifty animals had to die before it would be suitable for human use. Animals are burned, poked, poisoned then killed after they extended their "use." Animals used as test subjects and then subjected to barren cages should be illegal. It is not only cruel but unstable and unsafe for humans and animals alike. Animals and humans are different in many ways, so making animals test human products unstable. We may be put in the same category as mammals but we are still different in many ways. Humans are known to be the most advanced species on the planet, so in terms of medical treatment, it needs to be specialized to the patient's needs. Showing that mice and other animals as test subjects may not be fit for you. This is showed in the unfortunate Thalidomide tragedy in 1960's and 70's. Thalidomide was known as a mild sedative even suitable for pregnant women but was found to cause phocomelia (a deformity which stops the growth of limbs in the womb). In the article "The Thalidomide Tragedy: lessons for drug safety and regulation." it states that "the drug interfered with the baby's normal development, causing many of them to be born with phocomelia, resulting in shortened, absent, or flipper like limbs. A German newspaper soon reported that 161 babies were adversely affected by thalidomide." All over the world however, about 7,000 babies were affected by the drug. Thalidomide, which was tested on various rodents and was deemed safe brought a tragedy to many babies. This shows that animal are not a safe option for testing.

- Sita Kharel

राम राम भन्दै गर्ने



गाऊँ पाखामा जन्मि हुर्कि पढि बिद्वान भए !
गाऊँ घरको बिकास गर्ने रहर सुनाई रहे !
बिद्वान बनि सकेपछि शहर तिर झरे !
हिमालचुली पहाड तराई यीनकै भर परे !

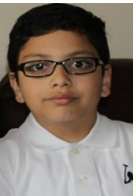
गरीब देशको तलबले खानै नपुगे नि !
कसरि हो..... शहरमा अग्लै घर छ नि ?
कुरा गर्दा राष्ट्रवादी नियम कानून भन्ने !
लक्ष्य यीनको बिदेशमा बसाई सरि जाने !

“ शहरको बिद्वान कहील्यै गाऊँ नफर्कने !
मन्त्री नपाई विदेशबाट स्वदेश नफर्कने !
सहमति देखिदैछ राम... राम भन्दै गर्ने !
साकिँदै न त्याहाँ जान दुःख.. हुन्छ भन्ने” !

सहमति अति पक्का आरसीसीको ढलान !
जहाँ सुकैका नेपालीले ठोकेका छन सलाम !
फोर्नु परयो ढलान अब घन ठोकी ठोकी !

गर्ने पर्ने काम हो जान जोखिम मोली मोली !
बहाना नत्र भने नेपाल देशनै नरहने हो की !!!!!

- सत्यदेव न्यौपाने



Santa

We all know Santa brings gifts for the nice children and he comes down a chimney. He is fat (sorry Santa) with a white beard. We leave cookies for him. People say he rides on reindeers (one of the reindeer is Rudolf the red nose reindeer). You can tell Santa by simply looking at his outfit a red hat, button red sweater, red pants, black or brown shoes, a white bread and usually glasses. People say that Santa can see us anywhere; he is probably watching me type this article! Did you know ever bad or good thing you did this year might affect the present this coming Christmas! So let say you won being good. So just pretend you did good things this year, there is a high chance of winning (meaning high chance of presents). But if you where bad this year let me say you lost (meaning low chance of presents).

I think Santa does these things to pay off the work you did and how nice you where. So let me hope that everyone gets present this year! Also Happy New Year Everyone.

- Aarogya Regmi



Why We Celebrate Birthdays?

February 1st 2006 is when I was born. In one month it will be my birthday. I will have my party with friends and celebrate. I'll get to eat cake and get presents from others. But why do we celebrate our Birthdays?

It all started with the Romans who first started celebrating birthdays. But the Romans only celebrated men's birthdays. Later on Christians would celebrate Jesus Christ birthday on Christmas Day starting on the 4th century. It was only in the 19th century when celebrating birthdays became more and more common. Then parties and birthday cake became a trend for celebrating birthdays. Later Patty and Mildred J. Hill introduced the song Happy Birthday to You.

However in China they celebrate birthdays more differently. You may see this paper in a Chinese restaurant. This paper may be the 12 Animals of the Chinese Zodiac. This animal will tell you your character traits. There will be a year for your animal. You may be the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, and pig. But I am the dog. In China they celebrate the years of the animal.

Nepal has a different way to celebrate their existence on earth. A mixture of rice, yogurt, and color to make tikka which will be placed on your forehead for good luck. While candles are being burnt on oil lamps. Then the person will be fed Sagun which is a boiled egg, fried fish, bara, chicken, yogurt, and a fruit. Then you will pray for Ganesh for a good year.

Now that all this is said I think we celebrate birthdays because you were born on that special day. God sent you to this world and started your existence. The day is a once in a year experience. You wouldn't want to wait another 8760 hrs or 8784 hrs if a leap year was occurring. You would want to make the most of that day. Then year by year you would be getting closer to adulthood then later to be having grandchildren. You would want to enjoy every year until your afterlife. So every moment counts.

This is why I think we celebrate birthdays.

- Rohit Joshi

२०१७ को ट्याक्स सीजन जनवरी २३ देखि अप्रिल १८ सम्म

आंतरिक राजस्व कार्यालय IRS ले आउँदो वर्षको ट्याक्स फाइल जनवरी २३ देखि स्वीकृत गर्ने सूचना प्रकाशित गरेको छ. यस वर्षको ट्याक्स फाइल गर्ने अंतिम अवधि अप्रिल १८ सम्म हुनेछ.

IRS ले **Earned Income Tax Credit (EITC) and the Additional Child Tax Credit (ACTC)** प्राप्त गर्ने ट्याक्सपेयरहरूको रिफंड केहि ढीला गरि दिने बताएको छ. सिजनको सुरुमै पेपर वा **efile** गर्नेहरूको रिफंड फेब्रुअरी २७ सम्ममा मात्र निकासो हुनेछ. नया कानून अनुसार IRS ले

बिभिन्न क्रेडिट प्राप्त गरि रिफंड प्राप्त गर्ने ट्याक्सपेयरहरूको रकम फेब्रुअरी १५ सम्म होल्ड गर्ने, भेरिफाई गर्ने गरेपछि मात्र निकासो गर्ने भनेको छ. थप

जानकारीको लागि **IRS.gov** वा आफ्नो ट्याक्स पृषारर अथवा एकाउण्टेण्टलाई सम्पर्क गर्नुहोला.

JJ Travel and Tours to provide airfare service from Chicago

सिकागोल्याण्डमा बस्नुहुने यहाँहरूको सुबिधालाई ध्यानमा राखी सिकागोमा जेजे ट्राभल एंड टूरस स्थापना भयोको छ. यहाँहरूको नेपाल तथा विश्वभर यात्रा सजिलो र सुलभ बनाउने प्रतिबद्धताका साथ **airfare** बुकिंग गर्ने कार्य सुरु गरिएको **JJ Travel and Tours** ले जानकारी गराएको छ.

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