

SEPT 2017
NEWSLETTER

102nd EDITION

Happy Vijaya Dashami
in Advance to all our
Readers.



Chicago Chautari Times

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VOLUME 9, ISSUE 6

SEPT 2017 NEWSLETTER

Welcome to Chicago Chautari Times - 102nd Edition



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For birthday
announcements, articles,
success stories,
quotations, poems, write
to us at
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What other thing parents need to do?

Will that be an achievement or will that be pure satisfaction? Or will that be a work done for building a trail towards a better after-life and leaving a beautiful society behind? What could be those actions for a mother and a father to their children?

Parents' duties are important and demanding for all things that matters to their children. Which parents don't dream, which parents don't sacrifice, which parent will not be anxious for the best for their children? For them, nothing else is important. In simple words, they act in every possible way as much as they can to keep their children physically healthy, properly educated, help them understand the value of working hard with honesty to live a good life, have responsibility to the elders, respect and truthful to family members and abide by the rules and contribute to the society to maintain and advance it. And also, are not the parents' actions contribute to raise the social bar for those who are affected and for those who may.

Are not these lifelong actions of parents the only thing to bring sense of fulfillment to them? It is certain that parents find greatest satisfaction and sense in it the purpose and meaning of life, otherwise a life that is inevitable to end sooner or later from this form will end anyway.

Parents alone will not be able to accomplish all their responsibilities. Parents also need to work with the neighbor, with the community, in the village, and in the society and so on. They have to have strong commitment to contribute to the community and at least modest participation in its activity. It is because young children learn social values from the community that parent alone cannot offer otherwise. Parents will also certainly enjoy with such participation. It is a win-win in all respect.

One small example is a community school, which is very important to create an environment for our children to see and learn from each other. In the community gatherings, our children learn from each other just like they learn in their schools and colleges. The contribution of the parent's involvement in the community is far less compared to their sacrifice in all other things, but it is no less important than all those other sacrifices. Everyone must understand that it is very critical. Without this parent's responsibilities to their children remain incomplete no matter what all other big things they will do.

Why not get involved in which you contribute less but benefit more? It is never a good thing to assume that all other are participating anyway as they do, one person less in the participation is immaterial. As a matter of fact, the problem emanates not because many don't but because of absences of one only. We must need to add one small bit of sacrifice to benefit our own children and everyone else.

- Dr. Bishnu Phuyal

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The Solar Eclipse

I have never heard and seen the solar eclipse in my life and this is my first time to see it .The solar eclipse is when the moon goes in front of the sun blocking the most of the light that the sun releases. The eclipse this year is at August 21 2017. There was not an eclipse in almost 100 years in America.

The reason why you need glasses to stare at the sun in the eclipse is that it will damage your eyes because the sun is a big star in our solar system so the energy is huge but the energy is so intense that it could burn a hole through your eye. When light enters our eyes, the lens focuses light to the retina, located in the back of the eye. The retina can handle indirect sunlight just fine it. If you put a magnifying glass the light will focus to the direction you point at. It focuses then starts a fire. Something's similar like that happens. The little ray (the ray is small because the moon blocking the sun) will focus at your eye. If the entire sun is not covered the light will go to different directions.

In Nepali culture the solar eclipse is called grahan. Grahan is when Rahu and Ketu try to eat the sun. In Nepali culture going outside at this time is getting Rahu's and Ketu's bad light. The bad light is the light that is not shining. Nepal's donate and give food and cloths after the eclipse. They can't not eat at the time because the food has the bad light. They have to close the curtains and take a shower in the lake after the eclipse so the bad light will wash away.

I followed the same rules because I am Hindu. The solar eclipse is a fun and dangerous time in history. I had a good solar eclipse. I hope everyone also did!

- **Aarogya Regmi**



Something There That Wasn't There Before ... Beauty and the Beast, Remade !

In the airy whims of 18th century France, Beauty and the Beast moves through the worn, familiar turns of the fairytale with grace and liveliness. As a romantic film, the film veers dangerously on the border of platitude, but it is saved by charming historic accents and the intricately produced music woven throughout the film. Director Bill Condon prudently retains a great majority of the original compositions by Alan Menken, and in doing so, retains much of the classicism and romantic airs of the film through the subtle undertones of music.

A remake of a well-loved classic, Beauty and the Beast risks the wrath of dissatisfied long-time lovers of the fairytale. However, the 2017 production rivals all critique through ingenious casting and a vivid personification of the beloved characters. Emma Watson, the quintessential Belle, represents the character in all of her sharp intelligence and love for literature. While several fans balk at the idea of a remake surpassing the brilliance of the '91 creation, carefully chosen representatives flawlessly bring each character to life, the fearful grandfather clock and debonair candlestick in particular embodied to near perfection by Ian McKellen and Ewan McGregor respectively. Enchanting, amusing, and breaking your heart with a soft smile and a rose, it is well worth your while to traverse the tale as old as time, song as old as rhyme, Beauty and the Beast.

- **Rhitom Mishra**

Best Wishes to our September Birthday Stars

Bishwo Maharjan



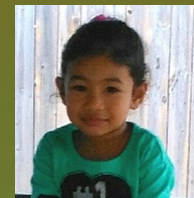
Sanvi Yadav



Pares Pradhan



Aashna Adhikari



Sheena Gautam



News Flash: Two High School Kids from Nepalese Community Selected for IMSA

Two High School Kids from Nepalese Community are selected for the Illinois Mathematical and Science Academy (IMSA), Aurora, IL for the batch of 2020. **Pascal Adhikary**, son of Kiran and Jyoti Adhikary and **Shikha Adhikari**, daughter of Shyam and Sita Adhikari got selected through a very rigorous selection process. We, Nepalese community in Chicagoland, are very proud of them and congratulate both and their parents and wish them good luck for their brightest future.

IMSA is three years residential public high school located in Aurora, Illinois established through Illinois General Assembly in 1985. Nobel Laureate Leon Lederman, director emeritus of Fermi National Accelerator Laboratory, Batavia, IL was the first one to propose the school that focuses its curriculum in math and science. Perspective students, who are freshman in high school, but in some cases eighth grader, must complete an application to be considered for the IMSA. All applicants must be a resident of state of Illinois and undergo a competitive application process that involves their past performances at their high schools, SAT scores, student essays, and teacher's evaluation from their middle and high schools. Annually IMSA takes about 250 students split into half for male and female. As a public institution, IMSA does not charge for tuition and residential facilities but there is annual fees which can be reduced based on annual household income. Newsweek ranked IMSA as one of the top ten schools in the country. Niche.com ranked IMSA as the 5th best high school in the county. Notable alumni are the co-founder of youtube, Pyopal, and Yelp. Similarly, several alumni are leaders in their respective fields. IMSA accepts application from September through Feb 1.

Please write to info@nepaliamericancenter.org if you want to know about this program.



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Best Wishes to our September Birthday Stars

Aaditya Pudasaini



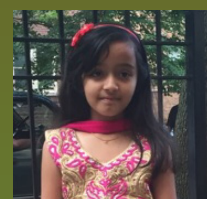
Aarohan Adhikari



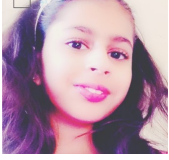
Aryash Adhikari



Purnima Pathak



Submit your birthday Information with the pictures by via email to peopleofnepal@gmail.com by 20th of the month, to be included in our next edition.



The Nervous System

The Function of The Nervous System

The major parts of the nervous system are the nerves, the brain, the spinal cord. The nervous system is 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 first, 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 another 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.

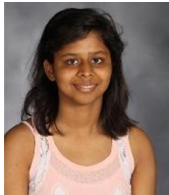
Central Nervous System Cancer

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*



Empowering Nepali Youth through Civic Engagement for a Better Citizenship

Youth civic engagement is one aspect of youth development that has received recognition from various organizations. Civic engagement is recognized as an important component of youth development because it can build human and social capital, educate young people about their political rights and responsibilities as a citizen. Civic engagement takes various forms such as voting, involvement in decision making, leadership, participating in civil rights, and volunteering. For this purpose, the focus has been narrowed to young people engaging in volunteering or service activities.

Nowadays, all sort of volunteerism is given in many places. Through school, Churches, Temples, Synagogues, Girls and Boys scout, and other countless organizations. These services educate youth about leadership and increase their social participation and community action. In addition, leadership activities also create a sense of belonging and purpose towards their community for youth. Moreover, volunteering gives us an opportunity to change people's lives, including our own. It gives the privilege of helping those who may not be able to help themselves. Volunteering is a way of giving back to our community while developing important social skills, and gaining valuable work experience at the same time. There are so many ways of getting involved in a volunteering work which rewards us, the teenagers, with valuable experiences and reputations.

As a Nepali youth living in America, we have many advantages of fulfilling ours and other's needs. We are well informed and educated in many matters which teenagers from a developing country might not be able to. Our education teaches us the right to freedom and speech and thus, we can apply our freedom in a way which will help to uplift unprivileged population and minorities. The best way to advocate our knowledge is by joining non-profitable organizations which help to bring a positive impact in our community. As for me, I have volunteered at Nicolas Public Library and Loaves and Fishes in Naperville, IL for three years. The activities I was engaged in at the library were shelving book, helping people find the book they need and giving out prizes for great readers. Library is a best place to interact with different people. My experience of meeting new people of different race and culture helped me learn more about North America and people around the world. At Loaves and Fishes, which is a non-profitable food pantry place, which provides foods to unprivileged and low income community. I helped people in their shopping by describing the items to them. I also helped by carrying their groceries back to their cars or putting them in their bags. At Loaves and Fishes, I learned that how important it is to serve back to the community. At both places, I learned about the power of serving back to the community to help change lives. Furthermore, volunteering helped me build my social skills and by helping and supporting others. It also helped me guide myself to take new challenges and boosted my confidence.

Through volunteering, I have increased my confidence to try something new and challenging, which helps me to achieve personal goals. Apart from volunteering at library and Loaves and Fishes, the one that is most closed to my heart is the donation boxes I made to help the victims of devastating Earthquake which happened on 2015 in Nepal. Though there was not much help I could do from America, that's why I made flyers and donation boxes and had it placed at School, Churches, Temples and my neighborhood. I was able to manage few dollars through those donations. This movement of helping the victims from my country made me feel like a responsible citizen.

To conclude, Civic engagement presents us with an opportunity to transform our communities. Through active participation in our communities we are able to identify and address social challenges that are specific to our society. Though, these are just a few reasons why volunteering in civic engagement is important. It brings hope, happiness, and an experience that can never be bought with any amount of money.

- **Kajal Jha (Naperville North High School, Grade 11)**

News Flash: Formation of New Chicago Nepalese Lions Club Committee

Chicago Nepalese Lions Club (CNLC) is an active lions club established in 2016 under Lions Club International (LCI). It is engaged in social activities in Chicago Land and in Nepal. LCI has over 1.4 million members actively working for serving community all over the world.

A first meeting of the new executive committee was held at Mount Everest Restaurant, Evanston on August,27 2017. General Agendas for the meeting were:

Thank you to outgoing committee

Thank you to President Ramakant Kharel and team on successful completion of first tenure of the present committee.

A new committee with the following members was formed and the old committee handover the responsibility. The member of the new committee are as follows:

RamaKant Kharel -President

Atul Karn- 1st VP

Anil Rimal -2nd VP

Tek Raj Paudel – 3rd VP

Yashodha Adhikari -Secretary

Jeetendra Rana -Treasurer

LCIF Coordinator: Rajeev Dahal

Bishnu Phuyal-Membership Growth Chairman

Fund Raising for flood victims in Nepal

A decision was made on donating by each member and also take initiative to collect donation from non-members for helping the recent devastating flood in Nepal. The collected fund will be hand over to Lions Club in Nepal.

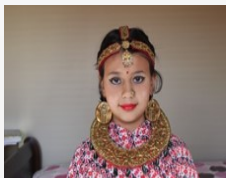
Balance Sheet of the Club.

It was also agreed to collect all the dues on time and maintain the account.

Regular Monthly Meeting.

It was discussed and agreed to held regular monthly meeting once very month. The meeting will be held at UNIC office at Mount Prospect Location unless if a fellow lion is interested to organize at her/his residence.

Meeting hereby was adjourned by President Ramakanta Kharel.



A World without Rules

If you're a kid and you already read the title you're probably thinking "that sound AWESOME!" Because a world without rules allows you to goof off and have fun all the time, not go to school, and much more. But I'll give you an example of what the world would look like.

In this world there is no speed limit so there are lots and lots of accidents, but there'll be doctors to save the drivers, right? Wrong, without any rules doctors wouldn't come to work so no one could save the drivers. If there was a thief and he stole the most precious thing in the world and you saw the thief you could contact the police and show them the evidence with the video cameras in the store, right? Wrong, firstly the people who own the store wouldn't put cameras or anything and secondly the police wouldn't go to their jobs because they didn't need to.

You get my point here? Rules and laws are what stabilize cities, countries, and nations. So the next time you get in trouble for breaking the rules, you should realize that you would only get *into* trouble if something you're doing isn't safe.

- *Simran Adhikari*