



## Welcome to Chicago Chautari Times - 107th Edition



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### NEWSLETTER TEAM :

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For birthday  
announcements, articles,  
success stories,  
quotations, poems, write  
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### To Be Equanimous

One must go through changes and challenges time brings throughout life, from childhood to old age. Life changes and events that occur to anybody are ups and downs, some liked and some disliked. We crave for those that we like and we averse those we dislike. And life's ups and downs are numerous, and there are some peculiar things about the changes though. What generally happens to many of us is that there are only few ups, but too many downs. That is there are few we like but there are many we dislike. All the ups are pleasing or joyful and downs are unpleasant and challenging. Some of the downs are really downs and bring lot of problems or cause for grief. Some ups have very positive effect in our overall well being.

If we look at the occurrences of these downs in a chronological sequence, what we may observe is that the downs are also like recurring problems that come along in everybody life mostly. In contrast, life events that brings joy and happiness, the 'ups' ones, happens only rarely. Things that brings sadness or sorrow or challenges happen much more frequently. Except some very insignificant differences among various people, this is quite common to everyone. It is again a universal truth from our own experience that this is the way things are and everyone has to accept these things as they happen.

A very common behavior of most of us is that our actions and attempts are carefully executed to reduce the common occurrence of things that we dislike. Hence, we are always trying to change these things to the 'ups' or reduce the downs as much as possible. Hence, because these are common happenings and also commonly applied by most if not all, what we can conclude is that these are normal things, even if we dislike. Thus, there is nothing much left to be too discouraged and grumble.

This is all what is true to most people, whom we ascribe as average person and such person are the majority. There are some other people, who are much fewer than the most ones in this average majority category. These fewer number of peoples the minority group actually fall into two different subgroups. One of them can be called the wise. The other subgroup can be called fortunate.

The category of wise people do not frown with any changes or challenges time brings in their life. They behave wisely. Mostly they let it happen, accept it, tolerate it and act in a way to let it go. Such people have inner strength to tolerate whatever or however difficult or confronting problem it may be or can cause. In simple terms, they accept anything with equanimity, for both the ups or the downs, that is whether it is a pleasure or a pain, a success or a failure, etc. They understand that everything as transient, as they very well understand that nothing remains constant, things will change with time and there is no need to be restless or burn oneself with it as anything that happens is a temporal thing and will dissipate with the passage of time.

Simply because of the actions of such people are proper, the chances of repetition of more negative or challenging things to happen to them is diminished. This is what really is the case with very few people in this subgroup. The remaining people in the other category are simply 'fortunate'. Although, wise and fortunate may commensurate in some sense, but they aren't always. Wise people tend to act very carefully in most situations. The fortunate people simply end of having positive results from their actions without being much careful in their actions, or at least it seems so. Why is so? Is it because of their past karma or so called good deeds in their past life or is it the destiny that is in play?

**Dr. Bishnu Phuyal (Continued on page 2)**



## Winter

Crunch.  
Crunch.  
Church.

Fall leaves have turned into winter snow  
A white blanket now covers the city of Chicago  
As tears run down my eyes  
And my nose runs  
A slap of wind hits me in the face  
And my winter jacket struggles to keep me warm  
Why it must be this cold?  
It's currently -10 degrees and the heart of winter  
While we whine, and hate on the cold weather,  
there is much worse coming from the horizon  
As icebergs slowly melt  
And global warming starts to rise  
Fish lose places to live  
Penguins in the poles have less space to live  
Hurricanes become deadlier  
And floods in South Asia kill hundreds and leave millions homeless  
But President Trump claims that there is no such thing  
Because the eastern United States is being hit with the coldest new year ever recorded  
He fails to recognize the facts of science.  
Now close your eyes.  
Imagine a world where you wake up to a winter with no snow  
Nothing to cover up the dead grass and the brown lawns  
No one coming together to help each other shovel their driveways  
And future generations not being able to enjoy what we take for granted  
Those are the repercussions of global warming.  
I am grateful that I live in a city where I get to experience it all.  
from showery springs to scorching summers to amber autumns  
and windy winters,  
Chicago has it all

- **Aditya Pudasaini**

## मुग्लिन नारायणघाट



प्रम को हुकुम मान्दैन  
यात्रीको दुख जान्दैन  
पिर माथि पिर  
मुग्लिनको भिर !  
चार बर्ष अघि चार लेन  
चार बर्ष पछि दुई लेन !  
पट पट.... फुटेर  
चार लेन फराकिलो भैदिन पर्दैन ..  
पैरो लडीरहने..  
मूर्ख चट्टाने पहरा ...  
विद्वानहरुको गहन अध्ययन  
र चुस्त गृहकार्य बुझ्न पर्दैन तैले ?  
मूर्ख... मुग्लिन नारायणघाट सडक  
बेलैमा सम्पन्न भैदिन पर्दैन तैले..... ???

- सत्यदेव न्यौपाने



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## Editorial - Continued from page 1

By seeing all these things that we human have to go through in our life and in the lives of our beloved ones or of our neighbors or of our community members and so on, what we see always is the power we need to build ability to withstand the downs and contained with the ups of all the life events. In order to be successful, happy and to have peace in our inside and likewise all around us, we need to learn to be equanimous in all the things that comes over in our life whether it is from our actions or inactions in this life or perhaps for our past karma is in play or from something else we do not know. Whatever it may be, it is important to control ourselves and be wise. Let also hope that we can apply our wisdom similarly in all of our collective actions with the fullest.

- **Dr. Bishnu Phuyal**



### Martin Luther King Jr.

Martin Luther King is an important part of history and effected our lives a lot. I got interested into Martins thoughts and beliefs. Some of his ideas were agreeable and some were not. Martin Luther King Jr. was born in January 15, 1929. He was a middle child with an older sister and younger brother. He sang in a choir in Atlanta in the movie Gone in the Wind. He was African American like his parents. Meaning he got a lot of hate just because of his skin color. Back when Martin was alive life was way different then life today. Humanity back those days were bad and crazy. Whites and blacks were threatened differently. There were separate bathrooms and movie theaters for white and blacks. That is not all that was different. Quality was different too. The white bathrooms were nice clean and cleaned ever other day. The blacks on the other hand had bad, stinky, small and barely cleaned. This was not only for the bathrooms. Drinking fountains, stores and more were bad for blacks and good for whites. Martin hated this separation. He wanted blacks and whites to be treated equal. He did many protests, many speeches, and boycotts. One protest is The March on Washington. A speech that he did is "I Have a Dream". Soon after these events Martin won a lot of national rewards. But happiness did not last long for King. In April 4 at Memphis Tennessee King died by James Earl Ray. He escaped for 2 years but then Jay got caught at London Heathrow airport. King had a happy life and saved many blacks from being different or had been left out on all of the activities that they could do. King is a true hero! - *Aarogya Regmi*



### Chocolate

Chocolate has become one of the most popular food types and flavors in the world. It is a typically sweet, usually brown food preparation of Theobroma cacao seeds, roasted, and ground. It is made in the form of a liquid, paste, bar, and used as a flavoring ingredient in other foods. Chocolate most commonly comes in as dark chocolate, milk chocolate, and white varieties with cocoa solids contributing to the brown color. Cocoa solids are a source of flavonoids and alkaloids such as theobromine, phenethylamine, and caffeine. Chocolate also contains anandamide.

There are so many reasons why chocolate makes people happy but it's difficult to know where to start. Think about the last time you ate a piece of chocolate. Did it make you happy? The chances are it seems like it did. The explanation for why chocolate makes people happy is chemical in nature. There are over 300 naturally occurring chemicals in chocolate, and some of them can affect the human brain by means of the release of particular neurotransmitter. Neurotransmitter sends signals back and forth between neurons. Certain neurotransmitter can be responsible for your emotions and the way you feel. So eating chocolate releases several neurotransmitter that have positive effects on human feelings. One of these is phenethylamine which causes alertness, degree of excitement, quickens the pulse rate, and makes you happy. It is sometimes called the "love drug" because it arouses feelings similar to those that occur when one is in love. Another neurotransmitter, Serotonin, is a mood-lifter as well. One chemical that causes the release of serotonin into the brain is tryptophan, found in chocolate. Among the fats in chocolate is one called anandamide. Anandamide activates a receptor which causes dopamine production. Dopamine causes a feeling of intense well-being that people often associate with being high. At last, eating chocolate releases endorphins into the brain. Endorphins are known to decrease levels of both stress and pain.

All of these reasons and chemicals combine to make people happy when they eat chocolate. Chocolate and cocoa does very well with increasing the mood elevation effect.

- **Rena Pokharel**

## Best Wishes to our February Birthday Stars

Feb 1 - Rohit Joshi



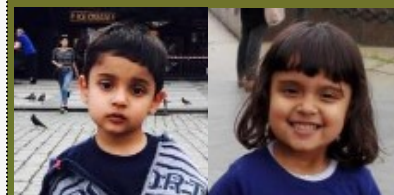
Feb 11 - Rena Pokharel



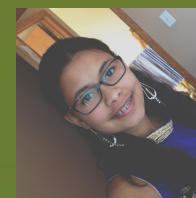
Feb 13 - Tara Pokharel



Feb 21 - Roniv/Reena



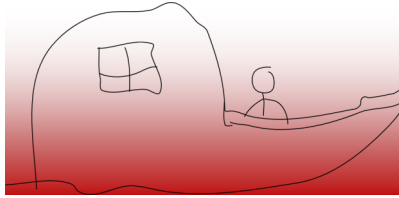
Feb 23 - Shikha Adhikari





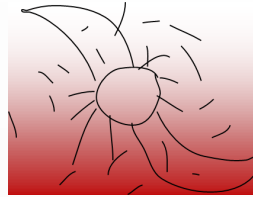
## Dream

Me and 5 other people were on a floating caravan with a pointy part attached to it that was kind of like the front of a ship except the height matched the caravan's height.



We were at the height where an average plane would go, so there were clouds everywhere. The caravan didn't have anything to make it fly so it just slowly floated forward, and it was completely empty except for some tables that were attached to the left and right walls where we sat. We were doing some kind of game where the caravan was floating to rooms that we got teleported into. All the rooms had themes to them, when we went into one, we all were in different rooms. We were divided into partners and we had a limited time to find a hidden small box that was the size of fruit snack wrappers and in some rooms, we had to find some big swirly thing or else we wouldn't pass. But the small box was for bonus points. When we were travelling in the big space in between the rooms, I started having flashbacks of beginning of the journey where we were at a house and there was some cranky woman that kept yelling at me just for looking around and one time I yelled at her telling her to shut up and she finally did. One time I got a chair from the house but it didn't have arm rests and because the caravan and anything else that was there was floating, they all swayed and I needed arm rests for protection. Then, somehow when the flashback ended, the same chair was floating beside the caravan. I was somehow sitting on the chair and it wasn't too scary without armrests since the chair didn't sway too much. But, after we went through the last room, there was a final room with a really old witch with wrinkles all over her face and it seemed like I was alone since I didn't see anyone. Somehow, I knew she was going to jump at me so I closed my eyes, but I still saw everything even when my eyes were closed. Then, after she jumped at me, I realized that it was a dream and I woke up in my dream. I started watching youtube to keep my mind off of the dream since apparently I woke up when it was about to become night, I'm pretty sure I was watching "Undertale comic dubs" which is usually what I watch when I'm bored in real life, and I didn't want to have a nightmare about the witch but while I was watching another video I woke up, and this time I woke up in real life, then after I woke up I told my mom about it and then I started writing this in the morning.

- Pramso Parajuli



## मेरो नाथ - डा. बिष्णु फुयाल



तिमी मेरो माता तिमी मेरो पिता  
 तिमी मेरो बन्धु तिमी मेरो सखा ॥  
 तिमी मेरो राम तिमी मेरो श्याम  
 बनि देख तिमी मेरो बिपना सपना ॥  
 तिमी मेरो मन तिमी मेरो धन  
 तिमी मेरो धाम हर साँझ बिहान ॥  
 मेरो आत्मा तिमी परमात्मा तिमी  
 पुग्छ मलाई भए साधमा तिमी ॥  
 धोई पाप सबै गरु साफ मन  
 होस् तिमीमै मेरो तन मन र धन ॥  
 म भाजु राम तिमी पाप हर  
 मेरो राप हर मेरो ताप हर ॥  
 गाउँ तिम्रो लागि नाचु तिम्रो लागि  
 नाथ मेरो तिमी बाँचु तिम्रो लागि ॥  
 प्रभु आई अब बसिदेउ पास  
 गरि देख पुरा मेरो मनको आशा ॥  
 स्वामी अब आउ धुनु तिम्रो पाउ  
 राखी देख हाथ तिमी मेरो माथ ॥  
 तिमी मेरो माता तिमी मेरो पिता  
 तिमी मेरो बन्धु तिमी मेरो सखा ॥

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