

Welcome to Chicago Chautari Times - 108th Edition



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Who is that and Where is that?

Take a long span of time of your life and begin to ponder over all the things that you have in memory from your past to the present, as much as you can, one by one.

Start with the first incident in your memory that you still can remember well. Try to discern any other possible visual impression you have in your memory, of all living or non-living objects related to this first incident. Now, reflect upon what you physically looked like back then, what you wore, etc.? Next, try to know all the content or state of your mind or feeling at that time for that incident, any feeling you may have in your consciousness as much as possible.

Similarly, bring the next incident to your consciousness from your memory. Begin visualizing the matter of the incident, content of the scene, physical appearance of objects, etc. including any material and non-materials things, the state of your mind and also your impression on the state of the mind of the other related to this incident.

In this way, fetch the content of your memory of your past into your consciousness one by one, and in the order of time as much as possible. In each of these incidents in your memory, keep on knowing your own physical form, your own mental state and any other material and non-material objects of things related to these events. In each of these incidents, may you reflect what influenced most to your mental state most at that time?

Now assume you have some super natural ability to put all those things of each of the incidents; the physical characteristics, the mental state, things that influenced your mental state and the one that influenced most in some forms and states in front of you lined in sequence of time and space, from the very first to the most current.

What you see? What you realize? And what could you conclude observing these material and non-materials things? Is it not extremely baffling that you can see yourself from that time how much you have changed in shape, size and forms over time? You can see your physical form changing continuously. Your physical appearance changed from a young baby to adulthood and then to your current age or old age. And it changed vividly.

Next begin analyzing how much changes occurred in your mental state from the outcome of how you react with things then and now that surrounds you. How much consistency you have in things of similar matter and how much inconsistency you have become reacting differently to same kind of things, things that are similar in nature, at different times.

You can see those non-material things, things of mental nature, different at different time and hence they are also changing. You have changed in your form and your characteristics. What remained constant may be absent, not even scanty. Furthermore what you also have seen constantly changing in both physical and non-physical forms of things for other person or things.

Therefore it is our experience of things that are materials of physical types, seem to change over time. If we can understand each and every subtlety, it can be concluded that change is happening to all the things constantly. Nature brings the changes constantly. However, things that are non-materials, that are of mental characteristics, which lie within us, also change with time, beginning from our young age to the adulthood and to the old age continuously. Our interest or taste and hence our mind react differently with the change in space and time. So our physical and mental state and hence all other physical and mental states or all non-material things are completely influenced in space time and have the characteristics of impermanence, some sort of dynamism.

Dr. Bishnu Phuyal (Continued on page 2)

NEWSLETTER TEAM :

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For birthday
announcements, articles,
success stories,
quotations, poems, write
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आज मन्दिर जाने है

आज महिनाको पहिलो शनिवार सपरिवार मन्दिर जाने । बिहान चाडै उठि, नुहाई, चोखो कपडा लगाई मन्दिर जाने । जब मन्दिरको घन्टको आवाज कानमा गुन्जिन्छ , तब हात जोडि भगवान को अर्चना पूजा गर्ने । अनि कयौ दिन नभेटेको साथिसंग भेट घाट, चिना पचि गर्ने । मन्दिरमा पनि मन यत्रतत्र डुली रहन्छ ।

मैले कतै सुनेको थिए , हाम्रो मन या मस्तिस्क, मानौ लाखौ बाँदरहरूले भरिएको हुन्छ रे । अनि पुगिगो नि त्यो हल्ला अनि कोलाहाल अचककाल्की । अनि जति ति बाँदरहरूलाई “चुप लाग” भन्यो त्यत्तिनै बढि हल्ला गर्छन् रे । ति बाँदरहरूलाई शान्त पार्न एउटा मात्र चारा हो रे , तिनीहरूलाई केरा दिने । मतलब मनलाई केन्द्रित गर्न एउटा चिजमा ध्यान लगाउने । कुनै मन्त्रमा , श्वास प्रश्वासमा वा भजन किर्तनमा मन केन्द्रित गराएमा मनमा शान्ति हुन्छ रे । मन्दिर पनि मन शान्त पार्न जाने हो, भगवान वा परमात्मामा लीन हुन वा मनलाई एक छिन स्थिर राख्न पनि जाने हो । जब मन्दिर को घन्ट टङ् बज्छ, आखा बन्द, मुख बन्द अनि हात पनि बन्द नमस्कार गरि, दिन भरि मन मस्तिष्कको हल्ला खल्ला चिन्तन मन्न् बाट २ मिनेट भए पनि मनलाई छुटकारा दिनु हो - - *Sangita Subedi (Clinical Therapist)*

Should Animals be kept in local Zoo?

Zoos are keeping noone safe. People might think that animal deaths are caused by the zoo itself but can be caused by visitors as one visitor poisoned a lion on purpose while passing by its exhibit. This is just one example that animals should not be kept in local zoos but should be kept in nature preserves to make sure animals won't be prevented any harm. Animals in zoos are dying and being ripped off their natural abilities while there is barely any help to stop it. This is all caused by us and must be eliminated together.

By sending animals in captivity, we are securing mental issues for these animals. To begin with, A government-funded study of elephants in Uk zoos found that 54% of the elephants show stereotypes (behavioral problems) during the daytime. One elephant observed during day and night stereotyped for 61% of a 24 hour period. This shows that elephants are having behavioral problem such as pacing and stress. This is a huge problem, however, the percent of elephants getting these behavioral issues are just increasing. To add on with this topic, One calculation estimates that a single tiger cub could yield 65000 dollars of profit over one summer season. As this piece of evidence is irrelevant to my topic, with this you can infer that with the increase in amount of money a tiger cub can profit, the demand for tiger cubs on the market will increase. Since the demand of tiger cub increases for local zoos, more local zoos would want this animals as it can reel in a more income per season. If the number of animals in local zoos increases, there will certainly be in increase in mental issues for these animals, as it's not just elephants receiving these horrific problems. Moreover, since we can see an affect for mental issues, there must have been a cause. In one article titled, Visitor Effect On Zoo Animals, it states, “The presence of people that are as unfamiliar to the animals as well as their movements, sounds and smells, all can elicit a stress response in the animals and may negatively affect their welfare. As thousands and thousands of people go to the zoo every single day, this can impact animals mental health as different people are walking around the zoo to get a closer up of the animals. Also in zoos there are food stands, allowing visitors to buy different foods with all different smells such as cotton candy and chocolate.

Alvin Chapagai (Continued on page 4)

Editorial - Continued from page 1

Due to their changing nature, things must not have any supremacy to know and capability to record all these changes, because it would have changed already. But all those changes that we are able to perceive in this way, seems to be somewhere within us, that awareness or that consciousness is always there; and interestingly it seems it is there just inside ourselves, completely within our own body. Surprisingly profound is to understand the fact that nothing has influenced this consciousness to change; it was there as far as we can remember, it is there now and hence it has not changed anything at all. So, as it was there ever, should be there ever too? That is the way it seems to be, because nothing seems to influence it to change. Therefore, in order to know these characteristics of changes in physical and non-physical things, there is this something present there and constantly knowing all the changes, recording it and keeping them intact. And this one appears to have no changes. There is this thing that is never changing and that it must be the one which knows and sees all the changes all the time. Who is that and where is that? - *Dr. Bishnu Phuyal*



The Forest

The night that Steve had entered the forest was frightening. The full moon shined on the water and the crickets stopped chipping. He knew entering the forest was a bad idea. See Steve had lost an awful bet that he had to stay in the forest for a whole week. His friend Alex had lost with him so she was in the forest has well. Plus, the bet they had deal with was freighting. They could not have just not go in the forest and tell their friends they did. So, they have to take two photos a day with the date on them. `Let’s stay here for the night`. Steve said willingly thing that nothing will happen. Alex on the other hand was scared. She knew that the Canadian woods were not so scary, but when she heard the story of Slender man she was frightened. She heard that making direct eye contact with it or he will make you blind. Steve never believed in these things. Alex thought that they should camp with the other campers and Steve said that it will be kind be breaking the rules, but Alex was already talking to some campers. `They said that they were came here for fun and I asked them we could join them and they said yes`. Alex said reified. In the distance Steve could see a tall white head man with a suit on. I miss her and so will you. Paper read. Steve was calm about it and Alex was screaming with the other campers. `Maybe it was a paper on a person note and then the strong wind blew it away`. Steve said with courage he was not afraid. Then when they turned around they him. Or it. They saw slender man.

- Aarogya Regmi



Japan

Japan is an island country in the North Pacific Ocean. It lies off the northeast coast of mainland Asia and faces Russia, Korea, and China. Four large islands and thousands of smaller ones make up Japan. The four major islands- Hokkaido, Honshu, Kyushu and Shikoku form a curve that extends for about 1,900 Kilometres. In total japan has 6,582 islands making up japan. They're our also about 127,185,332 people making up japan.

Japan is a land of great natural beauty. mountains and hills cover about 70% of the country. In fact, Japanese islands consist of the rugged upper part of a great mountain range that rises from the floor of the North Pacific Ocean. Jagged peaks, rocky gorges, and thundering mountain waterfalls provide some of the country's most spectacular scenery.

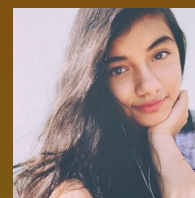
Two Pacific Ocean currents--the Japan Current and the Oyashio Current--influence Japan's climate. The warm, dark-blue Japan Current flows northward along the country's south coast and along the east coast as far north as Tokyo. The Japan current has a warming effect on the climate of these regions. The cold Oyashio Current flows southward along the east coasts of Hokkaido and northern Honshu, cooling these areas.

Seasonal winds called monsoons also affect Japan's climate. In winter, monsoons from the northwest bring cold air into northern Japan. These winds, which gather moisture as they cross the Sea of Japan, deposit heavy snows on the country's northwest coast. During the summer, monsoons blow from the southeast, carrying warm, moist air from the Pacific Ocean. Summer monsoons cause hot, humid weather in central and southern Japan. Japan is on the Pacific Ocean it causes a lot of earthquakes, tsunamis, and volcanoes.

- Bishwo Maharjan (Continued on page 5)

Best Wishes to our March Birthday Stars

Mar 1 - Rhitom Mishra



Mar 4 - Roshan Jamkatel



Mar 9 - Jai Kunwar



Mar 8 - Vani Rayamajhi



Mar 4 - Raksha Nepal

Best Wishes to our Birthday Stars

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.

Should Animals be kept in Zoos? - Continued from page 2

This can elicit stress to animals as this happens all the time to these animals as they are being stared at through cages and all they can do is stand and watch.

Another issue is that animals are dying and getting diseases while there's no help. To begin with, In an article I found, it states, " In some ways, these facts prove that animals shouldn't be kept in zoos because they can carry diseases that can't harm themselves but can kill humans." Since the animals can get non harmful diseases to themselves but it can kill humans visiting the animals, the zoo workers have to kill the animals so they don't harm any paying visitors. This can cause controversy to the zoo. This can make people stop coming which can put the zoo out of business as people know zoos as a way to help save endangered animals or going to be endangered animals. To add on, in 2001 a DEFRT zoo inspection of Dartmoor Wildlife park in October 2001 found that several significant dead animals were stored in a food freezer for taxidermy in the future. This can show that after maybe a tiger cub grows older into an adult, it might not get any profit, so they would just kill them and make them into stuffed home decorations. These stuffed decorations can sell for hundreds of dollars. This is just horrifying and disgusting how animals get used for money instead of being respectful and burying the animal or setting them free into the wild. Evenmore, zoo's conservation effort leave something to be desired of 145 reintroduction programs carried out by zoos in the last century, only 16 truly succeeded in restoring populations to the wild. This means that conservation programs do try to get rid of this shocking problem of animals in local zoos, however only a small percent only succeed.

As animals are being kept in these zoos, they will be more likely of losing their natural abilities and are dying way to fast. Starting of with, a survey of the records of 4500 elephants both in the wild and in captivity found that the median lifespan for an African elephant in a zoo was 16.9 years, whereas an African elephant on a nature preserve died of natural causes at a median age of 56 years. This shows that elephants living in nature preserves are able to survive through 3 times as length span, as in a zoo, you live in a certain area where you depend on someone else to feed you and take care of you. Also to add on, If the animals are kept in zoos, their skills will be lost. The cheetah for example, is the fastest land animal in the world, but when it's confined in small cramped cages, it isn't able to run at those speeds. This shows that the lack of the confined space of closure can cause animals ability to ware of. It is like if someone forgot how to ride a bike because it has been a long time since they have rode one. To keep on with this topic, 40% of lion cubs die before one month of age. In the wild, only 30% of cubs are thought to die before they are six months old and at least a third of those deaths are due to factors which are absent in zoos, like predation. This shows that lion cubs living freely are more often able to survive longer than the lion cubs that live in zoos. However, the lion cubs that dies in the wild, dies because of factors non existent in zoos.

However, it might not be so harmful to keep animals secluded in zoos. In one article that i found called, **Zoos: Imprisonment or Preservation?** It states, "if kept in zoos, these animals won't have to go hunting for food; they won't starve because they'll be fed all the time, which is a good thing." This shows that animals will always be fed at a constant rate of time. However, this might be a positive, it can also be a negative. This can be a negative as animals have to depend on people to feed them. This can cause issues such as accidental starvation of an animal. In a National Geography article, it states, "About 50 animals at Venezuela's Caricua Zoo have starved in the last six months due to the rising cost of food, caused by the nation's economic downturn." This shows that because of inflation, this can cause animals to starve and eventually die. This is why animals should be kept in Animal preserves as these are secure areas with more space and most likely funded by the government.

In conclusion, animals should not be kept in local zoos as it can assure mental and physical damage for all animals. Just because your someone that doesn't have enough money to donate, or are a kid, you can always take a stand. Zoos are not entertainment, they're torture.

- Alvin Chapagai

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The Three Musketeers

Let's flashback to the good ol' days of being 7. Back then life was good. I was the only kid in the family and I was the only kid below the age of 8 in our group of friends. This meant that I was the center of attention and everybody spoils me, but then something big happened and that something is known as a sister. At first, I thought this could be a good thing. I imagined me sitting on the couch ordering her around to get me things like water, food and other things, however, I didn't consider the fact that I would have to wait a solid 5-8 years before that would happen. So, I had to deal with the loss of attention, an annoying baby and lots of crying. Another reason I didn't enjoy the new addition to the family is that of the loss of camping.

Every year we would go camping and this would always be really fun, but it's kinda hard to do that with a newborn baby so that camping semi-tradition was done. I figured as soon as she was 4 or 5 we would be able to go camping again. However, if 1 kid was bad enough suddenly there are now 3 kids. You may be wondering who are the other 2 kids. These 2 kids are the kids of my mom and dad's friends. Now even if all 3 kids grew up to be old enough to go camping it would still be hard to take them because it is hard to take care of three 5-year-olds in a forest while camping. Fast forward about 7 years and now you have 3 kids running around having fun, while in the process bothering people.

Another thing is that there is the struggle of watching tv. Now you might be wondering why is that a struggle. It's a struggle because when we try to sit them down and put a show for them in order for them to be quiet they seem to never be able to decide what they want. One wants curious George, one wants pj masks, another wants this and so on. But there's more. Whenever all 3 of these kids are at our house I am generally the one who has to watch over them for a majority of the time. The thing is that my mom will kind of low-key guilt me into watching over them. When I start to say something like I don't want to, she responds with something like just get them started and then they will play by themselves. So, then I agree and suddenly I'm in charge of these kids for who knows how long. That may seem like the most bothersome part about them, but that is not it. Now there is 1 thing that tops the rest. Car trips. Whenever we go somewhere for a few days for a vacation there is a high chance that we will drive there and you can imagine that spending a few hours in a van with 3 kids under the age of 6 isn't going to be relaxing. For example, in the last week or 2 of summer, my family and our friends and family went to Gatlinburg, Tennessee. It is about a 10-hour drive and for the first little bit it seemed fine because everyone was asleep, but when the 3 little kids woke up it started to get annoying. Mainly because it is hard to handle 3 little kids all at once, but still it was annoying. So now you have realized how irritating these 3 kids can be and as irritating as they are they still have their moments when they are not tiresome and are actually fun to be around.

Sometimes they will be all cute and stuff when they play games or start laughing. For example, if we go to a party and the 3 kids are all their they are all happy and excited. Additionally, if the party is one of theirs that seems to boost their mood even more and that makes being around them even more enjoyable.

Another thing they do is have their funny moments. Sometimes my sister will say a funny joke and everyone will laugh. Or one of the other kids will see me at some party we are at and be all energetic and laughing while trying to say different things.

- Alok Das

Japan (Continued from Page 3)

Rain is abundant through most of Japan. All the areas of the country—except eastern Hokkaido—receive at least 100 centimeters of rain yearly. Japan has two major rainy seasons—from mid-June to early July and from September to October. Several typhoons strike the country each year, mainly in late summer and early Autumn. The heavy rains and violent winds of these storms often do great damage to houses and crops.

Japan has a style of military in the ancient times called samurais and their weapon was the Kanata. Now Japan has many fighting styles like karate, judo, and sumo. The Japanese advance on they're robot game so much that they are the leaders in making robots. The country believes in many gods like buddha. To honor these gods, they build thousands of shrines, temples, and imperial castles for them. The capital Of japan is Tokyo and is known for the shopping districts, pop culture, and skyscrapers. - Bishwo Maharjan



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