

AUG 2018
NEWSLETTER

113th EDITION



Chicago Chautari Times

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AUG 2018 NEWSLETTER

Welcome to Chicago Chautari Times - 113th Edition



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For birthday
announcements, articles,
success stories,
quotations, poems, write
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ONE, Unity and Manifold

We know that we are many, perhaps too many. And it is a common knowledge that each individual is one single identity, hence there are as many identities as we are. We may ask what makes us to know these individual distinctions that identifies each of us as different and thence to know we are many. And what it means to be many?

We know we are many because physically we have various dissimilarities with each other and we have abilities to recognize these dissimilarities, even if these dissimilarities and differences are very slight and subtle. Recognition is possible from our physical dissimilarity, and physically no two persons can be one and the same, irrespective of how closely they resemble with each other. The physical difference among ourselves persists and makes it distinguishable to our senses. But it does not answer the question what it means to be many or why are we so many?

The dissimilarities in physical form are just not merely in our looks, but we also have other differences and are distinctively noticeable. Those are realized through our personalities, such as through our behaviors, interests, prowess, etc. Therefore, these kinds of differences represent our character. Perhaps this is also called ego, as we are more known with our ego.

If there were no dissimilarities, there remains no distinction. Then we cannot distinguish anything as there will be nothing to distinguish. This quality in us to be distinctive and ability in us to find those distinctions even to the finest details are the causes to be recognized as individual.

Ultimately, what can be said is that none of us are alike, neither physically nor characteristically. This is just not the case for the present, it was also the case in the past and it will be the case for all the time to come. Each living being is one single identity. Even if life exists in outer space, it may be unequivocally argued that differences and dissimilarities are natural thing and persist everywhere, all the time.

The physical dissimilarities and characteristic differences together constitute the ingredients for ones' identify. We are also mindful that there is some sort of impact of ones' physical identity in taking shape of his or her characteristic identity in some way to some degree. The physical and characteristic identity and each of their influences on the other combined together form one single identity. Therefore, each of us is defined by that identity which is constituted from our physical form, from our overall characteristic aspects and effect of the one on the other. Individual identity is also true to all other species.

Yet again, the cognitive ability of our brain, which processes information obtained from our senses, is very powerful. That is the reason why we can distinguish the inconspicuousness among us. Furthermore, our cognitive power in recognizing the difference lies not just in physical matter, it also does in the metaphysical level, we may call it behavioral. And actually, this is the reason for us to be able to distinguish more distinctly one from the other.

In contrast to our ability to separate our individual identity, what we also apprehend is that each of us possess one single characteristic which is our ability to know our differences. Each of us have this uniformly common ability to know so many distinctions among ourselves. The cognition ability is therefore common and same in all of us.

- Dr. Bishnu Phuyal (continued on page 4)

Lionel Messi

Lionel Andrés Messi Cuccittini popularly known as “Messi” is an Argentine professional soccer player plays as a forward for Spanish club Barcelona and the Argentine national team. Messi was born in June 24, 1987 in Rosario, Argentina. He joined Barcelona in 2001 when he was 13 years old. Messi has said in 2011, “I have fun like a child in the street. When the day comes when I'm not enjoying it, I will leave football.” He is a famous footballer with charismatic skills to tackle and hit goal and set a lot of records in many national and international games.

His favorite dessert is Dulce de leche a pudding made by slowly simmering milk and sugar, reminiscent of runny caramel. His favorite movies were Son of the Bride, a dramatic comedy, and Nine Queens a crime story. His favorite book was Diego Maradona’s biography. Something he hates is injustice and treatment of the poor.

Fun Facts

- His first contract was signed on napkin paper
- He took hormone injections to increase his height
- He was named after Lionel Richie who was a famous singer in the 1980’s
- He has 3 sons and first son Thiago was born in 2012, second 2015 and third on 2018
- Messi scored 91 goals in 69 games in the 2012 season and set a new world record
- His favorite car is a Ferrari Spyder



- Joben Rana

फेसबुक संस्कार -



जबर्जस्त सेल्फी हाँसो आछ
दुःखीको मन अमिलो भाछ
सर्लक्क जिम बडी फोटो आछ
दुब्लाको फिला दुखिराछ

भोज भतेर वाइन र रम छ
देखाउनेलाई कत्रो सान छ
निम्तालुलाई गिफ्टको चिन्ता
फेस्बुकेलाई कामको पिर छ

हाँस्रे मन त मलाई नि छ
पहेँला दांत छन दुखि राछ
पढ्ने केटा केटी, साहुको रिन छ
कल्पनामा सुनौलो दिन छ

राम्रा गहना, चिटिक्क ड्रेस छ
स्वास्तीले हेर्ने, लोप्रेलाई पिर छ
कमेन्टको चाकरी कति हो आको
म मात्रै किन छुचुन्द्रे भाको

जेराणा



Art and Painting

Art is a hobby. Something people do in their free time, but also can be done professionally as a job. Art has been around since when the first humans to live on this earth. The first-time humans discovered art and painting was when they lived in caves. They would paint on the walls of

cave and they called it cave painting. The most famous and well-known painters in the world are Vincent Van Gogh, Pablo Picasso, Claude Monet, Leonardo Da Vinci, Raphael, Michelangelo, Frida Kahlo, Paul Cezanne, Paul Gauguin, etc. There are so many talented artists in the world. Some of the most well-known paintings are Mona Lisa, The Starry Night, The Last Supper, Girl With A Pearl Earring, The Birth of Venus, The Creation of Adam, The Scream, American Gothic and so on. In the early years of art royal and wealthy people loved to hire artists to paint self-portraits for them. Art can also be a way to express your feelings. Thus, many people love arts and paintings.

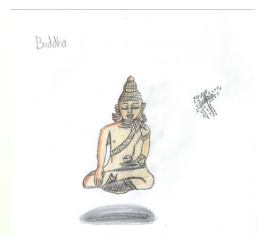
Sources:

https://en.wikipedia.org/wiki/History_of_art

<https://www.smithsonianmag.com/smart-news/what-kind-art-most-popular-180962733/>

Google Searches

- Jovial Rana





Birthday Blues

Yes its my birthday today and yes I am suffering from birthday blues!! And while I usually love my birthdays, I also know that birthday depressions can be hard, anxiety inducing and full of pressures.

Fellow readers, recent studies have shown that there is a peculiar pattern of a behavioral change with certain people right around their birthdays and they get nervous and even sad. Does this sound like you?

If so, I want to tell you, You are not alone.

Urban Dictionary defines 'Birthday Blues' as a "general sadness or feeling down by a person on or around his or her birthday." While there may be many reasons to cause someone to feel down on their birthday, some of the most common reasoning include:

Being upset over aging another year

Being disappointed by not having expectations met by a birthday party, celebration or gifts

Feeling unsatisfied with accomplishments since the previous year or previous birthday

Our birthdays cause us to reflect– on what we've accomplished, who we've become, what's changed and what's stayed the same. This reflection can sometimes cause disappointment; maybe you didn't meet that goal you had set for yourself on your last birthday or perhaps you wish you had made different choices along the way.

There's this unspoken idea surrounding birthdays that they have to be big, exciting, EPIC. And this expectation alone can cause birthday nerves and anxiety. And to top it all, the constant questioning from your friends and family, hey how was your birthday? What did you do? Must be exciting, huh! Or the root cause here may be because you're worried people will forget it's your birthday or you don't have a big group of friends to go out and celebrate with.

When I was young, I used to love my birthdays, I would wait for that surprise birthday parties, and surprise birthday gifts from my friends and family. And even when no one remembered or did anything special, I would make my own plans. Invite friends, cut cakes and celebrate the birthday the way I like. But as I started growing up, birthday blues have taken a toll on me. I feel sad that I am aging, and I have not done enough in life. I feel sad when I don't get a birthday wish from one that friend whom I really wished would call me up and wish me birthday. I feel sad when I don't get enough facebook likes or wishes. I feel sad when I don't get birthday surprises or birthday gifts from my family.

Why can't I be happy as when I was young, why can't I set my own rules? Why can't I celebrate the birthday the way I want? Why can't I reflect back on those years, and feel proud that I have become a year wiser, a year experienced and a year matured than the rest.

But then I say to myself, that's okay Ankur. You are not alone in this. Birthday blues are often simply part of getting older. The hard truth is people can't read your mind. If you want to celebrate small or big or not at all, it's on you to plan or atleast verbalize your own expectations for the day.

As I was worried how the day would turn out, I was given a nice birthday surprises from my kids and my wife. But still deep in me something was bothering me and I don't know what? May be I was still expecting a call from someone special or my best friend to wish me birthday? May be I was worried that my close friends or family forgot my birthday? But then, I said to myself, you know what? I need to take charge and make the best out of today. So I started making plans. I wanted to start my day with working out in the gym, I wanted to go to the temple and pray, I wanted to donate blood, as I usually do on my birthdays, I wanted to share my story via toastmasters forum and Chicago chautari times, and I wanted to go for a nice dinner with my family.

So let me tell you my friend, if you are one of those suffering from birthday blues, it's about time to take charge of your life and set your own rules, and lastly, if you know someone who's birthday is approaching, or suffering from one, all it needs, is a phone call or a text message wishing him or her on his/her birthday and congratulating him or her on his achievements, after all we are all a social animal, and crave for some caring and loving.

- Ankur Sharma

Editorial - ONE, Unity and Manifold (Continued from page 1)

We understand and rely enough in our ability to differentiate each other, but we understand much less why we have this cognitive ability? Therefore, this is the most important matter to find out why we have this ability, where does it comes and why this is uniformly present with all of us, and perhaps equally.

This is where we need to delve deeper and make critical analysis and investigations to understand the reason behind this common ability. Put it differently, we need to ask how is it possible to know the source and the reason behind this? Is it within us or where else it is if not within, where is this hidden? We must try to know how it is possible to be different from each other while we still pose the same uniform ability to find many differences among ourselves.

As already said, this cognitive outcome is the reason how we know that we are many. This recognition helps us understand we are different from each other and hence can be very important and useful. We are different also means that we have different interests, different abilities, and a host of other characteristics in individual level and interests to form units of people with similar interests and abilities and interests to use these abilities. To know is power and knowing that we are different but also have interest to form unity of people with similar interest is central to succeed in fulfilling our needs. This is what seems highly probable.

Our interests seem to push us for unity and make some of us as one unit in some way for some purpose. Coming together like this contributes to achieve something that an individual cannot do alone. That is why the need to achieve such higher goal requires and leads us to unite. We see many such unity in many different forms all around us. We may this type of unity as outwardly appearance. Nonetheless, as we also realize that our abilities individually are similar, no matter how different we may be outwardly. We therefore can recognize that we have many differences outwardly, but ability to recognizes these difference in the finest forms also by all of us must lead us to believe the fact that inwardly we all are ONE. This should be the coalescence of the Manifold, Unity and ONE, the existence of the connection of outwardly with the inwardly.

Dr. Bishnu Phuyal

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Married



I am overcome with the desire to laugh.

Me? A *wife*?

I should have seen the shadows
 Lurking in his eyes as my father looked at me
 And for the first time,
 He saw what I was. What I had to be.

Married.

I didn't understand.
 I still don't, as my feet walk the circles
 Around my funeral pyre, the death of my dreams
 Tied to a man I am already afraid of

Married.

I was not prepared.
 I knew it was coming, but somehow
 It still felt like ice water
 Slapping me across the face.

Married.

The word has an age to it,
 And still, in my mouth, it is foreign
 I cannot twist my lips around it
 Without grimacing.

Married.

I'm still a child, I told myself,
 Shrinking my shoulders
 In a pathetic attempt
 To seem even smaller.

But the hood of childhood fell back
 Swiftly, cruelly.
 The biting wind of womanhood
 Smacked me straight across the face with the word
Married.

And now, I am to be married.
 I still feel like a child.
 Sixteen is a woman, they tell me
 But I don't want to be a woman
 If it means I have lost that girl

~ newlywed

- Rhitom Mishra (Continued on page 6)



Do we really need Gun Control?

America has recently witnessed a number of shooting and indiscriminate firing incidents in schools, malls, and villages. The culprits were either detained or killed. Some took their own lives before the police could even respond to the scene. In the end, America keeps losing children, teachers, brothers, and sisters. The population is decreased, but the problem persists. With all these shooting sprees looming above us like the Grim Reaper, is gun control what we really need? Or is there a more serious problem we are facing here?

Studies show that 31% of mass shootings happen in the United States. Why not, when guns have not been banned in some states? In Australia in 1996, 35 people died when a man indiscriminately shot them. In the melee, 23 were wounded. This prompted the Australian government to think and implement strict rules regarding gun use. As a result, the number of mass killings in the Land Down Under has been reduced, if not completely eradicated.

There are politicians in America who support stronger gun control, such as Barack Obama and Hillary Clinton. Both of them thought of Australia as the model for stringent gun laws. The intention is good, but the question is, why hasn't the US government ultimately implemented gun control?

Other people argue that they need firearms because they use it for self-defense. They acquire a license for it, and as such, they are expected to use their weapons only when the need arises. Burglars, hostage attacks, and other forms of violence require people to stand up and fight, preferably with their weapon of choice. Life is precious, they say, and they can only protect their lives if they have the proper equipment. It is interesting to note, however, that despite this rather smart take on gun use, there are people who go beyond the set perimeters.

Intoxicated men go out, shout their lungs out, cursing the heavens for whatever they are suffering, and would suddenly vent out their frustrations to their neighbors. It is easy to say one cannot kill a person, or one will always use a gun only when needed. But when alcohol, drugs, or mental instability, or fury takes over, the lines between right and wrong fade. People forget their oath. They forget they have neighbors who have done nothing wrong to them. All they think about is the need to fire a gun.

Owning a gun is a huge responsibility. It takes more than sheer discipline to convince people that you would not use them for anything else other than self-defense. Those teenagers who massacred half a school used to be sons and daughters. They were not violent. They were the safe kind, and probably those who promised their parents they would not touch any weapon. But then again, tables turn when you least expect it.

Is gun control the sole answer? Yes, America should step up and consider reviewing the laws on gun ban in each state. No state should be different from another. No personality should own a gun just for caprice. Everyone should be subject to strict rules. But more than just the rules, we should exercise discipline. Children and adults alike should be educated on the effects of gun ban, or what could happen when a gun control law does not exist in a country. It might take some time for people to accept such law, especially those hunting and ammo enthusiasts. We can all take measures to be responsible in using guns and in convincing people to buy only when they use guns in their line of duty. We need guns to protect us, but we also need to protect our lives from ourselves.

- Kajal Jha (Grade 12, Naperville North High School)

Best Wishes to our Aug Birthday Stars

Abhay Byanjankar



Alvin Chapagain



Sukriti Wosti



Samridhi Wosti



Deepa Phuyal



Submit your birthday Information with the pictures by via email by 20th of the month.

An Impulsive Decision Leads to Hundreds of Memories

Going to visit Nepal this summer was not in my plans. I got back to Chicago from Syracuse University on Saturday and was still waiting to hear back from an internship I had applied to earlier in the year. Even after a few days at home, I was restless and at unease because I had nothing to do. On Tuesday afternoon, I impulsively bought a ticket to Nepal for 15 days. In less than 24 hours, I found myself on a terminal, nervous and filled with excitement to see family and friends that I had only texted and Skyped with for years. My memories of Nepal were vague - I had no idea what to expect.

I always put off going by taking summer school classes and immersing myself with work. I guess I was waiting on some sort of sign from the universe and on that Tuesday, I realized that for the first time things didn't seem to be going my way. I wasn't going to have an internship this summer and there was nothing that I could do about it. I went ahead and booked my flight, getting a phone call the next morning that my internship program would start in June. It was pretty ironic as my flight to Nepal left in less than five hours.

After I arrived to Kathmandu, I stayed with family for a few days. Then, I started traveling from Kathmandu to Pokhara, Lumbini, Palpa, and Parvat, while making stops along the way. Each person I met had a unique story and lessons to share. I was able to connect with people from all over the world - from Australia to Chile. I realized during these adventures that I had missed out on so much by putting off traveling to the country I used to call home. I was able to walk in the courtyards that Gautam Buddha once did and see the exact room in the house he was born in. With my cousins, I conquered my fear of heights by walking across the highest and longest pools in Nepal. I was able to visit temples and gumbas, share memories with family and meet cousins that I had never met before.

However, one of my fondest memories from my trip didn't occur until my very last day in Nepal. I woke up that morning at 6AM and headed off to Gokarna, Kathmandu. There, I was able to spend a few hours at the Joint Disabled Unity Awaz Center founded by a disabled, homeless man who has dedicated his life to helping disabled children and orphans. Til Bahadur Karki provides these children with a safe home, where they are able to attend school and make lifelong friends.

It is difficult for most people to raise even one child, but this man has taken it upon himself to raise 42 children. He makes sure that they have food on the table, clothes to wear, uniforms and most importantly, that they are cared for and loved. The children that I met at the center were some of the most genuine, kind-hearted people that I have ever encountered. Each child talked a mile a minute, excited to share something about themselves with me and they all wanted to take pictures with me or for me. The memories that I have from that morning with those children are ones that I know I will treasure for the rest of my life.

- Pratikhya Pudasaini (Continued on page 8)

Married (Continued)

Youth did nothing to protect me.
Eleven, I was
When they sent me to live with him.

It has been seventeen years
and now, I watch
my daughter stare, shell-shocked

Her eyes brim, but the tears do not spill
As her father says the words my mind had buried long ago
amongst the remains of my dreams.

You are to be married.

Suddenly I am eleven again,
My embroidery staining red
As my fists clench.

Married.

I did not realize I was shaking my head
Until my braids slapped me across the face
Wordless admonishment.

I did not want to leave.
I did not know where they were sending me
and either way—

—I did not want to go there.

My little sister
Needs me to hold her
So she doesn't have nightmares

My mother
Needs me to remind her
To heed the fire, so her hands do not burn

I cannot leave them, not to be Married.
But I could do nothing to save myself.
And so one day, it happened.

~ the bride's mother

- Rhitom Mishra

5 Reasons young families need life insurance now



When it comes to money matters, young parents who are just starting out have a lot to juggle: They may be paying off student debt and saving for their first home, all while raising kids. But it's also a time when young families may be the most financially vulnerable should the unexpected strike. To ensure that they have financial protection when they need it most, purchasing a life insurance policy should be top of mind.

Here are five reasons why young families need life insurance:

- 1. You just never know.** While it's not the most pleasant thing to ponder, an emergency situation could quickly put your family's finances under water. In fact, nearly half of Americans don't have enough savings to take care of a \$400 emergency response. And when you're starting out, not having protection in case something happens to a family's breadwinner is even scarier.¹
- 2. The earlier you opt in, the more affordable it is.** Because age is one of the factors that affects the cost of your premium, the younger you are when you purchase a policy, the less you'll be paying each year.²
- 3. It's not as expensive as you think.** If you're on a budget and are convinced you can't afford life insurance, consider term life insurance. It guarantees protection for a set amount of time. Since it's not designed to last a lifetime, the annual premiums are considerably lower.³
- 4. It lets you concentrate on other goals.** Once you have the peace of mind and financial protection that life insurance grants you, you may feel secure enough to fund long-term goals, like buying a home, saving for your nest egg, or going back to school.
- 5. You can always upgrade at a later date.** Don't let the fear of making the wrong decision deter you from purchasing a policy now. The policy you purchase today isn't intended to be set in stone. As your family's needs change, you have the option of making upgrades.

We know it's not easy for young families to make their life insurance needs a priority, given all their competing financial obligations. However, life insurance is a vehicle for protection that is not only affordable, but can also help families save money and can ultimately propel them toward reaching both their immediate and far-reaching goals.

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¹Neal Gabler, "The Secret Shame of Middle-Class Americans," *The Atlantic*, May 2016. <https://www.theatlantic.com/magazine/archive/2016/05/my-secret-shame/476415/>

²Tara Siegel Bernard, "Life Insurance Buyer's Guide: What Type, How Much and Who Will Benefit," *The New York Times*, Feb. 19, 2016. https://www.nytimes.com/2016/02/20/your-money/life-insurance-buyers-guide-what-type-how-much-and-who-will-benefit.html?_r=0

³"Parents' Guide to Every Kind of Insurance," *Consumer Reports*, February 2013. <http://www.consumerreports.org/cro/2013/02/parent-s-guide-to-every-kind-of-insurance/index.htm>



Every single word matters in this article

This is a very important article and every single word and space matter (this article is for a joke not really true so please do not take this seriously). I will never do a mistake on this article. It matters to me that my articles are perfect and stunning. If I don't get a single person saying "wow your article is perfect" (not true) I will and mark my word, will write two more articles until I get one complement. Just one and it doesn't need to be "wow you have the best article in the world and it should be blah blah blah" I mean I just want my article to be nice and neat (ok I admit that nothing is perfect, but something can be close). Ok just imagine if you were me and you made a long article that took you 1 hour to make and you have gotten all of the punctuation and capitulation correct. You ask people how it is and they say "its fine" doesn't that make you angry and wanting to slap your computer do the floor. Well, no worries because you can write one more article about something random like, um, feet. Yeh feet, let's see here ok I got this: my feet are pretty and smell nice if I don't shower. This article has exactly 223 words so far but when I am done, oh wait I messed up, I mean um hey I messed up my dinner because I cook spaghetti. Oh, I am getting out of subject lets continue so, where were we? Oh yes, we were or I or me uh, I am stressed out. THE PAGE IS ENDING. Any ways I am here to say that everything in your article matters so yes um, ending it here. Not really, but oh come, on oh ok I am going to play some video games now.

- Aarogya Regmi

An Impulsive Decision - Continued from page 6

Sitting at my cubicle now, I am grateful that my parents supported my impulsive decision because I finally feel like I have a purpose. The next time that you visit Nepal, I urge you to spend a few hours of your trip visiting the children that I had the opportunity to meet. It's amazing how much you can learn in just a few hours from children who only have the community that they have built together. My only regret is that I was not able to spend more time with them, but I know I will see them soon.



I have learned that the most impulsive decisions can have the most rewarding experiences. So, take it from someone that always made excuses and immersed themselves with work – it can all wait. Live in the moment. Travel somewhere different and talk to each person you meet, you have no idea what adventures you could go on or who could change your life. - **Pratikshya Pudasaini**



Hewlett Packard

Hewlett-Packard is an American technology business which was founded in 1939 by William “Bill” Redington Hewlett and David “Dave” Packard. The two both had electrical engineering degrees from Stanford University in 1935.

Like most famous technology business, it all started in a garage. In 1938 they rented a moderately cheap garage and went to work. Creating a company during the Great Depression was a very risky move that they made, but they were determined as ever. In 1939 they decided to name their company. They did this by flipping a coin. If it landed on heads the name of the company would be Hewlett-Packard. If it landed on tails the name of the company would be Packard-Hewlett. They worked very hard on various projects but many of them were cancelled. One of their earliest projects is the audio [oscillator](#) which is used today in many electronic devices. They sold this item for 90 dollars while other companies sold it for over 200 dollars. With their cheap prices they became more and more popular.

In 1957 HP finally went public. In the 1960s the company started making high tech generators. These generators were commonly used in gas pumps and ATMS. In the 1970s they started making their own computers. They invented the Hewlett-Packard computer and it sold very well. Ever since the 80s business has been going very well for the company. In the 2000s they added touch screen features and cameras in their own laptops. The business was going into the tens of billions and more and more computers were being bought from the HP brand. To this day HP makes millions and billions of dollars yearly and supplies the world with high tech technology.

- **Rohit Joshi**

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