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NEWSLETTER TEAM :

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For birthday
announcements, articles,
success stories,
quotations, poems, write
to us at
peopleofnepal@gmail.com



Welcome to Chicago Chautari Times - 185th Edition



Why Sports is Important?

Nepal American Center (NAC), just organized different sports for all the adults as well as for kids. There were over 100 players participated in those sports, and vouched to play more in these types of organized sports. During one of those events' registration, someone messaged me, why is the sports important? Why should I let my family or even myself be in the sports? I really had to think after that, why it is important, and how can I make understand in peoples mind (who are very busy on their daily schedule), why sports are important in one's life. I agree, not all of the people can do all sports like me, where I give every opportunity to play any sports I know, does not matter I excel at it or I am just the beginner. I did give that person an answer telling it's better for the health and good for your mental health, but I really need to give the answer to the community why we should play sports.

The definition I got from ChatGPT for sports - Sports contribute to physical and mental health, social and personal development, economic growth, cultural significance and provide entertainment and recreational opportunities. For me, Sports allows me to help my physical health as well as mental health and allows me to think the perspective of life. For my family, it helps them go outside and enjoy the sunlight and enjoy the time with their friends without the new technologies we have today. You do not need to enjoy each and every sport, I would suggest, just take one sport, enjoy that, whether it is a team activity or single person activity. We all know Chicago area has very brutal winter, so feel free to enjoy outside whenever you have time. If you don't like any sports, just walk to the nearest park you have in your neighborhood, and feel the changes on your mental health and physical strength. Perhaps doing it once a month, you might not feel a change, but do it 2-3 times a week. Certainly, you will see more happiness on yourself in 2 weeks' time, than how you feel now.

I play lot of sports, team sports like Tennis, Basketball, Soccer, Volleyball, Ping-Pong, pickleball etc. as well as something which I can do on my own, Running, walking on the trail etc. I enjoy running on my own, which helps me clear up so many things on my mind. I started running, because I wanted some me-space and watching TV or phone was not giving me that space. Running gives, me a sense of my-space during which I can think, clean up my confusion on myself and make me feel better after the run. Normally I go for 30-45 min of a run at least 3 times a week or as much as I can plan and get time to run. This helps me to reduce the stress I get from my day-to-day business activity, improves my cardiovascular health, and helps me build my muscle strength. This also helps me to enhance the flexibility, which enables me to play different team sports with moments of notice. Sports teaches us to be resilience, patience and the ability to cope with the setbacks. For me, I believe that sports foster a sense of community and teach individuals how to work together towards a common goal. It also helps bring the community together and help us interact with different new people and build friendships.

- Editorial by Nitesh Pant (Continued on page 11)



Artificial Intelligence

Artificial Intelligence is very popular right now, and the opinion about it is split between people thinking it's really great, and people who think it could end up being harmful.

Computer scientists Alan Turing and John McCarthy are credited for the invention of Artificial Intelligence in the early 1950's. There are other people alongside them who are known as the Founding Fathers of Artificial Intelligence. They are Marvin Minsky, Allen Newell, and Herbert A. Simon. The purpose of Artificial Intelligence were to create machines that thought like humans and could perform tasks that previously needed human intelligence.

Artificial Intelligence can do a lot of helpful things for us in the future. It could help with healthcare by diagnosing illness's more accurately, perform surgery more effectively, and improve treatment. AI could also help out with cybersecurity by processing large amounts of data to look for anomalies and predict threats. Risk of disaster could also be reduced thanks to AI by analyzing trends and processing historical data to more accurately forecast extreme natural events. Lastly AI could just make things more efficient. All those good things that I listed that AI could do in the future is not guaranteed. In fact, some people think that AI in the future will be bad and will take over humanity. But the main reason why people don't like AI is because they fear they will be put out of a job. The reason they think this is because in the future AI will be very smart and knowledgeable to the point where they could replace humans, so some companies and jobs might resort to AI employees over human ones, thus putting the humans out of jobs.

The most interesting part about all of this is that we ourselves might be Artificial Intelligence. Many people believe that our world is not real and that we are living in a simulation. If you think that is crazy and you don't believe it then that is fine but some of the smartest people in the world do believe it. The reason people believe it is because they think our ability to observe reality on a microscopic level could be evidence of a simulation. How we could be in a simulation is if in the real world the species that inhabit earth could be beyond our comprehension and could have super technologically advanced machines and tech that could represent earth's surface without using digital physics. -

Suvav Bhusal



SUPERPOWER

If you could have any superpower, what would it be?

I feel like the Marvel and DC superpowers would be picked a lot.

While super strength, the ability to fly, and the ability to climb buildings and stuff would be fun, it wouldn't be my superpower. For me, teleportation or telekinesis would be cool and useful. Teleportation

would be useful because you can go anywhere in a matter of seconds! If I forgot something at home and I'm already at school, then I could just teleport home and back. With telekinesis, it wouldn't be as useful, but it would be cool. If I was just sitting in bed and I wanted something that was in the kitchen? Boom, it's in the room now! This superpower would be really cool, but I think teleportation would be my superpower! - **Sazisa Sharma** (At page 91 of *Raja Yoga* by Swami Vivekananda, a true Yogi can acquire such a feat of Teleporting formability gained at the height of Yoga practice. Similarly, in *Autobiography of a Yogi* by Paramhansa Yoganand, there are mentions of a Yogi's presence and absence at a place just like Teleporting. What an emergence of a great thought that is not just an idea but could truly be a rare glimpse of human potentiality through the concentration of mind can perform! I believe a human can achieve such power, but it is EXTREMELY rare. - *Bishnu Phuyal*)

Best Wishes to our Aug Birthday Stars

**Abhay
Byanjankar -
Aug 6**



**Alvin
Chapagain -
Aug 7**



**Sukriti Wosti
- Aug 18**



**Samridhi
Wosti - Aug 9**



**Deepa
Phuyal
- Aug 27**



**Apnasa
Chaudhari
- Aug 2**



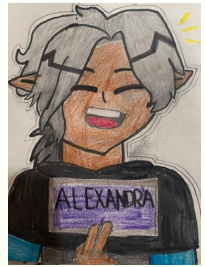
**Arvik Baral
- Aug 1**



Subodh Ghimire - Aug 30



The GAME (Continued from July)



CHARACTERS OF THE GAME

Nothing very important happened the rest of the day other than people calling to check if they're alive and well. Though there was more that Prisha and didn't say in front of Annabelle keep it between them and Lexi. The

and Naman knew they agreed to the next day the three visited Lexi to talk about the King's intentions with Prisha and Lexi. But first they explained to Micheal and Lexi.

"So basically, Prisha and the other person are criminals, Naman is a hitman and Annabelle just knows everything?" Zoe asked.

"Well, when you put it like that it sounds really bad... and it is" Naman said slowly realizing how bad it sounded. "You're not right about Naman and Annabelle but you're entirely correct about me," she tried to raise the mood realizing how awkward and gloomy it got. "But half of my so-called crimes were just me playing the Aerophone in a breathing dome that Lexi made."

"What's a breathing dome?"

"And what's an Aerophone?"

Prisha started to explain what both of them were, but something itched the back of Annabelle's mind. "Why does Prisha say she's a criminal as if it's nothing? How did Lexi get back? How—"

Her thoughts were cut off by Micheal questioning Prisha about her 'powers'. "Our powers aren't powers, it's just an enhancement of what we could already do. So how can you talk to animals?" Micheal asked.

"I can't, I just play tons of instruments which does nothing, that's why I can play the Aerophone" Prisha lied.

None of them caught on to her lie until they went to visit Lexi the next day. The only two that didn't find out were Micheal and Zoe who stayed behind to 'guard the ship'. Supposedly guarding the ship wasn't the only thing they did.

"Are they gone yet?" Zoe asked.

"Yep, they are on the island" Micheal said.

"Come on, I saw something that looked like a breathing dome."

They swam closer to the structure and were able to spot a fish-human mix, but they got spotted too. "Captain, we've spotted new creatures near base camp A. What should we do?"

"Recruit them and if they refuse then we take them as hostage"

. - Prisha Parajuli

Best Wishes to our Birthday Stars

Aug 3rd - Grace Shrestha



Aug 26th - Kartik Bahadur Raghubansi Shrestha



Aug 27th - Luniva Shrestha



Aug 19th - Manvi Wagle

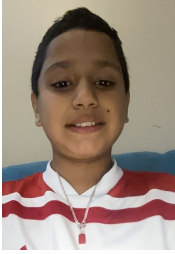


Delisha Shrestha - Aug 31st

Seisha Singh - Aug 14th

Best Wishes to our Birthday Stars

Submit your birthday information with the pictures by via email to info@nepaliamericancenter.org by 20th of the month, to be included in our next edition.



Ancient China

Ancient China was a revolutionary era of inventions, culture, and many more.

Ancient China was first colonized by the Homo Erectus species around a million years ago. The first man found in China was "The Peking Man" who lived around 780,000 years ago in a cave. The very first civilization happened around 3,700 years ago near the Yangtze

River and the Huang He river was where the first civilizations lied. But the first dynasty was the Xia dynasty which started around 2070 B.C.E and ended around 1600 B.C.E.

The first emperor, Shi Huang Di, revolutionized many things. The first thing was religion. Shi Huang Di believed that Legalism was the religion he believed was the main focus of China because he wanted people to follow a strict rule with laws. Another religion would be Confucianism which followed that people should be equally stated and followed the filial piety rule. Another religion would be Taoism which stated to live with harmony. And then Buddhism was a third religion that followed the rule of the eightfold path and a living simple life. Shi Huang Di made improvements in expanding the Great Wall of China and unified China for the first time. Even though the emperor lived a short life, he prepared for the afterlife by setting up thousands of clay statues guarding his tomb where it was found in 1974.

The Silk Road was also founded by the Chinese Han dynasty which exported silk for other western goods, like gold, honey, and many more. The western received silk, tea, and gunpowder. The silk making process was a top-secret thing, but many western countries found out and used it for their own advantages. But sadly, the Ottoman Empire shut it down.

Ancient China was a country that was ahead of its time. It was both good and bad in history, but many of the innovations were the reason our modern technology is here today. - **Rasik Panta**

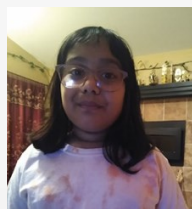


Careful while playing

I was playing with my friends in my home when suddenly I slipped in a garden, and I fell down on a stone. I banged my head so badly it started to bleed. Trishank, Sulax, and Sakshyam helped me get up. Then Saku, Baba, Niru baba came and took me to hospital. I cried in the hospital for some time then I stopped. I had to get three stitches on my head and a bandage all over my head so it wouldn't get infected. Today, I am going to cut of my stitches, and I will be fine.

We should be safe while playing and take care of ourselves! -

Abhudaya Phuyal



Enchanting - An art by Aawahni KC



Heartbeat of Home and Work

In the morning's first light, she's up and away,
Juggling tasks, making everything okay.
A superhero in disguise, she doesn't fuss,
Mom, you're incredible, in you I trust.
From dawn till dusk, with unwavering grace,
You manage it all, at your own pace.
Work and home seamlessly entwine,
You make it look easy, the mother of mine.
You tackle the office, meetings, and calls,
Then home to cook dinners that delight us all.
The laundry, the cleaning, never a chore,
With a smile on your face, you give us more.
Your love and dedication, steadfast and true,
In everything you do, shine through.
You're our rock, our guiding light,
Mom, you make our world so bright.
For every sacrifice, big and small,
For being there to catch us when we fall,
We cherish you, our hearts overflow,
Mom, your strength and love, we forever know.
So, here's to you, my phenomenal queen,
In my heart, you reign supreme.
For all the roles you gracefully play,
Mom, I love you more every day.

- **Krishna Pandey**



Introduction to Olympic Games : Shooting

Shooting, an Olympic game where one is to fire either a shotgun, rifle or pistol, at targets or targets (usually clay or other material) that may be moving or far away. There are two types of shooting: indoor and outdoor. Indoor shooting is normally for the

rifle and/or pistol, while outdoor is for shotgun.

For Indoor shooting, athletes have to shoot a target that can be up to 50 meters away. For rifle shooting, athletes can either stand, kneel or lay on the ground. Kneeling is the most common, as standing and laying causes a lot of moving around and might cause the shooter to make a mistake.

But sometimes even kneeling makes a mistake for the shooters. They have to be comfortable with their position in order to shoot the target. Their breathing is also an important attribute to shooting. Most shooters take deep breaths to calm themselves before shooting. While shooting, shooters may hold their breath while firing to make sure their shot is not shaky.

For pistol shooting, which is also indoor, shooters stand up and hold the pistol, with one hand and fire at the target. Shooters also may wear an eye cover that blocks all sight but the target or might be just a hole for the eye to see through. Like rifle shooting, shooters may take deep breaths before they shoot to calm themselves and hold their breath while they fire.

Next, we have outdoor shooting, which is used for shotgun games. Shooters that are in this game will fire a disk to shoot a target which is normally moving in height or is moving to the side. Shooters in this event will have to have good hand-eye coordination to see the moving target and also fire the shotgun. The target which is normally made of clay, with be shot at random points and angles, making it difficult for the shooters to hit them.

Shotgun shooters will also have to fire where the target is going, not where the target is. They have to time their shots so that way the disk will hit the target. If the target is going up, shooters will fire so that the disk is going to hit where the target is going to go, at the precise time, and BOOM! The disk hits the target, and the shooters get points.

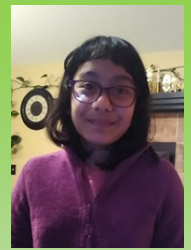
In conclusion, shooting is a game that has been introduced to the Olympics in 1896, from hitting live pigeons with bows and arrows, to 2024, hitting nonliving targets with disks and bullets. I hope you have learned a lot about this game, or the Olympic games, or at least now know that shooting is a game in the Olympics for a while now. - **Naman Pant**



Flower Blossom - An art by Ruby Phuyal

The Sea

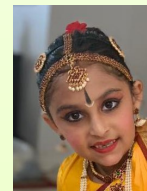
An endless gaze into the crystalline abyss unknowingly, yet consciously, allures for underneath iridescent beauty, lies the fear of the unknown



the curiosity of man, and the serenity of a luminous ocean. the naiveness of humanity, and the false promise of a safe haven.

waves, lapping over another graciously. even if to cover the most of sinister, how could one know, when all this majesty is before them? and how could one know, when all in sight is the boundless innocence of the glistening sea.

- **Aishani KC**



Girl Swinging in a Cherry Blossom Tree - An art by Shrija Kabra





Quantum Adventure

Chapter 1

Once upon a ti-, no, brother this is not a fairytale. But it is.... So sorry about my brother, he wanted to be a part of narrating this story, so I let him. But he thinks this is a fairytale, so I just kicked him out- literally -.

Anyway, this is a story about an 11-year-old whose name is Samuel that is interested in physics, and especially quantum physics.

We start in a room in Italy (Italia) where dinner is being served- not any dinner but Samuels all time favorite dinner, which is roasted beef with jasmine rice on top of goat soup- when Samuel's mom brings

the soup over she spills a little bit. As soon as the drops hit the floor they disappear. Samuel then starts yapping about how the velocity of the soup when it hit the floor was fast and did not make much sound when hitting the floor and that other stuff about physics, he then just realized that he was teleported to an alternate universe when the drops hit the floor.

Now, I'm not really a cliffhanger guy, in fact I hate cliffhangers but every end of chapters in books have them, so heads up, there are going to be ones in this book too.

As soon as he realized he was teleported there, he did what a normal person would do, **panic**. He then calmed down in what, like 1 hour? (1 day in the real universe, since time goes slower in the alternate universe) As soon as he calmed down he looked around to see if anything was different or similar to his universe, even though alternate universes are the exact same except they have different times and different paths of "destiny" as Samuel likes to call it.

Oh yeah, by the way, did you know that Samuel is my best friend at work, even though we have different departments in our offices.

So, Samuel saw the door to the closet, opened it and went in, leading him to a mysterious place full of books and computers.

As soon as he touched a book, the door shut closed and locked by itself, making him stuck in the room. Then the computers turned on, started growing legs and attacked him, and then the books grew arms and flinged themselves to attack Samuel. He then saw a nearby metal pipe and smashed the books and computers. More then came, and more, and more, until Samuel was so tired he could barely even move his feet anymore.

Chapter 2

When Samuel closed his eyes as soon as a book was about to punch him, an unidentified object came out of nowhere and defeated all of them. After it destroyed the source of the books and computer, a power cell containing cyan shards.

"These are Quantum Shards" the unidentified object said "They are used to acquire powers in the quantum world"

"Ok, ok, so this is a quantum universe inside of an alternate universe? That literally makes no se-" Samuel was cut off by the unidentified object

"The door you went through is called a quantum portal, which is used to teleport between universes. Oh yea, by the way my name is Sans "

"Ok Sans, how do I get back to my original universe? Also, is this all real? Because if this was then this would be a major step in quantum physics! I might even become famous for this discovery!!!!!!!"

"Well, you would have to find the right quantum portal that leads to your universe, though there are trillions or quintillions of quantum portals, so consider it impossible." Sans immediately regretted telling Samuel this

"That's not good ..." Samuel muttered, "I should still try though, right? Oh yea! My name is Samuel."

"Samuel, I tried to find my original universe too, and I failed after searching for 32 decades."

"32!?!?! How old are you???" Samuel exclaimed

"Uh, 732 quantum years ol-"

"What are quantum years?"

"Um, they're years in this world and are different from real world ones by the ratio of 1 hour:1 day, quantum to real time. Anyway, here's a cyan shard socket to store them and imbue into your body for the powers."

When Samuel was handed over the socket and put the shards in it, he immediately felt a surge of energy going through his body and then the aftermath of this event was him being able to control electricity and fire

"Um, so is this rare? Or is it common?"

"Necessarily, it is common because you got it for your first time, but keep putting shards until you get a exotic one"

"WHY DOES THIS SYSTEM SOUND LIKE A VIDEO GAME RARITY SYSTEM?!?!?!?"

"Aren't you a nerd? Exotic can mean from a different world or strange and weird"

- Syon Gautam (Continued on next page)

Quantum Adventure – continued

“Do you have an exotic power?”

“What do you think? Obviously, I do! I’ve been here for 732 quantum years!”

Chapter 3

“Soooooo, is this kind of like an rpg ga-“ Samuel asks

“I THOUGHT YOU WERE A NERD! WHY DO YOU KEEP TALKING ABOUT VIDEO GAMES?” Sans shouts “This is real life buddy, it’s impossible to get out”

“Unless you defeat the final boss, right?”

“THIS ISN'T A GAME!!”

“I know this isn’t a game. But I realized in 3rd grade that video games can somehow relate to real life”

“Well here they don’t, so just get strong and survive in this wor-“

“Erm, actually the King Of Universes challenges people and if they win they can go back to their original universe” a random voice said ominously

“Who was that?” Sans asked, “Just saying, I have an exotic power!”

“And so do I”

“Who even are you? Where did you come from? Why are you here? Are you going to attack us?” Thoughts ran through Samuel’s head as fast as a bullet. As these were only thoughts, what actually came out was “Wh-Who ar-are yo-you?”

“I am your father. Nah I’m joking, I’m Samuel. When I first came in- wait Sans is that you?”

“Uhhh, erm, are you the future me? Because I met Sans when he saved me from these computers and books.” Samuel was thrilled by this idea

“That’s exactly what happened to me, lemme guess, he already gave you a cyan shard socket?”

“Yea! He did!” “Woah. So you’re me of the past.”

“And your me of the future”

“Waaaaaah” They both said obnoxiously “That is an amazing discovery in the world of time mechanics”

“Both of you are nerds” Sans snorted “I remember teaching this Samuel the ways, also when you left you only had a legen-”

“SEE IT SOUNDS LIKE A VIDEO GAME RARITY SYSTEM!!!” Samuel from the past shouted

“THAT’S WHAT I SAID!!!” Samuel from the future shouted

“Samuel, I tho-” Sans tried to, but failed to say

“Which one?” They both asked

“The one from the future. Anyway both of you guys now know that you shouldn’t be loud in the quantum world, it will attract monsters.”

Now, it felt like Sans was getting annoyed by the Samuels, and this will create a huge impact in the next chapters but for now, let’s continue on with this one.

“Uhh, there’s one behind you.” Samuel from the past said, “Actually wait I got this”

Samuel used his electricity to attack this monster. The electricity went so out of control that everything that our characters had said was not heard and that the future Samuel had to use his power to stop the electricity and kill the monster.

“Wait a second. WHAT DID YOU JUST DO?!?!?!?” Samuel from the past was amazed “What does it do?”

“Nice exotic power by the way, not that similar to mine but I’ll take it as an ability for my former pupil.” Sans thought he needed to say that “We should probably be getting a move on now. The energy source this monster came from probably has some shards you -the past Samuel- can use.”

“My new master is probably right!” “My old master is probably right”

Both of the Samuels said this at the same time. Looks like timelines are overlapping and I wonder what happens if well, it happens. Now I should probably get to work, it’s 7:28 and work starts at 8:15 for me. It also takes like half an hour to get there so bye! - **Syon Gautam**

Nepal - My Country

The Mountain uptop

Amongst the grand

Everests peak near the sun

Claimed by the countries hand



The flowers all roam

Around the grass

Laliguras dance

The trees and it branch

The animals sing

In the sky and land

The Danfe dances

With a confident stand

Thr country of nepal

Beautiful and grand

Diversity in culture

Beautiful from woman to man

- **Stuti Dhungana**



Noise Pollution

Imagine you are a whale peacefully swimming. Then one day you hear this loud and irritating noise interrupting your communication with your other family members. Just imagine you are a whale around 150 years old and always used to hearing peace until one day. Now you must listen to many horrific traffic noises and can't control them to stop. It is loud and ear-piercing, giving you headaches and making you want to go anywhere but your natural habitat. This is what the animals underwater have to go through every day because of our careless and reckless behavior. Many people don't know the noise pollution that is affecting the animals underwater. 55 marine species are known to be affected by noise pollution. The propellers of the ships mainly cause noise pollution, which distress animals. This causes them to lose the ability to communicate and find prey. As a consequence, this forces them to leave their habitats and risks them losing family and dying. Ocean noise pollution is an ongoing problem, affecting our marine life and the problem will not stop unless we fix what we are doing wrong and what is harmful to marine life.

There are many problems with noise pollution existing in the ocean. To begin with, in paragraph 5, the author claims that "When ship noise overwhelms or "masks" these natural sounds, marine life has been observed leaving their preferred habitats or changing important behaviors, like singing to mates, foraging for food, or nursing babies. Ship noise has also been shown to cause elevated stress in marine mammals, which can lower the resilience of animals facing challenges related to water pollution, climate change, and habitat/food loss." (Nelson,5) The author's point is that noise pollution can end up overwhelming marine animals, and can cause them to move away from their natural habitat and habits they need to survive. This shows that the ship noise has a chain effect on marine animals. Another example is when the author emphasizes that "There's a fraction of the percentage of commercial shipping in the Southern hemisphere. We have southern right whales, cousins of the northern right whales, those populations are going gangbusters." (Brown, 21:39- 22:04) This confirms Noise pollution by ships is causing marine animals like whales to be distressed since ships cause noise pollution which disturbs their echolocation and communication process. They use this skill to find prey and lost family members. Without this skill, they could starve to death, or they could be lost and alone without their family.

Marine animals can become extinct because of noise pollution. One example to start is when the narrator states "Even though the sound levels were much lower than those of military sonars, the blue whales still stopped feeding, increased their swimming speed, and moved away from the sound source. This can have significant impacts on the whales' fitness, foraging ecology, and population health." (Earth.org, 6) This shows noise pollution can alter marine animal's behavior for the worst. Marine animals' health is in danger, and they are not going to get better if we keep using military sonar. They can also starve to death making their population go down. If this continues to happen some marine animals could become extinct. Furthermore, the author states "Human-generated noise disrupts the behavior, physiology, and reproduction of marine organisms so much that it can lead to an increased risk of mortality." (Tarnio 1 and 2) This reveals noise caused by humans comes from shipping, fishing, and infrastructure development. All of these sources of noise impact marine animals daily lives and it can lead to an increased risk of mortality for these animals.

We can help lower noise pollution with different designs of what we already have that make the ocean quieter. One example to start is when the author emphasizes that "Cavitation can be addressed through design changes to the propeller, as well as the hull of the ship, or the use of new devices that are meant to smooth water flow into the propeller." (Nelson,7) This suggests we need to address ocean noise pollution and design and use new devices that quiet the propeller and change the design of the hull of the ship. It shows how some design changes can help keep the ocean quiet and help the marine animals underwater become more calm.

Equally as important, the author argues that "The study outlines several actions that can improve the ocean soundscape and potentially enable the recovery of some marine life, including policies to reduce propeller noise from ships. Mitigating the sounds of sonar equipment, pile driving, seismic air guns, and wind turbines can also help." (Tarnio, 4) This implies We need to address ocean noise pollution and design and use new devices that quiet the propeller and change the design of the hull of the ship. When we have to test the sonar equipment, we can do it somewhere that is not near the ocean or we can develop a special place underground to test this kind of equipment so the testing of sonar equipment, pile driving, seis air guns, and wind turbines don't impact the marine animals.

- Reeva Baral (Continued on next page)

Noise Pollution - Continued

We can lower the shipping traffic rate to help lower noise pollution. To introduce this point, the narrator claims "And they found that their samples seem to revolve around a particular date and that was September 11th. After September 11th there was a halt to shipping traffic that seemed to correlate with a dramatic fall in stress hormones and right wets. You don't see this any other year." (Brown, 40:18-40:55) This implies reducing ships highways in the nationwide sea will allow these marine animals to use echolocation to communicate, be able to reduce stress, and live their lives as they should. It also tells us that we could reduce our shipping traffic so the marine animals' stress hormones can go down.

Another merit to demonstrate is when the author claims that "To reduce anthropogenic noise in the marine environment, we need policies to reduce propeller noise from ships and people mitigating the sounds of sonar equipment, seismic air guns, pile driving, and construction. We also need to develop quieter technologies; there in making it easier to reduce noise pollution. These actions can improve the ocean soundscape and potentially enable the recovery of some marine life." (Ellis,12) The author's point is that there are many ways that we can reduce noise pollution and we can use some of them for noise pollution to go down. For example, we can make policies to reduce propeller noise so that noise pollution is controlled. This will allow us to still ship things to places but we can do it in a quieter way that can help the marine animals.

Ocean noise pollution is an ongoing problem, affecting our marine life and the problem will not stop unless we fix what we are doing wrong and what is harmful to marine life. The key point for the problem of noise pollution is that we use too much sonar equipment. Another key point in the problem of noise pollution is that marine animal's health is bad, and their stress levels are getting higher because of noise pollution. The key point for the solution is that it is not too late to fix what we have been doing for so long. We can make new devices that are quieter so that marine animals' stress levels can go down. Those are some key points of the body. In conclusion, Noise pollution is a big problem for marine animals, and we need to take action soon before it is too late. - **Reeva Baral**



My Colorado Trip

I woke up at 4 AM and we went to a long Colorado trip. We finally made it to our rented house in Colorado from the long drive.

I woke up and ate breakfast and we went to the Pikes peak which was one of the hardest road drives. The oxygen level was low, it was so hard to breathe. Up there we got some souvenirs. We got some food (Donuts, Hot chocolate) and after that we went back down the mountain. We ate Momo for our lunch at a restaurant and then BBQ for dinner.

The next day, we went to Gardens of God, we climbed lots of rocks, we saw deers and it was a beautiful walk. Again, we ate Momo at a restaurant and for dinner.

Next day, we went to a Royal George train ride. It was a two hour ride with beautiful scenery. We loved the scene. We had two yummy cakes inside the train. We had a cheesecake and a chocolate cake.

After that, we went to a Gondola and we had snow cones. I met new people. After the Gondola, we went to the new rented house in Colorado.

Another day, we went to the Rocky Mountain. We had a beautiful scene when we reached up. We went to the Bear Lake. We took some pictures, and we came back down and then we had Momo for our lunch in the restaurant again and we had dinner.

We went to the jacuzzi and relaxed a bit. The next day, we said bye to our house, and we went back for a long drive and stopped by a hotel to sleep. And the next day, we had breakfast at the hotel, and we went back to our drive, and we arrived home. - **Avah Shrestha**



Mount Rushmore

Introduction : Mount Rushmore is a colossal sculpture located in keystone, South Dakota, United States. Four presidents on Mount Rushmore are: George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln. In addition to the facts, I will also be adding my own experience of the trip to Mount Rushmore. To get more information, let's dive into this article.

Who created Mount Rushmore? The creator of Mount Rushmore was Gutzon Borglum. He wanted to create Mount Rushmore because he wanted it to be something related to American history.

George Washington : He chose George Washington to be one of the four faces on his sculpture because he thought George Washington was the father of this nation. Also, because he was the first president of the United States.

Thomas Jefferson : Second, he chose Thomas Jefferson because he thought Jefferson gave Independence to America. He also expanded America by buying Louisiana from France.

Theodore Roosevelt : Third he chose Theodore Roosevelt because he thought Roosevelt had helped the nation grow and help improve America.

Abraham Lincoln : Lastly, he chose Abraham Lincoln because he freed enslaved people during the civil war.

How was Mount Rushmore carved? Mount Rushmore was carved by many people. In fact, there were more than 400 men and women in a variety of roles. Some of these jobs were pointers, drillers, powderman and stone carvers.

Pointers : Pointers do all the composing work for the monument. Pointers measured the mountain so it could be carved and drilled. The pointers worked with the model of the monument. The model was 12 times smaller than the real monument. The pointers used a unique machine that Borglum made. This machine was called the pointing machine. With this machine they would know the angles and measurements of the model. Since the model was 12 times smaller than the real monument, they would multiply each number by 12 to get the lengths of the mountain. When they had their measurements, they would go to the mountain and put marks for the drillers.

Drillers : Once the pointers were done working the drillers would come. The drillers would go into an invention made by Borglum called the bosun. The bosun is a chair that would swing with a harness. Once the drillers were in their seat they would go to the red marks and take jackhammers to drill holes. The drillers would drill in honeycomb patterns.

Powderman : Once the holes were drilled by the drillers the powderman came. The powderman would have to put the dynamite in the holes and cut the dynamite in different lengths. Immediately after they put the dynamite in the holes everyone would back off. *BLAST!* After the dynamite exploded chunks of rock would go to the bottom of the mountain. These rocks are still at the bottom of the mountain today. 90% of the mountain was made by Dynamite.

Stone carvers : Once the dynamite was removed large rocks off the mountain the stone carvers would create details on the monument. The stone carvers used a special tool to smoothen the faces. Borglum helped the stone carvers to make it look more detailed. Borglum wanted the monument to be flawless so he studied the faces so they could be perfect.

Those were the monument workers but there are also other workers like: cooks, carpenters and mechanics.

When was Mount Rushmore carved ? They started carving Mount Rushmore on October 14th, 1927 and finished carving on October 31st, 1941. They decided to stop carving in 1941 because Borglum died and World War II was coming to America. The first face that was revealed was George Washington's and it was revealed on July 14th, 1930. Second it was Thomas Jefferson and his face was revealed on August 30th, 1936. Third it was Abraham Lincoln and his face was revealed on September 17th 1937. Lastly it was Theodore Roosevelt and his face was revealed on July 2nd 1939.

- Moksha Rijal (Continued on next page)

Mt Rushmore - Continued

Hall of records : To begin with Borglum wanted a hall of records behind the faces. In this area tourists would learn more about American history. In this room it would have America's most important documents such as the declaration of Independence. There will also be a list of United States achievements carved on the wall. They started building the vault in July 1938. By 1939 the entrance was almost finished but Congress wanted them to focus more on the monument so they obeyed because Congress was paying bills. When Borglum died, they stopped working on the hall of records and it was never like they planned. In 1998 the government decided to revisit the hall of records. It wasn't exactly what Borglum wanted but they did add important American documents, the Mount Rushmore story and Borglum's biography.

Fun facts on Mount Rushmore :

Ben Black elk was supposed to be the 5th face on Mount Rushmore.

Theodore Roosevelt isn't wearing glasses on the monument.

Mount Rushmore is granite so one piece wears off in 10,000 years. To add to that the noses are made of 240 pieces of granite so they'll last 2.4 million years until they wear off.

The real name of Mount Rushmore is Tunkasila Sakpe Paha.

No one died when carving Mount Rushmore.

My trip to Mount Rushmore

We're at Mount Rushmore. I can't wait to see the monument and I wonder how big it is? We headed towards Mount Rushmore; we passed through flags of every state in America. I saw the Illinois flag, and took some pictures. We go over to the list of people that worked on Mount Rushmore. I was amazed to find the amount of people that were involved in building Mount Rushmore. I was talking to my brother and he was equally astonished. Finally, we see it, there is Mount Rushmore we shout. Oh, I wonder why there is an entrance there in the mountain. Later we figured out that it was the Hall of records and that it was never completed. It was an amazing view to see in person. We were lucky as the sky was clear which made the site even better and also for the pictures. We went inside the building where there was a lot of information about Mount Rushmore. We watched a movie about Mount Rushmore. The place also had real tools that they used in the model of the monument. By this time, we had already spent almost 2 to 3 hours but I kept wanting to stay. We had to get to our next destination which was Devil's Tower. We took more pictures and our final goodbye to Mount Rushmore.

Conclusion

I hope you like this story and learn new things. - **Moksha Rijal**

Editorial - Sports (Continued) - As I said, I run, but I am not perfect at it. You don't need to be perfect to play any sports. You just need to know that to have fun you are playing sports, and enjoying every part of it. To support run, I with help of some community friends, started a new Club called NayaBihani Club, where we participate, get some community talks and run 5K once a month. Anyone interested to join and able to run/walk once a month, do not hesitate to contact me at niteshpant@gmail.com. I am more than happy to help you run from being couch potato to 5K in less than 12 weeks' time period. Just remember that for any sports, starting is always hard. Once you commit and make yourself feel you can do it, you should be able to start. For any activity, getting out of the comfort zone, is always hardest. Once you are out of your comfort zone, and start enjoying the activity, you will feel the changes and enjoyment in your life too.

I am doing my first Marathon in Chicago marathon 2024. With this Chicago marathon, I am planning to support sports activities to different schools in Palpa and Syanga district in Nepal. For the first phase, I am planning to provide the students who are in need some sports gear like shoes and track-suit. Without the help of community, I cannot do it alone. I would like to get support from community for the effort I am trying to raise awareness of sports in Chicagoland community as well as some schools in Nepal. If you have some time, and if you can support, please visit <https://runmarathonforshoes.blogspot.com> . Certainly, you can email me if you want to offer some help for the schools and students who are in need. - **Nitesh Pant**

NAC Temple Fund— July '24 Summary

Thank you for attending July 2023 Monthly Puja, and for your generous contribution. Thanks to our sponsors, and our devotees, your presence, devotion and your contributions make it possible for us to give continuity to our regular Monthly Puja and Gathering. Here is the summary of our collection from July puja.

Total Collection (Cash and Zelle) - \$662

Total Expense : \$275

Temple - \$225 | Priest - \$50

News Flash: Walk, Bike and Run for a Cause - Event Summary Every Child Deserves to Dream, Laugh and Learn!



Smile is free but for some it is not affordable! There are many ways to make a child smile and we chose Education.

The fundraising event-Walk/Run/Bike organized by NAC on July 20, 2024 turned out to be a fantastic day of fun, fitness and philanthropy. It was a delightful experience to witness participants of all ages coming together to support this noble cause of educating deserving students from disadvantaged communities of Nepal.

Vibrant friends and families started the morning with an energetic 5k walk/run followed by an exciting 7 mile loop bike ride with beautiful views of nature. Some participants were able to spot Elks pretty close to the fenceline by the trail. Senior citizens enjoyed their leisurely walk, toddlers in strollers and bike carts loved their ride and young children incredibly completed the 5k walk/run and 7 mile bike ride. The afternoon was filled with a variety of outdoor activities; raffle prizes, volleyball and cricket games. Some young volunteers (Reeva, Prinsa, Ruben, Nirvan, Prisha and Aadhya) baked cookies/brownies and made cool lemonade for fundraising. Delicious picnic barbecue lunch was entirely sponsored by NAC executive team members.

The event also emphasized mental health awareness. A representative from NAMI (National Alliance on Mental Illness) from the Barrington area was present in the morning to distribute mental health awareness materials. With a total of 137 participants present at the event, it showcased an art of giving, leaving a positive impact in the community. NAC greatly appreciates the generous sponsors, enthusiastic volunteers and is immensely grateful to all in person participants and to those who could not make it to the event but donated supporting the cause.

The presence of esteemed guests; Honorary Consul General of Nepal, Mr. Marvin Brustin and his respected wife Mrs. Allison Brustin during the event added meaningful value. NAC is truly honored to get continued support on its mission from Mr. Brustin. The power of our community coming together to support the cause is truly uplifting and we believe that this will have a lasting impact on our ability to further our mission.

Further updates on the donation amount to partner organizations in Nepal will be included in the September newsletter.

