

INSIDE THIS
ISSUE:

Editorial ..	1
First Day ..	2
McDonald ..	2
Gymnastics ..	2
Tesla ..	3
Presidential ..	3
Dreaming girl	3
Quantum .	4
Life's Lament ..	4
Penguins ..	5
Forest ..	5
First Day of..	5
Oak Tree ..	5
The Child ..	6
Lotus Flower ..	6
PVSA ..	7
Arts ..	7

NEWSLETTER TEAM :

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



Welcome to Chicago Chautari Times - 186th Edition



KARMA

I am most curious about Karma. My first learning of karma was in elementary school, when we learned about the Golden Rule: "Treat others the way you want to be treated". At that age, I was also taught to put more faith in my religion, so I believed that God enforced the Golden Rule, making every person be treated the way that they treat other people. Whenever I felt disrespected, I always traced it back to an equally disrespectful action that I directed towards someone else. For example, if I was made fun of for liking a specific TV show, then I would be able to remember a moment when I made fun of someone else's interests and assume that that person must have felt the same way I felt when I was poked fun at. That was my first ever thought process related to Karma.

As I've matured and experienced how the world works, my belief in Karma evolved beyond the Golden Rule. I believe Karma not only enforces the Golden Rule, but also creates balance in every aspect of people's lives. When I see how kids who grow up in a wealthy family become undisciplined to hard work, or how happy-go-lucky individuals are often ignorant of the world around them, it reminds me of Karma.

My learning about karma was especially deepened while taking an AP Psychology class. One psychology theory that really stood out to me was the Opponent-Process Theory of Emotion, which states that opposite emotions follow up on one another, like happiness and sadness, such that a person will experience great happiness after experiencing great sadness. When learning about this in class, I correlated it with Karma balancing out positive and negative emotions. This theory also applied to me after quarantine. During the lock-down, it was hard for me to feel happy about anything. On the contrary, when quarantine ended, I found it difficult to feel sad about anything. For me, this event was a great display of Karma balancing my positive and negative experiences.

Even for people who never experienced periods of depression, but rather live life in a depressing environment, Karma still balances life out for them. I was able to see this in person at a remote orphanage in Nepal. Since my ethnic origin lies in Nepal, I chose to sponsor a field trip for the orphanage center, taking them around the city of Dhulikhel, Nepal. Experiencing the city is something that I've done many times and have gotten used to, however, the kids from the orphanage were able to find joy in the staled moments of the trip; moments that I couldn't find as much joy in since they were so normal to me. Even though these kids grow up in such a sad environment compared to ours, Karma balances it out by letting them find happiness in anything.

Every crime comes with a consequence and every burden carries a blessing.

- Pramsu Parajuli

NAC Temple Fund— Sept '24 Summary

Thank you for attending Sept 2024 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 Sept puja.

Total Collection (Cash and Zelle) - \$1210

Total Expense : \$285

Temple - \$225 | Priest - \$60



About the First Day of Fourth Grade

Hello Namaste,
My Name is Rajnish Yadav. I am going to write about the first day of 4th grade. At school, I got to meet my friends again after a long time, which was 2 months to be exact. Once I walked in, I saw my friends again and 2 new students. They were really nice. My 4th grade teacher,

Mrs.Stankowicz, was pretty nice. She said she would give no homework for the year, which was also nice. After some time, we would go on to lunch/recess. This time we would go on to recess first which was different from last year, because it was flipped from last year. Lunch is the time when we get to talk and eat each day. The schools choose something for the lunch menu but on Fridays we get pizza. Thank You. - **Rajnish Yadav**

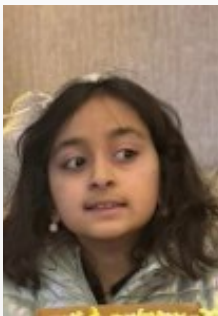


McDonald

McDonald is a good place to eat. McDonald has a lot of good food like Mc Chicken and 20pc chicken nuggets. McDonald also has a fire playplace. I could be there for hours and not get bored. McDonald also has a juicy BigMac.

McDonald has a fast drive through. My favorite foods are the McChicken and chicken nuggets and fries. My favorite drinks are blue raspberry, sprite, lemonade and fanta. Drinks are better than food. McDonald is a great place to hang out and

eat food. I love McDonalds. - **Aadi Sharma**



Gymnastics

Namaste, my name is Riya Phuyal and today I'm going to teach you about Gymnastics! Gymnastics is a very fun sport, but it can be challenging sometimes because it is one of the most difficult sports in the world! In gymnastics there are 10 different stages. Each stage gets harder and harder. One of the hardest tricks is the Produnova vault. If you don't know what a vault is, this is for you. Vault is an exercise in which an athlete leaps over a form that was originally intended to mimic a

horse!

Now I will teach you the elements of gymnastics! There are 4 different elements of gymnastics: Vault, bar, floor, and beam! Now I will teach you why Gymnastics is good for you. Gymnastics is good for you because it gives you strength, power, and flexibility! Now let me tell you all the easy tricks in gymnastics. Handstands, cart-wheels, forward rolls, bridges, splits, and tuck jumps are the easy tricks in Gymnastics! Now I think you have learned enough about Gymnastics today. So, this is going to be the end! - **Riya Phuyal**

Best Wishes to our Sept Birthday Stars

Bishwo Maharjan - Sept 25



Sanvi Yadav - Sept 14



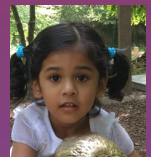
Parees Pradhan - Sept 29



Ashna Adhikari - Sept 18



Shreena Gautam - Sept 30



Aaditya Pudasaini - Sept 26



Nishan Pathak - Sept 30



Moksha Rijal - Sept 19





Tesla

Teslas are electric cars. Teslas have a lot of activities like the fart of command and the arcade. The standard tesla is black car with a red or silver tesla symbol. Teslas can be charged at home or at super chargers. Superchargers are fast and the regular ones are really slow. Teslas are a lot of fun. My favorite game is called polytopia. The game is about a square (you) that needs to conquer the other 50 lands. They all spawn at different locations. There are other games like zombie, apocalypse, beach racing, but they are not as good as polytopia. Bye, I hope you buy a tesla soon. - **Anya Sharma**



Presidential Candidates 2024

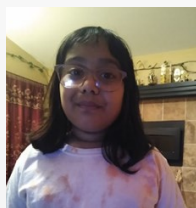
This is an overview of our 2024 presidential candidates. I will be giving you pros and cons of both of the candidates so we can decide who we want to vote for.

First off I will be talking about the pros of the republican candidate Donald Trump. Trump says that he will do something that he did not do during his first run as president is that he will hire and fire people based on their performance and not his own feelings. Another pro of Donald Trump is that he says that unlike last time, he is a lot more confident and assertive. A good thing about him is that he cares about animals a lot, he passed a law on stopping animal cruelty and torture.

Next up I will be talking about the pros of the democratic candidate Kamala Harris. One pro about her is that she is very determined about her opinion on abortion rights and she has gone as far as meeting with 18 states to discuss it. Another pro is that she really pushed hard to make the "freedom to vote" law go through. So in conclusion it looks like she is very determined to make things go through if she feels it will better the country.

Next I will be talking about Donald Trumps cons. A con of Donald Trump is that he is sometimes racist, sexist, and makes fun of disabled people. And while doing this, he betters up his own race. Another con is that he would make big things shut down or worse such as public education or national security. Another con is that he doesn't respect the military. He goes out and criticizes family of war veterans.

Dreaming Girl - An art by Aawahni KC



Lastly I will be telling you about the cons of Kamala Harris. She actually ran for president during 2020 but lost because she wouldn't commit to policy positions, she couldn't defend her past actions, and there were stories of her mistreating her staff. Also people don't like that she is slippery, all ambition, no ideology. Another con is that she isn't consistent when it comes to crime. Sometimes she is too harsh on it while other times she is too lenient.

Now you have an idea of the pros and cons of the two presidential candidates, and what they are good at, and what they are bad at. So based on this, you could figure out who you want to vote for. - **Suvav Bhusal**

Best Wishes to our Sept Birthday Stars

Aarohan Adhikari - Sept 1



Aryash Adhikari - Sept 18



Purnima Pathak - Sept 15



Crisha Shrestha - Sept 5



Anjel Singh - Sept 5



Aditi Bhatrai - Sept 28



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



Quantum Adventure

Chapter 4

"Erm, so how long till we get there" the past Samuel asked.

"Aboutttttttttt, uh, 3 quantum minutes" Sans answered.

"Let me use my power" the future one answered.

It was this epic looking chariot full of things from cards- hearts, diamonds, spades, and clover- and a wheel that looked like a melon.

"BAHAHAHA" Both sans and the past Samuel laughed out crazily "THAT'S SUCH A GOOFY LOOKING RIDE"

"Watch what it can do" "Uh, so whe-"

The machine shined and roared "CHAOS MODE ON!"

"Hey past Samuel, I'm going to call you Sapuel." Sans told him.

"WHYYY!?!?!?" He whined.

"And I'm calling future Samuel, Safuel."

"Actually, that sounds like a pretty cool name." He nodded in agreement

"COME ON LET'S GET THE POWER SHARDS" Sapuel shouted.

"Agreement over here too!" Safuel answered.

"Fine." Sans answered

BLHK

BLHK

BLHK

BLHK

"We're here," Safuel said.

"WE JUST STARTED THE ENGI- oh right, it's on "CHAOS" mode" Sans answered.

"WOO-HOO THAT WAS SO FUN!" Sapuel SHOUTED "ACTUALLY IT WAS SUPER DUPER FUN!!!!!!!"

"I didn't even see anything" Sans muttered and shrunk "God, these two are so annoying together."

Samuel put the shards in. He felt the surge. He saw a sword coming straight at HIM

"AHHHHH!"

The sword stabbed him in the shoulder, "ow." He then took the sword out.

"HOW IS THIS SO HEAVY?"

"Nice, Sapuel you got a legendary" Sans commented.

"ON HIS 2ND TRY? ☹️" Safuel almost fainted.

"I'm not strong, I'm gonna have to train to use this sword in battles." Sapuel said "Hey Sans, what are the percentage of each drop of rarity?"

"So, it's uh" Sans muttered

"Wait I don't remember; wait now I do." He muttered again.

"Common is 80.1 percent, Rare is 12.2 percent, Epic is 5.1 percent, Legendary is 2.5 percent, and exotic is 0.1 percent." He finally said "What?" Samuel "How?" said

"is" when "that" he "POSSIBLE!?!?!?" heard.

"I dunno" Safuel said, "I got really lucky"

"HOW DID I GET A 2.5 percent drop?!?"

"I dunno again"

- Syon Gautam (To be continued ..)



Life's Lament

Words sliced through the heavy air,
like tears that silently fall,
a symphony of sorrow echoing through a heart once full,
now hollow and void,
a life once vibrant,
now mere shadows cast upon the wall.

The weight of despair,
a burden too great to bear,
Tear-stained cheeks and trembling hands,
a testament to the anguish that now commands.
The moon, once a beacon of hope,
now a witness to the depths of this soul's mournful scope.

It's pale light, a silent reflection of the pain within,
a reminder that even in the darkest of nights,
the light can grow dim.

As my pen meanders across the page,
the words become a vessel for the rage,
the anguish, the longing, the deep-rooted grief,
a cathartic release, a moment of brief relief.

- Krishna Pandey



Penguins Across the Universe

On a snowy day, there lived four penguins named Milanya, Namin, Nathan, and Benji. One day, a portal opened up and sucked the penguins in! Soon, they were on the moon.
 "Where are we?" asked Benji
 "Beats me," said Namin.
 "Welcome, four penguins," said a voice. "You have been chosen to save the universe."

"WHAT?!" yelled the penguins.
 "Yes," said the voice. "You must find the five gems. Now off you go."
 In a flash, the four penguins were on a planet named Ztar. "Here we are," said Milanya. "Now let's grab that gem and get out of here!"
 Just then, a stampede of alien penguins appeared. "RUN!" yelled the four penguins before they could blast off.
 Namin and Milanya saw the gem, jumped out of the rocket, dodged all of the alien penguins, and grabbed the gem. They then ran back to the rocket just in time.
 "That was close," said Nathan.
 "I know," said Namin, and then they went back to the moon.
 "Where is that voice?" said Benji. Just then, the gem started floating.
 "Thank you," said the voice. "Next, you must go to planet Xtar. Good luck, penguins; you'll need it." Then the penguins blasted off to Xtar.
 "Where is that gem?" said Nathan.
 "I don't know," said Milanya. - **Namin Pant**



My First Day of Seventh Grade

Hello Namaste and jai shri krishna. My name is Sanvi Yadav. I am going to write about my first day of 7th grade.
 On the first day of school when I went inside.

There were a lot of students who were 6th graders. I knew some of the 6th graders. Later, after a few minutes I went to my homeroom classroom. My homeroom teacher is very nice. I didn't have any friends in my homeroom classroom, but I talked to some of my classmates who were very nice to me. As usually in middle school, I have to go to different classrooms everyday. Some of my classes, I have friends that I know from 6th Grade and elementary school. In middle school I don't have recess, but I always have lunch everyday during school.

Last week I found my classes much easier, and all my teachers are very nice to me.
 Thank you

Sanvi Yadav

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.



In the Heart Of The Forest

Trees sway,
 verdant leaves brush together gently
 through the grass, such a secret pushes in the
 quiet wind.
 Dew dripping like delicate jewels
 and the bright sun happily shines through
 a curtain of green

The beauty of all things subtle
 showcased steadily,
 throughout every glance of the scene around,
 even a simplistic beam of light that blankets
 the ferns
 or the bloomed spring beauty,
 hushed sprinkles of color

in a place full of such wonder
 and of such whimsical vibrance...
 The tranquility of nature's embrace
 offers peace and calm,
 even in the darkest nights.

- **Aishani KC**

The Oak Tree

The Gardener works day and night,
 To keep his flower right,
 Shifting the plant here and there,
 Shielding it from sleet and rain,
 Until one day the Gardener leaves,
 The flower withers and wilts away,
 With one too harsh, afternoon sunray,

Unlike the Flower, the Oak tree has no Gardener
 None to shield it from danger and hazard,
 It fights through hail,
 And it fights through Gale,
 Strengthening its roots after every fail,
 The Oak Tree grows to be tall and proud,
 Living forever as its own successor,
 (inspired by "It Ends with Us")

- **Ayushka Joshi**





The Child of the Stars

Legend has it **The Child of the Stars** also known as **"The Archivist"** was a child from another world called the **Aether** with the power of a God. But all this power was contained in a music box and so was the Archivist. The music box was found by a kid named Erika Morse stuck in this world and trying to get back to Earth. Erika

used it to get back to her world, but she missed the other world, so she used it to go back and forth between the 2 worlds. The more she used the box the more of The Archivists' magic slipped into her. She noticed something was wrong, but she had no idea what it was.

"Look I am telling you my blood is purple" Erika said to her mother. She then picked at a scab and there it was instead of red blood it was pastel purple. There were several more instances of her magic.

"Why are your eyes glowing red?" Her friend from the Aether asked

"Oh no!" Erika said.

Soon The Archivist was out! With its power in Erika, it was nothing but a reflection in a mirror and a shadow on the wall. But it had a deal for Erika, one that would change her life. **"All my magic for your body, do we have a deal?"** Without a body, The Archivists' words weren't being spoken but echoed in her mind.

"How would I use your magic if you have my body?" Erika asked.

"I shall only use you when your emotions get the best of you." it said.

"Deal" she shook hands with The Archivists' reflection, and she got all its magic, and The Archivist gained a body.

"And that's all we have time for today" Ms. Lily said

"Are we sure her name was Erika and not **Anna**?"

"That's your name and there is no way this legend is real" someone said.

"Are you sure about that?" Anna asked as her eyes glowed the same red as Erika's.

"Erika was afraid of my magic so I left her but her daughter was eager and in return for coming out only when she was fine with it I got a body once again" The Archivist explained.

The rest of the legend went as this: Erika only got controlled once. It was in the middle of her first day of college in the Aether. One of her 'friends' decided to see if she could really fly and threw her off the roof. Right before she hit the ground, The Archivist took control and saved her life. But after waiting so long to have a body it did as much as it could, and it went a little too far and The Archivist was sick of being stuck in Erika's mind. So, The Archivist left her and went for her adopted daughter: Anna. However, Anna was different from her mother; she loved magic and was fine with being controlled by The Archivist. So, the Archivist was fine with her and never did anything too bad.

"Do you want to play a game?"

"That wasn't the deal Archivist" Anna wasn't heard by anyone but The Archivist because it refused to give her body back.

"But it was, you never said anything about small games"

"Your *small games* killed people, everyone in that orphanage was there because of **you**" Anna kept trying to get her body back and she was failing. She was barely heard by some of her classmates.

"Anna! How do we help you?" Ms. Lily asked.

"Don't **hurt it!** I'll still feel the pain" she was louder than last time but they still couldn't hear her full sentence. All they heard was **'hurt it'** so they started throwing chairs at her. Weakening both the Archivist and her so after multiple bruises, she was back. "Stop throwing chairs! It's me. The Archivist is gone" Anna said.

"How do we know you aren't lying?"

"Her eyes. The Archivists' eyes glow red, and her eyes are blue."

The Archivist left Anna alone and went back to the world it came from. Anna moved away after her school year ended. But The Archivist was a vengeful child who didn't know any better and he would come back. - **Prisha Parajuli**



Lotus Flower

Beautiful as ever
Elegant and divine
It floats on top of water
Pink petals strong and fine

It's wondrous shade of colors
Swimming on water so blue
Pink, white and yellow
Its looks so sweet and true

It swims across the water
Spreading beauty and joy
Everyone who sees it
Can only admire and enjoy

It's rebirth and purity
A fresh, new life
Abundance and fertility
Spiritually enlighten
- **Stuti Dhungana**

News Flash : President’s Volunteer Service Award for Nepali American Center (NAC) Volunteers

Nepali American Center (NAC) is now approved as an official Certifying Organization for the President's Volunteer Service Award (PVSA)!

Volunteers must complete qualifying volunteer hours within a 12 month calendar, in order to become eligible for the award. There are many volunteer opportunities available within NAC for both adults and children.

Volunteer Eligibility: United States citizen or lawful permanent resident of the United States & must be at least five years old. Applicable 12 month calendar for NAC: September – August . NAC is planning to accept applications for award from volunteers twice a year. More information about how to apply and application deadlines will become available on our website <https://nepaliamericancenter.org/>

Hours Required to Earn Awards in Each Age Group

Age Group	Bronze	Silver	Gold	Lifetime Achievement Award
Kids (5-10 years old)	26-49 hours	50-74 hours	75+ hours	4,000+ hours
Teens (11-15)	50-74 hours	75-99 hours	100+ hours	4,000+ hours
Young Adults (16-25)	100-174 hours	175-249 hours	250+ hours	4,000+ hours
Adults (26+)	100-249 hours	250-499 hours	500+ hours	4,000+ hours



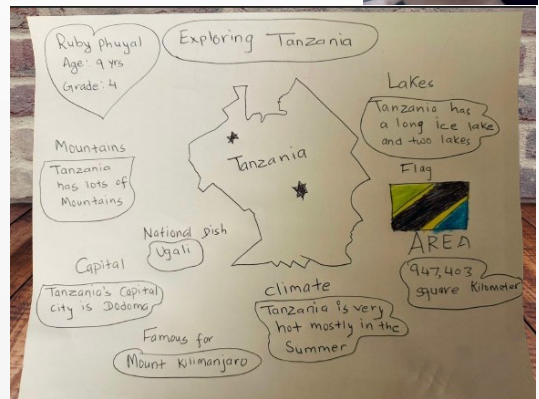
Art By Evana Dev



WELCOME TO OUR NEW ADDITIONS TO CCT YOUTH TEAM

Pramsu Parajuli
 Krisha Pandey
 Shristi Hosakote
 Stuti Dhungana
 Ayushka Joshi
 Purnima Pathak
 Anjali Das

Tanzania - Art by Ruby Phuyal



Dog Park - Art By Jaiya Bista

