

DEC 2024
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 189th Edition

Merry Xmas and
Happy New Year 2025

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Chicago Chautari Times

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DEC 2024 NEWSLETTER

Welcome to Chicago Chautari Times - 189th Edition



Future Assertion

No one knows when time started or when time ends or whether if this is a correct question? But life has a time span. Like a thread, this is a journey that began at some instant in the past, life events constantly occurred since then and an end of this is inevitable to come at some instant later, but unknown when, a dead-end of this life form. Interestingly, we never like to think about life's end. Perhaps this is the reason why we don't know when it ends!

This journey is also alike to a trail for a traveler filled with events; some important, some not so important, some useful and some wasteful, some enjoyed and some disliked, some difficult and some easy, and all sorts of things of this nature. Looking back at it, this journey resembles to history book inscribed with memories of events. Sometimes we think it as "Golden past" for all the good things happened. Really?

In thinking about the future, life is alike to a researcher work, like a scientist's hypothesis. It is only possible to think of something that may happen, but nothing can be sure of. How to know with any certainty of future? Like unknown things, unknown future is intimidating or little fearful. Therefore, sometimes we wish to know what happens in our future, so that we may plan and complete our critical responsibilities.

If we want to be responsible, then it probably helps co-travelers to organize common journey, share and shoulder responsibilities. If one is unable to do something and life ends abruptly, co-travelers can shoulder that responsibility. This is excellent way to fulfill the share of individual responsibility towards common good. Future uncertainties fade solving common responsibilities together.

One more year of our life journey is going to end soon. It will be behind us by December 31. We are travelling on this journey individually, familywise and jointly with the community members. We are shouldering many responsibilities both individual and common. We are succeeding in some and may be not so in some other, respectively. Each of us has realized our weakness and are able to become stronger.

It is never late to contemplate the things we failed and do it right in the days to come in 2025 along with many other new things we may start to do. Let's walk more responsibly for our individual success, family success and also together now in the 2025 trail lying ahead to minimize the uncertainty ahead and amplify the probability of success like the hard work of a scientist with mutual help and trust and build things that helps us and our children. If we do this, we will be the shining individual and a successful cultured community member.

- Editorial by Bishnu Phuyal

NAC Temple Fund— Dec '24 Summary

Thank you for attending Dec 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) - \$716

Total Expense : \$275

Temple - \$225 | Priest - \$50



Bullying

This is one of the most concerning topics since ages and is becoming more rampant and all kids and teens should be well aware and educated about it. There are many types of bullying, such as physical bullying, verbal bullying, cyberbullying and more. There are also ways to prevent bullying, and if you can't prevent it, you can still stand up for yourself and stop it.

Physical bullying is one where the bully could hurt you by pushing, shoving, kicking, poking, tripping, and more. Bullies usually do this type of bullying to smaller kids because they know they can overpower them, so this is the only type of bullying that can't happen to everyone. This is the most dangerous type of bullying, because it could lead to you getting seriously injured.

Another type of bullying is verbal bullying. The bully could constantly slander or insult you repetitively. The raising of voice is also an indicator of verbal bullying. Verbal bullying could have the longest lasting effect on a person because if a person gets insulted heavily on something that they are insecure about it could stick to them for the rest of their life.

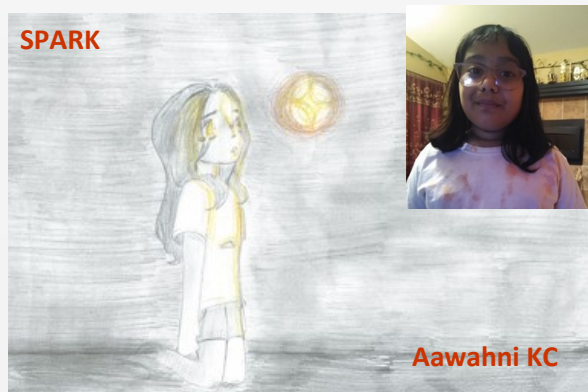
Cyberbullying is one of the latest types of bullying since internet and social media. A cyberbully could send you harmful things, post harmful things, or insult you online. They could be able to hack into your accounts and dig up sensitive and private information about you and then either leak it into the internet or blackmail you with it. Cyberbullying could damage a person's life the most because if the cyberbully gets into your accounts there is nothing you can do to stop them from doing whatever they want with it.

If you want to prevent bullying from happening to you or your child there are things you can do. First off you need to be educated about bullying or you need to educate your child about bullying. You also need to communicate with people if something happens and you need to be careful about what you say to what person. Also being positive and kind can lower your chances of being bullied.

If you for some reason cannot prevent the bullying from happening, then you need to know how to end it right away. Some ways to stop being bullied are by ignoring it, asking the bully to stop, talking it out with the bully and seeing his perspective on things. You should never give in or insult him back because those two things will definitely lead to more and more bullying. If these things do not work out, you can notify your parents, teachers and even authorities if cyber bullying is the case.

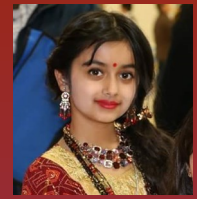
In conclusion there are many types of bullying, physical bullying, verbal bullying, and cyberbullying being the mains ones, all of them bad in different ways, but there are ways to prevent bullying, and if you can't prevent it, there are ways to stop getting bullied.

- **Suvav Bhusal**



Best Wishes to our Dec Birthday Stars

Isha Mishra - Dec 1



Krispa Chapagain - Dec 2



Ronit Jha - Dec 5



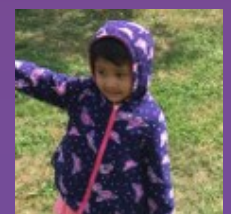
Aanya Thapa - Dec 8



Rushil Arjal/ Sneha Chaudhary - Dec 12



Reeya-Chaudhary





John Muir - The Environmentalist

He invented the Sierra club in 1892 to help in the creation of 4 national parks. These are the Yosemite, Sequoia, Mount Rainer and Petrified Forest national parks. Out of these, Yosemite is my most famous case. His book "Our National Parks" brought attention to deforestation and got the attention of Theodore

Roosevelt. This helped start Roosevelt's conservation programs and by the end of his term 150 million acres of land were considered national parks and were not allowed to be built on or cut down.

When he was young, he would go on hikes in nature and he always admired it. An incident in a factory that he worked at made him blind for a short while and there he decided that he would see as much of nature as he could. This is what led him to hike for six weeks around the Sierra Mountains. He said that this is what made him realize how fragile the earth truly is.

The problem he was focused on was deforestation and the lack of government protected areas. For example, the Sierra Mountains are very beautiful place but while he was there it was being cut by loggers and was considered a "waste" of California's resources. Also, while he was in the area of the Sierra Mountains, he saw the giant Sequoia Trees.

The thing that proves his point is that California is the only place in the world with naturally growing Sequoia Trees which means that if he didn't protect this area, Sequoia Trees will become extinct.

He hoped to be able to make the Sierra Mountains and more areas into national parks to prevent people from cutting down trees and taking water from the areas. He also hoped to raise awareness to the issue of deforestation and loss of ecosystems. He changed the way the government think about the environment.

Prisha Parajuli



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Best Wishes to our Dec Birthday Stars

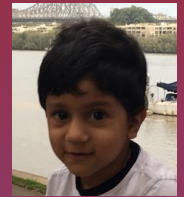
Aushi Maskey - Dec 19



Ojesbi Kunwar - Dec 25



Saurya Subedi - Dec 29



Riya Phuyal - Dec 31



Shrija Kabra- Dec 29

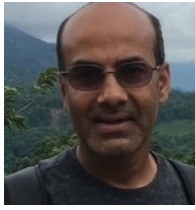


Aavya Dhakal



Arnav Shrestha - Dec 30





Modernizing Ancestral Rituals in Globalized World

After living in the US for several years, I've been reflecting on how to carry forward the rituals from our childhood in this new environment. I vividly remember my parents performing numerous rituals when I was a child. For economic reasons and the pursuit of a better life, I moved to the US. However, after spending some time here, I keep pondering how those rituals can be continued in this new land.

Until the 1960s and 70s, most households lived in close-knit communities, rarely venturing beyond their neighborhoods from birth to death. Such family cohesion was necessary for daily living and mutual support. However, times have changed. Nowadays, it is common for people to be born in one country/region, get educated in another, work in different countries/regions, and retire or pass away in yet another place. This makes it difficult to maintain the close community rituals that were once prevalent. Not only professionals but also blue-collar workers migrate in search of better opportunities, leading to a dispersed community with fewer members of the same cultural or community background.

Given these impracticalities, how should we practice our rituals? If those who have migrated maintain contact with their ancestral land, it might be possible to continue these rituals. However, for many, new working conditions and geographical distances make it difficult to reach out to ancestral communities. Sooner or later, most people will find themselves disconnected from their original communities after a few generations. In such cases, performing rituals in their traditional forms becomes challenging.

As society evolves, the ritualistic practices we used to follow may need to adapt. Paul Tillich, a theologian and philosopher, explores in his book "Dynamics of Faith" the idea that faith and religion are not static but are constantly evolving and adapting to new contexts and challenges. Perhaps it's time to reevaluate our original rituals in this new land, looking for opportunities for simplification and adapting them to our current circumstances and environments.

For instance, the 13-day mourning period and isolation when someone dies is a common practice in Hinduism. However, this may not be practical in our new environment. The 13-day segregation is likely intended to help individuals pay homage to and respect the deceased. Alternative ways to achieve the same respect in our current context could include practices like taking a ceremonial shower, engaging in deep meditation to generate positive vibes for the deceased for all 13 days, and performing a simplified version of tarpan on the 13th day, while maintaining other work-related activities. Understanding the reasons behind these ritualistic practices and researching alternative ways to achieve the same results in the new environment can help us adapt our traditions meaningfully.

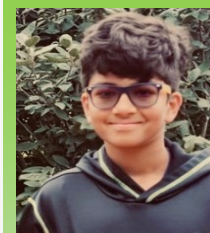
- Yagna Pant



The Stolen Breath

The stolen breath, so soft, so fleet,
A fleeting whisper, swift retreat.
It slips away without a sound,
Leaving only silence to surround.
It hides in shadows, hides in night,
A thieving hand just out of sight.
The lungs, once full, now ache with need,
A hollow hunger, deep as greed.
Where has it gone, that vital air?
That sacred gift, so rich, so rare?
Was it the wind that took it low,
Or death, a shadow, moving slow?
The stolen breath, a quiet theft,
Leaves life unwhole, an empty cleft.
Yet still, the heart will rise and fight,
To fill the void, to find the light.
For though the breath may slip away,
It always seeks a place to stay—
In time, in truth, in love, in light,
The breath returns to end the night.

- Krisha Pandey



Two Paths

Two paths on the road
which one should I take?
One leads to the wood
another a lake
You might think that one is good
and another is lame
But in reality
they are really all the same
The choice is yours
It's all up to you
You cannot come back
so pick one of the two

- Naman Pant



The Art of Living: A Book Summary

Introduction:

Hi, my name is Deeya Phuyal, and I recently read a book, "The Art of Living," by Thich Nhat Hanh. This article is to give you a little bit of knowledge about the book, while I will give you the 10 main purpose points in the book. This book is about bringing out your inner happiness, and helping you do that, while stopping and showing us some other points on the way.

1. Mindfulness in Every Moment

The author, Thich Nhat Hanh, emphasizes the importance of being fully present in each moment. Mindfulness allows you to experience life deeply without distraction. Whether you're washing the

dishes, walking, or talking, you can practice mindfulness by focusing on the activity with full awareness.

2. The Power of Breathing

This book teaches that breathing is a powerful tool to be in the present. Conscious breathing, whether done in meditation or in daily activities, helps reduce stress, calm the mind, and give you a sense of peace.

3. Interconnectedness of All Things

Thich Nhat Hanh teaches that everything in the universe is interconnected. Our actions, thoughts, and feelings affect not only ourselves but the world around us. By recognizing our interconnectedness, we can grow compassion and act more mindfully toward others and toward our environment.

4. Living with Compassion

The main teaching of the book is building compassion for others and ourselves. Compassion comes from understanding and recognizing the suffering of others and acting in ways that "alleviate that suffering," whether through kind words, actions, or even just being present.

5. Transforming Suffering

Suffering is an assured part of life, but it doesn't have to always be overshadowed as pain. The author guides us to face our suffering by being aware and compassionate, seeing it as an opportunity for personal growth and transformation rather than pain.

6. Letting Go of Attachment

Thich Nhat Hanh shows us that Attachment, whether to people, possessions, or ideas, creates suffering. The book encourages us to practice non-attachment, letting go of clinging to things or expectations, and embracing the "impermanent nature of life."

7. Cultivating Peace and Joy

True peace and joy come from within you. Thich Nhat Hanh shows us that happiness isn't depending on what you show on the outside, but on our mindset and how we relate to the world. By practicing mindfulness and compassion, we can grow our inner peace, which radiates outward.

8. Engaged Buddhism

In this book, Thich Nhat Hanh introduced the concept of "Engaged Buddhism," which tells us to apply Buddhist principles to social, every day, and environmental issues. This means acting in ways that bring peace and justice to the world, so we don't come to isolating, or withdrawing ourselves.

9. The Art of Deep Listening

The author shows us that one of the key skills for building deeper relationships is deep listening. Thich Nhat Hanh teaches that during listening deeply you are being fully present with others without judgment, giving them the space to express their feelings and thoughts. Deep listening encourages connection and understanding.

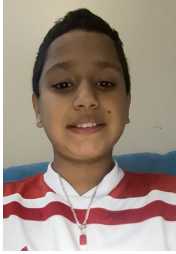
10. Living with Awareness of Impermanence

Impermanence is a central concept in Buddhism, and Thich Nhat Hanh urges us to recognize the "fleeting nature of life." By being aware of impermanence, we can live more fully, appreciate the present moment, and let go of our fear of loss or change.

Conclusion:

Overall, this shows us how to bring out our inner happiness while also showing us things like separating from attachment, or deep listening, which is the main point of cultivating happiness from within you. Thank you for reading!

- Deeya Phuyal



Type of Civilizations

There are many different types of civilizations in our home planet of Earth, but did you know that there are civilizations outside of Earth? The many different civilizations can impact our studies of the universe and what powers they can pose to the universe.

Kardashev scale - The Kardashev scale is a way of measuring a type of civilization based primarily on how much power a civilization uses. Other factors are technology, government, etcetera.

Dyson sphere - A dyson sphere is a hypothetical megastructure which surrounds a host star and harnesses the power from the star and converts it in the form of energy. This is a concept which is thought to be an experiment and came from a science fiction novel.

Type 0.72 civilization - Based on the Kardashev scale, we are a type 0.72 civilization, this means that we take only only 17.7 terawatts or 1,770,000,000,000 watts, which is so much because we are using 72 percent of the Earth's entire energy grid which is a lot. We also use advanced technology and have a functioning democracy and people to elect people to run for those functioning democracies. And in the next 100 to 200 years, we will be a type 1 civilization.

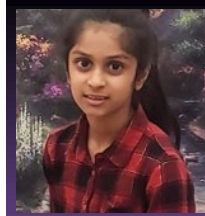
Type I civilization - This is an extremely advanced civilization because it uses a 100 percent of Earth's energy grid and also stores that energy. It harnesses all the energy they can, like water, geothermal, wind, etcetera. This type of civilization has extremely advanced democracies and all the people vote for a representative in their country. They can control weather, build cities in the ocean, and can manipulate non-weather natural disasters.

Type II civilization - This type of civilization is so advanced that it has the technology to harness the power of a star (per dyson), and have the power to control more than 1 stellar system. They have the power to travel faster than the speed of light. Their power is unstoppable and will take us 3200 years to become a type three civilization., but not as unstoppable as a type three civilization.

Type III civilization - This type of civilization can harness the power of a galaxy and could hypothetically control other galaxies, but that isn't yet proven to be true so let's just say that a type 3 civilization can only harness the power of only "A" galaxy. But if we are, we are going to be a type 3 civilization in 5800 years.

Type Omega civilization - This could possibly destroy our galaxy cluster (Laniakea cluster) like nothing even happened, possibly the whole universe. This is a likely, but hypothetical civilization which harnesses power from "THE OMNIVERSE" which is the most powerful universe there is, they control every universe because, of course, they are harnessing power from a universe which contains all the universes.

- Rasik Panta



I am

I am a daughter,
I am talking with my friends,
I am having Christmas with my cousins,
I am an Iowa State fan,
I am full Nepali,
I am Dove Dark Chocolates,
I am a teammate,
I am black hair and brown eyes,
I am a sunny day,
I am everything happens for a reason and
you're exactly where you're meant to be,
I am my parents,
I am traveling,
I am people being kind,
I am a student athlete

- Sazisa Sharma

Tax Season 2025 Highlights for Tax Year 2024

Dear taxpayers,

It is tax return 2024 filing time again to collect your all income, expenses, taxes paid, credits etc. documents. Tax is a major source of income for our government and we all must comply with taxation rules throughout our life. There are several forms of taxes: income tax, sales tax, property tax, excise tax, consumption tax, estate tax, use tax and so on. Wikipedia writes, "A tax (from the Latin word 'Taxo') is a mandatory financial charge or some other type of levy imposed upon a taxpayer (an individual or other legal entity) by a governmental organization in order to fund various public expenditures." A person or business or legal entity files and pays taxes to the federal, state, city, and local authorities. A federal income tax is a tax levied by the United States Internal Revenue Service (IRS) on the annual earnings of individuals, corporations, trusts, and other legal entities. Similarly, we must compute and pay taxes to the resident state and any other applicable states, city, and local governments where we worked or received taxable incomes.

We all are filing our 2024 tax return based on **Tax Cuts and Jobs Act 2017 (TCJA)** and updated provisions from **CARES Act 2020**, **Inflation Reduction Act**, **SECURE 2.0** etc. **TCJA** had reduced tax rates on wages, investment, business income and lowered corporate tax rate to 21%.

- 2024 Tax rate schedule for 7 tax brackets:
- Standard Deduction has been increased after inflation adjustment.
- Additional \$1950 for single and HOH 65 or over or blind, \$1550 for MFJ, individual who may be claimed as dependent no more than \$1300 or the sum of \$450 and the individual's earned income.
- You can give gift to one or many individuals or receive gift up to \$18000 without triggering gift tax.
- The Tax Cuts and Jobs Act provides a \$500 non-refundable Credit for each Non-Child Dependents like relatives, parents, dependents with ITIN.
- The deduction for moving expenses is suspended for tax years beginning after December 31, 2017, until January 1, 2026, except for move of the members of the Armed Forces on active duty.
- Eligible taxpayers can deduct up to 20% of qualified business income (QBI) from a domestic business.
- Standard mileage rate is increased to 67 cents for business use, 21 cents/mile driven for medical and moving and 14 cents/mile for charitable purposes.
- Health Saving Account (HAS) contribution limit is \$8300 for family and \$4150 for individual.

Pension Plan Limitations:

- Contribution limit to pension plan increases to \$23,000 in 2024, catch up contribution limit for aged 50+ increases at \$7,500. Self-employed SEP plan limit is \$69,000.
- Traditional or Roth IRA limit increased to \$7000 and \$8000 for aged 50+ up to the income threshold limit.

*Sources: [IRS.gov](https://www.irs.gov) and various online resources

Jitendra Rana, EA info@jjtax.net
JJ Tax and Accounting Inc, Chicago, IL

Tax Rate	For Single Filers	For Married Filing Joint	For Heads of Households
10%	\$0 to \$11,600	\$0 to \$23,200	\$0 to \$16,550
12%	\$11,600 to \$47,150	\$23,200 to \$94,300	\$16,550 to \$63,100
22%	\$47,150 to \$100,525	\$94,300 to \$201,050	\$63,100 to \$100,500
24%	\$100,525 to \$191,950	\$201,050 to \$383,900	\$100,500 to \$191,950
32%	\$191,950 to \$243,725	\$383,900 to \$487,450	\$191,950 to \$243,700
35%	\$243,725 to \$609,350	\$487,450 to \$731,200	\$243,700 to \$609,350
37%	\$609,350 or more	\$731,200 or more	\$609,350 or more

Filing statuses	Standard Deduction
Single	\$ 14600
Married Filing Jointly	\$ 29200
Married Filing Separately	\$ 14600
Head of Household	\$ 21900
Qualifying Widower with Dependent	\$ 29200

Long Term Capital Gains and Qualified Dividends		
Tax Bracket	Short-term	Long-term
10%, 12% brackets	Ordinary rate	0%
22%, 24%, 32%, 35% brackets	Ordinary rate	15%
37% bracket	Ordinary rate	20%

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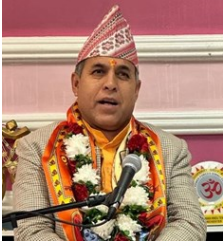
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Call: 773 944 9044 | Email: info@jjtax.net



समयमै सचेत भया!!! - तेस्रो भाग

डा चिन्तामणिनाथ योगीले हालै सम्पन्न गरेको अमेरिकाको करिब एक महिने (२०२४, जुलाई ११ देखि अगस्त २० सम्म) यात्रा को आधारमा लिखित यात्रा अनुभव

यस लेखको उद्देश्य कुनै शास्त्रीय व्याख्यान होइन र कुनै विद्वत्ताको प्रदर्शन पनि होइन, न त कुनै लेख लेख्ने प्रदर्शन वा अभिमान नै हो । तर मात्र आफ्नो अनुभव र अनुभूति सहित धर्मरक्षणाय, समाजकल्याणाय र नेपालीबन्धुहिताय केही विचारहरुको सम्प्रेषण र आत्मीय निवेदन हो।

अब के गर्ने त? -

त्यसोभए अब अमेरिका आदि मुलुकमा बस्ने नेपाली समाजको जीवन अष्टयारो मात्रै छ भनेर ताली मात्रै बजाएर बस्ने त? अवश्य पनि होइन। मैले अमेरिका लगायत युरोप, अस्ट्रेलिया, थाइल्याण्ड, म्यान्मा आदि मुलुकको करिब तीन दशक (फरवरी १९९६, युकेमा पहिलो अन्तर्राष्ट्रिय भ्रमण) देखि निरन्तर भ्रमण गर्दै आएको छु। नेपालमा पनि विद्यापीठहरु, आश्रमहरु, गुरुकुलहरु, अनाथालयहरु, वृद्धाश्रमहरु, नारी केन्द्रहरु, दलित सेवा केन्द्रहरु लगायत अन्य विभिन्न माध्यमहरुबाट पनि विभिन्न जिल्लाहरुमा निरन्तर सेवा गर्दै आएको छु। यी सबैको मूल उद्देश्य हो -

- हाम्रो मूल सनातन धर्मसंस्कृति र दर्शनको संरक्षण संवर्धन र सम्प्रेषण गर्नु- गराउनु।

- नेपाल आमाको निःशर्त जयजयकार गर्नु- गराउनु।

- विश्वभरि नै नेपालीहरुका बिचमा सुसम्बन्ध, सहभाव र सहयात्राको वातावरण सिर्जना गर्नु- गराउनु। मलाई त भन्न मन लाग्छ- 'जहाँ जहाँ नेपाली - त्यहाँ त्यहाँ नेपाल'।

गुरु गोरखनाथ परम्परामा जन्मना कर्मणा हुर्केको जोगी भएका नाताले पनि मलाई त सबैको माया लाग्छ; सबैको जयजयकार गर्न र अङ्कमाल गर्न मन लाग्छ । जाति, जिल्ला, समुदाय, संप्रदाय, समूह भन्दा माथि उठेर सबैका लागि प्रार्थना गर्न मन लाग्छ। अमेरिकामा कुनै पनि नेपाली रुंदा मलाई मेरो गाउँमा, मेरो परिवारमै कोही रोयो कि? भन्ने अनुभूति हुन्छ। अष्ट्रेलिया, युरोप आदिमा कतै कुनै नेपाली परिवारमा कतै केही दुख्दा मेरो मुटु पनि कतै दुखेको अनुभूति हुन्छ। त्यसकारण अब के गर्दा उचित हुन्छ त? भनेर गम्भीर चिन्तन गर्दै जाँदा मलाई केही सुझावहरु यसरी प्रस्तुत गर्न मन लाग्छ-

1 - नेपालीहरु जो जो जुन जुन देशमा, राज्यमा, शहरमा पुगे शुरुमै तिनको सूचना राख्ने, रेकर्ड राख्ने, सम्मान, स्वागत र भलाकुसारी गर्ने परम्पराको विकास गर्ने।

2 - विभिन्न प्रकारका सामाजिक, धार्मिक, व्यावसायिक, राजनीतिक संस्थाहरुको विकास हुँदै जाँदा पनि नेपाली संस्कृति, संस्कार, जीवन र परिवारलाई नै मूल केन्द्र बनाएर संस्थाको समुचित विकास नहुनु दुखद पक्ष हो। अतः जरामै पानी पुग्ने गरी समयमै आवश्यक योजना र निर्णय गर्ने।

3 - कुनै दुखद दुर्घटना घटिसकेपछि मात्र हजारौं लाखौं डलर उठाएर सेवाका नाममा बारम्बार श्रम, स्रोत, सीप र समय खर्चिनु भन्दा त्यस्तो दुर्घटना हुन नदिन सकारात्मक र सशक्त वातावरणको सिर्जना गर्ने।

4 - म्यान्मा र थाइल्याण्डमा गरिएको अत्यन्तै सफल प्रयोग जस्तै हरेक राज्य र शहरहरुमा दुख निवारण विभाग जस्तो कुनै समर्थ विभागको समुचित व्यवस्था गर्ने।

5 - नेपालबाट गएका आमाबुवाहरुलाई सबैले योजनाअनुसार सुन्दर सम्मान दिने र उनका जीवनपरक, परिवारमूलक सकारात्मक कुराहरु सुन्न, सुनाउन व्यवस्था गर्ने।

6 - डिजिटल प्रविधिका माध्यमबाट नेपाली समाज र परिवारका हितलाई ध्यानमा राखेर आवश्यक सूचना, मनोपरामर्श, आध्यात्मिक चेतना आदिको कार्यक्रम हरेक राज्यमा निश्चित र नियमित रूपले संचालन गर्ने।

7 - मन्दिरहरुमा सुखदुख साटासाट गरिने स्वस्थ वातावरणको विकास गर्ने र विशेष भलाकुसारी कार्यक्रमहरुको आयोजना पनि गर्ने।

8 - चुनावमा जस्तै दानमा पनि प्रतिस्पर्धा गर्ने- गराउने तथा अहंवादीहरुले नै सबै ठाउँ ओगट्ने जस्ता प्रदर्शनात्मक व्यवहारहरुलाई क्रमशः निस्तेज पाउँदै समयदान, ज्ञानदान, प्रेमदान गर्नेहरुलाई पनि सम्मानपूर्वक समेट्दै जाने।

9 - इतिहासनिर्माणक्रमका मूल त्यागीहरुलाई, जगनिर्माणका स्वयंसेवीहरुलाई सदा संझिने र सम्मान गर्ने सकारात्मक अभ्यासलाई स्थापित गर्ने। यस सन्दर्भमा डालस र लस एन्जेल्सको पशुपतिनाथ बुद्ध मन्दिरले सर्वप्रथम स्वयं उत्कृष्ट उदाहरण बनी सिंगो अमेरिकालाई प्रेरित गर्ने।

10 - प्रत्येक मन्दिरहरुमा र प्रत्येक संस्थाहरुमा कुनै पनि नेपालीले गोप्य रूपेण निवेदन गर्न पाउने र आवश्यक सहयोग, सुझाव समयमै पाउन सक्ने संयमित व्यवस्था गर्ने।

11 - ठूला ठूला प्रदर्शनात्मक कार्यक्रमहरु भन्दा पनि परिवारपरक, जीवनमूल्यपरक, चेतनामूलक कार्यक्रमहरुलाई विशेष प्राथमिकता दिने।

12 - सस्तो आधुनिकता, मानव अधिकार र राजनीति आदिका नाममा गरिने अनावश्यक कार्यक्रमहरु र व्यवहारहरुलाई समयमै सन्तुलनमा ल्याउन प्रयास गर्ने।

13 - नेपालसँग निरन्तर जोडिने गरी स्वस्थ, सकारात्मक, श्रद्धापूर्ण र सहज कार्यक्रमहरुको विकास गर्ने।

14 - नेपाल, भुटान, म्यानमार, थाइल्याण्ड, सिक्किम आदि जुनसुकै ठाउँबाट अमेरिका गए तापनि सबैले सबैलाई नेपालीरूपेण सम्मान, स्वीकार गर्ने।

15 - नेपालप्रेमी विदेशी मित्रहरुलाई पनि सामाजिक विकासका क्रममा नजिक्याउन प्रयास गर्ने।

चौथो भाग आगामि अंकमा

- गुरु डा चिन्तामणिनाथ योगी



ART - Profound Medium of Communication

Reimagine: Himalayan Art Now is presented at Wrightwood 659 by Halsted A&A Foundation, organized by the Rubin Museum of Art in New York.

Nov. 8, 2024—Feb. 15, 2025

Address:

659 W. Wrightwood
Chicago, IL 60614

<https://wrightwood659.org/exhibitions/reimagine-himalayan-art-now/>

The exhibition features painting, sculpture, sound, video, and installation— which reimagine the forms, symbols, and narratives found within the living cultural heritage of Tibet, **Nepal**, Bhutan, and other Himalayan regions.

Presentation through art is unlimited. Art captures what words often cannot capture. Art has emerged as a profound medium of communication allowing people to express complex emotions. Art not only portrays social issues, personal grief, attachments, energy, connectedness but also helps in repatriation process. Art is a bridge that connects people with shared emotional journeys acting as a powerful tool for healing. People can convey their innermost feelings through art creating a shared space for understanding and empathy. A piece of art can resonate with feelings of connection between those who have faced similar life experiences.



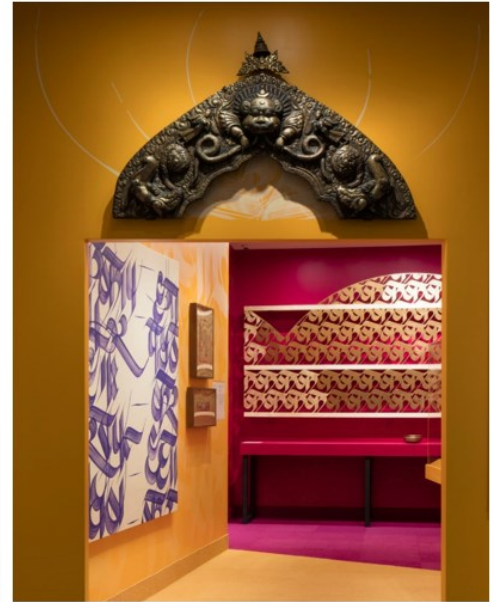
Interconnectedness by Prithvi Shrestha

Audiences to reflect on their beliefs and consider different perspectives. Art can be a symbolic representation that challenges social issues and draws attention to public consciousness.

Art that reflects cultural identities can be a powerful instrument for advocating its rightful ownership. It can play a significant role in the process of repatriation which is the return of artwork to their countries of origin. The return of artistic heritage can inspire future generations to engage with their cultural roots.

As communication through art may cross the linguistic, cultural barriers, geographical distance, by engaging with art in different ways; creating or appreciating, people can find solace, build relationship forging attachments on multiple levels, fostering a sense of community and solidarity.

- Sarana Parajuli



Mending and Moving: Letter KA "क" by Sneha Shrestha



Stay Home Sisters by Uma Bista- project about menstrual taboos in Nepal



Muted Expressions: A response to the devastating 2015 earthquakes in Nepal by Tsherin Sherpa in collaboration with Bijay Maharjan and Regal Studio Metal casting team, including Durga Shrestha, Sajal Siwakoti, and Sangita Maharjan

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\$400,000 in December 2023 we received an additional settlement to our 18.5 million dollar verdict we received back in 2018 on behalf of a 12-year old boy who was injured by the prescription of a mental health drug given to his mother when he was in the fetal stage. Total settlement of \$18.9 million

\$200,000 in November 2023 for a woman who fell while getting X-Rays settled the day of trial

\$575,000 in November 2023 Injury on the job site struck by material being moved

\$600,000 in November 2023 Medical Malpractice case failed attempt to place a stent which caused esophagus to be torn

\$250,000 in October 2023 A minor was injured at a children's entertainment park

\$500,000 in October 2023 Auto VS. Truck settlement during mediation

\$100,000 in September 2023 Auto Accident

\$230,000 in August 2023 A nursing home case where the facility failed to adequately monitor Plaintiff

\$6.8 MILLION in March 2023 settlement during mediation prior to trial against contractors

\$450,000 in March 2023 settlement Auto vs. Truck

\$1.2 MILLION in August 2022 Train vs. Pedestrian.

\$600,000 in August 2022 for a slip and fall.

\$215,000 in July 2022 Auto vs. Truck

\$845,000 in November 2021 for an auto side swipe dispute after trial started.

\$1 MILLION October 2021 a partial settlement from a trucking case jury trial pending

\$1.5 MILLION in October 2020 against a Chicago area hospital for an 82-year old widow whose husband died

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\$18.5 MILLION in September 2018 jury verdict on behalf of a 12-year old boy

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