

FEB 2025
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 191st Edition

Jai Saraswati Mata !



Chicago Chautari Times

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VOLUME 16, ISSUE 11

FEB 2025 NEWSLETTER

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Welcome to Chicago Chautari Times - 191th Edition



Importance of Fasting

One of the things that impress me the most with a very theistic society like ours in Nepal is the strict observance of fasting during various lunar days of Ekadashi, Poornima, Aunshi, etc. and also Sombare Brat, during various other religious rituals such as shraddha and many other. Many of the folks practicing this believe that adhering to fasting in regular intervals is an essential part of human life. It is to strengthen and enforce one simple conviction the devotion to God. They trust such attitude leads to God realization. The practitioners also believe firmly, based on their own experience, the health benefits of this practice.

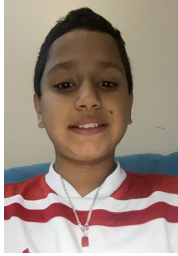
Being a firm believer of supreme soul (PARAMAATMA), which embodies all of us, manifest itself in the material world through various forms and their rise and fall overtime. I think God remains unfathomable and abstruse otherwise. Fasting is a devotional method to sense that realm which otherwise remains obscure to our senses, obscure behind our sensory perception. A long practice of fasting tends to help pierce through the veil blocking that existence which must be the cause behind all the manifestation we perceive. We, with every other living being, are considered and understood to be an outward expression of that existence and His magnificence as the cause of the constantly rising and falling of objects in a very predictable way, in complete regularity and rhythmic way.

I am also a strong believer of the importance of fasting and its esoteric value. Fasting for puja and prayers and shraddha were very much followed in all religious occasions back in Nepal, I started fasting regularly on every Ekadashi some time ago. Even with the sensation of hunger effect that I needed to constrain, I experienced fasting as extremely refreshing physically. Especially the next morning and the state of mental calmness the fasting produces is sacred and enabling mental uplifting and feeling of physical exuberance. A delightful feeling in the mental plane at those times is very unique when compared to other times. This is a common experience with many people who fast. Hence it certainly seems to be a strong reason for sacrificing a meal that has an effect to bring refreshing changes physiologically. The effect of such a small sacrifice on our body and mind must be due to the cleansing of mental impurities and physical fitness by removing any toxins from food or other habits in our body. And, though I am hungry for food during fasting, the feeling of knowing the value of food to our body and vigor or clarity the empty stomach has to the soul is hugely serene and supreme.

Let me also share some proof of the importance and the consequences of fasting that we are very familiar with. You may have noticed that fasting rituals are mostly followed and adhered by women more than men. So, first of all what we know is that the life expectancy of Nepalese women is more than men. In 2023, the men average age was 68.9 and that of women was 72.7. Note that it has always been consistently true for the fact that there are more widows than widowers in Nepalese society even at the time when there was no regular population counts. Second, women are more content, tolerant, forgiving and compassionate, the qualities of views to let go and live in peace unlike the men.

The question is why? Is it simply due to male domination and remaining immune to such tradition, become non-reactive or develop habit of toleration? Maybe a bit of all these factors and perhaps more. But there must be important thing in their habit that can make them pressure from males but at the same time living longer and healthier. I think the reason should be a strong correlation between daily habits, health, and increase life expectancy from fasting. Therefore, the regular reduction in food intake helps the prevention of diseases is the actual attestation of the belief in Dharma. Dharma is nothing more than doing the right thing. Observance of fasting is a very sacred Dharma, and this habit becomes the food for our soul so that physical part of us finds necessary balance and rest.

- Editorial - Dr. Bishnu Phuyal



A Life of Two Parents and Two kids

When it comes to life, I have a very unique family, very unique health, and a very unique mind. This was a true story from how my parents came to America and how they had me and my brother. Whenever I have a feeling of low self esteem or low hopes, I always think of the story of how my parents made it to America and that makes me get back on my feet. When I first heard

about this story, I was shocked to see where I was. How did my parents afford my birth, how did they get a house? I had never really looked into the story until now. My thirteenth birthday. Today. The twentieth of December 2024.

Nepal

Tribhuvan airport Kathmandu, Nepal (2 weeks before I was born): My mother had been married for over a year now and was pregnant, but who was in her stomach. Of course it was me; Rasik Panta. My dad had come to America in Kansas City, Missouri to study at the University of Missouri Science & Technology. My mom was just coming to America because of course, my dad was living in a small remote town with the nearest city, Saint Louis, over a hundred miles away. My mom in an airplane with me in her stomach, the doctor in Nepal telling her to not travel, but she insisted on traveling anyways.

America

Once arriving at IAD (Dulles International Airport), my mom had a flight straight to IASL (Saint Louis International Airport). There, she met my dad, a smart 28-year-old who was a jolly happy faced, chubby person at the time. A rather shy guy, he was one of the reasons I feel like I'm at home with his implied happiness (implied meaning not directly showing). After two long weeks of a baby in her belly, my mom finally took him out. December 20, 2011, 5:30ish o' clock, I was born as Rasik Panta and was a heavy baby weighing in at 7 pounds, crazy! I was relatively understanding the world around me for the next 3 and a half years.

A second miracle

Just six years after I was born, a second miracle happened. Hey, I'm not a good brother to him, but I still love him. I found out I was having a brother when I was playing a game in my preschool, and since my mother also worked at that preschool, she told me about it, and boy was I having an adrenaline rush. I was really hoping to have a baby sister, but found out my mom was having a boy. My hopes were crushed and I was sobbing everyday because of that. But then I realized, we are the same gender, and I was all happy again. See, this is the perks of being a kid who is 5 years old. Time was ticking fast and then we started seeing the baby grow. My mom had photo sessions. (Credits to my dad for all of those beautiful pictures taken.) Even if I was sick, we would still take pictures. Then, twenty-eight days after my sixth birthday, my mom and dad went to take out the baby, but we were out of luck because all of the appointments were taken. So, four days later, my parents went in and my uncle stayed with me. And another four days later, my brother in a small car seat so cute with a duck pajama on sleeping like an angel.

Today

Today is my birthday and I am sharing this to the world, not because I want to be famous, but because I want the world to know what parents I have. tough, loving, and caring parents. This quote by Audry Hepburn is exactly what my parents overcame.. "Nothing is impossible. The word itself says, "I'm Possible." This is a story of overcoming and inspiration. This is a story about hardship and bravery. This is a story of loving and caring. - **Rasik Panta**



George Washington

George Washington was the first president of the United States. George Washington was the commander in chief of the continental army, and he unified the patriot military and defeated the

British tyranny over America. George Washington died because of epiglottis. He died when he was sixty-seven at the time of his death.

- **Rivan Panta**

RC. HELICOPTER



ABOUT RC. HELICOPTER:

There are helicopters for beginner to the pro. All the helicopters have their motor inside them so make them fly so the motors are Rotor, Motor, Transmitter, and Receiver. Their body components are wing, plastic body & etc.



ABOUT RC HELICOPTER REMOTE: This is the only component of the helicopter which can control the helicopter through the sensor it has a chip inside which is connected to the helicopter.

- **Abhudaya Phuyal**



Recycling Needs to Improve

Did you know that only 5% of recycled stuff actually gets recycled? Before I landed on this topic for the article, I was originally going to do an article on how we need to continue and do more recycling. But as I was looking for evidence, I stumbled upon a lot of articles and evidence towards the claim that recycling is actually not helping the world. That is where my new topic came from. I believe that recycling needs to improve because not many things are actually being recycled, recycling is not a long-term solution, and recycling has now become corporate greenwashing.

One of the reasons I think that recycling needs to be improved is because not much stuff actually gets recycled. As I mentioned before, "only 5% of recycled stuff actually gets recycled, most of it gets sent to a landfill or gets burnt." If you still don't think that's a lot, it means that out of 94 million tons of recycled items, 89 million tons of it doesn't get recycled. Why this is is probably because "hardly any plastics can actually be recycled". Many people see plastics, and then they automatically think that they can be recycled, but in reality, some or most of these plastics cannot be recycled because of all the chemicals in the plastics, so recycling them does nothing and is a waste.

Someone could say that 6 million tons of recycled materials being recycled every year is a lot, and every bit matters and helps. While every bit does matter and help, the fact that 95% of recycled stuff doesn't get recycled shows that recycling could be drastically improved to lower that percentage and make sure that more stuff gets recycled.

Another reason why recycling needs to be improved is because recycling is not a long-term solution. This is because it can "cause environmental damage", the way that happens is because the dumping and burning of the plastics release micro-plastics into air. If we do not do anything about it, over time micro-plastics will continue to grow and contaminate our air, and we will breathe that in and that would cause damage to us and our environment. "During the process of recycling, toxicity gets added to the plastics that are being recycled". Every time something gets recycled, more and more toxic chemicals get added to it in the process. In newly made and recycled plastics, there are over 16,000 chemicals, some being toxic.

People could make the point that recycling is a good solution for now, so we should stick to it, and while that is true, we have to do something about it because if we don't, our future will be harmed with all the chemicals and micro-plastics in the air and in our plastic, some being toxic.

My final reason why recycling needs to be improved is because recycling has turned into corporate greenwashing. This is because "the recycling industry makes untrue claims about all plastics being recycle friendly". This does not help the cause because when people hear these claims about all plastics being recycled friendly, they will create more and more plastics which cannot be recycled. Not only are they lying, but they are "making the plastics with the intention of them being stuffed into a landfill or getting burnt". This shows that the industry never intended plastics to be recycled, but for them to be disposed of. What someone could say about that is that the recycling industry is making those claims to keep us calm and not stressed so we don't all freak out about the recycling situation, and while that is true, and it does keep us level-headed, that is definitely not what we need right now as the more people that know about the situation, the better because then it adds more people that can help improve and fix the problem. In conclusion, I believe this needs to and should be improved because if it doesn't stop soon, it could lead to the environment being toxic and unfriendly to us. What we can do to solve this is to create more recycled friendly plastics, find a long term solution, and be more honest about the situation that we are in. - **Suvav Bhusal**

Best Wishes to our Feb Birthday Stars

Rohit Joshi - Feb 1



Reena Pokhrel - Feb 11



Tara Pokhrel - Feb 13



Shikha Adhikari - Feb 23



Aaron Bhattarai - Feb 2

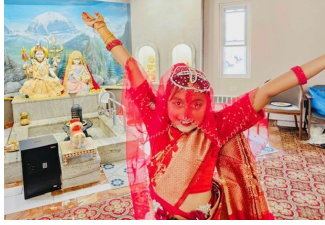


Suha Singh - Feb 6



Stuti Dhungana - Feb 2





My Gunyo Choli!!

My name is Riya Phuyal and on November 30, it was my Gunyo Choli party!! I want to tell you all about it! My cousins from Pittsburgh and Houston came just for my Gunyo Choli! I was soooo happy that they could make it! They came a few days before the Party. Me and my dad are performing a dance at my party, and I think we are ready to perform!

It finally came; my Gunyo Choli was today! Around 1:00PM I got ready because my party was at 5:00PM. One of my relatives straightened my hair. We had a plan of doing a bun for my hair, but we straightened it instead. After straightening my hair, I went upstairs to put my clothes on. I put on my red and gold lengha. My cousin said that she would do my makeup there, so I did not have to do it now. My mom put a small crown on my head. Since we had to be a bit early, we went right away.

Someone was already there, but they were doing the decorations. My cousin finally came to do my makeup.

We went to the bathroom to do my makeup. It took some time to make it look good. Finally, she was done so we got out of the bathroom and since my cousins, family, and friends started to come I had to sit in my chair and could not get out of it until everyone was here and done taking pictures. It was time to eat, and my mom had to bring my food because I had to sit in my chair. The food was SOOO GOOD!!!! Finally, it was time to perform my dance. I got scared but then when I got up, I felt fine. Me and my dad did really good. We were not the only ones performing. Almost all the kids performed!! None of them made a mistake! I finally got out of my seat and play with my friends. It was time for everyone to go so I had to sit back in my chair and say "bye". When I got up to see if I got presents, I SAW SOOOO MUCH!!!!!! We had to clean up, so we had to stay longer.

We left to go home, and I was excited to open my presents. It was late at night but I could not even wait to open the presents so I asked my parents if I could open the gifts now. They said I could, and I was soooo happy!! I first opened the presents because I knew the cards had money in them. I got a lot of presents. After opening the presents we opened the cards. It was too late to count the money so I just went upstairs so I can change into something more comfy. I felt sooo good when I took off my lengha. I was ready to go to bed, so did everybody else.

- Riya Phuyal

आत्माराम भगवान - बिष्णु फुयाल

पूर्व थीएन पछि हुदैन, अहिले के को प्यास?
छटपट छटपट तृष्णा रंजित किन भयो मन उदास?
तोड़ी इंद्रिय तृष्णा डोरी जोर लगाई मति मन
बन्दछ जीवन तृप्त र पुर्ण आत्माराम भगवान ॥

Driverless Cars

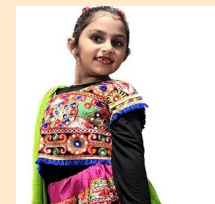


Have you ever noticed that driverless cars are good or bad? There are many reasons that they are good and bad. And here they

are.

First, driverless cars are good because there is no federal law for driverless cars to have a child in the car by themselves. So, parents don't have to drive them to a place. It is also good because if you don't want to drive home it will drive you home. Second, Automation cars are bad because one time many driverless caught running a red light a few months ago. Plus, in Arizona a driverless car killed a person at nighttime. The person was wearing black, the sensors did not see the person. In conclusion, driverless cars are good and bad because they can help you drive when you don't want to. That also can be bad because it can kill a human. It can also run at red lights. Plus having a robot as your driver is creepy.

By Arvik Baral



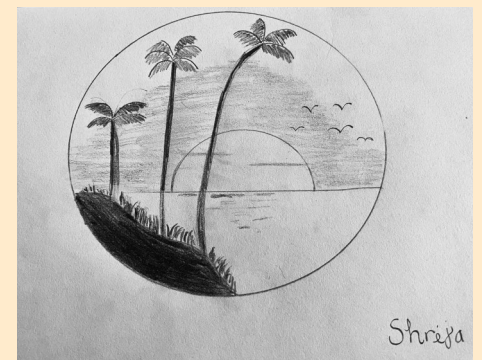
Sunset
- Srija Kabra

Best Wishes to our Feb Birthday Stars

Namin Pant - Feb 25



Naman Pant - Feb 5



Srija



The Best Bribe Ever

Vedanth, "I've got to tell you something!"
"Okay!" I answered while pausing my video. I walked over to my dad.

"If you get a good score on your upcoming math test, I'll get you an Xbox," he said.

"Really?" I asked excitedly.

"Yeah!" my dad replied.

I'd better start studying, I thought. But a problem struck me like a bolt of lightning—the test was tomorrow! And it was the worst possible time for him to tell me that. We were about to go to sleep. At least I had studied before, I reassured myself.

The next day, I was bombarding myself with questions. *What if I don't get a good score on my test? I really want that Xbox!*

But my mom said, "It's okay, at least you're trying your best."

Later, when I reached school, I unpacked and sat down for math class. As my teacher passed out the test, she said, "Try your best! The test starts... now!"

I heard nothing but complete silence. A few seconds later, I heard the faint sound of a pencil writing on paper. Finally, when I gained confidence, I started writing, remembering all the games I would play once I got an Xbox. I tried my best, just as my mom and teacher had told me. I double-checked my answers and took my time.

After what felt like a century of writing, I completed my test. *Would I get a good score?* I wondered.

The Next Day: As I got ready for school, I kept thinking about my test. When I arrived in class and prepared for math, our teacher said, "I haven't graded your tests yet."

"Oh, okay," I replied, disappointed.

In my mind, I was anxious—I had no idea if I would get a good score. At the end of the day, my dad picked me up, and we went home. I got out of the car and sat on the couch inside the house. *Huh, I wonder what's taking him so long to come inside,* I thought.

Just as I was about to open the door leading to the garage, I saw him holding something. I was astonished.

"You got me the Xbox!" I exclaimed excitedly.

"Yup! But you can't open it until your birthday."

"Okay!" I replied, already counting down the days.

Guess what? The next day, I got a perfect score! But I had already gotten the Xbox.

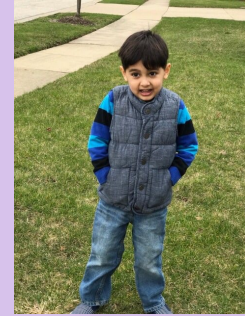
When I came home, I asked my dad, "Why did you get me the Xbox before I even got my score?"

He gleefully replied, "Sometimes I need to bribe you to do better!"

In the end, it was a win-win situation.

- by Vedanth Shrestha

Lost, Deceit and Reality



Lost

One who leaves does not come back;
For they are forever attached
To the darkness.

Alone.

With no light, they are lost.

With no path to go.

They tread slowly and carefully.

Just to find a skull,

Just to find a skeleton,

Just to find death.

Deceit

Lies, lies all around!

Get fooled, get tricked!

Come into my domain of deceit!

Fall through the floor!

You'll be deceived; you'll be bamboozled!

What if this is a bluff?

What if this is a lie?

What if this is your life?

Come in, and be an audience for my show.

Be an audience for my show of deceit!

Reality

What's real?

What's not?

Are you free?

Are you not?

Are you sane?

Or insane?

Is this reality?

Who knows?

By Syon Gautam

SPECIAL THANKS TO SUSHIL/LEENA JOSHI, AND BIKASH/ANITA BHATTARAI,
NIMA/SABAL DHUNGANA FOR THEIR GENEROUS DONATIONS DURING FEB PUJA ON THE KIDS BIRTHDAY

Website: nepaliamericancenter.org ; Email: info@nepaliamericancenter.org,
Donation: donations@nepaliamericancenter.org



Adolescents

Adolescents mostly have conflicts with the people around them and sometimes even themselves. It is a hard and awkward phase, but everyone eventually faces it. Some people have gone so far as to say that "Adolescence is a war. No one gets out unharmed." The texts "The Party" by Pam Munoz Ryan and "Hanging Fire" by Aude Lorde give examples of people facing adolescence. They both show the narrator's insecurities and how it causes them to think about themselves.

Adolescents can make teenagers feel less confident about themselves. It may cause them to feel insecure about their appearance. In the story "Hanging Fire" by Audre Lorde the narrator feels insecure about her skin. The text states "I am fourteen and my skin has betrayed me... how come my knees are always so ashy. This shows that the narrator is insecure about herself because she talks about how she has acne and her skin has betrayed her and keeps breaking out in acne. She doesn't like how her skin has pimples and wishes her skin was clear and perfect like others. She also feels insecure about how ashy her knees always are. She wishes her knees weren't as ashy. All this shows how she doesn't feel confident in her skin. She also is insecure about how she looks. She doesn't want to look odd with her appearance. This is shown when the text states "Why do I have to be the one wearing braces, I have nothing to wear tomorrow." This proves that the narrator feels insecure about her braces. She thinks that she is the only one wearing braces so she is the odd one out. She doesn't want to be seen as weird because of her braces. She also talks about how she has nothing to wear to school and that shows she doesn't want to look bad in school and wants to have a good appearance. She doesn't want to stick out like a sore thumb. Overall, the narrator doesn't feel comfortable in her skin and wishes she looked perfect instead of the flaws she thinks she has.

Adolescence is a time when teenagers can feel insecure about themselves and pick themselves apart because of it. They can also put themselves down because they are constantly worrying about how they look. In the story "The Party" by Pam Munoz Ryan shows how when the narrator is not invited to the party, she starts to pick herself apart based on how she looks. The text states "Why hadn't she invited me? My feet were too big? No. Maybe. My face was broken out? Who wants someone with a face like that at the party?" (Ryan 10). This shows how the narrator is picking herself apart on how she looks just because she wasn't invited to the party. She doubts how she looks and thinks if she were more pretty then she could have gotten invited but she does not look as good as Bridget so she thinks that's why she didn't get invited to the party. In this same story, the narrator starts to overthink that she is not good enough to be invited and doesn't meet the "requirements to be invited. This is shown when the text states "There is still a chance but what did Beck mean when she'd said Bridget was maybe going to invite me? Was there a condition?" (Ryan 26). This evidence proves that the narrator thinks she is not good enough to be invited to the party. She begins to doubt herself. She thinks she is not invited because of how she looks, how she talks, or what she does. She questions herself on why she wants to be invited to the party.

All in all, adolescence is a time when teenagers can put themselves down because of insecurities. They will pick themselves apart because of some little flaw about themselves. In conclusion, both texts show the main character's battles with adolescence. Both texts "Hanging Fire" and "The Party" provide excellent examples of how the main characters were insecure and didn't feel confident in their skin. They are both teens going through adolescence causing them to feel insecure about themselves. They think that they need to look perfect and if they look bad then people will judge them for it.

- By Reeva Baral



Shakespeare By Prisha Parajuli

Do you know who many people think to be the greatest English writer of all time? It's William Shakespeare. Shakespeare is known as one of the most influential and inspirational authors of all time. Not just that but he is also known as the greatest dramatist by many people. He's been influential because of his countless plays and writings that have passed the test of time and are still popular today nearly 500 years later. Shakespeare had hard life, and got through it to be successful with his plays and writings.

Shakespeare isn't known for his hard life but from the beginning it was very hard living in the 1500's. He was the oldest out of six kids and one of his younger sisters Anne died at the age of 11. This was also the same age his only son Hamnet died; it's speculated that his son's death had a small influence on Hamlet, one of his plays. In the 1500's there was no medicine so it wasn't just him losing his family it was nearly everybody who lived during that time. His life got eventually get easier with no more of his family dying young. Discounting the early deaths his life was good; his father John Shakespeare was the alderman of Stratford-Upon-Avon where he lived. Shakespeare's mom Mary Shakespeare was a housewife like most women at the time. He was married at 18 to Anne Hathaway and had two other kids Sussana and Judith. There are no direct descendants of Shakespeare due to Sussana's kid not having kids and his other three grandchildren from Judith not having kids. (Quincey, one of his grandchildren from Judith had died at infancy).

(Contd to page 7)



McLaren - the Formula 1 racing team

Hi, my name is Deeya Phuyal, and today I will be telling you about the Formula 1 racing team, McLaren. McLaren is one of the most famous and successful racing teams in Formula 1 (F1), a premier motorsport series. Founded in 1963 by Bruce McLaren, the team has a rich history of winning races and earning championships. Over the years, McLaren has been home to some of the best drivers in F1, including Ayrton Senna, Lewis Hamilton, Lando

Norris and Fernando Alonso. Known for its iconic orange and silver cars, McLaren continues to be a key player in F1, battling for victories with cutting-edge technology and talented drivers. In this article, we will explore McLaren's history, its famous drivers, and key statistics that highlight the team's success.

Before I furthermore talk about this team, here's some background knowledge and key elements to the sport and how it works: Formula 1 racing is one of the most exciting and fast-paced sports in the world. The sport involves drivers competing in high-speed races with cars that are specially designed for speed, agility, and precision. Each race takes place on a closed circuit, and drivers must navigate tight turns, high-speed straights, and sometimes extremely challenging weather conditions. The cars used in Formula 1 are technologically advanced, with powerful engines and lightweight materials, allowing them to reach speeds of over 200 miles per hour. The races are not just about speed though, they also require strategy, as teams have to decide when to put in tire changes, fuel, and repairs. Drivers and their teams must work together to adjust to changing conditions during the race, making Formula 1 a combination of skill, technology, and teamwork. McLaren's racing success is not just about having fast cars; it's also about the skilled drivers that have raced for the team. Legends like Ayrton Senna, who won three F1 World Championships with McLaren in 1988, 1990, and 1991, and Lewis Hamilton, who won his first F1 championship in 2008 with McLaren, made significant contributions to the team's success. In addition to these champions, McLaren has also had drivers like Mika Häkkinen, who secured back-to-back championships in 1998 and 1999. McLaren's ability to attract world-class drivers is one of the reasons why they remain one of the most respected teams in F1.

McLaren has also been successful in terms of race wins and championships. The team has won 182 races and secured 12 Constructors' Championships in its long history. Some of the most notable moments in McLaren's history include their intense rivalries with other F1 giants like Ferrari and Red Bull. Over the years, McLaren has developed a reputation for producing innovative cars, and their technological advancements have often set new standards in sport. Despite challenges in recent seasons, McLaren continues to be a strong contender, consistently improving its performance in both the drivers' and constructors' standings.

In conclusion, McLaren is not just a successful F1 team, but also a symbol of dedication, skill, and innovation in the world of motorsports. With legendary drivers, a rich history of race wins, and a continued focus on developing cutting-edge technology, McLaren's place in F1 is secure. The team has continued to grow and improve; they remain an exciting team to watch, hoping to add more championships and victories to their already impressive legacy. Whether it's the speed of their cars or the talent of their drivers, McLaren is sure to remain a key player in Formula 1 for years to come.

- by Deeya Phuyal

Shakespeare

(Contd. from page 6)

While Shakespeare was alive, he would steal venison from his English professor but by the time he died he was famous for his acting and writing. But do you know what happened to make people's opinions change that much? First of all, it wasn't in a short time. There was several years after Hamnet and Judith's birth that nobody knew what Shakespeare was doing. After these several years the first Account of him was as a London actor and playwright mocked by a contemporary "Shake-scene." For two decades he acted with the Lord Chamberlain's Men which were later renamed to the King's Men. While acting with the Lord Chamberlain's Men he was a partner in the building of the Globe which opened in 1599. In 1613 the Globe was burned down during one of Shakespeare's plays "Henry VIII". A second Globe was built in 1614 in the same place. During the rebuilding of the Globe, Shakespeare wrote his last play known to this day "The Two Noble Kinsman" with John Fletcher a frequent collaborator. He died April 23, 1616 on the traditional date of his birth day. The cause of his death is unknown but his brother-in-law had died the week before which makes some people think it was infectious disease that killed him.

- Prisha Parajuli

NAC Temple Fund—Feb '25 Summary

Thank you for attending Feb 2025 monthly puja, and for your generous contribution. Thanks to our sponsors and devotees. Your presence, devotion and your donation make it possible for us to give continuity to our regular monthly puja and gathering. Here is the summary of our collection from Feb puja.

Total collection (Cash, check and Zelle): \$1873

Total expense: \$280 (Temple \$225, Pandit \$50 and \$5 ancillary)

Number of NAC Trustees: 31 as of Jan 25

Total assets so far: ~\$185,000

NEWS FLASH – Samaanta Foundation Recognizes NAC as Institutional Partner

Samaanta Foundation recognizes Nepali American Center as their Institutional Partner. In pursuit of humanitarian efforts, NAC has been supporting education of deserving students of Samaanta Foundation through annual walk/bike/run fundraising event. From 2024 fundraising event, NAC was able to send \$2000 to support a 2-year fellowship program of Samaanta students. Additionally, NAC has also started providing mentorship to Samaanta students. NAC will continue to support this meaningful cause. It is the lack of opportunity not ability and NAC is glad to contribute towards this opportunity that will unleash the ability of those deserving students. For more information, please visit the link below.

<https://samaantafoundation.org/institutional-partner/>

Nepali American Center



The Nepali American Center (NAC), a nonprofit organisation founded in 2009, aims to unite Nepalis in Chicago and beyond through cultural functions and various events. Since their inception, they have also contributed to the socio-economic development of Nepal in collaboration with several individuals and organisations. In the past few years, NAC has organised several events in and around Chicago to unite Nepalis. They have raised funds to support Fellows at Samaanta and have also provided mentorship to help extend the Samaanta Foundation's work and mission.



The importance of Education

A lot of people may ask, why do we need school? And the answer is always the same, "you'll need for life outside," or, "you'll use this when your older." But what about calculus, or anything to do with reading the Giver? Not everything will be used in the real world, right? Only special field might need

some geometry, or if you planning to be an English teacher, you'd need to know how to write an essay.

Truth be told, the kids are right. In a literal sense, not everything we learn in school will be used in the outside world. Some of it might, like learning proper Grammer, or financial literacy. But the reason schools teach all these "useless things" is for one reason: training. Think about it, to get stronger, you need to work out. If you were trying out for any sport, track, soccer, football; you'd need to to get strong first. Yea, maybe the sport doesn't really require you to be strong, but it sure does help, right? The same goes for education. To become smarter for the outside world, you need your brain to get stronger. The more stronger your brain is, the easier life will be to navigate and process things in the real world.

– Stuti Dhungana



Spinning Plates

The clock strikes six, the day's begun,

A checklist waits—there's work to be done.

Books in my bag, dishes in the sink,

A million things before I can blink.

Notes in the margins, tests to prepare,

Teacher says "focus," like I'm not aware.

Coach says "push," no room to fall,

Home says "help," I juggle it all.

Feet on the track, mind in a book,

A second to breathe? I steal a look.

Clubs and contests, build that name,

If you want to succeed, you must play the game.

Plates in the air, each one must spin,

Drop just one and the doubts creep in.

A score too low, a step too slow,

A sigh too deep—they'll all just know.

They say, "It's for you, you'll thank us one day,"

But childhood fades in the price that I pay.

When do I pause? When do I rest?

When do I live beyond doing my best?

Yet still, I run, I climb, I chase,

A part of me lost in the endless race.

But maybe, just maybe, the world won't break,

If I let one plate fall for my own sake.

– Krisha Pandey

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%.

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

- 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 and various online resources

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

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%

JJ Tax and Accounting Inc

Tax Preparation . Bookkeeping . Payroll . IL Notary. Consulting

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समयमै सचेत भया!!!

पाँचौं भाग (अंतिम)

डा चिन्तामणिनाथ योगीले हालै सम्पन्न गरेको अमेरिकाको करिब एक महिने (२०२४, जुलाई ११ देखि अगस्त २० सम्म) यात्राको 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।

संभावनाका द्वारहरु-

अमेरिकन शक्तिसंग वा कुनै पनि विदेशी शक्तिसंग पनि सहकार्य गर्नेतर्फ हाम्रा नेपाली मित्रहरुले सोच र साहस गर्न सक्नुपर्छ। अमेरिका लगायतका ठूलाठूला मुलुकहरुमा बसेका बुद्धिजीवीहरु, व्यवसायीहरु, व्यापारीहरु र

विशिष्ट व्यक्तित्वहरुले कहाँबाट के कसरी मानवहित र नेपालहित गर्ने

योजना र कार्यक्रम ल्याउन सक्नुहुन्छ? यसतर्फ सद्भावपूर्ण सोच, साहस, संकल्प र निर्णय गर्न सक्नुपर्छ। सारा विश्व अहिले परिवार जस्तै भएकोछ।

ब्रम्हाण्डिय चिन्तन अनुसार यहाँ सानो ठूलो भन्ने केही पनि छैन। "संगच्छध्वं संवदध्वं" को चिन्तन सहित सारा विश्वसंग हृदय र हात मिलाउन सक्नुपर्छ। जो जहाँ छ त्यहीँबाट नै जुमुराउनु पर्छ र सानै पाइला भए पनि चाल्नुपर्छ। तसर्थ -

- नेपालका स्कुल, कालेज र विश्वविद्यालयहरुसँग जोडेर कुनै कार्यक्रम गर्ने हो कि?

- पर्यटन प्रवर्द्धनमा आफ्नै स्तरबाट एकजना व्यक्ति भएपनि नेपाल घुमाइदिन केही सहयोग गर्ने हो कि?

- एक जनलाई मात्र भएपनि कतै कुनै विपन्नलाई, अनाथलाई छात्रवृत्तिको व्यवस्था गरिदिएर सेवा कार्यमा आफु संलग्न हुने हो कि?

- नेपालको कुनै मानव कल्याणकारी संस्थालाई विदेशको कुनै राम्रो संस्थासँग अन्तरसम्बन्ध विकास गर्नमा सहयोग गरिदिने हो कि?

- बिदेशमै पनि सनातन धर्म, संस्कृति र संस्कारलाई नै मूल लक्ष्य बनाएर कुनै बृहद् अन्तर्राष्ट्रिय सम्मेलन गर्ने हो कि?

- त्यस्ता सम्मेलनहरुमा, अन्तर्राष्ट्रिय सभाहरुमा नेपालका विशिष्ट विद्वानहरुलाई, गुरुजनलाई पनि बोलाएर सहकार्यको स्पष्ट सकारात्मक वातावरण सिर्जना गर्ने हो कि?

- विभिन्न प्रकारका प्रशिक्षणहरुमा, सेमिनारहरुमा नेपालका अत्यन्तै राम्रा सकारात्मक क्षमताका धनीहरुलाई, तपस्वीहरुलाई, गुरुहरुलाई बोलाएर नेपालको जयजयकार गर्ने गराउने वातावरणको सिर्जनामा सहयोग पुर्याउने हो कि?

- आयोवाको महर्षि इन्टरन्यासनल युनिभर्सिटीमा भर्खरै सुसम्पन्न भएको इन्टरन्यासनल वैदिक साइन्स कन्फ्रन्स (अगस्त ३-४, २०२४) जस्तै नेपाल र नेपालीबन्धुहिताय अलि फराकिलो छाती बनाएर सम्मेलनहरु गर्दै शंखनाद गर्ने हो कि?

- आफूले, आफ्ना छोराछोरीले, आफ्नै परिवारजन र निकटका मित्रहरुले मिलेर एक डलर मात्र भए पनि उठाएर नेपालको दुरदराजको कुनै गाउँमा कुनै सेवाकार्यमा सहयोग पुर्याउने हो कि?

- नेपालका बारेमा केही राम्रा लेखहरु लेखिदिएर वा सोसियल नेटवर्कमै भएपनि आफ्नो गाउँठाउँको कुनै राम्रो प्रसंग बारे लेखिदिएर नेपाललाई विश्वमा चिनाउन प्रयास गर्ने हो कि?

- नेपालका राम्रा राष्ट्रियस्तरका संस्थाहरुलाई अन्तर्राष्ट्रिय संस्थाहरुसँग जोड्नका लागि आफूले कतै सहजीकरण गरिदिने हो कि?

- विदेशमा पैसा कमाएका नेपाली साथीहरुलाई नेपालमै लगानी गर्नका लागि प्रेरित गर्ने हो कि?

- होलिडेका नाममा मनपरी यताउता गएर, फोटो मात्र खिचाएर समय बर्बाद गरिरहेका व्यक्ति र परिवारहरुलाई नेपालमै holiday celebrate गर, त्यहाँ गरिने खर्चले नेपालको दुई राउन्ड गर्नलाई पनि सजिलैसँग पैसा पुग्छ भनेर उत्साहित गरिदिने हो कि?

- डिजिटल प्रणालीलाई प्रयोग गर्दै विदेशबाटै पनि केही शिक्षा, सूचना, प्रशिक्षण आदि प्रदान गर्ने हो कि?

यस्ता केही स-साना कुराहरु छन्, तपाईं हामी सबैले सजिलै गर्न सक्छौं। त्यस कारण केवल पानीमाथी ओभानो हुनु भएन । जबसम्म हामी हाम्रो कर्तव्य आफ्नो ठाउँबाट पूरा गर्न सक्दैनौं, हामीले पनि यो मानव चोला प्राप्त गरेको अर्थ के पो भयो र? हाम्रो मनुष्यत्वको प्रमाण, नेपालीत्वको प्रमाण के भयो र? हामी अहिले सामर्थ्यवान् छौं, समृद्ध मुलुकका अहिले बासिन्दा भएका छौं तर हाम्रो समृद्धिको परिचय हाम्रो व्यवहारमा आउँदैन भने हाम्रो समृद्धि पनि के मात्र प्रदर्शन हो त? व्यक्तिवाद हो त? स्वार्थ मात्र हो त? भनेर समयमै चिन्ता र चिन्तन गर्नुपर्छ। आफ्नो पेटका लागि त पशु मात्र बाँच्छन्। हाम्रो जीवनमा त परिवार, समाज, राष्ट्र हुँदै सिङ्गो विश्व नै अटाउन सक्नुपर्छ। अनि बल्ल जीवन सुन्दर, सार्थक र पूर्ण बन्छ।

यो लेख लेख्दै गर्दा म सबै मित्रजन, प्रियजन र परिवारजनलाई झल्झली संझिराखेकोछु। यस लेखको केन्द्रमा अमेरिका भए तापनि ईंग्लेण्ड, अस्ट्रेलिया, म्यानमार, थाइल्याण्ड आदिका लागि पनि प्रार्थना र चिन्तन गरिरहेकोछु। विशेषतः डालसका मित्रहरुलाई हृदयतः धन्यवाद पनि दिन चाहन्छु। यात्रामा भएका विविध सत्संग, संवाद, सुस्केराहरु नै यस लेख, निवेदनपत्र वा सुझावपत्रका मूल आधार हुन्। कतै कुनै सिकाउने वा निर्देशन दिने प्रयास पटकै होइन। तर अवश्यमैव हादिक आह्वान भने हो- समयमै सचेत भया।

ॐ तत् सत्!!! जय शिवगोरखा!!! - गुरु डा चिन्तामणिनाथ योगी, mail2cmyogi@yahoo.com