

APRIL 2025  
NEWSLETTER

CHICAGO CHAUTARI  
TIMES - 193rd Edition

Jay Shreeram!  
जय श्रीराम!



# Chicago Chautari Times

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VOLUME 17, ISSUE 1

APRIL 2025 NEWSLETTER

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## Welcome to Chicago Chautari Times - 193rd Edition



### Perspective

Modern society, education, and mentality are overwhelmingly focused on teaching techniques to acquire wealth rather than fostering the development of better human beings. While it's true that money is essential, the relentless pursuit of wealth often causes us to lose sight of the core values that should guide our lives. The true aim of life should be to become a better person, but that priority has been overshadowed by the obsession with material success.

We often equate success with wealth, driving ourselves to the brink in pursuit of financial gain. This mindset assumes that acquiring wealth is the primary goal of life, but this approach neglects the foundation of a meaningful existence: character, compassion, and integrity. If we instead focused on becoming better individuals, we could foster a society with less crime, corruption, and destruction, and more peace, justice, and harmony.

The failure of modern teaching techniques stems from prioritizing secondary goals over primary ones. We treat the pursuit of wealth as the ultimate measure of success, neglecting the development of moral and ethical character.

A similar imbalance exists in medical science and technology, where the emphasis is overwhelmingly placed on physical health while mental health and inner peace are sidelined. While physical health is crucial, it cannot be sustained or balanced without mental well-being. Only when the mind is healthy can the body truly function at its best.

The central issue is that our systems—educational, societal, and medical—are designed to focus on secondary goals before addressing foundational ones. We should be nurturing mental health, inner peace, and ethical development first, which would naturally lead to healthier bodies and more prosperous societies.

In essence, the root problem is a misplaced hierarchy of priorities: we place secondary goals like wealth and physical health above primary goals like mental well-being and moral growth. To create a balanced and fulfilling life, we must realign our priorities to ensure that the fundamentals come first.

Radhanath Swami says " Things are meant to be used, and people are meant to be loved, but unfortunately when we forget the main principle of life, many times we become so distracted, that we love things, and we use people."

- Editorial by Ramakant Kharel

**Chicago Chautari Times (CCT) is embarking its 17th years of uninterrupted monthly publications from this issue. CCT would like to express deep gratitude to its contributors and subscribers, especially our young children and youths making this a platform to express their hidden talents via writings and arts.**



### Peace Is Every Step – Deeya Phuyal

Have you ever felt overwhelmed by life, like your mind is racing a hundred miles an hour? Thich Nhat Hanh's book *Peace Is Every Step* teaches us how to slow down, breathe, and find happiness in the present moment. This book is full of simple but powerful lessons on mindfulness — being aware of what is happening right now and appreciating it. Thich Nhat Hanh, a Buddhist monk and peace activist, believes that peace isn't something we find in the future—it's something we can create in every moment. The book shows us how to use mindfulness in daily life, from eating to walk-

ing to even washing the dishes. Hanh reminds us that happiness doesn't come from big achievements or material things but from appreciating small moments, like feeling the warmth of the sun or hearing a bird sing.

One of the most important lessons in the book is about mindful breathing. Hanh teaches that by simply paying attention to our breath, we can calm our minds and feel more at peace. Imagine you are in a stressful situation — your heart is pounding, and your thoughts are all over the place. Instead of panicking, you can take a slow, deep breath and focus on the air coming in and out. It sounds simple, but it works!

The book also talks about how we can turn everyday activities into moments of mindfulness. Instead of rushing through life, we can slow down and enjoy each task. For example, when you eat, do you actually taste your food, or are you distracted by your phone? Hanh encourages us to chew slowly and truly enjoy every bite. Even something as ordinary as walking can become a peaceful experience if we pay attention to each step.

Hanh doesn't just talk about finding peace for ourselves — he also talks about sharing it with others. He explains that when we are calm and happy, we naturally spread that energy to people around us. Think about a time when you were around someone who was really stressed. It probably made you feel stressed, too! But when we are peaceful, we can help create a more peaceful world.

In today's fast-paced world, people are always in a hurry. But what if slowing down could actually make us happier? This book reminds us that we don't need to wait for special moments to feel joyful — peace is already here if we just take the time to notice it.

So, the next time you feel stressed or overwhelmed, remember: peace is every step. All you have to do is breathe.



### Museum Trip

During my break we went to a Children's museum and Lost River cave. The children's museum was in Indianapolis. I pretended to be ice skating. I also watched a Springfair play. I saw skeletons of many dinosaurs. I played a building, and I spy game. I went to Bowling Green in Kentucky to see the lost river cave. Me and my little sister, my parents and my grandparents went on a boat under the rock to see

rocks and tiny stalactites. It was so cool. That is why I loved my trip.

- Abira Shrestha, Grade 2, HBT School. Age:7

### Best Wishes to our April Birthday Stars

Jivika Pandey  
- April 13



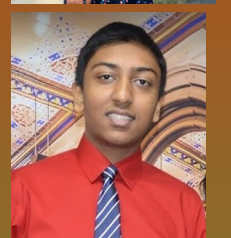
Pascal Adhi-  
kary - April 3



Prisha Joshi  
- April 9



Alok Das  
- April 30



Kritam  
Dhungel -  
April 23



Alpesh  
Chapagain -  
April 6



Submit your  
birthday information with the  
pictures by via email by 20<sup>th</sup>  
of the previous month.



## Data Privacy – Avirag Hosakote

Have you ever received a spam text claiming your UPS package is ready, urging you to enter your credit card details to confirm shipping, even though you've never ordered anything? This type of scam is becoming increasingly common, and while it's easy to dismiss these texts by blocking the sender, the reality is that these scams often point to a larger issue: your personal data has likely been

exposed online, and it's likely the fault of a company that's sold your private information.

Companies collect data on all interactions that a consumer has, including keeping track of your visits to their website, the links you click in their emails, and any purchases you make. This information is used to target you with personalized ads and services, all designed to maximize the company's profits. While some companies keep this data internal, many sell it to third-party brokers, and consumers are unaware that their personal information is being sold or to whom it's being sold.

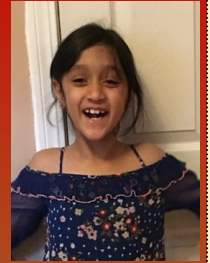
Companies track consumers on the web through cookies, files that a website or web service places in your device. While some cookies are necessary for a site to function correctly, others are used for more invasive purposes, such as identifying your interests and what type of ads will grab your attention. Besides the obvious loss of privacy, having your personal data sold online can lead to companies exploiting your private weaknesses and insecurities. For example, people who have searched for "need money help" on Google have been served ads for predatory loans with extremely high interest rates, showing that selling consumer data can amplify the negative impacts of harmful industries and allow companies to further take advantage of victims. Additionally, the spread of consumer data across multiple entities increases the risk that sensitive personal information will be exposed in a breach or hack, which could potentially lead to credit card fraud, identity theft, or hacked accounts.

One thing that can be done to effectively address this issue is data privacy legislation. Since 2016, the European Union has a General Data Protection Regulation (GDPR) law that governs how the personal data of EU individuals is processed and transferred. The GDPR sets clear privacy and security standards, mandates transparency about how long data is kept, and requires companies to implement security measures to protect the data they collect. It also imposes fines on companies that violate these rules, and it applies to any organization targeting or collecting data on EU residents. In the United States, some states have begun implementing similar laws, including in California. Overall, in countries or states with consumer protection laws, the private data of residents are safer and more secure, and it is therefore necessary to bring similar legislation here in Illinois, which consumers can do by contacting legislators and supporting privacy rights initiatives.

**Contd. to page 5**

## April Birthday Stars (Contd.)

**Adhya Subedi**  
- April 11



**Shruti Koirala**  
- April 15



**Aditya Karna April 19**  
**Sunab Ghimire April 14**  
**Ishana Karna April 30**

Submit your birthday Information with the pictures by via email by 20<sup>th</sup> of the previous month.

## थभकथभक - नितेश पन्त



थुनिएका ती दिनहरू,  
शब्द बन्न नसकेका सासहरू,  
एक दिन आयो,  
जसले सब थर्कायो।  
थभकथभक फुटे भावनाहरू,

चुपचाप मन पनि बोल्न थाल्यो।  
नमिठो हाँसो,  
रुन नसकेको आँसु,  
सबै मिसिए,  
थभकथभक झैँ गुञ्जियो मनभित्र।

कहिले शान्त जस्तो,  
कहिले आँधी जस्तो,  
त्यो मनको गीत थियो,  
थभकथभक स्वरले भरिएको।





### Against the Light – Krisha Pandey

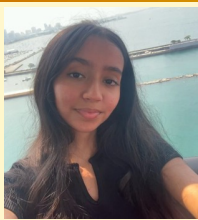
Down in the deep where the cold currents creep,  
Where shadows stretch and secrets sleep,  
The angler drifts with quiet grace,  
A flickering lure in a lightless place.

Her world is hushed, a silent gloom,  
A kingdom carved in endless blue.  
No sun, no stars, just whispers near,  
A world of mouths and hunger here.

But something stirs—a pull, a call,  
A shimmer soft, a golden sprawl.  
Upward now, she dares to rise,  
A fire burning in her eyes.

The weight of water holds her tight,  
The pressure shifts, the dark turns light.  
Colors bloom, too bright, too wide,  
No longer hidden, no place to hide.

Her lure once king in shadow's reign,  
Now dims beneath the light's domain.  
The rules have changed, the deep is gone,  
But still, she swims—she carries on.

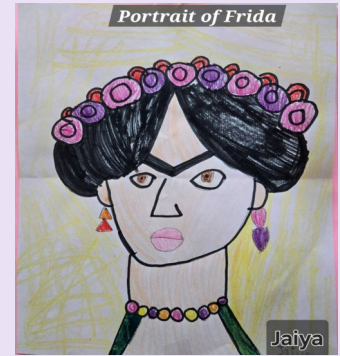
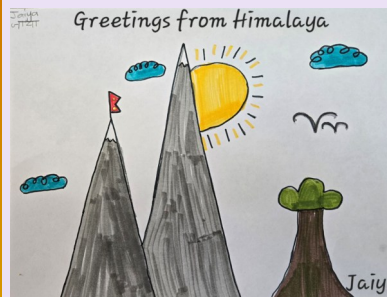


### Time Passing – Purnima Pathak *Shakespearean Sonnet*

Time moves so fast, it never waits for me,  
The sun leaves and ends up losing its light.  
The flowers bloom, then falls from every tree,  
The stars fade like a whisper in the night.  
Laughter with friends now fades, alone and lost;  
As the sunset sinks low, time passes slow.  
Each moment we cherished now pays its cost,  
Time marches on, keeping its quiet flow.  
Hold onto the past but it slips away,  
Like waves crashing and trying to escape.  
Such memories fade, like shadows in day,  
Those memories start to lose their own shape.  
Although time moves on, we can't make it stop,  
The past is gone, but memories won't drop.



### Arts by Jaiya Putnam



### My Sprained Ankle – Shrishti Hosakote

It twisted outward with a sudden crack,

Pain shot through me as my foot snapped.  
I rushed to the hospital, an ache in my chest,  
The doctor's words said I'd need to rest.



For six weeks I suffered the sorrowful cost,  
Put ice on it, with the cold, cold frost.  
As time went on, it soon began to heal,  
The pain lessened but it still felt real.

Every day I remember the pain,  
And I think to myself, what did I gain?  
Just another reason to keep me up late,  
I just hope the emotional pain will abate.



### Sorry - Prisha Parajuli

The light fades as I take my final breath  
No one can decline it when it decides  
The darkness upon my door it is death  
It reclines while I say my final chides.

Leaving her shall be my final regret  
My greatest shall be what I said  
I shouldn't have worded that as a threat  
I can't say sorry for soon I will be dead

You wear no scorn and wield no red dagger  
Instead you wear a smile under your mask  
Have you enjoyed this work before sir?  
You seem to have mastered this task

When her time arrives, it shall be too late  
I am sorry for I wasn't very great

### Contd. Data Privacy – Avirag Hosakote

While legislative solutions are crucial, there are other steps that you personally can take to protect your own information. Many websites have pop ups that ask you to accept cookies when you visit them, with options such as “accept all cookies” or “accept necessary cookies”. The necessary cookies are required for the website to properly function, but other cookies track your behavior online, so when given the option, always choose “accept necessary cookies.” On some websites, you may see a pop-up that only offers the option to “accept all cookies.” In such cases, look for a hidden link or button that allows you to manage cookie settings and disable non-essential cookies. It’s also worth checking the settings on websites you use frequently to ensure that they’re not collecting more data than necessary. **Protecting your privacy online is a matter of taking control of your own information.**

The ongoing data privacy crisis highlights the need for stronger protections for consumers. By understanding how companies collect and sell your data, recognizing the harmful consequences, and taking steps to protect your information, we can work together to create a safer, more secure future. It’s time for governments to pass stronger privacy laws and for consumers to advocate for their rights. Then just maybe the next time you hear a text pop up on your phone, it won’t be a scam claiming you’ve won the Nigerian lottery, but a message from someone you know.



### You remind me – Stuti Dhungana

You remind me of stars  
Shining so bright  
To gaze up afar  
It's beautiful light

You remind me of flowers  
It's sweet, floral scent  
With collages of colors  
Blooming from within

You remind me of music  
The harmonizing sounds  
Its arrangement of acoustics  
Dancing all around

You remind me of life  
And it's wonderful times  
Like cheering for the gods  
With our divine hymns

You remind of everything  
Beautiful and true  
The only one perfect  
Is simply, you

### NAC Temple Fund — April '25 Summary

Thank you for attending April 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): \$918

Total expense: \$400 (Temple \$225, Pandit \$50, Rita for food \$125)

Saving: \$518

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Number of NAC Trustees: 31 as of Apr. 25

Total assets so far: ~\$190,000



### Wonderland – Ruby Phuyal

You follow a Bunny  
Down a hole into  
A world you never  
Seen before you sit  
For some tea and check

The time it's time to  
Go you run away from  
Cards you go to a house  
And see a pig that cries  
And screams all day  
You wake up to find it was  
A dream!

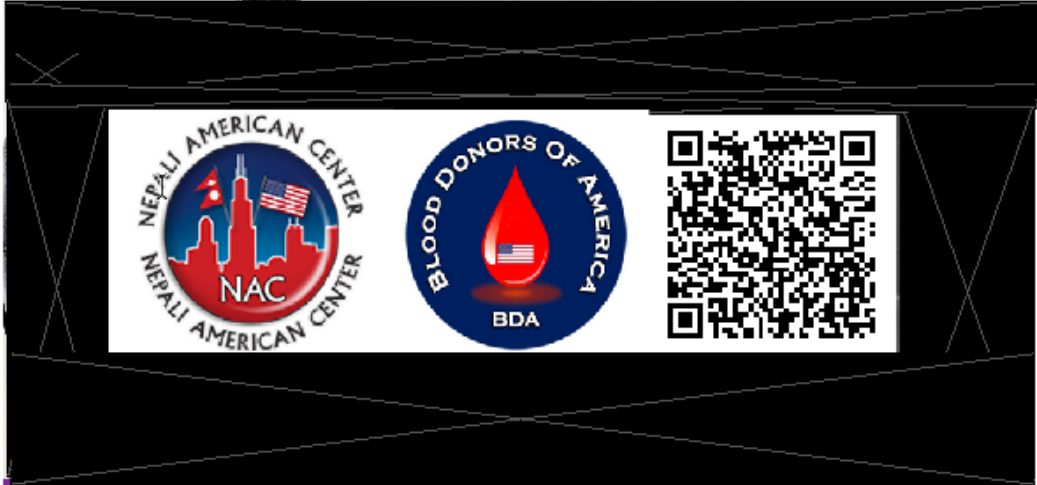
## NAC and BDA Organize First Blood Drive of 2025 - April 19—May 25

Nepali American Center (NAC) conducts community wide blood drives at least twice every year since 2012 in coordination with Blood Donors of America (BDA). NAC volunteers like to organize this event to uphold the social responsibility of individuals towards the society. NAC members, especially the regular donors, advocate for and reach out to the community to participate in this noble cause. Blood donation have many health benefit

### Theme:

“अयं बन्धुर्यं नेति गणना  
लघुचेतसो उदारचरितानां तु  
वसुधैव कुटुम्बकं”, that is  
'Only small men discriminate saying: one is a relative; the other is a stranger. For those who live magnanimously the entire world constitutes but a family.'

1. Please schedule for your participation to any of the Vitalant donation location near you using the link in the flier. Make sure to referral code also.
2. A group donation is scheduled at Arlington Heights center for May 11.
3. *Any one above the age of 16 and less than 75 years can donate blood every 56 days.*
4. Drink enough water before your donation. Get a good night's sleep the night before.
5. Donate on *prescheduled time or walk in*
6. **Make sure to bring your ID at the time of donation.**




## Virtual Blood Drive

**Schedule Open until May 27<sup>th</sup>**  
**Please use referral code**  
**SaveLife-7950-Q**





**Group Blood drive on May 10<sup>th</sup> at**  
**Arlington Height Vitalant location**


**Make a difference in someone's life by donating blood.**


Every two seconds, someone in the U.S. needs blood. There is no substitute for blood when a patient needs a transfusion, which means your generous gift of blood donation can have an extraordinary impact on someone's life—and the lives of their loved ones.

 <https://doh.vitalant.org/drive/SaveLife-7950-Q>

Participating in the virtual blood drive is as easy as:

STEP 1	STEP 2	STEP 3	STEP 4
 Join my virtual blood drive.	 Find a convenient location, schedule or walk in.	 Prepare for your donation with a healthy meal and hydration.	 Donate blood, transform lives.

 Please make sure to use the same email address when you join, schedule and donate to ensure your donation is connected to the correct virtual blood drive.

 **GIVE BLOOD TODAY | vitalant.org**

**vitalant.**

Website: [nepaliamericancenter.org](http://nepaliamericancenter.org) | Email: [info@nepaliamericancenter.org](mailto:info@nepaliamericancenter.org),  
Donation: [donations@nepaliamericancenter.org](mailto:donations@nepaliamericancenter.org)