

DEC 2025  
NEWSLETTER

CHICAGO CHAUTARI  
TIMES - 201th Edition

Happy New Year 2026



# Chicago Chautari Times

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DEC 2025 NEWSLETTER

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Krishna Pandey

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Ayushka Joshi

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## Welcome to Chicago Chautari Times - 201th Edition



### The Real Meaning of Holiday Spirit

During the holiday season, it can be easy to be overwhelmed by festivities, but it is important to remember what truly matters. December is the season of giving, appreciation, and connection.

When people say that December is the month of giving, they usually mean little kids getting presents, and this is an example of giving, it is not the only one. The true spirit of giving means giving back to the community, whether it is through donations or volunteering at a soup kitchen, temple, or a homeless shelter. By helping the less fortunate, we not only lean into the holiday spirit, but we also fulfill ourselves. People associate the holidays with presents, and what better gift than the knowledge that you helped someone out during these cold winter months?

The holidays are also the perfect time to show appreciation. November is generally considered the month of gratitude, but why put a limit on being thankful? The holidays are the time when people go out of their way to do things for each other. For example, something as common as Christmas presents are an example of people's generosity. When people give gifts, they put thought into it. They wondered what you would like, drove to the store to get it for you, and carefully wrapped it before giving it to you. It is easy to underestimate the effort that people put into the holidays, but it is important that we acknowledge and appreciate it. Gratitude is so valuable during times like these, so it is extremely beneficial if we share it freely.

Last but not least, the holidays are the best time to strengthen connections between you and your loved ones. Often times, the holiday season is when people visit their extended family, or get back in touch with their friends. The holidays provide a common ground and a great reason to go out and meet with people you have not seen in a long time. Toward the end of the year it is especially important to reconnect with those you are close to, not only to have an enjoyable holiday season, but to also start the new year with a strong support system. All in all, the holidays are a time where it is easy to feel overwhelmed or distracted, but as long as we remember what keeps the holiday spirit alive: giving back, showing gratitude, and out connections to each other, we can enjoy the holidays as we were meant to.

— Aditi Khanal

Chicago Chautari Times (CCT) has embarked its 17th years of uninterrupted monthly publications from April 2009. CCT would like to express deep gratitude to its subscribers and contributors, especially our young children and youths making this a platform to express their hidden talents via writings and arts.

## Complaint Against Inaccuracy - Paul Revere's Ride



Dear Mr. Longfellow,

I would like to present a complaint of inaccuracy regarding your poem "Paul Revere's Ride". There are three very important details that must be corrected for the sake of accuracy: Paul Revere never said that the British were coming, he did not ride alone to Lexington, and he never arrived at Lexington.

In regards to the first inaccurate detail of your poem. With the research we conducted, we are sure that Paul Revere never said "the British are coming". We have found that everyone in the area had thought of themselves as British since America was not an independent country yet. Therefore, the statement "the British are coming!" does not make sense. Instead, we have found that he more likely said "the Regulars are coming!"

The second incorrect statement, Paul Revere riding alone to Lexington, has also been disproven with much proof. We have learned that Joseph Warren had dispatched two riders: Paul Revere and William Dawes. There was a third rider that had come on the ride Samuel Prescott. He had stopped them while on the ride to join them, but was not originally dispatched.

The third inaccurate detail is that he had finished his whole ride and arrived at Lexington. With our research we found that he was captured by Regulars before making it to Concord. All three riders were captured but Paul Revere was held the longest. While he was held and questioned by the British, his companions William Dawes and Samuel Prescott escaped and went on to finish the ride.

To conclude your poem has three major inaccuracies. They are quite reasonable due to the fact that you wrote about the ride 95 years after it happened and America had not existed when Paul Revere rode. However, they do impact major parts of history, such as taking credit away from William Dawes and Samuel Prescott, especially as they had been the ones to finish the ride and make it to Concord.

- Prisha Parajuli



## The Elf on the Shelf

A long time ago, there lived an elf. This elf was not ordinary, but one of Santa's special helpers. Whoever needed one could receive an elf to watch over them during the Christmas season. Every night, the elf would magically fly back to

North Pole to report to Santa, telling him whether children had been naughty or nice.

If you were nice, you would wake up on Christmas morning to find presents, gifts, and toys. If you were naughty, everyone might receive coal or nothing at all. The elf watched carefully, always reminding children to be kind, honest, and helpful. Merry Christmas!



- Ruby Phuyal

Best Wishes to our December Birthday Stars  
Anya Thapa  
- December 8



Abhya Dhakal  
- December 20



Arnav Shrestha  
- December 30



Aushi Maskey  
- December 19



Isha Mishra  
- December 1



Krispa Chapa-gain  
- December 2



Ojesbi Kunwar  
- December 25



Reeya Chaudhary  
- December 21



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



### Chitlang Bheda Farm

About Bheda Farm:

*Chitlang is a village located in Taha Municipality of Makwanpur District, Bagmati Province, Nepal. Chitlang is an ancient Newar dominant village in Nepal. It is one of the most popular stops on the old trading routes from Tibet to India. Chitlang serves to be the most preferred destination from Kathmandu to hike. The name Chitlang comes from chitlon which is translated to a chaitya named stone. Chitlang is a place which is really green. Chitlang is a tourist area. This place is popular for paragliding, quad biking, and the first goat cheese factory. There is also a bheda farm, so I will tell you about the bheda farm.*

*Chitlang bheda farm is located in Markhu. It is a tourist area where people go to see bheda. This place opens between 5 am to 7 pm. From there we can see Kulekhani dam. So, on our Chitlang trip, on the last day, we went to the Chitlang bheda farm. There we filled our trip sheet and even our guide told us about the bheda farm. He told us that this farm was established on September 17, 2019. There are many species and genders of sheep. There are almost 500 sheep in the bheda farm. The bheda farm is really big. The bheda farm is naturally beautiful; greenery and many sheep nibble there in the farm.*

My Experience at Bheda Farm: So I thought the bheda farm would be very small but there would be very many sheep. But the reality was that the farm was really big and there were about 500 sheep. So there my experience was really great because we made eco, but it did not happen and then we sat and played rock, paper, scissors. I really loved the bheda farm.

— **Abhudaya Phuyal**



### My Best Friend Ever!

Do you remember a time you made a new friend? Let me tell you how I made one! I was on bus number 35 and it was my first day of kindergarten. Then a girl

came and sat next to me. Her name was Noor and she was 5 years old. She said "do you want to be my friend"? I was scared to say yes but she seemed nice. So I said yes. She was happy that I said yes. I was happy too! We became bff's. I'm still her bff. I wanted a play date now! I can't wait to meet her again.



— **Abira Shrestha**

### Best Wishes to our December Birthday Stars

Riya Phuyal  
- December 31



Romit Jha  
- December 5



Rushil Arjal  
- December 12



Saurya Subedi  
- December 29



Shrija Kabra  
- December 29



Sneha Chaudhary  
- December 12



Nischal Shrestha  
- December 23



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

## The Story of LEGO: From Humble Beginnings to Global Icon

LEGO, the iconic brand of colorful interlocking bricks, is one of the most beloved toys in the world today. But its journey to success began in a small workshop in Denmark, where a carpenter's dream of creating high quality toys for children became a global phenomenon.

In 1932, Ole Kirk Christiansen founded a company in Denmark that would eventually become LEGO. At first, the company made wooden toys, including animals and household items. The name LEGO is derived from the Danish phrase "leg godt", meaning "play well".



After a fire and many setbacks, in 1947, LEGO bought an injection-molding machine, which could make plastic toys. This move led them to make their first plastic toy bricks in 1949. While these early bricks were simple interlocking blocks, they were sturdy and reusable.

The real breakthrough came in 1958 when Ole's son, Godtfred Kirk Christiansen, designed the modern LEGO brick, a unique stud-and-tube system, this design made the bricks more stable. The new brick was patented, and is still used today, making the LEGO brick timeless.

In the 1960's, LEGO expanded beyond Denmark, reaching markets in the United States and other countries. As the brand grew, LEGO introduced themed sets such as castles, space exploration, and cityscapes, offering endless possibilities for imagination. By the 1980's LEGO was one of the most popular toy companies in the world.

From humble beginnings in Denmark to its current status as a global brand, LEGO has left an unforgettable mark on the world of toys. It has inspired generations to think creatively, build their own worlds, and "play well." With its commitment to innovation and education, LEGO will continue to inspire children and adults alike for years to come.

- Vedanth Shrestha

## My Trip to Wisconsin Dells - Riya Phuyal



My name is Riya and during Thanksgiving break I went to Wisconsin Dells with my parents, and it was so much fun! I want

to tell you all about it! We went to a Thanksgiving party before we left for Wisconsin Dells. We ate dinner and left right away. When we arrived, it was dark outside and it was getting late. We stayed at a hotel and went to sleep. The next morning, I woke up super early and went downstairs to go eat breakfast. I ate bacon, eggs, sausage, and tater tots. It was so good! We went back upstairs to our room and changed our clothes. I was watching on my phone, but my dad told me and my mom that we had to leave the hotel because they sent us the wrong address. We packed our luggage and headed straight to the car. We drove to the other hotel and went inside. We left our luggage in the car because we just wanted to check our room. We left right away and headed back to the car to go Black Friday shopping. We went to an outlet nearby. We were very cold. I bought a sweatshirt and my mom bought a sweater and a bag. My dad didn't buy anything.

Afterwards, we went to have a late lunch at Noodles & Company and ate some food. I ate Mac & Cheese and my parents ate Spicy Garlic Noodles. After eating lunch, we headed back to the hotel and my dad changed into his swimming costume. We went back to the car and drove to the water park. Once we got there, we went inside and tried to find a spot to sit at. Since there were a lot of people, we couldn't find a seat so we just put our stuff on the ground. Me and my mom went to the locker room to change into our swimming costumes. When we were done changing, I told my mom if she wanted to go to the lazy river with me. She said yes



### The Man Is Crazy

"True!—nervous, very, very nervous I had been and am." The narrator in "Tell Tale Heart" is insane because of the fact that he describes himself as very nervous and righteous despite him committing the murder. The tell tale is about a house keeper that is vexed by the eye that has a cataract of an old man. The housekeeper plans the murder for eight days and succeeds and when trying to hide it, he fails and admits to the vicious crime. This shows that he is truly insane. This is why the man is insane and crazy for thinking he is righteous for committing the murder.

The first thing that makes the man insane is the fact that he says he hears things from heaven and hell. "I heard all things in heaven and the earth. I heard many things in hell." (pg. 1). This shows that he is crazy because most people do not hear things from other worlds. The caretaker thought this was a gift, but in reality it was madness. This is why the caretaker or the narrator is insane. The second reason why the narrator is insane is because he thinks he is sane as he said he was a master mind. A quote from the text said, "You fancy me mad. Madmen knows nothing. But you should have seen me." (pg. 1). This shows he is crazy because he is about to kill a helpless old man just because of a cataract in his eye and he says he isn't delusional and crazy. He claimed that he was not mad, and therefore, knew stuff. The caretaker thought he was smart but he was in fact very crazy and insane.

My third reason for him being insane is the process he went through to kill the man. The quote in the text says, "I kept quite still and said nothing. For a whole hour I did not move a muscle, and in the meantime, I did not hear him lie down." (pg.3). This shows that he is insane because he thought he was very right for being swift to kill the man. The claim and evidence support my thesis because it shows how he went through the process of killing the old man. Some might say that the narrator is perfectly sane because he makes sure to take careful measures to clean up the crime scenes. The caretaker murders the old man over his eye. This shows that the narrator is insane because the caretaker was paranoid and went through the process of murder, just because of a clouded cataract "evil eye." He was also insane because he got paranoid over the thought that the policemen who came to his house were making an "apparent mockery of him." My evidence supports my claim because it shows how he is insane through the process of murder and how careful he was through the process. The claim and evidence supports my thesis because my claim and evidence show why he is insane.

The narrator in "Tell Tale Heart" is insane. The man is insane for going through the process of killing, thinking he is right, and hearing things nobody else can hear. The "Tell Tale Heart" helps one to understand that if you are struggling mentally, seek help.

— Rasik Pant

A



### Staircase Keeps Growing Inside Me

Each step appears only after I lift my foot  
Some are wood,  
some feel like water,

one hums as if it's alive.

I pass versions of myself sitting on the landings  
one tying their shoes,  
one counting cracks in the wall,  
one staring at nothing  
like it owes them an answer.

They don't look up

They already know where I'm going

Above me, the ceiling keeps rewriting itself  
Below, the stairs forget I was ever there.

I am not lost

I am not arriving

I am the act of climbing

while the structure learns what I need next.

— Krishna Pandey

### My Trip to Wisconsin Dells (Contd.)

We went on the floaty and started moving. After that I went on some small slides. Most of the slides were big and I was too scared to go on it. My parents tried to convince me to go on the big slide, but I said no. They kept on telling me to go so I said yes. I climbed up the stairs and started to regret going up the stairs. I finally made it and waited for my turn.

I looked down at my parents. I was pretty high up. I told them to be ready to take a video. It was finally my turn. I sat down and went down. It was pitch dark and I couldn't see anything. It went faster and faster every second. I finally made it! My parents waited for me at the end. It was SO MUCH FUN! I went on it a hundred more times! Soon it was time to go. Before we left, we went to an indoor theme park, and I went on bumper cars. When we went to the car I was hungry, so we went to a restaurant to grab dinner. I ate my dinner at the hotel and went to sleep. We had to leave the next day and I was sad, but at least I had a lot of fun!

Thank you and Namaste

- Riya Phuyal



## Void

### Prologue

I never knew that that's what he wanted. I never knew he would do it. I thought it was a joke, everything, all of this. It wasn't. It never was. No. No. No. NO. I can't. That smile he had, oh it must have been fake. No one could tell. No one could see. Everything he's said about life being beautiful, oh that's all fake too. Why? Why? Why?! Is this reality all fake? Is everything gone? Has life lost all its meaning?

...

I hate this.

We don't even have a rope. We don't even have a wooden chair. He had these thoughts, and he never felt accustomed to tell me. It's all *my fault. I should have figured this out faster and gotten him help faster.* His neck looks like it was altered. It seems longer, more crooked.

What had happened?

He wouldn't do this.

Oh no he wouldn't.

He isn't like that.

Is he?  
IS HE?!

### Chapter 1

They say that the dead tell stories. They're right. I recently went to where he hanged himself, and saw his body. His entire body is normal, except for his face, being as of a monster. His neck was crooked, and was diagonal in the sense it was facing another way. I did notice something a little bit...eerie. Flowers were scattered on the floor, in such a way that they were arranged as words. I then went on the balcony and saw that it did spell something.

"It's all your fault."

And since then, I have been isolated, in my own little bubble, where everyone, and everything is perfect.

I call it headspace.

All my friends, my neighbors, everyone exists here. It's my new reality.

I wake up in white space. I've lived here for my whole life. Every day is a new one, to play cards with friends, go play in the park, have a picnic, do whatever you want.

There's that door that leads to everything, and it's what I open everyday. So, I go over to it, open the door, and walk straight in. I can see my friends, Vinny, Deleany, and Lucille. They're playing a card game right now.

"Hey Lorain! Wanna play cards with us?" Deleany asks,

"We're about to finish this round!"

"Hi!" Vinny looks happy to see me, "Wanna join?"

"Um... Lorain could you find my stuffed animal? Vinny and I were fighting over it and we lost it..." Lucille asks me, "I hate you Vinny!"

"I hate you too!" Vinny firmly replies, "It's your fault!"  
*It's my fault.*

I go around and look for Lucille's stuffed animal, and eventually find it under a pillow.

"You found it!" Lucille says in an excited tone, "Thank you Lorain!"

I nod my head to signal that I appreciate it.

"Let's go to the park!" Vinny recommends, "Kenzo said that he set up a picnic at the park for us!"

They all get up, and start following me. We go up the stairs, and this little snake man gives me 200 clams. In case you don't know, clams are currency. We come out of this little tree root, and walk forward into the park.

"Hey! Over here guys!" Kenzo spots us and calls us over,

"Even Clover came over and brought some flowers!"

"Hi..." Clover whispers in a shy tone, "Let's just get set up..."

"What's wrong Clover?" Vinny asks, worried, "Did something happen?"

"N-nothing." He stutters, "I'm f-fine."

"Alright then!" Lucille says, "If nothing is wrong, then let's start feasting"

"Yay!!!" Everyone says, "Food!!!"

*Yay!*

"Alright, so what I made is a grand jelly toast sandwich, a caesar salad, and Lorain's favorite, vegetable rolls!" Kenzo tells us while opening his backpack, showing us all the food, "Dig in!"  
*NOM NOM NOM NOM NOM*

"Hey guys, after we're done eating, let's play hide and seek!"

Vinny recommends, "It'll be fun!"

"Uhm..." Clover hesitates, "Sure..."

We finish eating and go to the park.

"Lorain you have to find all of us!" Vinny says, "You were the last one to finish eating!"

*That's not fair!*

*Fine.*

*One. Two. Three. Four. Five. Six. Seven. Eight. Nine. Ten.*

I open my eyes to an empty playground. First, I go over to the bush near the corner of the park, because that's always where Kenzo hides.

"You found me!" Kenzo looks surprised, but happy at the same time, "I think I hide here too much..."

*Absolutely you do.*

I go back to the playground and have to actually look now because the others like to change their hiding spot.

(Contd...)

## Void (Continued ...)

First, I check the tunnel slide. No one there. Then I check the bottom of the playground roof, and Vinny is right there. He's a wild beast that's adventurous.

"Dang it! You found me..." Vinny looks dissatisfied, "I thought it would be harder to find me."

*You're in plain sight.*

I go down the stairs of the park and look in the kiddie park.

There, I can see Lucille crouching down under the kiddie park, trying her hardest to stay hidden.

"Stop! How did you find me?" She asks, "I was hidden so well!"

*Ehhh... Not really—*

Now, the people I need to find now are Deleany and Clover.

Deleany does usually hide with Kenzo, I don't know why though.

"Hey," Lucille whispers to me, "Delaney is hiding in the bush next to Kenzo. Can't believe you missed her."

*I'm stupid.*

I go over to the same bush Kenzo was hiding in and see Kenzo and Deleany talking to each other, laughing like maniacs.

"Oh—" Deleany is blushing, shocked that I'm here, "I forgot we were playing. Haha!"

She laughs her little delicate laugh that could light up an entire room.

"I guess Clover wins then! Let's go find him." Vinny says,

"CLOVER! CLOVER! CLOVER!"

He screams Clover's name over and over again. And we start too.

No answer.

"Uhm..." Lucille says, now kind of scared, "Maybe he's at his house?"

"I think so. Let's go over there." Kenzo says in a brave voice, "I

think we'll be fine."

As we go downward from the park, and go south to his house, the path darkens.

"What's going on..?" Vinny says, "I'm getting scared..."

"We'll be fine," Deleany says, "Maybe it's because it's almost halloween he set all of this up for us."

All of his plants are dead. Once we get to the path that leads directly to his house, it's completely dark, with dead trees, and bushes that are wilted.

*Knock knock.*

"Clover? Are you here?" Kenzo asks, "You won!"

"Help... Please help me. I don't want this. Please, please, please, please, please help me. I don't want to do this. Stop please, stop, stop, stop, stop, stop. I don't want to. Help me... please."

We hear this from the house, and Kenzo decides to break the door to get in since it's locked.

"Help." There's a void around Clover, and tentacles are dragging him down, "Me."

"What the—GUYS HELP ME PULL HIM OUT!" Kenzo leads us and tries to pull out Clover.

A sort of circle, with spikes coming down from the bottom appears. It opens an eye in the middle of the circle.

"Leave."

I'm back in white space. I go to open the door again, but I can't. I see a knife right next to my notebook.

I keep searching for something in white space, but it's endless. It's just repeated, over and over again. The knife appears over and over again. Everything is coming over and over again. Is

the knife the answer? Is it?

I pick it up and stab myself

**- Syon Gautam**



## Obligations vs Loyalty - Suvav Bhusal

Breaking the law for a loved one is not immoral. In this world everyday things such as reading or being a pedestrian can get you arrested. The protagonist, Guy Montag, used to be a fireman and burn books, but through experiences and people, he was reborn and is on his pursuit of happiness. He is now a fugitive and has lost most of the people in his life, which was not by design but ends up benefiting him. One of them being his wife Mildred, who was helping him at first, but broke under pressure. In Ray Bradbury's *Fahrenheit 451*, Mildred is conflicted between obligations to societal norms and her loyalty to Montag. This portrays how doing the "right" thing does not always benefit the world, and whatever the majority is doing is not always the right way.

At first Mildred was complying with Montag; she would not totally shut down his ideas and was willing to go with it. A reason she might be complying is that she does not want to oppose Montag even though she does not agree with his thoughts. This is conveyed by some of the things she does, "She wasn't fighting anymore, so he let her go" (Bradbury 64), and, "They read the long afternoon through" (Bradbury 67). The first quote displays how Mildred gave in and thinks that this is not worth fighting over anymore, and the second quote gives information that Mildred is actually carrying through with it and not just agreeing. She does not show much understanding, but she has complied enough. At this point in the story Mildred seems to be leaning towards Montag's side, but not fully. This is Mildred's first encounter with going against the majority in a way which benefits the world. **(Contd ...)**

## Obligations vs Loyalty (Contd ...)

However, this version of Mildred does not last long. Shortly after, she becomes paranoid about the entire situation. "And besides, if Captain Beatty knew about those books—' Her face grew amazed then horrified. 'He might come and burn the house and the family. That's awful! Think of our investment. Why should I read? What for?'" (Bradbury 69). Mildred is now going through all the negatives of the plan and what could happen. Also, it seems as if she cares about her "family" more than the house or them being imprisoned as that's the only part she elaborates on. This is the stage where Mildred has a lot of conflict in her mind, she is not fully against Montag yet, as she has not reported him, and she has used words like "our" which signify she still sees them as a team. She has not gone and done what the "right" thing would be, which is really something that harms the development of the society. However, she has now shown tendencies towards society over Montag.

The next stage in Mildred's conflict is turning against Montag. We learn of things she has done to hurt him. "Was it my wife who turned in the alarm?' Beatty nodded" (Bradbury 111). The one thing he had trusted in her to not do, report him, she

had done, even knowing he would rather lie. He had asked for no favors or services, just her confidentiality and understanding, now the confidentiality part is gone, and the understanding was never really there, as she was just complying. She also does not show any remorse or care towards Montag after the fact, "Mildred!' She ran past with her body stiff... climbed in, and sat mumbling, 'Poor family, poor family,'" (Bradbury 108). First, she just walks past him, showing no remorse, respect or care for him. She also mutters about how she feels bad for the family, not for Montag or their relationship which has lasted a long time, but the family which is not a real interaction. In the end she turns out not caring for Montag and going with the societal norms with the majority and being wrong.

Through Mildred's conflict between obligations and loyalty, Bradbury conveys how whatever the majority thinks is right is not always the best. We have seen Mildred develop through every stage of her conflict, and ending up on the wrong side of things. We can take what Mildred did as an example of the wrong thing to do concerning morals and loyalty.

— Suvav Bhusal



## Fun Christmas traditions from around the world - Reeva Baral

Christmas is a festival that is observed by a variety of people in a variety of ways around the globe. Not all people celebrate Christmas in the same way. In some cases, people decorate trees and conduct a Secret Santa, but there are certain conditions that make the celebration special for people in different ways. The tradition of Christmas includes a variety of foods, fun, and festivities that show how people celebrate joy, family, and unity in different nations.

In America, Christmas is full of fun traditions that make the holiday special. Many families decorate a Christmas tree with lights, ornaments, and a star on top. People also hang stockings by their fireplaces with small gifts inside. An extremely large part of celebrating Christmas is giving gifts to friends and relatives, which occurs on Christmas morning. In addition, many Townsend cities host special events throughout the holidays, such as a Christmas parade, Christmas lights, and a visit from a person dressed as Santa Claus. Food is an extremely huge part of the holiday with cookies, pie, and beginners that bring all people together.

In Germany, the Christmas season is full of traditions that

make the season feel enchanted. Among the most popular is the Christmas Market where villages are illuminated with lights, and one can purchase decorations, snacks, and homemade goods. Families celebrate with Addison Calendars or Wreaths that count down the number of days until Christmas. On December 6th, kids celebrate Saint Nicholas Day, where Saint Nicholas delivers small gifts and Suites to their shoes. In Germany, festive foods such as gingerbread cookies, Stollen Cake, and sausage are common, especially when gathering around the Treat Exchange gifts.

In Mexico, Christmas is a colorful season with many exciting Traditions. Among the most fun is "Las Posadas," which is a tradition that simulates Mary and Joseph searching for a place to stay before Jesus' birth. The people sing songs, mostly asking for a place to stay, from house to house. The end of the party culminates with party foods while "breaking" panatas that are full of candy. On Christmas Eve, known as "Nochebuena Famous," people get together for a massive party with foods such as "tamales" and "ponche," which is a warm drink made from fruits. Others end the day by attending "Misa de Gallo" which means "midnight mass" in order to celebrate the occasion from a spiritual perspective.

- Contd ...

## Fun Christmas traditions from around the world (Contd.)

In Italy, Christmas is observed with a lot of special traditions that gather families together. The most awaited tradition is the Feast of Seven Fishes on Christmas Eve, which includes a huge meal with different seafoods. Children are also very eager for the kind of Befana, which delivers gifts on Epiphany, on January 6th, marking the end of the Christmas season.

Italian cities are decorated with lights and nativities called presepi. It is common that on Christmas Eve, at 10p.m. Midnight Mass is attended by a huge population of people. The traditions make Christmas in Italy a joyful season filled with food, families, and significant celebrations.

The Christmas season in Australia is during the middle of summer, which is very different from Snowy Christmases in all their countries. Families spend the entire day playing outside in the beach or BBQ, but rarely sit around a fire-place. The idea of a beautiful Christmas tree, stockings, and kids waiting for Santa Claus, of course, remains. The presence of cold sea foods, such as cold sea salad, is especially common during Christmas dinner. Even with warmth, numerous Christmas traditions are still practiced by Aussies that demonstrate what Christmas is all about. Christmas is a diverse festival, but wherever you are, it is always an event of fun with your family. In the USA, people get injured when decorating trees and giving gifts, but in Germany, a trip to the Christmas markets on St. Nicholas Day is full of fun because Christmas is magical in Germany. In Mexico, a trip to Las Podas, colorful pinatas, bring people together in Italy, which has the best meals, but also because of Le Befana. In Australia, people celebrate Christmas with barbecues, fun, and fun on the beaches. Although people celebrate Christmas in different manners, helping people, spreading happiness, spending with your loved ones, and enjoying life is the Same everywhere. -

**Reeva Baral**

## NAC Temple Fund — December '25 Summary

Thank you all for attending December 2025 puja. And thank you for your contribution.

Thanks to our sponsors and devotees. Your presence and donation makes it possible to give the continuity to our regular monthly puja and gathering to imitate our religion and culture. Here is the summary of collection from August puja.

Total collection (Cash and Zelle): \$627

Total expense: \$296.80 (Temple \$225, Pandit \$50, Misc. \$21.80), Saving: \$331

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Number of NAC Trustees: 35 as of November 2025

Total assets so far: ~\$200,000

## Khushi Vigyan 2025 in Chicago and Chakra Vigyan 2026 in Dallas

Last week we successfully completed the Khushi Vigyan program in Schaumburg, IL and we received several uplifting, life-changing reflections from participants—ranging from improved sleep quality to a greater sense of peace. Thank you to everyone who came together to support this event; it was truly inspiring. Highlights included excellent food, a beautiful venue, and enthusiastic participation that made the gathering memorable.

As a natural next step, and to go deeper into meditation and sadhana, a more advanced Chakra Vigyan program will be held in Dallas, Texas, from January 2 through January 8. In this practice, we explore how energy flows through us from three primary sources: the food we eat, the air we breathe, and the rest we receive during sleep.

Life Science (Jeevan Vigyan), through the discipline of Chakra Science, is dedicated to awakening, balancing, and harmonizing the subtle energy centers within the body. The seven major chakras—from the Root (Muladhara) at the base of the spine to the Crown (Sahasrara) at the top of the head—are understood not merely as mystical symbols but as psycho-energetic centers that shape our health, behavior, and consciousness. Practices such as visualization, mantra chanting, breath regulation, and focused awareness are used to activate and purify these centers, with the ultimate goal of balancing the flow of prana (life energy) to achieve inner harmony, expanded awareness, and self-realization. When integrated with other disciplines such as Bodh Vigyan (science of awareness) and Laya Vigyan (science of dissolution), Chakra Science becomes a holistic path within Life Science.

Anodea Judith, in *Wheels of Life*, also describes the unique qualities and imbalances of each chakra. The Root Chakra (Muladhara) relates to security and survival, with imbalance manifesting as fear or physical issues. The Sacral Chakra (Swadhisthana) governs creativity, sexuality, and relationships, with imbalance showing as guilt or emotional instability. The Solar Plexus Chakra (Manipura) represents power, confidence, and will, with imbalance linked to control issues or low self-esteem. The Heart Chakra (Anahata) embodies love, compassion, and harmony in relationships, with imbalance expressed as hatred or emotional closure. The Throat Chakra (Vishuddhi) governs communication and truth, with imbalance manifesting as silence, dishonesty, or difficulty expressing oneself. The Third Eye Chakra (Ajna) represents intuition, vision, and clarity of consciousness, with imbalance leading to confusion, distrust, or lack of imagination. Finally, the Crown Chakra (Sahasrara) symbolizes spirituality and unity with the divine, with imbalance resulting in isolation or spiritual disconnection.

Together, these seven energy centers form the foundation of both physical vitality and spiritual well-being, guiding us toward a more balanced and awakened life. Registration link to the Dallas event is available at <https://jvusa.org/events/>



The poster for Chakra Vigyan 2026 in Dallas features a central illustration of a person in a meditative pose with seven colored chakras (red, orange, yellow, green, blue, indigo, violet) aligned vertically along the spine. The text is in both Hindi and English. At the top, there are portraits of two men, Dr. Ramesh Kulkarni and Dr. Manoj Kulkarni, and the Jeevan Vigyan USA logo. The main title 'चक्र विज्ञान CHAKRA VIGYAN' is prominently displayed. A green badge on the left says 'DISCOUNT EARLY BIRD DISCOUNT' and 'Lunch & Breakfast Included'. A QR code on the right is labeled 'To Register Scan Me'. The event dates are 'Date: January 02 - 08, 2026' and the time is 'Time: 7:30AM to 5:00 PM'. The text below the dates says 'We would like to invite you to participate in this program. Please register now, since Seats are limited'. Contact information for Sapphire Banquet & Conference Center is provided, along with phone numbers 703-791-9357 and 682-234-0324. The event is organized by Jeevan Vigyan USA. At the bottom, it says 'To Register Visit https://jvusa.org/events'.