

FEB 2026
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 202nd Edition



Chicago Chautari Times

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VOLUME

FEB 2026 NEWSLETTER

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quotations, poems, write to us at
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Welcome to Chicago Chautari Times - 203rd Edition



The Generation of Change - from Floppy Disk to AI

We are often told that we don't adapt well to change - but that couldn't be further from the truth. We are, in fact, the generation of change.

We grew up in a time with no video games, no internet, and no smartphones. We went outside to play - soccer in the field, marbles on the ground, cricket in narrow lanes - until the streetlights came on. Friends weren't usernames; they were neighbors. Today, we still play soccer - but now it's on Xbox or PlayStation. That is adaptation.

We lived through the era of 3.5-inch floppy disks, when 512 KB of memory felt revolutionary. We learned computing when screens were slow, commands were typed, and nothing was intuitive. And yet, we mastered it. Those technologies are now museum pieces, and we moved on - again.

We grew up watching black-and-white TVs, often at a neighbor's house. Sundays meant the entire family gathered around one television, glued to shows like Mahabharat, Ramayan, and Chitrahaar. Today, we stream content on demand, anytime, anywhere - on OTT platforms, phones, tablets. Same stories, new screens. Another adaptation.

We lived in a world of VCR rentals, cassette tapes, and rewinding with a pencil. Music meant waiting, recording, sharing. Now, we have YouTube, Spotify, and millions of songs in our pockets. We didn't lose our love for music - we simply changed how we accessed it.

We wrote letters and waited weeks for replies. Then came landlines. Then pagers. Then mobile phones. Then smartphones. We didn't resist - we evolved with every step.

We remember life before email, before Google, before GPS. We asked for directions, memorized phone numbers, and learned patience. Today, we navigate the world with a tap and a swipe.

We have endured earthquakes, economic crises, pandemics like COVID-19, and countless global disruptions. We adapted - emotionally, professionally, and personally. We learned resilience not from books, but from experience.

We are the bridge generation -
the last to grow up fully analog
and the first to become fully digital.

- Ankur Sharma

... Contd on page 2

Chicago Chautari Times (CCT) has embarked its 17th years of uninterrupted monthly publications from April 2025. 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.

The Generation of Change - from Floppy Disk to AI - contd. from page 1

Now, at 50, we are witnessing yet another transformation - Artificial Intelligence.

AI is becoming our assistant, our advisor, our doctor, our teacher - perhaps even our companion. And just like every wave before this, we are learning, adapting, and moving forward.

We didn't just survive change.

We lived through it, learned from it, and shaped it.

That's why this generation is special.

That's why this generation is strong.

That's why this generation is the best.

And the journey isn't over yet - there's still so much more to see.

- Ankur Sharma

Meadow of flowers

I twirl and spin around so fast,
The light around me seems to last.
I laugh out loud, then kneel down low,
To see the secrets flowers show.
The flowers make shapes in the ground,
with colors and lines that twist all around.
They're different, strange-but still feel right,
Like something I've known my whole life.
The shiny rocks in streams that flow
Tap my feet so soft and slow.
I went there just to breathe the air,
And lay down with some time to spare.

- Moksha Rijal



All About Bunnies

When you first get a bunny, it's better to use an X-pen instead of a small cage so your bunny has space to hop and play. You will need a little box, the right pellets for your bunny's age, and plenty of fresh hay every day. Hay is the most important part of their diet, and they should always have fresh water.

Bunnies also need toys to chew on because their teeth keep growing. Cardboard boxes and wooden toys are great choices. A small hidey house will help them feel comfortable and safe. Some bunnies like having a friend, so getting two can make them happier, but one bunny is okay if you give it lots of love and attention. Bunnies are sweet, playful, and wonderful pets. I really want a bunny! 🐰

- Ruby Phuyal

Best Wishes to our February Birthday Stars

Aron Bhattarai
- February 2



Rena Pokharel
- February 11



Rohit Joshi
- February 1



Shikha Adhikari
- February 23



Stuti Dhungana
- February 21



Suha Singh
- February 6



Tara Pokharel
- February 13

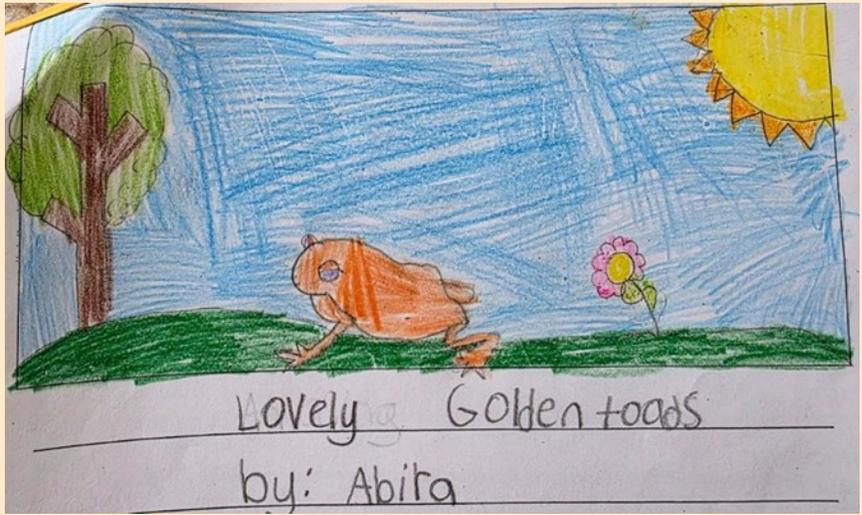


Submit your birthday information with picture by 20th of the previous month.



Golden Toads

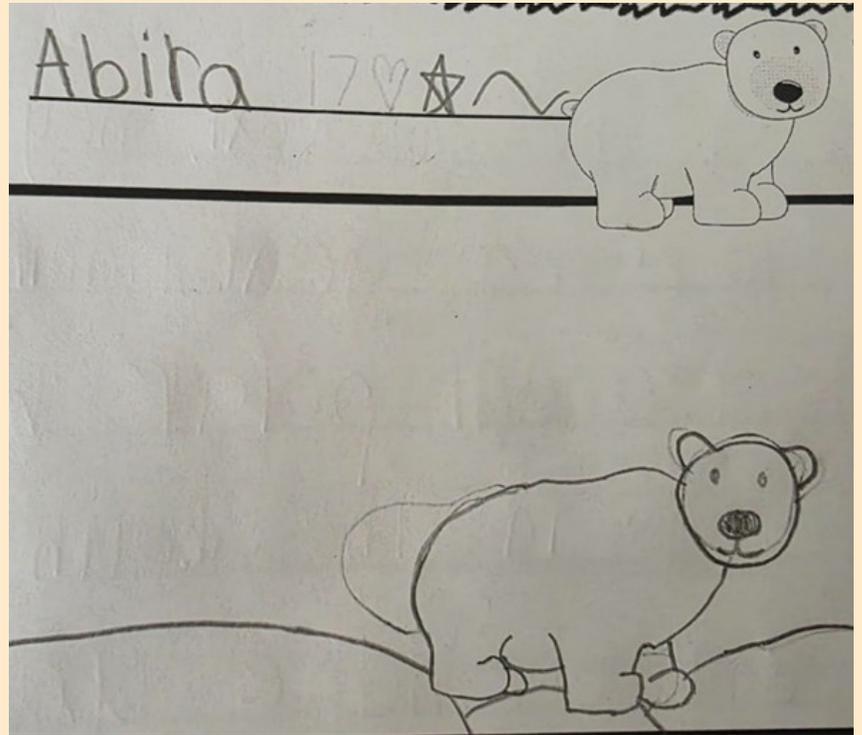
Did you know the Golden toads scientific name is *Incilius perigrinus*? Today you are going to learn all about golden toads! Did you know that female golden toads are usually bigger than the males? Do you know where a Golden toad lives? Well they live in the Monteverde cloud forest. Well, now you know all about Golden toads!



Amazing Polar Bears

Did you know polar bears can have different colored fur? You are going to learn all about polar bears. First, polar bears have black skin that reflects in the sun. Next, they live up to 25-30 years. Finally, in fall pregnant polar bears make den in the Earth and snowbanks. I hope you liked reading all about polar bears today!

- Abira Shrestha



Cute Anime Boy

- Shrija Kabra



Nature

- Yug Gyawali





The Last Call

Chapter 1: The Ringing Phone

The police station was silent, the kind of silence that made every small sound feel too loud. Arjun sat alone, the clock ticking steadily above him, when his phone rang. The sharp sound cut through the air like a warning. His hand hesitated before he answered.

A low, calm voice spoke. "You have one hour." There was a pause, just long enough to make Arjun's stomach tighten. "Find her, or she will die." The line went dead.

Arjun stared at the phone, his pulse thundering in his ears. Only one person mattered to him that much—his sister, Maya. She had disappeared just hours earlier. Fear didn't scream. It whispered. And it told him he was already running out of time.

Chapter 2: The City Watches

The night air felt heavy as Arjun rushed into the streets. Streetlights flickered above him, and every shadow looked like it was hiding something. The city felt different now—closer, tighter, as if it were closing in around him.

He searched everywhere, calling Maya's name under his breath. Each unanswered call made his chest ache more. His phone buzzed once, then stopped. No message. Just silence.

Then he saw it—a red scarf on a park bench, perfectly folded. Too perfect. Arjun picked it up slowly, his fingers cold. Someone wanted him to see this. Someone was watching.

Chapter 3: The First Move

At a deserted bus stop, eerie music drifted through the air. An old cassette tape played on its own, the sound cracked and uneven. Arjun turned it off, but the silence that followed felt worse.

A few streets later, under a dim light, he found a chessboard. Every piece was gone except one—the king, standing alone. Arjun swallowed hard. The message was clear. One wrong move, and everything would fall.

His phone buzzed again. A single text appeared: *Tick tock*. Arjun's grip tightened. This wasn't just a chase anymore. It was a game—and he was already playing.

Chapter 4: The Case That Never Slept

The clues dragged Arjun back into a memory he never escaped. Years ago, a missing child. Strange hints. A criminal who enjoyed control more than escape. And a case that ended with silence instead of answers.

Arjun remembered the sleepless nights, the unanswered questions, and the guilt that followed him like a shadow. He had sworn he would never let it happen again. Yet here he was—trapped in the same nightmare.

His phone vibrated once more. "Do you remember me?" the message read. Arjun felt the past and present collide. This wasn't revenge alone. This was unfinished business. **(contd page 5 ...)**

- **Abhudaya Phuyal**

Best Wishes to our February Birthday Stars

Riya Phuyal
- February 31



Romit Jha
- February 5



Rushil Arjal
- February 12



Saurya Subedi
- February 29



Shrija Kabra
- February 29



Sneha Chaudhary
- February 12



Nischal Shrestha
- February 23



Submit your birthday information with picture by 20th of the previous month.

The Last Call ... Contd from page 4

Chapter 5: The Edge of Midnight

The clues pointed to one place—the abandoned warehouse at the edge of the city. As Arjun approached, the building loomed against the dark sky, silent and waiting. The clock read 11:47 p.m.

Inside, every sound echoed. Water dripped somewhere far away. Arjun moved slowly, his heart pounding louder with every step. He called Maya’s name, but only silence answered.

Then he heard it—a faint sob. His breath caught. He followed the sound, knowing he was close, and fearing what he might find.

Chapter 6: The Trap

Maya sat tied to a chair, her face pale and streaked with tears. Arjun rushed forward, cutting the ropes with shaking hands. “I’m here,” he whispered, though his eyes kept darting to the shadows.

A slow clap echoed through the warehouse. A man stepped forward, smiling calmly. He spoke about games, mistakes, and how some stories deserved proper endings. Midnight was minutes away.

But Arjun had made a move of his own. While following the clues, he had sent silent signals to his team. The game wasn’t over—but it was no longer one-sided.

Chapter 7: The Final Second

Sirens screamed through the night as police surrounded the building. The man tried to disappear into the darkness, but there was nowhere left to hide. He was arrested, his game finally ended.

Maya was wrapped in a blanket, safe at last. Arjun watched her breathe, steady and alive, as the clock struck midnight. The final second passed—and nothing happened.

Arjun closed his eyes, feeling the weight lift from his chest. The call that began with fear had ended with courage. This time, the last call did not win. He did.

- **Abhudaya Phuyal**



My Painting

My name is Riya Phuyal. On my birthday I got a paint by number. There are 24

different colors and each color has a number. For example, if you have a color and it’s pink and the number is one you have to find all the number ones on the canvas and paint it. It takes a long time because there are really tiny details. It is calming and fun to do. If you are ever bored, you could do this! You can find so many different designs and sizes. My design is a beach, and the canvas is pretty big.



- **Riya Phuyal**



The best part of me – Jaiya Pittman





Bharatanatyam

Bharatanatyam is one of the oldest and most respected classical dance forms in the world. It began in the temples of Tamil Nadu, located in southern India, and has grown into a globally admired art form. More than just a style of dance, Bharatanatyam is a powerful blend of storytelling, music, expression, and discipline.

The word "Bharatanatyam" reflects its deep meaning. "Bhava" represents expression, "Raga" stands for melody, "Talam" means rhythm, and "Natyam" translates to dance. Each performance combines these elements to tell stories, often drawn from ancient Hindu epics such as the Ramayana and the Mahabharata. Through detailed hand gestures called mudras and powerful facial expressions, dancers communicate emotions like love, anger, devotion, and joy without speaking a single word.

One of the most impressive aspects of Bharatanatyam is its technique. The basic stance, known as aramandi, requires dancers to bend their knees outward while keeping their back straight and movements precise. Although it may look graceful and effortless on stage, it demands intense strength, flexibility, and endurance. The footwork is sharp and rhythmic, often accompanied by ankle bells called ghungroo, which emphasize each movement and connect the dancer to the music.

Music plays an essential role in Bharatanatyam. Performances are usually set to Carnatic music, the classical music tradition of South India. The dancer must stay perfectly in sync with the rhythm while also expressing the emotional meaning of the song. This balance between technical accuracy and emotional depth is what makes Bharatanatyam so unique.

As someone who practices Bharatanatyam along with four other dance styles, I have experienced firsthand the discipline it requires. Training involves repeating steps countless times, maintaining posture, strengthening muscles, and paying close attention to detail. Unlike some dance forms that focus mainly on choreography, Bharatanatyam demands control over every part of the body, including the eyes and facial expressions. It teaches patience, focus, and perseverance.

– Deeya Phuyal, Contd ... page 7



Saguaro cacti

In December of 2025, I went to Arizona. I saw a lot of cactus plants. The most amazing part was that there was a giant cactus called

Saguaro cacti.

Saguaro Cactus can also grow up to 50 to 60 feet, that is the height of a 6-story building also. A Saguaro cacti has a width of 35 to 60 Inches. They also have long roots which are 6 ft that are taller than a human.

Saguaro Cactus can live up to 200 years old. That's a really long time for a cacti to live and it is fascinating because we don't even live up to their life span.

They are mainly found in Mexico, Arizona and New Mexico. They can survive severely hot weather up to 110 Degrees that's equivalent to an oven sometimes. Animals make their houses in Saguaro cactus because when it gets hot it's hard to make a house in the ground. So, they make it in Saguaro Cactus which will make them cool and sometimes comes with supplies.

There's a place called the Sonoran Desert, it is in Arizona. It has thousands of Saguaro Cactus. Saguaro Cactus was first found in Arizona then it spread to other states and Countries.

– Arvik Baral



The First Super Bowl

The first Super Bowl was called Super Bowl 1 and was played on January 15th, 1967. It was the first championship game between a big professional football league in the United States. Today the Super Bowl is one of the most watched events in the world, but it first started as a simple game to decide the best team. This first Super Bowl was a historic game that changed football forever.

Before the Super Bowl evenings, I said there were two separate football leagues. The National Football League (NFL) and The American Football League (AFL). Both leagues had really talented teams and lots of fans so they competed with each other for players and popularity. People often argued about which League was stronger. To settle this competition the leagues agreed to have their Champion teams play each in the final game.

The first Super Bowl game was in Los Angeles Memorial Coliseum in California. Even though it might be hard to imagine now, the stadium was not completely full. Many people do not realize how important the game would become. The tickets were also expensive at the time, so some seats were empty. However, millions of people still watch this game on T.V.

The NFL Champion Green Bay Packers played against the AFL Champion Kansas City Chiefs. The Packers were coached by their famous coach Vince Lombardi who was known for discipline and his strong leadership. The Chiefs were considered the underdogs and people did not expect them to win. This made the game really exciting because the fans wanted to see if the AFL team

could compete with the NFL Champions.

The game started close and both teams scored early, however the Packers' experience and skill began to show. By the second half they pulled ahead and controlled the game. The Packers defeated the Chiefs 35-10 and became the first Super Bowl champions. The victory proved that the NFL was the stronger League at the time.

The halftime show during the first Super Bowl was very different from today's performances. Instead of famous singers it featured marching bands from University of Arizona and Grambling College period, the show focused on simple music and watching routines to entertain the crowd. This early performance shows how much a Super Bowl halftime has changed and today the halftime show includes huge stages, special effects and famous people.

The first Super Bowl helped bring the NFL and AFL together. Just a few years later the two legs officially merged into one organization and the Super Bowl became the championships of the NFL. This event also started traditions like Championship trophies, halftime entertainment and national attention on the game.

Inclusion: Super Bowl 1 started a tradition that continues today. It settled the rivalry between two football leagues and led to the modern NFL today. The game also showed how sports events can grow over time and become a part of national culture. The first thing I will always remember is the beginning of football's biggest step.

- Reeva Baral

Bharatanatyam contd ... from page 6

The discipline learned through Bharatanatyam extends beyond the studio. It builds time management skills, respect for tradition, and the ability to handle challenges with determination. Balancing multiple dance styles has shown me that Bharatanatyam stands out for its structure and deep cultural roots. It is not only a physical practice but also a

mental and emotional one.

In conclusion, Bharatanatyam is more than a performance art. It is a tradition that carries centuries of history, culture, and devotion. Its combination of storytelling, music, and strict technique makes it both beautiful and demanding. Through dedication and discipline, this classical dance form continues to inspire dancers and audiences around the world. – Deeya Phuyal



Dark Matter

Dark matter is invisible material that makes up most of the empty parts of space. Scientists usually put the word dark in front of something because they don't fully know what it is, and in this case, we literally don't know what dark matter is. This is because dark matter doesn't absorb or reflect light, so we can't see it. It makes up about 85% of the universe, which is a lot considering how big the universe actually is. Dark matter is very helpful, even though it sounds dangerous. Its job is to hold galaxies together. Without it, galaxies would spin apart because there isn't enough visible mass in space.

According to the Big Bang Theory, dark matter acted like a map for the universe. It decided where matter could go long before stars existed and laid everything out. Dark matter acted like a blueprint for the universe by forming invisible structures before stars and galaxies existed. When the universe cooled, normal matter fell into these structures and formed galaxies. This decided where galaxies and clusters would appear across space. The stars we see today follow an unseen structure made of dark matter.

When astronomers measure how fast stars orbit the center of galaxies, the stars at the edges move way faster than expected. There isn't enough visible matter to hold them in orbit, so something invisible, dark matter, must be providing the extra gravity. Another way they know this is real is

that galaxy clusters don't immediately spin out of control. They have so much mass that they should just fly apart, the visible galaxies alone don't have enough mass to keep them together, so dark matter is one of their theories

A lot of scientists use simulations to understand more stuff about the places that they cannot be. Computer models of galaxy formation and cosmic evolution type stuff only work when dark matter is included. They take all the information they know and input it which is another reason why it exists.

Dwarf galaxies are small galaxies with very few stars compared to big ones like the Milky Way. When astronomers measure how fast the stars orbit the center of these galaxies, the stars move much faster than the visible matter can take credit for. The Bullet Cluster is two galaxy clusters that collided. During the collision, the normal matter (hot gas) slowed down, but most of the mass, detected through gravitational lensing, passed through without slowing. This shows that most of the cluster's mass is invisible dark matter that doesn't interact like normal matter.

Dark matter is invisible and mysterious, but it helps hold the universe together. Scientists know it's there because of things like how stars move and how light bends in space. It acts like a hidden blueprint, showing where galaxies and stars can form. Even though we can't see it, dark matter is super important for understanding how the universe works.

– Anjali Das

NAC Temple Fund — February '26 Summary

Thank you all for attending February 20256puja. 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): \$1948

Total expense: \$291.09 (Temple \$225, Pandit \$50, Misc. \$16.09), Saving: \$1657

Number of NAC Trustees: 35 as of February 2026

Total assets so far: >\$200,000

Website: nepaliamericancenter.org : Email: info@nepaliamericancenter.org,

Donation: donations@nepaliamericancenter.org