

MAY 2026  
NEWSLETTER

CHICAGO CHAUTARI  
TIMES - 206th Edition

Happy Summer to all  
the Community  
Members !



# Chicago Chautari Times

Brought to you by [peopleofnepal.com](http://peopleofnepal.com)



बुद्धम् शरणम् गच्छामि  
धर्मम् शरणम् गच्छामि  
संघम् शरणम् गच्छामि  
Buddham saranam gachhami  
Dhammam saranam gachhami  
Sangham saranam gachhami



VOLUME 17, ISSUE 3

MAY 2026 NEWSLETTER

Inside this issue:

|                     |   |
|---------------------|---|
| Editorial: Home ... | 1 |
| Plastic Bags...     | 2 |
| My spring break     | 2 |
| The Big Game        | 3 |
| A Deer in the wild  | 3 |
| Girl with ballons   | 3 |
| Beautiful girl      | 3 |
| Mangrove Trees      | 4 |
| The Big Game        | 4 |
| Summer              | 4 |
| Science and the...  | 5 |
| Your Starbucks ...  | 6 |
| Summer              | 6 |
| NAC Temple Fund     | 6 |
| Saptaha Puran ...   | 7 |

#### NEWSLETTER TEAM :

Ankur Sharma  
Bishnu Phuyal  
Yagna Pant  
Sarana Parajuli  
Binod Dhungel

#### CCT YOUTH TEAM:

Aditi Khanal  
Purnima Pathak

For birthday announcements,  
articles, success stories,  
quotations, poems, write to us  
at [peopleofnepal@gmail.com](mailto:peopleofnepal@gmail.com)



## Welcome to Chicago Chautari Times - 206th Edition



### Home Life Has Recently Become So Peaceful

Maintaining peace of mind—both at home and in friendships—often begins with recognizing that not every disagreement deserves our energy. Many conflicts arise from stress, emotions, or differences in perspective, not something truly meaningful. Over time, life also teaches us an important truth: it is extremely difficult to change other people, no matter how many times we try to explain, convince, or argue. If repeated efforts have not changed someone's thinking or behavior, perhaps the wiser path is not to continue the struggle, but to step back, remain calm, and accept that people grow only when they choose to. Sometimes silence, patience, and the ability to agree to disagree bring more peace than endless debate ever will.

Choosing not to argue does not mean suppressing your truth or giving up your values. It means understanding that preserving harmony and protecting your emotional well-being matters more than proving a point. Not every misunderstanding needs correction, and not every opinion requires a response. There is wisdom in knowing when a conversation will lead to growth and when it will create frustration and distance. By allowing others to hold their own perspectives while quietly holding onto your own, you create healthier relationships built on respect rather than resistance.

Allowing others freedom to express opinions and listening contains more value than one can realize. Such behavior is a democratic stand one makes to honor the values of others' opinions or viewpoints irrespective of the point being raised. More importantly, it allows the person to realize and self-correct for any misguided idea or ideology of the opinion expressed. At the end of the day, what matters to you is to enhance your inner ability by respecting others' views, opinions or ideas; a potent way for harmony, progress and peace.

In the end, staying calm is an act of self-care and inner strength. True strength is not found in always having the last word, but in having control over your emotions and choosing peace over unnecessary conflict. When we stop trying to control or change everyone around us, we free ourselves from constant emotional exhaustion. By valuing patience, understanding, and equanimity, we protect our mental well-being and create more stable, meaningful relationships with family and friends. Often, the deepest peace comes not from winning arguments, but from learning when to let go, remain quiet, and move forward with grace.

- Yagna Pant and Bishnu Phuyal, Ph.D.

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

Donation: [donations@nepaliamericancenter.org](mailto:donations@nepaliamericancenter.org)



## Plastic bags should be Banned

Namaste! My name is Ruby Phuyal. I believe plastic bags should be banned because they are very harmful to the environment, humans, and animals. If you think about the creatures that live in the ocean, such as turtles, they often eat plastic bags thinking they are food, but they are not. Similarly, small fish can get trapped in plastic bags and die. Plastic bags also pollute our environment and harm human health.

There is no real benefit to using plastic bags as they tear easily, and our belongings can get damaged. Plastic bags are also not reusable like cloth bags. If we spend a little money on cloth bags, we can use them for many years.

So, let us save our environment and protect our lives by spreading awareness among people. Change starts with us, so let us begin with ourselves first.

- Ruby Phuyal



## My Spring Break in Florida

This year I went to Florida for spring break. In Florida I saw some manatees and a ton of dolphins. I saw three dolphins jumping at one time. When I was on a boat tour, I went snorkeling and I saw a ton of fishes and dolphins. We also went to an island where I found a bunch of seashells. We also went to Ron John Surf Shop where I got a hat In Orlando.

Second, I went to the Artemis rocket launch where the Artemis II launched. We got onto a tour bus which let us go outside of the gates and we saw the world's largest building that NASA owns and an engine simulated test. And they also told us about a launch that's going to happen that Tuesday on Cocoa Beach. I went to a simulator launch where you get to be simulated in a rocket launch. I also want to go to Disney Springs, well there was a concert. It was in Orlando and I had to drive for 2 hours just to get there from Tampa. There we saw a car that could drive on the road and then transform into a boat which is really cool. There was also a Cafe that had fire coming out of it. It was called volcanoes Lounge and we went there.

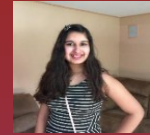
Lastly, we went to Tampa Bay where we spent most of our time going to the beach called Clearwater Beach. It had very clear water and that's where we saw two manatees and a dolphin. I also made a gigantic pyramid there and the people in Tampa Bay are really nice. There was also a whole bunch of fish. A fisherman caught fish and he let my dad hold the fish and release him. I had really fun time in Tampa Bay and Orlando and I hope to go there again.

- Arvik Baral

## Best Wishes to our MAY Birthday Stars



Aaran Thapa — May 4



Ashna Rimal — May 4



Suvir Gurung — May 7



Sita Kharel — May 26



Pramsu Parajuli — May 7



Arya Rayamajhi — May 14



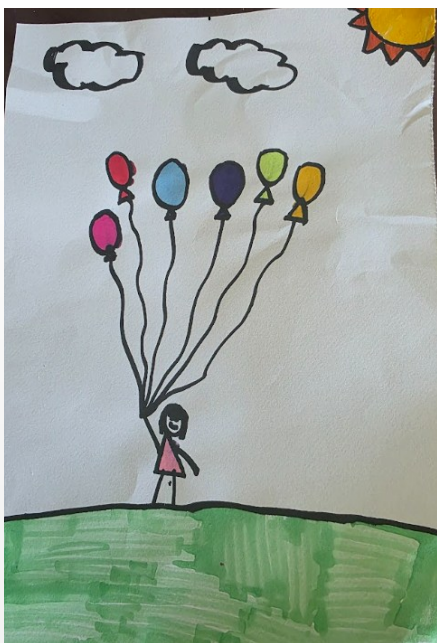
Yug Gyawali—May 13



**A Deer in the Wild**



**Girl With The Balloons**



**Best Wishes to our  
MAY Birthday Stars**



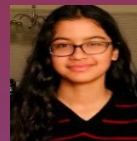
Rhea Joshi — May 14



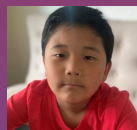
Romit Jha — May 29



Angel Pandey — May 16



Neha Sharma — May 27



Vendanta Shrestha — May 24



Barisma Rana — May 5



Neera Bhandari — May 7

**Submit your birthday**

**Information with the pictures by  
via email by 20<sup>th</sup> of the month.**



**Beautiful Girl**



**- Sophie Adhikari**



## Mangrove Trees

Mangrove trees are a very unique plant that live in coastal ecosystems. These trees grow along the shorelines in tropical regions where land meets ocean. Mangroves are especially adapted to live in salty water and muddy soil, making them different from other trees. The root systems rise above the water and help them stay stable in areas that have tides and strong waves.

These trees are extremely important to the environment. They protect the coastlines from storms and flooding. The roots slow down waves and prevent land from washing away during tropical storms or hurricanes. These trees also improve water quality. They trap dirt pollution in sediments before they reach the ocean. These trees help keep the nearby ecosystem healthy.

Many animals need mangrove trees to survive. Birds, crabs, shrimp, fish, and even sea turtles use these trees for shelter, food, and protection from predators. Also, young fish grow up among mangrove roots before moving to the open ocean. This makes them an important part of the food . Without this habitat, many species in the marine would struggle to survive.

Mangrove trees are not only helpful to the animals, but they are also helpful to humans. The coastal community benefits from the protection mangroves provide during floods and storms. They can also be used for the fishing and tourism industries, which provide jobs and food for millions of people. Mangrove trees absorb large amounts of carbon dioxide, helping reduce many effects of climate change.

Even though mangrove trees are valuable to the environment and help us out in many ways, they are threatened by pollution and deforestation. In lots of places, mangrove trees are getting cut down to make room for farms, roads, and buildings. Also, climate change and rising sea levels put these trees at risk. Scientists and environmental groups are working hard to protect and restore mangrove forests before many are lost.

Scientists continue to study Mangrove ecosystems because there are many more things to learn about them. Researchers are finding new ways to help mangrove forests and to find out how they protect the planet. Many schools in the government are participating in a mangrove restoration project by planting new trees in damaged coastal areas. These projects help rebuild habitats and raise awareness about these unique trees.

In conclusion, mangrove trees are essential to both nature and people. They protect coastlines, improve water quality, support wildlife, and help fight climate change. We need to protect mangrove forests because they are important for the future of coastal ecosystems and the many communities that depend on them.

- Reeva Baral



## The Big Game

I woke up and my head was spinning. Today was the big match where I had to compete with 1 hard team. I did not want to be late so I got dressed right away.

Then it was time. My friend was picking me up; his name was Nathan. He looked very confident, but I was nervous. So, we drove 2 hours all the way to Wisconsin.

Then we got there. My friend Nathan said, "Are you ready for the final game?" I said "Yes" but inside I felt horribly nervous. We started to warm up. Everyone felt confident but me.

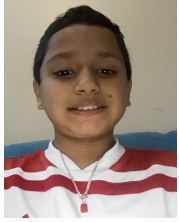
Then our coach named Angel said "BRING IT IN" loudly. I was playing center mid. Then the other team came on the field. That means the game is about to start. The ref came. Then he blew his whistle. When it started my belly

felt like there were butterflies in my stomach.

They were passing very fast. It was hard to see who they were passing to. Soon they were close to our goal. I tried to stop them, but I just couldn't. We all tried to stop them, but we couldn't. They scored. Our whole team fell apart. It felt so bad.

I tried my hardest to win this game. My teammate passed the ball to me. Exactly when I turned someone in the other team came out of nowhere and stole the ball. When that happened, it felt like I was just making my team lose because I was so bad. I ran as fast as I could to the guy that stole the ball from me. He was about to take a shot, but I stopped him. I got the ball and I noticed there was so much space, so I took it. I was getting closer and closer to my teammate. Soon I got close to him, so I said "MOVE" loudly. He was open so I passed the ball to him and he scored.

- Manas Parajuli (contd. on page 6)



## Science and the Sense of Wonder

Have you ever wondered what lies beyond the wonders of science? There could be Newton's three laws of motion. What about Einstein's theory of relativity? Maybe Edwin Hubble's discovery of galaxies and nebulae? There is a lot to talk about in the world of science, and maybe we could find out everything in science, and discover more. In "Science and the Sense of Wonder" by Issac Asimov, the author tells the reader that science is important because it is the reason why we have clean water sources, clothes, and electricity. Without science we wouldn't have medicine and possibly no education. Asimov is successful in convincing his readers that the study of astronomy is fascinating because of his opinion of and repetition, which help in convincing that science is something beautiful.

The first technique Asimov uses to prove his point is an opinion. For example, Asimov says in the text on page 251, "...that exploded in the hugest conceivable shatter to form the galaxies." (referring to the big bang). This quote is an example of an opinion because it shows that the huge explosion referring to the big bang is the largest explosion ever, but there could've been larger explosions before that, so this is a valid opinion. This opinion is valid because he is referring to the big bang's smallest form, to the universe we know of today. That is the first example showing a persuasive technique, which is an opinion.

The second technique Asimov uses to convince his readers that astronomy is valuable is repetition. Asimov shows repetition on page 252 when he says, "All of it; all of it was discovered after the death of Whitman in 1892, and most of it in the past twenty-five years, so the poor poet never knew what a stultified and limited beauty he observed when he 'look'd up in perfect silence at the stars.'" This quote shows repetition because in the beginning of the paragraph, it says "all" two times. This shows how astronomy is beautiful because he explained what Whitman never knew about the true beauty of space. This is the second example of a persuasive technique which is repetition.

Asimov is successful in convincing his readers that the study of astronomy is fascinating because of his opinion of and repetition, which is a contradiction to people's opinion on if science destroys the beauty of nature. Asimov is successful in his explanation of astronomy as beautiful because he uses opinions and repetition to persuade the reader. From this the readers learn that science doesn't destroy the beauty of nature, but rather enhances, or opens more doors for imagination and thought.

- Rasik Panta

### The Big Game (contd from page 4)

The time was ticking. We needed to score. I stole the ball and I just noticed that my teammate was open and he was close to goal. He was very far but I tried. I kicked the ball as hard as I could to him. I looked at where the ball was going. It went straight to my teammate and he scored.

All of the parents stood up cheering. It was now 2-1. Then we started again but they were not nervous any more, they were desperate. They were taking shots and it was so hard to stop them. At least they weren't scoring. Our team was getting so tired because we were trying to stop them.

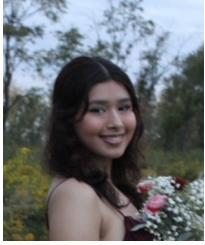
I looked up at the clock and there were only 2 minutes left. We had a chance of winning the game and we would be champions. The other team passed the ball to me. My friend was open, so I passed the ball to him and I told

him to pass to Alex, my teammate. He got the ball and he scored. It was 3-1. We all cheered. The game ended, we were so happy that we won. We got our medals and our trophy. We celebrated. I was so happy that I was about to explode.

On our way home, me and Nathan were having so much fun in the car. Soon we were home. I went racing upstairs to my room. I went to bed and stared at my medal. I remembered all the things I did in that game. It felt so happy winning. Soon I dressed into my p-jeans and then I fell asleep happily.

The parents were all happy. It was 1-1. I went to the ball; it was easy. I was near the box so I took a shot and almost scored. We dropped back and I noticed they were nervous. So, I told some of my teammates secretly. We started trying to score.

- Manas Parajuli



## Your Starbucks Could Be Someone's School

Every night, the Thapa family debates if they can afford to keep their children in college. Around the world, poverty often leads to a cycle, where children in poverty are forced to stay there, as they cannot afford college, and therefore cannot get high paying jobs, and have to settle for low wages, leading to them remaining in poverty, and starting the cycle over. Right now, the Thapa family is fighting this cycle with their two oldest children already in college, and their youngest on his way.

During the COVID-19 pandemic, the Thapa family lost their father, the sole earner, to the disease, which propelled them into poverty. However, they have been fighting against it. With the support of a few members of the Chicago community like yourself a few years ago, the oldest daughter finished her high school and intermediate education, and is currently studying Ayurvedic Medicine, where she has received a scholarship for her coursework, but needs money for room and board for her final two years. Using the same support, the younger daughter has just finished her first semester of engineering college, and needs money to complete the rest of her education. The youngest son is in 11th grade and has gotten scholarships, meaning he only needs to pay for the admission and exam fees.

Every member of the Thapa family is very studious and all of them are hard workers. The only thing holding them back from their potential is money. In the United States, schooling is very expensive, with a degree costing tens of thousands of dollars, but in Nepal, USD can stretch a lot farther. If we can have many people donate just five dollars, it could make a real difference in how much education these hard working kids can pursue. The same five dollars you spend on your morning coffee could be the five dollars that let these kids continue their education, and pursue a better future.

It is easy to feel like one small donation makes no difference, but the ocean is made up of many drops of water. While one five dollar donation may not create massive change, 20 five dollar donations could make a real difference in a person's life. When you make a donation, think of yourself as one drop of water in a pot. You on your own may not do anything, but in order to make change, you are necessary.

Bringing a child out of poverty through a college education is exceedingly difficult, and even more so as a single mother. However, Mrs. Thapa has been striving to do so for her kids. The Thapa family is not looking for the easy way out, or asking for people to fund a luxury lifestyle. Mrs. Thapa is simply hoping that others would be willing to help them continue their hard work, in the hopes that they can escape the cycle of poverty, and bring a better life for themselves and their future families.

To give continuity to the initial support a few in this Community provided to the Thapa family a couple of years ago and for the reasons mentioned above, I am starting a fundraiser. If anyone is interested in helping, please contact me at 224-770-0557.

**- Aditi Khanal**



## Summer

Spring has gone by  
The sun is now up high  
So hot  
But I like it a lot  
People walking by  
And birds in the sky

Eating ice cream in the sun  
Makes life very fun  
People riding bikes  
And taking hikes  
The beautiful smell of flowers  
Could smell them for hours

**- Riya Phuyal**

## NAC Temple Fund—MAY '26 Summary

Thank you all for attending May 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 May puja.

Total collection (Cash and Zelle): \$870

Total expense: \$240 (Temple \$225, Other \$15), Saving: \$530

Number of NAC Trustees: 36 as of May 2026

Total assets so far: >\$200,000

## Saptaha Puran in Chicago

Nepali Community in Chicago is organizing a special religious event for the first time. This is a great opportunity to learn Hindu religious principle and precepts that relates our existence with nature. Saptha narrations provides the ancient wisdom of our heritage propounded by saints, sages and seers of ges. This event is also very important to our youngsters to see and learn the value of devotion to God ingrained in Hindu culture for peace and happiness. Please mark your calendar for the event.

**More information will follow.**



श्रीमद्भागवत ज्ञान महायज्ञसहितको  
**शिकागो आध्यात्मिक महोत्सव**  
**(CHICAGO SPIRITUAL FESTIVAL)**



**JULY 5-11, 2026**



**101 S CHURCH RD, BENSENVILLE, IL 60106**

**ORGANIZED BY:**



**NEPALI CULTURAL CENTER, CHICAGO**