

Inside this issue:

Message From the President	Page 1
Editorial	Page 2
NASEA Committee Activity Report	Page 3
Academic and Professional	Page 3
Medical	Page 3
United FNA-FANS	Page 4
TNCC	Page 5
अभिभावक दिवस	Page 6
NCNC	Page 7
External Committee	Page 8
Nepal Sports and Culture Intl.	Page 8
मेरो त्यो नेपाल	Page 9
खोजी रहेछु अस्तित्व	Page 9
पराजित मानसिकता	Page 10
नयाँ वर्ष	Page 10
म घण्टा र डलर	Page 11
सेवा गर्न पाए पुग्यो	Page 11
त्यसबेला र यसबेला	Page 12
बिन्ती छ मेरो	Page 13
Letters	Page 14
The Evolution of Whales	Page 15
Importance of Will....	Page 16
Gwinnett County's.....	Page 17
Allurement	Page 18
Shiva Ratri Festival	Page 19
अध्यागमन....	Page 21
Self-Leadership	Page 22
Rhabdomyosarcoma	Page 23
NASEA has a Dream	Page 24

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Message from the President



Nepalese Association in Southeast America (NASEA) is really excited to bring out additional new publication "Shangri-La". Shangri-La is aiming to publish literatures that will promote our Nepalese languages, heritage, culture, and its preservation in North America, and beyond. We really appreciate to all contributors for providing us their valuable literatures, advertisements as well as helping us to publish this very first issue of Shangri-La. Also, we express our gratitude to the Publication Committee chaired by Dr. Dilip Panthee with his fellow members as they worked

tirelessly to make this project successful. Let us thank the Publication Committee members as they deserve our appreciations.

There were several names on our mind for this electronic newsletter for NASEA. Finally, we chose 'Shangri-La' uniquely because geo-socio-cultural identity where we all came from.

Shangri-La is the name of this publication as we see this name very suitable to us as we come from the land of Himalayan belt. Shangri-La also is our Himalayan name as a fictional place described in the 1933 novel, *Lost Horizon*, by British author James Hilton. Hilton describes Shangri-La as a mystical, harmonious valley, gently guided from our ancients. Shangri-La has become synonymous with any earthly paradise, and particularly a mythical Himalayan utopia — a permanently happy land, isolated from the outside world. In the novel *Lost Horizon*, the people who live at Shangri-La are almost immortal, living years beyond the normal lifespan and only very slowly aging in appearance. The word also evokes the imagery of exoticism of the Orient. In the ancient scriptures, existence of seven such places is mentioned as *Nghe-Beyul Khimpalung*.^[1] Khembalung is one of several *beyuls* ("hidden lands" similar to Shangri-La) believed to have been created by Padmasambhava in the 8th century as idyllic, sacred places of refuge for Buddhists during times of strife. (<http://en.wikipedia.org/wiki/Shangri-La>).

Dr. Ram C. Baral
President, NASEA

**Wish you all a Very Happy and Prosperous
Nepali New Year 2071**

**Executive Committee
Nepalese Association in Southeast America**

Editorial

NASEA, New Year 2071 and *Shangri-La*

Nepalese Association in Southeast America (NASEA) was established about 23 years ago with a mission of promoting Nepalese culture and values, advocating for human rights, freedom and peace, and serving fellow human beings in the Southeast USA. Since its establishment, NASEA has been working towards its mission. Nepalese community has expanded rapidly during this period in this region and it was realized long ago that we need a regular publication where Nepalese writers and literatures can present their creative articles focusing on Nepalese cultures and values and educate our children living in the USA. Better late than never! NASEA found the auspicious occasion of new year 2071 to launch the publication of *Shangri-La* newsletter on quarterly basis. We are supposed to do something new on new year day. We hope that this truly is a new beginning and it will bring new information and idea to many people living not only in Southeast USA but also around the globe.

Shangri-La will serve as an education material for our children living in this region to learn about our parental culture. We need to maintain our culture and values for

ever. This is our identity. No matter where we are or what we are, we want to maintain this identity. Luckily we are in such a great nation that respects and values all cultures and values, this is truly an open society, we should enjoy it.

Regarding advocating for human rights, freedom and peace, *Shangri-La* may be used in support of people somewhere in the world who are deprived of these basic things even in 21st century. Our homeland has secured these rights. Whenever, there is violation of these rights, we may stand firm through our *Shangri-La*. We need not to limit ourselves in NASEA region to launch any activities for the betterment of human beings.

We are strived to serve human beings throughout the world by any means, *Shangri-La* may be used as one of the means for the same purpose. After all we want to educate and help out people in whatever ways possible. We have identified different sections in *Shangri-La* which may be useful for one or other group of people in the world. Even if a small group of people are benefitted, purpose of publishing *Shangri-La* would be realized. We hope New Year 2071 will fulfill our dream of serving people through *Shangri-La*.

Publication Committee (Editorial Board)

Dr. Dilip R. Panthee, Chair
Choodamani Khanal, Member
Bimal Nepal, Member
Dr. Shankar Parajuli, Member
Krishna Shreshtha, Member
Dr. Tilak Shreshtha, Member

Disclaimer:

Articles published in the *Shangri-La* are the personal thought of the Authors. The Publication committee is not responsible for its content.

NASeA Committee Activity Report

Academic and Professional Committee

Dr. Ramjee Sharma
Chair, Academic and Professional Committee

NASeA felt a strong need of bringing Nepalese academicians and professionals together as their number continues to increase in NASeA region. As a result of this strong urge, the first Academic and Professional Committee of NASeA was formed during the executive committee meeting of NASeA in December, 2013. Now, the committee has already taken its full shape and is dedicated to fulfil the academic and professional needs of Nepalese communities living in NASeA region and beyond. This committee aims at establishing meaningful and productive interaction among university professors, researchers, and professionals of Nepalese origin living in NASeA region and beyond through regular meetings, research collaborations and professional meetings. The committee will provide academic and professional services to the Nepalese communities in the USA and Nepal. Additionally, the committee will also render its services to international communities if such activities will benefit our Nepalese communities.

From its first meeting held on Feb. 8, 2014 the committee has expressed interest on providing academic and professional services to Nepalese communities living in NASeA region and beyond including academic advising to the Nepalese students, academic and professional help and guidelines to emerging professionals. The committee is considering on holding regular talk shows and webinars with outside academicians and professionals in order to share their experiences and ideas. The committee members are actively working on forming research groups in order to conduct interdisciplinary research between science, technology, engineering and mathematics (STEM) fields, education, climate change, agriculture and nature conservation.

The first Academic and Professional Committee of NASeA is very proud to have respected and well established multi-disciplinary researchers, academicians and professionals from NASeA region and beyond. These individuals have already provided significant contributions to their field of studies and are always ready to serve the Nepalese communities as much as possible. Below are the names of the committee members according to the dictionary order.

Chair: Dr. Ramjee Sharma, email: ramjee.sharma@gmail.com

Co-Chair: Dr. Sushil Adhikari, email: sushilad23@yahoo.com

Committee members: Dr. Ananta Acharya, Dr. Keshav Acharya, Dr. Narayan Bhattarai, Dr. Chakra Budathoki, Dr. Mukesh Dhamala, Dr. Kailash Ghimire, Dr. Neelam Poudyal, Dr. Batu Sharma and Dr. Khushi Ram Tiwari

Advisors: Dr. Devendra Amatya and Dr. Prahlad Dev Pant

Prepared by Ramjee Sharma

Medical Committee

Dr. Nita Thapa
Chair, Medical Committee

A joint program on "Affordable care act" (ACA) was organized by NASeA and NAG and held successfully in Atlanta on March 22nd. It was conducted with the five expert panelists, where the overall topics on the ACA was covered. This has been a very highlighted topic in the US and can be challenging at time to understand in a layman terms. Our goal was to provide accurate information on ACA to our Nepalese communities and serve them in the best possible way.

The program was moderated by Dr Sanjeev Sapkota, CK parajuli and Vice President Shailendra Bajaracharya. Dr. David Howard, Dr. Kathleen Connor, Pranay rana, Kiran sitola and Dr. Nita Thapa were the expert panelists. They all collectively covered their respective areas including definition, process of application, resources, technical trouble shooting, medical coverage and legislation. Please find the detail information in website <http://www.healthcare.gov/>, and help line 24 hr :1-800-318-2596. After the expert panelists finished their talks, the floor was open for questions and answers sessions. All the questions were very specific and targeted to our Nepalese families. Most of the questions were answered by more than one panels. There was so much information exchange and sharing. Idea of the program was to deliver the correct information in a simplistic way possible to our Nepalese families who are seeking for help. Few tips to make your search much simpler, From plans to premiums: Details from health experts

<http://www.washingtonpost.com/wp-srv/special/national/health-care-profiles/calculator/>

<http://live.washingtonpost.com/obamacare-enrollment-questions-answered.html>

<http://live.washingtonpost.com/shopping-for-obamacare.htm>

About the Law

The ACA puts consumers back in-charge of their health care. Under the law, a new "Patient's Bill of Rights" gives the American people the stability and flexibility they need to make informed choices about their health. View **Key Features of the Affordable Care Act** or read a **year-by-year overview of features**.

Coverage

Ends Pre-Existing Condition Exclusions for Children: Health plans can no longer limit or deny benefits to children under 19 due to a pre-existing condition.

Keeps Young Adults Covered: If you are under 26, you may be

—continued to page 4 (Medical Committee)

continued from page 3 (Medical Committee)——

eligible to be covered under your parent's health plan.

Ends Arbitrary Withdrawals of Insurance Coverage: Insurers can no longer cancel your coverage just because you made an honest mistake.

Guarantees Your Right to Appeal: You now have the right to ask that your plan reconsider its denial of payment.

Cost

Ends Lifetime Limits on Coverage: Lifetime limits on most benefits are banned for all new health insurance plans.

Reviews Premium Increases: Insurance companies must now publicly justify any unreasonable rate hikes.

Helps You Get the Most from Your Premium Dollars: Your premium dollars must be spent primarily on health care – not administrative costs.

Care

Covers Preventive Care at No Cost to You: You may be eligible for recommended preventive health services. No copayment.

Protects Your Choice of Doctors: Choose the primary care doctor you want from your plan's network.

Removes Insurance Company Barriers to Emergency Services: You can seek emergency care at a hospital outside of your health plan's network.

United FNA-FANS Activity Report

*Bikash Devkota
President, United FNA-FANS*

On behalf of United FNA- FANS I take this pleasure to share with you and NASEA team that I have been leading as the 1st President of United FNA-FANS. I proudly announce that the two state organizations Florida Association of Nepali Societies (FANS) and the Florida Nepal Association (FNA) lead by President Bimal Nepal and Dr. Archana Kattel respectively merge into one organization as United FNA-FANS. As the President of United FNA-FANS and my executive committee we proudly announces that we will give consistency to all yearly activities of FANS and FNA.

Completed

1. Dashain 2070 successfully organized in Orlando, Florida October 26th 2013. During this occasion historical unification of FANS and FNA leads to one state organization United FNA-FANS.
2. "इन्द्रेणी" United FNA-FANS quarterly newsletter published during New Year 2014. Please find electronic version: <https://www.facebook.com/UnitedFNAFANS>
3. United FNA-FANS contributed \$1740 to The Philippines Typhoon victim through UNICEF

Ongoing/Incoming Programs

1. Family and Youth Counseling Service

FANS had launched the "Family and Youth Counseling Service" in 2012. This program has been very effective in extending the support the needy members of the family and youth of the community. The counseling service it provided **free of cost** by respected Mr. Niranjana Sharma, who is a retired professional counselor from Texas. Mr. Sharma has over **thirty-nine years of experience** in all areas of counseling including drug, chemical addiction, family communication, cultural issues, mental health and personality disorders including legal consequences of behavioral disorders in adolescence. We want

to reiterate that all communication with Mr. Sharma will be **strictly confidential**. Neither, members of FANS Executive Board nor anybody else will have access to the "client list". You can contact Mr. Sharma through any of the following means:

E-mail: sharma_nks_kks@yahoo.com ;

Skype: Niranjana.sharma421

Phone: 432 528 2669.

We have received word that people have been taking advantage of this service. We hope that our community will take advantage of this great service and benefit from it. Also, please help us spread the news to your friends and families.

2. Nepali New Year 2071

United FNA-FANS is welcoming our New Year 2071 on April 19th 2014 in WPB of Florida. United FNA-FANS together with Blood Donors of America, NASEA and other state partner organizations are organizing blood drive. United FNA-FANS together with INLS Florida Chapter is organizing a poetry competition during this new year.

3. Explore Nepal:

"Explore Nepal" originated by FANS to introduce our beloved motherland, Nepal, its natural beauty, rich cultural heritage to the non-Nepalese community here in Florida. Explore Nepal 2011 in Tampa and 2012 in West Palm Beach was of grand success. Now moving forward on behalf of United FNA-FANS we will give consistency to this event every alternate year. It has been proposed by Social Services Committee chair Mr. Nijananda Malla that Explore Nepal 2014 will be held in Orlando during the month of May 2015 in Orlando, Florida.

4. Nepal Study Forum:

A permanent interaction program originated by FNA beneficial to the community such as Credit issue/Tax filing/Hurricane preparation is run in a timely manner. Dr. Niraj Shrestha is the coordinator of this event.

TNCC Report

Narayan Khadka

President, TNCC

On behalf of NC Triad Nepalese Community Center (TNCC), I take this opportunity to share with you and NAsEA team that TNCC has heightened its level by making important achievements since this Board took office. As the president of TNCC and on behalf of my executive committee I proudly announce the TNCC achievements as follows:

A. Completed Events

1. **Mosaic Festival:** On June 8, 2013 TNCC participated in the Mosaic festival organized by Church world Service in Greensboro. Everyone worked hard to make the Mosaic festival a great success. Together with members hard work we accomplished our goals for the Mosaic festival. Firstly, we presented our musical performances to the Triad Greater Community. Our performers were incredible. At the same time, we shared our Nepali ethnic food to the diverse communities with making a profit for TNCC.
2. **Picnic/Zoo Trip:** On June 28, 2013 TNCC Sports and Youth Committee Chair Roshan Bhandari organized an educational trip to NC Zoo at Asheboro NC for TNCC children and their families as a learning and fun activity. The trip was a huge success because children and their families those who participated enjoyed the trip so much. This trip was successful to impress the families and children that TNCC can be instrumental in organizing and helping children in such activities.
3. **Nepali Pathshala Inaugurated:** July 13, 2013 TNCC launched Nepali Pathshala in High Point North Carolina with the collaboration with Human Relations Department of City of High Point. The City offered a space for class in the initial phase and now the class is running at Piedmont Environmental Center in High Point in courtesy of Dr. Sauhahya Silwal. TNCC greatly appreciates and honors the Nepali Pathashala Committee for their exceptional contribution to the Nepalese community. These fellow community members have been tirelessly working to make a difference in the community by passing our culture onto our next generation through the Pathshala program. They are working hard to achieve the goal of preserving our cultural heritage while living here in US and the Pathshala is becoming a milestone towards it.
4. **Kirkwood 5K Race:** On August 24th 2013 TNCC members attended the Kirkwood 5K Race. Everybody did a fabulous job of completing in the race. We hope we helped some participants overcome their fear of running a 5K and for others introduced a new hobby of running a Marathon. Either way, TNCC is always looking for ways to educate and encourage our community members on healthy lifestyle and its long-term benefits. Once again, we truly appreciate you all for coming out with your family to support the community events like **Kirkwood 5k Run**. Remember - Health is the Greatest Wealth.
5. **NAsEA/ANMA Joint Convention:** TNCC had participated at the 9th NAsEA/ANMA Joint Convention 2013, which was held in the Labor Day weekend at Spartanburg, SC. TNCC's participation at the convention was huge and enthusiastic because approximately 70 people from our community participated the convention with different roles in different programs, games and workshops. Frankly talking, our participation at the convention indeed was a huge success. Sujata Chhetri, Nanu Thapaliya and Muskan Khadka secured the third position in the **Talent Show Program**. TNCC Cultural performers at the convention were awesome. TNCC volleyball team played at the convention. Dr. Narayan Bhattarai received a certificate of appreciation for presenting on the Nepali School and Culture Forum; Narayan Khadka received the Social Hero and Outstanding community service awards. Congratulations to you all for your achievements! Thanks so much for those who participated at the convention.
6. **Teej Celebration 2070:** On September 7th, 2013 TNCC organized Teej celebration that was a grand success. The food, music and dance were performed. Male TNCC members prepared and served several courses of delicious Nepali Parikar food as Dhar which was remarkable. 250 people were in the attendance. Congratulations and Thank you for the Organizing team for the success!
7. **Dashain Celebration 2070:** TNCC Dashain program was held on October 6, 2014, which was historical. We had invited National artists Prem Raja Mahat and Ratan Subedi on the stage. Local artists also performed fantastically. Traditional Nepali food including Khasiko Masu was served to the members. 300 people attended the program. TNCC made \$1700 dollars profit from the Program. Congratulations and thank you Dashain Planning Committee for your successes.
8. **Deushi Bhailo Program:** TNCC organized Deushi Bhailo on November 2, 3 and 4th. We went to almost all of our members' residence to celebrate the traditions of Deushi-Bhailo and raised 2,400 dollars for TNCC, which was a historical event in TNCC history.
9. **Blood Drive a Huge Success:** On December 15, 2013 TNCC hosted the Blood Drive in High Point NC. Blood Donors of America and American Red Cross were the partner sponsors. A total of 57 units of blood were donated, which is unprecedented in our experience. There were more than hundred people who participated the Program. Some of us tried to donate, who was courageous. Thank you! Thank you so much TNCC Blood Drive coordinator, Vice-president of TNCC Dil. B. Chhetri for taking such a historic responsibility.
10. **TNCC Care Fund/Uttara Basnet Fund:** TNCC Cares Fund was set up to help the members who are in medical emergencies. TNCC Cares has been successful to raise a donation of \$3697.23 in total for Uttara Basnet. As BODs meeting has decided, \$500 has been added from TNCC Care Fund to Uttara Basnet. That makes the total of \$4197.23. Narayan Khadka, President TNCC, handed over the Check for a total of \$4197.23 to Uttara Basnet.
11. **TNCC High School Graduate Excellence Award -2014:** Triad Nepalese Community Center (TNCC) has proudly launched a program to recognize one bright High School Graduate every year and award him/her \$500 and a certificate. Qualified community members need to submit an application

to participate in this annual program. The goal of the program is to encourage all TNCC affiliated bright high school students to aspire for a college education and encourage community services. TNCC Board of Directors has created a three-member Award Committee to prepare the guidelines for this program. The goals of the program are: Encourage and promote interest in TNCC affiliated high school students towards a college education. Attract Nepali origin second-generation students to TNCC and nurture their commitment towards the community. Promote and expand TNCC community service activities. This will help TNCC in earning more goodwill and trust from its members.

12. **Obama Care Information Session:** On February 8th 2014 Triad Nepalese Community Center (TNCC) presented on the Affordable Care Act, The Health Insurance Market Place and Health Insurance Options for Individuals, Family and Small Businesses. The program was held at Piedmont Environmental Center, 1220 Penny Road, High Point NC 27265. Attorney Brandon Leebrick gave a presentation on Obama care. TNCC members especially those who do not have any private insurance attended the program to get information.
13. **TNCC Holi Celebration 2014:** TNCC has organized Holi, festivals of colors, on March 16, 2014. This year's celebration was unique because Human Relations Department City of High Point Partnered with TNCC to celebrate this festival. The celebration was covered by the news on High Point Enterprises.
14. **TNCC General Assembly 2014:** On March 29, 2014 TNCC organized the TNCC general Body meeting at Deep River Recreation Center at High Point. Members' active participation and content of presentations made the meeting a success. TNCC Bylaws amendment proposal proposed by Dr. Manoj Jha on behalf of Board of Directors was approved by consensus votes. General Secretary Report by Prashim Poudyal, Finance Report by Treasurer Ramji Koirala, presentations from Nepali Pathsala, Coordinator Dr. Rajan Dhabhaudel, Roshan Bhandary from Community Center Task-Force, Ramji Koirala on behalf of Fund raising Committee were approved from the General Assembly.
15. **Grants for TNCC:** The Community Foundation of Greater Greensboro (CFGG) has granted TNCC with \$2,500 for various activities. The grant award of \$2500 has allocated to Nepali Pathsala \$1000, TNCC High School Graduate Excellence Award -2014 \$500 & TNCC Sports capacity building \$1000. TNCC has applied another grant to community foundation of Greater Greensboro to support the cultural capacity building of TNCC.

B. Upcoming events

TNCC will be organizing a Sport event on Saturday April 12, 2014 at Triad Park Kernersville NC. Volleyball, Soccer, Badminton and 7 stones and various games will be played including people of all ages. The teams will be mixed representing male, female and youth population. TNCC will be celebrating Nepali New Year 2071 on April 13, 2014 at Bur-Mill Park Greensboro. Traditional Nepalese food will be served and cultural program will be performed.

Regular calendar events such as Mosaic festival, Teej, Dashain, Deushi-Bhailo, Holi, and other events and celebrations will be held in appropriate time and occasions.

वेष्ट पाल्म बिच, फ्लोरिडा नेपाली पाठशालाको अभिभावक दिवस र सरस्वती पूजा २०७० कार्यक्रमको बिबेचना

कृष्ण श्रेष्ठ,

वेष्ट पाल्म बिच, फ्लोरिडा

"जननी जन्म भूमिश्च : स्वर्गादपि गरियसी", आफुलाई जन्म दिने आमा र आफु जन्मेको ठाउँ स्वर्ग भन्दा पनि प्यारा हुन्छन भन्ने भावार्थ बोकेको यो आदर्श वाक्यले सबैको मन उत्ती कै गहन तरिकाले छोएको हुन्छ भन्दा पक्कै पनि सही ठहर्ने सत्यता निर्विकल्प छ । यस्तो माया र स्नेहले सदैब स्पर्स दीई रहने आफ्नो प्यारो जन्म भुमीबाट दुरिको हिसाबले टाढा हुँदा हामी सबैको मन भाबबिहवल् हुनु अती स्वाभाविक हो । यस्तो भाबबिहवल् बाट आफु सन्तुलित, बुझ्ककड र मननशिल हुन सकिने माध्यम भनेको आफ्नो मातृ भाषा हो । सच्चा नेपाली को नाताले आफु परिचित हुने पहिलो पहिचान भनेको हाम्रो मातृभाषा नेपाली नै हो । यसर्थ हाम्रो भाषा जिवित रहन सकेन भने हाम्रो पहिचान पनि किमार्थ टिकन सक्दैन भन्ने तथ्य लाई हामी सबैले आत्मसाथ गर्नु अती अपरिहार्य छ ।

यस्तो मत्वपूर्ण बिषयलाई आफ्नो मुख्य लक्ष्य राखी हाम्रो मातृभाषा नेपालीको जगेर्ना, निरन्तरता र सकिन्छ भने बिकास पनि हुनु पर्छ भनेर आफ्नो संस्थापन समयबाटै लागि परिरेको अन्तरराष्ट्रिय नेपाली साहित्य समाज, फ्लोरिडा च्याप्टर अन्तर्गत हाल फ्लोरिडा राज्यमा पाँच वटा नेपाली पाठशालाहरु सन्चालन भईरहेको ब्यहोरा यहाँ उल्लेख गर्न अती सान्दर्भिक हुने ठानेको छु । फ्लोरिडा राज्यको पाँच वटै प्रमुख शहरहरु वेष्ट पाल्म बिच, मायामी, ट्याम्पा, ओर्ल्याण्डो र ज्याक्सन्भिलमा हाल सन्चालित सो पाठशालाहरु मध्य सबैभन्दा पहिला शुरु भएको वेष्ट पाल्म बिच पाठशाला अगुवा पाठशालाको रुपमा रहेको छ । नेपाली अंक, अक्षर, शब्द तथा वाक्यहरु लेख्न पढ्न र बुझ्नको अतिरिक्त नेपाली परम्परा, चाडपर्व तथा संस्कृतिको ज्ञान समेत गराउदै आएको यो पाठशालाले गत फेब्रुअरी १ तारिख वेष्ट पाल्म बिच, फ्लोरिडामा अती भव्यरुपमा आफ्नो अभिभावक दिवस तथा सरस्वती पूजा २०७० सम्पन्न गरेको थियो ।

वेष्ट पाल्म बिच पाठशाला सन्चालन समितिको पहलतामा सो पाठशालाकी सम्योजक श्रीमती प्रीती भण्डारीको सम्योजकत्वमा सम्पन्न सो कार्यक्रमले सबै उपस्थित अभिभावक, बाल बालिकाहरु तथा सहभागिहरुको मन प्रचुर मात्रामा जितेको थियो ।

बिद्याकी देवी सरस्वती माताको पूजा अर्चना श्रीमती साबित्री श्रेष्ठ र श्री श्रीहरी श्रेष्ठ बाट भई शुरु भएको सो कार्यक्रममा बालबालिकाहरु बाटै नेपाली र अमेरिकन राष्ट्रिय गीत गाएर कार्यक्रमको थालनी भएको थियो । पाठशाला सम्योजक प्रीती भण्डारीले स्वागत मन्तव्य दिनु भएको सो कार्यक्रममा सबै पाठशालाका बालबालिकाहरुले आ-आफ्नो कक्षामा सिकेका र आफैले गरेका नेपाली भाषा सम्बन्धी गृह कार्यको पनि प्रदर्शन गरिएको र बालबालिकाहरु बाटै बिभिन्न सामुहिक गीत

तथा नाचहरु पनि सम्पन्न गरिएका थिए । सो विशेष कार्यक्रममा अती ठुलो संङ्ख्यामा उपस्थित सबैले बडो उत्साहाका साथ आफ्नो प्रतिक्रिया दिएका थिए । गुरु आमा श्रीमती अभिजा न्यौपानेले सन्चालन गर्नु भएको सो कार्यक्रम यती ठुलो सफलताका साथ सम्पन्न गराउन गुरु आमाहरु साबित्री श्रेष्ठ, सुनिता श्रेष्ठ, मिठु जोशी, अभिजा न्यौपाने, लीना बस्नेत, रोजिना श्रेष्ठ र शान्ता गौतमले बिगत दुई महिना सम्म लगातार मेहनत गर्नु भएको थियो । बिभिन्न सामुहिक नित्यहरुको नित्य निर्देशकको भूमिका खेल्नु हुने श्रीमती अमीना श्रेष्ठ, नित्य सहयोगि रेनु बसिष्ठ र अनेसास फ्लोरिडा च्याप्टरको तर्फबाट बिभिन्न कामहरुको सम्योजन तथा ध्वनी ब्यबस्थापनको लागि च्याप्टर अध्यक्ष श्री चुडामणी खनालको सहयोग पनि विशेष उल्लेखनिय रहेको थियो । अनेसास फ्लोरिडा च्याप्टरको सल्लाहाकार तथा सो पाठशालाको बरिष्ठ शिक्षिका श्रीमती साबित्री श्रेष्ठको "पाठशाला बिस्त्रित प्रतिबेदन" सुने पछी उपस्थित सबैले यती छोटो समयमा हाम्रा बालबालिकाहरुले हाम्रो मातृभाषा नेपाली तथा हाम्रो संस्कृतिको बारेमा ज्ञान पाउनु भनेको अती ठुलो काम भएको भनी मुक्त कण्ठले प्रसम्सा गरेका थिए । श्रीमती साबित्री श्रेष्ठले लेख्नु भएको " शिव-पार्वती-गणेश-कुमार" नाटक पनि अती लोकप्रीयताका साथ सम्पन्न भएको थियो । सो पाठशालाको संस्थापन समय देखी हालसम्म भर्ना भएका सबै विद्यार्थीहरुको दिक्षान्त समारोहको रुपमा पनि सम्पन्न भएको यो कार्यक्रममा स्थानिय नेपाली समाजका बरिष्ठ ब्यक्तित्व श्री प्रमोद शर्मांले सम्बोधन गर्नु भएको थियो । आफ्नो सम्बोधनको क्रममा पाठशालाले गरेका सबै कार्यहरु अती प्रसम्सित भएको, बिदेसमा बसेर नेपालीहरुले आफ्नो सच्चा पहिचानको लागि गर्नु पर्ने कार्यहरु भएको र कार्यक्रम तोकिएको समयमै शुरु भएकोमा आफु अती खुशी भएको जनाउँदै यस पाठशाला सँग सम्बन्धित सबै सन्चालन समितिका मित्रहरु, शिक्षक, शिक्षिकाहरु, बालबालिकाहरु, अभिभावकहरु र सिङ्गो अनेसास फ्लोरिडा च्याप्टर लाई समेत धन्यवाद दिदै यती राम्रो कामको लागि अर्थ ब्यबस्थापन कसरी भएको होला भनी जिज्ञासा राख्नु भएको थियो ।

अनेसास फ्लोरिडा च्याप्टर अन्तर्गत सन्चालित यो पाठशालाको लागि परिकल्पना, थालनि र हालसम्मको बिकास क्रमको लागि पूर्व च्याप्टर अध्यक्षहरु श्री सुन्दर जोशी, डा. बिद्या राज सुबेदी, श्री बिमल नेपाल र श्री कृष्ण श्रेष्ठको तथा यस पाठशालाका पूर्व सम्योजकहरु श्री श्रीहरी श्रेष्ठ र श्री पर्वत जोशीको पनि चर्चा गर्दै प्रसम्सा सहित धन्यवाद टक्र्याईयो । सो कार्यक्रममा अनेसास फ्लोरिडा च्याप्टरको वार्षिक मुख्यत्र " सागर" बर्ष ८ अंक ९ को पनि सो कार्यक्रमकै सबै भन्दा सानी नानी सेङ्गशा न्यौपानेबाट बिमोचन भएको थियो । बिभिन्न कक्ष्याका शिक्षिकाहरु साबित्री श्रेष्ठ, सुनिता श्रेष्ठ, मिठु जोशी, रोजिना श्रेष्ठ र शान्ता गौतमले आ- आफ्ना कक्ष्याका बालबालिकाहरुलाई उतिर्ण भएको प्रमाण पत्र बितरण गर्नु भएको थियो ।

कार्यक्रम स्थल बन्दोबस्तको लागि श्री देब भण्डारी, ध्वनी ड्याक बन्दोबस्तको लागि श्री बिनोद बस्नेत तथा झनक थपलिया, सजावट तथा पावर पोजिन्ट प्रस्तुतिको लागि डा. निरज श्रेष्ठ, श्री अशोक श्रेष्ठ, तथा कार्यक्रम स्थल सजावटको लागि पर्वत जोशी, चन्दन श्रेष्ठ, ऋषि गौतम, लोचन श्रेष्ठ, प्रजेश न्यौपाने, प्रबिण बस्नेत, फोटोग्राफिको लागि जय सत्याल, चुडामणी खनाल र डा. निरज श्रेष्ठ अनि मिठो स्वदिस्ट खाना ब्यबस्थानको लागि धुर्ब तथा माधुरी शर्मा, धर्म तथा मिथिला खनाल, डु नट पेस्ट्रीको लागि बिमल तथा श्रीजना नेपाल, पिज्जाको लागि प्रजेश

तथा अभिजा नौपाने विशेष धन्यवादको पात्र बन्नु भएको थियो । दिक्षान्त समारोहको लागि आबस्यक प्रमाणपत्रहरु छपाई खर्च र मुल ब्यानर बनाउन लागेको खर्चको सहयोगको लागि लीना बस्नेतलाई, स्याण्डविचको लागि लीना बस्नेत, अमिना श्रेष्ठ, रेनु बसिष्ठ, प्रिती भण्डारी र अभिजा नौपानेलाई र नाटकको लागि आबस्यक परेको बिभिन्न पोशाक बन्दोबस्तीको लागि सुनिता श्रेष्ठ लाई पनि धन्यवाद टक्र्याईयो । सो कार्यक्रमलाई सफल बनाउन नगद सहयोग गर्नु हुने सबै आदरणिय अभिभावक तथा सबै शुभचिन्तक र यस बर्षको देउसी भईलो खेली जम्मा भएको रकमबाट पनि चार सय डलर प्राप्त भएकोले ओल्योण्डो देखी सो देउसी भईलो खेल्न बिकास देबकोटाको नेत्रित्वमा आउनु भएको सबै टोलीलाई पनि विशेष धन्यवाद दिईयो ।

पाठशालाका गतिबिधीहरु बारे प्रतक्ष्य विद्यार्थीहरु बाटै लिखित तथा अन्तर्वाताको माध्यमबाट संकलन गरिएको प्रतिक्रियाहरु श्री बिनोद बस्नेत र श्रीमती लीना बस्नेत बाट प्रस्तुत भएको थियो । कार्यक्रम सन्चालनकै दौरानमा श्री पर्वत जोशिले सो कार्यक्रम सफलताको लागि युनाईटेड एफ एन ए फ्यान्सका अध्यक्ष श्री बिकास देबकोटाले पठाउनु भएको शुभकामना सन्देश पढेर सुनाउनु भएको थियो ।

अन्त्यमा भन्नुपर्दा आफ्नो भाषा, साहित्य र संस्कृतिको लागि हामी सबै उत्तिकै सम्बेदनशील रहेछौं र यस्ता कार्यक्रममा सबैको जोडदार सहयोग हुने रहेछ भन्ने देख्न र सुन्नु पाउनुमा हाम्रो सामाजिक एकता को दरोपन हो भन्दै यो ऐतिहासिक कार्यक्रमको चर्चा यही टुङ्ग्याउने अनुमती चाहन्छु ।

State Organization Report Since January 2014: NCNC

*Thakur Karkee
President, NCNC*

Completed events:

- Nepali School is running every Saturday from 3:30PM to 4:30PM
- Saraswati pooja and art competition in Nepali school - Saturday January 18
- Adopt-A-Highway clean up - Sunday January 26
- Affordable care act presentation - Sunday March 16
- Presentation from Premier Financial Alliance - Sunday March 16

Upcoming events

- New Year celebration - Saturday April 19
- Spring daze - Saturday April 26

External Relations Committee

Mr. Bimal Nepal

Chairperson, External Relations Committee

Please allow me to announce NAsEA's External Relations Committee members and once again, I welcome you all. Working together we will best serve our community!

Members: External Relations Committee

Dr. Tilak Shrestha General Secretary, NAsEA

Mr. Padam Bishwakarma General Secretary INLS

Dr. Dibya Pradan President, Nepalese Association of North Alabama

Mr. Gobinda Shrestha NAsEA Former Treasurer/ NAsEA Liaison to APAC

Dr. Thakur Karkee President Nepal Center of North Carolina

Mr. Krishna Devkota, President Nepalese Association of Georgia

Mr. Madhav Mainali Huntsville, AL Former NAsEA EC member

Mr. Bikash Devkota President United FNA-FANS, Florida.

Mr. Devi Acharay (David) President, HDNP

Mr. Naryan Khadka President TNCC/

Mr. Kishore Shrestha President, Nashville Nepalese Association

Mr. Nishav Mainali President, Arkansas Nepali Society

Mr. Basanta Khadka Former President TNCC

Mr. Krishna Pokhrel, President (NCCO) Orlando

Mr. Prawin Paoudel NAsEA EC member/President SCAN,

Mr. Nagendra Dhakal President NSA@UCF

Mr. Krishna Shrestha NAsEA EC member/Chair Literary Committee

Mr. Choodamani Khanal, President INLS Florida Chapter

Mr. Satish Gupta Former VP SCAN

Mr. Uttam Gaulee President, NSA@UF

Mr. Vinod Kumar Nepal, Freelance Journalist

External Relations Committee of NAsEA welcomes heartily all the Presidents of State/Student/Community Leaders and well wishers of this region. If I missed any of the leaders of this region, please feel free to reach me at bimnepal@gmail.com. I will be more than happy to welcome you all to our committee.

With this note, I kindly request our partner organizations to communicate their news, event and success stories so that we can learn from each other and together best serve the Nepalese in America of NAsEA's region and beyond.

Nepal Sports & Culture International

Sita pandey

President, NSCI

A Brief Introduction

Nepal Sports & Culture International (NSCII) is a non-profit organization. This organization will try to promote sports and Nepali culture (www.nscii.org) in the USA. It will conduct sports and cultural exchange program between Nepal, USA and other countries.

Goals:

- This organization will focus on identifying and promoting youth sports talents in Nepali community. The NSCII will also help promote and expose other local community athletes nationally and internationally.
- NSCII will also organize training, competition and events in various sports and cultural activities nationally as well as internationally.
- To establish a training center in the USA, where Nepali as well as local community athletes can play, get training, train others and engage in various sports, cultural & social activities.

NSCI will organize “**Networking & activities promotional day**” each month in different states. As a local, out of state or both, resource persons will join this event. Also cultural programs may be organized in collaborations with local organizations and artists. NSCII will publish a Magazine entitled “**Nepal Sports International**”.

NSCII Board :

The NSCII Board will be composed of the following ;

Sita Pandey : President , MD

Milan Rai : 1st. Vice President , MD
: 2nd Vice President

Binaya Aryal : G. Secretary , VA
: Secretary

Kemika Bhandari : Treasurer, MD

Members

Anandu Lama	- Karate , VA
Mohan Bdr. Bista	- Kenshinkan Karate , NY
Dhurba lal Shrestha	- Boxing , MD
Krishna Balal	- Taekwondo , VA
Prakash Singh Thakuri	- Handball , VA
Ram Chandra KC	- Taekwondo , VA
Binod Saiju	- Judo , MD
Prakash Thapa	- Taekwondo , CA
Y. B. Panta	- Sports Admn , Baltimore, MD
Hari Pudaini	- School Sports, VA
Basanta Khadka	- Culture , NC
Rajesh D. Bajracharya	- Sports Admn. Expert, NY
Prakash Nepal	- Culture, VA

Advisors

Jeet Bdr. KC, (1st. Int'l Medal Winner, track & field), Nepal
Raj Kumar Rai (Asian Champ. Taekwondo) , Canada
Pasang Bishwakarma, (Judo & Culture) Japan
Dinesh Naithani, (Sports Promoter), Delhi , India
Raja Ghale, (Nepali Culture Promoter& Ex. President, NAsEA),

.....Continued to page 15

मेरो त्यो नेपाल



सृजना अर्याल नेपाल
वेस्ट पाल्म बीच, फ्लोरिडा

सानोमा सुनेको मेरो त्यो नेपाल
सुन्दर, शान्त, विशाल
अहिले सुन्छु देशको हाल
छ रे झन् बेहाल

हृदयबिदारक घटना पनि सामान्य लाग्न थालेछ
अब त नेपाल बन्द नहुँदा अचम्म लाग्ने भएछ
अपहरण चर्चाहीन बन्न थालेछ
मानवता मूल्यहीन हुन थालेछ

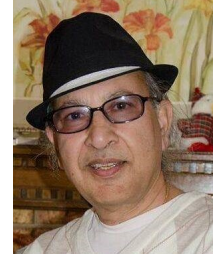
चाहेका थिए केवल- अलिबेर बत्ति, अलिकति पानी
अलिदिन सफा हावा, अलिछिन् शान्ति सुरक्षया
आजित, पिडित, आतंकित, असुरक्षित जनता
सुविधा सम्पन्न र सुरक्षित जति नेता

दोष कसको - असन्तोषी नेताको सन्तोषी जनताको ?
वा इतिहास या भौगोलिक बनावटको ?
बिडम्बना: आर्थिक बिकासमा बेतौड दौडीरहेकासित
दुई विशाल छिमेकीहरुसित
प्रबिधि र अर्थतन्त्रको पाठ सिक्नुपर्थ्यो
देशलाई स्वावलम्बन बनाउने नीति लिनुपर्थ्यो

यसपाली के साँच्चै बन्ला त संबिधान?
कस्तो हुने होला बिधान
आउला त देशमा सुशासन
अनि होला त समस्या समाधान?

आशा गरौं एक दिन देशले सच्चा नेता जन्माउला
देश सुव्यवस्थित, शान्त र बिकसित बन्ला
मेरो त्यो नेपालले पक्कै काँचुली फेर्ला
यहि गरौं कामना नयाँ वर्षको मंगलमय शुभकामना

खोजी रहेछु अशित्त्व !



नारायण पोखरेल
ओक्लाहोमा सिटी, ओक्लाहोमा

यी समयका
चिराहरु
मेरा भावलाई निली रहेछन
म निर्बोध बालक झै
उस्का पोल्तामा खेलि रहेछु
तोते बोलीमा
प्रथम पाइला चाल्दै
गन्तव्य ,नजानेर आफ्नै लहरीमा ,
म झन् निर्बोध भै रहेछु !

लडछु की
उठाउछन समातेर अंउलाहरु
दीन्छन् ढाढसहरु
म अग्यानी झै
अबाक !शीशु बनी रहेछु !
निर्धक्क छैन् !
यी जाल र साइलाहरु
बाँधियर
कैची रहेछन् , अपठ्यारोमा म !

खोजी रहेछु
आफ्नु स्वतन्त्र अशित्त्व !
कतै हराई रहेको म !

पराजित मानसिकता



गोमा पराजुली

कोलम्बिया, साउथ क्यारोलिना

चाहे हामी माडिका सिमहरुतिर
जाऔं
चाहे सुस्ता, टनकपुर र कोशी
ब्यारेजतिर जाऔं
सिमान्त घाउहरु दुख्छन् त के भो ?
अनन्त दुखिरहुन् बेकार मनहरु!

चारकोशे झाडी वा धानको भकारी
जस्ले जे भने पनि
ऋमशः फाटदै छ तराई
जे भो ठिकै भो
किन कसैले चिन्ता लिनु
पहाड घर्किए घर्कियोस्
तराई टुकरिए टुकरियोस्
धर्तिको पुकार किन सुन्नू
व्यर्थको कच्कच
फुर्सद नभाको बेला
हैन र साथी ?

कमला, बागमती र बबईहरु
कोशी, कर्णाली र कनकाईहरु
सन्त्रास बनेर ओइरिए त के भो
जाबो देहाती बस्तिमा
सम्पन्नहरुको चिन्ता हैन यो
मधिशे आधिवासी हेपिए झै
हेपे हेपोस् भारतले
कस्को के जान्छ र
राष्ट्रको नाउँमा सती गएर पो के भो ?

ए तराईका फाँटहरु हो
सुस्केरा हाल्न छोड

नवस भो शहरको पर्खाइमा
बाटो बन्छ र गाडी हुँकिन्छ
तिम्रो गाउँ कहीं जाँदैन!

इटहरी, ईलाम, धरान र धनकुटा झै
बिराटनगर, बिरगंज र बुटवल झै
थोरै परिवर्तन पाएर पो के भो
राष्ट्र टुकेला भन्ने डर
परिवर्तन नहुनुको पिडामा
छटपटऊन छाडिद्यूँ अब
असाध्य रोग लाग्यो भने
उपचार गर्ने गाह्रो
बिकासको चाहना गर्दा

अफठ्य्यारो पर्ला नेताहरुलाई
असजिलो होला भ्रष्टहरुलाई
किन दुश्मनी लिनु
भैगो संघर्ष नगरौं बरु एसै जाती
कि कसो हो साथी

नयाँ बर्ष



सरिता पन्थी

आशभिल, नर्थ क्यारोलिना

निसाहायको साहारा बनी
भोकाहरुको आहारा बनी
निरधनीको धन बनी
दीन दुखीको खुशी बनी
अज्ञानीको ज्ञान बनी
प्यासीको मिठो पानी बनी
बेरोजगारीको रोजगार बनी
नयाँ बर्ष आउ तिम्री
नेपाल र नेपालीको मुहार फेर्ने
एक दिव्य ज्योति बनी ।

म, घण्टा र डलर



बिकाश देवकोटा
ओल्थ्याण्डो, फ्लोरिडा

घण्टासँग सम्झौता गर्दै
म विरानो देश बाँचिरहेछु,
दृश्य देख्ने सामर्थ्य आँखाहरु
ट्वाल्ल हेर्दै गन्तव्यको अन्धो बनिरहेछु।

घण्टा नियती हो यहाँ
तोकिएको घण्टाहरुमा अल्झिनु विवशता हो
कुनै ठूलो कुरामा मेरो समाज उठ्दैन यहाँ
त्यसैले कुनै कुराको अर्थ खोज्ने समय छैन यहाँ।

सडकको चौरास्तामा उभिएर
विना अर्थको हात हल्लाई रहेछु,
ट्वाल्ल हेरिरहेका माग्नेहरुसँग
जीवनको अर्थ खोजिरहेछु यहाँ।

सामाजीक आँगन भित्र
उज्यालो छिर्न नसकेका मनहरु
सेकेण्ड, मिनेट र घण्टाहरुमा
डलरसँग समान तुलना हुँदैछन्
एकले नब्बे गुणा गर्दै बाँचिरहेछन्।

समाजमा उठ्नु र बस्नुसँग कुनै अर्थ छैन
मित्र र दौतरीसँग कुनै सरोकार छैन
घर देखी काम र डलरै संसार रैछ यहाँ,
उत्साह र उमंगले विताउने कुनै जिन्दगी छैन यहाँ।

सूर्यको प्रकाश भए पनि औँसीको रात बनेको छ
दिन र रात हुनुको कुनै अर्थ छैन यहाँ,
घडीको सुई निरन्तर सेकेण्डमा परिणत भई
डलरमा नापिएको जिन्दगी जिउँदै छ यहाँ।

निन्द्रा भरि बिभाएर बल्ल उध्रिएको विहानी पनि
डलरकै नापोमा नापिँदै
निरन्तर घण्टाको सुईसँग हातेमालो गर्दै,
वितेको छ, नेपाली ठिटोको जिन्दगी यहाँ॥

सेवा गर्न पाए पुग्यो

अर्जुन प्रसाद गौतम
ब्लाक्सबर्ग, भर्जिनिया

आफ्नो आफ्नै हुने रैछ परिस्थितिको कुरा
तलमाथि गर्ने रैछ अबस्था आखिर
सँगै बस्न अनि रुन नपाए त के भयो
मनको यौटा कन्तुरमा रहिरहे पुग्यो !

प्रफुल्लित सारै हुने मुटुमा मुटु साटदा
'दिल' सारै रमाउने मनभरी राख्दा
भूगोलको दुरी टाढा भए त के भयो
तिनी दुवै आखा भरि रहन पाए पुग्यो !

अहिलेसम्म ब्रम्हाण्डमा घुम्दै छ यो ज्यान
कहिले आंसु कहिले हाँसो जिन्दगि तमाम
दुख सुखमा प्रत्यक्ष साथ नपाए त के भयो
दिलको नशा नशामा गइ खेल्न पाए पुग्यो !

गतिशील यो संसारमा हामी छौं नश्वर
रिति स्थिति चलाउने छन कतै इश्वर
उनको कामै खेल खेल्ने भए त के भयो
आशीर्वाद उनको सधैं पाउन पाए पुग्यो !

फूलहरु फुलेका छन धेरै बगैचामा
मन परेको फुल चाँहि बाँकि छ फुल्नमा
बर्तमानमा फूल टिप्न नपाए त के भयो
भविष्यमा मालै उनी लाउन पाए पुग्यो !

हुर्कन्छ नि समय आफै रोपी सकेपछि
अनायासै जोडिन्छ मुटु समय आएपछि
चुक जस्तो कालो रात आज भए त के भयो
रात बिती समयमै बिहान आए पुग्यो !

गर्नु रैछ ठूलो कार्य दीन-दुखीको सेवा
बाल-वृद्ध बिचरालाई दिनु रैछ टेवा
पुस्तो पुस्ता पुग्ने धन नभए त के भयो
थोरै भए नि संतोष गर्ने मन भए पुग्यो !

सबैभन्दा राम्रो रैछ देशको गर्नु माया
छातीभरि सगाली राख्नु आमाको त्यो छाया
टाढा भयौं हामीहरु बिदेशियौ त के भयो
जहाँ रहे बसे पनि देश सम्झे पुग्यो !

सत्पथमा हिडीरहदा काढा आए त के भयो
जन्मौ-जन्म सोझो सेवा गर्न पाए पुग्यो !
जन्मौ-जन्म सोझो सेवा गर्न पाए पुग्यो !!

त्यसवेला र यसवेला

गोविन्द बराल
ब्लाक्सवर्ग, भर्जिनिया

त्यसवेला,
बिहान उठ्ने बितेकै
कालो फाड़पेनमा पकाएको गहुँको रोटी
राता गोलभेडाको अचारमा डोवर
जिब्रो पडकाउथे अगेनाको डिलमा
अनि
गफिन्थे परिवारसंग
एकैछिनको लागि
गाउतिर निस्केको मान्छे
बाटोमा बिरे र इश्वरेसित इतरिन पनि भ्याउथे
सुन्तली र चमेलीसित
लटारिन पनि भ्याउथे
यति मात्र हैन
चतुरे र धनेसित राजनैतिक चर्चा गर्न पनि भ्याउथे
अनि
भाने र रुद्रेसित चिया पिउदै ठट्टा गर्न पनि भ्याउथे
पढाउन स्कूल गएको मान्छे,
फर्कदा बजार पसेर कोडे कचहरीमा सामेल हुन्थे
बाबुराम र खुस्चिदसंग
भलाकुसारी गर्न पनि भ्याउथे
छोराछोरीलाइ चाउचाउ र चकलेट किन्ने देखि लिएर
श्रीमती र आमाका
पीरमर्का बुझ्ने सम्मका कुरा सिध्याउथे
यति मात्र होइन,
गाउघरका घटनाहरु थाहा पाउने मात्र होइन कि
कचहरी बसेर
पीडितलाई न्याय दिने सम्मका कुरा सिध्याउथे
तर, यसवेला
म विहान उठ्दा
ठूली छोरी स्कूल गईसकेकी हुन्छे
कान्छी छोरी चाहिँ तयार भइसकेकी हुन्छे
तर तिनीहरुकी आमा चाहिँ
वासी पाउरोटीका टाटा फ्रेपेनमा पोल्दै भन्छे-
ओ बुढा कलेज जाने बेला भएन र ?
झसंग हुदै आइ तन्काएर म उठ्ने वित्तिकै
हिड्छन सबै
नुहाएर पाउरोटीका टाटा टोकेर
ल्यापटप बोकेर जान्छु कलेज
रातिसम्म बस्छु कलेज
दिनभर एक्लैएको अपार्टमेन्टलाई

छोरीहरुले सुमसुम्याउछन् वेलुकी
जे भएको फ्रिजमा खोजेर
खाई चित्त बुझाउछन् विचरी
अनि पर्खन्छन् ममी र वावालाई
ढुकुरका वचेराले गुडमा बसेर पर्खे झैं
तर
ममी कामबाट आउँदा
तिनीहरुका आँखाका नानीहरु निद्राले बटारिइसकेका हुन्छन्
अथवा
तिनीहरु सबै सुत्नका लागि हतारिइ सकेका हुन्छन्
न होमवोर्क चेक गर्न पाइन्छ न गफ गर्न नै
न सोद्वन भ्याइन्छ केही न उत्प्रेरित गर्न नै
तर म राति आइपुग्दा त
सवै फवाँफवाँ निदाईसकेका हुन्छन्
अँध्यारोमा निच हास्छ किचन
घ्वार गछ फ्रिज
स्वार वज्छ गयास
अनि म भन्छु -
चूप लाग फ्रिज
थकाइले गलिरहेको वेला
वेकार लाग्छ मलाई ती सब चिज
अनि
सुटक्क चोर विरालो झैं चिसो भात खोजेर
दुइ गास निल्छु म
दिनभरको तनाव विसर्दै
वलैजपती अघाउछु म
अनि सम्झन्छु - भोलि
फेरि आज जस्तै
ब्यस्त र कहाली लाग्दो भोलि
तर अहिले त विसीइसकेँ अब
ती वीरे र इस्वरेहरु
ती सुन्तली र चमेलीहरु
ती चतुरे र धनेहरु
तर फेसबुकमा चाँही खोज्ने गरेको छु
च्याट र स्क्यपबाट
गफ गर्ने गरेको छु
ती सबैले भन्ने गरेका छन
तँ त भाग्यमानी रैछस अमेरिका पुगिस
हामी त अझै त्यहि सुखा रोटि टोकीरहेछौ
थाप्लोमा डाम परुन्जेल
घासको भारि बोकिरहेछौ
तर मलाई चाँही भन्न मन लाग्छ
मैलेभन्दा सयौँगुना राम्रो हो तिमीहरुले गरेको
तर यसो भन्छन भन्ने डर लाग्छ
धत् ! यो त स्वार्थी पो भएछ
हामीहरु आउछौँ भनेर होला यस्तो भनेको
अस्तु !

बिन्ती छ मेरो तिमीलाई "भई देउन मेरो प्रीयषि"

धेरै दशकको पर्खाई पछि बल्ल साईत जुरेको छ!
यस पाली त तिमी मेरो प्रीयषि बन्ने छौं भनेर बल्ल मन फुरेको छ!!
तिमीलाई म मन परे पनि नपरे पनि, मलाई तिमी मन परेको छ!
रातोदिन तिम्रो अनुहार झलझल आउने नयाँ रोग सरेको छ!!



कृष्ण श्रेष्ठ

वेष्ट पल्म बिच, फ्लोरिडा

हे मेरी मनकि प्रीयषि यस पाली त प्लिज "हुन्छ" भनी देउ !
पुर्याने छु धोको मैले तिम्रो यस्मा कत्ती पीर नलेउ !!
योजना बनाएको छु मैले दरबारमार्गको वीम्पी, निरुलाज र ठमेलको टम एण्ड जेरी !
हुने थियो मलाई अती स्वर्गानन्द यदी बन्दियौं भने प्रीयषि मेरी !!

नगरकोटको सन राइज र धुलिखेल रेसोर्ट हुनेछ हाम्रो रात्री ठेगान !
मात्र हुन्छ भन्दैउ न प्रीयषि अनी बढ्ने छ मेरो स्वाभिमान !!
चार पाङ्ग्रे मा छैन मजा , बरु छ आनन्द रेबन, ओक्ले , गुची र हार्ले डेभिड्सन्मा !
आफ्नो भलो, अरुको भलो, जगतै भलो जब हुन्छ प्रफुल्ल यो मन्मा !!

टाईटानिक र लैला मजनु भन्दा पनि अझै अगाडि बढ्ने हो प्रीयषि !
जे नै भए पनि मेरो मन तो हो नेपाली यसो देख्दा भए पनि बिदेशी !!
अब बल्ल भन्छु नाम तिम्रो प्रीयषि दुई हजार एकहत्तर साल !
सक्छौं भने बनाई देउ मलाई प्रीयषि हर तरहले मालामाल !!

तिम्मा ति १२ औले महिना रुपी पंजाले सबै लाई आनन्द आवोस !
सक्छौं भने मलाई मात्र किन समाज, राष्ट्र अनी बिस्वमै शान्ती र संबृधी छावोस !!
राम्रा काम सबै होस् उच्च तर पाप, रोग ब्याध र भ्रष्टाचार डाउन !
अनी फेरी लिन्छु तिम्रो नाम खुशीले बैशाख, जेठ, असार र साउन !!

बिकास निर्माण, सत्कर्म र समाज सेवाको लागि हुनुपर्छ कामको तिर !
अनी फेरी बोलाउंछु तिम्रो नाम भदौ , असोज , कार्तिक र मंसिर !!
भिकुटी सीता हामी चेली सगरमाथा, लुम्बिनी तिम्रो माईत !
अन्तिममा फेरी काढेर छोड्छु तिम्रो पुरा नाम पुष माघ फागुन र चैत !!

अन्त्यमा,

टाढै भए पनि पुन स्काईप, ट्याङ्गो र भाईबरको साथ लिएर ,
काढेको तिम्रो नामले सबैको जय होस् र शक्ती मिलोस गर्नलाई दुःखको सामना
सुख, शान्ती र दिर्घायुको लागि छ मेरो नयाँ बर्ष २०७१ को हार्दिक मंगलमय शुभकामना !!!

Letters

Sanjeev Joshi, Columbia SC

It was her eighteenth birthday, yet her mother didn't even call her to wish her. Roshani expected her calls at least in her birthdays although she knew that her mother hates her so much. She never wished her in all these years. Roshani had tried so hard to achieve her mother's love and affection ever since she realized she was bereft of that. When she understood her childhood for the first time she was shocked to observe that her mother kept distances from her and behaved with her rudely even if she tried to be close with her.

On her sixth birthday, when her father and other relatives wished her she realized that her mother was just indifferent to her even for that day. Then she ran through all the tears she could and asked her father, "Dad why is mom behaving like this even today. I thought this was just my illusion that mom hates me but today I am sure you are hiding something from me." Her father looked at her astonishingly; he was stunned that such a small child could ask such a big question. He realized that it was the right time to explain Roshani what had happened during her birth.

"Roshani, my princess today I will tell you everything" her father began, "Look it's not anyone's fault but destiny found a road like this during the time of your birth. Your mother had always wished for a son since the day we got married, I said I wished a daughter. But then we promised each other that either son or a daughter we will always take care of the child. During her pregnancy we came to know from the doctor that she would give birth to twins, a son and a daughter. We were so happy to hear that news. Everything was running fine before one day she fell of a ladder just a couple of days earlier than her expected delivery. She went unconscious, the doctors at the hospital later on explained to me that the case had become much more complex. They tried hard in the operation but couldn't save your twin brother. When your mother came to know about this, she underwent a strange shock. When we took you in front of her, she had cried for your brother aloud, "Take away this girl from me, she isn't my daughter in fact she has killed my son." She continued crying for days, the doctors later said that the pain of the death of her son had incepted such a bad effect suddenly that she had started to hate you when she first saw you." Her father finished and silence covered that room for sometime which was almost killing Roshani. She broke the silence, "But dad didn't you talk to her regarding this later on up to now?" "Of course I tried a lot of times; however, I don't know why her mind and face would feel a strange type of agony when I started talking about you. She just screamed with anguish that you had killed your brother" Her father broke into tears, "You know Roshani she didn't even milk you during your early childhood." The scene was outrageous. Moments later both hugged each other and cried for long.

A week later Roshani asked her father regarding the hardest decision she had to make in such early years for her, "Dad I can't live here with mom being like the way she is to me. Please send me far away to hostel for my studies. I can't survive mom being near me and hating me. But if I am far from her maybe she will realize my love for her one day." Her father was astonished, "Do you know

what are you saying Roshani? Don't lose hopes my child we will try our best together to make your mom overcome the shock she went through and start loving you again. Please baby" "No dad" Roshani replied firmly, "I thought about this for so long. I feel as if I am almost dying when I realize that mom hates me and I can't live like this together with her." She went to her mother as she was about to leave home, "Mom I am going far from your life today. I just want to say that whatever happened wasn't due to me, I wish I had died that day instead of my brother so that you would have been fine and happy nowadays. I hope someday in life you will understand that I love you more than my life." Roshani almost cried listening to her mom's reply, "I will always hate you for killing my son you devil. Go away and never come back in my life." She took a step back, turned around; her mother didn't see the big drops of tears all through her eyes as she kept running away from her to the gate where her father was standing to take her to the hostel.

Roshani had decided that she would never return home unless her mother felt love for her. She thought she would share her feelings of love and respect for her mother in her secret letters of loneliness. Though she wouldn't send all the letters to her mom, she would send a letter once in a year just before her birthday keeping her fingers crossed that maybe this year her mom's heart would melt for her. Years went by doing as she decided, yet no replies from her mom. Her father tried to take her back many times yet didn't succeed because of her determination of not going in front of her mother unless she completely spread love for her.

The letters which she wrote during different times of her loneliness continued growing more matured and emotional as time passed by still her mother was on the same boat of hate and anger for her. Roshani would spend numerous nights sleeplessly while writing the letter which she sent to her mother just before every of her birthday carefully scrutinizing every of the word she would write. However, she always heard from her father that her mom never read those letters even once. She tore them without even glancing at them.

Roshani was lost in all emotional feelings while crossing the road a day after her eighteenth birthday as she often used to, she couldn't notice a big car rushing towards her. Although the driver tried to control the accident by applying brakes, it was too late to avoid the collision. She got struck by the car and was thrown a few meters away. She was murmuring before she went unconscious, "Don't hate me mom please. I can't live without your love." Instantly, in spite of being far away from her, a strange anguish went inside her mother's heart as if she had listened to those words, she screamed aloud, "Roshani". Aside her husband woke up; it was middle of the night, "What happened dear? Did you saw a bad dream? Please keep courage; I know it's hard for us for both of us to cope with our son's death just a couple of months earlier but still we need to live for our princess Roshani."

"Adi" as she called her husband whenever she was emotional, "If whatever I saw today was a dream, I am so much thankful to this dream for it has taught me the importance of our child Roshani in my life. Now, I will give her the love of her twin brother too which she can't get in life because of his death during my delivery."

Then slowly she stepped towards her small, cute and tiny two months old sleeping child Roshani, took her little hands, caressed them and kissed them. Two big drops of tears went down her eyes as she whispered softly, "I am so sorry for whatever I did even in my dreams princess. The letters will always be important not only for you but also for me too. We will write the sweetest words for each other in them and read them together when time comes"

The Evolution of Whales

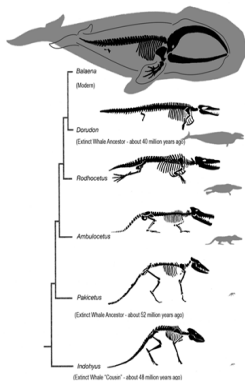
Have you ever wondered about where whales came from? Different types of whales that we have today were once land animals. Many scientists believe that whales were once land animals like foxes and dogs. Whales were completely different and unrelated to other fishes. We know that whales are similar to land animals by analyzing the way their body functions, the way they move, and also by examining their bones and fossils.



Shestruma Parajuli,
Dreher High School,
Columbia, SC

First, whales are distinct from fish in the way their body function. Whales are considered as mammals whereas fishes are not. They have a different way of breathing, they are warm-blooded, their young drinks milk, and they have hair. An article from National Geographic Magazine that came out in December 1976 asserted *"The whale's ascendancy to sovereign size apparently began sixty million years ago when hairy four-legged animals, in search of food and sanctuary ventured into the water. As eons passed, changes slowly occurred. Hind legs disappeared, front legs changed to flippers, hair gave way to a thick blanket of blubber, nostrils moved to the top of the head, the tail broadened, and in the buoyant world the body became enormous."* As those animals got adapted to water, their body completely took a new shape and turned into whales. Their back legs became really tiny, so tiny that you can't even see them when you look at these animals, but if you look at the skeleton of a whale you can see that they still have hind legs inside their bodies.

Fishes and whales also have a very different way of moving. When fishes move their body goes from side to side whereas when whales move their body goes up and down. Even the earliest whale called Protocetids that lived in the Eocene approximately 48 to 35 million years ago moved in a different way than many fishes during that time. Whales can be linked with land animals like foxes and dogs because the way fox and dogs move on land are similar to the way whales move in the ocean. They all move in a vertical way.



Finally, the last way that whales differ from fishes is evidenced by examining their bones and fossils. The whale's closest living member is Hippopotamus. Like whales, hippos are large and aquatic animals, but the way they evolved were very different. Whales have very similar bones and fossils compared to other land animals that lived during that time period. Land animals that lived millions years ago like Indohyus, Pakicetus, Ambulocetus, and Dourdon have very similar bones with whales today. It shows that those animals were the ancestors of the whales we have today.

Therefore, we can conclude that whales are not related to fish at all, instead, whales are evolved from land animals that had legs and other land features. One evidence that we still have today is that whales still have small legs which are considered as fins. Overall, present whales were evolved from the process called adaptation over time.

.....Continued from page 8

Sanubabu Silwal, (US-Nepal Chamber of Commerce, VP) NC
Shanta Thokkar, (President & Chief Instructor of IMA) NY

Membership Type & Fees for 2014

Student membership	- \$ 10:00 for	- 1 Year
General Membership	- \$20:00 for	- 1 Year
General Membership	- \$100:00 for	- 1 term
Life membership	- \$300:00	
Trustee	- \$500:00	
Honorary Membership	- \$2000:-	
Donation		

Programs & Activities.

- Trainings & Tournaments
- Sports Camps & Cultural Exchange Tour
- Talk/ Interaction Programs
- Seminars & Conferences
- Coaching & Trainings
- Sports Publications
- Sports scholarship & Awards
- Sports & Culture Activity Center Proposed Plan

Academic Excellence in USA (35 Students)

Excellence on Sports & Leadership in USA (15 Students)

Total 50 high school Nepali students will received this awards every year.

(This awards will be given to Nepali young school talents in USA.)

Objectives: - This committee will be committed to work to promote Nepali youths, especially encourage to academic as well as sports activities. This opportunity will provided all over the country among the Nepali community.

The committee will select 50 Nepalese high school students on the basis of their academic performance 35 students(70%) and 15 through academic, sports and leadership (35%) ability.

The Awards & certificates will be distributed in the special occasion of the year.

To activate this project there is an **Academic/ technical task force committee** as following respective.

Name

Position

1. **Dr. Shiva Gautam, Coordinator - Harvard University, MA**
2. **Dr. Gopi Upreti, Member- Agriculture specialist,**
3. **Dr. Ram C. Baral, Member - Professor, South Carolina**
4. **Mr. Krishna Sob, Member - Educationalist & social worker**
5. **Ms. Alexandra Morton, Member - Prof. Mont . College, MD**

The Importance of Creating a Will

A will is one of the most important documents you'll ever create in your lifetime. Your will can clearly state who will be guardian of your minor children, who will inherit your assets, when they will inherit your assets, and any conditions that must be met for them to receive your assets. Yet, according to a legal services website RocketLawyer.com, almost 50% of Americans do not have a will.¹

If you die without a valid will, the court does not have your instructions to follow, and it has no way of knowing how you may have wanted to distribute your assets. The state where you lived steps in and makes the decisions for you, according to the distribution schedule set forth in its intestacy statutes. The state's decisions may or may not conform to your wishes, or do what is best for the people closest to you. And your loved ones will likely have to hire an attorney and incur delays to determine who will receive your assets.

Common misconceptions.

My assets are so small that a will is not necessary.

You are generally worth more than you think. Even if some possessions do not hold great monetary value, they could hold an enormous amount of sentimental value—and that's something you can't put a price on. Failing to indicate who receives these treasures in your will can cause friction among family members that lasts for decades.

When I die, my spouse will get all of my assets.

Maybe, and maybe not. Any assets held jointly with right of survivorship automatically pass to the joint owner. And assets with a beneficiary designation, such as IRAs, life insurance, and annuities, pass as stated on the beneficiary form. What happens when your surviving spouse dies? What happens if your beneficiary form is outdated? Will your children receive their share at too early an age? Does your spouse have the financial skill to manage the family wealth?

I can create a will on my own and save the legal costs.

"Do-it-yourself" wills often do not contain all of the necessary components as required by state law. Anyone who might benefit from an invalidation of your will can contest it, and if the courts decide in his or her favor, your estate may have to pay for all legal costs. The few dollars you save now can cost your loved ones thousands of dollars later.

I don't want my final wishes to be set in stone. I'll create a will later in my life.

The terms of a will can change as often as needed. Legal experts agree that you should reexamine your will periodically to make sure it is up-to-date. A will should receive a "checkup" whenever there is a substantial change in your life.

How to create a will.

Drafting a will is difficult and is not an endeavor you want to



Suresh Basyal
Chicago, IL

tackle single-handedly. It's important that you call on the services of an estate-planning lawyer. A lawyer might help you:

Determine what type of will you need

Make the right decisions as to how your assets should pass

Change the terms of an existing will, if appropriate

Save on estate taxes

Take advantage of estate planning opportunities people often overlook

Life insurance and wills.

How does life insurance fit into the picture? Life insurance is a vehicle you can use to help make sure your estate has the cash needed to pay expenses at your death, such as funeral costs, debts, and estate taxes. Without liquid assets, the estate may be forced to sell assets—securities may have to be sold in a down market and other assets may have to be liquidated at a discount. In most instances, life insurance proceeds are paid income tax-free to your beneficiaries. If desired, life insurance can be owned by a trust or a third party and also not be subject to estate taxes.

Don't wait until it's too late.

Creating a will forces each of us to come face-to-face with our own mortality—and dealing with death is difficult. But it will be much more difficult for your loved ones if you don't have a will. To ensure that your will is legally viable, seek the services of a qualified attorney to draft and refine it.

This educational third-party article is provided as a courtesy by Suresh Basyal, Agent, (CA Ins. Lic. # 0I22834) New York Life Insurance Company. To learn more about the information or topics discussed, please contact Suresh Basyal at 309.750.2383 or email at sbasyal@ft.newyorklife.com, visit www.SureshBasyal.com for more information.

Neither New York Life, nor its agents, provides tax, legal, or accounting advice. Please consult your own tax, legal, or accounting professional before making any decisions.

¹Yahoo! Finance, "Half of Americans with Kids Set to Die Without a Will," May 6, 2012, Lisa Scherzer, The Exchange, <http://finance.yahoo.com/blogs/the-exchange/half-americans-set-die-without-193140015.html>.

Gwinnett County's Demography:

Ambika Sharma
Atlanta, GA

Population Trends and Culture

Gwinnett is one of the nation's fastest growing counties. It has not only seen the increase in the size of the population, but also diversity in culture and socio-economic structure of the population. There have been many changes in areas from education, language, culture, to job market. The County has now become one of the major parts of metropolitan Atlanta. This change has brought new challenges and opportunities in different sectors of the County.

According to the United States Census Bureau's data the population of Gwinnett County was 32,320 in 1950. U.S. Census Bureau's estimation of Gwinnett County population in 2012 was 842,046. Census

Bureau data indicates that Gwinnett County's population is increasing very fast. After seeing these facts, we can say that Gwinnett County's population increased by 26.053 times or 2598.16% from 1950 to 2012. Since 2000 to 2010, Gwinnett County's population increased by 36.86%. The population growth rate is much higher than the state average rate of 18.34% and is much higher than the national average rate of 9.71%. The population density of Gwinnett County is 1,843.79 people per square mile which is higher than the state average density of 163.02 people per square mile. Figure 1 depicts similar facts about the population density of the County.

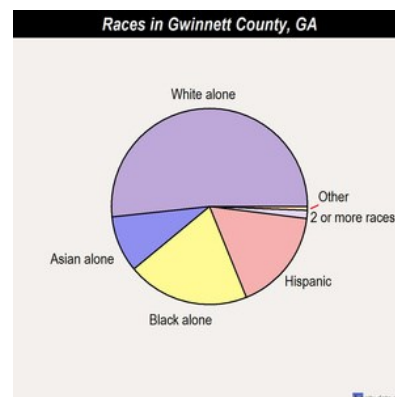
The racial and ethnic change occurred in every Atlanta-area county, but Gwinnett County had the largest Latino, Asian and total immigrant populations in 2000 among all the counties in Georgia. More importantly, Gwinnett had the most equivalent percentage growth of Latinos, Asians and African-Americans of all Atlanta-area counties during the 1990s: 657% increase of Latinos, 319% increase of Asians and 330% increase in African-Americans.

Now, Gwinnett County has more diverse communities in culture, race and ethnicity than 20 years back. The most predominant race in Gwinnett County is white, which is 53.34% of the total population. Similarly, Black or African American is 23.61%, Hispanic or Latino is 20.12%, Asian is 10.59%, and Native (American Indian, Alaska, Hawaiian, etc.) is 0.56%. According to Quick Facts of Gwinnett County's data for 2012, the white alone is 60%

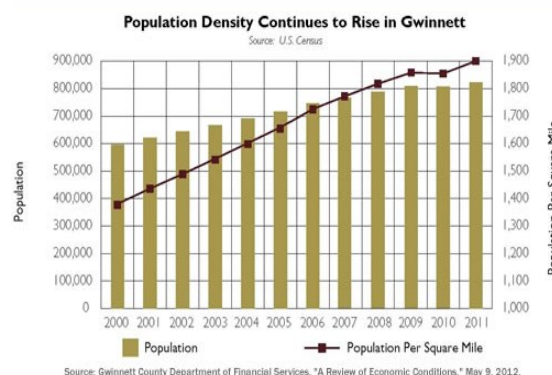
includes persons reporting only one race. Figure 2 shows similar facts about the racial distribution of the population in the County.

Gwinnett County has seen a significant increase in the emigrant and immigrant population. The number of foreign born people in Gwinnett County is 25.4%. In 1990, the minorities represented only 10% of Gwinnett's total population, but now the County has become a majority-minority community. Gwinnett County was predominately white before 2000, but now the county's population is predominately non-white say David Pandered in his article. The report further says that the per capita income has fallen by \$7,000. The proportion of the white population has decreased from 67% to 49.3 percent. This number is different from the numbers found in other sources. Likewise in the schools 61% percent of the student body is non-white. The report further says that the graduation rates for non-white increased from 50% to 70%. In the past decade, the Hispanic population of Gwinnett County increase by 657%. Now Gwinnett has greatest number of Latinos in the Atlanta region.

Since the population demography and the per capita income have changed, Gwinnett's government and school board are trying to adjust their service the human needs through a decreasing tax revenues. According to citi-data report 14% of the



Gwinnett's Population Change



county's population lived in poverty in 2009. Speaking of immigration, 33.1% of households speak English as a second language. The number of foreign born residents in the county is 99,518, which is 16.9% of the total population. This is more than double of such population in the whole state, which is only 7.1%. The median resident age is 33 years with 36.8% male and 63.2% female in Gwinnett County.

The average Gwinnett County's education level is higher than the state average and is higher than the nation average level. The current number of college students in Gwinnett County is 27,694. Gwinnett County is home to Georgia Gwinnett College (four-year degree), Gwinnett Technical College (technical and associate degrees), University of Georgia Gwinnett College (post bachelor's degrees) and Gwinnett County Public School District (k-12) in 1994, Gwinnett County was the largest county east of the Mississippi without a four-year college. Gwinnett County School District population has increased by 4.77% from 2005 to 2009, which is less than Georgia's overall increase of 18.34%. The percentage of the population with Master, Doctorate, or Professional Degree is 10.93% and that of Bachelor Degree is 23.77%.

According to 2030 unified plan by Gwinnett County, Gwinnett County has changed rapidly from 1970 to 2013. Most of its changes have happened due to the spread of suburban development throughout much of the County. In the past, it used to be part of an expanding new subdivision and shopping complexes. Now Gwinnett is among the five counties that constitute the main part of metropolitan Atlanta. Under the topic Emerging Challenges and Unfinished Business, the report says that part of the transitional areas now needs reinvestment and revitalization (Gwinnett County 2030 unified plan). The plan further says that Gwinnett needs to redefine its vision of itself and incorporate the changing realities and new opportunities. The county is changing from farm based jobs to nonfarm based jobs. In 2011 the private nonfarm establishments were 20,920. The total number of private nonfarm employment in 2011 was 285,470. This represents a 1.4% change in private nonfarm employment from 2010 to 2011. The total number of firms in 2007 was 93820, out of which 17.0% were Black-owned firms, 1.1% were American Indian-owned firms, 14.2% were Asian-owned firm, 9.3% were Hispanic-owned firms and 28.6% were women-owned firms.

In summary, the County's population has changed in number and quality both. There are more challenges now than in the past in front of the County officials in order to meet the demand of the changing population. This change has both positive and not so positive effect to the society.

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Allurement

I was so captured by the beauty of this woman that, I couldn't help but to follow her. Her tall and slender tanned body in that lemon yellow swimsuit was haunting everybody on the silver colored, sandy South Beach, Miami, Florida. The ocean shone like an armor shield in the mid-day sun. The roaring waves and the noise of the seagull was a kind of music in the atmosphere. Perhaps, her body was glittering from the sand or shining from lotion. Obviously, I wasn't very far from her, relaxing my eyes and watching the various moods of the people lying near the aqua blue ocean. She moved just like a model on a runway. Her silky straight black hair was blowing to the rhythm of the ocean waves. I was literary spell-bound by her beauty, and it woke me up. I couldn't help myself, and I said hello to her. Then, I explained the entire beauty I had sketched about her. She replied, "I am very flattered by such a compliment". While in conversation, her husky and winded voice was like an English horn playing in C minor. In the meantime, she removed her dark black Ray Ban sunglass, and stared at me, lifting up her crescent-shaped eyebrows. Her sexy oval brown eyes and her thick black lashes had a mind-blowing expression. Then, I realized that the elegant Cleopatra was my ex-wife. Finally, she turned around, gave me a mesmerizing smile, and she kept moving ahead until she vanished in the crowd. I was standing still, all by myself!



Raj "Kramasha"
Tampa, Florida

Shiva Ratri Festival

To children with love and blessings,

Om Namah Shivaya! Explaining 'Shiva Ratri' to America born Nepali children.

We Nepalese have many festivals to enjoy. One of the very interesting and celebrated festivals is 'Shiva Ratri' or the 'night of Shiva.' The festival is about honoring and worshipping Bhagwan Shiva \ Mahadeva.



Tilak B. Shrestha, Ph.D.
Huntsville, Alabama

It is celebrated on the 14th moon day of Falgun month of Bikram Sambat. This year it is on Thursday, February 27th. Devotees observe fasting, meditate and keep sleepless vigil 'Jagram' during the night. Bela \ Bilva \ Aegle Marmelos leaves and water are offered to Shiva. Youngsters also enjoy the festival. Big bonfires are lit in the night. All kinds of food are roasted and cooked in the fire. People walk around in the night wishing well to the people observing 'Jagram', and distribute sweets\food.

Pashupati Nath and other Shiva temples are crowded with devotees, including naked Sadhus with 'Chilum', from all over the world. Just for information, Bhagwan Shree Pashupati Nath is the God of life, not of animals. In old Sanskrit 'Pashu' is life, and animals are also life. You may see Shiva's trident and three horizontal lines in the foreheads of the devotees representing the three levels of consciousness. People also may wear 'ash' in the forehead, representing 'our life and world as we know of is limited, but there is more beyond.'

Divine Shiva created, loves, protects and teaches the secret of the world. There are many legends associated with the celebration, to illustrate Shiva's nature and love. After the creation of the universe Shiva was very pleased and performed 'Tandav' dance on this day. The divine dance is the continuous cycles of creation, continuation and culmination. The universe, including us, is the dance. Another legend goes that once all got together and churned 'Manthan' the ocean. Many good things came out of the ocean, which were promptly picked up. However, it also produced a very potent poison called 'Halahal', which started to poison the earth. But nobody could stop it and they ran to Shiva for protection. To protect the world Shiva drank the poison. It turned his throat blue - 'Neel Kantha.' Another legend gives the day as the auspicious wedding day of Bhagwan Shiva and Sati Devi.

However, it is not Shiva's birthday, as some mistakenly say. Divine Shiva has no beginning and no end. There is an interesting legend from 'Devi Bhagwat Puran.' Bhagwan Shiva was getting married to Devi Parvati. As a part of the ceremony the presiding priest asked the name of Shiva's father. There was

discomfort in the air. To avoid the discomfort the priest was told to consider Bhagwan Vishnu as the father. Who is the grandfather? Bhagwan Brahmaa. Who is the father of Brahmaa? Shiva himself.

Shiva 'Auspicious one' means who fills our heart with joy. Shiva is also known as the God of destruction, not who destroys, but who proves to us in concrete term that we are not annihilated after our death after all. The correct simile is the 'medicine of head ache.' It does not give head ache, rather relieves. Shiva neither prescribes believing in heaven and hell, nor uses the associated greed and fear as carrot and stick to force certain code of conduct. Shiva provides empirical way 'meditation techniques' to ascertain ourselves.

Mother Goddess Parvati asks her beloved Shiva, "What is your reality? What is this wonder filled universe? What is this life beyond form pervading forms? How may we enter it fully, above space and time, names and descriptions?" This is a conceptual question, expecting similar answer. Instead, Shiva teaches the technique: "Breath in, stop, breath out, stop. Be aware of self and the nature at all times." Then he further teaches 112 meditation techniques. Any of the spiritual systems around the world is some combination of the 112 techniques described, including Buddhist 'Vipassana' meditation technique.

Shiva taught 'Adwaita Darshan' or 'Non dual' view of the world. The world 'Sansar' as we see is only partial and changing. There is larger and universal reality - 'Brahman.' The Sansar is a subset of Brahman (not to confuse with God of creation 'Brahmaa' or 'Bahun' caste). The whole universe, everything and everyone including our egos, are part of the Brahman. Deep down within our ego is the soul, which is Brahman indeed. But our person 'ego \ life form' cannot understand its true reality due to the creative force 'Maya.' Like an actor deep into the acted character, that we may forget our real identity. Shiva teaches, "Yes, an acted character will end, but not the actor." A character may meditate to go within. But ultimately it is for actor, not the character, to realize own nature and that the char-



Shree Pashupati temple, Kathmandu valley



Shiva temple in Java, Indonesia

We are limited and the universe 'Brahman' is unlimited. Thus, we cannot understand it in totality. However, we may understand two fundamental aspects of the universe – 'Consciousness' and 'Nature.' They are represented by Shiva and Parvati in human forms and by 'Lingam' and 'Yoni' in symbols. They are also depicted by up and down pointing triangles, which come together as hexagon, a symbol of knowledge. Though usually misstated they are not male and female anatomies. Anatomies in Sanskrit are 'Shishna' and 'Bhaga', with related English word 'Phallus.' Phallus is used as the symbol of nature's regenerative power. It



Shiva in Sanga, Kathmandu valley, 143 feet (43.6 m) tall.

is 'Yashin' pole of the 'Indra Jatra' festival in Nepal and 'Christmas tree' in Europe, which is a Christian adaptation from earlier Pagans.

Advaita Darshan or 'Non-duel' view stipulates that subject and object are one and the same. Consider an eye (subject) sees a garment (object). We may argue that behind the eye there is brain, then mind, then consciousness and so forth. Similarly, behind the garment there is cotton, then organic compound, then energy and so forth. Our limited mind can perceive only part of the continuums. However, Shiva reveals that ultimately both are the same – one, not two. Yes, one is looking at one self. Yes, the universe is conscious, self conscious, and 'I' is a small part of it. The whole creation with its diversity is the manifestation of one. The way of meditation leads 'I' to realization of being one with the universe, a paradigm shift.

Buddha teaches the same. However, Buddha's teaching is the spiritual breakthrough, not as something new, but as the

acter is only an act. The meditation is the process of such realization. This revelation makes Shiva the 'God of destruction - of ignorance.'

'empirical' confirmation. Shiva's teachings are given as a belief, beyond our intellect. But Buddha proved it empirically 'Tathagat' and taught an empirical method 'Vipassana' to proceed without depending on others or beliefs 'Appo deepo bhava.' Usually both Shiva and Buddha are depicted meditating.

They are not saying, "We will meditate and you worship us." Rather they are demonstrating, what we should be doing.

Divine Shiva and mother goddess Parvati reside in Kailash Mountain by the lake Man Sarovar in Tibet, close to NW Nepal border. His teachings spread far and wide around the world. He is known as Shiwa Okar in Tibet, Shiwa Omkar in Nepal \ India, Daikoku in Japan. His teachings are in many scriptures including in Veda, Tibetan Bon Po, South Indian Agama, Kirati Mundhum. The original Dharma in both north and south of Himalayas, Tibet and Nepal \ Kirat, is Shiva Dharma, which is known as Bon Po in Tibet.

Mountain Kailash in Tibet, the abode of Shiva \ Parvati has interesting geography. Three major rivers Brahmaputra 'Tsangpo', Sindhu 'Indus' and Ganga flow from this region. If whole Tibet is considered then there are four more major river systems Salween, Mekong, Yangtze and Huang He flow out. These are not mere water bodies but the links of communications, commerce, arts and Dharma. They do link far and wide major civilization groups along with the teachings of Shiva.

The most important feature of the festival is for us to meditate to realize what we actually are. In the ego level, it is to understand our vices and discipline to give them up. It is the practice to see beyond what is visible. No matter how situation may look bad, realizing that it always does change. Shiva reveals that after all we are all one, part of one universe. All 'I' have to do is to **"Meditate to realize it."**

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Shiva temple in Quanzhou, China



Daikoku \ Shiva, Japan

अध्यागमन सम्बन्धि केहि जानकारी

अमेरिकी काग्रेसले प्रत्येक वर्षका लागि अमेरिका प्रवेश गर्न पाउने आप्रवाशीहरूको कोटा निर्धारण कानूनद्वारा गरेको हुन्छ । र यसरी निर्धारण गरिदिएको कोटाको संख्यामा नबढ्ने गरी अमेरिकाको डिपार्टमेण्ट अफ स्टेट, अद्यागमन विभाग र अमेरिकी सरकारका विदेशमा रहेका कन्सुलेट अफिस मार्फत आप्रवाशीहरूलाई भिषा उपलब्ध गराउदछ ।



**विनोद रोका, एटनी एट ल,
न्यूयॉर्क**

त्यसैगरी अमेरिकामा कानूनको प्रकृया पुरा गरी प्रवेश गरेका तर कानूनको दायरा भन्दा बाहिर हुन पुगेका वा गैरकानुनी रूपबाट अमेरिकामा प्रवेश गरेका आप्रवाशीहरू मध्ये प्रतिदिन कतिजनालाई थुनामा राख्ने भन्ने संख्याको कोटा पनि अमेरिकी कांग्रेसले निर्धारण गरेको हुन्छ । यो कुरा सामान्यतया बाहिर नआउने हुदा धेरै मानीसहरूलाई थाहा पनि हुदैन । तर हालै अमेरिकी अद्यागमन कानून व्यवसायी संघले दिएको जानकारी अनुसार अमेरिकाको संघिय सरकारले प्रत्येक दिन ३४ हजारको संख्यामा कानूनले तोकेको शर्त उलंघन गरी अमेरिकामा बसोबास गरी रहेका आप्रवाशीहरूलाई थुनामा राख्ने कोटा र तस्का लागि चाहिने बजेटको व्यवस्था गरेको छ। संघिय सरकारको तर्फबाट थुनामा राख्ने काम US Immigration and Customs Enforcement (ICE) माध्यमबाट गर्दछ।

यसरी थुनामा राखिने आप्रवाशीहरूको कोटा नै कानूनले तोकिएको हुदा आईसका अधिकारीहरूले अमेरिकी सरकार र समाजलाई खतरा पुर्याउने अपराध गरेका, त्यस्ता अपराधिक गतिविधिमा लागेका वा लाग्न सक्ने सम्भावना रहेका आप्रवाशीहरूलाई प्राथमिकताको सुचीमा राखेर पक्रने र थुनामा राख्ने भन्दा पनि कानूनले तोकिएको अनि त्यो बमोजिमका आप्रवाशीहरूलाई थुनामा राखीदिने व्यवस्था गर्ने ठेकेदारहरूको आम्दानी र खर्चको व्यालेन्ससिट मिलाउने प्रयोजनका लागि थुनामा राखिने गरेको जस्तो महशुस गरिन्छ। यसरी दैनिक थुनामा राखिएका ३४ हजार आप्रवाशीहरूलाई प्रतिवर्ष २ विलियन अमेरिकी डलर खर्च हुने गर्दछ जुन अमेरिकी नागरिकहरूले तिरेको करबाट संघिय सरकारले व्यहोर्ने गर्दछ।

भनिन्छ अमेरिकी सरकारको यो नीतिका आधारमा २००९ साल देखि २०११ सालसम्म थुनिएका आप्रवाशीहरूको संख्यालाई हेर्दा आधाभन्दा बढी आप्रवाशीहरू कुनै अपराधिक गतिविधिमा संलग्न रहेका थिएनन्। यदि कानूनद्वारा नै प्रतिदिन थुनिनु पर्ने आप्रवाशीहरूको संख्या नतोकि त्यस्ता आप्रवाशीहरूले अमेरिकी सरकार, राज्य सरकार, र अमेरिकी समाजलाई अहित हुने खालका अपराध गरे वापत सजाय पाएका, यस्ता अपराधिक गतिविधिमा लागेका, वा लाग्न सक्ने सम्भावना रहेका

आप्रवाशीहरूलाई मात्र अमेरिकी संघिय सरकारका तर्फबाट अधिकार प्राप्त निकाय आईसले राख्न पाउने व्यवस्था भएमा अमेरिकी नागरिकहरूले तिरेको करको दुरुपयोग हुदैन थियो। यस्तो व्यवस्थाले केवल ठेकेदारहरूलाई मात्र फाईदा पुग्न सक्दछ। अमेरिकी कांग्रेसले कानूनद्वारा निर्धारित आप्रवाशीहरूलाई प्रतिदिन थुनामा ३४ हजारमा नघटने र नबढ्ने गरी आईसले पक्रीएर थुनामा राख्नुपर्ने हालको व्यवस्था अव्यवहारिक हुदा अन्त गरिनु पर्छ र यो छुट्याईएको बजेटलाई शिक्षा, स्वास्थ्य, एवं विकास निर्माणको कार्यमा लगाउनु पर्दछ भन्ने आवाज अमेरिकी कांग्रेस समक्ष पुग्न आवश्यक भएको धारणा कानून व्यवसायी संघको रहेको छ।

यो थुनामा राख्नु पर्ने कानुनी व्यवस्थाले गर्दा भविष्यमा आउने आशा राखिएको आप्रवाशी सुधार कानून बमोजिम सुविधा पाउन सक्ने सम्भावना रहेका कैयौं निर्दोष आप्रवाशीहरू अमेरिकाबाट निष्कासन भै सकेका छन्। किनकि संघिय सरकारले यसैगरी कति संख्यामा आप्रवाशीहरूलाई सरकारी खर्चमा अमेरिकाबाट निष्कासन गर्ने भन्ने कोटा तोकेको हुदा सरकारले प्राथमिकताको सुचिमा राखेको अपराधी गतिविधिमा संलग्न रहेका निष्कासन गरेका आप्रवाशी भन्दा अमेरिकामा ओभरस्टे भएका र कुनै अपराधिक गतिविधिमा संलग्न नरहेका आप्रवाशीहरूको बढी रहेको अनुमान गरिन्छ।

राष्ट्रपति ओबामाले आफन्त दोःश्रो कार्याकालको सुरुवात मै अमेरिकी अद्यागमन कानूनमा शंसोधन गरी अमेरिकामा हाल कागजबिना बसोवास गरिरहेका एघार मिलियन भन्दा बढी अर्थात एक करोड दश लाख भन्दा बढी आप्रवासीहरूलाई सरकारलाई तोकिएको कर तिरी अपराधिक गतिविधिमा संलग्न नभएको पाईएमा अमेरिकामा स्थायी रूपले बसोवास गर्न दिई नागरिक हुने पाउने अधिकार समेत प्रदान गर्ने, विज्ञान र प्रविधि (STEM) मा अमेरिकी विश्वविद्यालयबाट मास्टरडिग्री हासिल गरेका आप्रवासीहरूलाई सरल तरिकाबाट अमेरिकामा नै स्थायी बसोवासको व्यवस्था गर्ने, अस्थायी कामदारहरू सम्बन्धि व्यवस्था गर्ने र अमेरिकामा गैह्रकानुनी रूपबाट प्रवेशन गर्ने नाकाहरूलाई बढी सुरक्षित बनाउने दृढता जनाउँदै संसद र सिनेटले तोकिएको समय भित्र विल छलफलमा नल्याएमा आफैँद्वारा तयार पारेको विललाई छलफलमा ल्याउने जानकारी दिएका थिए।

राष्ट्रपतिका नीतिलाई प्राथमिकता दिएर अमेरिकी सिनेटमा ग्यांगअफ यट अर्थात आठजना न्यूयॉर्कबाट प्रतिनिधित्व गर्ने डेमोक्रेयाट सिनेटर चार्ल्सचुम्बर लगायतका सिनेटरहरूको समुहले अमेरिकी सिनेटको ११३औं काग्रेसमा "Border Security, Economic Opportunity and Immigration Modernization Act" पेश गरेको विलमा जुन २७, २०१३ का दिन सिनेटमा मतदान हुदा पक्षमा ६८ डेमोक्रेयाट र केही रिपब्लिकन र विपक्षमा केवल ३२ जना रिपब्लिकनहरूको मत परेको हुदा विललाई पारित गरियो। यो विललाई छलफल र पारित गराउनका लागि रिपब्लिकनहरूको बहुमत रहेको प्रतिनिधिसभा कांग्रेसमा विल पठाईको भएता पनि त्यहाबाट पारित हुन नसकेको हुदा राष्ट्रपति समक्ष हालसम्म नपुगेकोले कानून बनी तदनुसारको सुविधाको बाटो खुल्न सकेको छैन ।

यो विल पास भै राष्ट्रपतिको हस्ताक्षर भएमा यस्तो कानुनको स्वरूप पाउने छ र ११ मिलियन भन्दा बढी अनधिकृत रुपबाट अमेरीकामा बसोबास गरिरहेका आप्रवासीहरूलाई कानुनले तोकेको शर्तहरूको आधारमा १० वर्षको परिश्रणकालीन गिनिकार्ड status (Registered Provisional Immigrant Status, or RPI) दिने र यस्तो गिनिकार्ड पाएको ३ वर्षपछि अमेरीकाको नागरिकता पाउ भनि निवेदन दिनका लागि योग्य ठहरिने व्यवस्था गरेको छ । यस्तो सुबिधा पाउने आप्रवासीले जरिवाना र संधिय सरकारलाई तिर्न बाकी रहेको कर तिर्नु पर्दछ । यद्यपि यस्तो स्टेटस पाएका आप्रवासीहरूले संधिय सरकारका तर्फबाट पाउने सुबिधा भने पाउने छैनन् । तर इमि एक्टका सुविधा पाउने ड्रीमरहरूलाई भने ग्रीनकार्ड र चाडो नागरिकता दिने व्यवस्था यस्मा गरिएको छ । यस्का साथै कामदार सम्बन्धि अस्थायी भिषा र अन्य विविध विषयमा राष्ट्रपतिले दिएको नितीलाई पुरा गर्ने खालका प्रावधानहरू राखेको छ ।

हाल रिपब्लिकनहरूको बाहुल्यता रहेको प्रतिनिधिसभाले सिनेटद्वारा पारित गरेको विधेयकलाई पारित गरेको अवस्थामा कोटामा थुनिएर देश निष्कासन गरिएका निर्दोष आप्रवासी र यीन्का परिवारहरूले पनि यो देशमा बस्न पाउने सपना साकार बनाउन सक्छन् । अनि यी निती निर्माणको तहमा पुगेका आप्रवासीहरूका सन्ततीहरूले ममै अवसर र स्वतन्त्रताको भुमीलाई आफ्नो कर्मभुमी बनाई यो देशको चौतर्फी विकाशमा महत्वपूर्ण योगदान पुरयाउन सक्नेछन् । अत यो औचित्यता

नभएको कानुनद्वारा थुनिएपनि गरी तोकिदिएको कोटाले अमेरीकी करदाताले तिरेको बार्षिक २ बिलियन डलरको दुरुपयोग हुन गै अमेरीकी सरकार र आप्रवासीहरूलाई अहित र ठेकेदारलाई मात्र फाइदा हुन पुगेको हुदा यस्तो कानुनी व्यवस्थाको अन्त हुन अत्यावस छ ।

राज्यको उच्च न्यायालय, अपिलाट डिभिजनको दोश्रो न्याय विभागमा एटनी एट ल को रुपमा मान्यता प्राप्त वकिल र अमेरीकी ईमिग्रेशन बार एशोसियसन एवं न्यूयॉर्क ईमिग्रेशन बार एशोसियसनका सदस्य हुनुहुन्छ । हाम्रो कानुनी सेवा प्रति यहाको ध्यानाकर्षण रहोस भन्ने ध्येय यहा राखिएको छ । तपाइहरूलाई अगाडीको जस्तै सफलता दिलाउने हाम्रो प्रयास रहनेछ यद्यपि सफलताको ग्यारेण्टी भने हाम्रो हातमा छैन । यहालाई यो लेखमा चर्चा गरिएको विषयमा सामान्य जानकारी गराउने सम्मको ध्येय राखिएको छ । तसर्थ निश्चित सेवाको लागि वकिल मुकरर नगरेसम्म हामीमा पक्ष र वकिलको सम्बन्ध कायम रहने छैन । कानुनले दिएको सुविधा प्राप्तीका लागि निवेदन गर्नुपर्दा ईजाजत प्राप्त सम्बन्धित विषयका वकिलको सल्लाह लिई गर्नु उचित हुन्छ ।

तपाईंको अमेरीकी अद्यागमन र न्यूयॉर्क राज्यको कानुन सम्बन्धि कुनै समस्या भए कानुनी सल्लाहको लागि रोकालाई वहाको कार्यालयको फोन ७१८ ६०६ ९७३३ वा info@binodlaw.com / www.binodlaw.com मा सम्पर्क राख्न सक्नुहुने छ ।

Self-Leadership

A positive philosophy of living mated with passion for solutions bakes the bread of influence.

Human beings are empowered with motivation that will satisfy their hunger for success. Innovation is a roadmap for change and determination is a desire for achievement. I believe that the powerful personality engenders positive energy and creativity.

There is a difference between living and surviving. Anyone can survive but not everyone will truly live. Living should communicate meaning. Therefore teaching people how to live with pride and dignity is a win-win situation.

A notion exists that self-leadership is an innate talent. I don't doubt the magical gift of genes. However from my own upbringing I know self-leadership can be taught -and sought after- when we are open to take responsibility for ourselves, and bound to create opportunities for others. Initially, leadership is a learned aspect of charac-



Buna Dahal

ter combined with skills, knowledge, and experience. Then, through practice, leadership is transformed into a quality of self. Self-leadership first involves strategies for leading from within. Second, it reflects its impact.

Influence requires diplomacy while challenge encourages problem solving. Here is a personal example: I was scheduled to plan and deliver training to educators, administrators, business leaders and college students in Turkey. In the process of writing the curriculum for this project I realized the need to develop and execute a survey seeking their needs and requirements. Surveys are designed to collect impressions of the moment and produce a platform for improvements. Then I put on my thinking cap and finalized the survey. My sense is that language is a key to unlock the doors of connection. A leader's role is to convey messages simply but also in a way such that the results are measurable. Since I was writing this survey for an audience whose mother-tongue is not English I had to be sensitive to the usage of words and sentences. How language is applied reflects personal and professional values and indicates cultural understanding. Here then is how we validate our internal thoughts and ideas of leadership... by how well they manifest success in others.

Rhabdomyosarcoma: Most common childhood cancer

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Cancer arises when there is an uncontrolled and abnormal growth of normal cells. These uncontrollable proliferating cells ignore stop signals and accumulate to form a mass of cells known as tumor. These cancerous cells ultimately invade other normal tissues of different organs, such as brain, lungs, and bones, thus causing disruption of the regular function of these organs. A majority of cancers usually occur at older ages. However cancers also develop in children but are often different from the types that develop in adults. Childhood cancers mostly develop in blood cells (leukemia and lymphoma), brain and nervous system, and connective tissues (such as bone and muscle).

Rhabdomyosarcoma (RMS) is the most common soft tissue sarcoma in children with 350 new cases each year in the United States. Sarcomas are cancers that develop from connective tissues in the body, such as muscles, fat, bones or blood vessels. While they account for only 1% of all cancers, sarcomas are more prevalent in children than adults. RMS is a family of tumors of skeletal muscle (muscles that are attached to bones and help in the body movement). RMS can begin in many places in the body but usually occur in head and neck (near the eye, inside the nasal sinuses or throat, or near the spine in the neck), urinary and reproductive organs (bladder, prostate gland, or any of the female organs), arms and legs and trunk (chest and abdomen). RMS can even start in some parts of the body that do not normally have skeletal muscle. RMS is most often found in children but they can also occur in adults. The exact cause of RMS is unknown.

There are two major types of RMS; however some less common types also exist.

Embryonal rhabdomyosarcoma (ERMS): It is the most common type representing about 70-80 % of all RMS cases and usually affects younger children (<5 years of age). ERMS tends to occur in the head and neck area, bladder, vagina, or in or around the prostate and testicles.

Alveolar rhabdomyosarcoma (ARMS): It is the more aggressive type of RMS and usually affects older children and adolescents, and accounts for 20-30 % of RMS cases. This type of RMS most often occurs in the trunk, arms, and legs.

ARMS is clinically more aggressive than ERMS and is associated with poor prognosis. The 5-year overall survival for ARMS is \approx 50% whereas the 5-year overall survival for ERMS is \approx 75 %.

Symptoms

The most common symptom of RMS is a lump or mass that may or may not be painful. Other symptoms vary depending on location of the tumor.

Tumors in the nose or throat may cause bleeding, congestion, swallowing problems, or neurological problems if they extend into the brain.

Tumors around the eyes may cause swelling or bulging of the eye, problems with vision, or pain.

Tumors in the ears may cause pain, hearing loss, or swelling.

Bladder and vaginal tumors may cause lead to trouble starting to urinate or having a bowel movement, or poor control of urine. Blood may be seen in the urine (bladder tumors).

Muscle tumors may lead to a painful lump and are often thought to be an injury.

Diagnosis

RMS can be diagnosed by a number of tests and procedures. The commonly used initial tests are X-ray, CT scan, bone scan, and MRI (magnetic resonance imaging). Final diagnosis requires sampling of the mass by biopsy and examination of the biopsy sample by microscopy followed by immunohistochemistry and genetic testing.

Treatment

Different kinds of treatment options are used for RMS depending on multiple factors, including age, site of the tumor and extent of spread of the tumor. A pediatric oncologist with his/her team will plan the treatment scheme for the patient after assessment of these multiple factors. Three types of treatment are used to treat RMS patients: Surgery (removal of tumor), radiation therapy (use of radiation to kill cancer cells) and chemotherapy (use of drugs to kill the cancer cells or stop their growth). Most children will receive a combination of these treatment types.

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The Shangri-La Editor

NASeA has a Dream!

Fifty Years and five days ago, this day on Aug 28 1963, Dr. Martin Luther King arrived in Washington DC after walking thousands of miles from Selma Alabama to Washington DC and asked for justice and equality for his black brothers and sisters; Standing in the Lincoln Memorial, he gave 'I have a dream's speech. Everyone has a dream, you, me, a child, a youth, an adult, a man and a woman. Nepali Community also has a dream and NASeA as an organization also has a dream. You might wonder how could an organization like a NASeA has a dream. But she does. Here I am referring NASeA as a female and yes she has a dream. Her dreams are reflected in the bylaws.



Dr. Sanjeeb Sapkota
Immediate Past President,
NASeA
(Speech given at the opening
ceremony of NASeA ANMA
Convention, Spartanburg, South
Carolina on Sept 1, 2013)

NASeA has a dream that no Nepali dies at a hand of a gunman while working to earn his living in a gas station. NASeA has a dream that the worker is well aware on the safety measures and means to protect himself. That he reads NASeA guide on Safety Measures and Means while working in a gas station. NASeA has a dream that person of Nepali origin particularly residing in the southeast—every child, youth, elderly are involved, engaged and included in NASeA. That every single Nepali person get what he or she wish from NASeA take her to a next level.

NASeA has a dream that no person of Nepali origin has to be denied health care or medical care because of lack of money or health insurance. That every Nepali gets adequate legal treatment and hearing. NASeA has a dream that every person of Nepali origin get adequate immigration and legal information when she or he needs. NASeA has a dream that every person of Nepali origin leads a healthy and risk-free live and she or he does not die due to automobile crashes or due to alcohol, high speed or texting while driving. NASeA has a dream that every organization that represents people of Nepali origin has an executive body that is in place through a true democratic process.

NASeA has a dream that children and youth of Nepali origin embraces and protects Nepali culture, heritage and values and love *Dheusi Bhailo* as they love Halloween's trick or treats. NASeA has a dream that Dheusi Bhailo, a truly Nepali tradition, is celebrated in every city and states of the US and that one day we go to White House to sing *Dheusi Bhailo* to the first family. NASeA has a dream that Nepali Community be a powerful, united, organized and competent community and be no less or be more powerful than any other community say Swedish American, Jewish Community, Vietnamese Community or Russian Community.

NASeA has a dream that people of Nepali origin come to the mainstream and achieve excellence in every area of their excellent as a sports person, entrepreneur, film maker, business person, fashion designer, chef and every first NASeA has a dream that one day there is a congressman or a senator or a secretary from the Nepali people of Nepali Origin. NASeA has a dream that all the hundreds and thousand people of Nepali origin in the United States, when they are capable, allocate their time and income for the empowerment of fellow Nepalese back in Nepal by supporting the salary of a teacher, or advocating in building bridges and all.

NASeA has a dream!

Request to the readers

This is our first attempt to bring *Shangri-La* to you. Please give us your feedback to improve the quality of this quarterly publication as far as possible. Please help us by sending your articles regularly at drpanthee@yahoo.com.