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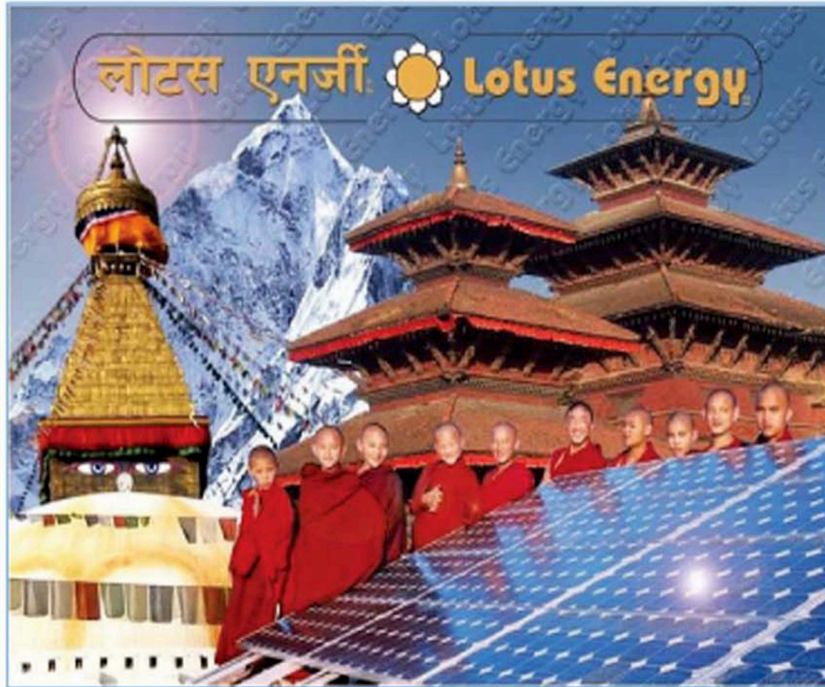
विजया दशमी तथा दीपावली २०७५ को  
उपलक्ष्यमा सम्पूर्ण नेपाली दाजुभाई तथा  
दिदीबहिनीहरूमा हार्दिक मंगलमय  
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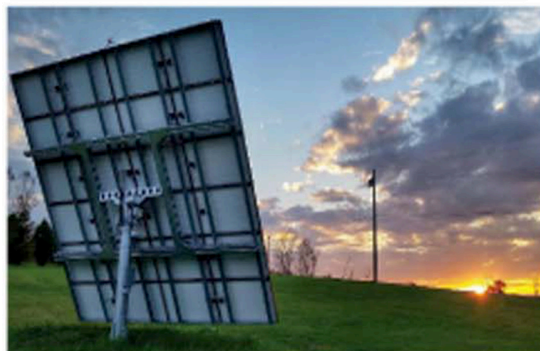
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**2. CEO S.Col. Engeneering**

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**4. Krishna Devkota**

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**अल्बानी चौतारी**  
**ALBANY CHAUTARI**  
**2018**

**Published By**  
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# Table of Contents

S.No.	Title	Author	Page
1.	President's Message...	<i>Krishna P. Devkota PhD.</i>	1
2.	Editorial	<i>Binod Thapa</i>	2
3.	Few Words from Founding President...	<i>Dr. Ashok Sedhain</i>	3
4.	ANNS Executive Committee 2017-2019	<i>ANNS</i>	4
5.	ANNS Executive Committee 2015-2017	<i>ANNS</i>	5
6.	Financial status	<i>ANNS</i>	6
7.	History of Nepalese Settlement in Albany, New York	<i>Laxmi P. Baral</i>	7
8.	अलैची (लघु कथा)	<i>Bharat Thapa</i>	9
9.	Parents' Role in a Child's Academic Success	<i>Ram Thapa PhD.</i>	11
10.	जीवनको मूल्य : बुद्ध नीतिकथा	<i>Ethic story</i>	12
11.	Value of Education	<i>Kamana Devkota</i>	14
12.	We Are The ANNS Youth Club	<i>Bhumika, Ashma, Labika, Sareena</i>	15
13.	Capital Region - Four Seasons, Family Friendly!	<i>Pawan Thapalia</i>	17
14.	Immigrants Journey : MD	<i>Prajesh Ghimire MD</i>	19
15.	Black History Month Essay on Katherine G. Johnson	<i>Jasmine Karn</i>	22
16.	The Blue Butterfly Foundation	<i>Siddhartha Maharjan</i>	23
17.	ANNS Events Photos	<i>ANNS</i>	24
18.	विश्वमा भाषाको स्थिति र यसको महत्व	<i>Yukta Timalisina</i>	27
19.	A Push Towards Success: An Interview With Priyanka Thapa	<i>...By Bhumika Devkota</i>	30
20.	Amrika	<i>Jeevan Gurung</i>	33
21.	Half of My Life	<i>Bhumika Devkota</i>	34
22.	Teej, A Women-Only Festival	<i>Ruby Karn</i>	36
23.	Mount Everest	<i>Prakriti Timalisina</i>	39
24.	Youths Rising, Despite Obstacles on their Way	<i>Ashma Thapa</i>	41
25.	ANNS at the Festival of Nations	<i>Jane Thapa</i>	43
26.	पी.आर. अनि कर्तव्य... (लघुकथा)	<i>Ethic story</i>	44
27.	हामी नेपाली धर्म, संस्कार र संस्कृति	<i>Tulsi Prasad Dhakal</i>	45
28.	नेपाल आमा	<i>Achut Lamichhane</i>	47
29.	Space	<i>Arpan Acharya</i>	48
30.	Facts You Probably Didn't Know!	<i>Regis Gurung</i>	48
31.	Creating an Impact for Our Homeland	<i>Krishna P. Devkota PhD.</i>	49
32.	A journey I'll never forget	<i>Labika Baral</i>	51
33.	Football, The Teamwork Sport	<i>Aryan Acharya</i>	53

# President's Message...



*To Respected Community Members,  
Namaskar!*

For a year and a half, I have had the privilege of being the president of the Albany New York Nepalese Society. I have worked with a team of wonderful and dynamic people who are passionate about this society and our Nepali heritage. With this proficient and motivated team representing different locations of the Albany Capital region, New York, we have managed to organize diverse activities that have brought us together as one big family.

I am pleased to see how far we have come. During the three and a half years of this society, we have gone through many things that have brought us closer to our Nepali identity. We had many cultural celebrations such as Nepali New Year, Teej, Dashain, and Tihar, which were made possible by the contributions of the members of the executive committee, board of directors, advisors as well as the society members. It was the commitment and hands of help from everyone that made our cultural celebrations possible. Along with those cultural celebrations, this year, we held our third annual picnic with great success. Furthermore, this summer, we ran one of the most popular programs in the society, Nepali class, for the second time. We also plan on participating in the annual Miss Festival of Nations for the fourth time. In addition to this, we formed a youth club aiming to encourage our youths to preserve Nepali culture and support society's events.

Another milestone of our society is to document several ongoing activities by publishing ANNS magazine, "**Albany Chautari**". I am so proud of the entire society members for providing their articles, wishes for **Dashain and Deepawali**, and advertisements of their private business, as well as collecting advertisements beyond our society. Active participation of kids, youths, and adults for the success of our very first publication has been amazing. It would not

have been possible to bring this souvenir in such a great shape without the very hard work of Chief-Editor, Mr. Binod Thapa, and the most amazing, wonderful, and cooperative editorial board members. I would like to take this opportunity to thank the editorial board and everyone who participated in this magazine - whether it was by being in the team, sending articles, or collecting advertisements - from the bottom of my heart. The publication of the magazine is a big step for our community, and it was made possible because of the commitment, contribution, and diligent work of all the members of our society. So, for that, once again, thank you very much!

The goal of this society is to bring everyone closer as a family and celebrate - as well as educate about heritage. I firmly believe that we are not only achieving that goal but exceeding it every day. Even though we are far away from home, we have managed to create another home here in Albany, and I couldn't be more grateful for it. This home will keep on building itself and being the best that it can be as it continues to grow bigger and bigger and bring all of us closer. The reason as to why we stand so tall is because of your care, support, and participation. And if everyone keeps up their loving ways as they do, I know that we will be standing tall even more brightly in the future. As a community, we continue and will continue to achieve incredible things, such as publishing this magazine and many more. It is because of your continuous support that provides us with strength and inspiration. Thank you so much for your trust and support. I wish you all **Happy Bada Dashain & Tihar, 2075!** ♥♥♥

*Dhanyavad,*  
**Krishna P. Devkota, Ph.D. (President)**  
**Albany New York Nepalese Society**

## Editorial



**P**eople in the diaspora always have a yearning for home even as they create new homes in their adopted country. These people are marked by hybridity and heterogeneity -cultural, ethnic, linguistic, national- for they occupy multiple spaces. Nepalesedisporic community living in the United States is no different. We celebrate our Nepali identity, delight in our cultural heritage, and enjoy our traditional cuisine with the same fervor as we do with the culture, cuisine, and holidays of our adopted homeland.

In the Capital Region of New York, it is the **Albany New York Nepalese Society (ANNS)**, an independent non-profit organization established in 2015, that has provided the platform to the Nepalese people to come together and celebrate our Nepali heritage, exchange ideas, and work as a community to promote and disseminate information about Nepal and Nepali culture to the people in the Capital Region and beyond. ANNS has worked hard at preserving and fostering the rich Nepalese culture, tradition, and historical heritage through various social and cultural events throughout the year. By organizing programs for us to come together to celebrate and engage in cultural exchanges during the festivals of Dashain, Tihar, Nepali New Year, and Teej; to organizing Nepali language, art, and culture classes for children and promoting Nepali culture by participating in the Festival of Nations program, ANNS has left no stone unturned in fostering the growth of Nepali culture in the region. In other words, in the three short years of its existence, ANNS has through everyone's cooperation developed into a thriving organization. This editorial board would like to congratulate all the community members for this major achievement.

With growth comes the need to disseminate proper and accurate information. As a result, this annual publication will be the official medium through which ANNS will inform its members about upcoming events, present reports on cultural programs and other activities of ANNS during the past year, and publish an official annual financial report. Additionally, this magazine will include informative articles in the form of essays, field reports, interviews etc. and creative works such as fictions, essays, stories, poems, and songs. It will be a space where we will highlight the creative output of our community members, especially young and upcoming writers, and, in keeping with the hybrid nature of our community's identity, the articles and reports will be published in both English and Nepali.

The first issue of **Albany Chautari** would not have been possible without the contribution of articles by our community members. On behalf of the executive committee of ANNS and the editorial board, I would like to thank all the authors for their valuable time and creative effort. Many of the articles are stunning and a true reflection of the talents of our community members. I am exceedingly proud of those who have contributed articles for the first edition and expect that number to grow in subsequent publications. Furthermore, I would like to thank all the business communities and individuals who have provided advertisements in our magazine and assisted us in our first publication. We are fortunate to have so many local businesses doing business directly or indirectly with the Nepalese community. We thank them profusely for their support and expect similar help and cooperation in the days ahead.

Finally, for all the work we have been doing, we need to do more as an organization. In addition to promoting Nepalese culture and language, we need to become a medium for cultural, social, and academic exchange between the Nepalese community and the larger American community. We could do better if we pool our minds to strategize and develop programs that will showcase the richness that we bring to the cultural, social, academic, and economic life of the Capital Region. That is the big task in front of us, and I sincerely hope this magazine to do its part in spreading awareness and promoting our contributions within the larger community in which we live. To that end, I would like to thank all the members of the editorial board for their commitment and hard work throughout the publication process. It has been my honor and privilege to lead this team of exceptional talent. Without their steadfast support, the publication would not have seen the light of day. We would, however, like to take the opportunity to apologize in advance for any glitches that might show up despite the diligence of everyone concerned.

*Thank you everyone for all your support and we wish you and your family a very **Happy Bijaya Dashami and Tihar-2075!***

Sincerely,  
**Binod Thapa (Chief Editor)**  
**Albany Chautari-2018**



## Few Words from Founding President...

Living in Albany has been an amazing segment of my life and the same is true for Samjhana, Shrijan and Ayami. It was a great honor to serve as the founding president of this wonderful Nepalese community in the capital region. I consider myself very privileged for the trust from everybody to lead the society during those years of the society's transformation in to 501c(3) organization registered in the Empire State of New York. I am thankful to all seniors, who have lived in the area for years and even decades, for their leadership in bringing the society this far.

There were various causes that contributed to transforming this organization into a 501c(3). One of the reasons was our desire to help our fellow Nepali brothers and sisters after the devastating earthquake in 2015. Helping hands and loving kind hearts across the globe were pouring what they could to recover our motherland Nepal after the earthquake's devastation. As a society we decided to chip in. We were able to collect 1.6 million rupees for this cause, which we later handed over to the then Prime Minister K.P. Oli. Most of us being first generation Nepali coming to the US, we have some learning curve, and this fund-raising campaign was no exception either. We had to adopt transparent financial practice compliant with US laws, which was one of the main reasons to have a registered organization. Even as we were exploring ways to preserve our cultural heritage in the area through a regulated institution, the desire to contribute to the healing process of Nepal gave us the final quantum push that made us choose this course for our society.

Our society has always been at the forefront of preserving and celebrating our Nepali cultural heritage, such as Dashain. Nepali cultural heritage showcases many festivals with every change in season. Dashain is the most prominent one and these festivals lead us to the path of virtues and good habits. Dashain instantly triggers our emotions with plenty of good memories. For this festival, local streets, temples, houses are cleaned

or renovated and unique traditional Nepali swings are erected giving a classic look to villages, towns, and cities. People enjoy flying kites, betting on dice (Langurburja or Khadkhade), playing



cards in groups and wearing new clothes. Breeze from the Himalayas flow in the clean sky of pleasant autumn, which along with flowers like lalupate (Red Rhododendron) and Sayapatri (Marigold) welcome back family members living far away from home or homeland. Dashain is in fact the greatest vacation of the year when Nepali people enjoy being with family, forget all worries and troubles, and get the blessings from elders. On this auspicious time of the year, I wish a very happy Dashain to everyone! May Goddess Nawa Durga protect us all and may mutual love, goodwill, and respect among human kind continue to grow. Our cultural events are wonderful platforms that not only show our rich traditions to the world but also work to strengthen our relationship with local communities. I encourage everyone to invite friends from other parts of the world if you find interest in partaking in those events.

I truly appreciate the active participation of the members of our society in our programs/events, especially their volunteering effort in various activities, committees, and sub-committees. Coalesced with dedicated members, **ANNS (Albany New York Nepalese Society)** is ready to take off under our new executives, who are working day and night to take the society to the next level since their taking office in 2017. Ongoing Nepali class in Latham and this publication itself are signature examples of where we are headed as a society. Through ANNS we hope to go a long-way. Please continue to join our effort as you all have been doing, since that is what makes our society so special.

*Thank you very much!*  
**Dr. Ashok Sedhain**  
*President (2015-2017)*

# ANNS Executive Committee 2017-2019

## Board of Directors



Lokendra Bam  
(Chairman, BOD)



Bawan Karn



Samir Thapa



Sing Raj Gurung

## Executive-Board



Krishna Prasad Devkota  
(President)



Laxmi Prasad Baral  
(Vice-President)



Jane Thapa  
(General Secretary)



Yukta Timalisina  
(Asst. Secretary)



Binod Thapa  
(Treasurer)



Danda Pani Achrya  
(Officer)



Deepak Dhakal  
(Officer)



Neeja Shrestha  
(Officer)



Roshan Raj Giri  
(Officer)

## Advisors



Bharat Thapa



Ashok Sedhain



Prakash Pradhan



Churamani Gaire

*\*\*Mr. Mahesh Thapa was ANNS general officer from March 2017 through september 2017 and left society due to his career relocation.*

# ANNS Executive Committee 2015-2017



**From left to right**

**Top row:** Bawan Karn, Bed Poudel, Prakash Pradhan, Bharat Thapa

**Bottom Row:** Loken Bam, Sing Raj Gurung, Samir Thapa, Naresh Acharya, Jane Thapa, Ashok Sedhain, Laxmi Prasad Baral, Deepak Dhakal, Bikram Thapa.

**President:**

Ashok Sedhain

**Vice President:**

Lokendra Bam

**General Secretary:**

Jane Thapa

**Treasurer:**

Laxmi Prasad Baral

**General officers:**

Naresh Acharya

Samir Thapa

Deepak Dhakal

Sing Raj Gurung

Bikram Thapa

**Board of Directors:**

Prakash Pradhan  
(Chairman, BOD)

Bharat Thapa

Bed Poudel

Bawan Karn

**Advisor:**

Mohan Thapa

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व्यक्त गर्दछौं ।

युवत तिमल्लिखना तथा परिवार

# ANNS Financial Statement Ending Chaitra 30<sup>th</sup> 2074

## Income Expenses Summary Report 2074

Income							\$ 8,188.29
	Membership-2074(108 X 25)				\$ 2,700.00		
	Membership-2075(Sushant Adhikari & Bikram Thapa)				\$ 50.00		
	Picnic Donation				\$ 12.00		
	Picnic (3 Guest charge Paid)				\$ 45.00		
	Bottle Return				\$ 5.80		
	Durga Pooja Donation				\$ 25.50		
	Dashain Party Collection				\$ 3,120.00		
	Donation				\$ 1,115.00		
	Tihar laxmi pooja				\$ 468.99		
	Festival Of Nations				\$ 646.00		
Expenses							\$ 4,909.93
	Picnic (Spot -\$150,Food-\$1127.92)				\$ 1,277.92		
	JCC Hall ( for Teej & Dashain)				\$ 750.00		
	JCC Hall Insurance				\$ 175.16		
	Teej (Misc-\$140.46)				\$ 140.46		
	Dashain (Food-\$2331.14,Tips -\$20.00)				\$ 2,351.14		
	Tihar (Food-\$95.25)				\$ 95.25		
	Reshma (Check 1091Cultural Dress)				\$ 120.00		
	Saving					\$ 3,278.36	
	Opening Bank Balance from previou:					\$ 3,443.88	
	Net Balance					\$ 6,722.24	

\* Total no. of Members are 114 ( 6 member were made before handover).



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# History of Nepalese Settlement in Albany, New York

Nepal is a beautiful country in the Himalayan region. The small Asian country is filled with probably the happiest people on this planet. These people have grown up in nature's lap and enjoyed a diversified natural environment all their life. They have a deep connection with nature because they grew up with the amazing terrace lands, forests, rivers, waterfalls and the mountains in the northern belt . They have grown up with the many festivals, all of which bring them to be culturally connected with each other. These festivals structure the unity and cultural diversity of Nepal. Knowing all of this about our country and our ancestors, we set out to investigate the motivation to move to Albany and the history behind it.

The diverse America is a land of opportunity, freedom, and justice, open to receive everyone in the world. Immigration to the US has made it the country it is now. It is believed the very first humans came to America through the Bering Strait just over 20,000 years ago. Starting in the 1600s, the phenomenon of immigration brought many people to this country, whether by choice or by force. People have migrated for better economic opportunities and, in general, improvements to their basic living conditions. Most of these immigrants who cross the American border have faced agricultural failure, unemployment due to the rising over population, or religious and political chaos back in their native country. They have come to the US attracted by land, opportunity, and most of all, freedom. Asians, in particular, started to migrate to the US and came through New York's Ellis Island and San Francisco's Angel Island. Most of them live in three states: California, Texas, and New York. Immigrants have diversified the ethnic mix with the languages and traditions they have brought to the US.

Nepalese only make up a small portion of the number of immigrants coming to the US. These immigrants are mainly concerned

employment, political stability, and economic growth. People want a better life for themselves and their family in a safe environment where they can thrive. Even with the endless opportunities it has to offer, moving to the US

isn't as perfect as one might think. Especially with Nepalese immigrants, there are often many problems they face before fully reaching the dreams they had set out to achieve. Immigrants are too far from home and sometimes it is difficult assimilating to the new country. However, Nepalese immigrants usually band together in the US and create groups to cope with these problems and preserve their cultural values. According to the 2010 census, there are more than 5,000 Nepalese immigrants living in Jackson Heights, a small neighborhood in Queens, NY. The community, however, feels the number would be more fitting had it been four times that amount. This is one of the most popular neighborhoods for newly arriving Nepalese immigrants and is continuing to rise in numbers. Similar to this, Nepalese immigrants first immigrate to denser cities for more job opportunities and a easier start in this huge country. As they accumulate wealth and get better jobs, they usually move further out into the countryside or less crowded areas, such as Albany.

The history of Nepalese migrants in Albany is one that dates back to the mid 1900s. However, without proper documentation, that timeline is not easy to recreate. The first Nepalese people who came to Albany were employees of Nepal Electricity Division, and they came to receive training under the company GE. Word about the wonders of America did not lack to spread throughout the Himalayan country, and as a result, the number of immigrants gradually increased. It



wasn't until the late '70s, when the first Nepalese family, a family from the Newari community, managed to come and settle in the heart of Schenectady. In 1986, the oldest current resident of the Capital Region came and settled in Troy. At around that same time, two Nepalese students came to Rensselaer Polytechnic Institute (RPI) following their education. After completing their studies, they returned back to Nepal. Since 1990 many Nepalese students came to Albany, solely to study in two of the best schools that the capital region has to offer, RPI and SUNY Albany. They found jobs upon studying here and have stayed in the city to give back to the community that made them. According to some Nepalese, they were attracted to this specific region because of jobs in GE, Global Foundries, Albany Molecular Research Inc., Healthcare industries, and the IT sector. As a community of Nepalese began to form, relatives started moving here too, working in labs, state jobs, and opening up their own businesses in cosmetics, parlor and other areas. As a result, a large community started to form in the capital region. Regardless of what Nepalese came for, they have stayed and helped produce a rich community in the capital that we can call home.

Albany, the capital of New York, has many admirable qualities that have persuaded Nepalese to stay. It is within close proximity to New York City, Canada, and many other popular areas. People usually stay for the serenity within Albany as well. The beautiful hills and the topography of Albany are said by some to be a reminder of Nepal. Personally,


my family and I were attracted by the hills and landscape in the Capital Region. Even if they may not be right by one's house, there are also many charming rivers and lakes which are open to the whole community. Hudson River is right by us, along with Lake George, Lake Placid and the Adirondacks, which are just one hour away. The Capital Region also offers great school districts, which is every parent's desire before moving somewhere. RPI and SUNY Albany are attractive educational institutes for those wanting to move for education. Moreover, the Capital Region includes a beautiful Hindu Temple to help Nepalese community continue their culture and tradition. The weather might not be favorable at all times, but most people find it great that you can enjoy 90° weather in the summer and still manage to make a snowman in the winter.

The fact that there is a great Nepalese society already residing in the capital furthers the connection people have for this region. In 2015, the Nepalese living in Albany established the organization Albany New York Nepalese Society (ANNS). With more than hundred active adult members, ANNS helps preserve Nepali culture through Nepali picnics, parties, and classes for the kids. ANNS also provides a platform for newly arriving Nepalese to create connections with people and socialize in ways they couldn't have without the society. We hope the story of Nepalese migration in Albany continues to grow, and we welcome new migrants with open arms. ♥♥♥

## विजया दशमी तथा दीपावली २०७५ को उपलक्ष्यमा

सम्पूर्ण नेपाली दाजुभाई तथा दिदीबहिनीहरूमा  
हार्दिक मंगलमय शुभकामना  
व्यक्त गर्दछौं ।







### नरेश आचार्य तथा परिवार

# अलैंची (लघु कथा)

एकादेशमा एउटा प्राकृतिक रूपमा बिछट्टै राम्रो गाउँ रहेछ रे। टाढा छर्लङ्ग देखिने हिमश्रृङ्खलाहरू, सेतो भित्तामा कालो पोतिएका आखिँयालहरू, रूखै भुक्ने गरी पहेँलपुर जुनार, सुन्तलाहरू, मनमोहकताको वर्णन अनन्तसम्म गरे पनि सकिन्न रे। त्यही गाउँको माथि भञ्ज्याङ्गमा सुकुमेलको अनि लप्सीखोला पारि अलैंचीको घर रहेछ रे। गाउँको बीचमा रहेको अजङ्गको फणिलको रूखमुनी बसेर कुरा गर्ने मौका पाउँथिँती दुइले।

भण्डै बिहान ४ बजेको होला, मंसिरको २ गते चिसो जाडो छ। दुइपल्ले याल मेरो कोठाको पुर्वपट्टि एउटा सानो योडबाट टक टकको आवाज आउन थाल्छ। उज्यालो भुईँमा खसै बाँकी छ। म ब्यसकेको थिएँ। सबेरै उठेर साँझको फ्लाइट समाप्त समयमै सहर पुगु छ। याल खटक्क चल पुगुछ। काँटिँ गरेको सानो स्वरमा, राम्रोसँग जानुहोस् है, भन्न यालबाट निस्केर आएकी। बा थपय्याङ्गमै सुत्नु भएको छ। सबैजना उठ्नु भन्दा पहिले नै पुगनुछ।

ओहो.... अलैंची हस्याङ्गफस्याङ्गमा याल उघारेर उनलाई भित्र ताने। साँहै आत्तिकोले अङ्गालोमा लिदै भने तिमी नरोउ, मैले यहाँ कुनै मौका पाउन सकिन्न, फेरी हाम्रो भविष्य बनाउनु छ अनि हेप्नेहरूको मुख पनि बन्द गर्नु छ, आएर सम्मानकासाथ बस्नु छ। त्यसैले विदेश जान लागेँ तर सकेसम्म चाँडो तिमीलाई लिन आउँछु।

सुकुमेल, सबैकुरा सधैँ तपाईँले सोचे अनुसार हुन्छ त ? मेरो विवाह गरिदिए भने ? किन जान प्यो खेतीबारी गरेर बसे हुँदैन र ? जुनार, सुन्तला, फणिल, अम्बा, नास्पाति, ऐसेलु खाँदै रमाउँदै बसौँला नी ?

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अलैंची, म राम्रोसँग आइपुगेँ। विदेश भए पनि आइपुगेको ठाउँमा हाम्रो देशको दाजुभाइहरू निकै हुनुहुँदो रहेछ। अर्को हप्ताबाट काममा जाने व्यवस्था मिलाइ दिनुभएको छ। जति घण्टा काम गयो त्यती घण्टाको दरमा डलर दिने रहेछ।

वहाँहरूले यहाँ एक सामाजिक संस्था पनि खोल्नु भएको रहेछ। यसो गाँहो सारोमा मद्दत गर्ने रहेछ, त्यसैले तिमीले चिन्ता गर्नु पर्दैन। म पनि अब संस्थाको सदस्य बन्छु।

अलैंचीले भनिन् अब फेरि पुग्न पाएको छैन, केको संस्था ? खुरुखुरु बढी घण्टा काम गरेर बढी डलर छान्न तिर नलागेर ?

तिमी पनि कुरै नबुझेर कराउछेउ, सामाजिक संस्था त्यहाँ पनि छन् त हेर त सामाजिक संस्थालाई “सबैले केही दिएका छन् भने केहीले सबै दिएका छन्” होइन र ? मैले त यसो केही समय सम्म दिने त हो। हेरन व्यक्ति आफैँ अभिभावक बन्दो रहेछ, परिवारमा पनि अभिभावक चाहिँदो रहेछ र धेरै परिवारको समुह भएपछि सामुहिक रूपमा त्यो समुहकै अभिभावक पनि चाहिँदो रहेछ, हाम्रो यहाँको समुहको अभिभावक चाहिँ संस्था नै हो रे। संस्थाले हाम्रो परम्परा र संस्कृतिलाई जोगाउने भनेर केटाकेटीलाई नेपाली भाषा पनि सिकाउने रहेछ। फेरी चाडपर्व मनाउन कस्ले सुरु गर्ने भनेर सोचिर



मर्त थापा शिन्धुली

हन नपर्ने, संस्थाले नै व्यवस्था मिलाउने रहेछ। तिमिलाई थाहै छ, आफ्नो संस्कृतिलाई निरन्तरता दिन सकिएन भने त यहाँभएका हाम्रो देशका केटाकेटी यतैका हुन पुगछन् त्यसैले आफ्नो भाषा र संस्कृतिलाई निरन्तरता दिँदा उनिहरूले हाम्रो परम्परा बुझ्ने मात्र नभएर, हाम्रो देशको सांस्कृतिक सीमा पनि बढ्न पुगछ, त्यसैले मैले सकेको सहयोग गर्छु। पेटै पाल्न त गाईवस्तु, पशुपंक्षी सबैले पालेकै छन् नी, होइन र ?

ओहो, तपाईँ त त्यहाँ पुगेर भगवान राम कृष्ण जस्तै उपदेश दिने हुनुभएछ त ? हसायौँ तिमिले, संस्थामा दाजुभाई सँग एक जुट हुन खोज्दैछु त्यसैले बल्ल रावणको उपदेशको शिरोधार्य गर्दैछु। भाई नफुटनु रावणले भनेका थिए रे, सिद्धै कुरामा म राम भन्दा बलवान भएर पनि भाई फुटेको कारण मैले हार्नुप्यो।

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ओहो, ३ वर्ष बितेको थाहै भएन, कामको कामै, अब त जहाज अवतरण गर्ने लागेको छ, घामको किरणसँगै चारैतिर टलक्कै टलक्कै हिमालहरू भकभक चम्किएका छन्। अलैंची पनि आगमन कक्षमै होलिन् कस्तो मुटु धड्केको ? हर्षले गद्गद् भएर होला। माटो टेक्दा शरिरमा उर्जाको संचार बढ्यो रे, अलैंचीलाई देख्दा रातो अनुहारमा आँसु टपकिदै थिए रे, हर्षाश्रु। पूगेकै हप्ता अलैंची र शुकुमेलको विवाह सम्पन्न भएछ रे।

विदेशमा बस्दा त अरु नै थिए होलान, मेरो याद के आउथ्यो हगी ? हो वास्तवमा वहाँ बस्दा तिम्रो भन्दा बढि

माया यो हामी हुर्केको ठाउँ अर्थात यो धर्तिकै लाग्थ्यो । ए, त्यसो भए बस्नुस् यहि धर्तिसाँहिडै म त माइत तिर ।

पुगेको दोश्रो हप्ता, एक पूराना राजनितिज्ञ मित्र साँ चिया खाने मौका परेछ रे शुकुमेलको । कुँ हो मित्र, कहिले आइपुगियो ? तपाई त पलाएन, देशको माया पनि नलाग्ने रहेछ ? शुकुमेलले मनमनै मित्रको हाउभाउ निकै बढेको अडकल गरेछ, अंगरक्षकलाई हेर्दा डर लागदा, हात्तिका देखाउने दातँ भन्दै बसेर नम्र हुदै, हिँडोस्न गएपछि आइहाल्ल कहाँ पाइन्छ र ? जहाँ पनि काम गरेरै खानुपर्छ । तपाईले सोधिहाल्लुभयो विदेश किन जाने भनेर ? सबै मानिस सामान्य परिवेसमा मुलतः आफ्नो पारिवारिक परिस्थिति उकास्ने भित्री खुल्दुलीले नै जाने गर्छन । कोही फर्किन्छन, कोही उतै बस्छन । ति नितान्त व्यक्तिगत निर्णय हुन्, किन भन्ने हुँदैन । हाम्रो अर्थतन्त्र र शान्ति सुरक्षा राम्रो भयो भने यो भूस्वर्गमा विदेसिएकाहरू पनि आफैँ फर्किन्छन्, आउनुहोस् भन्ने पढैन । अह्न विदेशी विज्ञहरू पनि यहाँ आएर काम गर्ने सम्भावना धेरै हुन्छ । संस्कृतिलाई जोगाएर राम्रोसाँ बसे आउनुपर्छ भन्ने पनि होइन । बरू, विदेशमा छरिएर रहेको हाम्रो धेरै जनसंख्या छ । सामाजिक संघसंस्था पनि खोलेर

बसेका छन । तपाईको पहलमा हाम्रा विदेशमा भएका नियोगहरूले पनि आफ्नो परम्परा र संस्कृतिलाई जोगाउने खालका कार्यक्रमहरू उनीहरूसम्म पुर्याउन सके त्यहाँ भावी पिँढीमा पनि परम्पराले निरन्तरता पाउन मद्दत मिल्थ्यो । तपाईहरू घुम्न आउनु आफ्नै संस्कृतीमा रम्नुहुन्थ्यो । अफ्टयारो परिस्थितिमा विश्वको कुनाकुनाबाट आफ्नो देशको पक्षमा बुलन्द आवाज आइरहन्थ्यो । म झुक्दै नझुक्ने नेपाल कि छोरी, म झुक्दै नझुक्ने नेपालको छोरो होइन र ? धेरै राम्रा कुरा गर्नुभयो । बाहिरै बसे पनि देशको माया त लागदो रहेछ हगी ? ल हुन्छ सांस्कृतिक सीमा बढाउन भन्नुभयो त्यसैले म कोशिस गर्छु, पूराना मित्रले भनेछन रे । जहाँ रह्यो संस्कृति, त्यही बाँच्यो सन्तती ।

अलैचीलाई विदेश ल्याएको पनि १५ वर्ष भएछ । आफ्नो देश फर्किने ? भन्दा, राम्रै छ, बुढेसकालमा के जाने भन्छिन् रे त्यसैले शुकुमेल दोधारमै छ रे ।

भन्नेलाई फूलको माला, सुन्नेलाई सुनको माला । यो कथा बैकुण्ठजाला, भन्ने बेला सरासर आइजाला ।

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# Parents' Role in a Child's Academic Success

My son! My daughter! These are the words most people, if not all, talk about the most during their life time. These are the relationships everybody cares about the most. And it is evident that parents can spend everything on their children, even their whole lives. My wife and I are no exception to it. So far, we have done and are doing our best for our three children: two daughters and a son.



**Ram Thapa, Ph.D.**

With the help of her extremely hard work and a little bit of luck, our oldest daughter is going to start her sophomore year, second year of undergraduate study, at Harvard University, probably the best and most prestigious university in the world. Although it is her work that has sent her to Harvard, our whole family has played an important role in her success. There are several expert ideas given for parents' role in children success. However, in my view, no one idea is perfect. It depends upon the student what is better for him/her.

Our daughter's academic success was accomplished by an appropriate combination of her focus on her goal and our family's facilitation to achieve that goal. Personally, I feel a student's goal driven attitude supplemented by hard work makes one successful. Of course, one needs to be talented as well. A student needs all these qualities. Only then comes parents' roles in their child's success. When we realized that our oldest daughter, Priyanka, had all these qualities to achieve higher academic success, we supported her in whatever she needed.

When we came to the United States in 2001, we had only one child, Priyanka, who then was just over a year old. After adjusting well to the new country and environment, we chose an area with the best schools. However, the localities with the best schools had housing expenses at least 50% higher than I could afford, being a teaching assistant with a family of three to support.

Nevertheless, compromising with our other expenses, we decided to move to the area with the best schools in the area. This was the starting point of our daughter's academic success as she was competing with students coming from academically sound families. As Priyanka grew up, we started to teach her the values of education. From elementary to middle school and then from middle to high

school, with each step, she increased her focus in studies gradually. Finally, she achieved her first big goal in life, by getting admitted to the arguably the best university in the world, Harvard University. For the time being, I am calling her success as an academic success because she still has a long way to go to be successful in life. Nobody should stop after achieving one success in life because life doesn't end with the achievement of a single success. To be on the top, one has to achieve one success after another.

As parents, my role was different from my wife's for the academic success our daughter has achieved. My wife, Jayanti, invested all her time in our daughter's success. She even compromised her career to be with our daughter wherever she needed to go. Jayanti stayed home so that our daughter could go to any programs after or during the school which would enrich her knowledge and skill. Getting accepted into one of the top 10 schools is not achieved by only your higher grades and standardized test scores; rather one needs to prove what good things she/he did and will continue to do for the community. In a reversal, one cannot get admitted to the top schools only due to volunteer and leadership work that benefit the community she lives in; she/he needs to keep her/his academic grades and other academic scores high. For this, a student needs to be talented as well as a hard worker. Our daughter is an appropriate combination of this. As the father, my role was to keeping her

motivated by pointing out the great future waiting ahead for her. I never forced our daughter to study; rather I would tell her to go to sleep in ontime when she used to work late at night to complete her task. However, she just woke up earlier to complete her tasks. I knew our daughter was talented and a hard worker. Therefore, I encouraged her to work harder. However, if she had been at risk of burning out with all that work, I would have never encouraged her to do so. Therefore, my suggestion to parents of college bound students or even middle school students is to find what drives your children. As everybody is different from one another, the way of motivating your children may be different. Identify what your child reacts to and how they react to those certain things and then plan accordingly. What worked well for my oldest daughter may work well for my other two children or it may not. The same thing applies to your children.

Although there are several behavioral science studies that have been done on the impact of parents on their children's success, no one can claim that any

formula works for sure for all the kids. Recent psychology research says, "Parents of successful kids have 13 things in common," a few of which are (1) Parents teach their kids social skills, (2) They have high expectation from kids, (3) They have healthy relationship with their kids, (4) They teach their kids math early on, and (5) They value effort over avoiding failure. Although all these qualities may be essential for one's kid's success, I am still a firm believer of the fact that only parents know their children, their weaknesses, and strengths; therefore, only they can model their children to be academically successful and even successful in life. I suggest parents to invest your time in your children and teach them moral values to be successful in life. I am always there to help parents with the experience I have gained in life.

Last but not the least, we should teach our children to win success that is ever lasting, not that is momentary. Do something that helps the world positively. ♥♥♥

एकपटक एकजना मान्छे भगवान् बुद्धको नजिक गएर सोध्यो मलाई यो जीवन किन मिल्यो ? यत्रो संसारमा मेरो जीवनको मूल्य के होला ? भगवान् बुद्ध उनको कुरा सुनेर मुसुकक मुस्कुराउँदै एउटा चम्किलो ढुङ्गा दिदै भन्नुभयो तिमीले

बजारमा गएर यो ढुङ्गाको मूल्य पहिला बुझेर आज तर मूल्य सोध्ने मात्रै हो बेच्ने होइन नी भन्दै एउटा ढुङ्गा हातमा थमाइदिनु भयो ।

त्यसपछि उक्त मान्छे ढुङ्गालाई हातमा लिएर मूल्य बुझ्न बजारमा गयो । बजारमा पुगेपछि एकजना फलफूल व्यापारीलाई त्यो ढुङ्गा देखाउँदै यसको मूल्य कति हो ? भनेर सोध्यो । फलफूल व्यापारीले ढुङ्गालाई ओल्टाई पल्टाई गरेर हेर्‍यो ढुङ्गा त निकै चम्किलो छ पक्कै मूल्यवान् होला सस्तोमस्तोमा पाए लिई राखौं भन्ने सोचेर व्यापारीक हिसाबले बोल्‍यो खासै महत्त्वको ढुङ्गा जस्तो त लाग्दैन तै पनि एक भोला आफ्नै दिन्छु यो ढुङ्गा दिने भए देउ मलाई भन्यो । फेरी अर्को तरकारी व्यापारीकोमा पुग्यो ढुङ्गाको मूल्य सोध्न, तरकारी व्यापारीले यो ढुङ्गा दिने भए एक बोरा आलु दिन्छु भन्यो ।

यसरी बजारमा दिनभरी ढुङ्गाको मूल्य सोध्दै सोध्दै गएर एकजना हिरा व्यापारीकोमा पुग्यो । हिरा व्यापारीले ढुङ्गा देख्ने बितिककै चाल पायो यो त अमूल्य हिरा हो, जो दुर्लभरूपमा मात्रै पाइन्छ । हिरा व्यापारीले भन्यो त्यो ढुङ्गा मलाई देऊ म तिमीलाई एक हजार दिन्छु । तर उक्त मान्छेले ढुङ्गा बेचलाई सोधेको त होइन । त्यसैले त्यो मान्छे फर्किन थालेको मात्रै थियो

फेरी व्यापारीले १० हजार दिन्छु भन्दै भन्दै एक लाखसम्म मूल्य दिन तयार भयो । हिरा व्यापारीले कुनै पनि हालतमा त्यस्तो रत्न आफ्नो

## जीवनको मूल्य : बुद्ध नीतिकथा



हातबाट फुत्काउन चाहन्थ्यो र भन्यो हेर्नुस् यो अमूल्य रत्न हो, मलाई दिनुहोस् म तपाईंले भनेको जति रकम दिन तयार छु । ढुङ्गाको मूल्य सोध्दै हिड्नेलाई थाहा भयो यो ढुङ्गा अमूल्य रहेछ भन्ने कुरा त्यसपछि उनी सिधै भगवान् बुद्धको आश्रममा पुगेर ढुङ्गा फिर्ता दिदै सारा वृतान्त सुनाए ।

भगवान् बुद्ध मुस्कुराउँदै भन्नुभयो यो ढुङ्गालाई फलफूल व्यापारीले एकभोला आफ्नो मूल्य तोक्यो, तरकारी व्यापारीले एक बोरा आलु अनि हिरा व्यापारीले भन्यो अनमोल रत्न हो ।

यो ढुङ्गाको मूल्य जसले जति बुझ्यो उसले उति नै मूल्य तोक्यो, त्यस्तै यो जीवन हो, प्रत्येक मान्छे एउटा हिरा समान हुन् । संसारले उसलाई जति बुझ्छन् त्यति नै उसको महत्त्व र मूल्य दिन्छन् । तर मान्छे र हिरामा एउटा फरक यो हुन्छ कि हिरालाई कुनै अर्को मान्छेले ताछेर मिलाएर सुन्दर आकर्षक बनाउछ भने मान्छेलाई आफैले आफैलाई ताछेर मिलाउनुपर्ने हुन्छ । तिमी पनि आफैले आफैलाई ताछ्नु, मिलाउनु, आकर्षक बनेर आफ्नो चमक संसारमा फैलाउनु, एकदिन तिमीलाई पनि तिमी मूल्य बताउने हिरा व्यापारी अवश्य मिल्नेछ । ♥♥♥



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# Value of Education



 **Kamana Devkota**

Education is the vitamin of our soul. Our brains are the roots that soak up this nutrient, expanding the branches of our minds and broadening our hearts. It is a lethal weapon, that can help us speak up against the wrong doings of the world and welcome in peace. I perceive education as an essential part of our life. It shapes us into who we are, how we think and how we act. I believe in the importance of education, the importance of learning and it pains me to see so many students who don't feel the same way.

Coming from a family that values education more than anything, I have been told to do excellent in school my whole life. "How are your grades, Kamana?", "How are you doing in school?", "Are your scores okay?". These are the things that I get asked about on a daily basis by my parents as well as by my grandparents, aunts, uncles, cousins and many others while talking on the phone. While this was, and still is, annoying to hear, over time, I have come to appreciate their advice. I realized that the life they lived wasn't a clear path. It was a lot tougher than that, like an unpaved road with sharp turns and gigantic boulders.

My grandfather, who grew up as a farmer, never got a proper education. He never stepped a foot in a school. He never got taught how to read. He lived a tough life of hard labor. However, he knew that getting some education would get him somewhere in life. Later on in his life, he taught himself how to read. He made sure that my dad and my uncle went to school. He didn't want them to live the life that he lived. If it weren't for that, my dad and uncle wouldn't be where they are right now. Perhaps they would still be working in the village, deprived of education.

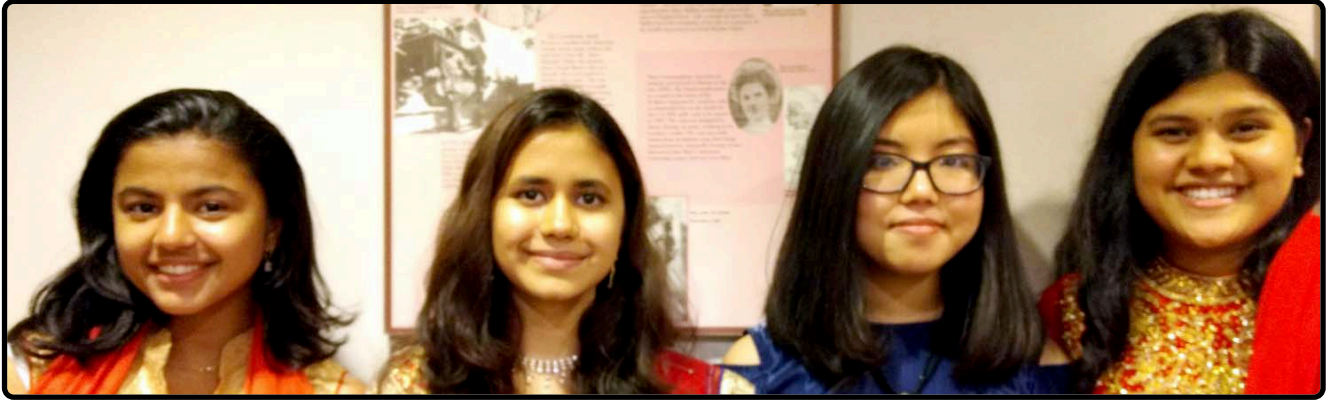
Even when I get frustrated with school work, knowing this gives me the strength to keep learning. I know that school is hard. Sometimes, I want to rip my homework and throw it away too. Whenever I feel that way, I however think of all the hardships my parents and grandparents went through to get where they are now. It would be cruel to dismiss that.

The more I look around, the more I realize how much we have grown as a society due to education. It is hard to believe that once, instead of understanding

that the lack of good harvest had to do with bad soil, we thought that the Harvest God being angry. It takes one curious mind yearning for education to revolutionize the world. Where in life would we be without all the things that we take for granted? Think about the developments we have made with medicines and technologies. The human species started out as nothing more than any other animals, but now, we are much more that. Now we can cure many illnesses. We can go hundreds of miles without walking. We can communicate with people around the globe in seconds. This is the result of centuries worth of knowledge, all of it stacked on top of each other, building a skyscraper for a better future. Now, it's our turn to add the bricks.

With education, we will develop new technologies, improve our medicines, innovate our ideas, and do things that no one could have ever imagined of. With education, we can realize the rights from the wrongs. The more we know and understand, the more powerful we become. We will have the power to end wars and poverty within our hands. We will learn to voice our thoughts and opinions. We will learn that we have the ability to rebel and revolt against corruption. And as we grow old, knowledge will grow with us, making that skyscraper even higher. Because with education, we will make our future shine bright like the sun. With education, we will change the world. ♥♥♥

# We Are The ANNS Youth Club



*Labika Baral, Bhumika Devkota, Sareena Gurung and Ashma Thapa,*

On May 5<sup>th</sup>, 2018, three girls sat anxiously at an Albany New York Nepalese Society (ANNS) regular board meeting. They, Bhumika Devkota, Ashma Thapa, and Labika Baral, were waiting to propose their idea of a Nepali Youth Club to the board. The three of them were exchanging nervous looks and smiles as the

proposal of the Youth Club, halfway through the meeting, those three girls stood up and started presenting. That was the day when ANNS approved and recognized Youth Club as its first club. The founding of Albany New York Nepalese Youth Club (ANNYC) also marked the way to form



*Albany New York Nepalese Youth Club (ANNYC) Henna painting at 2018*

meeting started. Their fingers tapped out of nervousness, and throats dried up as they drank water and coffee in one or two sips to relax. Without any idea of how the board members would react to the

other clubs as a part of new activities in the community. However, while the club was founded in May, the inspiration for the club began months before.

At first, when the idea of a youth club came to Bhumika Devkota, back in February 2018, she shrugged it off. She knew that other societies had these kinds of clubs, but in the Nepali society here in Albany, it seemed kind of a far stretch, especially since the society itself was fairly new. However, with convincing from her sister and society's president, Bhumika texted Ashma Thapa about the idea. Ashma, she knew, would really want this to happen. Soon after they exchanged some thoughts about their plan, they met up and immediately contacted Labika Baral. In less than a week, they had a proposal planned with objectives and activities, ideas that they would like to do. The wait was hard but that day, at the board meeting, it became worth it.

One of our (the members of the youth club) main focuses became youth empowerment. This year, youth have risen for the causes that they support more than ever. It was in the spring of this year, which was the time that we were working on the idea of the club, when the Parkland, Florida school shootings happened. Many kids in the society were involved in the "National School Walkout" and "March For Our Lives" rally. It was a time when youths showed leadership, took opportunities, and raised their voice to empower themselves. Spring of 2018 was a time of inspiration and determination for the youths, including us. Youths rising up and making themselves a valuable member of the community, even at such a young age, is needed now more than ever. When we were discussing what our objectives would be, it became clear that we wanted to provide opportunities to the Nepali kids in our society so that they could challenge and empower themselves by seeking leadership positions, experience, and involvement in the ongoing activities of ANNS.

It was the 2018 ANNS picnic where we had our first activity: henna, face painting, and recycling of bottles and cans. We were, no doubt, nervous of how it was going to be like. We didn't

have an idea of how many people were going to participate. And when our tiny space got busier, we started to worry about the supplies running out. However, with the management of Bhumika Devkota (Co-President) and Ashma Thapa (Co-President), along with our brilliant artists Kamana Devkota (ANNYC Board Member) and Sareena Gurung (ANNYC Treasurer), and of course, the support of all aunties and uncles, we went into 100 plus dollars of profit. Our first activity was a huge success. ANNYC also successfully ran the last Nepali class on September 4<sup>th</sup> this year. The activities we wanted to do in the Nepali class was carefully planned by ANNYC executive team; Bhumika Devkota, Ashma Thapa, Labika Baral (ANNYC Vice President) and Sareena Gurung. We also wanted to thank the Nepali Class Coordinator, Yukta Timalsina uncle, for giving us the opportunity.

We haven't been a club for that long. However, in that short amount of time, we have managed to gain so much support from the parent organization, ANNS. We hope that more people become aware of us and more young members join the Club and become more active member of our community. Yes, when we founded the youth club, we wanted to focus on youth empowerment. And yes, that is more important now than ever before. However, the youth club is also there so that the kids in the club can feel a sense of a Nepali community and be prouder of their Nepali heritage as they learn more and more about Nepal and their minds expand. And being a member of the youth club isn't hard. The only thing required is that parents of the child are members of ANNS and that the child is within the age range of 14 to 20 years old. Being part of the youth club not only provides leadership opportunities, experiences, volunteer hours, and serves as a booster for your college resume, but it also lets you be more in touch with who you are as a Nepali. We hope that all the kids reading this will be interested in being a part of the club and that all the adults will keep on supporting us like they did at the picnic. Namaste and thank you! ♥♥♥



# Capital Region - Four Seasons, Family Friendly!

In learning to love my American hometown of Albany, NY, I have come to love the four distinct seasons. Below are some thoughts about how you, too, might develop fun things to do all year round ... even in the winter!



**Pawan Thapalia**

## Winter

We all know winter can be long, cold and dark. But, rather than hiding under a blanket, let's change the way we think about winter so that we welcome it! That's what I did.

When I came to Albany about 25 years ago, I was stunned by the snow and cold. Before long, though, I found this a great place for winter sports, such as snow tubing, sledding, cross country skiing, ice skating, downhill skiing and even camping. In addition, we are fortunate to have the Adirondack Mountains so close by, where there are lots of things to do.

I know, winter is not everyone's cup of tea. It was not easy for me either in the beginning. I fell so many times balancing on skis and ice skates, but those are good memories now. Even if you don't want to ski, remember there are lots of other activities you can do. Just try! Embrace the fun, exhilarating and equally healthy time outside. Just be sure to dress warmly gear - jacket, gloves, boots and hats - and the winter will be yours to enjoy.

### **Here are some things to try in the winter:**

**Sledding/tubing:** Perfect for family fun. Bundle up and take a flask of hot chocolate, some cookies or granola bars, and few \$20 sleds or tubes. The Albany Municipal Golf Course and Tawasentha Park are great places to sled ... and it's free.

**Ice Skating:** So many places offer this and rent out skates. The Capitol Plaza rink and Buckingham Pond are outdoors, while the Bethlehem YMCA and Swinburne Part are covered or indoors.

## Skiing/snowboarding:

Look for "Learn to Ski" programs, where ski resorts offer the cost of rental and instructions for multiple days in a package deal. Also, try is cross-country skiing, which is free in most places, like town and state parks. This is my favorite thing to do,

## Downhill Tubing:

Some ski places offer tubing, where a pulley drags you in a large rubber tube to the top of a hill for an exhilarating ride down.

Try Gore Mountain, Hunter Mountain or places in Vermont and Massachusetts. This is especially fun for big groups.

Creating fun memories, especially adventurous ones, is not only good for health and mind, but also for your family togetherness. I hope that like my family, yours will take these ideas to get outdoors and enjoy the winter months, with a lifetime of stories and memories to share.

## Spring/Summer

When winter gives way to the longer and warmer days of Spring and Summer, I am sure I don't have to convince you to go outside and enjoy the green, lush countryside we have in the Northeast. Here are some of my favorites:

**Biking:** Good for all fitness levels to explore places and have fun. Visit bike paths like the Corning Preserve, the Mohawk-Hudson Bikeway along the old Erie Canal path, Thatcher Park or the Albany Pinebush.

**Hiking:** So many options! Researchers say that time spent in the forest is linked with increased mental wellbeing ... and I can believe it. Some of my favorite "hidden" places: Christman Sanctuary, Plotterskill, Peebles Island, and Thatcher Park. Look around your neighborhood, and I bet there is a trail just waiting for you.

**Camping:** Nothing beat the bonding and memory making that camping provides. We are blessed with so many campgrounds close to us in the Adirondacks. Years later, you will reminisce about the time spent putting up a tent, making fires, cooking, swimming in a lake or stream, catching salamanders. Love it!

**A special word about kids in the summer:** Studies clearly show that activity is essential for a healthy body and brain. Being active outdoors benefits kids intellectually as well. They learn better, prioritize their work, and retain what they learned. They make lasting friends and develop a positive self-image ... I could go on and on. Why mention this? Because, as parents, we set the tone and the example.

**Here are some summer activities for kids:**

**Soccer:** Recreational soccer leagues abound locally for both boys and girls at various skill levels. Some are free and others charge nominal fees. For kids looking for more competition, consider a premier league, which is more expensive and requires a serious time commitment. My son loved it and now plays on his college team. Now, I miss taking him to practice and games. It was worth every bit of it.

**Summer Camps/Sports Camp:** There are lots of campus based on a child's interest: sports, drama camps, special-interests. Many local cities and towns also run summer camp programs that keep kids busy with their friends. Kids should be exposed to few of these camps to make them all rounded.

**Swimming:** Town pools charges nominal fees and most towns have them. Local lakes also provide beaches with lifeguards, like Grafton Lakes where we had the wonderful 2018 community picnic. Many also offer swimming lessons. Learning to swim is great exercise and important for personal safety.

**Fall**

Any of the summer activities mentioned above will work in the Fall. Just keep in mind the variation in temperatures that can happen and the shorter days.

Of course, the best thing about Fall is the beautiful colors, so hiking and canoeing in the Adirondacks or Catskills are especially good activities to try.

**Final thoughts**

If going outdoors is not possible or you are not sure the weather will cooperate, you can try indoor facilities that offer good activities. For example, many indoor roller skates are really fun places for family time. Many of these locations are good places to schedule memorable birthday parties, where the kids can enjoying swimming, ice or roller skating, trampoline, etc.

The main thing is to get out and make the most of the Capital Region. Whether you are playing a pick-up game of soccer or basketball, hitting a tennis ball against a wall, skateboarding ... or one of my suggestions above ... don't let a day go by without getting off the sofa and into nature. Hope to see your photos on Facebook with lots of biking, hiking, camping, skiing, or playing. Be active and enjoy!! ♥♥♥





# Immigrants Journey : MD

What makes a successful medical doctor practicing in the US? I had to think really hard as to what criteria do I use to judge myself to be successful. Yes, I have a medical degree, and have been practicing medicine for the past decade, but whether I am successful or not mostly depends on the outcomes of my patients and their families, and how I was able to help them in their time of need. I have had the privilege of practicing in New York and in North Carolina over the past decade.



**Prajesh Ghimire MD**

Currently, I practice as an Attending Physician in Hospital Medicine both at Albany Medical Center, and at Ellis Hospital.

As an individual I think everyone can use his or her own metrics to measure success, whether it is professionally, personally, or socially. I would like to focus on the people around me that believed in me, encouraged, and supported me through the years. I came to the US at age of 13 from Nepal, and as we all have gone through those awkward years, or are currently witnessing our kids pass that stage of life, it is challenging to say the least. As I look back, it was especially challenging, when you are literally "Fresh off the boat" in middle school in the US, where your spoken English has an accent, and literally you feel that you don't belong. Plus, you got "bullied" by other kids for the way you dressed, spoke, and essentially how you looked. Teenage years are formidable in many ways, but it also is the time when you mold your beliefs, work ethics, and your understanding of the world around you. Throughout our move to the US, and the years later, my parents were always there to guide me, listen to me, scold me, and teach me, and mostly above else support me through all those years.

We had arrived at the tail end of the recession of the early 1990s, and essentially the job market was

tough. Subsequently, my parents had to work extra hard to support both my brother and I through those years. I witnessed first hand tremendous work ethic, passion, and commitment for their jobs, and that left an indelible mark on me. Subsequently, at age of 15, I was able to get a work permit, and I started working at Stewart shops as a part time employee after school. I loved it as I was able to earn money, but I hated it as well, as it was hard work stocking the shelves and working in the freezer, especially putting ice cream and milk in those refrigerated shelves. Along with mopping the floor, cleaning the displays, and serving customers, it was a lot of work for minimum wage when I look back. Nonetheless, I did the job for just over a year with passion, commitment, and appreciation, as it taught me the very valuable lesson of hard work and the also fact that I needed to go to college and further my education.

During high school and college at University at Albany, I continued to work part time at Sears Store as a sales Associate and later at Saratoga Hospital as Phlebotomist and Patient Care Technician. I took pride that I could help support my own expenses for the car, school, and supplies. U Albany days I remember fondly, as I had taken classes in many subjects that ranged from religion classes and philosophy to business classes. I had majored in Biology and minored in Chemistry, but I loved the business classes, as they were very easy for me. Nevertheless, my parents had always wanted both of their boys to be become medical doctors. I had wavered quite a bit in those days, as it required quite a commitment and hard work to do those pre-requisite courses for medical school and take the MCATs. But my parents and my brother were always there to encourage me to be persistent

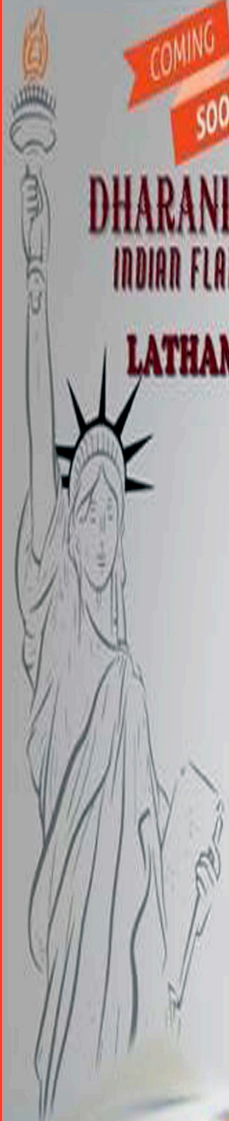
and relentless to achieve my goals. I remember my mom telling me, "Once you finish your medical degree and training, then you can supplement your medical degree with an MBA." She couldn't have been more right, as I am currently just about to finish my MBA in Healthcare.

Another chapter in my life started when I got married after medical school, just before starting residency. My wife Nabodita, who is also a Medical Doctor was always very supportive during my training days and understood the sacrifices that needed to be made. I was on call with overnight calls almost every third to fourth day for three years and worked almost every other weekend. Through it all, she was strong, supportive, and encouraged me to achieve my dreams. As luck would have it, I would also get to return the favor when she was going through her residency training few years later. As we were both Physicians, we understood the sacrifices, stress, and hard work that are needed on a daily basis.

I think being successful is personal for each and every individual. In my life, my family, especially my parents, my wife, and my brother have instrumental in my becoming a doctor and achieving my goals. The journey to become a Physician is long and hard, and unfortunately there are a lot of bumps on the road along the way. Though the journey is difficult, the reward of your work and the ability to make a difference in someone's life make all the hard work worthwhile at the end.

Eventually, my success and legacy would be through my kids, to whom I hope to transfer the same values that were instilled in me through my parents. As we all raise our kids in a different country than the one in which we were born, without the same social network and family support as we all grew up in, it is going to be especially hard. But as immigrants, mostly first generation, it has been ingrained in our DNA that hard work and devotion can lead to bigger and better things in the USA. ♥♥♥



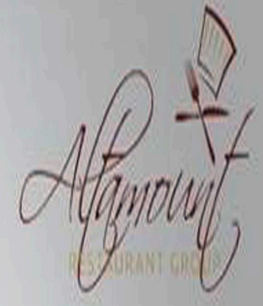


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# Black History Month Essay on Katherine G. Johnson

A black female mathematician working at NASA? Many people would not believe this around the 1950s. However, Katherine G. Johnson really was a black female working in a high tech facility room full of only white men. Katherine Johnson contributed to science by working at NASA and playing a large math role in sending Alan Shepard successfully into space. She also made many changes within NASA to equal the rights between blacks and whites. By doing this, Katherine Johnson changed the world and mindset for black women.



**Jasmine Karn, Grade -8**

Katherine Johnson played a big role in sending Alan Shepard successfully into space. One example of this is when Johnson worked on the calculations and coordinates for Alan Shepard's take off. This is important because if these calculations were incorrect, or if Johnson messed up on these numbers, Shepard could've been harmed and wouldn't have succeeded. Another example of how Katherine Johnson helped in sending Alan Shepard into space is how she worked on the trajectory for Shepard's flight. This is very important because it was basically Shepard's route for his journey. Any mistake or false calculations could've made Alan's journey completely different. But Katherine did not mess the trajectory up by miscalculating or writing any numbers wrong and the mission was successful. Lastly, towards the end of the movie "Hidden Figures" (a movie with Katherine Johnson as the main character), when Alan Shepard was getting ready to take off, he wanted Katherine to recheck the coordinates and make sure that they were all correct. That was how much people trusted Katherine, who everyone thought wouldn't help at all in the beginning. Johnson went over all of the coordinates and calculations and corrected them if she needed to. After she did this, Katherine ran to Alan and assured him that they were all correct. To sum up, this mission wouldn't have been possible without Katherine Johnson. She helped a lot with this mission and made it successful.

Another big thing Katherine Johnson did was make changes in NASA to equal black and white rights.

One example of this was when Johnson bravely pointed out to everyone in the room that she had to walk half a mile just to get to the bathroom. After this scene that Johnson had just created, her boss at NASA, Al Harrison, made the white women's bathroom to a black and white women's bathroom. This shows that if you speak up, no matter what your race or sex is, you'll be heard. Secondly,

Johnson changed the culture at NASA. In the movie, "Hidden Figures", there was a coffee scene where Katherine got up and got a cup of coffee from the coffee maker. After this, none of the white people even wanted to touch the coffee maker. But, by the end of the movie, a white man was handing Katherine a cup of coffee. This shows that if you work hard, and do your best at what you do, people will start to respect you and give you what you deserve even if you're of a different race or gender. Finally, Katherine Johnson was sick of doing a bunch of math, then having to throw that out, and restart new math. She had to do this repeatedly because they change the math plans in meetings that only white men could attend. Johnson wanted to attend these meetings even though she was a black woman. Eventually, this came true for Johnson and she was able to attend these meetings. This is important because now she is able to go to these all-white meetings to successfully do her job. If Johnson didn't make these changes, these unfair rules probably would've been the same for a while longer.

In conclusion, the world and mindset of black women changed when Katherine Johnson became one of the greatest mathematicians in history. Johnson did many things to contribute to science today. This includes sending Alan Shepard into space and equaling black and white rights in NASA. I think that Katherine Johnson was a very intelligent woman. She was intelligent because her math calculations were able to successfully land Alan Shepard on land without him being harmed. She also used the right words to stand up for her rights and the rights of the rest of the black women around her. ♥♥♥

# The Blue Butterfly Foundation

Baisighat, Nepal - Bibek Sahani lived with his mom in a small cottage. He worked in the house of a lawyer as a house worker everyday after school. While his father forced him to work for the lawyer his mother fought to keep him in school hoping Bibek would have a better life. Not having time to do homework, he would get beaten by his teachers. His story is only one of thousands of kids who live in slums of Nepal.



**Siddhartha Maharjan**

However, one day his story changed. Guthi, an NGO, created a community center for kids helped Bibek on to his feet. One day one of Guthi's members found out about Bibek. Lauren Yanks, a board member of Guthi, helped fund his scholarship so he didn't have to work anymore. Now Bibek works in the community center part time in order to help kids who have similar stories. Many of the kids that live in these slums do not have educated parents, so the community center tutors kids so they can do better in school.

The Blue Butterfly Organization started by Lauren Yanks herself has worked very hard to ensure proper education for kids like Bibek who live in impoverished areas of Kathmandu. The Blue

Butterfly organization does many things. They have created community centers similar to the one in Bibek's neighbourhood. These community centers are dedicated toward providing proper nourishment and education for these poor kids. They encourage children in these communities and the victims of trafficking to write about their stories.

The Blue Butterfly Organization runs many other projects as well. They are also working on stopping the exploitation of orphans across Nepal. The Blue Butterfly Organizations weed out orphanages that use orphans to gain donations. They then take in those orphans and provide proper care.

A new goal of the organization is to build a trauma and education center to help children and adults living in vulnerable situations. Since the recent earthquakes, the population in slums has increased greatly, which means the work done by The Blue Butterfly has become even more important. I encourage everyone to dedicate even at least two seconds of their time to like their facebook page or donate in order to help our kids in need back home. The Blue Butterfly organization is a volunteer organization, so all of the money goes to helping our kids. ♥♥♥

**विजया दशमी तथा दीपावली २०७५ को उपलक्ष्यमा**  
**सम्पूर्ण नेपाली दाजुभाई तथा दिदीबहिनीहरूमा**  
**हार्दिक मंगलमय शुभकामना**  
**व्यक्त गर्दछौं ।**

**विनोद थापा तथा परिवार**

अल्बानी न्यूयोर्क नेपाली समाज / Albany Newyork Nepalese Society

23

# ANNS Events Photos



Teej 2075



Teej 2075



New Year 2075



New Year 2075



Picnic 2075



Picnic 2075



Picnic 2074



Nepali class 2075



Dashain 2074



Dashain 2074



Dashain 2074



Tihar 2073



Tihar 2073



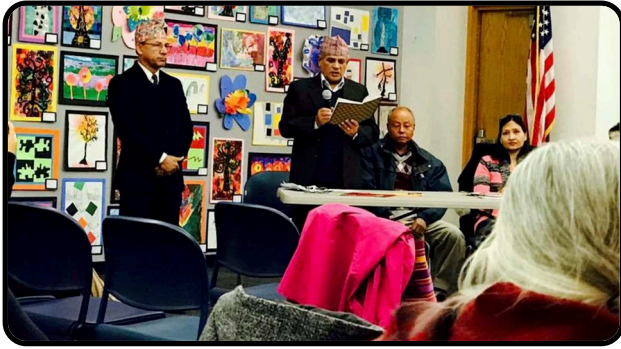
Tihar 2074



Teej 2074



Teej 2074



ANNS Board Election 2017



ANNS Board Election 2017



Festival of Nations 2017



Festival of Nations 2016



Fundraising for Earthquake victim in Nepal 2015



Fundraising for Earthquake victim in Nepal 2015

**विजया दशमी तथा दीपावली २०७५ को उपलक्ष्यमा**  
**सम्पूर्ण नेपाली दाजुभाई तथा दिदीबहिनीहरूमा**  
**हार्दिक मंगलमय शुभकामना**  
**व्यक्त गर्दछौं ।**

**दण्डपाणी आचार्य**



## विश्वमा भाषाको स्थिति र यसको महत्व

भाषा एक महत्वपूर्ण साधन हो, जसले व्यक्तिगत, सांस्कृतिक तथा आर्थिक सम्बन्धहरू स्थापित, बिस्तार र सुदृढ गर्न महत्वपूर्ण भूमिका खेल्दछ। अहिले विश्वका एक सय तब्बे भन्दा बढी देशहरूमा करिब सात हजार भन्दा बढी भाषाहरू बोलिन्छन्। जसमध्ये एक तिहाई जति भाषाहरू करिब एक हजार भन्दा कम मानिसहरूले बोल्दछन् भन्ने विश्वास गरिन्छ।



युक्त तिमल्सिना

चाइनिज भाषा सबैभन्दा धेरै मानिसहरूले

बोल्दछन् भने मात्र २३ वटा भाषाहरू संसारका आधा भन्दा बढी मानिसहरूले बोल्दछन्। समुदायहरूबीच बोलिने भाषाहरू जीवित र गतिशील छन्। जसको भविष्य तीव्रगतिमा परिवर्तन भैरहेको संसारद्वारा निर्धारित हुन्छ।

पनि रोजगारी तथा अन्यकारणले संसारका विभिन्न देशहरूमा गएर बसोबास गर्ने चलन बढ्दो छ। ती देशहरूमा जन्मीने नेपाली बालबच्चाहरूमा सम्बन्धित देशको भाषा, रहनसहन र संस्कृतिको बढ्दो प्रभाव परेको पाइन्छ। त्यसैले, गर्दा उनीहरूको नेपाली भाषा, रहनसहन र संस्कृतिको तुलनात्मकरूपमा प्रभाव परेको तथा उनीहरू कम जानकार रहेको पाइन्छ।

अमेरिकामा जन्मेहुर्केका नेपाली समुदायका केटाकेटीहरूको बारेमा चर्चा गर्नुपर्दा उनीहरूले स्कूलमा वा बाहिर अन्य काममा अनिवार्यरूपमा अंग्रेजी भाषाको प्रयोग गर्नुपर्ने हुन्छ। उनीहरू बिस्तारै अंग्रेजी भाषा बोल्न सहज महसुस गर्दै जान्छन्। घरमा



नेपाली भाषा, कला र संस्कृति कक्षामा सहभागि विद्यार्थी, शिक्षक तथा शिक्षिकाहरू

### नेपाली भाषा, संस्कृति र यसको महत्व :

नेपालमा एकसय भन्दा बढी विभिन्न भाषाहरू बोलिन्छन्। जसमध्ये आधाभन्दा थोरै कम मानिसहरूले मातृभाषाको रूपमा नेपाली बोल्दछन् र नेपाली भाषा नेपालमा सबैभन्दा धेरै बोलिने भाषामा पर्दछ। नेपाली भाषा नेपालका सरकारी कार्यालयहरूमा औपचारिक सरकारी कामकाजी भाषाको रूपमा मात्र प्रयोग नभएर विभिन्न भाषाभाषी नेपालीहरू बीचमा सम्पर्क भाषाको रूपमा पनि प्रयोग गरिन्छ। नेपाल बाहिर पनि संसारका विभिन्न ठाउँहरू जस्तै भारतका विभिन्न राज्यहरू, भुटान, बर्मा लगायत अन्य ठाउँहरूमा पनि नेपाली भाषा बोलिन्छ। अहिले विश्वमा भइरहेको तीव्र भूमण्डलीकरण सँगसँगै नेपालीहरू

परिवारका सदस्यसँगको सम्वादमा पनि यही भाषाको प्रयोग गर्न रुचाउछन्। जसले गर्दा उनीहरूको नेपाली भाषा थप कमजोर हुँदै जान्छ। नेपाली भाषाको कमजोरीले गर्दा उनीहरूले नेपालमा भएका परिवारका अन्य सदस्यहरू तथा इष्टमित्रहरूसँगै राप्रोसँगै संवाद गर्न नसक्दा कालान्तरमा गएर उनीहरूबीचको सम्बन्ध जुन ढंगको निकट र बलियो हुनुपर्ने हो त्यो नहुन सक्दछ। यसले गर्दा उनीहरूको समग्ररूपमा नेपालसँगको सम्बन्ध नै कमजोर हुन जान्छ। यस बाहेक पछि ठूलो भएपछि एकलै नेपाल आवतजावत गर्दा थुप्रै अप्ठ्याराहरूको सामना गर्नुपर्ने पनि हुन सक्छ। त्यसैले नेपाल र नेपालमा भएका परिवारका अन्य सदस्यहरू तथा इष्टमित्रहरूसँग सम्बन्ध निकटता राख्न तथा नेपाली परम्परा र

संस्कृतिबारे उनीहरूलाई अभ्यस्त गराउन र यसको संरक्षण एवम् सम्बर्धन गर्न पनि उनीहरूलाई नेपाली भाषा र संस्कृतिबारे पूर्ण जानकारी गराउन आवश्यक देखिन्छ।

### नेपाली भाषा, कला र सांस्कृतिक कक्षा :

भाषा र संस्कृति नङ्ग र मासु भैं एकअर्कासँग सम्बन्धित र निर्भर छन्। भाषा, संस्कृतिद्वारा निर्धारित हुन्छ। जबकि संस्कृति भाषाद्वारा प्रभावित छ। भाषा संस्कृतिको माध्यम हो। त्यसैले नेपाली भाषा राम्रोसँग बोल्न र लेखनको लागि नेपाली संस्कृति र परम्पराको राम्रो जानकारी हुन जरूरी छ। हामी धेरैजसो नेपालीहरू नेपाल मै जन्मेहुर्केको र जीवनको धेरै समय नेपालमा व्यतित गरेको हुनाले नेपाली भाषा र संस्कृतिबारे पूर्णरूपले नै जानकार छौं। तर यसको ठीक विपरित हामीहरूमध्ये धेरै नेपालीका बच्चाहरू अमेरिकामै जन्मेहुर्केको र जीवनको धेरै समय अमेरिकामै व्यतित गरेको हुनाले नेपाली भाषा र संस्कृतिबारे पूर्णरूपले बेखबर जस्तै छन्।

त्यसैले अल्बानी आसपासमा बसोबास गर्ने नेपाली बच्चाबच्चीहरूलाई नेपाली भाषा बोल्न, लेखन र नेपाली संस्कृतिका विविध पक्षहरूबारे

जानकारी गराउने तथा सिकाउने पवित्र उद्देश्य राखेर अल्बानी न्यूयोर्क नेपाली सोसाइटीले गत बर्ष सन् २०१७ को जुन महिनादेखि नेपाली भाषा, कला र सांस्कृतिक कक्षा सञ्चालन गर्दै आएको छ। हरेक बर्ष गर्मीको छुट्टीको समय पारेर अल्बानी क्षेत्रमा बसोबास गर्ने नेपालीहरूलाई लक्षित गरेर सञ्चालन गरिदै आएको यो कक्षामा यस क्षेत्रमा बसोबास गर्ने नेपाली बच्चाबच्चीहरूको उत्साहपूर्ण सहभागिता रहीआएको छ। नेपाली भाषा कक्षाको प्रत्यक्ष असर बच्चाबच्चीहरूमा देखा परिसकेको र उनीहरूले नेपाली बोल्न र लेखन उत्साहित भएर लागेका छन्। यस नेपाली भाषा कक्षाबाट अल्बानी आसपासका क्षेत्रमा बसोबास गर्ने नेपाली समुदायका बच्चाबच्चीहरूले नेपाली भाषा र संस्कृतिबारे धेरै जानकारी प्राप्त गर्ने तथा उनीहरूको नेपाली भाषा बोलाई र लेखाई क्षमता अभिवृद्धि हुन गई नेपाली भाषा, कला र संस्कृतिको संरक्षण तथा सम्बर्धनमा महत्वपूर्ण योगदान हुने अल्बानी नेपाली न्यूयोर्क नेपाली सोसाइटीको विश्वास रहेको छ। ♥♥♥

हाम्रो पावन पर्व विजया दशमी तथा दीपावली  
२०७५ को उपलक्ष्यमा मंगलमय शुभकामना ।  
माता दुर्गा भवानीले हामी सबैको रक्षा गरून् ॥

## भयत थापा तथा पछिवाए

### दशैं

तोरीबारी पहेंलपुरथ्यो कुणारमा फलफूल ।  
स्वच्छ पवन शरद रमाई आयो दशैंको शुभ ॥  
लिङ्गे र रोगटे टुकुटुकु गरि खेलेको म हेर्दथे ।  
नयाँ बस्त्र चिटिक्क घरहरू कति गौरव गर्दथे ॥

भक्तिभाव श्रद्धासुमनले, दुर्गा पूजा बस्दथे ।  
शक्तिधारी पुज्य मातापीताको आशिवाद संगाल्दथे ॥  
आए कुन भुवनमा मलिन अनुहार भेषे बदलिदियो ।  
छट्पट्टि अति नै, शान्त भयो अब दशैं मानिने भयो ॥

विधिले चले भएरै होला अब खुट्टा यतै भासियो ।  
साथी भाई ठूलै जमातमा दशैं तयारी भयो ॥  
जननी माता काख छोडियो आत्मा अति दुख्छ ।  
संस्थागत भै संस्कृति बचायौं त्यसैमा घमण्ड छ ॥

दुर्गा तिम्रै मधुर भजन आराधना म गर्दछु ।  
भूगोलका नेपाली तपाई सबैमा शुभकामना यो भर्दछु ॥



भरत थापा सिन्धुली





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# A Push Towards Success: An Interview With Priyanka Thapa

*Priyanka Thapa is a rising sophomore at Harvard University and was a graduate of Shenendehowa High School. She is involved in a number of activities at Harvard, including Women in Computer Science, as Career Director, and Seas Active Learning Labs. She plans to concentrate in a STEM field. She enjoys reading, watching media, and exploring. Interviewed by Bhumika Devkota.*

**1. How would you describe your day to day life at Harvard University? How's the environment there, including dorm life?**

I wake up at around 9 AM if I want to eat a filling breakfast. More often, I wake up at 10 AM, grab a couple of granola bars, and head to class. I like to stack my schedule so that my classes are one after another as a method of focusing on my studies. I like to work on homework in the library or in my dorm later during the night so that there are no distractions. I meet with friends and take breaks throughout the day; although it seems less pertinent to a studious lifestyle, it's a fundamental part of my routine. It's important to relax so that you can maintain focus.

I think that my freshman dorm, Greenough, is a welcoming environment; going back to the dorm after a long day of classes really feels like going home.

**2. What was your reaction when you got accepted to Harvard? How was the transition from high school to college?**

When I was accepted to Harvard on my birthday, I was ecstatic. The transition from high school to college was quite straightforward. The most important thing to remember about college is time management. Unlike high school, where there are a lot of "fluff" assignments and busy work, college is dependent on

you having the mental fortitude and sense of personal responsibility to do the bulk of the work outside the classroom. In the end, you are your greatest teacher.

**3. What extracurricular activities are you on currently and how beneficial are they? How about in high school?**

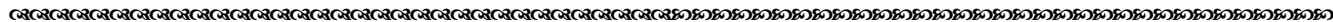
My current extracurricular activities (ECs) include Women in Computer Science, Consulting on Business and the Environment, the Harvard Square Homeless Shelter, and the Leadership Development Initiative. They are great ways to learn about leadership in a real world context. It's incredibly rewarding to see that work I do has a palpable effect on the surrounding environment.

In high school, I was involved in many different activities, including Mock Trial, Speech and Debate, Robotics, Youth Court, History Club, and the Advisory Board. They all helped me learn more about essential skills like public speaking, design, or even legal knowledge. Although a few of these ECs did not have a widespread impact, they nevertheless helped me become a developed person.

**4. What do you do to motivate yourself to focus on your studies? How did you manage rigorous course, clubs and leaderships as well as getting good SATs scores.**

## Interview





The key thing is time management. If you know what you can realistically do in a certain amount of time, you can do more over a longer period. It's essential to maintain a healthy work life balance.

Motivation is a fickle thing. Sometimes, I want to stay in bed and sleep but I know it's my personal obligation to myself to get up and work. I remind myself that I worked hard to be here and it would be a waste to not take advantage of all the opportunities available. I think about what I want to achieve in the future. Motivation is like ocean current; it pushes and pulls. My personal responsibility is to soldier on, regardless of the ocean's movement.

**Protip:** I like to listen to movie soundtracks to study. They get your energy up but there are no words to distract you from what you are studying.

**5. What clubs were you in during high school that you think boosted your college application? Did you have any leadership positions during your high school years? How about now?**

First of all, thinking about extracurriculars as a way to boost your college application is the wrong way to go about life. ECs are supposed to allow you to experience different fields and explore your passion. For example, I joined Mock Trial because it was intriguing to me. I learned a lot, especially about my rights as a individual. And I'm happier because of it. It gave me real world knowledge as well as soft skills like public speaking and composition. Although I did a lot of things in high school, I stayed with them not because it would boost my application but because I genuinely enjoyed them. It's also okay to join ECs and to drop ECs. I dropped Literary Magazine junior year of high school because I realized I didn't enjoy it. It's much better to enjoy the ECs you are in rather than hunt for ECS that would "boost your application" because in the end, the ECs that boost your application the most are the ones you truly loved.

I had a lot of leadership positions in high school. It was a great way to get more involved in your ECs. Here at college, I joined fewer clubs, because of the more involved nature of college ECs. However, I still have

leadership positions in the ECs I am involved in. The fundamental questions you have to ask yourself when considering leadership roles are: How will this leadership opportunity benefit the community I am part of? How will it help me become a better leader and a better person? Sometimes, you find out that the answers are no. May be in one instance it's better to be a follower. That's alright. If everyone was a leader all the time, nothing would get done.

**6. In your opinion, what should high school kids focus the most on? Is there something that you would have done differently while you were in high school?**

I think that high school students should focus on balance. They should find their passions in life and fulfill those passions. At the same time, they should not shy away from things out of their comfort zone.

Despite the many mistakes I made, I would not change anything. My mistakes and flaws make me who I am. I would not be the person I am today without them.

**7. What actions did you take during your highschool years that affected your college application/ resume?**

Everything. What classes I took, my ECs, my GPA, my SAT/ACT, my teachers, and basically anything I did in high school affected my college application. I do not advocate for micromanaging your high school career. It's not healthy to focus on every aspect of your high school career as a way to get into college. Allowing things to naturally occur is the best way to shape your high school career and thus your college application.

**8. Do you think that you have left an impact in your high school or that you are currently leaving an impact in college? If not, is there anything you want to accomplish during your undergraduate years?**

I hope I had an impact in my high school. I don't think I have had an impact on Harvard just yet but I do want to change Harvard for the better.

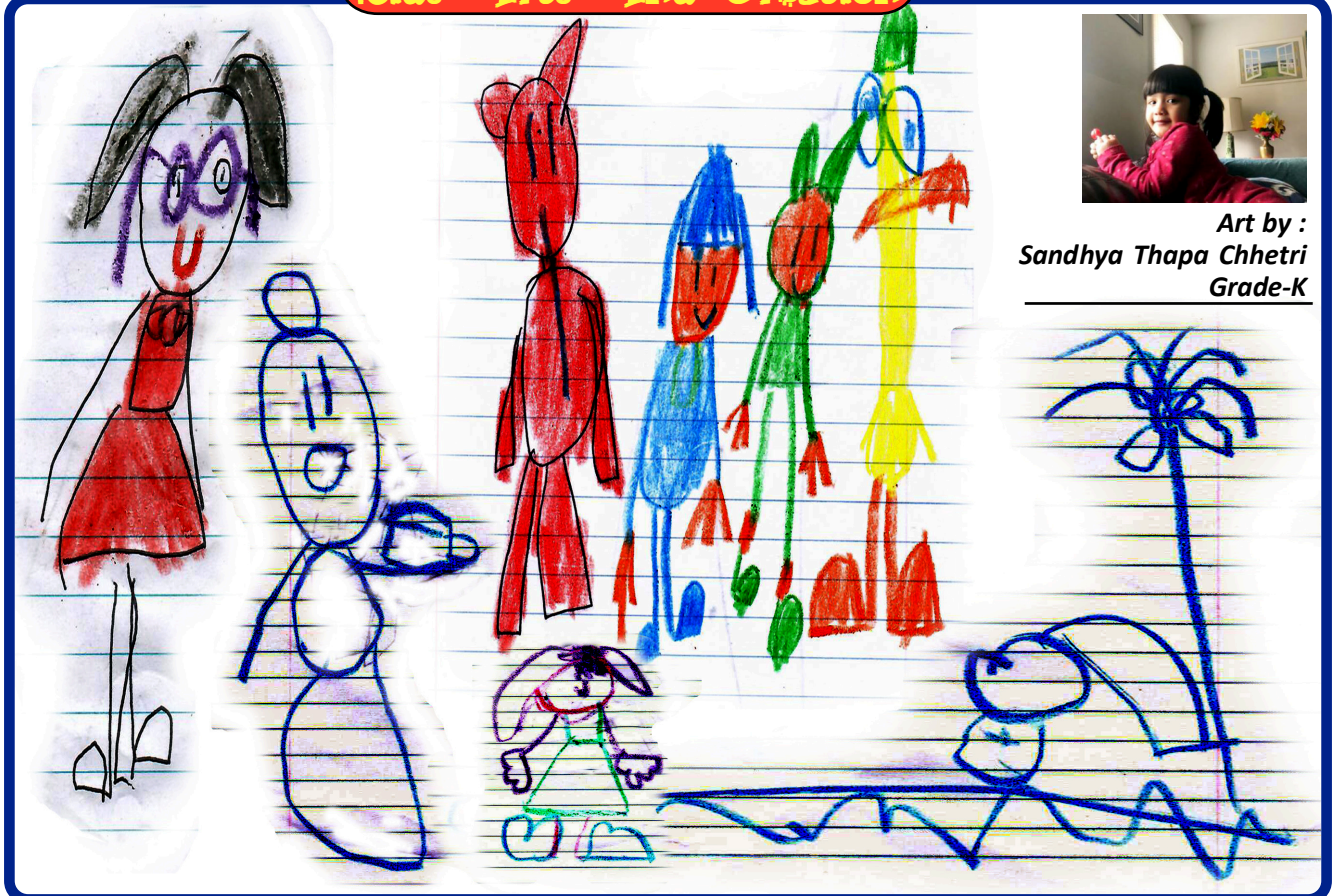
**9. And lastly, is there any advice you will like to give to students about to go to college?**

Relax. You'll figure it out. ♥♥♥



Art by : Shradha Thapa, Grade-4

**Kids Arts And Creation**



Art by : Sandhya Thapa Chhetri Grade-K

# Amrika

Somewhere in Pokhara,  
Narendra spends days  
shuffling cardsamid  
gag inducing butt-end smoke  
and countless cups of sweet chia;  
Marriage does him no favor -  
hispatched back pocket is a sieve  
without job or rich in-laws ...

Ram Bahadur is forced to kneel,  
under asaltree  
somerewherein the Terai;  
terrified gaze and convulsing body,  
smudge of black and blue  
on his  
cheeks,  
arms,  
legs,  
for saying what is right ...

Shyam wades through  
rancid dark monsoon water  
in a narrow Kathmandu alleyway;  
wide grin lights up his face,  
as he waves his I-20 and Visa - his  
passport to escaping the drudgery ...

Many have dreamt of  
flying through soft silvery clouds to  
theland of the free  
and home of the brave:  
counting dough, making a home, raising family



 **Jeevan Gurung**

We bring with us  
hands, feet, bones, sinews, and mind;  
names, stories, memories  
of our villages, neighbors, chautaras;  
the rhythmic beat of madal,  
haunting melody of murali,  
our temples and gumbas,  
our pains and scars,  
our hopes and dreams ...

But Amrikais a lot of bitter coffee,  
scurrying feet, crowded subway,  
neon lights and billboards,  
work, work, work ...  
Fourteen hours of standing and serving  
Dunkin Donuts, 7-Eleven, Dominos

With time, tears  
wrinkle away;  
dry salted specks remain  
caked like shards of glass,  
cutting through hopes and dreams. ♥♥♥

विजया दशमी तथा दीपावली २०७५ को उपलक्ष्यमा

सम्पूर्ण नेपाली दाजुभाई तथा दिदीबहिनीहरूमा

हार्दिक मंगलमय शुभकामना

व्यक्त गर्दछौं ।

रोशन राज गिरी तथा परिवार

# Half of My Life



**Bhumika Devkota, Grade-11**

Once in a while, my sister and I will be walking in our neighborhood when a chilly breeze of wind hits us. We both stop and look at each other before saying one word: Pokhara. Whenever this happens, it feels like we are in Nepal again. It's just not with the weather; whenever I do something, say something, see something like the board games that I used to play, or go outside, I feel as though I am back in the place where I spent almost half of my life. Eight years of living in the United States hasn't altered our memories of Nepal and how it feels to be and live there. I still remember the moments when I couldn't stop laughing or the times that I was left awestruck about what I saw. Growing up in Nepal has made me who I am today. It has influenced many aspects of my life and the decisions that I make. One reason for this is because my childhood in Nepal remains with me vividly. While I might not remember everything, the feeling is still in me. Whenever the feeling comes, it leaves me stuck as I remember moments from my childhood.

When I went back to Kathmandu in eighth grade, I woke up early to the noise of chickens and people walking in the streets. It was barely six a.m. and already people were sitting in pasals, sipping chia, and talking to each other. Dogs were barking, and chickens were clucking (very loudly too) on the roofs. I walked up to the roof of my home and sat there looking at the sun rising, at the people socializing, at the animals and children running around, at the colorful houses of different sizes covering up the hill. Less than a year before, I had stood in the same place and admired the same things. It made me realize that every time I was in Kathmandu, the bigger picture never really changed. Sure, there were more houses, the neighborhood had changed a little, and the roof that I thought was so large as a kid wasn't that big (I admit, the latter part did make me sad). But despite all these changes, Kathmandu was still Kathmandu. Even after all these years, it still retained its uniqueness. I haven't been in a place where the houses are so colorful like they are in

Kathmandu -it makes the cluster of houses look like a piece of art. I remember this time in seventh grade we were walking to a relative's house that was on a hill in Kathmandu; you could see the whole city, and the lights from all the houses made the place more stunning than New York City at night. The air was nice and warm and filled with whispers of people talking. The ghantis in the temples rang softly, making everything even more memorable. But that night in Kathmandu, the most memorable thing was the sky. Stars filled up the sky -the most I can ever remember seeing- and the stars and the moon shined vividly. That night in Kathmandu was the definition of perfect, as my family and I walked up the hill. It showed me a new side of the city known for its pollution. Moments like this, where everything is peaceful, and you are completely silent because you want to memorize everything around you, is probably one of the two reasons why I am so grateful that I was born and raised in Nepal: the scenery is breathtaking. From the Machhapuchhre mountains in Pokhara - which you can see while riding a colorful boat in Phewa Tal- to the hills of Gorkha that shows the Himalayan Mountains to the fields of Chitwan, Nepal, despite its size, has so much to offer when it comes to scenery. Looking at all of that brings a sense of serenity and a sense of pride, and for that, I will forever be grateful.

Something else that sticks to me about Nepal, as cliché as it is, are my memories from there. I miss being able to go to my neighbor's house and get food from their fridge or ask them to cook something for me. I still remember the fireworks in Tihar. Everyone would gather at the street intersection and stand in a circle, looking at and playing with the fireworks. It was where we would throw water



balloons and colors at each other during Holi. It was the place that had its road covered by art done by the aunties, or where the kids did a play about Christmas and Krishna Janmashtami. It was also the same place where kids played, even after dinner in the dark when the weather wasn't too warm or cold, where the moon shined brightly, where no one was afraid of the kids being lost or injured because all the adults were there, in their circles, talking with one another. One of my favorite things about Nepal was that everyone knew everyone. You could go to anyone's house in the street, and they would just let you stay there. Even for kids as young as elementary school students, there was a sense of freedom. We could run around, eat whatever we wanted, and play for most of the day. The games that I played back then still sticks to me. I remember the kids would sit on the front porch of a neighbor's house. We would make a circle and play games like concentration, Snakes and Ladder, carrom board, and murder and detective, and end up in tears from laughing. The latter game is something that I still play today, with people from the Nepali community and school actually. We would even have art competitions or tell and read stories (this was where my love for hearing and telling stories originated from). It was these things that shaped the person that I have become today. Growing up in Nepal and having the experiences that it offers has influenced my personality, my hobbies, my manners, and my view on topics such as religion, poverty, and corruption.

There was this time in Kathmandu when I noticed a crowd of people standing in a semicircle. I wanted to see what the fuss was about, so I went to

the front and saw that sitting on the floor was a person without hands. And on the floor was one of the prettiest drawings of a peacock that I can remember. Another time, on a bus, a boy around the age of sixteen, entered the bus and started to play his violin. The sound was mesmerizing. After the bus stopped, the boy collected money and left. I remember walking in Pokhara's shopping area and people sitting on the gravel floor with cups in their hands. Growing up while seeing the hardships of people has always made me want to do humanitarian work when I grow up. It also taught me to appreciate what I have and not let things go to waste. With everything going in the world today, I am also very thankful that I was raised in a country where different religions don't clash with each other. For example, in Pokhara, the neighborhood I lived in celebrated Christmas by performing an act and giving out candies even though most of us were not Christians (the kids also tried to celebrate Halloween, which didn't exactly work out). Growing up with having the people around me accept diversity - especially since Nepal has so much of it- is probably what I am the most thankful for. Besides that, growing up there has also caused me to be mannerly, especially with my elders, and appreciate the education that I am getting because I have witnessed how far proper education can take you in life. A lot of the things I do and have opinions about has had a sprinkle of influence from my childhood. It has shaped so much of my perspective about life that it is indescribable with words. I have spent almost half of my life in Nepal, and for that I couldn't be more happier. In fact, I am proud that I was born a Nepali. ♥♥♥



# Teej, A Women-Only Festival



**Ruby Karn**

A unique festival, Teej is widely celebrated in Nepal, as well as in certain parts of India, but only by Hindu women. A major aspect of the festival is religious fasting, and through this every woman aims to be blessed with marital bliss, the well being of their husband and children, and to purify their own body and soul. For the unmarried, they pray to be blessed with a good husband.

On this day, Nepalese women dress in their beautiful red saris, fast to honor Lord Shiva and pray

### 3 Day Teej Celebration:

#### First Day:

The first day of Teej, Dar Khane Din (feast day prior to fasting), kicks off the festival in a grand way. Women, married and unmarried, usually gather at their maternal locality. Everyone in red and green attire bedecked with jewelries gather at a place where they enjoy singing and dancing. Songs normally have



**Teej celebration in Albany, NY, year 2017**

for a happy marriage. In order to protect the traditional culture, the government of Nepal has made Teej Festival as a national holiday.

Teej literally means "third," and the third day after the moonless night of Srawan Month of Hindu calendar is when the auspicious festival of Teej celebrated. Teej is the biggest festival for Hindu women of Nepal. The festival falls either in August or September according to Gregorian calendar. The festival that commemorates Goddess Parvati's wedlock with Lord Shiva is observed for everlasting intimacy between married couples, well-being of family, and purification of soul and body. A three-day-long festival allows delicious late night feast as well as tests endurance during 24 hour long tough fasting.

words that describe the holiness and divine power of Lord Shiva. The musical celebration goes till midnight. Meanwhile, men of the maternal family host feast for their sisters, nieces, cousins, and daughters, offering them complete liberty to enjoy this particular day. After the feast, a 24-hour long fast begins. Often women also express their pains through the lyrics of the songs they sing while dancing.

#### Second Day:

Day two is observing a one-day fast and praying to Lord Shiva for a good marriage. This day is the fasting day of Teej Festival. It's also a public holiday in Nepal. After having a warm bath, women wear gold and silver jewelry and dress in their red wedding saris. Then they head in groups to Shiva temples nearby and offer

flowers and fruits to Lord Shiva. One of the most important things is to make a wish for the healthy life of their husbands and families. The unmarried girls also follow Teej rituals to pray for a good husband. What's interesting is that on this day of the festival, Hindu women cannot eat anything from morning till night. They must fast for the whole day. Pious women believe that it'll bring good fortune for their husbands. And for them, the family is everything. Surprisingly, Nepalese women don't feel tired even after a day long fasting and prayer. You must be amazed at their devout faith and strong wishes for a better life.

**Third Day:**

On the last day of Teej, which is called Rishi Panchami, women worship the seven sages of the

However, Parvati still remained unmoved. Shiva was so impressed by her determination that he revealed his identity. At last, Parvati realized her dream and married Shiva. Owing to her friends' help, Parvati could get rid of the arranged marriage. She was very grateful to them and held a party to celebrate this happy ending. This is the origin of Teej Festival.

**Social aspect:**

It is a rare opportunity for many married women in Nepali village to go to their mother's home due to busy schedules in village farm works. The parents invite their daughters or send someone to bring their daughters to their home a day or two before the festival. There they contribute of the ritual food called "dar" before going on a fast on Teej. Interestingly, no



**Nepalese women showing off their beautiful red bangles while Teej celebration**



**Hitting the dance floor while Teej celebration, 2017**

Hindu Pantheon. They start by taking a holy bath in rivers or ponds. After the holy bath in the rivers, they use a piece of dattiwani (a sacred plant with religious significance) to sprinkle holy water over their body 360 times. This ritual exonerates them of the sins that they may have committed in the past year.

**Background of Teej Festival**

Long time ago, the king of Himalaya had a beautiful daughter named Parvati, who was very intelligent and deeply admired the Hindu God of Destruction and Creation, Shiva. But the king decided to marry Parvati to the wealthy Vishnu. With the assistance of her friends, Parvati successfully escaped from the house and hid in the thick forest. From then on, she led an ascetic life. Upon hearing this, Shiva was so surprised and decided to test her sincerity. He disguised as the rich Vishnu and rode a gorgeous carriage to see Parvati, trying to lure her to marry him.

daughter goes to her mother's place during this festival unless they get an invitation from her parents or brothers. In case they do not get an invitation from their parents, they feel extremely sad- they say it is the saddest moment in their life.

The timing of the festival is practical in a rural society like ours as it falls immediately after the farm work is over. This festival takes place after the farmers finish weeding their paddy fields.

**Reasons to celebrate Teej Festival:**

**1. Enthusiasm:** Some Hindus women celebrate Teej because they are extremely religious. People of some states of India (Uttar Pradesh, Bihar, Punjab, Hariyana, Rajasthan) and all over the country of Nepal celebrate Teej with great enthusiasm.

**2. Healthy proposition:** Celebrating Teej festival by fasting for the whole day and night without water has healthy proposition.

Decorative separator line.

**3. Red Insect is good for environment:** The word Teej came from a red insect that comes out of the soil during rains seasons. Those insects are good for the grains on the farming land.

**4. To welcome Monsoon:** Most Hindus women celebrate this Hariyali Teej to welcomes the onset of monsoons seasons.

**5. Conjugal life:** Teej is a three-day festival in which 24 hour fast is kept for a happy and long conjugal, peaceful, prosperity, healthy and wealthy life.

**6. Legends of Re-union:** Many Hindus women observe and celebrate Haritalika Teej because this festival is related to the legend about Hindus God Shiva and Goddess Parvati. According to the legend and mythology of the Teej festival, Teej is marked as the day of the reunion of Goddess Parvati with Lord Shiva. Goddess Parvati is said to have gone through severe penance and taken 107 births on the earth to

finally unite with Siva. It is believed among Hindus community that on the day of Teej Hindu Almighty Goddess Parvati came to the God of Gods, God Shiva's abode, thereby marking the re-union of husband and wife.

**7. Well Being of Husband:** This Teej festival of Hindu community is marked as a day to pray for the well being of husband.

Here in Albany, NY, around 150 Nepalese Hindu women living in Albany and surrounding areas gather together sometime in August or September to celebrate Teej. This is one of the biggest festivals celebrated by Hindu Nepalese women. We get to enjoy potluck dinner cooked by different talented women. All women wear red saris and beautiful jewelries. Nepalese Women dance, sing, laugh and do bunch of entertaining things to have a wonderful time; it is actually an excellent moment for everyone, which can't be expressed in words. ♥♥♥



# Mount Everest



**Prakriti Timalisina, grade-7**

I was born in the country of the Himalayas, Nepal. I was curious to learn a lot of things about Mount Everest. I never got a chance to see the peak nor to feel it from anywhere near it. However, I got an opportunity to explore a little bit of mysterious facts about the Everest. The some of the interesting facts presented here are based on web-based learning resources as well as other resources such as books, articles, etc.

The Mount Everest is 5.4979 miles high. That may not seem like a huge distance when driving but, it is a huge distance vertically. It is the highest mountain in the world and is located in Nepal, and China. It was named after George Everest. Thousands of people

of Everest. Also, you might think there is no life on Everest, but there are several, incredibly rare, species on Mount Everest. For example, there are: snow leopards, Himalayan black bears, Himalayan gorals, red pandas, and etc.

### Some facts about Mount Everest are:

- 29,035 feet or 8848 meters high.
- The summit is the border of Nepal to the south and China or Tibet on the north.
- It is over 60 million years old.
- Everest was formed by the movement of the Indian tectonic plate pushing up and against the Asian plate.
- Everest grows by about a quarter of an inch (0.25") every year.
- Any color photograph of Mount Everest shows four distinctive intervals of rock differing in color from top to bottom.
- Gray limestone makes up the summit pyramid
- The Yellow Band, the most distinctive band of rock on Everest, encircles the peak like a gold wedding ring
- Dark gray thinly bedded rock is broadly exposed below the yellow band
- White granite and other high metamorphic rocks form the lowest parts of the mountain.



**Highest Mountain in the world.  
(5.4979 miles or 29,035 feet or 8848 meters high, Nepal)**

have tried to climb Mount Everest, but many people have died trying. In fact, so many people have died on Everest that it is called the Death Zone. The youngest person who climbed Everest was Jordan Romero. Jordan Romero (born July 12, 1996) is an American mountain climber. At the age of 13 years old, he allegedly reached the summit of Mount Everest. On 25 May 2014, Poorna scaled the highest peak of Mount Everest, age 13 years and 11 months, became the youngest girl in the world to have reached the summit

Mount Everest is a wonder, and there is more to learn about it. Some people are anxious to climb it. Even though Mount Everest is over 60 million years old, there are a lot of mysteries about Everest. Maybe after few years, some of the mountain's mysteries won't be mysteries anymore. ♥♥♥

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# Youths Rising, Despite Obstacles on their Way

*“The power of youth is the common wealth for the entire world. The faces of young people are the faces of our past, our present and our future. No segment in the society can match with the power, idealism, enthusiasm and courage of the young people.” – Kailash Satyarthi*

Waking up early in the morning, brushing teeth, dressing up for school, eating breakfast, and heading to school. This is a morning routine for majority of school students, including me. High School, especially for seniors, is hectic: from applying to college to deciding, and not to mention all the course-load and tests that follow you for the rest of the year. I’ve been through it all. My senior year has been crazy just like any other high school seniors. Being a senior in high school is equally a relief, as you will officially be done with high school, and an emotional moment since you’ve made so many memories and friends and are just realizing how much you’ve grown up.



**Ashma Thapa**

I came to the United States from Nepal back in 2014 and started going to Albany High School. Going to a new school in a completely different nation was very nerve-wracking. I didn’t know what to expect as Albany High School was 5 times bigger than the school I went to in Nepal. As I started walking down the halls of Albany High School, I realized something else (other than the fact that AHS being abnormally huge). Albany High School is one of the most diverse high schools in the Capital Region. At Albany High you will meet people from all over the world. I felt relieved and welcomed as I was able to relate to them. Even though adjusting to a new school was tough, I’ve made incredible friends and wonderful memories at Albany High School. I’ve grown up so much, both physically and mentally in a span of four years not only as a student but as a human being also. I’ve made memories that will stay with

me for the rest of my life. One such memory is from the 'National School Walkout' on March 14, 2018.

I’ve always asked myself, “What can I do to make a difference? How can a 14-year-old make a difference?” Now at the ripe age of 17 I know the answer. SPEAK UP. Now it may sound simple, but it takes a lot of courage to raise your voice on the ongoing issues in the world right now. It is not easy to speak up when you are surrounded by people telling you that you’re “too young” to even know about the issues. This is what we, youths, go through every single day. People expect us to make a difference, but then when we are taking actions,

they ask us to back away. However, it all changed during the 'National School Walkout' and 'March for Our Lives'. People forgot the power of youths until the day of the protest. On that day, people saw the power of youths, their unity, and their determination to change the world for better.

On February 14, 2018, there was a school shooting in Marjory Stoneman Douglas High School located in Parkland, Florida. Seventeen lives were lost due to the shooting. It was absolutely devastating. I kept watching the news that day and the entire day was filled with fear. There was one pattern I noticed: shooting happens, thoughts and prayers comes from all direction, adults argue about stricter gun control laws, and there aren’t any stricter gun control laws, and the cycle repeats itself. But enough is enough. As usual, this time too the government dismissed the gun control case. I was getting frustrated. I wanted to do something. I wanted

people to hear me and understand my fear. We students should be worrying about exams, tests, college, and prom date without getting worried about getting shot. I kept pacing back and forth in my room trying to think of ways that would allow our (youths) voices to be heard.

I heard about the National School Walkout. I went to the organizer's website and searched if our school was organizing the National School Walkout. Our school wasn't registered, so I contacted AHS Peace and Social Actions Club advisor and she immediately agreed to organize a National School Walkout at Albany High School. I also contacted Peace and Social Actions Club members and they immediately agreed as well. We met with the principal, and she approved as well. We worked very hard for it. Every single day we were staying after school. During lunch and free periods, we were working on organizing the walkout. Everyday we went home, exhausted, but we finished our homework and went back about organizing the walkout. There was one challenge: how are we going to let people know that we are organizing the walkout and how are we going to invite them? The answer: Social Media. We made flyers and sent it to every person in our social media account. Every single day we were outside the cafeteria during our lunch shifts with a computer checking to see if anybody wanted to register to come to the walkout. We wanted to make sure that we knew the number of students attending the walkout, so we could provide enough security. We wanted to make sure that they were safe when they were walking out.

On March 14, 2018 The students of Albany High School gathered in the auditorium. After everybody was settled, I finally realized how big the crowd was. It gave me hope. I now clearly believed that the future is in good hands. The future is in hands of the youths. These students, they were there to make their voices heard. We held a question and answer session. They all asked us a question and that was, "How can we make a difference?" We answered by telling them to speak up and vote. If one person raises their voice, it will give courage

to all the other people who are afraid to speak up and soon a chain reaction will follow. More and more people will speak up. The National walkout was successful. Students around the nation walked out of their classroom honoring the victims of Parkland shooting. Soon after, another March followed. On March 24, 2018, students across the nation took the streets demanding stricter gun control laws. It was estimated that the crowd size for March for Our Lives in Washington D.C. was around 800,000 and over a million around the nation. This was considered as one of the biggest youth marches. These Marches were planned by students just like you and me.

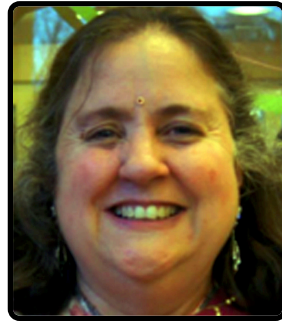
We kept fighting, even though along the way we faced many criticisms. After the walkout in our school, Albany Times Union wrote an article and posted on Facebook. Majority of the comments on that post were negative. These people criticized us for missing class. One comment read, "They just wanted to skip class." Another read, "They don't know what they are doing." This really hit me hard. We worked very hard to make the walkout possible in our school. But then I realized that all the youths who have tried to make a difference have always faced criticisms; but they didn't give up. They kept fighting and continued to inspire others. There will be many times where we will get criticized and underestimated, but no matter how many times we get criticized and underestimated, we will continue to fight for a better future; we will not be silenced.

We youths are the future of this world. If we want to have a better and peaceful world, then we better start taking actions. You may ask how? Well, Speak Up. If you see something wrong happening SPEAK UP. Your voice matters. There are many ways you can make a difference in this world. There are many opportunities provided to you to make a difference. It only takes courage to get involved. You can join your high school clubs. I was able to organize the National School Walkout with the help of Albany High School Peace and Social Actions club. You can join Albany New York Nepalese Youth Club. You can volunteer. There are many ways, and always remember that we youths have the ability to change the world for the better. ♥♥♥



# ANNS at the Festival of Nations

Since 2015, ANNS has joined over 20 nations to present the annual fall Festival of Nations. Held under the Egg at the Empire State Plaza Convention Center, Albany's Festival of Nations is a wonderful mix of food, crafts, dancing and entertainment. From marching in Nepali dress behind Nepal's flag in the parade of nations to participation in Miss Festival of Nations, the Festival is an opportunity to celebrate Nepali traditions and share Nepal's culture with the Albany community.



**Jane Thapa**

The Festival began over 45 years ago to celebrate cultures from around the world. It is fun to participate with the nations from North and South America, Europe, Asia and Africa with delicious food, crafts, and cultural programs, mostly dance.

Prior to the Festival, a young woman is selected to represent Nepal in the Miss Festival contest. The selection was done by American judges, so as to prevent bias in the selection. In the past three years, Miss Shestruma Parajuli, Miss Priyanka Thapa, and Miss Ashma Thapa have each represented Nepal. During the Festival, each of them were selected in the final five contestants out of more than 20 competitors. They each answered their final question on the day of the Festival. Congratulations to them for doing so well.



**Nepal's Representatives in the 2016 Parade of Nations**

ANNS has participated in other aspects of the Festival, including selling food, selling raffle tickets, volunteering at the ticket booth during the festival, purchasing ads in the Festival program book, and



**Ashma Thapa representing from Nepal in Festival of Nation 2017 with more than 20 countries around the globe, won 1st Runner Up.**



**2016 Dance group with family members and US Representative Paul Tonko.**



**2016 Selection of Nepal's Candidate for Miss Festival, with Judge Nicole, Bhumika Devkota, Labika Baral, Praniva Pradhan, Priyanka Thapa, Kamana Devkota, and Judge Cynthia Weber Glynn.**

hosting a craft booth. Our group has been well represented by dancers performing Nepali folk dances.

The author has served as representative of ANNS to the Festival with the assistance of Laxmi Prasad Baral and Sing Raj Gurung. I also serve on the ticket committee during the Festival. We have enjoyed our participation and hope to continue to work with the Festival into the future.

The Festival of Nations is a lot of fun and a great way to share Nepalese culture and traditions with people in the Albany area! I hope all the readers can join us at the Festival of Nations this November. ♥♥♥



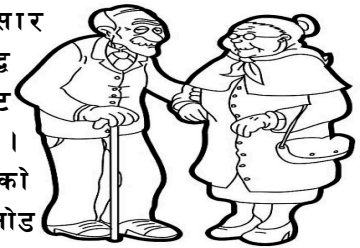
**2015 Miss Nepal Festival of Nations, Miss Shestruma Parajuli with her competitors from other countries at the first judging night. Her scores put her in the top 5 of the contestants at the festival.**

## पी.आर. अनि कर्तब्य... (लघुकथा)

(पोहोरको दशैं) भण्डै एकवर्षपछि अहिलेको दशैंको फूलपातीका दिन छोराले अमेरिकाबाट खुसी हुँदै घरमा फोन गर्‍यो। हलो बाबा, मेरो अमेरिकामा पी.आर. मिल्यो नी? उताबाट बाबाले सोधे के हो पी.आर. भनेको? पी.आर.ले के गर्छ छोरा?

छोराले जवाफ दिन्छ पी.आर. प्राएपछि मैले मेरी श्रीमती र छोरा छोरीलाई यतै अमेरिका बोलाउन, राख्न सक्छु नी, हामी अमेरिकन हुन्छौं।.....

एकलो निस्सार जीन्दगी बाचिरहेका वृद्ध बाआमाको आखाबाट तपतप आँसु भरयो। उता छोराले अमेरिकाको पी.आर. प्राएकोमा बेजोड खुसी थियो।



# हामी नेपाली धर्म, संस्कार र संस्कृति

## १) हाम्रो धर्म एवं संस्कृति

यातायात र सञ्चारका चरम विकाशले नै विश्व मानव समुदाय एक अर्कोमा नजिक हुने क्रम बढ्दो छ। मतलब, यातायात र सञ्चारको विकाशले पृथ्वी सानो हुन पुगेको र जहिले पनि आफू बसेको स्थान, उपभोग गरिरहेको सुविधा, सुख र सयल भन्दा अरु बढी सुविधा, सुख सयल प्राप्त गर्न लालायित हुने मानिसको जन्मसिद्ध स्वभाव हुने भएकोले यो विज्ञानको चरम विकाशको सुविधाको फाइदा लिएर मानिस आफूलाई लागेको संसारको राम्रो स्थानमा जाने र आफ्नो ज्ञान हासिल गर्दै क्षमता र योग्यता अनुसारको काम गरी जीविकोपार्जन गर्न जाने र आउने कामको रफ्तार बढ्दै गएको सर्वविदितै छ।

यसैक्रममा हामी नेपाली पनि विश्वका देशहरूमा जाने आउने गर्ने क्रममा उत्तर अमेरिका महादेशको संयुक्त राज्य अमेरिकामा आई आफ्नो योग्यता र क्षमताको आधारमा काम गरेर जीविकोपार्जन गर्दै आएका छौं। यसैक्रममा हाम्रा सन्तती जन्मने र हुर्कने क्रम पनि जारी नै छ। यसरी यहाँ जन्मीएर हुर्कदै गरेका आफ्ना सन्ततीलाई जन्मदेखि मृत्यु र मृत्यु पश्चात पनि वैदिक परम्पराले निर्दिष्ट गरेका सुसंस्कार, धर्म, संस्कृतिलाई जसरी पालन गरी गराई आएका छौं तिनलाई जीवन्त राख्न गम्भीर रूपमा कम्मर कसेरै लाग्नु उनीहरू प्रति हाम्रो गहन जिम्मेवारी हो। यदि यसो गरेनौं वा यसप्रति गम्भीर भएनौं भने पानी विनाको माछा छटपटाए जस्तै उनीहरूले छटपटाउनु पर्‍यो भने हाम्रा सन्ततीहरू संसारबाट विलय हुनेछन्, हराउने छन्। विलय हुनु, हराउनु जति पीडादायक दुनियाँमा अरु कुरा के हुनु सक्छ र ? त्यसैले माथि भने भैं यहाँ जन्मीएर हुर्कदै गरेका र पछि जन्मीदै जाने हाम्रा प्यारा सन्ततीहरूलाई वैदिक परम्पराले निर्दिष्ट गरेका ससंस्कार, धर्म, संस्कृतिको महत्त्वको पाठ व्यवहारमा उतारेर सिकाउनु जाउनु उनीहरूले हामी नेपाली हौं भनेर आफ्नो पहिचान देखाउन सक्नु। यो नै उनीहरूको सार्थक जीवन हो। संस्कार, धर्म, र संस्कृति जीवनका अभिन्न अङ्ग हुन्। आफ्नो पहिचान र सभ्यताको साधन हुन् भन्ने महत्त्व बुझेर व्यवहारमा उतार्न सक्नु।

आफ्नो सामाजिक, धार्मिक र सांस्कृतिक प्रतिष्ठानको लागि, पहिचानको लागि संगठित रूपमा रहौं, बसौं, यसलाई निरन्तरता दिऊँ यसैमा हामी सबैको कल्याण छ। नेपाली सुसंस्कार धर्म र संस्कृतिलाई निरन्तर र जीवन्त राख्न एक



तुलसीप्रसाद ढाल

सांस्कृतिक केन्द्रको स्थापना गरी नेपाली राष्ट्रिय चाड पर्वमा त्यहाँ धार्मिक तथा सांस्कृतिक क्रियाकलाप गर्नु उपयुक्त हुने र त्यस पावन अवसरमा यहाँ जन्मीएर हुर्कदै गरेका समर्थवान वाल वालिकालाई विशेष पोशाकको व्यवस्था गरी स्वयंसेवकरूपमा सेवा प्रदान गर्ने परम्परा बसाउन पनि जरूरी देखिन्छ। किनकी यसले उनीहरूमा गहिरो प्रभाव पार्न सक्दछ र निरन्तरता दिन पनि उनीहरूलाई बल पुग्दछ।

यसैगरी संसारको सबैभन्दा अग्लो

सगरमाथाको देश, गौतम बुद्धको जन्मथलो लुम्बिनीको देश, फेवा र रारा जस्ता अनगिन्ती रमणीय ताल तलैयाको देश, ८,००० मीटर भन्दा अग्लो ८ वटा र अन्य अनगिन्ती चुचुराको देश, धार्मिक, सांस्कृतिक तथा सुन्दर प्राकृतिक छटाले भरिपूर्ण देश, जो संसारका कुनै पनि देशहरूसँग पनि तुलना गर्न नसकिने अतुलनीय देशका हामी नेपाली र नेपाल प्रति माया बसाउने काम गर्दै हामी नेपाली शीर उचाली संसारमा लम्कन्छौं, भन्ने पाठ सिक्दै र सिकाउँ जाउँ यसैमा हामी नेपालीको कल्याण छ भन्ने मलाई लाग्दछ।

## २. जीवन

स्वस्थ र सुरक्षित जीवन नै सफल जीवनका लागि वरदान हुन भन्ने कुराको सधैं हेक्का राखेर अगाडि बढौं। जीवनको लागि सोचौं, संघर्ष नै जीवन हो भनेर। संघर्ष विनाको जीवन, जीवन होइन भनेर। जीवन क्षणभंगुर छ, त्यसैले बेलैमा काम गर्नुपर्दछ। जीवनलाई व्यस्त राख्नुपर्दछ। व्यस्तता विनाको जीवन निस्सार, अर्थहीन र दुःखमय हुन्छ। मनमा शान्ति मिल्दैन, शान्ति विनाको जीवन, जीवन होइन। किनकी मानिसको अन्तिम रोजाई वा चाहना सुख शान्ति नै हो। उच्च विचार सादा जीवनलाई अंगाल्नु बुद्धिमान व्यक्तिको सिद्धान्त हुनुपर्दछ। जीवनलाई सक्रिय राख्नुपर्दछ। आलस्य जीवनले दुःख निम्त्याउछ। आखिरमा मृत्युतीर धकेलिन्छ। त्यसैले सुख शान्तिको लागि बेलैमा केही गर्न सक्नुपर्दछ। बेला वितेपछि केही गर्न सकिन्न। सकिन्छ त पछुताउने काम मात्र। समाजबाट पनि अपहेलित हुन पुगिन्छ। समाजमा प्रतिष्ठित रहन समाज सेवा र सुख दुःखमा सहभागी हुन सकियो भने समाजमा इज्जत रहन्छ। त्यसैले समयमै जीवनको लागि समाजमा इज्जतको लागि आफ्ना सन्ततीको भविष्य उज्ज्वलको लागि सुनौलो समयको उपयोग गरौं, उपभोग नगरौं। जीवनको लागि सुख सयल त्यागी दुःख गरौं, दुःखमा सुख लुकेको हुन्छ। दुःख गरेर ज्ञान, धन, प्रतिष्ठा

किनकी सुख शान्ति नै जीवनको अन्तिम लक्ष्य हो मनुष्यको ।

### ३. आहार/विहार र आचरण

निम्न लिखित आहार/विहार र आचरणका बुद्धिरूलाई मनन् गरी व्यवहारमा उतारौं ।

- हल्का खाना खाउ  प्रेट चर्कने गरी नखाउ
- खाना सधैं एउटै समयमा खाने प्रयास गरौं ।
- वेलुका चाँडै सुतौं, विहान चाँडै उठौं ।
- विहानको नित्य काम विहान सबेरै गरौं । जस्तै : दिसा  पिसाब, नुहाईधुवाई विहानै गरौं । इश्वरको भक्तिभाव विहानै गरौं । योगा प्रणायाम विहानै गरौं ।
- इश्वरप्रति आश्रय राखौं । यसले आत्म विश्वास बढ्दछ र मनमा शान्ति मिल्दछ । मानिस सधैं शान्तिको खोजीमा हिँडीरहेको हुन्छ ।
- अरूको सधैं भलो चिन्ता  राम्रो काम गर्न प्रयास गरौं । भनिन्छ  जस्तो रोयो त्यस्तै फल्छ ।  सधैं समय अनुसार चलौं ।
- आफ्नो कारणले अरूलाई दुःख पीडा नहोस् । यसलाई मनमा राखेर आचरण गरौं ।
- आफ्नो उद्देश्यमा अडिग रहौं । चिन्तनशील, लगनशील र अध्ययनशील हौं ।
- काम गर्दा सतहीमा होइन, गहीराईमा पुगेर गरौं ।
- ठूलो मानिस हुनु भन्दा असल मानिस हुने प्रयास गरौं ।

- जे काम गर्दा पनि जोरीपारी, इष्टमित्र समेतको ख्याल गरेर गरौं ।
- जुनसुकै काम गर्दा पनि हिम्मतका साथ गरौं ।
- इमान्दारीतालाई जीवनको प्रमुख आधार मानौं ।
- अरूको सम्मान गरौं, त्यसले आफूलाई सम्मान मिल्दछ । मान र सम्मान लिने होइन दिने हो त्यो ख्याल गरौं ।
- इख नभएको मानिस र बिष नभएको सर्प काम लाग्दैन भन्ने कुराको ख्याल गरौं ।
- आफू सधैं स्वस्थ र सुरक्षित छु भन्ने दृढ विश्वास सम्म रहने प्रयास गरौं । कम साधन अधिक आरामको ख्याल गरौं ।
- असीमित इच्छा दुःखको सागर हो भन्ने कुराको ख्याल गरौं ।
- सुख स्वप्ना, दुःख पाहुना हो  दुःखको बेला पाएको सुख स्वप्ना जस्तो हुन्छ । दुःखको बेला नआत्तीनु, किनकी दुःख पाहुना हुनाले पाहुना धेरै दिन बस्दैन । पाहुना भन्नु नै अस्थायी हो ।
- सधैं आफु माथि गहन जिम्मेवारीको महशुस गरेर अगाडि बढौं ।
- आफु हासी अरूलाई हसीउने इच्छाशक्ति आफुमा राखौं ।
- आर्थिक अनुशासनमा रही मीतव्ययी बनौं ।
- सानालाई माया र ठुलालाई आदर गरौं ।
- पर सेवा महान सेवा  सम्भोर सेवा गरौं । यसबाट आत्मसन्तुष्टि र शान्ति मिल्दछ ।
- ज्ञान र धनको आर्जन गरी आफु जन्मिएको ठाउँ  देश फर्कने सोच गरौं । किनभने आफु जन्मिएको ठाउँ  देश स्वर्ग भन्दा प्यारो हुन्छ । त्यसैमा शान्तिको आभाष मिल्दछ । ♥♥♥



विजयादशमी २०७५ को सुखद उपलक्ष्यमा सुस्वास्थ्य, दीर्घायु, सुख, शान्तिको लागि हार्दिक  
मंगलमय शुभकामना व्यक्त गर्दछु।

~ समिर/ रिमा तथा समस्त थापा परिवार ~

# नेपाल आमा

बन्दुक बोकी शान्ति खोज्ने कस्ता सपुत पायौ आमा  
तिम्रै छाती ताकि गोली कति हण्डर खायौ आमा  
दश धारा दुध पिलाई मुटुभरी माया दियौ  
अन्धकार यो संसारमा ज्योति बनी जलीदियौ ।



डा.संजु  
तामिंसिना

तिम्रो अङ्ग बेच्ने सन्तान तिमिले किन पायौ आमा  
छातिमा थियो तिम्रो माया गोली थाप्यौ किन आमा  
छिमेकीका गिट्टे आखि छाला काटी लगिसके  
रगत बग्ने तिम्रा नशा कैयौं निहम्मा लुटिसके ।

अब त उठ कति सहीदिन्छौ आमा  
शरीर आधा चिर्न लागे कति खपि दिन्छौ आमा  
प्रकृति नै कस्ता छैन तिमि माथि बज्रपात  
कैले भेल, कैले बाढी भुकम्पले गर्छ घात ।

लाखौ पीडा सहिदिने कस्ती महान् भयौ आमा  
असीम पीडा लुकाएर सधैं हाँसी रह्यौ आमा  
चिम्टी छैन सरम कतै तिमिलाई बेच्ने सन्ततीमा  
आखिर तिमिलाई बेचि छाड्छन् उत्तर दक्षिण अन्त्यतीमा ।

अनि गर्छन् बहाना ती रोए जस्तो गरी आमा  
दुइ थोपा आसु खर्ची माफी माग्लान् अनि आमा  
नजन्माएकी हैनौ आमा शान्ति दूत बुद्ध पनि  
त्यस्ता सपुत जन्माउ अब नेपाल मेरी आमा भन्नी ॥

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**विजया दशमी र दीपावली २०७५ को सुखद उपलक्ष्यमा  
सम्पूर्ण नेपाली दाजुभाई तथा दिदीबहिनीहरुमा हार्दिक  
मंगलमय शुभकामना प्रकट गर्दछौं।**

**कृष्ण, मुना, कामना एवम भूमिका देवकोटा**



# Space

Drops of milk on a black sheet, therefore the Milky Way as the Chinese named it. The galaxy is so vast, beyond imagination and there is our planet Earth, amongst the solar system. If we look back, we the humans are just a blip in space and time. We may seem big, but this is nothing compared to the cosmos and the universe. Everything we ever owned and all the great achievements we've earned in life, all took in the Milky Way. The Chinese started this curiosity to explore space and all of it happened on the tiny planet of Earth. ♥



Arpan Acharya  
Grade- 4

# Facts You Probably Didn't Know!

1. A dolphin has a bigger brain than a human.
2. Only female bees sting, not male ones.
3. Snow leopards can't roar.
4. The average dream lasts for twenty minutes.
5. The air around a lighting strike is five times hotter than the sun.
6. A human bone is five times stronger than a piece of steel of the same weight.
7. Bats have thumbs.
8. Light is faster than sound.
9. Nothing can escape a black hole.
10. You can actually smell scents in dreams.
11. Some butterflies have ears on their wings.
12. Fingernails grow faster than toenails.
13. A camel can drink five hundred cups of water in ten minutes.
14. Gelotology is the study of laughter.
15. Men get hiccups more than females.
16. A jiffy is one-hundredth of a second.
17. You are made out of ten trillion cells. ♥



Regis Gurung  
Grade-4

विजया दशमी तथा दीपावली २०७५ को

उपलक्ष्यमा सम्पूर्ण नेपाली दाजुभाई

तथा दिदीबहिनीहरूमा हार्दिक

मंगलमय शुभकामना

व्यक्त गर्दछौं ।



लोकेन्द्र बम तथा परिवार



# Creating an Impact for Our Homeland

It's amazing how a country with only 147,181 square kilometers contains so much diversity. In every hidden corner of Nepal are people with bright minds, the ability to bring about a change, and make an impact. It's very unfortunate that some of these people never get the opportunity due to financial, family, gender, or ethnic/caste reasons. As an assistant professor in Institute of Forestry and other colleges at Tribhuvan University and before that a high school teacher as well as a tutor, I have come across many students. However, I have also noticed that many of these students don't get the chance to move up in their studies due to the reasons mentioned above. Over the years, I have felt that as a teacher it is my responsibility to provide the resources to help them succeed.

Many years ago, a co-worker of mine from Institute of Forestry went to a remote village in Nepal for some field study. There, he heard about a boy from a poverty-stricken family. Despite facing many disadvantages in life, he still managed to top S.L.C. in his school. Intrigued by this, my co-worker went to the boy's house and learned that the boy wasn't planning on going to college due to financial problem. After hearing his story, my co-worker made sure that the boy was able to sit for the entrance exam at the Institute of Forestry. Even without prior preparations for the test, the boy still came out on the top. When I came back to the Institute of Forestry after two years of research in Germany, I heard about the boy who was hardly managing his food and daily needs even with the support of others. Most of the days the boy ate food only once a day and still managed to remain at the top in study. After knowing about his situation, I immediately helped to cover all his expenses for the remaining six months of his undergraduate study and



**Krishna Devkota, Ph.D.**

provided him additional support by giving him the opportunity to work on my project works. With the help provided by people who cared, the boy is now in a high, successful Officer (Government of Nepal) position, something that might have been a dream to him had we decided to ignore his talent.

The story of the boy is one of many, but it is not enough. There are still many promising people hidden in the remote villages or the corners of streets in cities such as Kathmandu. It is our responsibility to help those people to enhance and advance their potential. It might seem like an impossible impact to make, but it's not; there are countless organizations that offer scholarships to gifted students that need financial help. When I came to the US, I wanted to support the boy who was admitted to the same Institute for graduate study and other underprivileged but talented students of Nepal. Since I was new to the US, I contacted one of my seniors, Dr. Bal Krishna Sharma, who had come to the US from my village and was big on helping people in Nepal. I told him the story of that boy and showed my interest to help him and other students in Nepal by generating scholarship fund. With his advice, I developed a proposal and submitted it to the Empower Nepal Foundation (ENF). The objective of the proposal was to establish a scholarship program for the talented but financially disadvantaged students who are studying in government colleges in Pokhara and provide scholarships to at least ten students each year for three years. Every year, I would raise one thousand dollars myself, and the ENF would match that. I must thank my friends and relatives in the US who generously donated money to help me accomplish my

three-year project. With the help of the Gorkha Milan Samaj (GMS) in Pokhara, the scholarship (two thousand dollars) was provided to ten talented but financially disadvantaged students each year to help them with the housing costs as well as money for food and college supplies. During that three-year period, more than twenty students, including the boy in Institute of Forestry, were supported by the scholarship. The scholarships helped the students tremendously since they didn't have to worry about how they were going to afford education, something that no one should ever have to.

The ENF (where I have been one of the Board of Directors for the last four years) is just one of the ways others have tried to help Nepali people on the topic of education. After the devastating earthquake, I developed and co-ordinated another project where \$10,000.00 was raised to rebuild a school in Gorkha District on a matching fund basis of ENF. This project was successfully completed, and students didn't have to sit in the rain and cold to study anymore. I know a

family who has repeatedly given money directly to people going to Nepal so that they can buy blankets and living materials for villagers in need. Even in our ANNS community, we did fundraisers in the library and the Hindu temple and collected money in person so that we could help those devastated by the earthquake. We have the power to help others, especially Nepali people. By providing scholarships, housing needs, living materials, and helping the youth by letting them have the education they deserve, we can create a whole new way for upcoming generations. We would be giving the future scientists, doctors, and engineers a chance at life to discover something new. While 147,181 square kilometers, compared to the whole world, might seem trivial, it is filled with brilliant, thriving, young minds. And it is our responsibility as Nepalese living abroad to join hands together and put all our efforts to make sure that every Nepali child is able to harness their full potential and become successful in life. ♥♥♥

# विजया दशमी तथा दीपावली २०७५ को

## उपलक्ष्यमा सम्पूर्ण नेपाली दाजुभाई

### तथा दिदीबहिनीहरूमा हार्दिक

#### मंगलमय शुभकामना

#### व्यक्त गर्दछौं ।






चुरामनि गौरे तथा परिवार



# A Journey I'll Never Forget

Muktinath is one of the most sacred places for Hindus and Buddhists in the world. This holy place is located at the base of the Throng La mountain pass in the district of Mustang, at an altitude of 12,172 ft. The path needed to reach the Muktinath Temple is highly dangerous and requires utmost caution. This year, my family and I decided to make the life-changing journey to this unforgettable place.

Even though the distance from Pokhara to Muktinath is just about the distance from Albany to the Adirondack mountains, the drive took us over 12 hours. From Pokhara until Beni, the roads were in perfect condition and there was nothing to complain about. After passing Beni, however, I felt the fear everyone else had felt days before. It was goodbye to the perfect roads as we entered paths made of loose dirt, very different and a lot less safer than the roads from before. Every time the Jeep would hit a bump, the sudden jump of the car would make my heart skip a beat. Looking out of the window to see a river inches from the car was very daring but, surprisingly, kept me interested. With every passing mile came new risks, with rougher terrain than the last. To add to the terrified mood, throughout the ride, our driver told us tragedies of the vehicles that had tried to pass these very roads. He showed us the remains of a family car that had fallen into the fast flowing water. Anywhere I looked, I saw unnerving views. When I looked down, I saw the rapids of the Kali Gandaki, waiting to feast upon fallen cars. When I looked up, I saw bulging boulders, ready to fall at any time, destroying the roads and falling on top of cars below. We drove through both daylight and pitch black night trying to inch down the path as cautiously as possible. We knew that one misturn and we would be joining the dozens of cars, trucks, and people that had been washed down by the river. To say the least, the drive from Pokhara to Muktinath was like a thrilling, neverending rollercoaster, but without any of the safety assurance.

Beneath all the neverending risks, however, we also found a surplus of beauty. Although our necks moved in ways we didn't know they could, twisting and turning with the movement of the vehicle, we got to see such impressive sights along the way. Below us, the Kali River raged furiously yet so charmingly that at that moment, I truly understood what it meant to be one with nature. From the same hills we feared we would fall down, water trickled down the grooves at

the sides, creating gigantic waterfalls. The neverending flow of water from the hilltops kept me mesmerized and, every now and then, made me forget all about the risks ahead. I kept taking photos after photos thinking it all needed to be captured on camera, but looking back at them, I can say that the pictures don't do the views any justice. Living the majority of my life in America, I never had the opportunity to look out of the window of a car to see such endless rolling hills. Even when we were stopped for 2 hours by a path drowned in rocks and debris, I didn't let negativity flood into my brain but rather used nature as a way to keep me calm.

Alongside the beauty and risks, I especially remember the darkness creeping up into our drive. The beautiful views disappeared like the sun that descended into the horizon leaving us driving blindly through the night. Our only source of light was the dim headlights of our car, and even those only let us see so far into the risky road ahead. The path got extremely narrow and it started to seem as if our car would no longer fit in the roads. As I looked outside my window, I saw only the deadly voluminous water right below. Just when I didn't think things could have gotten worse, I saw two sets of headlights coming at us from the opposite direction. The bus began coming closer and closer to us, not acknowledging that our Jeep was in its narrow path. We were head-on, bumper to bumper when the bus driver signaled us to start moving back. The only problem was that hard enough as it was to drive through the narrow path going forward, trailing it in reverse would be 10 times, if not 100 times, more difficult. Every movement of the driver had to be perfect or down we would go off the 200 ft cliff into the river. I kept my eyes shut tight as I clenched my jaw and held onto my parents sitting next to me. For the next half mile, our driver backed the Jeep farther and farther back. I could feel the tension in the car and in the driver, who was now trying his best to remain calm. When I finally opened my eyes I was quickly blinded by the headlights of the bus ahead. But, through all the light, I did manage to see that we had arrived at a much wider portion of the path. With less than a few inches between our car and the bus, the bus managed to pass and a huge weight was lifted off our shoulders. After much too many close encounters with death, we decided to take a deep breath and sleep the remainder of the night in the beautiful town of Jomsom.



 **Labika Baral**

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Early the next morning, I shrugged off any fear left over from the night before. The grand view that I saw right from the hotel room comforted me. The mountains were opening up for us glistening as the morning sun hit its peaks. I felt like I could just touch the snow on the peaks, at the tallest mountains in the world. The risks from yesterday seemed to be all worth it, even if it was just those mountains we had come here to see. Too soon, we left for Kagbeni, a

so close, and everything was crystal clear that morning. I saw mountain goats and realized that animals live here too. The terrain was so different than I had known yet so captivating. While I was mesmerized by the outside scenery, I didn't even realize that we had already reached the temple. To be one hundred percent honest, I wasn't truly impressed by it. I expected to see a massive piece of sacred architecture given that we had just driven 12 hours to see it. However, I could see just how much this destination had meant for my grandparents, so I thought it would be best if I just kept my mouth shut.



We quickly began our walk up the stairs to reach the grand entrance, where we knew we would be blessed by the all mighty power of Muktinath. Although the temple seemed small at first, I started to see why so many people from all over the country came to see it. Our grandparents even told us of a time 30 years ago when they had walked 11 days to reach this place! From a religious standpoint, our destination of Muktinath acts as a milestone, attracting both the rich and poor, from all over the world. As one of the most ancient temples of the God Vishnu, the temple contains a golden human-size statue of The Lord Vishnu. It is a temple revered for its placement at such a high altitude, ready to bless those that pass through. Once our family got to the temple, we first ran through the ice-cold water from the 108 dharas

small village in Mustang known as a place for people to come and honor their fallen relatives. The scenery in the drive just kept getting better. This far into the road, life seemed scarce. The hills were covered by sand and the only thing we saw were small unusual bushes that would sprout out here and there. The environment was very different in those high altitudes. Maybe it was the lack of oxygen or the outstanding view; either way, it had taken my breath away leaving me speechless. The nearby hills looked like massive sand mounds and the mountains on the backdrop were glowing white. We were driving through a place that looked like a desert, with little to no life forms and an open view of the landscape ahead. The Kali Gandaki now seemed small, and like an oasis off to the side. After a quick stop at Kagbeni, we left for Muktinath. The drive was still straight uphill on the dangerous path, but the views made the trip go by much faster. The mountains were



behind the temple. On a semicircular wall stood 108 stone faucets at heights of seven feet each, about 1 foot apart from each other. The faucets were in the shape of the head of bulls and were constantly spewing out water as cold as the snow on the tops of the Himalayan mountains. This freezing water came from the Kali Gandaki River, which is valued as the only source of the rare Shaligram stones that are needed to

make a Vishnu temple. After we finished running through the 108 faucets, we took a moment to catch our breath and from there we went to the front of the temple to go into the two small ponds or kundas. I will never forget splashing frantically in the freezing water because I couldn't manage to get a grip on the slippery floor. After passing these ponds, I could barely feel my legs and as for the rest of my body, it was numb as if I was injected with a ton of anesthesia. With a fear that I might develop hypothermia, I stood for quite some time taking in the warmth of the bright sun that shone on my cold and wet body. While I was still trying to get back the feeling of my body, my parents and grandparents had gotten ready to honor the gods and were sitting with one of the temple's priests. They recited many prayers and paved the path to begin our grand lakhbatti prayer. Throughout the course of the past few months, my grandmother, aunt, and mother had prepared 100,000 (lakh) cotton wicks to set on fire at the temple. The lakhbattis were soaked in oil and

then placed in a circular bamboo plate, ready to be lit. We took the heat and the blessings from the lakhbatti and hoped for the betterment for our family. By the time we were done, it was already noon and, unfortunately, we needed to be on our way. Our trip wasn't entirely over because we had to get ready to leave the same wonderful yet dangerous road we had come from.

Going to Muktinath and living to tell the tale made me feel like I am a completely different person. Never had I been through as many awakening experiences as I had encountered in the past two days. I am hopeful that this place is going to be a great destination once the roads are developed, which shouldn't be that long. Even if these roads are built to perfection, however, the trip's exhilaration will never go away. To me, Muktinath will always hold a dear place in my heart, and no matter what places I visit, this one will be hard to top. ♥♥♥

## Football, The Teamwork Sport

I believe that teamwork goes a long way in the sport of football. One example of that would be my team's game against Saratoga. It was the first play everyone was ready. We knew Saratoga was going to be tougher than South Glens Falls, who we had played a week prior, but we were all prepared. First, there was the coin toss; Toga won and got to choose. They decided to receive the ball so we went to our side of the field and kicked off. Luckily we got to the returner fast and tackled him before he could run. Then the Saratoga offense got up to the ball and snapped the ball immediately. Right when the ball got to the Quarterback's hands, we realized that the game was going to be harder than we thought. Their offensive linemen were so good. They were able to push one of our defenders almost 10 yards back and that's when our defense crumbled and the Toga Running Back ran it all the way for the touchdown. He ran right through a gap that was open because our defenders were being pushed back. At that point, some people thought that we were going to lose but we didn't give up; we knew that we could win, we had to win.

When we got the ball, all of us could see the look on the opposing team. They had smirks on their faces thinking that it would be an easy game. On the next play, however, we would prove them wrong. The Quarterback, Evan, snapped the ball and next thing we know, our linemen are blocking defenders to the

edge of the field and our Running Back, Cole, rams through a defender and scores. We caught the whole opposing team off guard and it felt amazing. We started celebrating but we didn't get over confident like Saratoga. We still knew we had a lot of time remaining and that anything could happen. When the Toga got the ball, they took their time and got the ball to the 90-yard line. What happened next reminded me of the Super Bowl XLIX when Malcolm Butler intercepted the ball to win the game. This is because when we thought that they would get a touchdown and win, our Cornerback, Leo, rushed in and intercepted the ball. At that point,

we knew that our offense had to score in order to win the game. When our offense came onto the field we handed it off to our Running Back who ran right through the middle of the line. When he got out he had four big linemen all around him. No one knows how he did it, but he bursted out of the pile and ran to the touchdown, with just a few seconds left. Our hard work had paid off. We won. The final score was 14-7.

Throughout the game, our whole team showed teamwork and endurance. We showed our strength because even when it seemed like we were going to lose, everyone was optimistic and kept on fighting. We also showed teamwork because if one person had messed up on the field, it could have had cost us the game. In the end, this is why football is a sport of teamwork. ♥♥♥



**Aryan Acharya,  
Grade-9**



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FAAAA BULOUS TIHAR  
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