Message from the NASeA President

I am delighted to convey my new year’s greeting as the President of Nepalese Association in Southeast America (NASeA) to all Nepalese living in Southeast USA. It is indeed an honor to lead such an organization with high regards among all Nepalese community in the US and abroad. As the President, I understand that there are so many important things to do to heighten the goal of NASeA, particularly for the promotion and establishment of Nepalese culture in the US. For the achievement of this goal, we have taken some initiatives by forming working committees, which have already begun their smooth functioning now. I would like to thank the leaders of each working committee. Some of the initial progress of those committees are highlighted in this issue of Shangri-La. I am particularly excited on the return of "Shrangri-La" under the leadership of Dr. Dilip Panthee and his team, which will help not only to convey the message or status of activities of NASeA Executive, and working committees across but also promote the culture and heritage among Nepalese communities. I am incredibly delighted to see its return in its quarterly form. While we are away from our motherland, it is imperative to move ahead with hands-on-hand whenever it is necessary, particularly at the time of natural disasters. As a President of NASeA, we are fully aware of that, and I would like to stress that we have taken some initiatives by establishing 'Emergency Management Fund (EMF)' to provide help in the shortest time possible when it is necessary. We also expect that our support reaches to the people in need in our motherland. With this, we hope that our effort is institutionalized and we can help the needy people promptly. I hope that we will develop and expand the EMF further in the days to come. Best wishes, and a happy new year BS 2075 to you all!

Madhav Dhakal, President, NASeA

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King Vikramaditya and Our Calendar System

Welcome to new year Bikram sambat (BS) 2075! The new year is celebrated in different countries in their ways. The essence is to welcome the new days ahead and wish for the best with great excitement. With this, we have our new year coming starting from the middle of April. Nepalese Association in Southeast America (NASeA) decided to continue publishing Shangri-La starting on this auspicious occasion. We wish you all a happy, peaceful and prosperous new year.

There are several calendar systems in existence in the world. Among them, we follow BS, which is about 57 years ahead of the Gregorian calendar. The first month - Baishakh sometimes begins in the middle of the April. This system is used in Nepal and parts of India. All calendar systems are grouped into five groups including solar (e.g., Roman calendar), lunar (e.g., Islamic calendar), lunisolar (e.g., Chinese calendar), seasonal (e.g., Inuit calendar) and fixed days (e.g., Gregorian calendar). BS and Nepal sambat are the examples of the lunar calendar system. BS was started by the legendary king Vikramaditya of ancient India with his capital in Ujjain, of 18 kingdoms. He is characterized as an ideal king, known for his generosity, courage, and patronage of scholars. Some legends describe him as a liberator of India from invaders, identified as Shakas. There is conflicting information about Shakas - who invaded north-western India and oppressed the Hindus. According to one source, he came to the Almanṣūra city whereas based on another source, he was a non-Hindu who came from the west. King Vikramaditya not only defeated him but also killed him in the Karur region, located between Multan and the castle of Loni, India. The astronomers and other people started using this date as the beginning of a new era. This era is identified as BS after the ninth century. When Persian scholar Al-Biruni (973–1048 AD) visited India. He learned that the Indians used five eras: Sri Harsha, Vikramaditya (57 BCE), Shaka (78 CE), Vallabha and Gupta. The Vikramaditya era was used in southern and western India, which was the dominant ones among those. Gradually, BS replaced other systems. Still, it is common to write ‘Shree Shaka Shambat’ meaning they are trying to address both eras. While the BS was started 57 BC, it was officially recognized in the ninth century, and it was official calendar system of Nepal only from BS 1958 by Ranas.

*****

Dilip R. Panthee, PhD
Asheville, North Carolina

Publication Committee (Editorial Board)

Dr. Dilip R. Panthee, Chair
Ambika Lohani Sharma, Co-Chair
Dr. Binita KC, Member
Kiran Manike, Member
Dr. Shankar Parajuli, Member

Disclaimer:
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The Proposed Goals/Objectives of NASeA (2017-2019)

NASeA is a non-profit organization oriented towards community services to preserve and maintain Nepalese culture, tradition, language, and arts. NASeA has worked in partnership with local government bodies in the US. During this tenure (2017-2019), NASeA has set following goals:

1. Nepal Day Parade - We support our mission “to preserve and promote Nepalese culture and values” in the international arena, to support this mission statement, an exhibition of our native culture, traditions, festivals, costumes and overall Nepalese environment in front of international arena is very important. In collaboration with two cities of North Carolina, Morrisville, and Charlotte, NASeA is celebrating “Nepal Day” on third Saturday of April as recognized by Morrisville town council. This year, we are celebrating Nepal Day on 21st April, 2018 in Morrisville in partnership with NCNC and TNCC. We are planning to exhibit 100 cultural items of historical and cultural importance.

2. Establishment of “Emergency Aid Fund”: NASeA has been helping people in the event of a natural disaster in Nepal and in the US in ad hoc basis. However, we never established an “Emergency Aid Fund” solely dedicated to disaster emergencies. To serve this purpose, NASeA Board has decided to deposit 10% of collected fund any charity collection to establish an Emergency Aid Fund.

3. Expanding the “Adopt-a-highway” program in other states of NASeA: “Adopt-a-highway” is a written contract with Department of Transportation (DOT) to clean two miles of a highway on a quarterly basis. To date, NCNC (NC) and NAF (FL) are implementing this program. Such voluntary work exhibits our strong presence and builds public relation with the local government. We plan to expand this program at least in two more states out of GA, SC, and AL.

4. Sports Tournament: We are working to organize at least one more interstate sports tournament other than the tournament being held during the joint convention.

5. With collaboration and coordination continuing to work with other local, regional, and national organizations.

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Literary Committee Program

NASeA’s Literary committee consist of 9 members representing different states:
1. Binita KC, Ph.D., Knoxville, TN (chair)
2. Bharati Gautam, Jacksonville, FL
3. Ambika Lohani Sharma, Atlanta GA
4. Krishna Shrestha, FL
5. Kiran Manike, Atlanta, GA
6. Gita Kadel, NC
7. anuka Dhungel Khanal, Tampa, FL
8. Tika Ram Poudyal, KY
9. Nirmala Sharma, Knoxville, TN

On January 20th, 2018, literary committee jointly organized a literature program with International Nepali Literary Society (INLS), Georgia chapter on the auspicious occasion of Saraswoti Puja. The program was held in Atlanta GA. Lyricist and poet Mr. Gyanandra Gadal was invited as a chief guest of the program. The program was chaired by INLS Georgia Chapter president Mr. Chetnath Ghimire, Hon. Tourism Ambassador of Nepal to Atlanta, USA, Mr. Raja Ghale, NASeA Vice-President Ms. Ambika Lohani Sharma, NASeA literary committee chair Dr. Binita KC, NRN Georgia Chapter president Mr. Surya Lamsal, World Hindu Organization America president Mr. Kiran Shrestha. Mr. Kiran Manike, INLS Georgia chapter secretary, conducted the program.

Mr. Gyanandra Gadal was recognized for his significant contributions to the Nepali literature. He captivated the audience by reciting his songs and poems. The participants recited poems accompanied by a short cultural program. The literary committee is committed to preserve and promote Nepali literature in the United States and around the world. In future, we plan to organize literature programs on a regular basis and in coordination with INLS state chapters.

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Dear Community Member,

The executive committee board meeting held on Dec 30, 2017, had unanimously decided to form finance committee of five members proposed by NASeA Treasurer Dr. Nirmal Paudel per the NASeA’s bylaws Article XI Para 4. Also as per the above mentioned bylaws clause to meet the criteria of overlapping tenure of finance committee in two consecutive NASeA’s executive committees, the board had decided to end the tenure of this committee at the end of January 2020.

NASeA’s Finance Committee (2017-19)

1. Mr. Rabindra Karki, Chair
2. Mr. Dipak Ranabhat, Member
3. Mr. Baburam Sharma, Member
4. Mr. Madhav Dhakal, ex officio Member, NASeA President
5. Dr. Nirmal Paudel, ex officio Member, NASeA Treasurer

Our executive committee would also like to thank all our former treasurers, chairs and members of this committee including Mr. Bimal Nepal, Mr. Pashupati Neupane, Mr. Ramjee Koirala, Mr. Kumar Bhandari, and Mrs. Sakina Shrestha for their help and support through this committee.

Treasurer Report:

First and foremost, I would like to thank you all the community members and well-wishers who has given me the responsibility to serve as a Treasurer of this proud organization for 2017-2019. As a treasurer, I am happy to inform you that in this short time period, we have done couple of very successful fund-raise campaigns. Both of these campaigns were co-ordinated by Cultural Committee Chair Mr. Bishal Bharati.

The first one was to support our legendary pop singer Mr. Om Bikram Bista who was going through the very difficult health situation and was in the process to transplant his kidneys. The campaign was kicked-off with a Facebook live musical program by NASeA Cultural Committee under the leadership of its chair Mr. Bishal Bharati. Fifty generous donors graciously contributed to this campaign a total sum of $2,653.01. The complete donor list has been published in NASeA website. After PayPal fees and 10% contribution to NASeA Emergency Fund, we have already handover the check of $2,332.00 to Mr. Bista. Our entire community wishes him a speedy recovery.

The second campaign was “One for One” (One Blanket for One) to raise the fund to support the cold victim in the Terai region of Nepal. The total of $3,108.55 was collected from forty two generous donors. The total of $3,000.00 has been distributed to two Nepalese organizations “Jhapa Baal Sanjal” and “Sano Prayash Sanjal” who help to distribute 630 warm blankets to the victims locally in the Eastern Terai region of Nepal. Cultural committee chair Mr. Bishal Bharati has contributed his significant time to volunteer to file the tax and contribute the professional fee to this campaign.

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<thead>
<tr>
<th>Bank Account Name/Institution</th>
<th>Balance Amount</th>
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<tr>
<td>Capital One (Saving)</td>
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<tr>
<td>Bank of America (Checking)</td>
<td>$28,904.15</td>
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<tr>
<td>PayPal (NASeA)</td>
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</tr>
<tr>
<td><strong>Total Balance</strong></td>
<td><strong>$71,911.76</strong></td>
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**Expenses Details (as of 04/13/2018)**

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<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Pashupati Neupane (for UPS service)</td>
<td>$33.6</td>
</tr>
<tr>
<td>Nirmal Paudel (for UPS service)</td>
<td>$10.62</td>
</tr>
<tr>
<td>Bishal Bharati (Camera Stand)</td>
<td>$95.97</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$140.19</strong></td>
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**NASeA Balance During the Handover (as of 10/31/2017)**

**Detail of Emergency Fund:**

<table>
<thead>
<tr>
<th>Emergency Fund Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>NASeA EMS Fund from One for One</td>
<td>$203.75</td>
</tr>
<tr>
<td>NASeA EMS Fund from Om Bikram Support</td>
<td>$259.10</td>
</tr>
<tr>
<td>Donation to Late Rupesh Upreti family</td>
<td>-$300.00</td>
</tr>
<tr>
<td><strong>Net Available Balance</strong></td>
<td><strong>$162.85</strong></td>
</tr>
</tbody>
</table>

NOTE: The program conducted by Literary Committee and Women & Children Committee were self-sustained without any contribution from NASeA finance.
International Women’s Day 2018 Celebration

Rama Ghimire
Chair, Women and Children’s Committee

On March 10, NASeA and NAG jointly organized this year’s International Women’s Day celebration in Atlanta, GA with significant public participation. This program was chaired by Rama Ghimire with the presence of community leaders from different organizations including NASeA Vice President Ambika Lohani, NASeA executive member Namita Ghimire, Vice present of NAG Mr. Kumar KC, Secretary of NAG Mr. Pranaya Rana, president NRNA GA chapter Mr. Surya Lamsal, president World Hindu Mahasang Kiran Shrestha and NRNA Bishwo Subba. The program was moderated by Secretary of NRNA-GA chapter Iccha Bastola.

NASeA Vice President, Ambika Lohani welcomed the audience on behalf of NASeA. NAG Vice President, Kumar KC, NRNA-GA Chapter President Surya Lamsal and Didi Bahini Samuha – Babita Thapa, all expressed their views and showed solidarity with the current women-related social movement.

Guest speakers Dr. Amrita Regmi shared how her life was shaped by her mother and grandmother to make her stronger, and she emphasized women responsibility to shape the future with the theme “Time is now.” Prof. Dr. Carolina Bourdeux, Georgia State University, and Ms. Cindy Zilden, Health Care Advocate shared their experience and views on the health care systems and its accessibility relating to women’s health. The program was moderated by Iccha Bastola and Pranaya Rana. Several local artists performed cultural dances and songs to entertain the audience. The program was held at Himalayan spice Restaurant, and Account Tech CPA provided snacks to the participants.

The mission of this program was to celebrate the achievements. Four women who led and contributed to the community inspired and promoted the wellbeing of women and Nepali culture were recognized in the program. Ms. Ambika Lohani, Ms. Rama Ghimire, and Ms. Namita Ghimire handed over the certificate of recognition to Ms. Sita Ghimire, Ms. Sushma Barakoti, and Ms. Sabita Shrestha. Ms. Neelam Karki Niharika was unable to come to attend the program. She was recognized in a separate program, which was held in North Carolina on March 11th by NRNA and TNCC, where the certificate was handed over by NASeA executive member Dr. Thakur Karkee.
...contd’ from International Women’s Day...

Sita Ghimire Mainali was recognized for her valuable volunteer service and outstanding leadership that she has shown by establishing Nepalese association in north Alabama (NANA) in 2008, which was officially registered in 2015 as 501(C) organization at the state of Alabama. She and her leadership had raised more than $25,000.00 and contributed to building a school through Geetanjali music concert fundraising event jointly organized by NANA and the University of Alabama at Huntsville, and the other local community. Under her leadership, the association repaired and replaced corrugated roofing for 82 houses and paid NRs 10,000 each for 5 family members to recover their situation to the earthquake victims in the ranibari kabhre district. A new three classrooms school building was built amounting to NRs 1.2 million at Kalinag Higher Secondary School, Sunkhani, Charikot, Dolakha district Nepal.

Sushma Barakoti was recognized for her valuable contribution and dedicated service to empower women, immigrant, and refugee community. She has devoted her career being a catalyst to women’s empowerment in the US and her native country Nepal. At present Sushma works as an Executive Director at the Refugee Women’s Network, a GA based non-profit organization that inspires and equips refugee and immigrant women to become leaders in their homes, profession, and communities through education and advocacy. As a social entrepreneur, Sushma founded Sunawworld which provides social, economic empowerment to more than 500 women in Nepal and Atlanta.

Sabita Shrestha was recognized for her dedication to Nepali school to promote and preserve Nepali language and culture. Sabita Shrestha has volunteered to Nepali school for many years at different capacity, including as a coordinator. Her dedication and contribution, along with the Nepali school community, has been instrumental in promoting Nepali literacy and culture to a new generation of Nepalese children in Atlanta, Georgia.

Neelam Karki Niharika was recognized for her invaluable contribution to inspiring women through her literary writings. Her writing skills have added a new dimension and continue to enrich Nepali literature. Her themes such as male-dominated society, caste, class, poverty, corruption, and tyranny has triggered intellectual debate among the Nepalese people and is providing impetus to on-going changes in the country. She has been writing on the issues related to sexual and gender minority. Author Neelam Karki Niharika illustrated women’s obligations, societal norms and stigmas from her inner mind in her book Kagajma Dastakhat. Her latest book is Yogmaya, where she writes about a child widow who struggled all her life and fought against superstitious social belief for the betterment of society.

Congratulations to all the ladies who received the recognition and thank you to Atlanta Nepali community for your participation to make this event a grand success.

*****

Sushma Barakoti

Neelam Karki Niharika

Sabita Shrestha

Sushma Barakoti

Neelam Karki Niharika

Sabita Shrestha
Membership Drive Committee Report

Thakur Karkee, Ph.D.
Membership Drive Committee

Women’s day celebration: We participated in Women’s day celebration on March 11 organized by NRN USA and NCNC Inc. Dr. Lauren Leve, Associate Professor, Department of Religious Studies UNC and Ms. Seema Kak, Client Service Manager, Kiran Inc. were the keynote speaker of the event the speakers discussed gender-based violence and women empowerment. The event was presided by Mr. BP Pokharel, President, NRN North Carolina Chapter. Mrs. Radha Poudel, NRN USA Vice President and Mrs. Neelam Karki (Niharika) also spoke at the event. During the event, Mrs. Neelam Karki (Niharika) was recognized for her contributions in empowering Nepalese women around the world.

Preparation for Nepal Day celebration: We are communicating with Dr. Batu Sharma, Mr. Rabindra Karki, and NASeA general Secretary Mr. Krishna Shrestha regarding Nepal Day celebration at Morrisville, North Carolina, and NASeA’s involvement. We hope this event will be of significance to showcase Nepalese cultures and traditions and beneficial for a second-generation Nepalese child.

Membership drive-NASeA will print a tri-fold flyer introducing NASeA and her major activities. We will take the flyer with membership form to every local event and encourage people to get NASeA membership and get involved in the community activities.

*****

The main highlights of the committee activities are:

1. Thakur Karkee, Ph.D., Chair
2. Mr. Bhim Timilsina
3. Mr. Tara P Pun
4. Mr. Basanta Khadka
5. Chooda Khanal, Ph.D.
6. Mr. Satish C Gupta
7. Mrs. Bidhya Gurung

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*****
नयाँ वर्ष २०७५ सँग

गोमा प्रसादली अल्हानी, नूयाकोर्क

ढाल्दै फेर्नै अगतिला सबै अथु संकस्तलाई आउँ चोखो मनुज मनको चेतना द्वीप बल्दै होस्नै बैझानिक सिंह जस्तै अन्तर्द दिद्य दाना आउँ औथोगिक प्रशंसकेर फेर्नै चौथा नाना !

१ चल्दा नौलो कदिम घरमे क्राप्लन्त उदाहर्न हुनछ बोँनन् भोका गरिब जनता रोजगारी धापिन्छ भूषातिरे बाळ मजुरको दौँ भनिचेर फाल जिम्मा लेउँ प्रय सर्थि यो सम्वताले उच्चाल!

२ छोटा धार्म नवकिरण्य सुलियता जम्मा ओसुली श्रीभक्तिप्रसन्न मगन ओसुली छोड्दै हिंसा नय सर्थि यो हर्षले मुखरांको सिंहै धर्भी रस्मय बनीला शानिस सदनाले छाउसो!

३ नौलो आशा नय किरणको वर्ष मे फर्का आउँ छोरी हिमे प्रय स्तम्भणमा काहिनभने लुकाउँ धापिन्न्यै मनुक चाँलनै खुल्नै जमिने सलिल घरे रबरे झलाउनै !

४ चोखी माया अमयपुरको धार बोकेकर आउँ धर्मीलाई सुकस्मलाको दिन रोजगारले त्यो गीत ह्रैगुनउँ बाहे मैना पुलिकित हुने गीत लेखेर व्याऊँ !

*****

फागुन चैत मा धृनि भैरी ठाकुका पात हुर्ताल पकाउदै बेशाखल मा नेपालको पाली ताप फुललाई संग माया को मिहाँ बनाउँ संग सुजीयाली बोकर रिंगिन दिनहर्तालाइ अझ रिंगिन बनाउँ आयोस् नयाँ बर्ष।

घर देखि ठाडा भए पनि मनको डोरी कसिलो होस् मायाले ति सरा दुखहरु बिरस् खुबिस् का बाहर लियोर मनमा उत्साह उम्मेद र प्र्रर्तिका बाल हुर पकाउदै नयाँ होल्लाका संग हासोहरु हुने आयोस् नयाँ बर्ष।

भाईचाराको भाव सहिष्नु बायले सदलाले सधे भरी बोकीएर परिवर्तन नेपाली हुँ को गर्व सहिष्नु प्रहर्चन र अस्तित्व तान आयोस्थान सरें नेपाली नेपाली बि नयाँ गदा गदा, जोङ्दै आयोस्था प्रहर्चननालाई संगमाथा हस्ताक्षर उत्तर बिखारी संग सबै प्रेम अमा आयोस् नयाँ बर्ष।

हिदाउ धामा पारी हिमालयमा टाकको टकेकी सेते फुकिनु दहिएरको हिउका फुलहरु ताप नाथो पोरे पारी बनमा राता र पहेला तालपुँ र मोस्मी मुखीको मिठो सुगध लाई मन भरी लियोर फोहिंदको मित्रो आकाज बनेसुन्नु लाग्ने भाकाहरु लाई गोरी भरो भरेकर नेपालीको मित्रहरु भनुमालाई आयोस् नयाँ वर्ष।

श्रीमनामा सबै लाई सबैनका पालुमा संग कल्याङ्कालाई जोर र जागर लाई दबै नेपाल कास्तिका बातहरुमा पाहलाएर अर्थ बढाउदै घर आयोस्थान मायाको फुलहरु मानिसको मुखीले सरी स्त्रीपुरीले बाउदै सबै, माया र सेिहमा समाउदै नेपाल प्रेमअर्थ बाहिर जनहोर धामा नेपालीहरु सबैको रहा चाहना पुरा गदै आयोस् नयाँ बर्ष

*****
नयाँ वर्ष

सरीता प्रथ्यी
नर्थ क्यारोलिना

हिउ भई हिमालामा सुन्दरता ल्याउ
पक्किए खिख्देर देखि सागर मा जाउ
बिशाक्षी यो धर्मीता बुझी बनी आउ
जिविंदा सधै भरि सजिविंदा ल्याउ
जोस बनी आउ अनि जार फेलाउ
श्रास्फुट बनी आउ सम्रूद्ध फेलाउ
झिंडी बनी आउ यही संग्री फेलाउ
बुझी बनी आउ अनि शातिरि फेलाउ
मुख्यानि बनी नेपालीको महामाय छाउ
आउ नयाँ वर्ष आउ खुशीलाई ल्याउ ।

*****

गजल

निर्मला शाम्मिंटन्सी

आज फेरि सम्रूद्ध नैले यो ज्यानको हार भयो
भिटो बोली हिजोआज भुद रद्वने धार भयो

खोला तर्क जब्ताउ तर्क संगम समु दुखु भनी
बहार तिरियो पहिले जीवन आउ फेरि झार भयो

टाढा पुर्वधर्ता यो टोलाएर समझनामास्
कल्पनामा झिङ्खी यो पहिले धार भयो

मीठो साथ मीठो लागिन्स्थि पहिले पहिले
कुनिनिर्मित तयी साथ अब मताई धार भयो

बाध्यली तहीनु भुनो मुकुरु टोलाएर
मुख्यानि तरिलो यो आज जली खार भयो

*****

लघुकथा: किरा

नर्मुर्ग
अमर्ख, टेक्सास

+ए डल्ले, ल हिड बेसी |' 
-किन र बा ?
+यही हाम्रो धार रोपेका हो |' 
-धार भनेको के हो बा ?' आउ बर्षिय छोरा डल्ले जिसमा बढछ |' 
+सेतो चामल ब्या ! 'बाबु झिङ्किए भन्न |' 
-सेतो चामल कस्तो हुन् बा ?' 
+असि ब्या त हुजुर आमाको श्राद्धमा खाएको सेतो धार बिस्तेस |' 
-ए ल्यो ल्यो टोलसा ? 
+सेतो डेडो हाँ िरो धार भो धार !

डल्ले एकछिन धोलिङ्का | उ सम्भन्न असि खाएको धारका 

स्वादो !
-बा तपस्तो धार सभे श्राद्धमा पकाने हो ?
+धार मोरा ! के भन्न | भए त संदे न पकाए निल हुन्न |
-अनि किन त आमाले पकाऊ हुन सधे ?
+नकरा, जा गोठबाट डोरी -लात्री लिएर आइजो |

डल्ले बाबुले भने जस्तो डोरी -लात्री लिएर आउछ र बाबुको अमाली रोखिंदिद्दिले भन्न -
-बा अभि हाम्रो धार लिन जाने हो ?
+ए, हिड | बा अधे अधि लागछन डल्ले बा को पुंछ पछि लागछ |

केहींकाले ते खेरु पुर्वामा पुक्त | बा ले आफु र छोरको तालि भारी 

कस्तन | 
-बा ?
+किन केह्री ?
-धार खेर त ? किन हाम्रो यो पराल मात्र लेजान लागेको ?
+गाई -बस्तुले खान्छन नि |
-अनि धार खेर त ?
-बा तेिे होल्नन | 
-यही धारबाट सेतो धार बुझु भनेको होइन ?

डल्ले भनेको मन शात भएको छैन | 
-भत्रुस न बा धार खेर त ?
+धार त सभे किराको खाएछ बाबु 'खिङ्गु हुदे बा 'ले भन्न | 
-यो किरा कहा बस्त बा ?
+यो किरा दुशी परमा बस्त बाबु 

*****

सरीता प्रथ्यी नर्थ क्यारोलिना

निर्मला शाम्मिंटन्सी

हन्नाला शिाा

टेनेसी
परको उज्यालो बति हो, किन कि तिमी नारी हो।
जीवनको अथाह शक्ति हो, किन कि तिमी नारी हो
थर्ति हो तिमी, जसले आकाशको अर्थ बोकेको छ
तिमी सहनशीलताले, कैयो अंधी हुरी रोकेको छ।

तिमी आगमले हरेक घरमा, खुशिको लहर छाएको छ
तिमी ममताको आँचलमा, सतानले जीवन पाएको छ
दुःखी हो या तिमी सानी हो, सबैको आँखकै नाली हो
आमा, बैनी वा प्रेयसी हो, अवश्य ममताकी खानी हो।

एक - इर्ष्या
उसको मात्र भयो भएन नी मेरो भन्दै दुलो खत्ताल
आकाश झर्दै बरु किचिरे त्यो मरोसै ल्याई दुलो हत्ताल।
आफ्नो छैन उचाई त्यो तर सधै होयाई अर्नी नर
िर्ष्यले मन हुँ भारी जसको रोगी त्यो हो केवल॥

dुई - लोभ / मोह
म खाउ, म लाउ भनिकन सधै अर्थ जोडने
चुलिएको पैसा झन्नु झन्नु अर्नो, को हो गर्ने?
जति जोडको उरी जोड जोड हुने अथ्यो धनको
बरु प्राणो जाोस्, अमर धनहोस् लोभी मनको॥

तीन - क्रोध
कारण सानो परेपनि छ उसको पारा चढेको झन
यसको औषधि कोही छैन, तर तो हार्दै छ
जसले क्रोधित्यो जियो सब यहाँ छ: सारा धन
जसले क्रोध गयो नियन्त्रण सदा जल्लेछ सको मन॥

चार - घाइटु / अहीकार
कोही छैन कही छैन जति छ म यहाँ म छवी जानु हरी
सिकिनुको मतलब दिनिन विचार पसान मुन्नु भनिन।
विद्वान मानिस हुन निक्केर गर्न दिनिराजु जीवनभर सदा
अहीकारी सधै अघोषति लिए लिङ्क्न नि सर्वद।

पाँच - घृणा
जति स्वयम उती बढी बढी त्यहाँ दुःसात्त्रहरु
मयेरे लो भ्याउने, नदेखी रति भर सदुग्राहरु।
घृणाको भारी हो मन भारी लिनु दुःसात्त्रहरु
यो बाली लो स्वाभो प्रेम सितलिए मनुग्राहरु॥

****
नारी

विभू पोखरेल टेनसी

गएको साता मानीएको बिस्नेथको नारी दिवस को उपलब्धि भएको समस्त महिला कोपाली भएको यदि एउटा सानो सांबोँ:

"यदि नारीहरु प्रजामयोग्य देखि देखि तद्देखि न देखि तद्देखि न देखि तन देखि तन देखि तन देखि तन देखि तन देखि तन देखि तन देखि तन देखि तन देखि तन देखि

"जहाँजहाँ नारीहरु मुख्यपाठ्य लाग्न प्रमाणका हरेकहरु हुन्छन।

जहाँ जहाँ नारीको सम्मान छ न त्यहााँ सिषस्व ब्यथष हुन्छ

नौ िमहना आफ्नै शरीर मसंचेर

श्रीमष्टको शुरुवात गमछ न नारी

िििा को न्यानो कोिलिा ले

पुमछ न दुखको िारर

नारी शप्लक्त मिना यो मिश्वो नै शप्लक्त मिमहन

सिानिा र अमिकार को संघर्ष को लािो कथालाई

लत्याउने नारीक ै साहार् िहान

आिा, छोरी, मददीिैनी, र गृहलक्ष्मी संग

सिाज िरािर एक सन्त

सय सन्त िरािर एक मपिा

हजार मपिा िरािर एक िािा"

अस्पष्ट खोज

अभिका लोहनी एटलाण्टा, जर्मन्या

मुख्यालय रहेक सुर्यः बालको घुसो मूनि

खडै खडै छ बदल

पुरुषको यो तेजस

उपरि महाको मोसमकोई

अपनज पाएको ताताईहरु

प्रेमदीन लाई ताताईहरु

ताती सुककोमल मात्र हैन

जबदीरहेक यो दुरू दिय निभारी

काम पनि न छन

जलनको जलाइमा

घिउको थाई

दकारियो साधन हो

साधनलाई साधन गरेको

परिभाषको खोजियो तहनिनछ

पौधको अनुभूति

साधनमा हुन्छन

सन्तातो लो भुवा भिन्न

लुकेको वसुविवकालाई

चिहाएर होन श्रद्धा ला लाग्न

तर, तर नारीको धक्कन बदल

लिहिएको अनुभूति प्राप्तको हो िहान

हामे नामहने यो भनन

बारबार बारिचरण

सहार्न खलोनछ

काने निरोको छ यो तहानन र पिडा

जसले नामहने चिहाएर

रथबाट भए पनि निधित्तरहेक

मुलाई ने सिकंदर मलाई

यो खुभिएको मुख्या निजाजुङ

काने समिदा हो चलिनलाई

अंग प्रजान नबानायो यो नबन

पिडाको अनुभूति रहेकछ

सिमा प्रेमामा रेखेक

आशा गरेका निराशामा मुलाई

मित्रको नै बनिएर बनालाई

बारबार बालको उपाधिकहरू र मुख्य पुर्वो तनानको खाँपा छिनको काने राखो रहेक

िेगुइलाई सम्पन्नको साथ चाहतो रहेक

तर मान्दे मान्देन

दन्न दन्न दन्नको छ ज्वाला

कोनको निभाने सदस्यीको बबजुङ पनि

सरकार राहक्रियाहरू

स्वयंको क्रियामा फुलिएको राहक

व्रधिता परिवर्तन हुन्छ

सरकारी मुख्य बजारामा

तलामोल गरेका खिरिदो छ

तर रिभासको ठलाईलाई बढ्न

म भोतारिदो छ हो भोतारिदो छ इ इ ।
पत्र पाइन
cरत्नको काख,
रत्नको साथ,
रत्नको िििािा

गानहुँदै  जोडी समान हृदय झालो हुन्छ, जोडी गर, सम्बन्धमा नेपालीहरुको सम्भव, लाललाई उडुं वा धुली घमिउै।

पाकोमार्दि गंधेर झुक्ने चलन मथयो, सम्बन्धमा नेपालीहरुको सन्तान प्रमिको चार्टेआै, पशुको जीवनी त्यो लाई बाटै॥

आफ्नो बेली बेली दूर र पशुको जीवनी त्यो लाई बाटै॥

आफ्नो व्यस्तिाको पावन्दी मिलाई पूवषज िेट्टाउनु, आफू पुरा झुकी सन्तानहरुलाई ढोगिेट मसकाउनु, नाली आफ्नुको झुकी सन्तानहरुलाई ढोगिेट मसकाउनु।

समाप्तिः
फल्दै भोकट हहुन, जोस्तोमै धनपदी नुभरी तोखा लालिगुरोस् भनिन्नै, झुल्लो। त्यहै जलन त्यहै। रोजरोज मिलेको हो, त्यहै क्यूरे झुल्लो। जो मिलेको अरुको देखेल, त्यहै जलन। रोजयौ जो खुशी अरुको देखेल, त्यहै जलन।

रुद्री देख्यो रैकै, रुद्री देख्यो रैकै। रुद्री देख्यो रैकै, रुद्री देख्यो रैकै।

शुभकािना

नेपाली नयाँ वर्ष २०७५ को उपलक्ष्यमा नेपाली जर्जिया समिति (Nepalese Association of Georgia) को तर्फबाट सम्पूर्णमा सुस्वास्थ, उत्तराधिकारी र प्रगतिको हार्दिक मंगलमय शुभकामना!

नेपाली नयाँ वर्ष २०७५ को उपलक्ष्यमा नेपाल सेंटर अफ नर्थ क्यारोलाइना (Nepal Center of North Carolina) को तर्फबाट सम्पूर्णमा सुस्वास्थ, उत्तराधिकारी र प्रगतिको हार्दिक मंगलमय शुभकामना!
काम गरेर देखा सरकार

मात्र अन्तर्निक परिवारहरू र सरकार गरीब वस्तीमा आशाको दिखा बनेको छ। अब तेल ध्यान काम तरी हो सरकार।

नारा र भाषण सुनिए ङ्गरे, दहादै लाई सुविदा गर्ने ङ्गरे, प्रत्येक संग भाग्यको जनावर नमाज र गतिमा आउने छ।

काम गरेर देखा सरकार

भ्रष्ठ रूपमा निर्माण युगल, ग्नराजजी पत्र र संस्थालाई आँख र शोषण गर्ने छ। यसस्ता "कुरा दिला" समाज सेवाहरूलाई जस्तै पाइदैन समाजसेवामा

मान, उत्तर भनेर समाजको जरूरतमुक्ति र आर्थिक जरूरत गर्ने जरूरतमुक्ति र समाज सेवाको रुपमा भैलाई जस्तै पाइदैन समाज सेवाको रुपमा
Aquaponics is the newfound most efficient way to farm. Aquaponics is a system of agriculture that eliminates the need for soil and incorporates water conservation. The system contains three different methods for growing plants that are connected to fish tanks and the water flows in circulation from the fish tanks to the growing beds and back to the fish tanks. Fish excretion contains ammonia which is then turned into nitrite with the help of bacteria through nitrification, and this makes the water a nutrient-rich solution for plants to grow with. There are three different methods to grow plants within the aquaponics system.

The first is the ebb and flow tanks which resemble traditional farming the most. A container is filled with some rocky medium such as clay rocks, and the tank is periodically flooded and drained.

The second method is the deep-water chamber which grows plants on a polystyrene raft which is suspended over a pool of nutrient-rich water. There are three different forms of growing plants within the aquaponics system which are all intertwined with large fish tanks.

The NFT chamber is the third and final way, and it stands for Nutrient Film Technique. It is a very simple system, and it works by distributing a shallow stream of nutrient-rich water through a gutter in which plants are planted in. It is suited best for small leafy greens such as microgreens. First, you must cut burlap into small rectangles that coincide with the measurements of the gutter. Next, you soaked the burlap in water and placed it in the NFT chamber, and afterward, you sprinkled the microgreen seeds onto the burlap. Within a week, you can see your little microgreen babies sprouting. Be sure to avoid placing your gutter perfectly flat at 180 degrees because it will become difficult for the stream to flow smoothly through the chamber. The solution is to place your gutter with a slight slope, so the water flows through with ease. Now you have learned a bit about aquaponics and how to use an NFT Chamber go out try it for yourself.

Please give us your feedback to improve the quality of this quarterly publication as far as possible. Please help us by sending your articles regularly at naseapublication@gmail.com.
Hormones in Our Chicken: A Myth!

“Antibiotics-free,” “hormone-free,” “this leg quarter is large because poultry people give hormones to chickens,” “let’s not buy large chicken thighs that have hormone.” These are some of the perceptions that we often hear among the consumers in the United States grocery stores. Many times I run into consumers who ask me: “so you are a poultry scientist, do you give hormones to chickens and that is why they are bigger?” Many of us in the poultry field hear the same question with increasing frequency: “Why do you put hormones in the feed to make chickens grow so big and fast?”

Hormones are never used in poultry production either in broilers or egg-layers. The truth is no hormones have been allowed in poultry production for more than 50 years. Hormone use in poultry production was banned in the United States in the 1950s. Moreover, it is illegal in any poultry operation to use hormones. As US poultry market is driven by the consumer, any thoughts and concerns from consumers are well-addressed. Moreover, the poultry industry is very easily driven by the people. For instance, California has already moved into the antibiotics-free and raising poultry with antibiotics at all is prohibited in the state. Such movement was initiated by a group of farmers and ranchers that are local public. Chickens are only allowed to use antibiotics when they are sick.

There is no difference between chickens labeled as hormone-free and those that do not carry any label. The label such as “hormone-free,” “no-added hormone,” raised without hormone” is just to create the wrong perception that the rest of the chicken in our grocery store is with hormones. In simple word, this is just a marketing idea.

What are the reasons for the rapid growth of chickens?

The first reason is the improvement in poultry genetics as time evolved. The primary breeder company such as Aviagen, Ross, Cobb have been selecting best birds for growth and performance. The possibility of such a rapid transformation in chickens is due to the shorter lifespan of chicken (usually 30-35 days) allowing them to make bigger strides in a shorter period. The improvement in cattle and beef is slower due to a longer lifespan. As simple as that! The second reason is nutrition-related. Poultry nutritionist has figured out the exact dietary formulation that is necessary for optimal growth of chickens. The proportion of macronutrients such as energy, protein and fat and micronutrients such as vitamins and minerals are well-balanced in the modern chicken diet. Such tailored nutrition has helped chickens to grow well.

Pratima Adhikari, PhD
Assistant Professor, Mississippi State University, Poultry Science

Another reason behind such enhanced growth is the excellent management of chicken’s housing and environment including ventilation, lighting, temperature, air quality, feeder, and drinker.

So what the poultry industry should do?

Providing factual information to the public is the most. There should be mass awareness to the public against the labels that have been used in the grocery markets. The public should be taught to pay attention towards the false information against the chicken hormone. The poultry industry should vocal more and explore the ways on how to educate the consumers. Not only added hormones are illegal, but added hormones are also simply not needed. Since chickens hormones are not produced commercially, it is expensive for any poultry operation to deal with it. This makes no sense from a business standpoint. Administrations of hormone is extremely difficult and inefficient. We are talking about thousands of chickens in a chicken house and giving them an individual hormone injection.

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Have tossing and turning become a recurring bedtime routine that deprives you of much needed sleep? Alternatively, do you keep waking up in the middle of the night and glaring at the ticking clock in angst? Have you been short of sleep and as you stepped into your office, wished you could take a 10-minute nap? Well, you are not alone, and all hope is not lost. We all want to sleep better, though it seems elusive at times.

**What sleeplessness does to you**

Inadequate sleep destabilizes your health and impairs your ability to carry out daily activities. It also translates to tiredness, inability to concentrate, irritability, increased stress and dampened work performance. Fewer than six hours of sleep a night increases appetite, which is 7.5 times more likely to cause obesity. Moreover, short sleepers are 2.5 times more likely to become diabetic compared to those who get adequate sleep.

An awry night can result in compromised immunity, depression, diabetes, heart disease, early dementia and even death. In fact, a week of sleeping only 4-5 hours a night leads to cognitive impairment equivalent to a blood alcohol level of 1 percent. Overall, sleep deprivation leads to decreased quality of life and is a strong predictor of drug abuse, anxiety, and depression.

Physiologically, poor sleep can continuously activate the sympathetic nervous system, causing high blood pressure, heart attack, and untimely death. Sometimes, lack of sleep may be a precursor of depression.

While we have all experienced bouts of sleep deprivation at one point or another in your lives, there's no point in resigning ourselves to insomnia. Similarly, many of us believe in the notion that people who sleep less are hard workers and in effect, are perpetually productive. Is that the reality? Far from it. Sleep deprivation is not a hallmark of hard work and dedication.

**All in a good night's sleep**

Sleeping longer is perceived as a sign of weakness in some circles, although emergent studies suggest that high performers have healthy sleeping habits. Adequate and proper quality sleep releases tension, replenishes the body, refreshes the mind and heightens energy levels, improves memory and reduces negative emotions. It also fortifies our immune system, encourages healthy cell division, boosts metabolism, increases physical energy and improves brain function. Our endocrine system functions better by optimizing insulin secretion when we have a proper night's sleep.

**Sleep efficiency positively impacts a student’s or athlete's performance.** A cheetah makes a great analogy, as it is renowned for running at 60 miles per hour, yet sleeps up to 18 hours a day. International companies such as Ben & Jerry's, The Huffington Post, Zappos, and Nike have realized the relevance of sleep hygiene and its correlation to work performance by introducing nap rooms for their employees to take a snooze. Initially, some employees regarded catching a wink in the workplace with skepticism but over time, embraced the idea.

**Understanding the sleep-wake cycle**

Melatonin, a natural hormone secreted by a pineal gland in our brains, is responsible for inducing sleep and regulating the sleep-wake cycle. As darkness falls, the body secretes melatonin, thereby helping us bed down. Artificial blue light emitted from smartphones, laptops, computers and TV screens suppresses melatonin production and disrupts the natural sleep-wake rhythm. It is best to avoid activities such as writing emails, reading news and watching movies at least 1 hour before going to bed. Similarly placing smartphones and tablets close to your head at night can disrupt sleep quality through constant alerts and the urge to check notifications.

**How long should you sleep?**

Well, there are no hard and fast rules for the number of hours you should hit the sack. However, the genetic makeup and age have a bearing on sleep. On average, 7 to 8 hours of good quality sleep are adequate for adults. Children need more sleep while older people sleep fewer hours and experience less quality sleep.

**A few dos and don’ts**

Suffice it to say; quality is more important than quantity. Otherwise, you may wake up feeling tired even after nine or ten hours of sleep. Efficient sleep is when you are ‘really’ sleeping. Sleep is divided into two states: quiet sleep (NREM) and deep active sleep (REM). Both run in alternate cycles, every 90 minutes on average, five to six times a night. REM sleep plays a key role in overcoming difficult or traumatic events. A good way to get adequate REM sleep is to try to limit the snooze button.
Eating fat (long-burning fuel for your mind and body) at dinner improves your sleep quality by providing a stable stream of energy. Eating fish or krill oil at night produces serotonin that promotes feelings of happiness and lowers stress hormones that can interfere with sleep. Eating carbs cause fluctuations in blood sugar, which impairs sleep and makes it harder to nod off. Amino acids like tryptophan in proteins can facilitate beneficial sleep, while alcohol can induce sleep but decreases sleep quality by causing fragmentation and early wakefulness. Try and avoid caffeinated products towards the latter half of the day.

A warm water shower, mindful meditation, soothing music, lower room temperature - say 68 degrees Fahrenheit - and completely blacking out the room before going to bed have been shown to optimize the sleep schedule. In the same vein, lavender scents or valerian root oil can boost sleep quality by slowing the heart rate, decreasing blood pressure and lowering skin temperature. Sleeping and waking up regularly at the same time of the day; using the bed only for sleep as opposed to eating, watching television; avoiding daytime naps; and exercising regularly all seem to help. Relaxation and acupuncture therapy can help you sleep better by releasing melatonin and reducing anxiety. If nothing seems to work, then seek medical attention so that you can try alternative formulations available.

All in all, high-quality sleep is integral to work performance, health, emotional well being and healthy relationships. Ideally, when you effectively catch your forty winks, you are more likely to live a healthier and happier life.
Cloud Computing: From Desktop to Database

In Brief:
- Many universities and companies are reluctant to switch their service platforms to an internet based server from the traditional desktop locations due to potential security risks.
- However, cloud computing offers safer, cheaper, and more efficient methods to analyze and store data that ultimately affect the productivity of its users.
- It is crucial to adopt the practice of cloud computing to keep up with the rapid pace of research and development in the world.

The concept of the “cloud” came far before cloud computing. The practice of plugging into a network and utilizing it is similar to how the first telephones operated. People would call into an operator and then be directed towards whom they wanted to talk with. This is just how a cloud system works. People log into the cloud and save their data on it. When they are finished with their work, they disconnect from the server, but everything is still stored and secure, ready for when they plug back in. Cloud computing is a new means of technology which favors data analysis and storage on internet servers compared to conventional, local methods. Though this new practice has caught on with many companies and universities, some are still reluctant to adapt this technology arguing possible security and server vulnerabilities. The benefits of cloud computing, such as low operating costs along with ease of use and flexibility of data storage, far outweigh the risks associated with it. In cloud computing, large servers or databases are located on the “cloud.” The cloud refers to an internet server where all the computational processes and storage takes place. The diagram below shows how data and services travel to and from this site to the user.

Head in the Clouds

In cloud computing, the host company plays a very vital part. In a journal article published in Springer Dr. Qi Zhang, a professor at the University of Waterloo, explains that the role a company plays can be divided into two main categories: the infrastructure provider and service provider. When a company is playing the infrastructure provider part, it manages the platform and resources on the server and makes sure that all the technical components are operating smoothly. On the service provider end, the corporation focuses more on the user experience aspect and determines the best way to deliver the technology. Let us use Google as an example. Google is one of the biggest technology companies in the world that already has a huge infrastructure which houses some services people use every day. Colin Carson, a writer for Heshmore, reports that Google estimates it has approximately 10-15 exabytes of data in its servers. To get a sense as to how much data this is, an average computer has 500 gigabytes worth of storage. This means that Google is handling over 30 million personal computers worth of information, and that number is only growing. Also, millions of users all around the world rely on Google for individual and professional needs, giving Google the analytics and user input as to what is being positively adapted and what is not preferred by clients.

By utilizing this framework, and being the service provider on the operating end, Google has been hugely successful in being one of the largest cloud computing companies. They have the startup needed, but more importantly, they have the user base that is crucial in determining the success of the technology. In a way this means Google, and other companies have a monopoly on the technology. However, this is a positive monopoly, one that will ultimately benefit the user.
...Contd’ from Cloud Computing: From ...

Some might argue that having one corporation behind the workings of the cloud limits options and forces consumers to adopt that companies’ services. Though this is true to an extent, this also means that there will be consistency and compatibility with the technology wherever it is implemented. This benefits the user in that there will not be a learning curve when using cloud computing on a computer versus a mobile device and everything will sync adequately and efficiently across all platforms.

**Second Coming of the Cloud**

The history of cloud computing runs parallel to the history of the internet. Cloud computing is not a new breakthrough. Ever since the introduction of the World Wide Web in 1991, people have been using the cloud without even knowing it. The recent developments that have been made in the field are the second part of cloud computing. Professor V. Rajaraman at the Indian Institute of Science in Bangalore, brings up this point in a paper published in Springer in 2014. Whenever one sends an email using Gmail or Yahoo Mail, the message is being sent via an internet server. The computer is only being used as a host to access it. If you have a smartphone, your whole user experience is regulated by cloud computing. All of your messages, emails, notes, and other applications are synced and backed up so that they are accessible from any location, over multiple devices; meaning if your device breaks or gets stolen, all of your data is still retrievable some way or another.

With all new ideas, there is always opposition. This applies to cloud computing also. Those managing small startups have almost felt pressured to adopt this technology to users without having the enterprise to handle it. Iordanis Kavathatsopoulos from the Swedish Department of Information Technology writes in SIGCAS Computers & Society that if a company does not have the infrastructure to control the massive amounts of data and computing, is when cloud-based computing can go wrong.

Servers can become unresponsive and even crash, unable to handle the sheer size and magnitude of the data that it is processing. Server issues are very serious, and though they can occur with cloud computing, there are ways around it. For starters, most cloud software comes with an autosave feature. Instead of the old style save button, everything that you input will be periodically saved by the computer. This means that even if problems do arise, your data will still be backed up and accessible when everything is operating properly. Server issues can also be prevented by staying up to date with the latest software and bug fixes. This too is usually done automatically by the computer, and the user can rest assured that the technology will be working correctly whenever it is needed.

Beyond the Cloud

Cloud computing has many other advantages besides security and efficiency. There are environmental and fiscal benefits that come with being a cloud user. Since everything is internet based, the hardware involved is greatly reduced on the user’s end. There are no more flash drives or big bulky hard disks needed to process data which has a huge, positive impact on the Earth. Even the energy needed to power these server farms can be generated through green methods. In fact, Apple has reached 100% renewable energy across all of its data centers as reported in Yevgeniy Sverdlik’s article for Data Center Dynamics. Cloud services are also relatively inexpensive and most of the time free up to a certain size. If you want more, and even unlimited storage, it usually equates to just pennies a month, far cheaper than spending hundreds of dollars on disks that will become outdated and full in a matter of months. Cloud computing is a remarkable technology that will continue to change how data is processed in the world. Those who are reluctant to make the switch to cloud-based computing are missing out on being a part of a very crucial point in the development of the world. It is vital that this practice is adopted by all for the innovation and advancement of our future.

References:

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My Experience in Visiting Nepal

During the summer in 2017, I traveled to Nepal with my sister Jenisha Khanal. We reached Kathmandu, the capital of Nepal, on June 14, 2017 at 10:45 pm. I was so excited to meet my relatives because it has been four years since I have not seen them and they probably missed me a lot for four years! Nepal, I think, is one of the best countries in the planet, because there are many places to visit there and it has a lot of mountains and rivers you might like.

For me, my experience in Nepal was so much fun. There are many fun places to visit, for example, Kathmandu, Pashupati Nath Temple, Pokhara, Bhotekoshi, Jhapa, Ilam, and Panchthar. I and my sister went to some of our relatives’ houses and fortunately, they also have Wi-Fi. I simply can’t imagine how we can live without internet in this age. I stayed at their places for one whole week. We played some card games and it was really fun. In Kathmandu, there are stores just like in America where you can buy anything you want such as food, water, clothes, etc. The city is big and developed. I wish we had little better roads.

A few days later, we traveled to Bhotekoshi, which is located about 44 miles from Kathmandu. We traveled by bus which took a bit more than two hours to get there. We went up the mountain, and it was really cool. We traveled there, because my sister was planning to do bungee jumping. Just in case you didn’t know, bungee jumping is when you are on a bridge that is 500 feet above the Bhotekoshi River and you jump all the down to the river and it’s really scary! When I crossed the bridge, I was super scared, because when I looked down, it was a long way down. When my sister was about to jump, everyone started cheering for her. The brave girl jumped freely in the air. Another place near Kathmandu is Bhaktapur. This is where my cousin sister used to live in Nepal. Their house is a bit strange, but cool. We visited Changu Narayan Temple while visiting Bhaktapur.

On July 6, 2017, we went to Jhapa, which is near the edges of Nepal if you are looking on a map. In Jhapa, it was different – way different than Kathmandu. We went to my grandma’s house. There were goats, buffalos, and cows in our house in Jhapa. This kind of reminds me of a farm with zoo animals compared to America. It is such a nice place where you can grows all vegetables, rice, and other grains that you need. How great it is when you grow organic everything you need. I can’t even imagine that here in America. Some of my relatives live there too. We have noticed that some of our neighbors’ houses do not have basic needs and they are poor. It was a sad part of my visit.

On July 20, 2017, we went to Chokmagu, a village in Panchthar on the mountains. This is where my mom’s mom lives. We went to visit her for a week and we also played some card games, just like in Kathmandu. I had a really fun time there too. The weather was so good in the mountains and I really liked the landscape there. The only thing I missed in Chokmagu was the internet. There was no wifi. Meanwhile, summer was almost over so we had to say goodbye to all my relatives and leave. I felt bad for everyone – hoping they won’t forget me. I had a really fun time visiting Nepal over the summer. Most of my relatives who live in Kathmandu, Jhapa, Panchthar and other parts of Nepal care about me a lot and they love me so much.

To sum up, Nepal is one of the best countries I have ever visited. I actually live in America where my parents are but some of my family members are still in Nepal. I can’t decide which I like most: Nepal or America, but I think I like both countries. In Nepal, majority of people are poor and they have no access of good drinking water, good toilets and shelters and that’s not good. In America, there are plenty of good homes and communities and people can afford jobs to earn money and become successful in life. But, America also has some problems such as less family interaction and gun violence. Nepal is really peaceful. People are so kind and eager to extend hands when other people need help. That’s so nice. Looks like every place has some good things and some bad things.

Finally, I would like to mention that family members are like planets – We all know that there’s 9 planets in the Milky Way Galaxy (before planet Pluto unexcited) right? Some planets are far apart from each other but that doesn’t mean they will separate from each other forever. The force of gravity will ALWAYS keep each planet together no matter what happens to them. Same thing for family – My relatives and grandparents live in Nepal, but that doesn’t mean we should just forget about them and live our own life. No matter how far apart we are separated and what happens to the people I love and care about, the force of love keeps them and us together, no matter what.

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नेपाली असोमियसन इन साउथईस्ट अमेरिका (NASeA) र नेपाली असोमियसन अफ जमजषयाको संयुक्त आयोजनामा अन्तर्राष्ट्रिय नारी दिवस जनवरी २० मा भक्तिपूर्वक सम्मथ भएको। अन्तर्राष्ट्रिय नारी दिवसको इतिहास हरूले भने पनि यसमा विभिन्न संघमैल नेपालीहरुको योगदान रहेको छ। यी उपस्थिति नसक्न सात्मक भएका छैन। प्रथमपर अन्तर्राष्ट्रिय नारी दिवसको राजनीतिक भूमिका नसक्न सात्मक भएका छैन। यी उपस्थिति नेपालीहरुको सात्मक भूमिका नसक्न सात्मक भएका छैन।

बिकिसित देखिा होस् या अधिककसि देखिा होस् नेपालीहरुको जीवन अनुराग दिवसको सात्मक भूमिका नसक्न सात्मक भएका छैन। यसीले नेपालीहरुको जीवन अनुराग दिवस अरु अन्तर्राष्ट्रिय नारी दिवस सात्मक भूमिका नसक्न सात्मक भएका छैन। यस उपस्थिति नेपालीहरुको सात्मक भूमिका नसक्न सात्मक भएका छैन। यसीले नेपालीहरुको सात्मक भूमिका नसक्न सात्मक भएका छैन।

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