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

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

Dr. Ram C. Baral
President, NASeA

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**Message from the President**

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Dr. Ram C. Baral
President, NASeA

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

**Executive Committee**

Nepalese Association in Southeast America
NASEA, New Year 2071 and Shangri-La

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

Shangri-La will serve as an education material for our children living in this region to learn about our parental culture. We need to maintain our culture and values for ever. This is our identity. No matter where we are or what we are, we want to maintain this identity. Luckily we are in such a great nation that respects and values all cultures and values, this is truly an open society, we should enjoy it.

Regarding advocating for human rights, freedom and peace, Shangri-La may be used in support of people somewhere in the world who are deprived of these basic things even in 21st century. Our homeland has secured these rights. Wherever, there is violation of these rights, we may stand firm through our Shangri-La. We need not to limit ourself in NASeA region to launch any activities for the betterment of human beings. We are strived to serve human beings throughout the world by any means, Shangri-La may be used as one of the means for the same purpose. After all we want to educate and help out people in whatever ways possible. We have identified different sections in Shangri-La which may be useful for one or other group of people in the world. Even if a small group of people are benefitted, purpose of publishing Shangri-La would be realized. We hope New Year 2071 will fulfill our dream of serving people through Shangri-La.

Publication Committee (Editorial Board)

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

Disclaimer:
Articles published in the Shangri-La are the personal thought of the Authors. The Publication committee is not responsible for its content.
NASeA felt a strong need of bringing Nepalese academicians and professionals together as their number continues to increase in NASeA region. As a result of this strong urge, the first Academic and Professional Committee of NASeA was formed during the executive committee meeting of NASeA in December, 2013. Now, the committee has already taken its full shape and is dedicated to fulfil the academic and professional needs of Nepalese communities living in NASeA region and beyond. This committee aims at establishing meaningful and productive interaction among university professors, researchers, and professionals of Nepalese origin living in NASeA region and beyond through regular meetings, research collaborations and professional meetings. The committee will provide academic and professional services to the Nepalese communities in the USA and Nepal. Additionally, the committee will also render its services to international communities if such activities will benefit our Nepalese communities.

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

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

Chair: Dr. Ramjee Sharma, email: ramjee.sharma@gmail.com
Co-Chair: Dr. Sushil Adhikari, email: sushilad23@yahoo.com
Committee members: Dr. Ananta Acharya, Dr. Keshav Acharya, Dr. Narayan Bhattarai, Dr. Chakra Budathoki, Dr. Mukesh Dhamala, Dr. Kailash Ghimire, Dr. Neelam Poudyal, Dr. Batu Sharma and Dr. Khushi Ram Tiwari
Advisors: Dr. Devendra Amatya and Dr. Prahlad Dev Pant

Prepared by Ramjee Sharma
continued from page 3 (Medical Committee)——

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

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

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

Cost

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

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

Updated from page 3 (Medical Committee)

United FNA-FANS Activity Report

Bikash Devkota
President, United FNA-FANS

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

Completed

1. Dashain 2070 successfully organized in Orlando, Florida October 26th 2013. During this occasion historical unification of FANS and FNA leads to one state organization United FNA-FANS.


3. United FNA-FANS contributed $1740 to The Philippines Typhoon victim through UNICEF

Ongoing/Incoming Programs

1. Family and Youth Counseling Service

FANS had launched the "Family and Youth Counseling Service" in 2012. This program has been very effective in extending the support the needy members of the family and youth of the community. The counseling service it provided free of cost by respected Mr. Niranjan Sharma, who is a retired professional counselor from Texas. Mr. Sharma has over thirty-nine years of experience in all areas of counseling including drug, chemical addiction, family communication, cultural issues, mental health and personality disorders including legal consequences of behavioral disorders in adolescence. We want to reiterate that all communication with Mr. Sharma will be strictly confidential. Neither, members of FANS Executive Board nor anybody else will have access to the "client list". You can contact Mr. Sharma through any of the following means:

E-mail: sharma_nks_kks@yahoo.com ;

Skype: Niranjan.sharma421

Phone: 432 528 2669.

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

2. Nepali New Year 2071

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

3. Explore Nepal:

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

4. Nepal Study Forum:

A permanent interaction program originated by FNA beneficial to the community such as Credit issue/Tax filing/ Hurricane preparation is run in a timely manner. Dr. Niraj Shrestha is the coordinator of this event.
On behalf of NC Triad Nepalese Community Center (TNCC), I take this opportunity to share with you and NASEA team that TNCC has heightened its level by making important achievements since this Board took office. As the president of TNCC and on behalf of my executive committee I proudly announce the TNCC achievements as follows:

A. Completed Events

1. Mosaic Festival: On June 8, 2013 TNCC participated in the Mosaic Festival organized by Church world Service in Greensboro. Everyone worked hard to make the Mosaic festival a great success. Together with members hard work we accomplished our goals for the Mosaic festival. Firstly, we presented our musical performances to the Triad Greater Community. Our performers were incredible. At the same time, we shared our Nepali ethnic food to the diverse communities with making a profit for TNCC.

2. Picnic/Zoo Trip: On June 28, 2013 TNCC Sports and Youth Committee Chair Roshan Bhandari organized an educational trip to NC Zoo at Asheboro NC for TNCC children and their families as a learning and fun activity. The trip was a huge success because children and their families those who participated enjoyed the trip so much. This trip was successful to impress the families and children that TNCC can be instrumental in organizing and helping children in such activities.

3. Nepali Pathsala Inaugurated: July 13, 2013 TNCC launched Nepali Pathsala in High Point North Carolina with the collaboration with Human Relations Department of City of High Point. The City offered a space for class in the initial phase and now the class is running at Piedmont Environmental Center in High Point in courtesy of Dr. Sahuahya Silwal. TNCC greatly appreciates and honors the Nepali Pathashala Committee for their exceptional contribution to the Nepalese community. These fellow community members have been tirelessly working to make a difference in the community by passing our culture onto our next generation through the Pathshala program. They are working hard to achieve the goal of preserving our cultural heritage while living here in US and the Pathshala is becoming a milestone towards it.

4. Kirkwood 5K Race: On August 24th 2013 TNCC members attended the Kirkwood 5K Race. Everybody did a fabulous job of completing in the race. We hope we helped some participants overcome their fear of running a 5K and for others introduced a new hobby of running a Marathon. Either way, TNCC is always looking for ways to educate and encourage our community members on healthy lifestyle and its long-term benefits. Once again, we truly appreciate you all for coming out with your family to support the community events like Kirkwood 5K Run. Remember - Health is the Greatest Wealth.

5. NASEA/ANMA Joint Convention: TNCC had participated at the 9th NASEA/ANMA Joint Convention 2013, which was held in the Labor Day weekend at Spartanburg, SC. TNCC’s participation at the convention was huge and enthusiastic because approximately 70 people from our community participated the convention with different roles in different programs, games and workshops. Frankly talking, our participation at the convention indeed was a huge success. Sujata Chhetri, Nunu Thapaliya and Muskan Khadka secured the third position in the Talent Show Program. TNCC Cultural performers at the convention were awesome. TNCC volleyball team played at the convention. Dr. Narayan Bhattarai received a certificate of appreciation for presenting on the Nepali School and Culture Forum; Narayan Khadka received the Social Hero and Outstanding community service awards. Congratulations to you all for your achievements! Thanks so much for those who participated at the convention.

6. Teej Celebration 2070: On September 7th, 2013 TNCC organized Teej celebration that was a grand success. The food, music and dance were performed. Male TNCC members prepared and served several courses of delicious Nepali Parikar food as Dhar which was remarkable. 250 people were in the attendance. Congratulations and Thank you for the Organizing team for the success!

7. Dashain Celebration 2070: TNCC Dashain program was held on October 6, 2014, which was historical. We had invited National artists Prem Raja Mahat and Ratan Subedi on the stage. Local artists also performed fantastically. Traditional Nepali food including Khasiko Masu was served to the members. 300 people attended the program. TNCC made $1700 dollars profit from the Program. Congratulations and Thank you Dashain Planning Committee for your successes.

8. Deushi Bhailo Program: TNCC organized Deushi Bhailo on November 2, 3 and 4th. We went to almost all of our members’ residence to celebrate the traditions of Deushi-Bhailo and raised 2,400 dollars for TNCC, which was a historical event in TNCC history.

9. Blood Drive a Huge Success: On December 15, 2013 TNCC hosted the Blood Drive in High Point NC. Blood Donors of America and American Red Cross were the partner sponsors. A total of 57 units of blood were donated, which is unprecedented in our experience. There were more than hundred people who participated the Program. Some of us tried to donate, who was courageous. Thank you! Thank you so much TNCC Blood Drive coordinator, Vice-president of TNCC Dil. B. Chhetri for taking such a historic responsibility.

10. TNCC Care Fund/Uttara Basnet Fund: TNCC Cares Fund was set up to help the members who are in medical emergencies. TNCC Cares has been successful to raise a donation of $3697.23 in total for Uttara Basnet. As BODs meeting has decided, $500 has been added from TNCC Care Fund to Uttara Basnet. That makes the total of $4197.23. Narayan Khadka, President TNCC, handed over the Check for a total of $4197.23 to Uttara Basnet.

11. TNCC High School Graduate Excellence Award: Triad Nepalese Community Center (TNCC) has proudly launched a program to recognize one bright High School Graduate every year and award him/her $500 and a certificate. Qualified community members need to submit an application
Volume 1, Issue 1, April 2014

Nepalese Association in Southeast America (NASEA)
State Organization Report
Since January 2014: NCNC
Thakur Karkee
President, NCNC

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

Upcoming events:
- New Year celebration - Saturday April 19
- Spring daze - Saturday April 26

Volume 1, Issue 1, April 2014
Nepalese Association in Southeast America (NASeA)
External Relations Committee

Mr. Bimal Nepal
Chairperson, External Relations Committee

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

Members: External Relations Committee
Dr. Tilak Shrestha General Secretary, NASeA
Mr. Padam Bishwakarma General Secretary INLS
Dr. Dibya Pradan President, Nepalese Association of North Alabama
Mr. Gobinda Shrestha NASeA Former Treasurer/ NASeA Liaison to APAC
Dr. Thakur Karkee President Nepal Center of North Carolina
Mr. Krishna Devkota, President Nepalese Association of Georgia
Mr. Madhav Mainali Huntsville, AL Former NASeA EC member
Mr. Bikash Devkota President United FNA-FANS, Florida.
Mr. Devi Acharay (David) President, HDNP
Mr. Naryan Khadka President TNCC/

Nepal Sports & Culture International

Sita pandey
President, NSCI

A Brief Introduction

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

Goals:

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

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

NSCII Board:

The NSCII Board will be composed of the following;

Sita Pandey : President , MD
Milan Rai : 1st Vice President , MD
Binaya Aryal : 2nd Vice President

Kemika Bhandari : Treasurer, MD

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

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

………..Continued to page 15
मेरो त्यो नेपाल

सुज्जना अर्याल नेपाल
वेस्ट पाल्म बीच, फ्लोरिडा

खोजी रहेछु अश्तित्व !

नारायण पोखरेल
ओक्लाहोमा सिटी, ओक्लाहोमा

यी समयका
चिराहर
मेरा भावलाई निली रहेछु
म निर्बाध बालक झै
उसका पोलामा खेलिइ सुन्छु
तोते बोलिमा
प्रथम पाइला चालै
गन्तव्य ,नजानेर आफ्नै लहरीमा,
म झ्नै निर्बाध झै रहेछु !

लडछु की
उताउँछन समातेक अन्तमाहरु
दीनैछन् दाईसहरु
म हावानी झै
अबाक !शेरु बनी रहेछु !
निघेककै झैन् !
यी जाल र साङ्खलाहरु
बाँधियर
कैची रहेछु , अप्नुअरोमा म !

खोजी रहेछु
आफ्नू ह्यस्तन्त्र अश्तित्व !
कतै हराइ रहेको म !

यसमार्गले का साँच्छै बन्ला त संविधान?
कस्तो हुने होला धिधान
आउला त देशमा सुरुक्षा
अनि होला त समस्ता समाधान?

आशा गरौँ एक दिन देशले सच्चा नेता जन्माउला
देश तुरव्यस्थित, शान्ति र बिकसित बन्ला
मेरो त्यो नेपालले पल्ले कौनैली फेलौ
यहि गरौँ कामना नयाँ वर्षको मंगलसय शुभकामना
पराजित मानसिकता

गोमा पराजुली
कोलम्बिया, साउथ क्यारोलिना

नवस भो शहरको पखाङ्गमा
बाटो बन्ने र गाडी हुँदिन्छ
तिमो गाडी कहीं आदिन्छ!

इटहरी, ईलाम, धरान र धनकुटा झै
बिराटनगर, बिराट्नेगर र बुटकाल झै
थापे परिवर्तन पाएर पो के भो
राष्ट्र दुकेला भन्ने दर

परिवर्तन नहुन्छ धाँयामा
छट्पटऊन छढिदर अब
असाध्य रोग लाग्ने भने
उचचार गर्न गाडी

बिकासको चाहना गर्न

अफ्तोस्तोलो पोला बेलाहरूमा
असक्सलो होला बेलाहरूमा
किन दुमस्तो लिन्छ

शैशो संघर्ष नमरे बरु एसी जाती
कि कसो हो साथी

नयाँ बर्ष

सरिता पन्नी
आश्रित, नया क्यारोलिना

लिसाहारको साहारा बनी
भोकर्ने आहारा बनी
निरालो सन्ति बनी

टेस दुस्की बुको बनी
अजानीको जान बनी

यसको भो नाडा बनी
बेसोकारीको रोजगार बनी

नयाँ बर्ष आउ तिमी
नेपाल र नेपालीको मुहार फेन
एक दिव्य ज्योति बनी।
म, घण्टा र डलर

बिकाश देवकोटा
औल्याण्डो, फ्लोरिडा

सेवा गर्न पाए पुग्यो
अर्जुन प्रसाद गौतम
ब्लाकबर्ग, भारत

आफ्नो आफ्ने हुने रेछ परिस्थितिको कुरा
तलमाथि गर्न रेछ अवस्था आखिर
सैंगो बस्न अनि रन नयाप से भयो
मनको छोटा जस्तोजस्तो रहिले पुग्यो।

फ्रूलहरू फुलेका छन धेरै बगैचामा
मन परेको फुल चाँदह बााँकक छ फुल्नमा
बिषमामा फूल दटप्न नपाए छे छे।

सबैिन्िा राम्रो छेँ मन निए पुग्यो।

एर्बयो केही छौ नतवर
स्तर्नि चलाउने छन किै इतवर
उनको कामै खेल खेल्ने छे छे।

सत्पर्मा दहडीरहिा काढा आए छे छे।
जन्मौ-जन्म सोझो सेवा गनष पाए पुग्यो।
त्यसवेला र यसवेला
गोविन्द बराल
ब्लाक्सवगष, भर्नियान

त्यसवेला,
बिहान उन्नीहो शिकाए
का फुडङ्कुकी भकाएको गहुाँको रोटी
राता गोलङ्कुकी अभास्का ढोङेर
जिन्धो पडानमा अगङ्को हितमा
अनि
गकन्छे परिवारसङ्ग
एकीनको लागि
गाउठिर निकाको मान्छे
बाटोमा बिरे र इश्वरस्विस इलाकिन पनि भ्याउँथे
सुनली र चमेरीस्वित
लटानिन पनि भ्याउँथे
यलि भार हैन
चतुरु र धनेभस्वित राजनैतिक चर्चा गर्न पनि भ्याउँथे
अनि
भाले र स्वीस्वित चिचा पिउदे ठाप्न गर्न पनि भ्याउँथे
पहाड्न शूक गरे भन्ने
फकुका बजार पसेको कोङे कठहिरीमा सामेल हुन्छे
बायाम र खुर्छिदिनसङ्ग
भलाकुसारी गर्न पनि भ्याउँथे
छोराकेरीलाई चाउँथार र ककलेक चिन्ने देखि लियर
श्रीमती र आमाका
पीरमको बुझुनेसको सम्मका कुरा सिध्याउँथे
यलि भार होइन,
गाउँधार घटाइका थाहा पाउने भार होइन कि
काङ्छी बसेर
पीडइलाई न्याय दिने सम्मका कुरा सिद्धाउँथे
तर, यसवेला
म बिहान उद्धा
दृशी छोरी स्कुट गईसकी हुन्छे
काली छोरी राखी तथापि भइसकी हुन्छे
तर लिनीहुन्छ आमाचार
वासी पाउँदोका टाटा प्रेप्नेमा पोखेर भन्ने
ओ बुढा कलेज जाने बेला भएन र छ?
इस्समा हुद्दे आउँ तक्काम भनेर उन्नीहो शिकिने हिदुछन्छ सवेक
मुनाइ पाउँदोका टाटा टोकरेर
ल्यापटप बोकेर जान्छु कलेज
अनि
मनीहुँ
-चूप लाग र छोरा खोजेर
बुढा कलेज जाने बेला भएन र छ?
इस्समा हुद्दे आउँ तक्काम भनेर उन्नीहो शिकिने हिदुछन्छ सवेक
मुनाइ पाउँदोका टाटा टोकरेर
ल्यापटप बोकेर जान्छु कलेज
राप्तसम्म बसुबु कलेज
dinmbar abriskeko apanaateinnalai
म. छोरीहुँस झुसुम्पुस्याउँछन् बेलुकी
जे भएको क्रिज्ञा छोरेर
झाई चितत बुढाउँछन् विचार
अनि
भइसक भन्ने हो वागालाई
ढुरुका वेचोरे गुढमा बसेर पर्दै दै
तर
मनी रामबाट आउँदा
लिनीहुँस आयाका नानीहुँ निदालाई बटाइसकेका हुन्छ
अथात
लिनीहुँस भए चुर्णका ताहरेड झिसकेका हुन्छ
न होमवरको भए गर्न पाइङ्क न गफ गर्न मै
न सोधन भइसक भेरी न उत्प्रेरित गर्न मै
तर म रात आउँदुन्दा र
सवे प्यारको जिदाइसकेका हुन्छ
अथात्यारो मिन्हा हार्दका किचन
व्याघर गर्ने फ्रिज
स्वार वर्ज्ञा न्याय
अनि म भन्नु -
पूर लागे क्रिज
खाया गरेको छीलेको वेला
वेकार लाग्न मलाई ती सब चिज
अनि
सुन्दक चोर दिङाली छिं सिचो भाल छोरेर
दुई गास निन्छु म
dinmbarakो तनाब विसंदे
व्याप्तको अधारू नुमा भन्ने भोलि
फेरि आउ भले र
व्यालि र कहाली लाग्दो भोलि
तर अहिले न विसंदकेको अह
ti वीरे र इस्वरेहरु
ती सुनली र चमेरीहरु
ती चतुरु र धनेहरु
tar पेसबुकमा चाही खोज्ने गरेको छु
ब्यालि र स्वप्नघाला
गाफ गर्न गरेको छु
तर सबैसबै भन्ने मानका छन
तर सबैसबै भन्ने मानका छन
ter त भावात्मानी रेझस अमेरिका पुनिस
हामी त अन्धी त्यरिद सुखा रोटी टोकेरहोँछ
थानोमा दाम पफेलज
घासको भारी बोकिएरहोँछ
ter मलाई चाही भन्ने मन लाग्न
मैलाक्षका सम्बलिनुभए रामो हो तिनीहुँस गरेको
tar यसो भन्नेस मन लाग्न
घात ! यो त स्वार्थो पो भाडङ्क
हामीहुँस आउँछ भनेर होला यस्तो भनेको
अप्त छु।
बिन्ती छ मेरो तिमीलाई "भई देउन मेरो प्रीयषि" 

र्येद दशकको पर्छौं पछि बल्ल साइत जुरेको छ।
यस राती त तिमी मेरो प्रीयषि बनने छौं भनेर बल्ल मन फुरेको छ!!
तिमीलाई म मन परे पनि नपरे पनि, मलाई तिमी मन परेको छ!
रातोदिन तिमो अनुसार झालझाल आउने नयाँ रोग सरेको छ!!

हे मेरी मनकिल प्रीयषि यस पासी त ल्यिज "हुन्छ" भनी देउँ!
पुनि पुनि ठूंठोरो मेरो ल्यिमो यसमा कटोल फैर नलउ !!
योजना बनाइएको छ मैले दरबारमा गरेको वीम्पी, निलाज र ठमेलको ठम एउटाजेरी !
हुने बिदियो मलाई अति स्वर्गननदव फर्दी बिदियो भने प्रीयषि मेरी !

नगरकोटको सन राज र धुलखेल रेसोटष हुनेछ हाम्रो रात्री ठेगान !
मात्र हुन्छ भन्दे न प्रीयषि अनी बढ्ने छ मेरो स्वर्गमन्याँ !
यार पाड़े मा छैल मजा , बरु छ आनन्द रैन, ऑक्ले , गुङ्ची र हार्न ठमेल्सन्मा !
आफ्नो बलो, अस्को बलो, जगते बलो जब हुन्छ प्रफुल्न री मन्न्या !!

टाईटाइनिक र लैला मज्जु भन्दा पनि अझै अगाडि बढ्ने हो प्रीयषि !
जे भने भए पनि मेरो मन तो हो नेपाली यसो देखि भए पनि जिल्ली !!!
अब बल्ल भनु प्राप्त मनी गर्नु प्रीयषि दुई हजार एकनल्लर ताल !
सक्छौं भने बनाइए देउँ मलाई प्रीयषि हर तरसल मालामाल !!

तिमा ति १२ औँले महिष्ना सौं पंजाली तरी बलाई आनन्द आवोस !
सक्छौं भने मलाई मात्र किन समाज, राष्ट्र अनी विस्मृ हामिली झाँखी चहारोस !!
रामा काम सबै होस्ट उच्च तर पाप, रोग व्याथा र भ्रष्टाचार डाँउन !
अनिर्देशी बिन्नौर तिमो नाम खुशीले बैशाख, जेठ, असार र साउन !

विकास निर्माण, सकर्म र समाज सेवाको ल्यागी हुनुपर्छ कामको लिबार !
अनिर्देशी बोलाउनु तिमो नाम भट्टै, असोज, कादिंक र मसिर !
भक्तहरू सोहित हामिली सृजामाया, लुमलाई तिमो माउँ !
अलिममा फेरी काठको छन्छुदु तिमो पुरा नाम पुष्च भाल फागुन र चैत !!

अन्त्यमा,
टाईट भए पनि पुन स्काइप, द्यायाङ्गो र भाईबरको साथ लिएर ,
काठ्यो तिमो नामले सबैको जब होस्ट र शान्ती मिलोस गर्नुपरे दुःखको सामना सुख, शान्ती र दिर्यायुक्त ल्यागी छ मेरो नयाँ वर्ष २०७१ को हार्दिक मंगलमय शुभकामना !!!

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

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

“Roshani, my princess today I will tell you everything” her father began, “Look it’s not anyone’s fault but destiny found a road like this during the time of your birth. Your mother had always wished for a son since the day we got married, I said I wished a daughter. But then we promised each other that either son or a daughter we will always take care of the child. During her pregnancy we came to know from the doctor that she would give birth to twins, a son and a daughter. We were so happy to hear that news. Everything was running fine before one day she fell of a ladder just a couple of days earlier than her expected delivery. She went unconscious, the doctors at the hospital later on explained to me that the case had become much more complex. They tried hard in the operation but couldn’t save your twin brother. Your mother had always wished for a son the day after her eighteenth birthday as she often used to, she couldn’t notice a big car rushing towards her. Although the driver tried to control the accident by applying brakes, it was too late to avoid the collision. She got struck by the car and was thrown a few meters away. She was murmuring before she went unconscious, “Don’t hate me mom please. I can’t live without your love.” Instantly, in spite of being far away from her, a strange anguish went inside her mother’s heart as if she had listened to those words, she screamed aloud, “Roshani”. Aside her husband woke up; it was middle of the night, “What happened dear? Did you saw a bad dream? Please keep courage; I know it’s hard for us for both of us to cope with our son’s death just a couple of months earlier but still we need to live for our princess Roshani.”

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

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

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

Then slowly she stepped towards her small, cute and tiny two months old sleeping child Roshani, took her little hands, caressed them and kissed them. Two big drops of tears went down her eyes as she whispered softly, “I am so sorry for whatever I did even in my dreams princess. The letters will always be important not only for you but also for me too. We will write the sweetest words for each other in them and read them together when time comes”
Have you ever wondered about where whales came from? Different types of whales that we have today were once land animals. Many scientists believe that whales were once land animals like foxes and dogs. Whales were completely different and unrelated to other fishes. We know that whales are similar to land animals by analyzing the way their body functions, the way they move, and also by examining their bones and fossils.

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

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

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

Therefore, we can conclude that whales are not related to fish at all, instead, whales are evolved from land animals that had legs and other land features. One evidence that we still have today is that whales still have small legs which are considered as fins. Overall, present whales were evolved from the process called adaptation over time.
A will is one of the most important documents you’ll ever create in your lifetime. Your will can clearly state who will be guardian of your minor children, who will inherit your assets, when they will inherit your assets, and any conditions that must be met for them to receive your assets. Yet, according to a legal services website RocketLawyer.com, almost 50% of Americans do not have a will.¹

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

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

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

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

I don’t want my final wishes to be set in stone. I’ll create a will later in my life.
The terms of a will can change as often as needed. Legal experts agree that you should reexamine your will periodically to make sure it is up-to-date. A will should receive a “checkup” whenever there is a substantial change in your life.

How to create a will.
Drafting a will is difficult and is not an endeavor you want to tackle single-handedly. It’s important that you call on the services of an estate-planning lawyer. A lawyer might help you:

- Determine what type of will you need
- Make the right decisions as to how your assets should pass
- Change the terms of an existing will, if appropriate
- Save on estate taxes
- Take advantage of estate planning opportunities people often overlook

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

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

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Atlanta, GA

Population Trends and Culture

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

According to the United States Census Bureau’s data, the population of Gwinnett County was 32,320 in 1950. U.S. Census Bureau’s estimation of Gwinnett County population in 2012 was 842,046. Census Bureau data indicates that Gwinnett County’s population is increasing very fast. After seeing these facts, we can say that Gwinnett County’s population increased by 26.053 times or 2598.16% from 1950 to 2012. Since 2000 to 2010, Gwinnett County’s population increased by 36.86%. The population growth rate is much higher than the state average rate of 18.34% and is much higher than the national average rate of 9.71%. The population density of Gwinnett County is 1,843.79 people per square mile which is higher than the state average density of 163.02 people per square mile. Figure 1 depicts similar facts about the population density of the County.

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

Now, Gwinnett County has more diverse communities in culture, race and ethnicity than 20 years back. The most predominant race in Gwinnett County is white, which is 53.34% of the total population. Similarly, Black or African American is 23.61%, Hispanic or Latino is 20.12%, Asian is 10.59%, and Native (American Indian, Alaska, Hawaiian, etc.) is 0.56%. According to Quick Facts of Gwinnett County’s data for 2012, the white alone is 60% includes persons reporting only one race. Figure 2 shows similar facts about the racial distribution of the population in the County.

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

Since the population demography and the per capita income have changed, Gwinnett’s government and school board are trying to adjust their service the human needs through a decreasing tax revenues. According to citi-data report 14% of the
county’s population lived in poverty in 2009. Speaking of immigration, 33.1% of households speak English as a second language. The number of foreign born residents in the county is 99,518, which is 16.9% of the total population. This is more than double of such population in the whole state, which is only 7.1%. The median resident age is 33 years with 36.8% male and 63.2% female in Gwinnett County.

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

According to 2030 unified plan by Gwinnett County, Gwinnett County has changed rapidly from 1970 to 2013. Most of its changes have happened due to the spread of suburban development throughout much of the County. In the past, it used to be part of an expanding new subdivision and shopping complexes. Now Gwinnett is among the five counties that constitute the main part of metropolitan Atlanta. Under the topic Emerging Challenges and Unfinished Business, the report says that part of the transitional areas now needs reinvestment and revitalization (Gwinnett County 2030 unified plan). The plan further says that Gwinnett needs to redefine its vision of itself and incorporate the changing realities and new opportunities. The county is changing from farm based jobs to nonfarm based jobs. In 2011 the private nonfarm establishments were 20,920. The total number of private nonfarm employment in 2011 was 285,470. This represents a 1.4% change in private nonfarm employment from 2010 to 2011. The total number of firms in 2007 was 938,20 out of which 17.0% were Black-owned firms, 11.1% were American Indian-owned firms, 14.2% were Asian-owned firm, 9.3% were Hispanic-owned firms and 28.6% were women-owned firms.

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

References:

To children with love and blessings,

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

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

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

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

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

However, it is not Shiva’s birthday, as some mistakenly say. Divine Shiva has no beginning and no end. There is an interesting legend from ‘Devi Bhagwat Puran,’ Bhagwan Shiva was getting married to Devi Parvati. As a part of the ceremony the presiding priest asked the name of Shiva’s father. There was discomfort in the air. To avoid the discomfort the priest was told to consider Bhagwan Vishnu as the father. Who is the grandfather? Bhagwan Brahmaa. Who is the father of Brahmaa? Shiva himself.

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

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

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

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Shree Pashupati temple, Kathmandu valley
We are limited and the universe ‘Brahman’ is unlimited. Thus, we cannot understand it in totality. However, we may understand two fundamental aspects of the universe – ‘Consciousness’ and ‘Nature.’ They are represented by Shiva and Parvati in human forms and by ‘Lingam’ and ‘Yoni’ symbols. They are also depicted by up and down pointing triangles, which come together as hexagon, a symbol of knowledge. Though usually misstated, they are not male and female anatomies. Anatomies in Sanskrit are ‘Shishna’ and ‘Bhaga’, with related English word ‘Phallus.’ Phallus is used as the symbol of nature’s regenerative power. It is ‘Yashin’ pole of the ‘Indra Jatra’ festival in Nepal and ‘Christmas tree’ in Europe, which is a Christian adaptation from earlier Pagans.

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

Buddha teaches the same. However, Buddha’s teaching is the spiritual breakthrough, not as something new, but as the ‘empirical’ confirmation. Shiva’s teachings are given as a belief, beyond our intellect. But Buddha proved it empirically ‘Tathagat’ and taught an empirical method ‘Vipassana’ to proceed without depending on others or beliefs ‘Appo deepo bhava.’ Usually both Shiva and Buddha are depicted meditating. They are not saying, “We will meditate and you worship us.” Rather they are demonstrating, what we should be doing.

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

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

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

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2. Introduction to Vigyan Bhairav Tantra Meditations: Mahasatvaa Ma Ananda Sarita, UK http://vimeo.com/12042364
3. Shenlha Okar or Shiva Okar:
American citizens enrolled in the Department of Homeland Security's procedure were granted residency in the United States, or the possibility of becoming American citizens. They are expected to comply with the law, pass the citizenship exam, and establish a legal residence in the United States. The Department of Homeland Security is responsible for managing the process of granting citizenship to those who qualify.

The Department of Homeland Security is also responsible for ensuring that those who are granted citizenship are not engage in criminal activity, and that they do not pose a risk to national security. The Department is tasked with monitoring the activities of those who are granted citizenship, and taking action if necessary.

The Department of Homeland Security is also responsible for enforcing immigration laws, and ensuring that those who enter the United States do so legally. The Department is responsible for managing the borders of the United States, and ensuring that those who attempt to enter the country illegally are apprehended.

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A positive philosophy of living mated with passion for solutions bakes the bread of influence. Human beings are empowered with motivation that will satisfy their hunger for success. Innovation is a roadmap for change and determination is a desire for achievement. I believe that the powerful personality engenders positive energy and creativity. There is a difference between living and surviving. Anyone can survive but not everyone will truly live. Living should communicate meaning. Therefore teaching people how to live with pride and dignity is a win-win situation.

A notion exists that self-leadership is an innate talent. I don’t doubt the magical gift of genes. However from my own upbringing I know self-leadership can be taught - and sought after - when we are open to take responsibility for ourselves, and bound to create opportunities for others. Initially, leadership is a learned aspect of character combined with skills, knowledge, and experience. Then, through practice, leadership is transformed into a quality of self. Self-leadership first involves strategies for leading from within. Second, it reflects its impact.

Influence requires diplomacy while challenge encourages problem solving. Here is a personal example: I was scheduled to plan and deliver training to educators, administrators, business leaders, and college students in Turkey. In the process of writing the curriculum for this project I realized the need to develop and execute a survey seeking their needs and requirements. Surveys are designed to collect impressions of the moment and produce a platform for improvements. Then I put on my thinking cap and finalized the survey. My sense is that language is a key to unlock the doors of connection. A leader’s role is to convey messages simply but also in a way such that the results are measurable. Since I was writing this survey for an audience whose mother tongue is not English I had to be sensitive to the usage of words and sentences. How language is applied reflects personal and professional values and indicates cultural understanding. Here then is how we validate our internal thoughts and ideas of leadership… by how well they manifest success in others.
Cancer arises when there is an uncontrolled and abnormal growth of normal cells. These uncontrollable proliferating cells ignore stop signals and accumulate to form a mass of cells known as tumor. These cancerous cells ultimately invade other normal tissues of different organs, such as brain, lungs, and bones, thus causing disruption of the regular function of these organs. A majority of cancers usually occur at older ages. However, cancers also develop in children but are often different from the types that develop in adults. Childhood cancers mostly develop in blood cells (leukemia and lymphoma), brain and nervous system, and connective tissues (such as bone and muscle).

Rhabdomyosarcoma (RMS) is the most common soft tissue sarcoma in children with 350 new cases each year in the United States. Sarcomas are cancers that develop from connective tissues in the body, such as muscles, fat, bones or blood vessels. While they account for only 1% of all cancers, sarcomas are more prevalent in children than adults.

RMS is a family of tumors of skeletal muscle (muscles that are attached to bones and help in the body movement). RMS can begin in many places in the body but usually occur in head and neck area, bladder, vagina, or in or around the prostate and testicles.

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

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

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

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

**Symptoms**

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

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

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

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

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

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

**Diagnosis**

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

**Treatment**

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

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

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

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

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

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

NASeA has a dream!

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

Request to the readers

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