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President's message

With great pleasure on behalf of NNS, I would like to extend my warmest greetings to the Nepalese Community of Nebraska at this special time in the Nepali Calendar.

Because of the generosity, dedication and involvement of our founding members, past presidents and community members, we have made all things seem possible; events such as the Salvation Army ringing a bell drive, the donation drive for the Hindu Temple, the New Year DJ party, the General Meeting, Bal Karyakram (currently running), different Pujas and Bhajans, and the Hoops Day have been hugely successful.

We have set our focus to make this a year of extraordinary accomplishment. This year brings many new opportunities with it, of strengthening our ties and putting together many wonderful events for our community. The start of a New Year is therefore a special event for us, and we want to celebrate the beginning of the New Year 2066 with you all on April 18, 2009 at the Bellevue University.

As Nepalese expatriates in the USA, we have come thousands of miles away from our home and family to fulfill our own as well as our family's dreams and aspirations; yet despite the distance we have so much love and harmony here in our Nepali community that we can proudly praise our unique unity. The Nepalese community has a long and proud tradition of harmony and togetherness, and in the year ahead I hope we continue to grow with these values and make valued contributions to our community.

This year, and every year, may all our prayers be answered and may the New Year be peaceful, successful and joyful. The NNS wishes you and your families a very prosperous New Year!

We must constantly nurture the seeds of love, harmony, and unity among us so that they continue to flourish. We look forward to a New Year 2066 in which you will support the NNS with renewed energy, creativity and love.

With best wishes,

Anima Kunwar Khadayat

President

Nebraska Nepalese Society

In this issue

President's Message

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& Many More

QUOTATIONS OF THE ISSUE

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

-Mark Twain

The object of a New Year is not that we should have a new year. It is that we should have a new soul and a new nose; new feet, a new backbone, new ears, and new eyes. Unless a particular man made New Year resolutions, he would make no resolutions. Unless a man starts afresh about things, he will certainly do nothing effective. Unless a man starts on the strange assumption that he has never existed before, it is quite certain that he will never exist afterwards. Unless a man be born again, he shall by no means enter into the Kingdom of Heaven.

-G. K. Chesterton

If you can imagine it, you can achieve it; if you can dream it, you can become it.

-William Arthur Ward

संपादकीय

***बटुकृष्ण शर्मा**

नयाँ वर्ष २०६६ को आगमन संगै यहाँहरूलाई नेब्रास्का नेपालीज सोसाइटिको तर्फबाट न्युजलेटरको अर्को अंक पस्किकन पाउदा नेब्रास्का नेपालीज सोसाइटि परिवार गौरवान्दित महसुस गर्दछ। यहाँहरूको लागि एक पछी अर्को गर्दै नयाँ नयाँ कार्यक्रमहरु यहाँहरूको सामुन्य लेराई रहन पाउदा हामी सबै हर्षोवान्दित भएका छौं। नेब्रास्का नेपालीज सोसाइटिको बिधानले मार्ग प्रस गरे अनुसार आफ्नो मौलिक कला संस्क्रितीको जगेर्ना गर्दै बालक देखी बुढा सम्म सबैलाई समेट्ने खालको कार्यक्रमहरु अगाडि ल्याइ राखेको यहाँहरु सबैलाई बिधितै छ। प्रतेक शनिबार हिन्दू मन्दिरमा सन्चालित भइ राखेको बालकार्यक्रम, बिभिन्न अवसरहरुमा आयोजित भैराखेका बास्केट बल, फूटबल लगायतका शारीरिक कार्यक्रमहरु, मासिक रुपमा घर-घरमा अयोजित गरिदै आएको पूजा अर्चना तथा भजन कार्यक्रम जस्ता कार्यक्रमहरु नेब्रास्का नेपालीज सोसाइटिले गर्दै आएका बिभिन्न कार्यक्रमहरु मध्ये केही उल्लेखनिय कार्यक्रमहरु हुन।

यस्ता कार्यक्रमहरुको साथ साथै आफ्नो समुदायको दायराबाट बाहिर निस्केर नेपालीज सोसाइटिको नाम बाहिर जगतमा पनि फैल्याउने सिलसिलमा पनि नेब्रास्का नेपालीज सोसाइटि लागि परेको छ। स्याल्भेसन आर्मीको लागि अर्थ सन्कलन गर्न घन्टि बजाउने कार्यक्रम होस् वा भुटानिज सरनार्थीलाइ ओमाहामा स्थापनको लागि मदत गर्ने काम होस्, अथवा हिन्दू मन्दिर लाई सहयोग गर्ने कार्यक्रम होस् सबै तिर नेब्रास्का नेपालीज सोसाइटिका स्वयम्सेबकहरु तन, मन, धनले लागि परि राखनु भएको छ।

आफ्नो मात्रिभूमिबाट धेरै टाढा रहे पनि नेब्रास्का नेपालीज सोसाइटिका कार्यक्रमहरुले गर्दा हामिले कहिले पनि घर बाट टाढा भएको महसुस गर्न नपर्ने भएको छ। हामी सबैले मनन गर्नुपर्ने अर्को कुरा के छ भने, ओमाहा लगायत बिदेशका बिभिन्न ठाउहरुमा रहेको नेपाली समाजहरु पहिलाको जस्तो एकल अर्थात् मात्र बिद्यार्थी बर्गमा सिमित नरहिकन अत्यन्तै बहु आयामिक बन्न पुगेको छ। प्राय कुनैपनि ठाउमा सजिलै सङ्ग बच्चा, युवा, बयस्क अनि ब्रिद्ध अदि सबै दस्ताका मानीसहरु सजिलै भेट्न सकिन्छ। यसै कारणले गर्दा प्रत्येक सामाजिक कार्यक्रमहरु पनि कुनै एउटा समुदायको लागि मात्र ईन्कित् नगरिकन सबैलाई समेट्ने खालको बनाउन पर्ने आवश्यकता भएको छ। यसको साथ-साथै हाम्रो धरोहरको रूपमा रहेका मौलिक कला, साहित्य र संस्क्रितीको पनि आउने सन्ततिहरुमा हस्तान्तरण गर्दै जानु पर्ने टड्कारो आवश्यकताको महसुस भएको छ। बिगत केहि बर्षदेखि हाम्रो नेपाली समुदायका स्वयम्सेबक तथा नेत्रित्व बर्गहरुबाट बिभिन्न कार्यक्रमहरुको मार्फत् यस्ता मुद्दाहरुलाई सम्बोधन गरिदै आएको कुरा हामीहरु सबैको सामु छर्लङ्गै छदै छ।

अन्त्यमा, जता जाउ जसो गर जहा सुकै लैजाउ मलाइ, यो मन त मेरो नेपालि हो भने जस्तै यो नया वर्ष २०६६ ले तपाइ हामि सबैमा बिर गोर्खालीको छोरा नेपाली हु भनेर गर्बको साथ छाति फुलाएर बाचन सक्ने बातावरणको सिजना गरोस र हाम्रा भाबि सन्तति हरुमा पनि आफ्नो पहिचानको संकट बेहोर्न पर्ने अवस्था कहिले पनि नल्याओस भन्दै नेब्रास्का नेपालीज सोसाइटि प्रकाशन समुहको तर्फबाट हर्दिक मङ्गलमय सुभकामना ब्यक्त गर्न चाहन्छु।

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Heartbreak

Based on a true story

By Sukrity Dhungel, 5th Grade

Have you ever been mad because your parent didn't buy you an article of clothing? When I went to Nepal I took a visit to Pasapathi Natha, there Mamu (my grandma) lit "लाख बत्ती" or "hundred thousand lights". After Mamu had finished her puja we were sitting in chairs watching monkeys.

While we were sitting I saw a little boy about 1 year old, I also saw his sister who was about 14 years old, and I also saw a boy who was about 14 years old. The little boy was eating off of the floor, his sister wasn't responsible and she had the little boy right next to her while she was playing with her friend. She suddenly realized what the little boy was doing and spanked him. The little boy started crying. You would probably think that the mom would have come and the girl would have gotten in trouble. However two weeks before the mom had gotten burned head to toe when her cooking stove had blasted so her mother was at her parent's house. So now your thinking, well if the mother couldn't do

anything the father could have. Well your wrong because the father was at work, his job was to carry drawers on his back and deliver them. Back to how the girl spanked him, the little boy had no underwear just pants and even the pants were too big so they were almost half way down. My mom took a whole suitcase to Nepal, full of my old clothes. So the next day we took most of the clothes there and gave it to them. Their faces looked like they had just won the lottery when we gave them the clothes.

So next time you don't get an article of clothing remember about the 1 year old boy and the 14 year old girl. Also when you go to Nepal take all of your family's old clothes because even a shopping bag full of clothes could change a person or even a family's life.

ART OF THE ISSUE

* Sarup Kunwor, Grade # 2



A BEAUTIFUL ART by Dilasha Neupane





The Raja and Rani

* Saisha Adhikari

One sunny day in a Village, There lived a Raja who was very clever. He ordered the villagers' to get as much rice as possible so when there were tornadoes and earthquakes, He could share with every one. The Raja promised that. One day when there was a huge earthquake, Every thing in the village was ruined. The houses tore down and people had no food. So the villagers' begged to the Raja for some rice and reminded him the he promised to give them some. But the Raja was so selfish that he said "Why should I give you guys my rice? "I am the most important person in this village." You guys are just workers to me". The Raja said. The villagers knew that no one can convince him. They also wanted to ask the Raja's guards if they can have some but the Raja's guards said that it's locked in a store house. Days passed by but villagers still didn't get to have any food.

But one day, There was a pretty Rani who was more clever then the Raja. The Rani saw what the Raja did to the villagers. The Rani really wanted to help. Rani was riding her horse sadly when she saw some rice one the ground. Now the Rani made a plan. She went to Raja's guard and asked them if she could have a talk with him.

The Raja came out and said" What do you want?" The Rani said" I think this rice belongs to you Rani said" So she gave him the rice."Oh yes thank you very much kind lady. What can i give you for your reward He asked?" Well i don't need any thing maybe just 4 sacks of rice each day" She said. "Sure" He said. Rani went with her 4 sacks of rice. Every day, The Rani got her rice and shared them with the villagers. They were so glad that the Rani came to their village. But one day the Raja had no more rice in his store house.

The Raja was starving so he went to the Rani and begged her if he could have just 1 sack of rice." Now you know how those poor villagers felt when you gave them no rice when they were hungry as you. Maybe more" The Rani said." Raja said "I know I know and I am really sorry about that." ." Okay I will only give you rice if you say you're sorry to the villager and you will give them rice when ever they want you to". She said." Okay I promise you that and I will keep my promise." He said. Later, The Raja and the villagers all lived haply ever after.

The End!

Love Mee, <3



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What You Do Is What You Get

***Simran Khanal**

There was an overpowering stench of something burning. I looked around wondering what it was, and then I saw that there was smoke coming out from the oven. Then it occurred to me that I was making cookies. I got up from where I was sitting, ran toward the oven, and opened it. As I opened it there was a burst of smoke that seemed to fill the room, then I took the cookies out and waited for it to cool. I looked back and the cookies looked like a clumpy, black boulder, black, ashy, rock hard, and burnt. I lifted one up to try it and it was horrible!

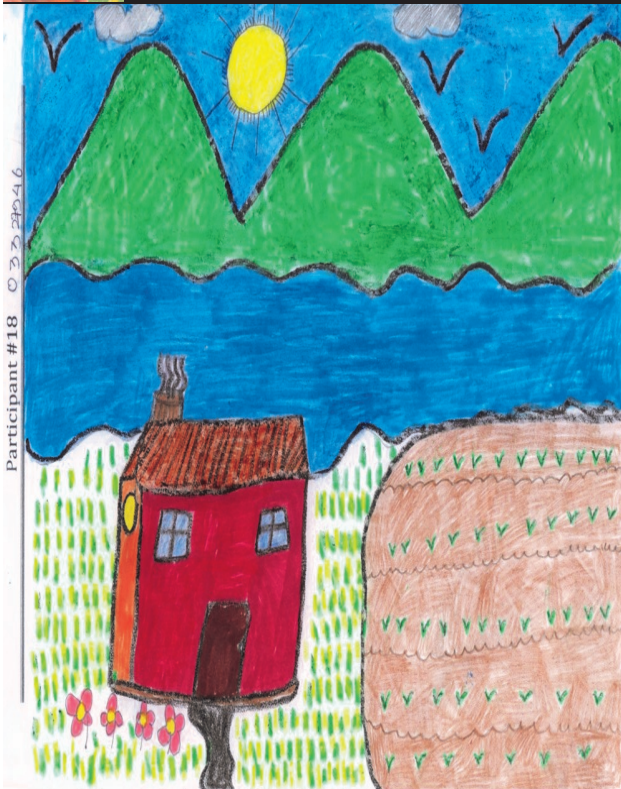
This is why I chose the topic, "What you do is what you get" because I didn't even pay attention when I made the cookies, so they tasted atrocious, and plus they were burnt. This also goes for schoolwork, if I try my best, then I will get good grades, but if I rush through it and don't even try, chances are that I won't get a good grade. The same thing goes with studying too. The more I pay attention and the harder I try, the

better my grade is on my test or whatever I'm studying. This might also go for when I become older, in jobs, if I am polite to people, odds are that they will be polite back. This will make life and the job a whole lot easier and more enjoyable.

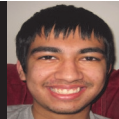
The next time I made another batch of cookies, I took my time preparing the dough, and carefully watched as the cookies were baking in the oven. In an hour or so the cookies baked to a rich golden brown, and the chocolate chips were melting into the cookie. I opened the oven door as anxiously and slowly as a lion getting ready to pounce on its prey. The heavenly aroma of freshly baked cookies came pouring out as I took the cookies out and let them set. I ate one and it was warm, melted in my mouth, and chewy. It was delicious! This is another example of when I got what I deserved. I tried hard so I got the perfect batch of cookies. Golden-brown; melt in your mouth, and the chunky milk chocolate chips that were so decadent.



ART BY PRIAMWAD POUDEL
2nd place winner in ANMA/NASeA 2008



Participant #18 © 2008/04/6



ART by Subodh Adhikari





याद

*डा. युबराज भट्टराई

कहिले बेनाममा खोजें कहिले नाममा खोजें
जिन्दगीका हर मौसम, सम्झनाको पैगाममा खोजें |
बिरहीको सजल आँशू, फुल सरी सजाएर
चोटै चोटका उपहारहरु, तिमै इनाममा खोजें |
पूजाका फूलहरु, अश्रुजलले चढाएर
आशिर्वादका चाहनालाई, मन्दिरका सरदामा खोजें |
अनसोल त्यो, एक पल थियो, जुन पाल हाम्रो भेट भएथ्यो
भेटी के त्यो, अनमोललाई, त्यसैले नै बिना दाममा खोजें |
ऐनाहरु फुटे सरी, सारा साथी छुट्टै गए
परबाट रुमाल फर्फरायौं, अश्रु मिसित सलाममा खोजें |
कति रोए बिरहमा, यादै यादको सिरानीमा
कति पल्ट तिमीलाई, आँशुको त्यो जाममा खोजें |
आहत भयो चोटले छाती, धर्मरायो मुटू मेरो
झुटो आसमा तिमीलाई, गल्ली त्यो बदनाममा खोजें |



Congratulations to Shakya family for being blessed with a baby boy ARYAV R.
SHAKYA on 03/16/2009



बाँकी थियो

*इश्वर ढकाल

अँध्यारोमा एक मुठी बत्ती बाल्न बाँकी थियो
रुँदैथिन त्यहाँ हामी आमा आसु पुछ्न बाँकी थियो /
देउरालीको स्कूलमा छानो छाउन बाँकी थियो
तारे भीरको खोलामाथि पुल हाल्न बाँकी थियो /
चौतारीमा एउटा पीपल रोप्न त्यसै बाँकी थियो
सबै मिली खन्यौं बाटो आफैँ हिड्न बाँकी थियो /
भक्तिएका मजेरी र दलान टाल्न बाँकी थियो
फूलबारी सजाएर बारबेर गर्ने बाँकी थियो /
बनमारे घारी फाँडी साल साँच्च बाँकी थियो
एक मेलो पाखोबारी खनजोत गर्न बाँकी थियो /
सयपत्रीको दल छरेउँ गोडमेल गर्ने बाँकी थियो
टूसाएका कोपिलाते बासना छर्ने बाँकी थियो /
युद्धका ती आलाघाऊमा मलहम दल्ने बाँकी थियो
फाट्या मन लुटिया धन फिर्ता हुने बाँकी थियो /
फर्की जाँदा अबेर होला गर्न धेरै बाँकी थियो
झिसमिसेमै हिडिएछ घाम झुल्कने बाँकी थियो /

हाल- नेब्रास्का (अमेरिका)

नयाँ बर्ष २०६६ को मंगलमय उपलक्षमा सम्पूर्ण नेब्रास्का बासी नेपाली दाजु भाई तथा
दिदी बहिनी हरुमा नेब्रास्का नेपलिज सोसाईटी
तथा कार्य कारीनी सदस्य हरु को तर्फ बाट हार्दिक मंगलमय शुभकामना ब्यक्त गर्न
चाहन्छौ। नयाँ बर्ष २०६६ यहाँ हरु सबै को लागि सफल बर्ष बन्न सकोस। यहाँ हरु सबै मा
सुख शान्ती र सम्ब्रीधि सदा सर्वदा छाड रहोस् र नेब्रास्का नेपलिज सोसाईटी यहाँ हरु को
सुख दुःख को साथी बनी रहन सकोस भन्ने प्रण
गर्दछौ।

****नेब्रास्का नेपलिज सोसाईटी परिवार****



All about me, and a Normal Day!

***Binisha Maharjan**

Hi, this is Binisha, I am an awesome girl, and if you don't know me that much about me now you will!! I love to dance. You will see me dancing a lot of times. My favorite colors are blue and green. My best friends are Neha, Krisha, Saisha, Shambhavi, Sukrity, and Sushmita. I am 11 years old turning 12 in July 3rd. I am in 6th grade and I go to a middle school. My middle school even has 5th grade!! My favorite things to do are read and write or dance in random songs. I am a great friend. My favorite fruit is apples, and my favorite vegetable is carrots, but there are a lot more than that!!! I love orange juice!! My favorite pets are hamsters and dogs. My favorite sports are basketball, football, and badminton.



I always help my parents when they need it. I always care for others. I feel bad when other people get hurt. My favorite music is Hindi. I like Nepali and English but mostly I like Hindi songs better!! At Nepal I have a large amount of family members. I live in a 3 story house at Nepal. I like to dance anytime I can. At school I have a lot of friends. Everyone knows me and says hi anytime. I have 8 teachers because I switch classes. I love visiting any kind of Temple. It's my favorite thing to do. I love to

smile. I smile anytime. My smile is my best part of me. I have natural wavy hair. I have many certificates from when I was little to now. Now you know about me, go and say Hi! to me and I will know why. Now I am going to tell you a normal day once in my life.

One day I woke up with the sun shining so bright through my window. I brushed my teeth, washed my face, and took a shower. Then I put on some clothes and went outside to play basketball in my driveway. Then my brother came outside too. Then after a while we had to go back inside. After we had breakfast we all watched some videos. It was when I was little. I was really cute!!! I made some popcorn during the videos. Then the movie was over. It was 6:47 when we finished, and then we did what we usually did. My mom cook, my dad on the computer, my brother watching TV and I just do anything I could. Then when its night we eat dinner then we go to sleep. What I mostly do is that I read before I sleep, it makes me sleepier. Now you know me better and you heard my normal day story!!! Hope that you can read more of my stories!!!!

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Nebraska Nepalese Society would like to congratulate Bhurtel couple (Krishna and Kabita) on their wedding and would like to express best wishes for their happiest married life!!



Why You Should Play Sports

Samit Adhikari

What is Sports?

A sport consists of a normal physical activity played under a set of rules and competition. It is played for self-enjoyment, to attain excellence, and for the development of a skill. A sport involves physical activity, side-by-side competition, and a scoring system. The difference of purposes is what characterizes sport, combined with the notion of teamwork and individual skill.

Social Benefits:

Researchers say that participation in sports can promote healthy development in young children. Being active in youth sports can help build a foundation for cooperative play, teamwork, and good sportsmanship while helping to refine skills in children's developing bodies. Sports help children develop physical skills, get exercise, make friends, have fun, learn to play as a member of a team, learn to play fair, and improve self-esteem. It also helps you experience success such as winning and helps you deal with disappointment's.

Improves Physical Health:

For children everywhere, it is easy to become stimulated by the various technology and other things that are around them. For some, it may seem like a struggle to tear your child away from the technology that is so available and ready for them. If you want to make sure that your child is receiving a well-rounded childhood, then there are options that you can consider in order to make sure that they benefit from being young. With all of the abilities for youth to stay indoors, it is best to begin to show them that being outdoors can be just as beneficial. Playing sports will not only help them to get the activities that their body needs, but will help them to keep the ideal of staying shape in mind when they are older. It is

becoming more common for children and youth to grow up overweight or obese, even from the age of five. The problem is becoming so prevalent, that several children are having problems such as type two diabetes and asthma.

According to researchers at the University of Minnesota. Adolescents who play sports have better eating habits and nutrient intake than those who do not. Eating habits and nutrient intake are two important factors that contribute to performance in sports. The need for adequate energy and nutrients is especially important for adolescents, since their total nutrient needs are higher than during any other time in their lives, and participating in sports can increase energy and nutrient requirements even more. More than 4,700 junior high and high school students were studied for their meal and snack frequency, energy and nutrient intake and physical activity. The researchers found "sport-involved youth generally ate breakfast more frequently and had higher mean protein, calcium, iron and zinc intakes than their non-sport involved peers."

Helps you leave video games:

Instead of spending all time playing PlayStation ,Xbox or any game system, you can utilize your time by going to a recreation center or joining any Sports Club. Or you can just run around the neighborhood and play with your friends. Playing video games all the time will force you to stay in your room and might make you lazy and it is also harmful for the eyes. Sports on the other hand will not only help you but you will also have fun and makes you fit .It gives you chance to get in touch with you friends and teammates. That opportunity will give you the chance to build a good relationship with another human being.

DISCLAIMER:

- ◆ *We have used various online Unicode software for Nepali typing. We have tried our best for reducing the typographical errors including the Nepali grammar. Due to limited options in those software, despite our great effort, some of the words are still incorrect. Please consider this thing in mind while reading the poems and articles published in Nepali.*
- ◆ *NNS Newsletter invites stories, poems, articles, comments, cartoons, arts, jokes and any other information that would be of interest to Nepalese community. The publication team reserves the right to accept or refuse submissions and edit for content and length. We also reserve the right to refuse advertising that in our opinion does not reflect the standards of the newsletter. The opinions expressed, whether by paid advertisement, individual authors or editorial content does not necessarily reflect the views of the Nebraska Nepalese Society and the authors themselves are responsible for the content. Content published here in this newsletter may be reprinted and acknowledged without consent unless specifically requested.*
- ◆ *In our previous issue, we mistakenly publish the names of few people. We sincerely apologize for that and request all the readers to take it as unintentional.*
- ◆ *Please let the publication team know if there are mistakes of any kind that needs to be taken care. We would be more than happy to address those mistakes promptly.*

NNS ACTIVITIES



General Meeting

NNS hosted its Second Annual General Meeting on January 24, 2009, at the Bellevue University Student Center. In this meeting, the various committees of NNS presented their plans for the upcoming year. The designated committees for NNS this year include Cultural, Education, Fundraising, PR, Publication, Regulations, Sports, Web and Youth Committees. Each of the committees outlined themselves, and also introduced what they will be doing in the upcoming year as members of the Nebraska Nepalese Society. The meeting was preceded by a delicious potluck meal prepared by various members of the Nepalese Committee. Dilasha Neupane, a member of NNS's Youth Committee, provided entertainment to more than 80 attendees that came to the event. Following the Meeting, there the attendees partook on a DJ dance night starting the year with a positive and fun note.

NNS Hoops Day

On March 14, 2009, the Nebraska Nepalese Society hosted the Annual Hoops Day Basketball Tournament. Participants from four states, and a total of 9 teams took part in this greatly successful event. In the Men's showdown, the Dunkin Hanumans took first place while team from Wichita, KS, took the honorable second. There were two women's teams from Omaha for this tournament and Ekta 2 won the women's bracket. This successful event has turned into a great Nebraska tradition and the NNS hopes to continue this event for the future years



Sarawoti Puja

As part of the Nebraska Nepalese Society's Balkaryakram Program, the Education and Youth Committees organized the Saraswoti Puja Event at the Hindu Temple on January 31, 2009. Young students from age 5 to 12 brought a pen and a notebook and began their first day of Balkaryakram with Nepali reading and writing. This program has more than 20 students currently enrolled and has the vision of great success over the summer and upcoming year



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LOST JACKET

* Ayushma Sharma, Grade # 2

This is a story how I lost my prettiest Pink Jacket. It was a really snowy day and my friends and I were playing in the snow. We decided to make a snow pile. I took 3 hours but it was the biggest snow pile ever. Then my friends double dared me to jump in the snow pile without my jacket. I thought it would be fun so I took off my pink jacket and put it near a wall and when I was done I wanted to wear my jacket and when I came back the dumpster took my jacket. I ran after it as fast as I could but the dumpster was too fast so I turned around and I saw my pink jacket. I ran and got my pink jacket and as soon as I realized I was lost there was nothing to except for cry so I sat on the sidewalk and cry and then an old man saw me and asked why I was crying and I said I am lost so the old man took me home and then my mom made 2 cups of hot chocolate and lived happily ever after. The end



NNS would like to congratulate Mom Bima Shrestha, Dad Suraj Shrestha, Grandma Bijaya Shrestha and Grandpa Mahabir Shrestha for being blessed with a baby boy SUBIN SHRESTHA



Word Scramble

People and places of Nepal

*By Noah Banstola

Instructions: guess the word from the clues given to unscramble the words----- answers will be given in the next issue.

- 1.tauchiS---The first president of the NN society _____
- 2.ngneziT--- A famous Sherpa who was one of the first people to climb mount Everest _____
3. diSatdharh --- Other known as Buddha, born some time between 624 BC and 563 BC in Lumbini of Nepal and dedicated his life to better living _____
4. Braridne ---born in 1945. Brought in democracy to Nepal _____
5. kgKanhhrimria-dMiBaeBanSrh ---1920 to 1972. Brought in a political system without parties. _____
- 6.tnahBcbuhaaArkayh ----1814 to 1868. Nepal's first poet. _____
- 7.umdhKnaat --- Capital of Nepal _____
- 8.SaatyhiManak --- Current living goddess of Nepal _____
- 9.ihrMeReciv ---The river that borders India and the Eastern border of Nepal _____
- 10.rtanaaBhadb --- English translation of, to be bound, A religious ceremony is held where a boy shaves his head and performs various rituals. _____
- 11.ejet --- a ceremony in which a woman fasts for 24 hours, it is also a small red insect that appears out of the soil during rains _____
- 12.dKrpaai --- The National sport of Nepal _____
- 13.moonnos--- rainy season, a shift in wind direction that causes heavy rains _____



Nebraska Nepalese Society would like to congratulate Pravesh Ghimire and Rachana Bhattarai (Pinky) on their wedding and would like to express best wishes for their happiest married life!!

समसामायिक चिनारी



राम प्रसाद पराजुली

ओमाहा नेब्रास्का



राम प्रसादजी! तपाईंको मादल तथा ढोलक बजाउने शिपबाट नेब्रास्कामा रहेका नेपालीहरु कती प्रभावित छन भन्ने कुरा यहाँलाई थाहा छ कि छैन? यहाँ को यो शिपबाट निक्कै प्रभावित भएर एस्को बारेमा केही कुरा गरौं भनेर म आएको छु।

सर्वप्रथम् तपाईंले मादल तथा ढोलक बजाउन कहिले देखी थालनु भएको हो?

बच्चै देखी संगितमा रुची थियो। आमा बुवाको प्रेरणा, घरको बातावरण र आफ्नो शोख सबैको सम्मिश्रण भन्नु पर्‍यो। २ बर्ष कलानिधी-इन्दिरा महाबिद्यालय, ललितपुरको पुल्चोकमा संगितको तालिम लिने क्रममा हार्मोनियम बजाउन सिके।

यो सिक्न कतिको गाह्रो हुन्छ त ?

इच्छा भएमा त्यती धेरै गाह्रो हुँदैन। २-३ महिनामा सिक्न सकिन्छ।दिनमा २०-२५ मिनेट जती बजाए पनि पुग्छ।

नेब्रास्कामा रहेका नेपालीहरु यदि तपाईंसँग यो शिप सिक्छु भनेर आउनु भयो भने सिकाइदिनु हुन्छ?

अवश्य! आफुले जानेको कुरा अरुलाई सिकाउन पाउंदा नसिकाउने कुरै छैन नि।

अनी तपाईंले राम्रो लोक तथा दोहोरी गीतका साथै भजन पनि गाउनु भएको बेला-बेलामा देखेको छु, के तपाईं नेपाल देखी नै बजाउने तथा गाउने गर्नु हुन्थ्यो?

गीत - भजन गाइ रहन्थे। यस्तैमा रेडियो नेपाल को "भोकल टेस्ट" पनि पास गरेको थिए।

अलिकती ब्यक्तिगत कुरा पनि गरौं है, नराम्रो त मान्नु हुन्न नि?

भै हाल्छ नि, केही नराम्रो मान्दिन।

अमेरिका आउनु भएको कती भयो?

२००२ को अक्टोबरमा मा आएको हुँ। छ बर्ष भयो।

क्रमसः.....

अलिकती ब्यक्तिगत कुरा पनि गरौं है, नराम्रो त मान्नु हुन्न नि?
भै हाल्छ नि, केही नराम्रो मान्दिन।

कहाँ बस्नु हुन्छ?

पपिलियन नेब्रास्कामा आफ्नो परिवारसँग बस्छु।

परिवारमा को को हुनुहुन्छ?

श्रीमती बिन्दा, छोरी उरुषा र छोरा विराज को साथमा।

यहाँको सोख केमा छ?

संगीत, लोकगीत तथा भजन गाउन र लेख्न मन लाग्छ।

अमेरिकाको बसाइ कस्तो लागि रहेको छ?

राम्रो छ। बसाइको लागि राम्रो र रमाइलो छ। विशेष गरेर छोराछोरी को भविश्यको निम्ती राम्रो छ भन्नु पन्थो। भौतिक सुख छ तर आत्मिय खुशी को लाई नेपाल र नेपाली पन नै राम्रो र रमाइलो लाग्छ। ४ जनाको परिवार बाहेक आफ्ना सम्पूर्ण नातेदारहरु नेपालमै भएकाले पछि हामी बुढाबुढी चै फर्किन्छौं होला बहिनी।

तपाईंको यो प्रतिभा बाट प्रभावित जो हुनुहुन्छ उंहाहरुलाई के सन्देश दिन चाहनुहुन्छ त ?

मेरा गीत तथा भजन सुनिदिनुहुने सम्पूर्ण श्रोताहरुमा धेरै धेरै धन्यवाद दिन चाहन्छु। यदि मादल, ढोलक तथा हार्मोनियम बजाउन सिक्न चाहनुहुन्छ भने मैले जाने जती सिकाउन म जहिले पनि तयार छु।

अन्तमा, नेब्रास्का नेपाली समाजले बेला बेलामा आयोजना गर्ने नेपाली कार्यक्रममा आउँदा धेरै आनन्द लाग्छ। हरेक दिन काम घर - काम घर गर्दा आफ्नो संस्कृतीलाई पंछाएर दौडी रहेका बखत यस्ता कार्यक्रमले मनलाई आनन्दित तुल्याउंछ। मन चङ्गा बनाउंछ।

राम प्रशादजी यहाँले आफ्नो बहुमूल्य समय दिएर आफ्नो कुराहरु हामी सामु बाडिदिनु भयो यसको लागि यहाँलाई नेब्रास्का नेपाली समाज पब्लिकेशन समुहको तर्फबाट धेरै धेरै धन्यवाद। राम प्रशाद पराजुलीजी को यो प्रतिभाले पक्कै पनि नेपाली संस्कृतिको संरक्षणमा टेवा पुर्‍याउने छ भन्दै यस पटकको "समसामयिक चिनारी कक्ष" बाट बिदा हुन्छु अर्को पटकको अंकमा पुनःहाम्रो समाजमा यस्तै योगदान पुर्‍याउनु भएका अर्का एक ब्यक्तित्व लिएर प्रस्तुत हुने बाचाका साथ यस पटकलाई बिदा चाहन्छु।

~सुजाता ढुङ्गेल

ओमाहा नेब्रास्का

RECOGNITION TO IRAQ VETERANS

The Nebraska Nepalese Society would like to recognize the contributions of **Mr. Bobby Shrestha**. Mr. Shrestha recently returned from Active Duty service in the United States Army. Mr. Shrestha is a humble man and his contribution to serving the country is remarkable. He has served the country unselfishly for the last five years, and continues to do so without intention for any personal gain or egotistical reasons. Here is a short interview:

When did you join the United States Army?

I joined the Army on April 6, 2004

What is your current status of service?

I just finished my Active Duty Commitment on 10th of February 2009 and currently in IRR (reserve) until January 11, 2012.

What was the most memorable thing from being in the Army for the last five years?

The most memorable thing—it is hard to pick and choose—but when I think of the last five years of my life I think of all the friends we called Battle Buddies. We all trained together, lived together, worked together, shared emotions, fear and happiness together, went out on missions together and so on. Our lives depended on each other. They were my family and



still very close to me.

When was the moment of most struggle when you were in the Army?

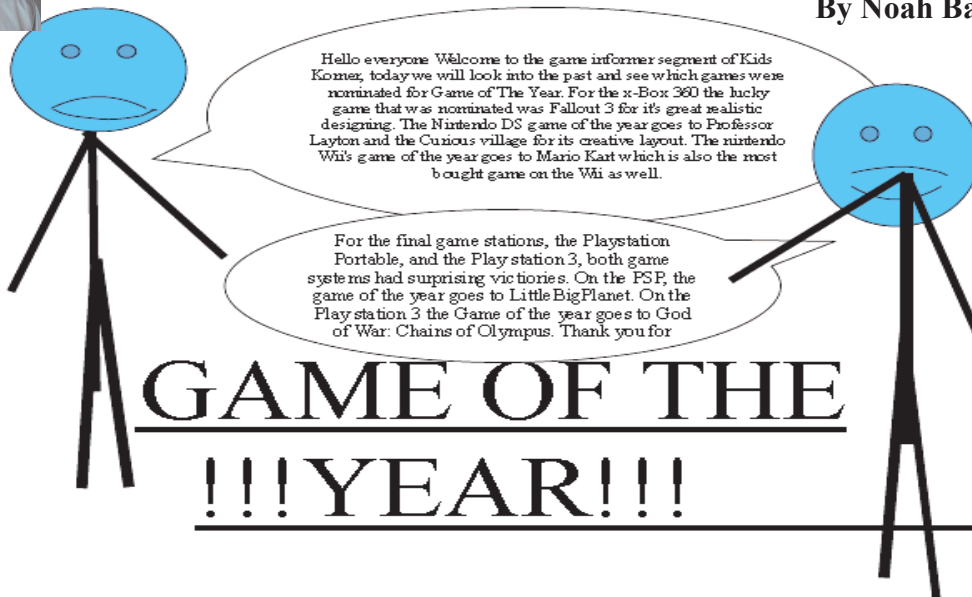
The most struggle I had was being away in an unknown hostile territory for almost 2 and half years. I was in Iraq for a 15 months and in Kuwait for a year. The fear of uncertainty of my life as well as those soldiers appointed to me was the hardest part of my whole military career.

(NNS heard about two more war veterans (Sailendra Basnet and Nabodit Gautam) from Nepali community. Despite our great effort, we were unable to reach to them and collect information. Regardless, NNS would like to sincerely congratulate them and recognize them on behalf of all the Nepalese living in Nebraska.)



GAME OF THE YEAR

By Noah Banstola





Nabin Sapkota, M.D.

HEALTH ISSUES

तपाईंको प्रस्न डा. नबिन सापकोटाको उत्तर

नमस्कार!

सम्पूर्ण नेब्रास्का वासी नेपालीहरूलाई मेरो धेरै धेरै धन्यवाद। नेब्रास्कामा बस्ने नेपालीहरू जसरी मिलेर एक आपसमा सहयोग गरेर नेपाली भाषा र संस्कृती जोगाउन जति मेहेनत् गरेर बसेका छौं, त्यो अमेरिका मात्रै नभै सन्सारकै बैदेशिक नेपालीहरूको बिच एउटा उदाहरण भएको छ।

नेपाली समुदायमा सबैले आ-आफ्नो तर्फबाट योगदान गरिरहेको देखेर मलाई पनि केही सहयोग गर्ने मौका पाउदा धेरै खुशी लागेको छ। मैले नेपाली समुदायमा घुल्मेल हुँदा धेरै मानिसहरूमा स्वास्थ्य सम्बन्धी प्रस्न र उत्सुक्ता भएको पाएको छु र मौका पाएदेखी सबै प्रस्न बिस्तारमा जवाफ दिन पाए खुशी लाग्ने थियो भन्ने सोचेको थिए। त्यही कारणले मैले एन एन सोसाइटिको यो बुलेटिन मार्फत भ्याए जती प्रस्नको जवाफ दिने कोशीश गरेको छु। यदी तपाईंहरूलाई यो कलम मन प्यो भने आ- आफ्नो प्रस्नहरू ई-मेल मार्फत पठाउनु भएमा आभारी हुने थिए। अर्कोपटक तपाईंको प्रस्नको जवाफ दिने कोशीश गर्छु।

यसपाली मैले (हाइ-ब्लड प्रेशरको) high blood pressure को बारेमा भएका जिज्ञासाहरूको जवाफ दिन कोशीश गरेको छु।

1) High Blood Pressure (हाइपर टेन्शन) को लक्षण हरू के-के हुन?

- यो प्रस्न को सबै भन्दा सजिलो जवाफ हो- hypertension को आफैमा कुनै पनि symptom हुँदैन। त्यस कारणले यसलाई साइलेन्ट किलर(silent killer) पनि भन्दछन। मानिसहरूलाई यो रोग बर्षो सम्म हुन सक्छ तर उनिहरूलाई कहिले पनि बिरामी भएको अनुभव नहुन पनि सक्छ।

High Blood Pressure ले भिन्न भिन्न शरीरका धेरै भित्री अङ्गहरूमा असर गर्दै जान्छ र जब ति मध्ये कुनै अङ्ग ड्यामेज हुन्छ, त्यसपछी त्यही अनुसारको सिम्टम देखा पर्छ। उदाहरणको लागि high blood pressure ले मुटुको नसाहरूमा असर पाउँदा जब कुनै बिन्दुमा पुगेर heart attack हुन्छ, त्यस बखत त्यही अनुसार heart attack का symptom हुन्छ।

2) मेरो आमालाई पटक - पटक टाउको दुखने गर्छ, त्यसैले जचाउन लग्यौं, त्योबेला Blood Pressure high छ भन्ने थाहा पायौं र सधैं २ बर्ष सम्म blood pressure को औषधी

खाइरहनु भएको छ। अहिले जचाउदा blood pressure राम्रो छ रे, तर अझै टाउको चाँही दुख्छ नै। औषधी खादा पनि टाउको दुखेको निको नभएको देखेर हामी दिक्क छौं। औषधी बन्द गरौं कि भन्ने सोचिरहेका छौं। के सल्लाह दिनु हुन्छ?

- यी अवस्था धेरै नै common र सबैलाई हुने जिज्ञासा हो। यहाँ निर के एउटा misunderstanding भयो भने, जब टाउको दुखेर जचाउदा, high blood pressure फेला प्यो, के निचोड निकलियो भने, "high blood pressure" ले गर्दा नै टाउको दुखेको हो। तर यो निचोड धेरै जस्तो गलत हुन्छ। टाउको दुखने धेरै कारणहरू हुन्छन्। High Blood Pressure को आफैमा धेरै जसो कुनै symptom हुँदैन। कहिले टाउको दुखेर जचाउदा फेला पर्छ, कहिले साधारण ज्वरो आएर जचाउदा फेला पर्छ भने कहिले regular health ckeck-up गराउदा फेला पर्छ। त्यसैले Blood Pressure को औषधी सधैं नछुटाइकन दिनु हुन सल्लाह दिन्छु।

3) मेरो बुवाले Blood Pressure को औषधी खान थालनु भएको १५ बर्ष भईसक्यो। अहिले जचाउदा Blood Pressure सधैं "Normal" छ रे। त्यही पनि जिन्दगी भरि औषधी खानु पर्छ भन्दा दिक्क भईसकनु भयो। के अब त औषधी नखाए हुन्न?

- तपाईंको बुवालालाई दिक्क हुनु अवस्था छैन, उल्टो खुशी हुनु पर्ने अवस्था छ। यदी औषधी खादा खाँदै पनि Blood Pressure "Normal" नभएको भए दिक्क हुनुपर्ने थियो। High Blood Pressure लाई औषधी खाएर सधैं "Normal" बनाएर राख्नुने त्यस्को treatment को ultimate goal हो। यसो गर्दा वहाँलाई Heart attack, Stroke, Kidney failure, Heart failure जस्ता जघन्य अवस्थाहरू हुने सम्भावना धेरै गुना कम भईरहेको छ। त्यसैले यसलाई "म त सधैं रोगी भएर औषधी खानुपर्ने भयो" भनेर सोच्नु भन्दा, "म सधैं Blood Pressure को औषधी खाएर यसलाई "Normal" बनाएर लामो र स्वस्थ जीवन बिताउछु" भनेर सोचन सल्लाह दिन्छु।

यसपाली लाई यती नै गरौं होला। तपाईंलाई यो कलम मन परेमा आफ्नो प्रस्न एन्-एन सोसाइटिलाई पठाउन नबिर्सनु होला। अर्को पटक जवाफ दिने कोशीश गर्नेछु।

धन्यवाद!

Disclaimer:- The intent of this article is to raise awareness about common medical conditions. This should not be taken as medical advice for individual patients. You should consult your doctor before starting or modifying any treatment regimen and only your doctor can give you advice regarding your specific condition.



JOKE OF THE ISSUE

A man was invited for dinner at a friend's house. Every time the host needed something, he preceded his request to his wife by calling her "My Love", "Darling", "Sweetheart", etc., etc. His friend looked at him and said, "That's really nice after all of these years you've been married to keep saying those little pet names." The host said, "Well, honestly, I've forgotten her name. Ha ha ha....."

NNS PAST ACTIVITIES:

- ◆ Bell Ringing for Salvation Army November 22, 2008
- ◆ Sai Baba Puja November 23, 2008
- ◆ NY DJ Party December 31, 2008
- ◆ General Meeting January 24, 2009
- ◆ Saraswati Puja January 31, 2009
- ◆ Hoops Day (interstate) March, 2009

UPCOMING EVENTS:

- ◆ Nepali New Year April 18, 2009
- ◆ Lakhbatti & Satya Narayan Puja on May 9, 2009 sponsored by Mr. Taranath Pokharel
- ◆ Married versus unmarried Soccer May, 2009
- ◆ Ping pong June, 2009
- ◆ Badminton tournament May 16, 17 2009
- ◆ Golf July, 2009
- ◆ NNS Annual Picnic + Volleyball August 8, 2009 at LakeManawa State Park
- ◆ Dar khane din August 22, 2009
- ◆ Dashain Tihar Sanjh October, 2009

- ◆ We are bringing out the next issue of NNS newsletter in July 2009. We sincerely request everybody to contribute to this newsletter
- ◆ For any advertisement, please contact NNS finance team or publication team at nnspublication-team@googlegroups.com.
- ◆ If you have friends and families who are interested in receiving this newsletter, please ask them to email us at nnspublication-team@googlegroups.com or provide us with their mailing address
- ◆ In order to empower the kids in our community, we are planning to have a separate kids column starting from the next issue of the newsletter. Please encourage your kids to write, draw or contribute in some way to the newsletter. We are also looking for some kids who are ready to coordinate the kids column. Please let the NNS publication team know if your kid is interested.

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