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Nepal Center of North Carolina, Inc. (NCNC)
Executive Committee 2016-2017

Dr. Sushama Pradhan, President

Left Nepal 20 years ago with mixed feelings: on one hand, I was so happy to meet my husband after 364 days, but on the other, I was so sad leaving friends and family behind. I have been in North Carolina since then and received my doctorate degree from the NC State University.

I have been involved in Nepali organizations in the USA since my school days. It has been an honor to be the founding president of the Everest Club, the Nepali Student Club at the NCSU, a founding member of NCNC, and the founding Coordinator of Student Writing Contest of NASeA, which I am still conducting since 2006. Besides, I have been involved in many capacities such as an Advisor (NASeA), Vice President (NCNC), and Member (Bylaws Amendment Committee - NASeA). Having lived two decades here in the triangle, North Carolina has truly become a home away from home and a haven where friends have become family.

Dr. Archana Lamichhane, Vice President

I moved to Morrisville, NC in year 2010 after completion of my Doctorate in Environmental Epidemiology from the University of South Carolina. I have been a very active member in both Nepalese and Indian communities of the Triangle. Over the past several years, I have been actively volunteering and contributing in various programs by NCNC including Run4Nepal, as well as various social/cultural and fundraising activities conducted by local not-for-profit organizations including Pookar. Further, I have been serving in various capacities and roles in the NASeA for the past several years. The major motivation for my social work lies in an intense belief that it is very important to give back what nature has bestowed upon us. I so much admire the quote by Mahatma Gandhi “The best way to find yourself is to lose yourself in the service of others”

I am thrilled to serve Nepalese Community of the Triangle area through the newly elected NCNC board. I live in Morrisville with my husband Mr. Dipendra Lamichhane, and two beautiful daughters Kayya and Shaivi Lamichhane.

Dr. Batu Sharma, Vice President

I have been living in Morrisville, North Carolina with my beautiful wife Puja and two wonderful kids Ayushma and Aasmav since after we moved to North Carolina in 2009. I became a life member of NCNC and been continually involved with so many social activities. I was honored to serve our wonderful Nepalese community as an Executive General Secretary of NCNC for the years 2014-2015. I am continuing my service to this community as a Vice President of NCNC for the years 2016-2017.

I am delighted to see our community growing so fast with people from different walks of life. As the number of people moving to this area increases, the advocacy and stewardship highlighting the needs to preserve the cultural heritage, traditions and customs of Nepal becomes even more important and challenging. I am very fortunate to be part of this great organization in helping to accomplish its goal in whatever capacity whenever and wherever desired.

As stated by John Fitzgerald “Jack” Kennedy (JF Kennedy) - ‘One person can make a difference, and everyone should try’. In an attempt to make a difference, my true selfless service to the community would prevail Forever.

Yam Shrestha, Executive General Secretary

“We the willing, led by the unknowing, are doing the impossible for the ungrateful. We have done so much, with so little, for so long, we are now qualified to do anything, with nothing.”
Mother Teresa

I moved to North Carolina in 2003. Since then I was involved in NCNC’s activities which provides me a great platform to meet with enormous people full of new thought, ideas, concepts and experience in the different mode of the life which became a dragging force to me where I am standing right now. Feel proud to be a part of such a great community with great support and help. Since became a life member of NCNC’s I served as Nepali School Committee Member and took a responsibility of Nepali School Committee Coordinator in current Board. It is my honor to get a chance to serve great Nepali community as Executive General Secretary. I promise, I will try my best to unite and uplift Nepali Community in and outside the United States of America.
Bhimsen Basnet, Treasurer

We came to North Carolina in 2001 straight from Nepal. Since then, I, along with my wife Geeta Basnet, daughter Sadichchha and son Sakar Basnet, have been living in this state. As our kids grew from kids to teenager, and now adults, we have been witnessed a tremendous growth in our Nepali community. It grew from a few families to hundreds of families now. It is always a pleasure to see our Nepali community grow in such a fast pace.

I had served in the Nepal Center of North Carolina as a member of the Board of Directors during 2008-2009 and am currently serving our community in a capacity of its Treasurer. Last year’s devastating earthquake in Nepal left all of us in pain and broken hearted. But, during such a difficult time, we all community came together and did our part as we were expected to do. In that sense, our past Board of Directors did a great job of coordinating those efforts. I thank them for their tireless work and time.

It is always easy to complain about things without realizing how hard other people are working selflessly to get things done. Now, it is time for us to think about how we can help one another within our community instead of expecting to receive something from the community.

Mohan Adhikari, BOD Member

I’ve been living in Raleigh, NC for last 2 decades and I am from Panchkhal, Kavre, Nepal. I am a father of wonderful 8 years old daughter. For the living, I do Engineering and Technical program management work in Electrical Engineering field. I love outdoor activities and sports.

I am grateful to have such an opportunity to serve this wonderful community as an Executive BOD member. I have witnessed this community growing from handful of us to thousands of us. NCNC has been very successful not only for showcasing our Nepali Culture, tradition and ethnicity in this area but also helping all the community members when there is a need. Let’s take some time to celebrate our success and start finding new opportunities to take this organization to the next level. Just like any other successful organization, we need each one of us to take ownership of all community activities to take our NCNC to much higher level. We have a real opportunity in front of us to establish NCNC as one of the elite organization in the Research Triangle Area which is in the short list of all Americans for relocating. Let’s work together and take our community to next height!

Amar Ale, BOD Member

It has been a great honor to be a part of NCNC and this great community. Ever since I moved from Virginia in 2011, I directly, now as BOD member, or indirectly as community member have been involving in various NCNC organized community events. My family and I are very happy to be part of this community and very friendly community members. It feels a great pride when we all irrespective of our diversified personal & professional backgrounds, beliefs, and geographical locations; come together under one small roof to feel, enjoy and embrace our great Nepali enriched culture. That really makes sense to me saying as “Once a Nepali always a Nepali”.

-- God bless Nepal, God bless America.

Dr. Unnati Ojha, BOD Member

I have been a resident of North Carolina since the time I arrived in Raleigh in August of 2007 to pursue my graduate study at North Carolina State University. Since that time, I have always been welcomed, guided and helped multiple times by the Nepalese Center of North Carolina. This community stands as an icon of Nepalese unity and camaraderie. For me, it has been a medium that channels in a little bit of home by bringing us Nepalese in and around Raleigh/Cary/Morrisville area together in good times and in bad times: may it be when celebrating our festivities to commemorate our culture or when standing together to help our fellows back in Nepal during devastation.

I feel that now it is my turn to give back to the community what I have received in the past. As a member of the Board of Directors of NCNC, I hope to serve the Nepalese Community to the best of my abilities and shall continually strive to provide that “little-bit-of-home” feeling to all my fellow Nepalese people here in North Carolina.

Ram Poudel "RP", BOD Member

In 2008, my wife and I came to North Carolina to visit friends and family. I had a chance to interact and socialize with our community. In 2011, I migrated from Nepal to the US and chose to reside in NC which I came to love. I soon became a Life Member of NCNC and got engaged in different activities to help maintain as well as spread our culture and heritage. As I saw our community grow with great leadership, I encouraged myself to get involved as a BOD Member of NCNC for the years 2016-17. Together, I believe we can help preserve our culture for the next generation and generations to come. I am very thankful for being given such a great opportunity.
President’s Message

Happy Vijaya Dashami to all the NCNC community members! I would like to extend best wishes on behalf of NCNC BOD to all of you for your success, good health and prosperity filled with joy and happiness.

Dashain is the Nepal's most beloved festival. It is one of the most exciting and extravagant festival that the Nepali community celebrates each year. Everybody looks forward to it, as it is the time to bond with family, to embrace neighbors and neighborhood, and to receive blessings from elders.

Historically, this special occasion celebrates the endurance, fortitude, and bravery of Lord Rama who defeated a mighty evil king Ravana. Although Dashain is a Hindu festival, its underlying message of good triumphing over evil is a universal axiom with no boundary to religion, ethnicity, or nationality.

Ever since its inception, NCNC has strived to celebrate, uphold and preserve Nepali culture in North Carolina. For instance, over the past 16 years I have had the fortune to celebrate Dashain among the company of my family and friends in a program organized by NCNC. I am grateful to watch my children and other Nepali children grow up, many of them start a family and integrate this Nepali tradition into their own lives and thus preserve Nepali culture and uphold it to this melting pot of the American society.

Because of the Nepali community’s ceaseless efforts and close knit interactions, North Carolina has truly become a home away from home for the Nepali community—a haven where friends have become family.

Let us all continue to celebrate Dashain as a family together - not only for its festivities but also to spread the message that good always triumphs over evil, virtue over vice, and that if you wish for the best of others, the best will come to you. Let all of us strive for it together.

Happy Vijaya Dashami!!

Dr. Sushama Pradhan
President, Nepal Center of North Carolina

---

NCNC Advisory Board Members
For the year 2016-2017

- Dr. Balkrishna Sharma
- Mr. Madhav Dhakal
- Dr. Chandra Giri
- Dr. Narayan Rajbhandari
Nepal Center of North Carolina (NCNC Inc.) is a non-profit 501 (c)(3) organization (EIN number: 56-2179237) serving in the triangle area and beyond for about 17 years. As mandated by its bylaws, NCNC publishes an official magazine SANGALO (ISSN 2167-1214) every year around the greatest Nepali festival – BADA DASHAIN. SANGALO has been consistently delivering information about several community activities and matters of personal interests and needs through field reports, interviews, fictions, essays, stories, poems, songs etc. written in both English and Nepali languages. SANGALO – literally meaning ‘COLLECTION’ provides a true reflection of our community activities in the form of pictures, articles, greetings, advertisements etc. The magazine also includes information about upcoming events, reports on cultural activities and other activities of the NCNC during the past year and an official annual financial report of the NCNC.

This year has been a very significant year for all Nepalese living within the country and abroad. Among the many events of interests that took place within the past year, the promulgation of constitution of Nepal by the constitution assembly on September 20, 2015 and continuous efforts on relief and rebuilding from devastating earthquake are of paramount importance. For that reason, we have attempted to include many aspects of the newly implemented constitution of Nepal 2015 and the country’s ongoing relief efforts for earthquake victims in this 16th issue of SANGALO.

SANGALO continues to remain an official platform for all North Carolinian Nepalese and friends of Nepal to share ideas, to exchange Dashain-Thath greetings, and to educate themselves about the community activities. This magazine includes several informational articles written in both English and Nepali languages. On behalf of executive committee of NCNC and SANGALO editorial board, I would like to thank all the authors for their valuable time and efforts in putting together their thoughts. SANGALO has remained one of the most effective platforms for local businesses to promote their businesses among the Nepalese community. As in the past years, we are very fortunate to have advertisements from many local businesses doing business directly or indirectly with the Nepalese community. It is reassuring for all the businesses and stakeholders to have expanded exposure and outreach through SANGALO as the Nepalese community in this region is growing rapidly. On behalf of every Nepalese living in this community, I would like to thank all those who have provided their advertisements in SANGALO and request for similar help, contribution and cooperation in the days ahead.

The most important purposes of NCNC include promoting friendship and close relationship on cultural, academic, socio-economic and exchange among the people of North Carolina, USA and Nepal; to help individuals and families of Nepalese in the process of enculturation; to assist in the socio-economic, cultural and academic development of Nepal; to provide financial assistance to the disadvantaged or less resourceful communities of Nepal; to disseminate information about Nepal to the interested individual, particularly in the fields of traveling, mountaineering, and exploration; and to establish and maintain close relationship with organizations of similar purposes and interests. This has gained further significance as the community is growing very fast and with very diverse composition. NCNC has a duty to address the needs of everyone with interest in Nepal and Nepalese culture and heritage. By virtue of several ideas, thoughts, creations and information shared through SANGALO, the NCNC has been very successful in fulfilling this mission. This also helps us to meet the goal of promoting educational, charitable, social and sport activities, and providing information and moral support to Nepali immigrants, students and new comers with their integration into the mainstream USA.

Finally, I would like to thank all the members of the editorial board for your unswerving efforts throughout the publication. It has been a great honor and privilege to lead this team of exceptional people and publish this 16th issue of SANGALO. Without each of yours very unique help, it would not have been possible to publish this issue on time and with this quality. Despite our earnest efforts, there could still be some minor glitches and we would like to apologize in advance for any such inadvertent errors.

Thank you everyone for all your support and wish you all the HAPPIEST BIJAYA DASHAMI AND TIHAR 2016.

Sincerely’,
Dr. Batu Sharma
Chief Editor
NCNC Life Members

1. Dr. Devendra Man Amatya & Mrs. Azal Amatya
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53. Mr. Ashish Bhatta & Mrs. Sashi Bhatta
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58. Mr. Kisan Upadhyaya & Mrs. Pam Upadhyaya
59. Dr. Batu Sharma & Puja Sharma
60. Mr. Binaya Manandhar & Mrs. Pinku Manandhar
61. Mr. Bala Krishna Lamdari & Mrs. Buddh Kumari Lamdari

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<td>73.</td>
<td>Mr. Bikram Gautam &amp; Mrs. Usha Gautam</td>
</tr>
<tr>
<td>74.</td>
<td>Miss Deepa Dawadi</td>
</tr>
<tr>
<td>75.</td>
<td>Mr. Chiranjibi Bhattarai &amp; Mrs. Sandhya Bhattarai</td>
</tr>
<tr>
<td>76.</td>
<td>Mr. Shiva Bhattarai &amp; Mrs. Nirmala Bhattarai</td>
</tr>
<tr>
<td>77.</td>
<td>Mr. Sunil Dhungel &amp; Mrs. Sujata Dhungel</td>
</tr>
<tr>
<td>78.</td>
<td>Mr. Ashok Aryal &amp; Mrs. Pratima Aryal</td>
</tr>
<tr>
<td>79.</td>
<td>Mr. Ashish Bhatatrai</td>
</tr>
<tr>
<td>80.</td>
<td>Mr. Bharat Shrestha &amp; Mrs. Pratima Shrestha</td>
</tr>
<tr>
<td>81.</td>
<td>Mr. Bharat Bhattarai &amp; Mrs. Anju Bhattarai</td>
</tr>
<tr>
<td>82.</td>
<td>Mr. Baburam Dawadi &amp; Mrs. Bimala Dawadi</td>
</tr>
<tr>
<td>83.</td>
<td>Mr. Pawan Pandey</td>
</tr>
<tr>
<td>84.</td>
<td>Mr. Sanjib Baral &amp; Mrs. Susmita Baral</td>
</tr>
<tr>
<td>85.</td>
<td>Mr. Rabindra Karki &amp; Mrs. Sumitra Karki</td>
</tr>
<tr>
<td>86.</td>
<td>Mr. Prem Pradhan &amp; Mrs. Gita Pradhan</td>
</tr>
<tr>
<td>87.</td>
<td>Mr. Hari Shrestha &amp; Mrs. Ranjana Shrestha</td>
</tr>
<tr>
<td>88.</td>
<td>Dr. Tika Adhikari &amp; Mrs. Chandrakala Adhikari</td>
</tr>
<tr>
<td>89.</td>
<td>Mr. Dil Bhattarai &amp; Mrs. Menuka Bhattarai</td>
</tr>
<tr>
<td>90.</td>
<td>Dr. Sitaram Ghimire &amp; Mrs. Kalpana Ghimire</td>
</tr>
<tr>
<td>91.</td>
<td>Dr. Harish Chandra Mahasheth &amp; Mrs. Yogita Mahasheth</td>
</tr>
<tr>
<td>92.</td>
<td>Mr. Sharad Acharya &amp; Mrs. Namrata Acharya</td>
</tr>
<tr>
<td>93.</td>
<td>Mr. Shiva Sharma &amp; Mrs. Sharada Sharma</td>
</tr>
<tr>
<td>94.</td>
<td>Mr. Jeevan Khanal &amp; Mrs. Pushpa Khanal</td>
</tr>
<tr>
<td>95.</td>
<td>Mr. Ram Poudel &amp; Mrs. Anita Poudel</td>
</tr>
<tr>
<td>96.</td>
<td>Mr. Khadananda Regmi &amp; Mrs. Titu Regmi</td>
</tr>
<tr>
<td>97.</td>
<td>Mr. Bidhya Sagar Basnet &amp; Mrs. Rima Basnet</td>
</tr>
<tr>
<td>98.</td>
<td>Mr. Padma Bhatta &amp; Mrs. Indira Neupane</td>
</tr>
<tr>
<td>99.</td>
<td>Mr. Dharma Pantha &amp; Mrs. Indira Pantha</td>
</tr>
<tr>
<td>100.</td>
<td>Mr. Jagadish Parajuli &amp; Mrs. Anita Parajuli</td>
</tr>
<tr>
<td>101.</td>
<td>Dr. Debendra Koirala &amp; Dr. Neetu Koirala</td>
</tr>
<tr>
<td>102.</td>
<td>Mr. Dipendra N. Lamichhane &amp; Dr. Archana Pande Lamichhane</td>
</tr>
<tr>
<td>103.</td>
<td>Mr. Adarsha Acharya &amp; Mrs. Bimala Acharya</td>
</tr>
<tr>
<td>104.</td>
<td>Mr. Ramesh Khatri &amp; Mrs. Kabita Khatri</td>
</tr>
<tr>
<td>105.</td>
<td>Mr. Bhakta Khanal &amp; Mrs. Uma Khanal</td>
</tr>
<tr>
<td>106.</td>
<td>Dr. Achyut Prasad Sharma &amp; Mrs. Mina Sharma</td>
</tr>
<tr>
<td>107.</td>
<td>Mr. Lalitya Devkota &amp; Dr. Shrraddha Devkota</td>
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<tr>
<td>108.</td>
<td>Dr. Aditya Devkota</td>
</tr>
<tr>
<td>109.</td>
<td>Mr. Mohan Chandra Baral &amp; Mrs. Daxinkali Baral</td>
</tr>
<tr>
<td>110.</td>
<td>Dr. Bhaskar Kunwar &amp; Mrs. Neelam Karki</td>
</tr>
<tr>
<td>111.</td>
<td>Dr. Dasharath Lohar &amp; Mrs. Ramrati Lohar</td>
</tr>
<tr>
<td>112.</td>
<td>Mr. Hari P. Kharel &amp; Mrs. Sabita Gaire</td>
</tr>
<tr>
<td>113.</td>
<td>Mr. Bishnu P. Kharel &amp; Mrs. Bishnu Maya Bhusal</td>
</tr>
<tr>
<td>114.</td>
<td>Mr. Nirmal Maharjan &amp; Mrs. Sangita Maharjan</td>
</tr>
<tr>
<td>115.</td>
<td>Mr. Chet Bhattarai &amp; Mrs. Manju K. Bhattarai</td>
</tr>
<tr>
<td>116.</td>
<td>Mr. Raj Ghimire &amp; Mrs. Rashmi Ghimire</td>
</tr>
<tr>
<td>117.</td>
<td>Mr. Saroj Gautam &amp; Mrs. Mina Gautam</td>
</tr>
<tr>
<td>118.</td>
<td>Mr. Tauleshwar Prasad Chaudhary &amp; Mrs. Bindu Chaudhary</td>
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<tr>
<td>119.</td>
<td>Dr. Ghanashyam Shrestha &amp; Mrs. Shristhi Rajbhandari</td>
</tr>
<tr>
<td>120.</td>
<td>Mr. Ram Krishna Wagle &amp; Mrs. Narottama Adhikari Wagle</td>
</tr>
<tr>
<td>121.</td>
<td>Mr. Lokendra Chand &amp; Mrs. Shush Chand</td>
</tr>
<tr>
<td>122.</td>
<td>Mr. Aditya Uprete &amp; Mrs. Tripti Dahal</td>
</tr>
</tbody>
</table>
NCNC Life, 5-Years & Annual Members

123. Mr. Arun Sapkota & Mrs. Gita Paudel Sapkota
124. Mr. Rewoti Raj Adhikari & Mrs. Sita Devi Baral Adhikari
125. Mr. Delande M. Hunt & Mrs. Soni Ale
126. Mr. Ganesh Raj Bista & Mrs. Raju Bhatta Bista
127. Dr. Chandra Giri & Mrs. Tejaswi Giri
128. Mr. Bhim P. Timsina & Mrs. Parbati Timsina Chaulagain
129. Dr. Unnati Ojha and Mrs. Biva Shrestha
130. Mr. Amar Ale and Mrs. Sunmaya Ale
131. Mr. Sanoj Shakya and Mrs. Ramita Shakya
132. Mr. Arjun Kumar Shrestha and Mrs. Sabu Shrestha
133. Mr. Avesh Dhakal and Mrs. Aastha Neupane
134. Mr. Prasudhan Devkota and Mrs. Bindu Devkota
135. Mr. Laxmi Nath Paudel and Mrs. Sumitra Bhattarai
136. Mr. Birodh Timsina and Mrs. Arati Timsina

5-Year Members as of August 2016

1. Mr. Rim Khadka
2. Mr. Kiran Ulak
3. Mr. Pramod Ghimire & Mrs. Prabha Ghimire
4. Mr. Ghanendra Adhikari & Mrs. Rama Adhikari (2013)
6. Mr. Upendra Thapaliya & Mrs. Mona Lisa Thapaliya (2013)
7. Mr. Ganga Khatri & Mrs. Sabita Khatri (2013)
8. Mr. Rabindra Budhathoki & Mrs. Sumitra Budhathoki (2014)
9. Mr. Ekraj Luitel & Mrs. Shaili Parajuli Luitel (2014)
10. Mr. Santosh Nepal & Mrs. Sriju Gurung (2014)
11. Dr. Uddhab Bhandary & Mrs. Prakriti Bhandary (2014)
12. Mr. Nirmal Adhikary & Mrs. Prativa Subedi (2014)
14. Mr. Sharad Pyakuryal & Mrs. Kanti Adhikari (2014)
15. Mr. Ram Thapa & Mrs. Niruja Thapa (2014)
16. Mr. Anup KC & Mrs. Santoshi Khadka KC (2014)
17. Mr. Ramesh Basnyat & Mrs. Sheetal Basnyat (2014)
18. Mr. Uddhar Sharma & Mrs. Sunita Sharma (2015)
22. Mr. Amar Ale & Mrs. Summaya Ale (2015)
23. Mr. Manoj Karki & Mrs. Pragya Thapa (2015)
25. Mr. Phadintra Neupane & Mrs. Saraswati Adhikari (2015)
27. Mr. Ajaya Sharma & Mrs. Richa Sharma (2015)
29. Mr. Ananta Poudel & Mrs. Roshani Neupane Poudel (2015)
30. Mr. Udaya Kumar Bista & Mrs. Indira Bista (2015)
32. Mr. Ananta Poudel & Mrs. Roshani Neupane Poudel (2015)
33. Mr. Udaya Kumar Bista & Mrs. Indira Bista (2015)

Several Annual Members (as of September 2016)

Sangalo 2016 3  Issue 16, Year 16
### NCNC Financial Statement Ending July 31st 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Transaction Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-Jan</td>
<td>Bank fees (New Check book order)</td>
<td>$30,042.14</td>
</tr>
<tr>
<td>21-Jan</td>
<td>Bank fees</td>
<td>$46,226.14</td>
</tr>
<tr>
<td>21-Jan</td>
<td>Transferred from Earthquake account</td>
<td>$7,011.86</td>
</tr>
<tr>
<td>21-Jan</td>
<td>Checking Account 1886</td>
<td>$2,583.52</td>
</tr>
<tr>
<td>5-Feb</td>
<td>Sahayasa Org (Blanket drive to Nepal)</td>
<td>$3,600.00</td>
</tr>
<tr>
<td>9-Feb</td>
<td>Members fee</td>
<td>$150.00</td>
</tr>
<tr>
<td>9-Feb</td>
<td>Donation from Mr. Sujan Neupane</td>
<td>$170.00</td>
</tr>
<tr>
<td>9-Feb</td>
<td>Sangalo Advertisement / Patel Brothers</td>
<td>$350.00</td>
</tr>
<tr>
<td>22-Feb</td>
<td>Aataa Maya Limbu (Donation to Ilrim Limbu Family)</td>
<td>$1,030.00</td>
</tr>
<tr>
<td>25-Feb</td>
<td>Town of Cary / New year calibration deposit</td>
<td>$200.00</td>
</tr>
<tr>
<td>29-Feb</td>
<td>Members fee</td>
<td>$150.00</td>
</tr>
<tr>
<td>29-Feb</td>
<td>Donation to Limbu Family</td>
<td>$204.00</td>
</tr>
<tr>
<td>2-Feb</td>
<td>Donation to Limbu Family</td>
<td>$573.00</td>
</tr>
<tr>
<td>3-Mar</td>
<td>Wake County School Application fee</td>
<td>$35.00</td>
</tr>
<tr>
<td>14-Mar</td>
<td>Donation to Limbu Family</td>
<td>$102.00</td>
</tr>
<tr>
<td>14-Mar</td>
<td>Members fee</td>
<td>$400.00</td>
</tr>
<tr>
<td>14-Mar</td>
<td>Computer and Software Purchase for NCNC</td>
<td>$743.87</td>
</tr>
<tr>
<td>21-Mar</td>
<td>Town of Cary / New year calibration Rental</td>
<td>$793.50</td>
</tr>
<tr>
<td>28-Mar</td>
<td>Holy 2016 Entry fee</td>
<td>$685.00</td>
</tr>
<tr>
<td>26-Mar</td>
<td>Sangalo Advertisement / Real Triangle Properties</td>
<td>$1,000.00</td>
</tr>
</tbody>
</table>

**Current Balance in Hand:** $30,950.54

**Transactions:**

- 20-Apr: Stationary / Note Book for minute keeping: $13.12
- 5-Apr: Expenses / Holy 2016: $20.26
- 7-Apr: Expenses / Holy 2016: $90.38
- 8-Apr: Expenses / Holy 2016: $25.00
- 8-Apr: Donation / Earthquake (Stephnn- Anne): $100.00
- 8-Apr: Donation / Earthquake (Manuel - Ruth): $200.00
- 8-Apr: Donation / Earthquake (Coastal Carolina Health): $500.00
- 8-Apr: Donation / Earthquake (Thomas - Pamela): $1,000.00
- 14-Apr: Members fee: $705.00
- 14-Apr: Town of Cary / Stage fee for New year 2073: $100.00
- 18-Apr: Transfer to Earthquake account: $1,800.00
- 18-Apr: Stationary / Life member's certificate: $10.07
- 19-Apr: Members fee: $150.00
- 20-Apr: New Year 2073 Ticket sales: $4,656.00
- 20-Apr: New Year 2073 / Ticket printing: $65.93
- 20-Apr: New year 2073 / NCNC Banner: $96.29
- 25-Apr: New Year 2073 / Food Supplier: $3,578.00
- 27-Apr: Expenses / Holy 2016: $48.00
- 26-Apr: New Year 2073: $85.49

**Total:** $32,977.27

**Balance:** $30,113.40

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**Sangalo 2016**

**Issue 16, Year 16**
<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-Jun</td>
<td>Donation collected at NCNC Picnic-2016</td>
<td>$45.00</td>
</tr>
<tr>
<td>24-Jun</td>
<td>Members fee</td>
<td>$100.00</td>
</tr>
<tr>
<td>24-Jun</td>
<td>Members fee</td>
<td>$150.00</td>
</tr>
<tr>
<td>24-Jun</td>
<td>Town of Cary / Deposite refund</td>
<td>$175.00</td>
</tr>
<tr>
<td>24-Jun</td>
<td>New Year 2073 Ticket sale</td>
<td>$489.00</td>
</tr>
<tr>
<td>27-Jul</td>
<td>NCNC Banner / Volunter's sign</td>
<td>$113.86</td>
</tr>
<tr>
<td></td>
<td><strong>Transaction Earthquake account : 4500</strong></td>
<td></td>
</tr>
<tr>
<td>21-Jan</td>
<td>Bank Serviced Charges - Prior Period</td>
<td>$79.00</td>
</tr>
<tr>
<td>22-Jan</td>
<td>Transferred to Checking for Blanket drive</td>
<td>$3,200.00</td>
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<tr>
<td></td>
<td><strong>Transaction Nepali School Account : 2082</strong></td>
<td></td>
</tr>
<tr>
<td>20-Jan</td>
<td>New Check Book order</td>
<td>$28.96</td>
</tr>
<tr>
<td>9-Feb</td>
<td>Donation from Mr. Chandra Giri</td>
<td>$125.00</td>
</tr>
<tr>
<td>10-Feb</td>
<td>School Rent ( Extra hour )</td>
<td>$25.00</td>
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<tr>
<td>17-Feb</td>
<td>Saraswoti Puja gift card</td>
<td>$75.00</td>
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<tr>
<td>19-Feb</td>
<td>Saraswoti Puja Bheti</td>
<td>$20.10</td>
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<tr>
<td>10-Mar</td>
<td>School Rent ( Extra hour )</td>
<td>$50.00</td>
</tr>
<tr>
<td>2-May</td>
<td>Volunteers Gift card / New Year 2073 celebtration</td>
<td>$250.00</td>
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<tr>
<td>26-Jun</td>
<td>New Year 2073 Ticket sale</td>
<td>$78.00</td>
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<td>27-Jul</td>
<td>Picnic 2016</td>
<td>$692.06</td>
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<td><strong>Transaction CD account 4477</strong></td>
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<tr>
<td></td>
<td>Year to Date</td>
<td>$1.30</td>
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</tbody>
</table>

**Total:** $30,956.54

**For Details of all NCNC activities please visit: www.ncnepal.org**
### NCNC Past Executive Committees Since 2000

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ishwar Devkota (President)</td>
<td>1. Nagendra Neupane (President)</td>
</tr>
<tr>
<td>2. Dr. Devendra M. Amatya (Vice President)</td>
<td>2. Yagya Acharya (Vice President)</td>
</tr>
<tr>
<td>3. Annapurna Deo (Vice President)</td>
<td>3. Pam Upadhyaya (Vice President)</td>
</tr>
<tr>
<td>4. Dr. Bir Thapa (Exe. Secretary)</td>
<td>4. Madhukar Devkota (Exec. Secretary)</td>
</tr>
<tr>
<td>5. Bibhor Rimal (Treasurer)</td>
<td>5. Udhav Karki (Treasurer)</td>
</tr>
<tr>
<td>6. Pramod Mishra (BOD)</td>
<td>6. Shanti Rajlawat (BOD)</td>
</tr>
<tr>
<td>7. Shanti Rajlawat (BOD)</td>
<td>7. Radindra K.C. (Late) (BOD)</td>
</tr>
<tr>
<td>8. Madan Risal (BOD)</td>
<td>8. Shiva Prakash Mishra (BOD)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Executive Committee: 2002-2003</th>
<th>Executive Committee: 2010-2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Annapurna Deo (President)</td>
<td>1. Arun Dhital (President)</td>
</tr>
<tr>
<td>2. Madhav Dhakal (Vice President)</td>
<td>2. Udhav Karki (Vice President)</td>
</tr>
<tr>
<td>3. Dr. Dasharath Lohar (Exe. Secretary)</td>
<td>3. Shreekanta Gautam (Vice President)</td>
</tr>
<tr>
<td>4. Kisan Upadhyaya (Treasurer)</td>
<td>4. Shailendra Devkota (Exec. Secretary)</td>
</tr>
<tr>
<td>5. Danile Goetz (BOD)</td>
<td>5. Uttam Sedai (Treasurer)</td>
</tr>
<tr>
<td>6. Shanti Rajlawat (BOD)</td>
<td>6. Dr. Rajesh Subedi (BOD)</td>
</tr>
<tr>
<td>7. Shreekanta Gautam (BOD)</td>
<td>7. Basanta Khadka (BOD)</td>
</tr>
<tr>
<td>8. Dr. Padam Poudel (BOD)</td>
<td>8. Shashi Bhatta (BOD)</td>
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<td></td>
<td>9. Prabha Marhatta (BOD)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Executive Committee: 2004-2005</th>
<th>Executive Committee: 2012-2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ishwar Devkota (President)</td>
<td>1. Shilendra Devkota (President)</td>
</tr>
<tr>
<td>2. Nagendra Neupane (Vice President)</td>
<td>2. Udhav Karki (Vice President)</td>
</tr>
<tr>
<td>3. Madhukar Devkota (Vice President)</td>
<td>3. Manoj Pradhan (Vice President)</td>
</tr>
<tr>
<td>4. Dr. Roshan Shrestha (Exe. Secretary)</td>
<td>4. Shishir Khanal (Exe. Secretary)</td>
</tr>
<tr>
<td>5. Madhav Dhakal (BOD)</td>
<td>5. Bharat Shrestha (Treasurer)</td>
</tr>
<tr>
<td>7. Bibhor Rimal (BOD)</td>
<td>7. Deepa Dawadi (BOD)</td>
</tr>
<tr>
<td>8. Yagya Acharya (BOD)</td>
<td>8. Dr. Chiranjibi Bhattarai (BOD)</td>
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</tbody>
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<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Ishwar Devkota (President)</td>
<td>1. Dr. Thakur Karkee (President)</td>
</tr>
<tr>
<td>2. Nagendra Neupane (Vice President)</td>
<td>2. Dr. Tika Adhikari (Vice President)</td>
</tr>
<tr>
<td>3. Dr. Sushama Pradhan (Vice President)</td>
<td>3. Rabindra Karki (Vice President)</td>
</tr>
<tr>
<td>4. Madhukar Devkota (Exec. Secretary)</td>
<td>4. Dr. Batu Sharma (Exe. Secretary)</td>
</tr>
<tr>
<td>5. Lekh Nath Dulal (Treasurer)</td>
<td>5. Sujata Dhungel (Treasurer)</td>
</tr>
<tr>
<td>6. Shantil Rajlawat (BOD)</td>
<td>6. Deepa Dawadi (BOD)</td>
</tr>
<tr>
<td>7. Basanta Khadka (BOD)</td>
<td>7. Dr. Shreekant Adhikari (BOD)</td>
</tr>
<tr>
<td>8. Kisan Upadhyaya (BOD)</td>
<td>8. Dil Bhattarai (BOD)</td>
</tr>
</tbody>
</table>
Neeta Chokshi
Broker

Work: (919) 238 9490  
Cell: (919) 685 0447  
neeta.chokshi@consultrealty.com  
www.consultrealty.com

746 East Chatham Street, Suite A, Cary, NC 27511  
919-466-0550  www.himalayannepalicuisine.com  
DINE-IN, CARRYOUT AND CATERING SERVICE.
Hi! I’m Richard Rusczyk, founder of Art of Problem Solving Academy (AoPS). Through the Art of Problem Solving books, website, and online classes, AoPS has trained numerous winners of international math and science competitions. Thousands of our alumni head off to top universities every fall. With our AoPS Academy after-school program, we bring our training methods and resources to a classroom near you.

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- **Outstanding peer group.** AoPS Academy is an after-school program that draws strong students from many schools, providing our students with inspiring classmates with whom they can learn and form friendships.
- **Comprehensive communication with parents.** Parents receive weekly emails detailing student progress, upcoming due dates, and homework assignments. Our online portal offers even more detailed information.
- **Preparation for the future.** An AoPS education prepares students for top-tier universities and internationally competitive careers.
- **Convenient meeting times.** We offer both evening and weekend classes to suit your family's schedule.

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Wishing You a Joy & Happiness During This Festive Season.

Happy Vijaya Dashami and Dipawali 2016.

May this Festival Bring, Peace, Prosperity, Happiness, Success and All Good Things To You and Your Family.

Sujan & Parita Neupane
Cary, North Carolina

--

आदरणीय महानुभावरू
नमस्कार!

आदरणीय महानुभावरू नमस्कार!

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यो दशै अभावहरूलाई पन्धाएर सम्बूद्ध बनेर आउँस्
जमरा विजय बनेर आउँस्, टिका सदभाव बनेर आउँस्
चान्द्र र सूर्य रहेसम्म, धर्मी र आकाश भएसम्म
दुर्गाको आशिष बनेर आउँस्।

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My recent visit to a bank would have been unremarkable except that it turned out to be an interesting conversation. No sooner I told her that I worked for a company that sells crop seeds, she retorted in a complaining tone that these companies are playing with nature and making our food ‘Unnatural’. I had a lot of explaining to do. First of all, there is only little natural in how we live in the current world. Second, I explained that genetically modified seeds go through rigorous testing before being approved as safe by government agencies. That was the end of that conversation. It is not to belittle the health and safety risk that comes with unapproved genetically modified organism (GMO). But the same can be said of any technology. That is why there are elaborate government regulations put in place. The notion that genetically modified food, feed and fiber are unsafe and are out to destroy everything for the sake of corporate profit is widespread in many parts of the world including the United States. Whether this notion is borne out of any scientific knowledge of GMO or popular culture is a good question to ask even though a youtube video shows that it is probably the latter. Many years ago, I taught a graduate course titled, GMO: the Science and the Controversy. I believe one can find similar courses at many universities for education on GMOs. But there may be only few students who choose to spend time and money on this type of course. Additionally, there is a need to explain the science and the risks associated with GMOs in common terms to common people living in our community so that they can think independently about the GMOs. This article is intended to fulfill that need and explain this to our Nepalese community.

Almost everything that we eat today has been genetically modified through time by our ancestors in the past and by professionals at present. Careful selection and breeding leads to the change in taste, appearance, growth and adaptation that we see in crops at present. Many of us would not want to eat the wild and natural corn today (Figure 1). If almost everything that we grow and eat is genetically modified, then why are we having this debate on GMO? The debate stems from the difference in methods that are used to make the genetic modifications. The characteristics that can make a plant desirable to farmers, processors, traders, and consumers are called ‘traits’. In so called ‘natural’ or conventional methods, we look for desirable traits in the plant, select the plants with desirable traits, transfer the desirable trait from one plant to another by cross fertilization, and sometimes we even mutate the plant with chemical and radiation for producing desirable traits. Genetic change (modification) also occurs in these methods, since without genetic change, the desirable traits will not transfer through propagation (multiplication of the plant either through seed or some other means). These methods of making better plants, food, feed...
and fiber are exempted from the GMO debate.

Figure 1. Changes in the appearance and size of corn ear through time and genetic modifications. The wild ancestors and first corns were primitive with small cobs and low yield. Source: http://www.slideshare.net/b4fa/plant-breeding-and-biotechnology-uganda-november-2012

Genetic modification rendered through a relatively new method, called **genetic engineering**, is the issue at hand. In this method, the gene (DNA sequence) that can produce a desirable trait is identified, put together with some other DNA sequences and delivered into the plant cell for integration into its heritage (Plant DNA; Figure 2). The process is called **transformation**. There are several plant transformation methods, in which a bacterium called **Agrobacterium** is widely used. **Agrobacterium** occurs naturally and does plant transformation on its own, and therefore is utilized by scientists as a ‘Genetic Engineer’. Once desired DNA is integrated, it becomes a part of plant DNA and if everything is right, produces the desired trait. The method of genetic engineering is precise, relatively fast, and does not bring undesirable DNA along (called genetic drag). Seed produced using genetic engineering is variously called as **transgenic**, genetically modified (GM), **biotech**, or genetically engineered. Genetic engineering revolutionized the way professionals improve plants for food, feed, fiber, and ornaments. The technology of genetic engineering became popular quickly. The seed made using genetic engineering are liked by farmers in particular since these GM seeds make farming easy and efficient, increasing the farm productivity and profits. GM seeds can also reduce pesticide sprays on crops. Consequently, biotech crop acreage increased by more than 100-fold from 1.7 million hectares in 1996 to 179.7 million hectares in 2015 (ISAAA 2015, Beyond Promises: Top 10 Facts about Biotech/GM Crops in their First 20 Years. 1996 to 2015).

One great limitation on transferring traits through cross fertilization is that not all plants are cross compatible. For example, we cannot cross rice with corn. Therefore, we cannot transfer good traits, such as corn’s vitamin A making proteins, into rice, which does not have these proteins. In genetic engineering methods, since the DNA sequence is delivered directly into the plant cell, there is no need to cross fertilize two plants for transferring a desirable trait. DNA sequence from any organism can be put into plant, and plant will make it as its own. Usually, the effect of DNA sequence is also transferable between organisms so that the desirable trait is also produced in the plant.
after transformation. This breaking of the barrier between organisms is probably the greatest benefit of genetic engineering, which also carries the uncertainty, and hence the GMO debate. The risk associated with transgenic plants stems from the uncertain effect of the introduced DNA on the transgenic plant itself, on other plants around it, and on organisms including animals and humans that can eat it in large quantities. Such plants can be toxic to flora and fauna, can become weedy, and can harm humans. Therefore, such GM plants/seeds are strictly regulated by governments. Only those GM plants and seeds approved as safe by Government agencies after review of data from extensive testing are permitted for unrestricted release into the environment. There is zero tolerance for the presence of regulated GMOs in unrestricted environment. In the United States, three government agencies, USDA (United States Department of Agriculture), FDA (Food and Drug Administration) and EPA (Environmental Protection Agency), regulate GM plants. GM plants are not deregulated (unrestricted release into the environment) until proven safe based on data from scientific experiments. For the GMO to be deregulated, these experiments have to prove that the GM plant/seed is equivalent to its non-GM counterpart in terms of growth habit, reproduction, chemical composition, nutritional value (except if the trait is nutritional enhancement such as increased vitamin A), and is not toxic to fish, birds and animals. GM seeds that fail one of the tests are not approved for release to the public. These tests take a long time and are very expensive. Typically, to bring a single GMO seed type to market can take about 15 years, and can cost the producing company about $150 million. Thus, by the time GM seed goes to a farmer for production, it has been proven to be safe and approved as such by multiple government agencies.

In addition to the safety risks, GM seed is sometimes regarded as security risk (such as food security) by some governments, particularly in the non-Western world. The security risk emanates from the fact that GM seed is usually owned by companies based in the Western industrialized countries. Therefore, supply of seed (and hence food) can be used as a political tool to make countries ‘fall in line’. Additionally, foreign companies can withhold supply of seeds if not compensated as per their demand. To deal with these security scenarios, usually governments put regulations in place while dealing with companies that make and sell GMO seeds.

In summary, it is reasonable to be cautious about the GMO products same as with any technology. The GMO products have been in use for over 20 years now, and have been found to be safe once approved by the regulatory agencies. One question that comes up time and again about GMO is, ‘but we do not know the long term effect of GMOs’. It is a fair question to ask. How can we know the long term effect of GMOs? With so many other confounding factors (such as all sorts of modern technologies), and a lack of control population, it will be really hard to ascertain what if we never had any GMO. The question is similar to ‘what if we never had autos’. Would we be living longer now or shorter? It is a difficult question to answer. If we call economic growth a progress, then we have to go along with the technology. The GMO debate is not going to end any time soon. Therefore, the need is to be vigilant, get educated and make a choice based on personal preference. Recently, the United States put in place a law that mandates labeling all food packages for the presence of GMO. The choice of what we want to eat is ours!

(The author has worked in the agriculture industry for over 25 years, employing both conventional as well as genetic engineering methods to make better plants. He can be reached at dplohar@yahoo.com. The author thanks to Shubham Upadhyay for proof reading the draft.)
The first day of Wake Early College was a strange one. When I first went inside of the Perry Health Science Campus lobby, it was a spectacular view. The principal of our school, Mrs. Lisa Cummings was greeting every student at the door, and the other kids were making new friends, and rekindling with their old friends. Afterwards, we received our new class schedules, and made our way upstairs to our classrooms.

During the first semester, all of the incoming freshmen were required to take basic freshman courses, such as, world history, geometry, freshman seminar, and earth science. World history was the best class I had ever taken because Mr. King, my teacher, never gave any quizzes or tests. He only gave us primary and secondary analysis documents to analyze, and the finals at the end of the semester. Freshman seminar at our school is a little weird because it is both English and Freshman Seminar mixed together. Nevertheless, freshman seminar was a very easy course because it was mostly memorizing vocabulary and debating. Earth Science was one of the greatest courses that I have taken because of our teacher, Dr. Colbert. Dr. Colbert's teaching methods were very odd, but that was because he was preparing us for college courses. He was only there as a guide. He expected us to teach ourselves. In his class, we only talked about the homework from the night before, and took tests and quizzes to make sure that we were understanding the material. Geometry was very easy for me because a cousin of mine, who was here over the summer time, taught me what I needed to know for Common Core 1 class.

In August of 2012, I started Wake Early College of Health and Sciences (Wake Early College), located in Raleigh, North Carolina. I previously heard about this school from my former middle school, West Cary Middle School. The first time I heard about Wake Early College and STEM Early College was when the two schools came to my middle school to give a brief presentation about the schools. After the presentation, my dad told me, “Son, Wake Early College is the best school for you.” My dad was clearly taken away with how great Wake Early College was. However, I liked STEM more because the school was located on North Carolina State University’s campus, and I knew that if I could do well in the high school classes and college classes, I would have a great chance of getting into NCSU. However, my dad thought that it would be best for me to go to Wake Early College instead of STEM because STEM was focused more towards Engineering and Math, where as I wanted to focus on Health and Science.

When the applications opened, I ended up applying to both. During the three-month waiting period after I submitted my application, I became nervous and anxious as to if I would get in to either of them. If I was not accepted to either one, then I would have to go to my base school, Panther Creek. In late March, I received good news from both schools. I had gotten accepted to both schools. That is when I had to make the tough choice about where to go. So, I thought about it for a few days and, after much thought and consideration, I decided that it would be best to follow my dad’s advice to go to Wake Early College as I want to become a Physician in the future. This is when the toughest four years of my life began.
During the second semester, we started taking sophomore courses. I took Personal Finance, English I, Spanish, and Geometry II. Personal finance was a great class because it taught me about how I should spend my money and how to invest it. Spanish was my least favorite class, and it was also the least favorite class of all the students there. Our teacher's teaching methods were useful for visual learners, but not for other kinds of learners. I am a kinesthetic learner. So, her methods did not work for me. For example, she used to make us color papers with Spanish words in order to help us learn, but it did not help me at all. English I was an amazing class because my teacher helped me improve my reading skills, and pass the class with an A grade. Geometry II was almost the same as Geometry I with just a few new units.

I also started Science Olympiad with Dr. Colbert and Mrs. Barnes, my 10th grade math teacher. Dr. Colbert said that many students before me had tried to start Science Olympiad with him, but, because I asked earlier than others, he had enough time to plan. At our regional competition, my partner and I were placed 2nd out of 24 schools in astronomy, and our team came out 8th overall out of the 24 competing schools.

**Tenth Grade**

The first day back for the 10th grade, I received my schedule and I knew that it would be a very tough semester. We began classes that juniors would take at a traditional high school, and there was also a college class that we had to take in order to earn our High School diploma. Our college class was HEA-110 counted as our gym credit. We also took Spanish II, Biology, and Algebra. Spanish II was an extremely tough course for me, and it still surprises me as to how I passed the course. HEA-110 was my first real college class with college students. Because the work-load wasn't as heavy as high school classes, it was easier to do well in this class. Biology was also a great class because of how the teacher taught it.

My father is a biology major. So I received major support from him in order to try my best. However, after taking biology and seeing all of the materials that I had to learn in an introductory course, I decided that studying to be a physician was not the road I wanted to take. Algebra with Mrs. Barnes was one of the best classes ever because I enjoy math a lot. It was still hard at times because I had not practiced over the summer time.

When the second semester started, it was time for me to start taking courses that seniors would take at a traditional high school. Before the second semester started, I decided that I would have a better future in criminal justice law. This future was brought to my attention by my friend, Paras Khatri. When I went back to school, I had to take civics and economics, English II, chemistry, and pre-algebra. Civics and economics was a fun class for me because I wanted to become a lawyer, and the course taught us a little about law and our justice system. English II turned out not a great class and did not meet my expectations as English I. I did not receive the same kind of support that I received as when I took English I. Chemistry with Dr. Colbert was absolutely amazing. This class was the class that I did not do as well as I thought I would, but it was amazing to learn about the chemistry principles, and how we use it every day. Math, this semester, was slightly harder than before because I hadn't practiced over the summer and it was also pre-algebra, which I did not want to take until my semester at North Campus.
That year, I did Science Olympiad again. I earned 2nd place in astronomy out of 24 schools, and 2nd in geologic mapping out of 24 schools. Our school got 7th place overall out of 24 schools!

For the next semester, we had to take a placement test to determine whether or not we could move on to the North Campus, and when I did, I passed all of the sections with a 90% or higher. The administrators told me that I could make a decision as to whether I wanted to move on to North Campus, or stay back on our Health and Sciences campus for one or two more semesters. After discussing the benefits of staying back on the Health Science campus, and the benefits of going on to North Campus, I decided that staying back on Health Science would be my best option. The reason that I decided to stay back was because I could get my high school diploma at the end of my Junior year, and I could take online classes as well. My friends moved on to North Campus, but I stayed back. I am proud of that decision now.

Eleventh Grade

On the first day of school in the Eleventh grade, I learned that I would be allowed to take three online classes and only one regular class. I decided to take only two online classes the first semester because I did not know as to how much work I would have. I chose to take Leadership Development and American History I classes online because we did not have any teacher who taught at our school. I also took two classes that were not online: English III with Mrs. Johnson, and Health Science I with Mrs. Hill. English III with Mrs. Johnson was a change from English II because Mrs. Johnson helped students in any way that she could in order to help them pass.

Mrs. Johnson was not my English I teacher, but she and my English I teacher had many of the same traits. For example, she helped me pass the class with a high grade by providing me with high moral support. Leadership Development and American History I were both very easy courses, and I ended up with one of the highest grades in both, compared to my classmates. Health Science I was a relatively easy course because of my teacher. She was funny and, most importantly, motivated us to do well. She also gave us many opportunities to retake tests, and even dropped our lowest test grade. Reflecting upon the end of the first semester, I was glad of the choices that I had made in taking those courses.

In the second semester, I chose two more online classes in order to meet the requirements for my High School diploma. I took American History II and English 4 online, and also decided to re-take Chemistry as I did not earn a grade that was satisfying to me. I decided to take Health Term Relations course as well. Again, the online classes were easy, and I did earn one of the top spots in the class, compared to the rest of my classmates. In Chemistry, we did the same work as last time, and because of that, I received a high B. Health Term Relations was exactly like Health Science I, and I loved it very much. When the second semester ended, I had received my High School Diploma, but I needed to stay for my senior year of High School. So I did I even went to North Campus full time.

In Science Olympiad, I again received 2nd place in Astronomy out of 24 schools, and 5th in Air Trajectory out of 24 schools. Our school got 6th place out of 24 schools in total.
Senior Year

My senior year started off amazing. I was on a new campus with my old friends and new teachers and professors. I was also able to take amazing college classes with college students. In the first semester, the school decided the courses I should take. So I took English 111, Psychology 150, Math 143, and College Transfer 122. English 111 is a required course that every student at Wake Tech needs to take in order to obtain an Associate’s degree. Psychology 150 is an introductory course that is not required by Wake Tech, but students are advised to take it. Math 143 is accounting math. College Transfer is a course that is designed to help a student learn about how to transfer to a four-year university. It is now a requirement for all Wake Tech graduates.

The next semester, I was able to choose my own courses to take. So I decided to take English 112, Biology 110, Communications 110, and History 131. English was a requirement again, and Biology was a course I took because my dad asked me to, and I did not enjoy it. Communications taught us the basic principles of talking to others and listening. History was exactly like American History I, so it was very easy to pass.

In Science Olympiad, I again came in 2nd place out of 24, and our school came 5th place overall out of 24 schools. This was also the first year that our school made it to the state level competition. In astronomy, our team came in 5th out of 156 schools, and in air trajectory, we came in 20th out of 156 schools.

When I graduate in May, 2017, I hope to enroll at Embry Riddle Aeronautical University located in Daytona Beach, Florida with a major in aeronautical science and a minor in air transportation. I feel that my Wake Early College has prepared me well for the challenges ahead.

Why is Soccer a Good Sport?

Carrie Devkota

Do you ever feel bored? Well, soccer is a good sport. This is how you can become a professional athlete. By playing soccer your life can be better. In soccer there is teamwork, exercise and fun.

In soccer teamwork happens when the entire team works to get the ball in the goal post. You also meet new people because you are working with them. In soccer there are 6 positions so there has to be at least 6 players. That is how there is teamwork in soccer. The players in the team support each other. After that, there is a lot of exercise because when you are running to get the ball you are exercising. Another way you get exercise is by kicking the ball. You have to dribble the ball towards the goal then kick it in for it to go in the post.

Next there is a lot of fun in soccer. There is not just winning or losing, you have to have fun. You have to be humorous to support people when they are sad or hurt. When you are learning to play, fun keeps it exciting. Soccer increases confidence, when you score a goal it makes you feel good as you accomplished it together as a team. Everybody cheers and jumps up and down.

I hope you understand why I like soccer! Teamwork, exercise and fun is what soccer is all about. Try playing soccer with your friends. Remember to have fun.
Divine Buddha is the bright spiritual light to the world. Siddhartha Gautam Shakya ‘Buddha’ was born in Nepal. He is the universal phenomena. Thus, we Nepalese take great pride in him. The Baishakh Purnima (Full moon day) in the month of Baishakh is the Buddha Jayanti - The day when Buddha was born (In Lumbini, Nepal), achieved enlightenment ‘Buddha’ (Kashi) and Maha Nirwan (Kushi Nagar). The Buddha Jayanti this year (May 21st, 2016) marked his 2560th birthday. It was celebrated with special zeal with many programs, including an international conference in Lumbini on Buddha’s teachings and their application in our life and the world, with many international dignitaries and scholars participating from all around the world.

Buddha was born to King Sudhodhan and Queen Maya Devi. The royal astrologers prophesized that the boy is not an ordinary person, but will become either the greatest King or the greatest Ascetic, the world has ever seen. King thought bringing the prince in luxury would avoid being an ascetic. King made sure that the prince is kept totally isolated from any of the ugliness and the sadness of the life. Prince grew up to be a kind-hearted person. He married gorgeous Princess Yashodhara, and had a son Rahul. He had the best of the life anybody may imagine of.

He was a prince and brought up in luxury. But he happened to see a sick person, an old person and a dead person. He was told that the ugliness is simply a reality, a part of life, and all of us must face them eventually. The young prince had the shock of his life. He decided to go out and find the cure of this worldly sadness ‘Dukkha.’ He left the luxury of the palace and went around to different spiritual teachers and schools. He practiced everything he was told to do, and then some more. Finally, he initiated into the ascetic order ‘Sanyash’ in the ‘Nirwani’ lineage under the ‘Shankhya’ school.

He tried many different ways, but did not succeed. Once he sat under a tree (Pipal, Bodhi) and vowed not to move till he succeeds. There was a long trial and tribulation, but then all of a sudden he became Enlightened ‘Buddha.’ What is Buddhahood? We are not Buddha. Thus, we do not know and cannot explain. At best we may speculate. An explanation is a human intellectual attempt and will be misleading to deal with the ‘beyond.’ He merely explained the ‘way’ worked for him. It is for the practitioners to plod the way and realize themselves. He did indicate however, “It is like awakening from a deep sleep. It is bliss.” Buddha had thousands and thousands of disciples, whom he helped in the way. Many of the monks realized Buddhahood. The first known such monk was Mahakashyap. Before all the monks, Siddhartha and Mahakashyap merely smiled at each other.

Buddha dharma is the empirical spiritual discipline. It uses methods only within human faculty, not ‘beliefs’ or ‘outside.’ It is not faith, ideology, religion, ethnicity or nationalism. Thus Buddha’s teachings and analyses are within rational self-examination of the world including own mind. Buddha Dharma emphasizes on Gnan yoga and Raj yoga.

We may notice that Shaiva Dharma, Shankhya Darshan, and Boudha Dharma all prescribe and emphasize same paths - Gnan ‘knowledge’ and Raj ‘meditation’ yogas. The differences are: Shiva Dharma comes with the belief in ‘Brahman’, in Shankhya the believe that the life form is the combination of matter / energy and consciousness. Buddha Dharma does not have any beliefs as a priori. Bodhi (Brahman – Pali) is to be realized personally at the end of the journey, if at all. That is the break through. It also makes Buddha Dharma most scientific. However, all of them keep their root – ‘OM.’ Buddhist mantra - “Om Mani Padme Hum – there is the jewel in the lotus.” There is the reality beyond what is visible.
Buddha Dharma focuses on these four noble truths of life:

1. Suffering exist, this is how our mind work
2. Suffering arises from attachment to desires
3. Suffering ceases when attachment to desire ceases
4. Freedom from suffering is possible by practicing the Eightfold Path

Happiness comes from within, not from outside. Thus, by nature we are happy. Then why are we still unhappy? Rain falls straight down; grass grows straight up. Only wind bends them. Thus, instead of telling how to be happy from outside, Buddha analyzed the cause of our unhappiness ‘Dukkha.’ If we are able to remove the blocks making us unhappy, then we will, by nature, be happy. As the wind is natural and affects rain and grass, we are also affected by external factors leading to Dukkha. Freedom from unhappiness is possible if we discipline our life in controlling desires by following the eight-fold path of Buddhism:

The eight-fold path: Buddha also gives an outline of a right (Samyak - virtuous and balanced) life designed to minimize desires. It is not a commandment to believe and obey, but to think through, realize its core of wisdom, and apply in your life. Buddha emphasizes on the ‘Middle path.’ It should be like strings in the Sitar, neither too tight, nor too loose. Here is the eight-fold path grouped into three.

A. Wisdom (panna): 1. Right View, 2. Right Thought

Buddha Dharma explains nothingness ‘Sunyabod.’ Suppose there is a big tangled ‘knot’ tied out of many colored strings. Suppose you slowly untangle the knot one string at a time. At the end what will remain out of the ‘knot?’ Nothing. If everything and effect have causes, then if you slowly remove all the causes, what will be left out – nothing. It is to know nothing is permanent and does not have its own existence, but the result of other causes. Thus as soon as the causes disappear, the result also will. The dis-tangling is the practice, which leads to the emptiness / nothingness / Sunyabod. Why even bother to do that. Because, you need to be free from precisely similar questions.

Buddha Dharma always stresses on ‘Now / Present.’ Past is memory, future is expectation. You have no control over them. You can do something only in present. The guidelines being facts and compassion for all, as best as we can. Buddha is for being relevant and to concentrate on the problem at hand, and not to be pushed around by theories, doctrines and speculations. If you are stuck by an arrow, what will you do? First, pull the arrow out and put medicine on it. Idle speculations should not preclude it. It will be foolish to insist on investigating ‘what kind of arrow it is’ or ‘what kind of bow it was shot from’, before pulling the arrow.

Buddha was getting old and came the time for Maha-Nirvan. He was served food with mushroom (called pig’s foot mushroom, because pigs find it by scratching the ground with their feet). Unfortunately, the mushroom happened to be poisonous. Monks started crying. If you have any questions, this is the time to ask. He opened his palm indicating he did not hide anything. He touched the ground symbolizing, the existence is the witness. After answering all the inquiries, Buddha asked three times if there are any questions. No more. Then he moved ‘Gata’ from physical body to mind. Then he moved ‘Gata’ from mind to consciousness. Then Karunamaya Gata from consciousness to Nirvana.

Buddham Sharanam Gachchhami!
May Buddha bless us all!
One day, while seeing the map of the world, I got interested in the world’s biggest countries. Giant, huge countries that covers many square kilometers, can be easily found in the atlas; whoever searcher be. China, India are such countries, they have hugeness, can be found easily, whoever searches. What in addition can be found is a small, very small country that not everyone can find in the atlas very easily. Yes, between two of world’s giant countries, there lies Nepal, a small country, with its great value of being small. The smaller things have high value; like diamond, you never search for a big size diamond, there are not diamond mountains, the rareness values high. Nepal; there is no other country like Nepal, its rareness values high too.

For people who don’t know Nepal; its “A country somewhere in Asia” while that doesn’t make a full Nepal’s introduction. It’s a country of Himalaya; including that of world’s highest mountain, consider a height of 8848, which nowhere in the world exists, consider yourself in that height seeing other cute small mountains all around you, all white, all beautiful. Not limited to Everest, 8 of world’s 14 eight thousand mountains lie here; including the holy Gauri Shankar, Kanchenjunga (3rd of world), a series of Annapurna, Makalu and many more. A series of mountains from west to the east of all northern border, white mountains, black mountains, Rocky Mountains, big mountains.

A country that is scattered from west to the east; has its clearly divided geographical structure. A plain Terai in the south (15%), Green hills in almost half of middle portion (68%) while there are series of world’s high mountains (17%) in the north. The Terai has large forests with big cities. Nepal’s big national parks, most of which are world heritage sites are situated in the south, catering the world’s rare one horned Rhino, the Royal Bengal Tiger, Elephants, Deers, Wild Buffaloes, flora and fauna. This is where you can explore the biology; encounter world’s rarest kind of birds, the biggest rivers flow through Terai, there are cultural variances; from east to the west. The Green hill in the middle belt is what the most of Nepal lies; go through the widest landscapes that varies in every other place you see, one of world’s highest gorge lies here, the god of nature herself has descended from heaven to live here to show you the Lake at world’s highest altitude, a range of valleys; where there is difference in culture, lifestyle, water springs, high rapid mountain rivers, a sound of holiness; that of monasteries, chaitya’s and temples. Wake up early morning with an alarm of bird’s beautiful songs, song of the river feels like it is just below where you are sleeping, and you are greeted with delicious Nepali “Chiya” with some beautiful smile early in the morning. Walk through the greenery; climb high hills to see the beautiful valleys, rivers, villages at extremeness of geography, climb down the mountain and see beautiful hills with flowers, a series of scattered houses, water flows, landscape in the slope of those beautiful hills. To the north, walk through the Giant mountains, all white. Wake up early morning to see the beauties of goddess nature, the orange turned white mountains in the sunrise, even the black rocky mountain turn orange in the morning; there is all white snow around you, deep gorges making you feel another existence of the world, icefalls, glaciers; at the very extremeness of nature, there are lakes with beautiful blue water even at this height. This is where all the world around you is smiling all the time, they welcome you with the same smile all the time, a smile where there is no pollution, a smile which makes you feel smile at your tiredness, tiring walk with enjoyment, you`ll start loving tiredness one you see, feel, once you are here in the mountain belt.
Not limited to nature only, it’s a country of histories, it has a silk road connection in history. The world’s largest Pashupatinath temple is in Kathmandu, the capital of Nepal along holy bagmati river attracting millions of Hindu tourists each year from throughout the world. Manakamana (the goddess of wishes), Muktinath (the god for liberation or Moksha) is only in Nepal. Even though Nepal was once only the Hindu country of world, its birthplace of Lord Buddha; the “Light of Asia” which has made cultures, which has made disciplines, which has made history of countries. Lumbini with its BODHI tree, the BODHI pond still welcomes visitors from throughout the world preserving the birthplace of Buddha. The old prehistoric castles located in various power centers of historic Nepal, some of which are world heritage sites hold history within them. Old temples show the art civilization of 13th century including that of ARANIKO, whose art, creation are famous in Tibet and China (a lot of his craftsmanship art exist in China) for his extraordinary art skill. The continuation of history can still be experienced inside the historic Bhaktapur, durbar square (another world heritage site of Nepal) where you can see the clay art; including pots, statues.

Not limited to nature and history, there are more than 125 different cultural groups, they have festivals, they have dances, they have songs, they have own lifestyle, they have own food, own language, own style of clothing; own world inside Nepal. These lot of varieties of world’s inside the small world of Nepal is that you will not find in big areas. This is what exists only in Nepal, the flags in the hills wave with pride, the birds sing with joy to be in this beauty, the temples wish the best of your journey with bells, Shankas’ and prayer Mantra’s, the monasteries make your soul cleaner, gives you a reincarnation in this same life, the hospitality of locals teaches you what real humanity is, the nature is happy to make you feel happy, the rare planet of Terai waits you with its wilderness.

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Wejaya Dasha r Diwali 2016 ko upalaksma samputta Neppali
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Shumakama vytak garbidfrey
Dta. Sushma, Manoj tatha Pradhan Parivar

Wejaya Dasami r Diwali 2016 ko upalaksma samputta Neppali
Daajumadu tatha Dipawaliini ruma Haridik Mangalabaya
Shumakama vytak garbidfrey
Aroko, Shoma, Amita tatha Samita Khanal

Wejaya Dasami r Diwali 2016 ko upalaksma samputta Neppali
Daajumadu tatha Dipawaliini ruma Haridik Mangalabaya
Shumakama vytak garbidfrey
Uddvat, Pantita tatha Upama Kakhri
Interview with Student Extraordinaire: Swochchhanda Shrestha
(Interview by Manoj Pradhan)

SAT score: Perfect score on Math, 800 out of 800 on SAT, with overall 2290 out of 2400!
ACT: Perfect 36 out of 36 on ACT
Subject SAT Math: Perfect 100% - 800 out of 800

It is a dream of every student! It is a dream of every parent! - To see a perfect score on exams, especially when is for college stake is even higher.

Swochchhanda Shrestha is a rising 12th grader at Suncoast High School in Riviera Beach, Florida. And he has already received a Merit Based Scholarship of $40000 (Forty Thousands) for college from Kovner Opportunity Foundation. He has also received Quest Bridge grant. He has also won many honors and awards from many organizations. Below is the written interview of Swochchhanda Shrestha:

Q. Now you have left behind all these tests, what are you preparing on?

S. Now I am focused on meeting the other deadlines that come with senior year, particularly those for scholarship and college applications, as well as meeting all of the requirements for the IB (International Baccalaureate) program.

Q. What is the next step towards the college? What is your plan? Tell us more about what you will be studying in the college.

S. I plan to study engineering in college. I have gotten a couple of scholarships so far and am looking to apply to more in the coming months. I would highly recommend getting a head start on scholarships and applications even in 11th grade, although there are not very many open to juniors. As for college, I plan to attend a larger research-based university such as Stanford, Cornell, MIT or Rice that is hopefully outside the state of Florida (so that I may have completely new experiences).

Q. Why did you choose that career field?

S. I have always been naturally inclined towards math and science, so I feel that a career in engineering gives me the best chance to make a positive impact in the world. I have also been very interested as I have grown up in observing the significant impact that engineers can have on the everyday lives of so many different people, whether it is through technology or the structures that define our very environments.

Q. Any plan on other extra-curricular activities at college?

S. I am not quite yet sure about extracurricular activities in college, although I do plan to join some sort of cultural organization (whether or not this organization is directly Nepali-related will depend on the Nepali presence at the college). I also plan to do plenty of internships over my college years in order to determine what career path within engineering is best for me. Hopefully, I would also be able to join a volunteer-work based organization, particularly one where the work is centered around engineering.

Q. Now getting back on your tests – SAT/ACT and subject Math SAT, how did you prepare for those? And for how long?
S. I did not prepare that long for the SAT (which I took first) and really regretted not preparing more for its higher level vocabulary. This was the only part of the SAT that really bamboozled me, especially since the higher level vocabulary was in only the answer choices so I couldn’t use context clues, but I could have learned them with some practice directed towards that area. Fortunately, the new SAT has eliminated higher level vocabulary and thus does not require this extra studying. I studied for a longer period – probably a couple months or so – and for more every week – closer to 6 hours a week – for the ACT than the SAT because I was motivated to perform better on the ACT. For each case, I simply used a certified test prep book to take practice tests and observed how the makers of each respective test preferred their questions be answered. For the Subject SAT tests, I took the Math 2 and Physics tests. For math, I basically just quickly reviewed the concepts that would be tested and was pretty much set. I would definitely recommend doing this first and then learning or relearning any concepts you don’t feel particularly comfortable with. For physics, I reviewed and relearned a lot of material, especially material that I hadn’t seen in over a year. The Subject SAT preparation cycle lasted probably a little more than a month, spanning from the time of AP exams in May to the actual Subject tests in early June.

Q. Did you make studying for those tests an everyday routine, assigning certain amount of time every day? If so, please tell how did you do it?

S. During the school year, it was pretty difficult to allot time every single day for the SAT/ACT tests, so I instead focused on practicing for these tests during the weekend. I made it a goal to practice for a few hours every weekend, usually with full-length practice tests to ensure familiarity with the time constraints that the tests would provide. If I ran into material that was unfamiliar, I would use my test books or the Internet to understand it.

Q. Did you go to any tutor or take online preparation classes?

S. I actually did not go to any tutor or take online prep classes ahead of any of my SAT/ACT tests, but I do recommend using every resource that is available, especially if it is free or affordable and of a good quality in terms of helping get ready for the tests.

Q. As you are a perfect person to ask, what is your suggestion for younger kids on how to prepare for these tests? Please suggest them from your experience so they can.

S. I think the preparation should involve a heavy dosage of practice and understanding of how the test creators want their questions to be answered. While this can be accomplished and self-learned through a test prep book, it can also be beneficial to have someone else who is familiar with the tests helping you gain this understanding. Of course, on top of this understanding, it is absolutely vital to gain an understanding of the actual material being assessed as well.

Q. What is the most important thing for the preparation?

S. However, I think that arguably the most important aspect of practicing for these tests is learning the timing constraints that the tests place on you. The actual test will feel more like a marathon than a sprint with its
different parts, but it will certainly be a quick-paced marathon. Each different part has its own time constraints that may present challenges which different students may struggle with. Therefore, I highly recommend taking a few full-length practice tests with the proper time constraints in order to familiarize oneself with the time constraints of the actual tests and improve how you handle them.

Q. How did you prepare during last 24 hours before the exam?

S. During the last 24 hours, it is difficult to learn any new material, so I basically just took some practice tests on the sections that I felt least comfortable with and also briefly reviewed some of the previously learned material that I was least comfortable with. Besides that, I tried to relax knowing that the work of preparation had been done properly and also checked that all my test-taking materials for the next day were good to go.

Q. If you were to take these tests again, how will you improvise your test preparation?

S. I think my test preparation for the ACT would remain the same, as it proved quite successful anyways. For the SAT, I would have definitely spent more time studying higher level vocabulary. For the subject SATs, I would have probably spent some more time on certain older physics topics that I had largely forgotten by the time I took the test but were not actually very difficult.

Q. What are your hobbies? Besides study what do you like doing?

S. Besides studying and running, I mostly just like to relax in normal ways. I enjoy playing video games most of the time or just surfing the Internet. I also enjoy hanging out with my close-knit group of friends in whatever fashion we may choose to pass time and enjoy ourselves, as well as spending time with my family.

Q. Do you participate in any competitive sports?

S. I have been competing for my high school's varsity cross country and track teams since my freshman year. Distance running has truly become a sport that I have fallen in love with due to its simplicity and the calming yet uplifting effect it can have.

Q. What about volunteering?

S. I have spent lots of time volunteering at non-profit Nepali cultural events run by local organizations. Naturally, being raised going to these events, I have always felt very comfortable with this type of volunteering. At other points in my life, I have also volunteered for various school events through our National Honor Society branch, as well as events for track and even a brief (due to injury) stint volunteering as part of the theater tech team.

Q. Do you speak any other language other than English?

S. I speak Nepali fluently, as it has always been the language that is used within our household and I have also expanded my knowledge of it through our local Nepali Pathshala, where Nepali kids can learn about our language and culture. I have been studying Spanish for about 5 years now, but I highly doubt my ability to maintain a rapid conversation fluently.
Q. How do you express yourself? By music, art or writing? If all three, which one do you prefer most and why?

S. I usually express myself best in writing. I have always been pretty good at writing (and bad at both art and music) so I took a natural liking towards it. Besides that, writing also seems like the best way to convey concrete statements and feelings without having quite as much subjectivism as art or music. At the same time, writing can also be used with figurative language and other mechanisms to express emotion and a poetic sense in standard writing.

Q. What do you like most about Nepali culture and Nepali community?

S. I really like how united the Nepali community is and how supportive we tend to be of each other’s successes. I feel that the Nepali community as a whole considers each of its members to be a representative of the whole community, so we are always very supportive and ready to do anything we can to help. I also like how connected we have stayed to our roots, both in terms of the traditional Nepali values that impact how we live and the festivals that we continue to follow year after year despite being thousands of miles from home.
SuVidha as its name suggests, is a convenient one-stop shop for all your grocery and produce needs. SuVidha carries a wide range of Indian and Pakistani groceries including Daals, Rice, Flours, Spices, Sauces, Pickles, Snacks and Sweets, Guaranteed Fresh Indian Produce, Pooja Samagri and more. SuVidha also carries a large collection of frozen and ready-to-eat products from all leading brands. For those who enjoy Bollywood Movies, has a huge collection of latest and classic Hindi and Regional movies in addition to our impressive collection of Music CDs.
Nepali Flag

The National Flag of Nepal is unique in that it is the only national flag in the world not rectangular in shape. This distinctive flag consists of two juxtaposed triangular figures with a crimson base and deep blue borders. The upper part has a white emblem of the crescent moon with eight rays, while the lower one bears a twelve-rayed white emblem of the sun.

Nepali National Flower: Lali-Gurash

The *Rhododendron arboreum* (LaliGurans in Nepali) is the most famous and attractive amongst over 30 species of Rhododendrons found in the hills of Nepal. The tallest of its trees attains heights of up to 15 meters. The LaliGurans, with its beautiful bell-shaped flowers, is widely distributed throughout the whole length of Nepal from 4,000 ft to 12,000 ft of the sea-level. Its blossoming heralds the advent of spring.

Nepali National Color: Simrik

Crimson (Simrik in Nepali), the national color is considered very auspicious and has a significant place in Nepal's cultural life. It also has a symbolic connotation for Hindus, signifying good luck and fortune.

Nepali National Animal: Cow

Cow is the national animal of Nepal. Most of the people of Nepal are Hindus and cow is worshipped as the goddess of wealth (Goddess Laxmi). Cow is highly revered by Hindus all over the world. Killing of cow (Also considered as ‘GAU-MATA’ - giving her a human face of a mother) is prohibited in the Hindu religion and in Nepal.
Nepali National Bird: Danphe

Nepal's national bird, the *Lophophorus impejanus* (Danphe in Nepali) is one of the most beautiful birds found in the kingdom. Listed as an endangered species, this most exotic of all pheasants inhabits high elevations of the Himalayan range. For this reason, they are also known as Himalayan Communal. In Hindumythological accounts, it is described as a guide to Lord Shiva, who dwelled in the Himalayas.

Important Festivals of Nepal:

- Bada Dashain (Some Newars celebrate the festival as Mohani)
- Tihar
- Lhosar
- Mata TirthaAushi (Mother’s Day)
- Buddha Purnima
- Guru Purnima
- Naga Panchami
- KuseAushi (Father’s Day)
- Krishna Astami
- Haritalika TEEJ
- Kartik Purnima
- Sri-Panchami/ Saraswati Puja
- Maha Shivaratri
- ChaiteDashain
- BisketJatra
- Mani Rimdu (Celebrated by Sherpas at higher altitudes and in the Mount Everest region)

Popular Religious Destinations of Nepal:

- PashupatiNath
- SwayambhuNath
- Manakamana Mata
- Bajrayogini
- Swarga Dwari
- Kalinchok Bhagabati
- Kalika Mai
- Budanilakantha
- Guheswori Bhagabati
- Bhadrakali
- Palanchok Bhagabati
- BoudhaNath
- Lumbini
- MuktINath
- GosaiKunda
- Bindabasini Devi
- Pathivara Devi
- GokarnesworMahadev
- Changu Narayan
- Shova Bhagabati
- Dakshin Kali Mai
- Chandeswori Devi

Popular Touristic Destinations of Nepal:

Nepal is an ideal destination for adventure tourism because of its variegated, often formidable geography, inherently replete with rich, refreshing nature. Once in Nepal, one can enjoy a number of outdoor activities from Paragliding near the mountains to spotting the Bengal tigers in the dense forest of Chitwan and Bardiya. Being gifted with 8 of the 14 highest peaks in the world, including Mt. Everest, Nepal is the hub of Mountaineering, Trekking, Rafting, Jungle Safari, Exploration of Flora and Fauna, Mountain Biking, Bungee Jumping, Paragliding, Bird Watching, Canoeing, Rock Climbing, Mountain Flight, Horseback Riding, Fishing and many more. The following destinations are the most popular destinations among many:

- Kathmandu Durbar Square
- Patan Durbar Square
- Dhulikhel
- Pokhara
- Lumbini
- Sukla Fata National Parks
- Bhaktapur Durbar Square
- Nagarkot
- Pachakhal
- Chitwan National Park
- Everest Base Camp
- Annapurna Conservation Area
I was in Nepal this past summer for the months of June and July. It was hot and the Monsson season was strong. I had quite a bit of personal work to do, but in the meantime I was able to take time off to volunteer for social work.

When the Earthquake hit Nepal in April 2015, NCNC responded immediately. NCNC -BOD established “2015 Nepal – Earthquake Relief Fund” during the tenure of NCNC President Dr. Thakur Karki (2014-2015). Our NCNC members gave their fullest to raise funds. We reached out and collected cash, supplies, and provided voluntary assistance in packing foods, organizing and presenting drama, music concerts, even fund raising parties, and simply going out and speaking to different groups of people and individuals. NCNC also organized a special event Run4Nepal and raised funds which were transferred to Educate the Children, Inc. to build schools in Dolakha Districts. While we ourselves had to come to terms with this disaster, we found ways to come together to help out.

Many immediate supplies such as tents/tarps, solar lamps, blankets, medical supplies were sent immediately. Approximately $65,000 were allocated through HSNC/SEWA, and HSNC/Share and Care Foundation for hostel construction for orphans of earthquake and the other victims of earthquake. NCNC effectively raised in cash and kind approximately $ 150,000. At this point, I like to mention that the re-building in these earthquake hit district has barely started and we have a long road ahead. Let’s not think that our task is over. We have to continue thinking ways we can help forward until all the fallen can stand.

NCNC also decided to partner with Gorkha Foundation, Inc. to build one school in an earthquake hit area. Paropakar Higher Secondary School in Jaubari, Gorkha was selected. I spent five days in and around Jaubari visiting six schools that were destroyed. I saw partial construction completed in five schools and three of which were built by Gorkha Foundation. All of them will continue to need help. Rebuilding housing needs immediate support as well. The British Gorkha Welfare Foundation and the Gorkha Foundation are visible in building Schools in the area. The monsoon period is very difficult time to work and travel in the hills of Nepal. Work being carried out under such difficult situation by Gorkha Foundation and others is commendable and is appreciated by people.

The NCNC wanted to build a model school, ideally a multipurpose building that can also turn into a conference/theater hall. Such endeavor required feasibility study for the site/location, design approval by the Government, import of supplies etc. While this all was being worked and is still in progress, NCNC also felt that we should scale back and provide technology transfer initiative to build it schools fast in whatever form we could. There was no room for delay. Current NCNC-BOD led by Dr. Sushama Pradhan decided for immediate action based on desires of our members. Our partner Gorkha Foundation was also in favor of building fast. So we struck a compromise to build as fast as possible and in the meantime promote appropriate earthquake resistant technology as much as possible.

We requested Gorkha Foundation basically to install: One tie-beams (locally called peti-badhne) around walls and color them so that local people can see them; two to raise walls to top of door level and reduce fiber glass exposure; three we also requested to limit the width to length ratio of building as much as possible; and four to use “Fascia” boards. See red ties in buildings in projects prior to earthquake:
I am quite pleased with the “speedy” work of the Gorkha Foundation in such a short time. We have contributed significantly and meaningfully the money we raised to help earthquake victims. As of now, all of the masonry and roofing work is complete in the 12 rooms. Fiberglass installation, installation of aluminum windows, installation of gypsum board, and toilet reconstruction is in progress. The average cost of the Gorkha Foundation built schools are $4000/room and average time to construct is 5 months. For comparative purpose, it appears, average cost of the British Gorkha Welfare type school is $14,000/per room and average time to construct is 12 months. NCNC’s contribution to this School was $40,000.00.

Gorkha Foundation agreed by memorandum of agreement with NCNC to implement our request. In field they are implemented as much as feasible. Please note that Government of Nepal is also doing all it can to promote these kind of technologies. They are posting large posters in tea stalls, houses, offices wherever they can to promote “peti-badhne” system. Lack of ties were identified causes of destruction/failure during earthquake.

I took a picture of this house being constructed right there in Jaubari next to our School. I also took the picture of tea stall where posters were installed.

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Providing access to clean water is one of, if not the most important, grand challenges. The absence of clean water is the cause of more deaths than that of war. Almost one out of six people in the world do not have enough access to clean water. In many developing countries, the lack of water directly affects the health of their citizens. In some countries, almost half of their population has little or no access to water. Only half of the people, who do have access to water, have proper knowledge of sanitation. It is estimated that almost 5,000 children die every day from diarrhea related diseases, caused by the lack of clean water.

So, why do people struggle to have adequate access to clean water? It is not because there is insufficient water in the world. Globally speaking, the world holds water in abundant quantities. The problem is the location of the water and where it is needed. For example, water is mostly needed in Central Africa, near the Sahara Desert, and the Middle East, but the water is sitting unused in Canada. It would require loads of technology and engineering to transport water from Canada to Central Africa, and into the Middle East, after getting permission from the Canadian government. Transporting water from Canada to the Middle East will not solve our problems permanently. It will only solve temporarily until there isn’t enough left for Canadians to use.

We not only need to have the technology to transport water overseas, but we also need technology to increase sanitation of water. Some of the goals that need to be accomplished in order to solve this challenge include creating a sanitation process scientifically, or creating physical bottles that can sanitize the water with ease. There is a lot of research being done in this field, and there are tools that have been able to sanitize water, but it is too expensive to use them. An example would be the Life bottle and the Life Straw devices that are used to sanitize water while drinking. These devices use a method where there are holes in the bottle smaller than the smallest of viruses and bacteria.

There are other processes that could also help us achieve this challenge. The process of desalination is a popular way to turn salt water into fresh water, but it too is expensive to implement for more than 950 million people. The desalination process is extracting the salt from sea water. This process would help millions of people that live next to the ocean in obtaining fresh water. In fact, they have already tried this idea around the world, especially in the Middle East. Saudi Arabia alone accounts for a tenth of the global desalination, where as Israel uses desalination process to provide water for a fourth of its population. There are more than 12,000 desalination plants that are active in the world as of right now.
The two most famous physicists are Albert Einstein and Isaac Newton. But who affected science more?

Let’s start with Albert Einstein. He discovered General and Special Relativity which changed our understanding of space and showed us that something called space-time can be bent by an object with mass and the more massive the object is, the more space-time it bends. Our sun bends a lot more space-time than the planets in our solar system. Albert Einstein also said that the light around stars bends to the viewer and a solar eclipse proved that a few years later.

Scientists just proved that all of his theories were right and his formula $E=MC^2$ was right too. This happened 100 years after Albert Einstein came up with his theory, so this just proves how smart he was. We also know how big the observable universe is. He figured out it is 92 billion light years and it is that big because the light takes time to travel. He also figured out one light year is 9.5 trillion.

Then, there is Isaac Newton who discovered gravity and has his laws of motion. He said a force called gravity can make one object affect another and that the more massive an object is, the more gravity it has. Even though he was smart, someone else might have discovered gravity a little after him if he didn’t discover it. He did affect science in a lot of other ways like his forces of motion and his theories did lead to us understanding space a lot more. If it wasn't for him, we might have never understood what gravity is.

It is hard to determine who affected science more but there are different categories for science such as physics, astronomy and many more to help us choose. For astronomy, it was Isaac Newton and for physics, it was Albert Einstein. Albert Einstein affected science more overall because there were a lot of smart people at the time when Isaac Newton thought of his theories so they might have had some influence on him but Albert Einstein’s Theory of Relativity is too complicated for anyone in that time to figure it out.

Einstein also showed us that the radiation caused by the sun can affect us but we have a magnetic field that protects us from it. His gravitational waves theory showed us that neutron stars or black holes colliding can create gravitational waves that are 1-4000 of a width of a proton which will help us understand “Wasp-17 B” as a planet.

I think Albert Einstein affected science more because he had a lot of contributions to gravity and relativity but Isaac Newton’s theories were mostly right but 25% or more of his work was wrong. Another reason I think Albert Einstein affected science more is because if you think about it, all Isaac Newton did was discover gravity while Einstein discovered photons, relativity in 2 forms and his light theories lead to the invention of the TV.

Albert Einstein’s Relativity and space time predicted that anything that passes a black holes event horizon will be shredded into atoms. Albert Einstein affected science in many more ways overall than Isaac Newton.

Einstein also created his own refrigerator which was very hard to build at the time. His link with energy and mass was intriguing but questionable to a lot of people like Max Plunk (helped Einstein prove his theory of general relativity) and other smart physicists at the time. In the beginning, no one thought Einstein would be a very smart physicist but he became the most brilliant physicist. So it looks like Albert Einstein wins the battle of who is the best physicist.
Preserving Nepali Culture and Identity in the Melting Pot of North American Life

By: Ayushma Sharma
Panther Creek High School, Grade 10

“Jaso gara, je bhana, jata sukai laijau malai, yo maan ta mero Nepali ho.”-1974 AD. For millions of Nepalese immigrants around the world, these fourteen words are ideal in explaining the feelings of being away from home. Leaving behind roots, family, traditions, the divine natural beauty and rich culture is perplexing. However, nearly ten percent of Nepal’s population has migrated abroad. The question is, why? For many Nepalese immigrants, it’s in hopes of providing their children with better opportunity. Growing up as the child of Nepalese immigrants living in the United States, I’ve been fortunate to experience the best of both worlds.

As said by Frank Smith, “One language sets you in a corridor for life. Two languages open every door along the way.” In a country with cultures and traditions much different than Nepal’s, it can get difficult to maintain your roots. This can cause Nepalese children to forget their mother tongue. One major factor in preserving Nepalese identity is speaking the language. Therefore, learning and upholding that skill should be a priority for all Nepalese, no matter where they are raised. Although I was just three years old when we migrated to America, I remember so vividly, during the flight, having a talk with my parents about the value of our language, and how crucial it is to never forget it. That day, we made a rule that has greatly impacted my life. We decided to speak only in Nepali at home. Because of this, I am fluent in speaking Nepali. Knowing and practicing our mother tongue is a preeminent way to stay connected with our motherland. It is unquestionably a skill to pass on to the future generations.

Holidays and festivals are times of joy, laughter, love and celebration. Being a Nepalese child growing up in America, I’ve had the opportunity to celebrate both American, and Nepali holidays. Although I love the carols of Christmas, and the pies of Thanksgiving, nothing compares to the festivals of Nepal. All Nepali festivals are incredible, but I cherish Dashain the most. Nothing beats the aroma of “Khasi ko Masu”, and “Kakro ko Aachar”. Ever since my schooling, it’s been a tradition to stay home for Dashain. When my friends ask about my absence, it provides me an opportunity to explain about our magnificent festival. I elaborate about ten days of Dashain and why the tenth day is the most important. It makes me proud that I am able to spotlight our marvelously rich heritage. Even 7,926 miles away, because of our wonderful Nepalese community, I have gotten the opportunity to experience, learn and teach our prestigious culture, first hand. From this, I’ve learned that amidst the multitudes of American holidays, Nepali festivals always stand out.

My favorite aspect of the Nepali culture, is the value that we give to our family. Throughout the years of living in America, I have observed quite a lot. I made conclusions that Nepalese and American children are raised quite differently. Generally, in a Nepalese household, children are raised to become interdependent. Many grow up in a big, joint family. Living in a joint family for the first three years of my life has played a huge role in who I am today. Being raised to become interdependent, we are taught to never use the word “mine”, but instead to use the word “ours”. Occasionally, I tease my little brother by playing with his toys. Typically, he yells “that’s mine, not yours! Put it down!”, and I listen. One day,
my mom heard our argument and explained that in our family, nothing is just mine or his, but instead, it is ours. Contrastingly, American children are raised to become independent. They grow up living with just parents and siblings, which provides more space for self-dependence. For example, In American families, after getting driver’s license, kids ordinarily manage their own schedules. They have a curfew, and as long as the curfew is met, they manage their time entirely. In Nepalese families, parents play a much bigger role in kids schedules. Generally, in American households, children are encouraged to leave the house once eighteen, while Nepalese kids are encouraged to stay long as they want. There are many differences between the American, and Nepalese way of raising kids. However, raising your child the Nepalese way gives them more support throughout their life, especially during the school years. It later helps them to become more aware, prepared, and knowledgeable in life.

Even the best things in life come with a pinch of bad. The only thing I would change about being Nepali is the big expectations that comes with it. Everyone is bright and talented in some way, whether it be athletically, intellectually, or artistically. I know that all parents want the best for their children. For some kids, high expectations may be a source of motivation. But for some, those high expectations may cause the child to feel as though he/she is never good enough. Putting myself into the shoes of parents who left behind everything for their children, I entirely understand the motive for their big expectations. However, not everyone is the same and it’s not fair for a child to be compared with others in any circumstances.

I am so proud to call myself a Nepali. There is so much to love about the culture and traditions passed on for ages. I am so beholden that even oceans across, I have gotten a chance to learn and practice my beautiful heritage. Last summer, during my trip to Nepal, my favorite pass time was reading road signs. For my cousins growing up there, it was quite silly, but for me, it was special. It makes me beyond proud knowing that I can speak, write, and read my mother tongue. I am beyond gratified to be living the best of both worlds. No matter where I live, in my heart I will always be a Nepali.
Every day more and more people are becoming immigrants. Many of them are moving from developing countries to developed ones. Whether or not for good remains unclear to them. With them, they take their hopes, dreams, and children, who they do it for. With them, they also take their culture. Culture, wherever they go, will follow them, and wherever they go, they will be met with new cultures and new holidays.

Our cultures are one of the many things that make us unique from every other species on the planet. Each and every culture is a different and complex manifestation of ideas, events, and achievements that help define who we are. An acceptance and relationship between people of different cultures can help us come together. However, a lack of understanding and an attempt to accept, between and within cultures can be a huge barrier to a proper development of relationships between ethnic, cultural, and religious groups, or simply, people.

There are many occasions that are celebrated by a child’s parents and the people around them but it is only celebrated like a “sample” of a culture, and as silly as it may sound, it is what it is. The child doesn’t understand why something is done, why something is celebrated, because the parents don’t explain it with enough detail and context. Having left everything behind, they don’t even have enough family members to celebrate the festivals and holidays. Because of this, much of the culture is lost from generation to generation. At times like this, people of the same culture gather and become a family.

They say you change personality with language. You don’t just change personality with language. You change lives. You become another person, you either take off the mask or put it on. We just want to be accepted. Doesn’t everybody?

Everywhere I go I see people that come to America from other countries or the children of those immigrants. They try so hard to fit in. We all do. You could say it’s an identity crisis. Where do we belong? Who are we? What cultures and customs do we follow? Sometimes we try to become people who we are not and sometimes the people we become are the people that other people expect us to be. Sometimes, we become the people we were meant to be. We change. We adapt. We learn.
विजया दशमी र दीपावली २०७३ को उपलब्धता सम्पूर्ण नेपाली

दाजुमाइ तथा दिदीविभिन्नतरुणा हार्दिक मंगलमया

श्रुभ्कामना व्यक्ति गर्दछौँ ।

आर्नित, आयुष्या, पूजा तथा बहु शान्ति परिवार, मोरिसंगिनि, नर्थकेरोलिना

विजया दशमी र दीपावली २०७३ को उपलब्धता सम्पूर्ण नेपाली

दाजुमाइ तथा दिदीविभिन्नतरुणा हार्दिक मंगलमया

श्रुभ्कामना व्यक्ति गर्दछौँ ।

सुझित, सुरिसता तथा इमाना श्रेष्ठ

विजया दशमी र दीपावली २०७३ को उपलब्धता सम्पूर्ण नेपाली

दाजुमाइ तथा दिदीविभिन्नतरुणा हार्दिक मंगलमया

श्रुभ्कामना व्यक्ति गर्दछौँ ।

विक्रम, उषा, विभुषा एवं युग गोतम

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विजया दशमी र दीपावली २०७३ को उपलब्धि र सम्पूर्ण नेपाली दाजुमाई तथा दिदीविहिनीहरूमा हार्दिक मंगलमय शुभकामनाह म्यूक गर्दछौं ।

德拉. लिका तथा अधिकारी परिवार
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ছুঁয়ু ছুঁয়ুকাও সংসার

- গহরশায়াম পৌলেল

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Miley Cyrus in 1996: “Getting more money, having more hits, being lead in the movie – those things might stimulate you, but they don’t make you happy.”

Female First Magazine

Economics

Theory Law

Of Diminishing Utility

"..."
Suzi Orman

“Happiness is not tied to how much money you have – how much you had in the past or hope to have in the future – but how you deal with what you have right now.”

(Janardan Mishra is a retired civil servant of Nepal Government and currently reside in Chesapeake, Virginia with his family.)
रुद्रदास सुमेर्से

चीरहरण- नारी उत्पीड़नको महाभारता
- विजय स्याले

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खेलकुदलो जोडेको मनहरु

- जितनामा बरसेत

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e l n a n t p P f f d f M o d g u f l f d G 5 \} h 6 g \} . s f f d f k u k 15 \}; f f L e t 0 x \} ; G e \} 3 f 6 x 6 5 . \} s l n n \} s f x f f b M \}; h a t 15 6 5 . \} b g \}; b l g / t \}; e s f f \}; l s f s f / a f f f f 0 l f / x 6 5 g . \} j o f k f f . \} j o j f f f \}; f c k j f . \} f f h f s / L f c f t g k k f g / u l 6 5 . \} l a g \} b M w L . \} c f k t l j k d f k / 3 f x z n 1 0 \} 1 : f f k k o t p g . \} s o f L n x t x c u 6 5 . \} g \} s c l \} d o c l 3 \} a N d L s f s 5 o F 6 ; / k 1 L c h \} l z f s f / d t k f s h e 0 B f l s f j p k r / f s f / l y D t ; \} s o f k l s d p T P / g p s f \} k l l / f / f l 0 \} f f 1 T O P F s f / l y x g . \} o f c k M 0 \} \} k \} f t c t e x f g \} n f f a g f a f 6 z \} u / P s f s / l y n . \} e l f s e 0 0 l f s f j o / j 0 \} D n f / l 6 4 G . \} K n f G 6 . \} s f o \} l m n \} k d f . \} D k G g e P s f . f \} 5 .

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issue 16, Year 16
Constitution

1911

1911

1947

1949

1949
विजया दशमी र दीपावली २०७३ को उपलब्धता सम्पूर्ण नेपाली
दाङुभाई तथा दीदीबंधिनीहरूको हार्दिक बधाइहरू
शुभकालिनी व्यक्ति गर्दछौं।
कमल, कोकिला तथा शापा परिवार

विजया दशमी र दीपावली २०७३ को उपलब्धता सम्पूर्ण नेपाली
दाङुभाई तथा दीदीबंधिनीहरूको हार्दिक बधाइहरू
शुभकालिनी व्यक्ति गर्दछौं।
ईश्वर तथा कमला देवकोटा

विजया दशमी र दीपावली २०७३ को उपलब्धता सम्पूर्ण नेपाली
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शुभकालिनी व्यक्ति गर्दछौं।
लेखनाथ, राजेष्वरी तथा प्रसिद्ध दुलाल
NCNC Participating in Lazy Daze Festival 2016

Nepali New Year 2073 Celebration: More than 400 Nepali and Non Nepali people participated during our New Year 2073 Celebration

NCNC Youth Volunteers during NCNC Adopt-A-Highway Program

Local Talents Starting Dashain 2072 Celebration with Mangal Dhuun

A Glimpse of collaboration of NCNC Nepali School and Greensboro Nepali School during their visit to our school at Cary Arts Center

NCNC BODs donating blood during Blood Drive 2016

NCNC Nepali School Kids Celebrating Saraswati Pooja 2072

NCNC Nepali School Kids visited local Buddhist Temple to Celebrate Buddha Jayanti
2015 International Festival: Nepali Kids answering questions of Curious Americans

Nepali School Kids singing Nepali National Anthem during New Year 2073 Celebration

NCNC Blanket Drive: 450 Blankets were distributed to the residents of Goganpani and Khadadevi in Ramechhap district from the Earthquake fund

Participants dancing in NCNC Membership Appreciation Picnic 2073

Nepali New Year 2073 Celebration: Newly Elected BODs and Advisors formally recognized during New Year Celebration

Local talents performing in Nepali New Year 2073 Celebration

Ladies performing Teej Pooja 2072 at HSNC Temple

NCNC Fagu Purnima Celebration 2072
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- Landlord
- Vacant Land
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