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- NCNC in the eyes of American Friend
- How was the experience decades ago?
- Aspiring Youngster: Sukrity Dhungel
- NC Nepalese in the news and many more...
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We wish you all
Happy Vijaya Dashami & Dipawali 2019
May this Festival Bring Peace, Prosperity, Happiness, Success &
All good things to you and your family

Dr. Chandra, Tejaswi, Medhawi & Ashwat Giri
Editorial

We are very pleased that the 19th issue of Sangalo (collection), the official publication of Nepal Center of North Carolina (NCNC) is in your hands. In this issue of Sangalo, we chose to feature Visit Nepal 2020 on the cover page of the magazine to reinforce the fact that Nepal remains the pristine place on the planet earth to explore and praise its beauty. NCNC urges everyone to consider visiting Nepal in 2020 and also requests all Nepali organizations around the world to spread the message to make the campaign a grand success.

After the success of Visit Nepal Year 1998 and Nepal Tourism Year 2011, the Tourism Board of Nepal introduced the Visit Nepal Campaign 2020. The campaign was first announced in 2015 to be held in 2018 but later postponed to 2020. The devastation caused by the earthquake in 2015, the crawling upgrading activity of Tribhuwan International Airport and delayed construction of Gautam Buddha International Airport in Lumbini, and improper transportation infrastructure led the Tourism Board to postpone the campaign to 2020. Works are underway to finish construction of Gautam Buddha International Airport before 2020 and the government has planned various activities throughout the year to surpass the target of 2 million tourist arrival in 2020. Currently, the country sees nearly one million tourist visitors yearly. Nepal is fifth among the Top 10 countries to visit in the world and number one in Best Valued Destination in the World, according to Lonely Planet’s annual Best in Travel List in 2017. Besides disseminating the information about Nepal to potential travellers, Sangalo also sheds lights on the achievements of Nepalese immigrants living in North Carolina. In this issue of the magazine, we are featuring prominent Nepalese entrepreneurs who took the business risk and managed to turn that into meaningful return. We hope the advice from these experts would be of significant value to aspiring newcomers vying to venture into the world of entrepreneurship. We’ve also asked senior members of the community to share their experience which is an interesting read in itself. Sangalo has also been featuring the achievements of our youngsters to cheer their progress. In this issue, we are featuring Sukrity Dhungel, who made it to the Top 5 list of Miss Nepal USA. The issue is also a collection of views expressed by other community members in various forms. It took a village to bring this issue of Sangalo in its current shape and we express our sincere gratitude to NCNC executive committee, writers and contributors, and all the individual and business advertisers who chose to patron Sangalo. Despite our due efforts, there could still be some errors and omissions. We apologize in advance for these deficiencies and expect your valuable suggestions to make Sangalo better in days to come. Finally, the board of editors would like to wish all the community members a very happy Dashain & Tihar 2019!
President's Message

Respected Community Members,

HAPPY BIJAYA DASHAMI AND TIHAR 2076!

This is again the time of the year and I feel highly honored and privileged for the opportunity to wish all of you and your families the happiest Bijaya Dashami and Tihar 2076. On behalf of NCNC Board of Directors, my wife Puja, and my kids Ayushma & Aarnav, I wish that the upcoming festivals be the harbinger of good health, prosperity, success and happiness in every step of your life ahead. May Goddess Durga and Laxmi bestow all of you with her blessings!

For the last 20 years, NCNC has been working consistently to preserve the cultural heritage, traditions and customs of Nepal and to protect the Nepalese identity. Celebrating festivals like Dashain and Tihar together with all community members creates the exuberant feeling of togetherness and homely despite being thousands of miles away from home. It also helps us to protect and pass on the goodness of our rich traditions and cultures to the future generations and the broader community. In a long run, it will help us to strengthen our roots and engrave our unique identity in the hearts of our future generations.

In my close association with NCNC for last 10 years, I have been very fortunate to witness its proud history, an incredible growth, and very rich social and moral values. This flourishing Nepalese community has provided volunteers like me with an implausible opportunity for community service. It has been a wonderful opportunity for me to serve this community as the president of NCNC for the years 2018-2019. Our dynamic team have thriven to work diligently to maintain the dignity of NCNC and propel its proud history further by means of several community activities. Few of the signature community activities include the weekly Nepali Pathashala, Adopt-a-highway and Blood Drive. In order to meet our goals of preserving the cultural heritage, traditions and customs of Nepal; promoting Nepalese arts, literature, music, dances and customs; promoting educational, charitable, social and sport activities; providing networking opportunities for its members; providing assistance to increase the welfare of the people of Nepal; providing information and moral support to Nepali immigrants, students and new comers with the integration in to the mainstream of the USA and providing emergency support to the people in need; we organize countless activities for the community throughout the year. I would like to take this opportunity to thank each and every volunteer for your selfless service and wholehearted support, contribution, dedication and participation in these activities. As Mahatma Gandhi said “Satisfaction lies in the effort, not in the attainment, full effort is full victory”, all of us just need to keep on contributing on our part and transformation will happen spontaneously.

Nepalese are one of the fastest growing communities in North Carolina. Since its establishment in 1999, NCNC has been facilitating all of us to be more organized and increase our visibility to the broader community and local governments. In recognition of our significant contribution to the socioeconomic wellbeing of the Wake County, North Carolina and the United States of America as a whole, and the harbinger of good health, prosperity, success and happiness in every step of your life ahead. May Goddess Durga and Laxmi bestow all of you with her blessings!

Finally, I want to reiterate the fact that all these community services have been possible because of this current BOD of highly accomplished personalities with varieties of knowledge and experience. I truly honor each BOD’s leadership styles, spirit, enthusiasm and dedication to the community service. Once again, I would like to congratulate all the BOD members for outstanding accomplishments under each of your committees. “Good actions give strength to ourselves and inspire good actions in others.” - Please continue to serve the community with positive attitude in whatever capacity you could.

“I am only one, but I am one. I cannot do everything, but I can do something. And because I cannot do everything, I will not refuse to do the something that I can do.” – I am very thankful for this great opportunity to serve this community as the president of NCNC, and I will continue providing my selfless service towards the benefit of the entire community.

Sincerely,
Dr. Batu Sharma
President, Nepal Center of North Carolina, Inc.
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Wishing You a Joy & Happiness During This Festive Season.

Happy Vijaya Dashami and Dipawali 2019.

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

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BoT AND ADVISORS MESSAGE

Dr. Thakur Karkee, BoT Chair
As a chair of the Nepal Center of North Carolina Inc. (NCNC) Board of Trustees (BOTs) (2018-19) and former President (2015-16), I would like to reflect on the successes this organization has achieved over the years and activities it offers. The success has been possible due to visions and unconditional love of the leaders and volunteers of this organization like you. On behalf of myself and family, I would like to wish you all a very promising and fulfilling festival season and New Year 2020. I hope future will bring to you new hopes, new resolution, and new sprits. Our warm wishes to all!

Ashok Khanal, BoT Member
I will like to congratulate current and past BoD members of NCNC for their outstanding work to preserve our culture and heritage, and giving continuity to it. Nepal Day parade, Run4Nepal, Blood Donation, Nepali School and Adopt-A-Highway are the major works that local communities are benefited from. As Nepali community grows exponentially, there is a need of NCNC’s own community center in this area. There are many ideas floating around to build Nepali Temple and have community center within, which is an excellent idea that majority members agree upon and it is sustainable to run. Last but not least, Happy Bijaya Dashami to all. Let’s be united and work together for the benefit of local communities.

Arun Dhital, BoT Member
NCNC’s long history, dedicated and able leaderships throughout its period from the inception has made NCNC more vibrant. Yearly celebration of festivals like Dashain, Teej, and educational services such as Nepali school for kids is serving well for the Nepali community to preserve Nepali culture and language among second Nepali generation. Programs like Nepal Day, Blood drive and Highway cleanup are noble ways to serve the broader community as well as means to establish Nepali identity. NCNC’s desire and the work towards building its own community center and place to convene and worship is yet another exemplary goal. Even though, there has been some concern of NCNC not been able to reach out to younger generation and broader community, I am sure we all can set aside our ego, and mend small differences and work for common good of the whole community. My best wishes to all Nepali community members and NCNC leadership team.

Manoj Pradhan, BoT member
Happy Dashain and Tihar 2076! My best wishes to all of you.
I would like to congratulate the current executives for successfully carrying out the multitude of NCNC programs and bringing the community members together in all the activities. I hope this harmonious effort will keep continuing like a Himalayan river forever.

Udhav Karki, BoT Member
Dr. Dasharath Lohar, Advisor

Namaste! It is a great pleasure to see another issue of Sangalo presented to the community by Nepal Center of North Carolina (NCNC). In the last 20 years, we have grown many-fold not only in numbers but also in the range of activities that we do as a community. In spite of challenges in meeting expectations of an ever-growing community, I commend the tremendous efforts of NCNC officers in bringing quality programs for us. We continue to mature as a community in a faraway land in choosing our representatives and interacting with the larger community we live in. Our scriptures said, Sanghe Shakti Kaliyuga (unity is the strength in Kaliyuga, the present time). May we all remain united as a community in preserving our Sanatana tradition, and serving the land we call home.

Dr. Achyut Sharma, Advisor

Congratulations to the Nepal Center of North Carolina (NCNC), on the proclamation of an annual Nepal Day by the government of Wake County, North Carolina. I would like to thank the executive committee of NCNC for their hard work and their involvement in community service. In particular, I would like to thank the NCNC for their cultural programs and social activities supporting the Nepali Community. I wish to see their continued service towards benefitting the Nepali community in North Carolina. I am so proud to have such a dynamic team members of executive committee.

Dr. Sushama Pradhan, Advisor

NCNC has come a long way from being an organization with only a few activities a year to more than an activity a week. It shows the tremendous growth and success the NCNC has achieved over the 20 years. It would not have been possible without the persistent passionate effort by NCNC, volunteers and community members - present and past. Our activities have grown in many directions - culture celebration (Dashain, New Year, Teej, Deusi-Bhaiyo), language preservation (Nepali School, Bhanu Jayanti, Sangalo), local participation (Spring Daze, Lazy Daze, International Festival), social service (Adopt-a-Highway, Blood Donation) and our own Nepal Day celebrations. Our primary aim to preserve culture and identity, and progress as a visible community in this land of the melting pot is happening due to our multifaceted activities. As an immediate past President and a founding member, it gives me great pleasure to see this happen and would like to thank all the community members for making it possible. HAPPY BIJAYA DASHAMI EVERYONE.
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May this festival bring peace, prosperity, and happiness to your family!
MOTTI K.C. & FAMILY

WE WISH YOU ALL HAPPY VIJAYA DASHAMI AND DIPAWALI 2019!
May this festival bring peace, prosperity, and happiness to your family.
DR. AGHUYET SHARMA & MINA SHARMA
August 19, 2019

Dear Nepalese Community and Members of the Nepal Center of North Carolina,

As chair of the Wake County Board of Commissioners, I would like to send you warm greetings as you celebrate Dashain and Tihar and thank you for your contributions to our community. It was my pleasure this year to honor our Nepalese population by officially proclaiming the third Saturday of April as “Nepal Day” in Wake County and by participating in your celebration.

Wake County is growing by an average of 63 people a day—12 of those people are moving here from other countries, including Nepal. Each person who comes here brings different experiences, knowledge and perspectives. Diversity is one of our biggest strengths.

With your presence here in Wake County, you contribute to the cultural, academic and economic richness of our community. Your presence and contributions enhance our community and make Wake County among the best places to live, work, play and learn in the world.

Thank you to the Nepal Center for the important work that you do, and best wishes for the year ahead. Please always know that you have a friend in me.

Sincerely,

Jessica N. Holmes
Chair, Wake County Board of Commissioners
Dear Nepalese Community,

I am honored to have the opportunity to thank you for your friendship and contributions to help make North Carolina a great place to live and raise a family on behalf of the entire Morrisville Town Council. In Morrisville we recognize that our strength is in our diversity, and we value each and every member of our community. We all come from different parts of the United States, and from different parts of the World, and we each bring our own unique perspective and traditions.

The greater Morrisville Region is very fortunate to have a large Nepalese community that chooses to devote their time and energy to helping others and building community. From blood drives, to litter sweeps to sharing the benefits of Yoga with your neighbors, you have inspired us and many others.

One of our community highlights this year was the NCNC Nepal Day Parade 2019 in Morrisville. Many people, including numerous dignitaries, came out to celebrate the Nepalese community. We truly enjoyed all the friendly faces, colorful clothing, beautiful dance performances and other festivities. In addition to those who participated directly, many residents came out to enjoy the parade and join the celebration in the park.

It was my honor to recognize the contributions of the Nepalese community to Morrisville with a public proclamation in 2019. I want to thank you for choosing to make your home in North Carolina. Every time you share a smile or conversation with a neighbor, we are a stronger community. Thank you for your continued contributions to the rich tapestry of cultures which has helped Morrisville be a vibrant, inclusive community, and great place to raise a family.

All the best,

TJ Cawley
Mayor of Morrisville on behalf of the Town Council of Morrisville
www.TownofMorrisville.org
Nepal Center of North Carolina

October 5, 2019

My Dear Nepalese Brothers and Sisters,

A few months ago, I attended the musical Alexander Hamilton at the DPAC, a moving musical tribute of an immigrant, who would go on to become the nations’ ten dollar founding father, serving at the side of President George Washington.

As I look at the growing Nepalese American community in the Triangle Region, I see many Alexander Hamiltons. Americans, like you, who have left their motherland, to take their shot to greatness in North Carolina and the United States of America.

As an elected official in Wake County, I am very proud of the remarkable cultural, economic, and spiritual transformation each of you are bringing to the State of North Carolina.

Your remarkable flight in North Carolina will continue to soar to the greatest of heights!

Komal, Sonia, Rayan and I wish each of you a very Happy and Prosperous Dashain and New Year!

Sincerely,

Steve S. Rao
Council Member At Large, Former Mayor Pro Tem, Town of Morrisville
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ASPIRING TO START A NEW BUSINESS?
HEAR FROM THE EXPERT ENTREPRENEURS

North Carolina houses Nepalese immigrants from all walks of life – people working in blue collar jobs to those working in white collar jobs. And there are the entrepreneurs, who by definition organizes and operates a business or businesses, taking on greater than normal financial risks in order to do so. In this issue of Sangalo, we are featuring some selected Nepalese entrepreneurs from different sectors with a goal of providing expert advice to the newcomers aspiring to start a new business. We hope such advice would be very beneficial to the entire community.

Note: We reached out to as many entrepreneurs as possible living in the RTP area to collect their information, but few of them declined our request.

Q. Please provide a brief summary of your business:
A. Equagen is a full-service multi-disciplinary engineering and design firm with a dedicated team of experienced personnel providing a full range of cost-effective engineering, and construction management services. We cover wide range of markets such as power, industrial, building, oil and gas. Its main office is located in Cary, NC with a branch office in Houston, TX.

Q. What prompted you to start the business? What were the underlying motivational factors? What previous jobs did you have?
A. Passion and Self-expression. Starting my own business allowed me to make a living while pursuing something for which I had a strong passion. Owning a business also allowed me to be more creative and express myself.

Before I came to US, I was a lecturer at Institute of Engineering, TU, Nepal. My previous employment in US included Senior Engineer at Entergy Corporation and Duke Energy, and Principal/Engineering Manager at Siemens.

Q. What knowledge and licenses you had to acquire before starting the business? Did you get any help from fellow Nepalese in the process?
A. You will need a professional engineering license. NC law requires that the firm must have two-third of its members licensed professional engineer to perform engineering services in North Carolina.

Q. What was your initial investment (approximate) for starting the business? Did you take any loans? If so, please summarize the process of applying for a business loan.
A. I had an initial investment of $100K. I was not able to get a business loan, but I did have a home equity line of credit. In my experience, it was very difficult to get a business loan from the bank for a start-up. To get a business loan, you will need a good business plan, so I recommend writing a business plan before you start a business. A good business plan guides you through each stage of starting and managing your business. You’ll use your business plan as a roadmap for how to structure, run, and grow your new business. It’s a way to think through the key elements of your business. You can use this business plan to get funding or bring on new business partners. Investors want to feel confident they’ll see a return on their investment. Your business plan is the tool you’ll use to convince people that working with you or investing in your company.

Q. What was the break-even period? How did you manage to go through the period?
A. For me, the period lasted for 5 months. I used my initial investment to maintain the cash flow.

Q. What are the financial risks and gains one has to consider before getting into a profession you are in?
A. When you have a steady job, your financial risks are very low. You can rely on your paycheck to come in regularly and you know what to expect. Starting a business means that your stable income may disappear, especially if you are going full time. This is a huge financial risk that I calculated before I started a business. It is probably one of the most uncomfortable parts of going out on your own.

Q. What would be your suggestion to an aspiring entrepreneur trying to start a business similar to yours?
A. Cash flow is one of the most common reasons for startup failure. If you have a steady job, you set up a business before you leave your current job. Write a business plan, obtain all required business permits/licenses, ensure you will not have a cash flow problem for few quarters and then you may quit your current job.

Identify best opportunities and focus on few things first. You have to understand how your market is evolving.
Q. Please provide a brief summary of your business:
A. We (I, UpendraThapaliya and TilochanDawadi) own Indian Nepalese restaurant located at 2412 Hillsborough Street, Raleigh North Carolina. The name of the restaurant is Kabab and Curry. We started the business in 2014. We have a long history of working and managing (combined experience of 50 years among partners) in very successful Indian restaurants. Kabab and Curry is one of the best Indian-Nepalese restaurants in North Carolina. In 2018, it was voted as the best Indian restaurant in Raleigh and it was aired by ABC local news. We believe in quality and our team at Kabab and Curry has been able to live up to its expectations serving delicious Indian and Nepali cuisine in and around RTP.

Q. What prompted you to start the business? What were the underlying motivational factors? What previous jobs did you have?
A. Financial freedom and our passion for cooking and serving. Even though we previously had good paying jobs (and still hold those jobs), we looked into additional income as a backup plan if we somehow lose our jobs or some unexpected circumstances happens in the family. While consistently working in restaurants in almost all positions so effectively, we gained so much knowledge on how to run the restaurant business.

Q. What knowledge and licenses you had to acquire before starting the business? Did you get any help from fellow Nepalese in the process?
A. If I try to explain the steps you need to follow to open up the restaurant business, it might take a lot of space. In brief, you will have to submit the floor plan including engineering drawings with the food permit applications to the city permit department. The city will review and approve the plan. You will have to meet the city and county codes. The city and environmental services will inspect all the upgrades, equipment, fixtures Layouts etc. and issue permit to serve food. For Liquor permit, I would suggest to visit North Carolina ABC commission website and follow retail permit requirements.

Q. What was your initial investment (approximate) for starting the business? Did you take any loans? If so, please summarize the process of applying for a business loan.
A. Our initial investment was $150K. We used our savings, so we did not have to take loans. However, in my other businesses we have taken SBA loan. SBA loans are business loans guaranteed by the Small Business Administration. If anyone is interested to learn about it, he or she can reach out to me.

Q. What was the break-even period? How did you manage to go through the period?
A. We started Kabab and Curry in January 2014. We applied and used business credit card to buy for one month inventory, then whatever left in our business accounts covered all the other expenses. We were break-even from the very next month, February.

Q. What are the financial risks and gains one has to consider before getting into a profession you are in?
A. Restaurants business is a very tough business. If you don’t have a good past restaurant working and managing experience, I would not suggest to go into this business. Serving food can be risky business as well because there is a lot of competition and it is necessary to be on top at all times in order to make a good profit. If things work out in the restaurant very smoothly and people love the food you are serving, it gives a very satisfying feeling and makes you financially secured at the same time.

Q. Please share any other relevant factors or your unique experiences not covered above?
A. In addition to Kabab and Curry, I am involved in another restaurant located in Wendell North Carolina which is called Everest Kitchen. Everest Kitchen serves Indian, Chinese, Thai and Nepali cuisine. As I had Gas Station while I lived in Massachusetts, I decided to use my experience to buy new convenience store with Gas station here in North Carolina. As a result, I and my longtime friends (classmates) GirwanPokharel and Rajesh Adhikary teamed up and bought Gas station in Graham North Carolina in 2016. After Rajesh moved out of state in 2018, Naba Raj Dhitla has joined the team.

Q. What would be your suggestion to an aspiring entrepreneur trying to start a business similar to yours?
A. If you have a business, then you are your own boss. You are the one in control. You can bring your ideas and apply to benefit you and your family. You are helping your customers and community. Starting your own business can be tough, but it gives you financial freedom. So, I encourage to get into the business of your interest and expertise.
Q. Please provide a brief summary of your business:
A. I am the CEO of Everest Technology Services LLC. Under this LLC, we have three main businesses, Real Estate, Professional Technical Services and Retail. The LLC was registered in Durham County in 2015. The total revenue is approximately three millions. In this piece, I will focus my discussion on real estate business.

I am an independent Real Estate Agent, affiliated with Lifstyl Real Estate Raleigh. I started this business in April 2016. My expertise is to help buy, sell, and lease residential and commercial properties. I also provide help in securing loans and provide a wide range of real estate services.

Q. What prompted you to start the business? What were the underlying motivational factors? What previous jobs did you have?
A. I am passionate about serving community-at-large. What better way to serve, then to make their American dream of home ownership, a reality! Working for resettlement agencies for over 10 years, made me aware of how difficult it was for new immigrants to navigate the real estate world and eventually buy homes and businesses. The passion to help people to realize their dream, is the underlying motivational factor that prompted me to start my real estate business.

I had a wide range of jobs in the past, from school teacher in Nepal to university administrator in Canada. In Bangkok, I worked as Chief Administrator of renewable energy project funded by the European Commission. As project manager in the United Nations Environment Program (UNEP), I was instrumental in producing Environmental Atlas of Change series that produced over 10 atlases of environmental change. I entered the field of resettlement in 2008, when the Bhutanese refugees started being resettled in the U.S. I worked as Resettled Coordinator at Lutheran Social Services of South Dakota, until I moved to North Carolina in 2015. Currently, I am an Employment Coordinator at U. S. Committee for Refugees and Immigrants (USCRINC) in Raleigh.

Q. What knowledge and licenses you had to acquire before starting the business? Did you get any help from fellow Nepalese in the process?
A. I went back to real estate school to acquire knowledge and understanding of the real estate world, and to fulfill North Carolina’s licensing requirements. I attended Fonville Morisey Center for Real Estate Studies for the Real Estate Broker Pre-licensing Course, which is 75 hour in-class introductory level real estate principles and practices course with heavy emphasis on real estate brokerage law and practice. I passed National and State Licensing Exams and became a Licensed Provisional Broker (PB). After additional 90 hours of Continuing Education and one year of active practice, I ‘dropped’ my ‘P’ to become a full Broker, actively facilitating real estate transactions in the State of North Carolina. I was inspired by fellow Nepalese in the business, and should I have requested help, I am sure I would have gotten it.

Q. What was your initial investment (approximate) for starting the business? Did you take any loans? If so, please summarize the process of applying for a business loan.
A. My initial investment to start my real estate business was approximately $5,000, which included tuition, books, and licensing exam fees. I didn’t take any loan; however, loan is available for people who need it. In any business, the first step is to develop a business plan and contact a funding institution (banks, credit unions, etc.) and to do that the best point of contact for anyone wanting to start small business is your local Small Business Administration office and SCORE (https://www.score.org/us-small-business-administration-sba and https://carolinasmallbusiness.org). For business plan, SCORE volunteers will walk you through the process and more. For business loan, the banker will guide you through the loan process. Small Business Administration (SBA) loans are available at low interest rates.

Q. What was the break-even period? How did you manage to go through the period?
A. The real estate business is a low (monetary) investment, high return business, meaning you can break-even within your first few transactions. Since this is my part-time job, break-even period was around six months. Personally, I felt that the time and hard work that went into getting my license and keeping it active was more of an investment. Thanks to my family, friends, and Nepali community members who have trusted me, and stuck with me through the start-up period and beyond!
First of all, I am very glad and happy that NCNC is publishing Sangalo. I am sure that there will be very useful and knowledgeable information available in the Sangalo. I really appreciate NCNC family for giving me a chance to express my opinions and experience.

Q: Please provide a brief summary about the business:
A: In the beginning of 2015, I started a convenience store as my first business and registered a company named Diamond H Inc. in Newton Grove NC. We had about 4 people working together to run the business at the time. I purchased a running franchise business therefore it was already doing good sales which helped to grow the business even faster with making satisfactory income. Now in 2019, I own the same business in Glenwood Ave Raleigh NC.

Q: What prompted you to start the business? What were the underlying motivational factors? What previous jobs did you have?
A: Even though as a profession I was in the educational field (resource person) in Nepal, we also ran a business together with the family. Perhaps that was the reason I am interested in owning a business. Here in the United States, previously I worked in convenience stores and manufacturing company as well.

Q: What knowledge and licenses you had to acquire before starting the business? Did you get any help from fellow Nepalese in the process?
A: Definitely, to start any kind of business we should have some knowledge and skills about the related field. The kind of business that I started did not require any specific license. Of course, many Nepalese friends helped me through lots of ways in the beginning and I am very fortunate and thankful to them.

Q: What was your initial investment for starting the business? Did you take any loans? If so, please summarize the process of applying for a business loan.
A: When I started the business it was very different than how it is now. However initially the investment was around $50k to $100k plus liquid assets but it depends on the location and volume of the business. In my case, I didn't get any loan towards the business.

Q: What was the break-even period? How did you manage to go through the period?
A: Starting a business is not easy, it is very difficult. We have to follow all the rules and regulations of the county and state. We have to be up to date for every inventory and sales of the business. We have to pay rent, taxes, salaries and other bills for the business. Sometimes it is very difficult to manage those bills. And I had to work myself to minimize the labor cost etc.

Q: What are the financial risks and gains on has to consider before getting into a profession you are in?
A: We need to invest large initial amount to start the business and there can be a risk if we don't follow the
Q. Please provide a brief summary of your business:
A. I am providing financial services since 2014. Life Insurance, Retirement planning, Investment, Real estate are the key areas. I have offices at Garner and Fuquay-Varina. Prior to these things, I did retail business, restaurants, fast foods and liquor stores.

Q. What prompted you to start the business? What were the underlying motivational factors? What previous jobs did you have?
A. I always want to do my own things. This gives me pleasure. Financial freedom, Time management and belongingness are the factors that motivates me to do own business. I graduated as computer science major but never did any jobs. After graduation in the year 2000, I started liquor business.

Q. What knowledge and licenses you had to acquire before starting the business? Did you get any help from fellow Nepalese in the process?
A. In our business, basically we need financial product knowledge, taxation and business-related laws. We need work related licenses like Life Insurance license, Health Insurance License, Real Estate agent license etc. The main thing is continuing education that should be done every year. Mr. Rabin Karki who has been associated with the similar business helped me and still supporting me.

Q. What was your initial investment (approximate) for starting the business? Did you take any loans? If so, please summarize the process of applying for a business loan.
A. Investment in service business is lower in comparison to other businesses. Anybody interested should feel free to contact me without hesitation.

Q: What would be your suggestion to an aspiring entrepreneur trying to start a business similar to yours?
A: You may have an idea for a product or service that meets an unfulfilled need in the marketplace. I believe that, when you start your own business, you have the opportunity to earn an unlimited income based on your own efforts. This differs from working for a company where your income may be limited by a salary. Owning a business allows you to be more creative and express yourself. And you can also create additional products or services to meet customer demands.

Q: What was the break-even period? How did you manage to go through the period?
A. I owned a running business. It had already recovered cost. However, investment portion was recovered gradually. I have invested my own saving to start the business.

Q. What are the financial risks and gains one has to consider before getting into a profession you are in?
A. Every business has own risks and advantages. As there are various knowledge and licensing requirements, people management is always an essential area in our business. We need people who perfectly understand customers’ needs. A right recommendation will benefit customers and a wrong one will create risk.

Q. Please share any other relevant factors or your unique experiences not covered above?
A. I had spent so many years to do other businesses. But the satisfaction I got after starting this business is immense pleasure. This way I can protect a family and manage the wealth as well. While I close a real estate, I get a great satisfaction. I help people to find their dream homes. Helping others always gives you great pleasure.

Q. What would be your suggestion to an aspiring entrepreneur trying to start a business similar to yours?
A. You must be focused and up to date. You must have people friendly skill. Don’t waste time to do unnecessary things, do the things that needs to be done.
Q. Please provide a brief summary of your business:
A. Mega Inc. dba Mega Spa & Brows. We opened a beauty salon in July of 2014. It is located at 2223 E NC HWY 54 Ste #P, Durham, NC 27713. We currently have 4 employees.

Q. What prompted you to start the business? What were the underlying motivational factors? What previous jobs did you have?
A. Basically, my background is in accounting. In the beginning, it seemed quite hard to establish myself in this field. But few of my family friends recommended me to grab a good opportunity in the job market if you can get an Esthetician License. After being certified as an Esthetician, we decided that it would be a good idea to join forces and start a beauty salon.

Q. What knowledge and licenses did you acquire before starting the business? Did you get any help from fellow Nepalese in the process?
A. Before starting the business, I was determined to have my own license so that I don’t have to rely on others. I completed the licensing process within a year from Texas College of Cosmetology. There are pros and cons of everything and we got the same feedback from fellow Nepalese.

Q. What was your initial investment (approximate) for starting the business? Did you take any loans? If so, please summarize the process of applying for a business loan.
A. For this type of business, you need initial capital for the interior, equipment, and beauty supplies. You have to have some liquid assets and it depends on how you want to start. Regarding the investment, I would say $40,000 to $80,000. Getting a loan is one of the biggest challenges at the beginning. Fortunately in our case, we had assets saved up that we could invest in the business.

Q. What was the break-even period? How did you manage to go through the period?
A. The first year or two after starting a business are the most challenging times because the goal can seem a lot farther than it actually is. After some perseverance, we gained more insight on the business strategies as for what track we wanted our business to take. As a result, we started to gain hope and meet our expected goals by the end of the second year.

Q. What are the financial risks and gains one has to consider before getting into a profession you are in?
A. The biggest thing you have to understand is that it won’t happen over-night. It generally takes a couple of years to grow a business to your standards and you must work hard to make that happen. I would say I worked 24-7 for the first two years which was the biggest challenge. It was very hard to manage time for my family. Obviously, hard work always pays off.

Q. Please share any other relevant factors or your unique experiences not covered above?
A. There are so many hidden challenges that you only come across when you’re in that situation. During one year’s period, at some point we almost thought to quit business. But, because of my family support, specially my husband who had managed some business organizations in Nepal, encouraged me and finally we did it. Last but not the least, competitive market, very low service rate, and mushrooming salon businesses around are the biggest challenges of this business.

Q. What would be your suggestion to an aspiring entrepreneur trying to start a business similar to yours?
A. One thing we have realized throughout our experience is how difficult it really is. The market for our profession has grown exponentially and you have to move strategically to prosper. That being said, owning a business has been one of the most enriching experiences and we have learned so much in the process. Although it is tough path to take, we believe that anyone can achieve their goal if they want it enough.
Q. Please provide a brief summary of your business:

A. I have several businesses in North Carolina (Tax Service, Realtor, Construction, and Restaurant), but my very first business was Liberty Tax Service, which I started in the year 2003. Since then, I have gradually added offices in various other locations around the Triangle. Now I have several tax offices. Business is not just about making a profit, but also about creating job opportunities and helping make people’s life easier. I will be more than happy to share any information with anyone interested in starting a business.

Q. What prompted you to start the business? What were the underlying motivational factors? What previous jobs did you have?

A. I moved from Nepal in the year 1997 to Maryland. At first, it was very difficult because I came without my family to a place where I did not know anyone. I encountered differences in culture, work environment, and people’s behavior. It took a long time and lots of struggle for me to eventually settle in North Carolina with my family. The years before starting Liberty Tax, I worked for IBM. During those years, I researched a lot about starting a business and also worked part-time at a tax office to gain experience. My motivation came from my desire to work for myself and to create something for people like myself who were struggling initially. That is why I always say to take time when making important decisions. Once you decide on something, you should never give up and put all of your effort to make it successful.

Q. What knowledge and licenses you had to acquire before starting the business? Did you get any help from fellow Nepalese in the process?

A. To start and operate my business activities, I needed different kinds of licenses as well as continuing education courses. There were very few Nepali people in the Triangle area when I started this business. However, I did receive support from my family and friends. They supported me by coming to do their taxes at the Liberty Tax office I opened, and also referred customers. Now we have a much bigger Nepali community in the Triangle. I am always happy to help anybody interested in starting a business or requiring any other assistance.

Q. What was your initial investment (approximate) for starting the business? Did you take any loans? If so, please summarize the process of applying for a business loan.

A. Service businesses like Liberty Tax require low investment in contrast to retail, restaurants, and construction businesses. Investment amount also depends on various aspects such as advertising, size, and location of the business. The process of business loan is complicated; if you have any questions, please feel free to contact me.

Q. What was the break-even period? How did you manage to go through the period?

A. The break-even period (BEP) is different for each type of business. For example, the BEP for a restaurant is short, but it consists of ongoing operating hassles. Unlike restaurants, the service industry generates cash flow slowly but without other extra hassles.

Q. What are the financial risks and gains one has to consider before getting into a profession you are in?

A. There are many risks to consider for a business because it requires a lot of time and dedication without the guarantee of achieving one’s goals. Risk and gains change each year and it fluctuates constantly. You have to know that not everything is in your hands, even things like the weather can influence customer influx. This means that you cannot compromise on things that are under your control, such as customer service, standard operating procedures, marketing, and employee satisfaction. In order to be a business entrepreneur, one has to have the capacity to face bad times and endeavor. I believe perseverance is the key to the success of any business.

Q. Please share any other relevant factors or your unique experiences not covered above?

A. I never felt like I had a unique experience, but now, when I look back and think about what I have achieved over the past years, I feel a unique kind of satisfaction and happiness. My struggles have made me successful and now I have the luxury to help others.

Q. What would be your suggestion to an aspiring entrepreneur trying to start a business similar to yours?

A. I would recommend aspiring entrepreneurs to take the initiative to get started by learning everything about the business of their interest. For example, when I decided to open up the Liberty Tax, I first learned everything about doing taxes and how to maintain a business. You have to stay focused and dedicated through the ups and downs. I believe that a positive attitude is everything because it gives you both strength and satisfaction.
MY JOURNEY TO NEPAL

SHREYA DHAKAL

Visiting Nepal was a great experience! You can see many natural wonders of the world there like Mount Everest. Nepal is home to 10 UNESCO World Heritage sites, including seven in Kathmandu Valley, Lumbini (Birthplace of Buddha), Chitwan National Park and Sagarmatha National Park. It was so good to see my family, friends and relatives. My village is in Gorkha. My Fupudidi and grandmother lives there. We went to see them and I stayed there for 1 month. It was totally a different experience. Life is so simple in village. No disturbance from TV, internet and all the worldly things. People are so humble and nice. I even went to attend village public school that my dad went when he was young. It was very different from the school setting here in USA. I went to school there for 1 week. Teachers were very nice so were my new friends. They had textbooks for study but in America we study using work sheets. They also have different types of benches for students to sit. It was different than in America. What I like the best is that they have school uniform, but in America you have trouble choosing which cloths to wear to school. Some teachers gave me books so that I can catch up with what they were learning with. After 1 week I couldn’t continue school because they were having summer vacation.

My little brother and I liked to see baby goat and carry them in our hands while in the village. Sometime they would come in our garden and eat our corn and other plants. We would sometime help our neighbors put grass for goat and cattle. The best part was that every afternoon we used to roast corn and we would invite our village friends and they would come to our house and we would eat and play with them.

After 1 month I left Gorkha for Katmandu and visited places in Kathmandu. We went to different places: Pashupatinath, Ghuhehwori, New Road, Dilli Bazar, Bag Bazar, National zoo, BhoodhaNath to name the few. I also went to my cousin’s school and enrolled in grade 3 as a guest student. We had assembly in the morning and we sang national anthem which we don’t do here in US.

After staying some time in Kathmandu, we went to Pokhara. We went by tourist bus which was a new experience to me and I enjoyed a lot. The good thing about this bus is that it has air conditioner and toilet inside. Roads sides were filled with beautiful scenery which was very enjoyable. They also stopped at places where we could eat. In Pokhara we rented a taxi and visited different places such as David Falls, Mahendra Gufa (cave), Chemero Gufa, Begnas and Fewa lakes etc. One difference I found between Kathmandu was that Pokhra is much cleaner than Kathmandu. I did not see pollution in Pokhara.

I stayed in Nepal almost 2 and half month. It was a great experience atour motherland. I learned Nepali culture and language. Maybe I will visit Nepal every other year. It was really nice to see my family and many relatives. I would like to go next year and also recommend for my friends in Nepali Pathasala here in Morrisville to visit Nepal.
WE WISH YOU ALL HAPPY VIJAYA
DASHAMI AND DIPAWALI 2019!

THE GAUTAMS
MORRISVILLE

WE WISH YOU ALL HAPPY VIJAYA
DASHAMI AND DIPAWALI 2019!
May this festival bring peace, prosperity, and happiness to
your family!

RAJAN POUDEL AND FAMILY

We wish you all Happy Vijaya Dashami and Dipawali 2019!
Sneha & Amit Kataria

We wish you all Happy Vijaya Dashami and Dipawali 2019!
Dr. Shreekant Achikari and family

We wish you all Happy Bijaya Dashami and Dipawali 2019!
Shrushti, Namrata, Sampa and Sagar Acharya

WE WISH YOU ALL HAPPY VIJAYA DASHAMI AND DIPAWALI 2019!
CHET BHATTARAI & FAMILY
The Newsmakers is a new column the Sangalo has started this year. In this column, we are delighted to showcase the achievements of Nepalese youth especially the second generation in our community in and around the RTP area. They are our pride. We want to recognize the youth achievers on their success in their respective fields to inspire others. Based on the facts and media coverage, this year we have chosen two youth to feature. We will continue this initiative in future. Therefore, we urge our community members to inform the Sangalo editorial team about the media coverage received by our youth so that we can highlight them in the forthcoming issues.

PRATIKSHA SHARMA

Pratiksha Sharma is a Duke University Senior who is leading an effort to install a nationwide earthquake early warning system in Nepal. In the aftermath of the devastating Nepal Earthquake 2015, she took an active role in fundraising at her university and helping out the victims in Nepal. Pratiksha teamed up with four other Nepalese students and raised $30,000 in relief funds. They then visited Nepal and spent a month visiting damaged areas and deciding where the funds should be spent. This experience made Pratiksha resolve to find a longer-lasting way to help people from such earthquakes in the future. After coming back from Nepal, Pratiksha started working with Professor Gavin on creating a sensor that could reliably detect an earthquake and alert people living nearby. Her work was featured in Duke University’s Pratt School of Engineering news: https://pratt.duke.edu/about/news/sharma-earthquake.

After contributing to relief efforts in Nepal following the four major earthquakes of April and May, 2015, which killed more than 8,000 people, Pratiksha Sharma found she needed to do more to help prevent such a major loss of life in the long-term. “Entire villages were levelled to the ground. It was heart-wrenching,” said Sharma, a graduating senior at Duke University and native of Nepal, who had just finished her freshman year at the time. As a double major in electrical and computer engineering and computer science, Sharma believed she could scope a project related to her studies that could help the people of her home country. After contacting various professors at Duke, she found Henri Gavin, a professor of civil and environmental engineering who specializes in earthquake engineering. After finding Professor Gavin the following fall semester, Sharma took his advice that she should work on creating a sensor that could reliably detect an earthquake and alert people living nearby. She wouldn’t have to start from scratch, as one of Gavin’s recent PhD students, Anton Zaicenco, had developed an earthquake early warning system for Vancouver, and had published his methodology.

Three years later, Sharma has advanced algorithms designed to detect pressure waves that travel through the Earth’s surface, and has implemented the method in prototype devices. Over spring break this year, Sharma demonstrated her work to Dr. Lok Bijay Adhikari, the chief of Nepal’s National Seismological Center and installed one of her sensors in his office. “If sensors of such a network were close to the epicenter of the 2015 earthquake, they potentially could have alerted the people living in Kathmandu more than a minute before it reached them,” said Gavin. “That’s enough time to have saved a lot of lives.” The technique Sharma decided to use to detect these P-waves relies on a triaxial accelerometer similar to those found in cell phones or fitness watches. A triaxial sensor can detect these disturbances along three axes. The challenging part of using a chip like this to detect earthquakes is in determining if signals coming from the three axes correspond to a uni-directional compression wave.

“To test the system using actual ground motion measurements taken with our sensor, we put it inside a long metal pole and stuck it into the ground, and then I hit the ground nearby with a sledgehammer as hard as I could,” said Gavin. “And the sensor picked up the P-waves caused by the impact as clear as a bell. I was happily surprised at how well it worked right off the bat.”

With the difficult technical pieces figured out, Sharma implemented her hardware setup into two earthquake detection boxes and took them to Nepal during the 2018 spring break. One is sitting at the National Seismological Center while the other resides at a nearby radio station to test each in different environments. The latter works so well that Sharma can keep track of the day’s changing traffic patterns as trucks roll over potholes on the roads outside. The former was left as a demonstration for the chief of the Na-
“He seemed impressed with the prototypes and excited about the potential of a national early warning system,” said Sharma. “He’ll be our main point of contact moving forward, which is a really important contact to have.”

There are logistical hurdles standing between Sharma and her ambition of implementing an early earthquake warning system for Nepal. A true nationwide system will require 200 to 300 sensors spread throughout the country. While the components for the sensors themselves are not expensive, paying people to install and monitor them in remote areas across the entire country would be, and the Nepalese government has many issues vying for space in their budget.

While Sharma plans to continue pursuing the project even after graduation, her job will limit the time she can spend on it and complicate the logistics of talking and meeting with the people needed to keep the ball rolling. But if successful, her efforts would be well worth the trouble. “Even a warning of 20 seconds is a lot of time,” said Gavin. “Enough time for people to get underneath something sturdy is really all it takes to save a lot of lives.”

CURTIS WATERS
Curtis Waters is an artist and music producer from Nepalese descendant in North Carolina. Waters began producing music for other artists during his high school years before recording his own lyrics, releasing a series of bubbly SoundCloud singles and creating his genre-bending debut album Prom Night. He was among the top eight beat-makers selected in the Battle of Beat-makers held in Toronto Canada 2017. His musical works have been featured in Lyrical Lemonade, Complex, Genius, earmilk, Sidewalk Hustle and etc. Most of his works can be found in his spotify page: https://open.spotify.com/artist/2JbE7jUIGtpXSzyt-nyMg6U.

The following media coverage was prepared by Seamus Fay and published in Lyrical Lemonade on his recently released song.

The Feelings Tend To Stay The Same
There’s something inherently venerable about songwriting that reflects the truth, even if the truth doesn’t necessarily work toward the songwriter’s favor. Especially when it comes to songs about love gained and even more so, love lost, this truth can often become twisted due to the songwriter’s power to skew perspective, and as a result, songs can often lose their sense of reality, imperfect as it may be. Here to counter this with one of the most honest, heartfelt accounts of love that I’ve heard in quite some time, an artist by the name of Curtis Waters makes his way onto our pages with his new song, “The Feelings Tend To Stay The Same.”

Simply put, it’s no secret that feelings aren’t black and white, nor have they ever been. For Waters, this concept comes into play with a lost love of his a person whom he’ll always have feelings for, regardless of how far apart they grow. Instead of painting a simplistic image of longing for this person’s love, “The Feelings Tend To Stay The Same” admits, right off the bat, that Waters is a mess. He refuses to stray from the harsh truth that had problems of his own, but regardless, his undying love for this person shines throughout the entire song, taking into account the numerous times when he felt loved in spite of his personal issues.

With this, complementing the vulnerability of this subject matter, the song arrives with a smooth, guitar-led instrumental that you simply can’t help but love. Waters may not be perfect, but none of us are, just as the galvanizing instrumentation and airy hooks seem to make peace with.

I could go on about this one all day, but the truth is, “The Feelings Tend To Stay The Same” is the kind of song that speaks for itself.
In popular Western culture, whoever eats curry, has a caste and worships a cow is a Hindu. Even though many Hindus do eat curry, may belong to a caste (jaati to be accurate) and may worship cows, this characterization is childish to say the least. If so, ZKRYLVD+LQGX"+RZVKRXOGZHGH¿QH+LQGXLVP"WLVUHODWLYHO\VWUDLJKWIRUZDUGWRGH¿QHIDLWKIXORI-RKHUUHOLJLRQV,I\RXSUD\WR*RG;FRQVLGHU<DV

His messenger and follow Z as the scripture, you are a Hindu. The Hindu greeting ‘Namaste’ is an embodiment of this realization, which means ‘I bow to the divinity in you’. This is the reason Hindus have freedom to pray to and worship any socially acceptable form or no form of Parmatma. This practice has led to thousands of forms of Parmatma as personal deities. Since everything has one source, Parmatma, Hindus proclaim the concept of ‘VasudhaivaKutumbakam’, that is the whole world is one family.

A Hindu knows that Parmatma is in each living being (jiva), including humans. Parmatma, the truth, is called the Atman living beings. The Parmatma is Sanatana (without beginning and end, imperishable), so is the Atma. The body takes birth, grows, and dies in the control of nature. After the death of the body, the embodied Atma will enter another body. Therefore, re-incarnation is another logical internalization by a Hindu. Bhagwan Krishna explained this concept of re-incarnation beautifully in the following shloka of BhagvadGeeta:

"For those who see me everywhere and see all things in me, I am never lost, nor are they ever lost to me."

That is the reason Hindus consider nature as divine and revere rivers, animals, trees, rocks and so on. The Hindu greeting ‘Namaste’ is an embodiment of this realization, which means ‘I bow to the divinity in you’. This is the reason Hindus have freedom to pray to and worship any socially acceptable form or no form of Parmatma. This practice has led to thousands of forms of Parmatma as personal deities. Since everything has one source, Parmatma, Hindus proclaim the concept of ‘VasudhaivaKutumbakam’, that is the whole world is one family.

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A Hindu knows that Parmatma is in each living being (jiva), including humans. Parmatma, the truth, is called the Atma living beings. The Parmatma is Sanatana (without beginning and end, imperishable), so is the Atma. The body takes birth, grows, and dies in the control of nature. After the death of the body, the embodied Atma (jivatma) can enter another body. Therefore, re-incarnation is another logical internalization by a Hindu. Bhagwan Krishna explained this concept of re-incarnation beautifully in the following shloka of BhagvadGeeta:

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death as determined by Karma continues. In fact, the Hindu concept of Karma is the only theory that logically explains the diversity of living conditions that we see on the earth from conception to death.

A Hindu knows that suffering is a given in life. No living being, including humans, can consistently remain happy throughout lifetime. Happiness is short-lived. Thus, taking a life form is an invitation to suffering. The liberation from suffering can only come from cessation of birth and death. Hindus call this liberation Moksha. The liberation can only come from the realization that Atma (Soul) is ever pure, not bound by Karma. We are that Atma, with the same attributes as the Parmatma. Only the embodied Atma is bound by Karma. Only human beings, due to the power of the mind and intellect, are capable of comprehending and experiencing this truth. Therefore, a Hindu knows that Moksha can be the only ultimate goal of each human being.

So, who is a Hindu? A Hindu is anyone who considers the entire universe, including humans, as divine, practices freedom of worship, knows that the Parmatma (Soul) is ever present in him/her as Atma, has internalized re-incarnation of embodied Atma as guided by Karma, and knows that Moksha is the ultimate goal of each human being to be liberated from endless suffering.

**PARENT AND CHILD RELATIONSHIP**

SHRIYADITA DHAKAL

A parent-child relationship is a special relationship that has a huge effect on the way that the child will turn out. This relationship is formed through pregnancy, adoption and step parenting. The relationships between parents and their children can determine the personal growth of children as it can likewise influence the behavioral adjustments needed on the part of parents in order to meet the emotional needs of their children. Parenting requires a great deal of adaptation. I believe that a child without a mother loses certain aspects of life and a child without a father loses a type of understanding and guidance in life. Without a parent the child’s ability to do right fails and they end up looking for the guidance in the wrong groups such as gangs or groups doing something that might destroy their life. The absence of parental influence can affect a child’s life negatively. However, there are many kids who have parents but are not doing good in their life. That is the result of their relationship with their parents. Having a strong and unbreakable bond with parents pushes children towards happy and successful life.

Every relationship starts with trust and respect from both sides. Trust and respect between parents and children build a healthy relationship until the end. Characteristics that may affect the parent-child relationship will keep varying as the child grows. Parent-infant attachment is crucial for the infant’s survival and development. It is strengthened by mutual interaction. Hence it is very much essential that the parents spend adequate time with their babies.

Working parents must note this point and always put their child in front before their work. After this stage is the toddler stage. The parents now change from caretakers and nurturers to teachers also. This is the first phase of shaping the child’s social behaviour. During the school years, the children will slowly start moving with peers. This is not to be noted as a negative impact on their relationship. The parent-child connection continues to develop the child throughout this stage. Next is the most important stage which parents normally find it difficult to handle. Adolescence. It is the stage were the child matures emotionally, mentally and biologically. There may be many misunderstandings and arguments between the parents and children at this stage. Children will like to be independent and will want to be left alone. This is their normal nature. Parents should always encourage and show affection to their children no matter what. Authoritative parenting that combines love and firmness is the key to tackling adolescents. However it has been seen that children become more close to their parents after this stage.

Parents should not fear or get angry while handling children. If they find something wrong with the child’s attitude or behaviour, they must work to correct it. Discipline must be taught in a proper way and must not be confused with punishment. Children are like a mirror of their parents. If the children are advised to follow a certain principle, the parents must make sure that they follow it first. As they say, “Practice what you preach”.
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The Loch Ness Monster is a mythical sea-creature that is believed to live in Loch Ness, a large freshwater lake near Inverness, Scotland. There have been accounts of an aquatic beast living in the lake for over 1,500 years no one has found any credible evidence that the animal exists. Although no one has ever proven the beast’s existence, scholars of the Loch Ness Monster have found dozens of references to “Nessie” dating back to around 500 A.D. in Scottish history.

The seventh century biography of Saint Columba was the earliest written reference to a monster in Loch Ness, and according to him, St. Columba was about to visit the king when he saw a large beast about to kill a man and stopped to confront it. He invoked in the name of god that the monster “go back with all speed.” and the creature never harmed another man again.

The Inverness Courier reported on May 2, 1933, that a couple claimed to have seen “an enormous animal rolling and plunging on the surface.” This made the story of the Loch Ness Monster famous. It became a social media sensation with London newspapers sending correspondents to Scotland and a circus offering a 20,000 pound reward for the beast’s capture. Soon after the 1933 sighting, interest grew. Another couple claimed to have seen the beast, several British newspapers sent reporters to Scotland, including London’s Daily Mail, which hired Marmaduke Wetherell a big-game hunter to capture the beast and after a few days of searching, he reported finding footsteps of a large four-legged animal.

A large road was built around the lake that gave a clear view of the Loch Ness and tons of tourists came, sat in boats or decks chairs and waited for the beast’s appearance. Plaster casts of the footprints were sent a museum, and it was reported that the tracks were that of a hippopotamus, specifically one hippopotamus foot, probably stuffed. The hoax temporarily deflated Loch Ness Monster mania, but stories of sightings continued.

In 1934 the famous photograph of the Loch Ness Monster showed a dinosaur-like creature with a long neck emerging out of the murky waters. This lead to some theories that “Nessie” was a solitary survivor of the long-extinct plesiosaurs. The aquatic plesiosaurs were thought to have died off with the rest of the dinosaurs 65 million years ago. This theory however was proven wrong because the Loch Ness was frozen solid in the ice ages so it would have had to come from the sea in the past 10,000 years. The plesiosaurs was also believed to be cold-blooded so the beast could not have survived in the cold waters of Loch Ness.

Some suggested it was an archeocyte, a primitive whale with a serpentine neck that is thought to have been extinct for 18 million years while some went a completely different route, and argued what the people saw were “seiches”—oscillations in the water surface caused by the inflow of cold river water into the slightly warmer loch.

Year after year more and more mysterious things were found like how a sonar search detected large, moving underwater objects they could not explain, a photo that resembles a flipper of a giant plesiosaur-like creature, and lots of more people claiming they have seen the beast.

Although most of these discoveries were proven to be a hoax this didn’t make a dent on the enthusiasm that tourists and investigators had for the Loch Ness Monster.
Diabetes is highly prevalent in our modern society. Over the age of 65, 25% of Americans have diabetes. You probably know someone in your family, who has diabetes.

After all, what is diabetes? What causes it? What kind of damage does it do to your body? How can we prevent it? And how is it treated? In this article, we will discuss these topics.

History of diabetes
In the documented Western history, about 500 years ago, a doctor in Egypt noted that some of his patients were peeing a lot and losing weight. Interestingly, ants were attracted to those patients’ urine. Soon enough, an unusual way was developed to diagnose this disease: to taste patient’s urine. Doctors would taste urine of their patients, and if the urine was sweet, patients were diagnosed with a new disease named diabetes mellitus. Mellitus means honey. Diabetes means “to suck”. To early physicians, it appeared that patient’s good health was sucked out through their sweet tasting urine, and they named the disease diabetes mellitus.

What is diabetes?
In diabetes mellitus, the regulation of blood sugar is disrupted, resulting in high amount of sugar in the blood. The sugar gets so high that it starts to spill in the urine: hence the urine becomes sweet. There are two types of diabetes: diabetes insipidus, and diabetes mellitus. In diabetes insipidus, patients pee a lot, but they don’t have problem regulating blood sugar. Diabetes insipidus is a disease of the kidney, or the brain. This disease is extremely rare, and we will not talk about it in this article. When people commonly talk about diabetes, they are talking about diabetes mellitus. In the rest of the article, when I say diabetes, I will be referring to diabetes mellitus.

What causes diabetes?
After we eat food, the nutrients and sugar in our diet is absorbed from the intestines to our blood. Most of this absorbed sugar is stored in liver. Some of the remaining sugar is stored in muscles, fat and other tissue. When the sugar in our blood gets high, the pancreas produces an enzyme called insulin. Insulin stimulates the liver and other tissues in our body to take sugar from the blood. Hence, insulin helps to regulate the amount of sugar in our blood.

There are two types of diabetes: type I, and type II. In type I diabetes, the pancreas is unable to make any insulin. As a result, patients with type I diabetes need lifelong supply of insulin. Type I diabetes usually happens in little kids. So if you see little kid who needs to inject insulin, you can be almost certain that they have type I diabetes. Type I diabetes is less common than type II diabetes.

In type II diabetes, the body becomes resistant to the available insulin. The pancreas is fine: it is producing enough insulin. However, the liver and other organs don’t respond to the available insulin. As a result, there is high sugar in the blood. Every obese person who doesn’t exercise will have some degree of insulin resistance. When the insulin resistance gets bad enough, we call it type II diabetes. Type II diabetes is more common than type I diabetes. Type II diabetes is commonly seen in older people, mostly after 40-50 years of age. However, with diet high in sugar, and increasing obesity, we sometimes see type II diabetes in patients as young as 12-15 years old. In the rest of the article, I will talk focus the discussion on type II diabetes. When I say the word diabetes, you should understand that I am talking about type II diabetes.

What are the risk factors of (type II) diabetes?
The important factors that leads to insulin resistance, and eventually to type II diabetes, are excessive body weight, too much belly fat, lack of exercise, and smoking. These are the factors we can change in our life. One can stop smoking, and exercise regularly. There are some factors that leads to insulin resistance, but we cannot change them. Those non-modifiable risk factors include increasing age, genetics, ethnicity, and family history of diabetes. People of certain ethnic groups, for example, Native Americans, Hispanics, and Blacks have higher rate of diabetes compared to White people. Similarly, if someone has parents or grandparents with diabetes, they are more likely to develop diabetes compared to someone who doesn’t have anyone in their family with diabetes.

What are some complications of diabetes?
When the amount of sugar in our blood is high, the sugar gets converted to fat. This fat and sugar then deposit in the wall of blood vessels making the blood vessels narrow. Many different complications of diabetes are result of this narrowing of the blood vessels.
1. Heart attack: when the blood flow to the heart is stopped or seriously reduced, the heart muscles die, and we call it heart attack. The blood vessels supplying the heart are tiny, with their diameter about 4-5 millimeters. When you block those already tiny blood vessels, the heart’s blood supply drops down significantly, and people develop heart attack.

2. Stroke: the blood vessels supplying the brain are even more tiny than the ones supplying the heart. When the blood flow to the brain is stopped or seriously reduced, that leads to permanent loss of brain function, and we call it stroke. Example of loss of function from stroke includes paralysis, loss of ability to speak or eat, blindness, personality change, depression, urinary and fecal incontinence, and many more.

3. Blindness: the blood vessels supplying the eyes are even smaller than the ones supplying the brain. Due to reduction in blood to the eyes, patients with diabetes are more likely to have vision problems and go blind. In developing countries like Nepal, cataracts is the most common cause of blindness. In developed countries like the USA, vision loss due to diabetes is a significant cause of blindness. Diabetes also increases the risk of other eye diseases such as cataracts, and glaucoma. Therefore, patients with diabetes are recommended to visit an ophthalmologist (eye doctor) at least once a year to monitor their vision.

4. Kidney failure and dialysis: the main function of kidneys is to filter blood. Tiny blood vessels supplying the blood filtering system of kidney can be easily be damaged by diabetes. The damage gets worse with time, and patients can eventually develop complete kidney failure. When sufficient damage to kidney is done, they are not able to make any urine. As a result, patients are forced to undergo dialysis. In United States, diabetes is the number one cause of kidney failure and dialysis.

5. Nerve damage and neuropathy: the nerves that supplies our fingers and toes have to travel all the way from the spinal cord in our back. Those nerves are very long. Damage to the blood vessels supplying these nerves can cause nerve damage and neuropathy. Patients can have pain and tingling in hands, feet, and loss of sensation as a result of nerve damage. The pain and tingling can get worse as diabetes gets worse.

6. Foot infection and non-healing wound: a good blood supply is needed for proper wound healing. Due to nerve damage and bad sensation, diabetic patients are more likely to get wound in their foot. Because wounds heal poorly in diabetics, it can progress to infection of the bone (called osteomyelitis). Many times, foot wounds in diabetics heal poorly, and patients end up having to cut off their foot. Diabetic foot wound is a common cause of amputation in the United States.

Many times, the first manifestation of diabetes is the complication from diabetes. Until then, diabetes can remain silent. As symptoms from diabetes are seen only in late stages, many patients live with diabetes for years before they are diagnosed.

How can we prevent and treat diabetes?

For the most part, type II diabetes is a preventable disease. If someone has diabetes, it can usually be managed easily. In my own experience, I have seen people with really bad diabetes be completely cured. If the diabetes is in its early stage, healthy balanced diet and frequent exercise are the best place to start. Diet is usually hard to change. In Nepal, it is challenging to stop eating rice after eating it multiple times a day for 50-60 years. However, adding exercise to our daily routine is easier compared to changing our diet. The American Heart Association recommends 150 minutes of exercise in a week. It can be divided to 30 minutes a day, 5 times a week. The exercise can include brisk walking, running, swimming, tennis, dancing, biking, or some type of cardiovascular exercise. Therefore, my recommendation is to focus your effort on exercise rather than changing diet. Don’t get me wrong. Improving your diet can have a significant impact in your diabetes, but this is harder to attain compared to adding exercise to your daily routine.

Many of my patients ask me what they can and can’t eat.
not eat once they get diabetes. My answer is that they can eat whatever they want even after they diabetes. Just eat in moderation. If there is one dietary change I recommend, it is to stop drinking sugary drinks - coke and other soda, fruit juice, and such. They contain significant amount of sugar and will make diabetes worse. You can replace the sugary drinks with diet version of those drinks, like diet coke. Despite common misconception, the artificial sweetener in diet drinks (called aspartame) does not cause cancer. The US Food and Drug Administration, and the European Food Safety Authority has concluded that aspartame is safe for consumption.

One common dietary method recommended in diabetes is called the Plate method. This helps to control amount of carbohydrate containing food in diet. In a meal, it is ideal if half of the plate contains vegetables. Then fill a quarter with starchy food (like rice), and remaining quarter with protein.

Figure: the plate method. Image from www.cdc.gov

If the diabetes is bad enough, your doctor can start you on an oral medication. Metformin is usually the first medication someone with diabetes will start on. This medication is usually safe and is well tolerated. Common side effects include stomach pain and diarrhea. If you cannot tolerate metformin due to side effects, don’t worry. There are plenty of other oral medications. If the diabetes is really bad, your doctor can recommend insulin in addition to metformin and other oral medications.

Once your diabetes is under control, your doctor may decide to stop the medications. Many complications of diabetes can be prevented if diabetes is kept under control.

**Conclusion**

Despite diabetes taking a significant toll on peoples’ lives, we have made a large stride in its treatment. First of all, it is mostly preventable if one adapts a healthy lifestyle: eating a well-balanced diet and exercising regularly. As diabetes remains silent until very late, I highly advise annual regular check up with a doctor to see if diabetes is quietly developing in you. If you already have diabetes, most of the complications can be prevented if diabetes is kept under control. Good news is that with a healthy lifestyle and medications, diabetes can be easily kept under control.

### COMPARING DASHAIN CELEBRATED IN NEPAL AND AMERICA

Comparing Dashain celebrated in Nepal and American is quite different in many ways. For example in Nepal we celebrate Dashain for all 15 days and travel a lot. But in America people keep it pretty simple and usually just put “Tika and Jamara” on Vijay Dashami (the 10th day of Dashain). In Nepal your whole family can travel all around on Dashain because it is a government holiday. In America on the other hand, during Dashain America does not have government holiday hence we celebrate on the 10th day.

Another way Dashain In Nepal and America are different is the activities done on Dashain. For example in Nepal they different types of swings especially meant for Dashain and they have people flying kites on rooftops. Yet in America we don’t set up special swings for the festival but some might fly kites.

As a kid I would like to mention that the dakshina is way more in Nepal since we go to a lot more places. In America you don’t get so much dakshina because you just get it from your parents and nearby relatives. It’s ok though since the blessings are the main point. As a whole from my experience I would like to say that Dashain feels much more real and fun in Nepal than any other countries. But we all appreciate that we are keeping up on our Nepali culture and traditions in foreign countries. One more thing I would like to say is that sometimes I feel like Dashain is just taking pictures and posting on Facebook. Lastly I know that Dashain In America will eventually improve and overall Dashain is one of the best festivals in Hindu culture ever. Thank you!
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Shreemadh Bhagwat Geeta is one of the most glorious Holy Texts of our ancient religion. The other two are the Upanishads and the Brahma Sutra. This immortal writing was first spoken by LORD KRISHNA the supreme Godhead Himself in his Divine Avatar for the wellbeing of all mankind. The text was originally written in Sanskrit language (called the Twilight language) and is in the form of poetic verses, or Slokas. This has now been translated and explained into more than fifty languages worldwide. This epic poem is almost five thousand years old, but is still a sacred text for more than a billion people today. It is greatly used in oath-taking ceremonies.

From ancient times, this text has given inspiration and guidance to people in different walks of life to attain highest goal in achieving success. The main purpose of studying the priceless teachings of Geeta is to develop a spiritual wisdom which helps people achieve Self-realization and God-realization. Its study helps to train the individual to live a life that is balanced and productive, as well as peaceful and joyful.

Rishi Vedvyash, the great sage, compiled the Geeta which takes the form of a poetic dialogue between Lord Krishna and Prince Arjun, with the former speaking in his form as a divine avatar. Therefore, it is established as a Shruti and a Upanidhad, which are two of the widely accepted categories of scriptures in Hinduism. The whole text of the Geeta appears in the sixth chapter of the great epics Mahabharat during the war between Pandavas and Kauravas who were cousins. This war is presented as being between forces of righteousness (Dharma) and that of unrighteous conduct (Adharma) Lord Krishna reveals to prince Arjun of the Pandavas, his sacred teachings, when Arjun gets mentally agitated and confused seeing all the elders, teachers, friends, and relatives as the opponents in the battlefield (Kuruchchetra) at the time when the war was about to begin.

At the time the people who saw and listened to this teaching were
1 Sanjaya, personal secretary of king Dhritarashtra of the Kauravas, to whom it was then narrated
2 The four divine horses of Arjun’s chariot
3 Eklabba, a great warrior who was granted a prolonged life, just to see the war
4 Prince Arjun himself
5 Sage Vedvyash, the composer of this great work

After the war all the listeners except Rishi Vedvyash had forgotten these teachings, so Rishi Vedvyash collected these spiritual teachings and presented it as the Bhagawat Geeta as it is today. Actually Rishi Vedvyash is another incarnation of Lord Krishna himself. Vedvyash is also known by the name of Krishnadwarapar too.

The exact date when this teachings was collected and presented as a Holy Spiritual Text is estimated to be 5062 B.C. or 5119 years before the beginning of the Nepali calendar. The Text comprises 18 chapters and 700 verses. Each chapter has a different number of verses. The lowest number of verses is in chapter 15 which contains only 19 verses and highest is in chapter 18 with 78 verses. In each chapter, Lord Krishna in conversation with Prince Arjun has presented a profound insight into the workings of human nature providing useful guidance that is needed in every walk of life leading to a perfect harmony with oneself and with others. It has also been explained that humans are not only these temporary material bodies but spiritual souls and conscious entities that one can find genuine peace and happiness only by spiritual devotion to God.

From time immemorial, famous people, scholars, philosophers, educationalists, and politicians have turned to the study of the Geeta when they have encountered doubts and difficulties in the lives. Some examples are Dr. Paul Brunton, a British philosopher, Mahatma Gandhi, Dr. Radhakrishna, Indian President, and Aldous Huxley, an English writer and philosopher etc. One interesting fact may be cited here that the inventor of first nuclear bomb Robert Oppenheimer was influenced by the Geeta and cited a verse (11:32) upon its successful test.

This is a small attempt to spread the message of the Geeta to a younger generation. Hope they will make a habit of creating interest in such a reading. More detailed explanation of each chapter may be continued in further issues of the Sangalo.

To sum up, one can recite the following verse

Geyam Geeta namsahasshram [Read Geeta along with Bishnu’s numerous names]
Dheyam shreepatirop majasshtram [Always remember Laxmipati’s picture in mind]
Neyam sajanasange chittam [listen to wise and learned teachers by heart]
Deaym deenjanaya cha bittam [serve the poor and needy people donating goods and money]
NCNC and RTP’s Nepali-American Community Seen Through the Eyes of an American Friend

Richard (“Pete”) Andrews

It was a great privilege for me to serve in Nepal as a U.S. Peace Corps Volunteer from 1966 to 1968, and to participate in a small way in H.M. Government’s efforts to bring the “Green Revolution” of high-yield wheat to Nepal’s agriculture. This experience also provided me with an unusually rewarding opportunity to get to know Nepal’s people and culture. I lived in Chitwan District, first in the small agricultural village of Gitanagar and then for one and a half years with a family in the larger town of Narayanghat. Of all the places where I might have been sent, Narayanghat was the home of the Narayani Kala Mandir, an organization which has done so very much to preserve and present Nepal’s many musical, dance and theatrical and cultural traditions, in which I also participated and found many friends.

I returned home to pursue graduate studies at UNC in environmental planning, and after nine years teaching elsewhere, moved back to Chapel Hill to teach in 1981. It was a special pleasure to discover the beginnings of such an active Nepali-American community in the Triangle. In those early days it seemed that most of the Nepalis here had come as students to earn professional degrees in public health at UNC or forestry or engineering at Duke or N.C. State; some returned later to live and work in the Triangle. There also were a number of enthusiastic American friends of Nepal, including returned Peace Corps Volunteers such as Lynn Knauff and John Paul and myself, and quite significantly, Governor Jim Hunt and his science advisor Dr. Quentin Lindsey, who had both served in Nepal with the Ford Foundation and shared a deep and enduring love for its people. In the early 1980s Governor Hunt sponsored the first “Nepal Day” celebration at the Governor’s Mansion, including not only the local community but also the Nepalese Ambassador and several busloads of Nepalis from Washington, D.C.

The year 1999 was a major milestone, both for the RTP Nepali community and for me personally. For the Nepali community it was the year of the founding of NCNC, in coordination of Ishwar Devkota and so many others. In June of that year Raleigh, Durham and Chapel Hill also sponsored the World Special Olympics, and Nepal sent a soccer team. The team had a great experience and great success—if I remember correctly, they may have won second place in the world competition—and before they returned, the local Nepali community hosted a backyard bhoj for them, and I discovered that their coach was the headmaster of the elementary school across the street from the house where I had lived in Narayanghat! This chance reunion put me back in touch with my host family there, and led to a visit to them two years later with my family. Several weeks later I also received a phone call out of the blue from one of my closest friends from my Peace Corps years, Krishnandia Neupane – with whom I had not been in touch for more than 30 years – telling me that he was visiting his son Sujan in Raeford, North Carolina! Krishnananda and his wife Bharati are now retired in Cary, and Sujan and his wife Parita have become active and valued supporters of NCNC. Beyond these personal connections, my wife Hannah and I have developed a profound admiration for NCNC and for the goals and values it represents. Many people immigrate to the United States and find their way to new lives here, but do not have the benefit of such an organization to preserve their own culture and pass it on to their children, and to serve so many other admirable purposes as well. How many such organizations can one think of that are committed and effective in preserving the best of their own musical, dance, and literary cultures, and passing them on to their children through the Nepali school, in building and maintaining community among Nepalis.
and their American friends in the RTP region; and
in supporting new arrivals and students in adapting
to American society; but also are mobilizing support
for relief from natural disasters and personal crises,
not only the earthquakes in Nepal but also similar
crises in other parts of the world? Very few.
To me NCNC is thus quite special and perhaps even
unique. It demonstrates the highest goals and values
of both the Nepali and the American traditions, and
stands as a model for other such organizations. Han-
nah and I are deeply proud to support it as life mem-
bers, to celebrate its dramatic growth as more and
more Nepalis have moved to this area, and to join
in its annual celebrations of Dashain, Tihar and the
Nepalese New Year. We hope to continue to partici-
pate and support it for many years to come.

Richard (“Pete”) Andrews and his wife Hannah are life
members of NCNC. Pete is Professor Emeritus of Public
Policy at UNC-Chapel Hill, where he taught environmen-
tal policy for 34 years. His publications include books on
the history of American environmental policy and on the
National Environmental Policy Act, and scholarly arti-
cles on many aspects of U.S. and comparative environ-
mental policy. He earned the bachelor’s degree in philos-
ophy from Yale University in 1966 and served as a Peace
Corps Volunteer in Nepal from 1966 to 1968, then earned
master’s and doctoral degrees from UNC in environmen-
tal planning in 1970 and 1972. He taught at the Universi-
ty of Michigan from 1972 to 1981, then at Carolina until
his retirement in 2015. He and Hannah live in Chapel
Hill; they have two adult children, Sarah and Chris, both
of whom visited Nepal with them in 2001.

THE BAGMATI AND BISHNUMATI RIVERS
OF KATHMANDU VALLEY

DIZA PANDEY

Recently I have visited the beautiful country of Nepal, I went sightseeing around the valley. I real-
ized that the outside was perfectly fine but the air
quality in the inside was heavily affected. I somehow
was astonished by the quality of the Bagmati and
the Bishnumati River. Two of the most well-known
sources of water in the Kathmandu area. Both the
rivers are very well known for many reasons going
from religious causes to crop cultivation.
The Bagmati River originated in the Shivapuri Hills
near the village of Bagdwar. It flows through the
Kathmandu Valley separating Kathmandu from Pa-
tan. The river itself extends a full 371 miles and later
ends at the Koshi River. An average rainfall in the
valley is 1,900 mm 80% of the rain is from monsoon
season goes from (June-September). Which are the
months when the rivers may experience overflowing.
The Bagmati River also washes up the steps of the
sacred Pashupatinath Temple, a religious symbol not
only for the Hindus in Nepal but also India and other
South Asian countries. The river is considered holy
by both Hindus and Buddhist; many Hindu temples
are located on its bank as a sign of respect towards
the religious waters. The river is used for religious
ceremonies, as a water source for crop cultivation,
and for chemical and human waste disposal.
Just now the water from the river has been toxic
for any form of life to be living in. Large amounts
of untreated sewage and the dumping of chemicals
have affected the pH levels for it almost to be acidic.
Which is causing some of the Bagmati to be used as
a landfill. Lots of people have been informed about
the conditions of the river but not yet done anything
to preserve the cleanliness of how the water is sup-
posed to be.
The second river is the Bishnumati River; it origi-
nates in Tokha on the Shivapuri Hills, north of the
valley. The river flows through the western part of
the old Kathmandu city. Many did benefit from the
water source as it provides water for drinking, cul-
tivating agriculture and ritual purposes of the local
citizens. But for the last 35 years it has been used as
a dumping site for unwanted trash. With the same
conditions as the Bagmati river.
Both of these rivers used to be a clean source of wa-
ter to the residents of Kathmandu, now some people
who care about the environment are taking action to
help save and preserve their beautiful and loved riv-
ers. A lot of cleaning campaigns are starting to make
a difference before everything is gone. From what I
saw was a shock to my parents used to tell me about
their home country, as both of them would say “we
use to play in the river with our siblings and have fun
all day” As I think about how I can make a difference
is very different from what the people of Nepal think
about their rivers.
GLOBAL WARMING

Global warming is one of the up and coming problems of the world. A worldwide temperature alteration is as of now having noteworthy and destructive impacts on our networks, our wellbeing, and our atmosphere. Ocean level ascent is quickening. The quantity of enormous fierce blazes is developing. Hazardous warmth waves are winding up increasingly normal. Outrageous tempest occasions are expanding in numerous regions. Progressively serious droughts are happening in others.

The logical agreement that people are causing a dangerous atmospheric deviation is probably going to have passed 99 percent, as indicated by the lead creator of the most legitimate examination regarding the matter, and could rise further after isolated research that clears up a portion of the rest of the questions. Three examinations distributed in Nature and Nature Geoscience utilize broad chronicled information to appear there has never been a period over the most recent 2,000 years when temperature changes have been as quick and broad as in ongoing decades. It had recently been idea that comparatively emotional pinnacles and troughs may have happened before, incorporating into periods named the Little Ice Age and the Medieval Climate Anomaly. Be that as it may, the three investigations use reproductions dependent on 700 intermediary records of temperature change, for example, trees, ice, and residue, from all mainland’s that demonstrate none of these movements occurred in the greater part the globe at any one time.

The Little Ice Age, for instance, achieved its outrageous point in the fifteenth century in the Pacific Ocean, the seventeenth century in Europe, and the nineteenth century somewhere else, says one of the investigations. This restriction is particularly not quite the same as the pattern since the late twentieth century when records are being broken a seemingly endless amount of time after year over nearly the whole globe, including this present summer’s European warmth wave.

Real temperature moves in the inaccessible past are likewise liable to have been basically brought about by volcanic ejections, as indicated by one more of the examinations, which clarifies the solid worldwide vacillations in the principal half of the eighteenth century as the world moved from a volcanically cooled period to an atmosphere warmed by human discharges. This has turned out to be especially articulated since the late twentieth century, when temperature ascends more than two decades or longer have been the quickest in the previous two centuries, takes note of the third.

The creators state this features how surprising warming has moved toward becoming as of late because of mechanical discharges.

“There is no uncertainty left as has been indicated broadly in numerous different investigations tending to a wide range of parts of the atmosphere frame work utilizing various strategies and informational indexes,” said Stefan Brönnimann, from the University of Bern and the Pages 2K consortium of atmosphere researchers. Remark on the investigation, different researchers said it was a significant achievement in the “fingerprinting” errand of demonstrating how human obligation has changed the atmosphere in manners not found previously.

“This paper ought to at long last stop environmental change deniers asserting that the ongoing watched reasonable a dangerous atmospheric deviation is a piece of a characteristic atmosphere cycle. This paper demonstrates the really distinct contrast among provincial and restricted changes in atmosphere of the past and the genuinely worldwide impact of anthropogenic nursery emanations,” said Mark Maslin, educator of climatology at University College London.

Past examinations have appeared close unanimity among atmosphere researchers that human elements vehicle depletes, plant fireplaces, woodland freedom, and different wellsprings of ozone harming substances are in charge of the outstanding degree of an unnatural weather change. A recent report in Environmental Research Letters discovered 97 percent of atmosphere researchers concurred with this connection in 12,000 scholarly papers that contained the words “an Earth-wide temperature boost” or “worldwide environmental change” from 1991 to 2011. A week ago, that paper hit 1 million downloads, making it the most gotten to paper ever among the 80 or more diaries distributed by the Institute of Physics, as per the creators.

The pushback has been political as opposed to logical. In the U.S., the conservative research organization the Competitive Enterprise Institute is supposedly putting weight on NASA to expel a reference to the 97 percent examination from its website page. The CEI has gotten occasion financing from the American Fuel and Petrochemical Manufacturers and Charles Koch Institute, which have a lot to lose from a change to a low-carbon economy.

Be that as it may, among scholastics who concentrate the atmosphere, the assembly of conclusion is likely fortifying, as per John Cook, the lead creator of the first agreement paper and a subsequent report on the “accord about agreement” that took a gander at a scope of comparable gauges by different scholastics. He said that toward the finish of his 20-year consider period there was more understanding than toward the start: “There was 99 percent logical accord in 2011 that people are causing a worldwide temperature alteration.” With ever more grounded research from that point forward and expanding warmth waves and extraordinary climate, Cook accepts this is probably going to have risen further and is presently taking a shot at an update.
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THE TELESCOPE WONDERS!!!

Have you ever heard of a Telescope? Have you looked in one? If you haven’t your questions might be answered.

A telescope is an optical instrument that makes distant objects appear magnified by using an arrangement of lenses or curved mirrors and lenses, or various devices used to observe distant objects by their emission, absorption, or reflection of electromagnetic radiation.

Telescopes are like binoculars. They help you see things that a naked eye might not see and might not see that clearly. There are a lot of different types but they all do basically the same thing.

There are two basic types of telescopes, refractors and reflectors. The part of the telescope that gathers the light, called the objective, determines the type of telescope.

The main purpose of a Telescope is look in the sky for stars and such things but I use them to look at landscape too. It is quite a common belief that Italian astronomer Galileo Galilei invented the telescope but this is not strictly true. The earliest workings towards the design of the refracting telescope were made by German-Dutch lensmaker Hans Lippershey in 1608. Galileo Galilei did not make it the Telescope but he used it to get more famous, this is also why people mistake Galileo Galilei for making the Telescope. Galileo Galilei made a telescope later on and improved. However he did not see the Telescopes made by the Dutches so that was still very impressive. Galileo used his telescope to do some cool things. There was a belief that the moon was smooth but Galileo found out that the moon was really not smooth, it has mountains and craters and was bumpy. Also he looked at Jupiter and found that the moons were moving. He did a lot of these types of research and published a book.

Telescopes have helped people find out many things about space and it will keep doing so. Telescopes have been around for a long time. Telescopes were not always perfect things to look at. Some did not work clearly and some couldn’t see far. Before Telescopes were just lenses to look at things. They were like magnifying glasses. Later on this Telescope got improved to the Telescope that we know today. Telescopes are good to look in at night but some you could look in the day time too. The telescope has many parts in order to make it work good. It has a finderscope, the lenses, stand and eyepieces. These work together to make a proper Telescope. There are different types of Telescopes for different purposes. Some are to view far away stars and planets, some to view the landscape and very much. There are a lot of wonders in a Telescope from the top to bottom. These all work together to make a Telescope! The next time you see one, make sure to remember how amazing it is from a small piece of glass lends to this amazing product.

NEPAL

Nepal is a beautiful place
Amazing sights to see
Great places to go to
For different people to see.

Some issues that can be fixed
Scary roads to drive on
Pollution we need to fix
Traffic no one really likes

Wires tangled everywhere
People trying to fix the problem
An amazing place to be
Because Nepal is a beautiful place

Asking ourselves can we fix this?
Rivers that are polluted
Polluted air we aren’t supposed to breathe in
We know that we can fix this

A place to see different sights
For you to see and everyone else.
Nepal is a beautiful place
Our long-time community member Sukrity Dhungel, daughter of Sunil Dhungel and Sujata Dhungel placed top 5 in the 2018 Miss Nepal USA competition. Since moving to North Carolina in 2011, she has been a role model to all the youth in the community. She taught at our Nepali School, performed at our celebrations, and volunteered at many different events. In 2016, she began her college life at UNC Charlotte, where she is currently pursing a degree in Philosophy with a double minor in International Studies and Anthropology. After college, she intends on going to Law School to further her education.

Below is an interview with Sukrity Dhungel, where she talks about her Miss Nepal USA journey and her involvement in the Nepali community.

1. Tell us a little bit about yourself? Where were you born? Where did you go to school?
   Currently, I’m 21 years old pursuing a Bachelor of Arts in Philosophy, with a double minor in International Studies and Anthropology. I was born in Iowa, but lived in Omaha Nebraska from the age of 1 to 13. After that, I moved to North Carolina and have been here since!

2. How did you begin getting involved in the Nepalese community, and in what ways have you been involved since then?
   My parents (specifically my mom) were what paved my journey in the Nepali community. My first involvement was a dance performance at the age of 3 on stage at an event hosted by Nebraska’s Nepalese Society. A few years later, my mom began teaching at the Nepali school of that organization, and I went with her and began learning how to read and write in Nepali. Taking my experience from that, after moving to North Carolina, I volunteered as an assistant teacher for 5 years at the Nepali school held by the Nepal Center of North Carolina. In terms of arts, I’ve found a lot of joy in performing dances every year at Dashain, Teej, New Year, and International Festivals. In 2018, I took a step out of my comfort zone and auditioned for and participated in the Miss Nepal US Pageant, and placed in the Top 5.

3. What is the biggest life lesson that you have learned through your volunteering experiences with the Nepalese community?
   The biggest lesson I’ve learned is that culture is not an absolute concept, it is rather a phenomenon that has many layers, and aspects - it’s constantly changing and adjusting with growing-technology, new politics, and new societal values. And I’ve learned that everyone chooses to express their culture in a different way- and that’s okay! If a Nepalese-American child doesn’t speak Nepali, that’s nothing to be ashamed of. That doesn’t mean they’re “less-cultured”, they still partake in our beautiful culture in other ways! Or, if a family chooses to go to the “Mandir” just once a month, rather than every week, that’s okay! That doesn’t mean they’re any “less-Hindu”!

4. Being a Nepalese-American, how did you learn to find a good balance between both cultures?
   Like I previously said, culture is not a binary concept. It’s not just “oh you’re American” or “oh you’re Nepali”- the amazing thing is that you get to pick and choose what aspects of the two cultures you want to incorporate into your lifestyle! I’ve found a good balance by mixing my two worlds together. I introduced my mom to pizza and pasta, while introducing my friends to Momos. We go to the “mandir” and celebrate Laxmi Puja, while also opening gifts in December under our Christmas Tree. I’m friends with girls like Ayushma, Neha, and Sameeksha - while also being best friends with girls like Lauren, Chloe, and Claire. My music playlist has artists like 1974 AD and Rohit John Chhetri, but I also love listening to Ariana Grande and Drake.

5. As a child, did you ever think that you would take part in a competition such as Miss Nepal USA?
   As a child, I had competed in a couple pageants that my parents put me in, so yes, I always dreamed of myself on stage as a “grown-up”, with a crown on my head.Did I ever think I would be in a competition like Miss Nepal US? No way! I never knew such a competition would ever come into existence, and I’m so glad that it did! It’s giving so many Nepali-American girls an opportunity to grow as a person and truly make a difference in our community- I love everything about the organization!

6. When did you decide that you wanted to take part in Miss Nepal USA, and what made you decide?
   I had seen applications open months before I applied, I saw it, thought about it, and forgot. Miraculously - the day of the deadline, I somehow remembered about the competition. I looked at the website and couldn’t believe my eyes- it was the last day to apply. I took that as a sign, and just went for it! Anyone who knows me knows that I am not one to shy away, and I couldn’t fight my curiosity either - what would it be like? What was I getting myself into? I had no clue, but I went for it, and I don’t regret it one bit.
7. Is there a connection between your involvement in the Nepalese community, and your decision to take part in Miss Nepal USA? If so, what is that connection?
A huge connection! More than anything, I knew I had support. For 5 years, I volunteered and taught community members’ children how to read and write Nepali, how to sing Nepali songs, and how to dance as well. I had parents constantly come up to me and thank me for my efforts- and it was that support that I received that gave me the tad bit of confidence I needed to decide to participate. I knew that I had a huge team rooting me on and who believed in me, and even if I didn’t win the competition, I knew I had a community of people who would be proud of me.

8. What is the journey like for Miss Nepal USA?
How long was it? How much training did it require? It was amazing and I wouldn’t trade it for any other experience! People assume that training for a beauty pageant consists of focusing on beauty, but honestly we didn’t even think twice about our looks until the day of the pageant. It was a few days long and we worked on different techniques for tackling different portions of the pageant like our walks, public speaking, confidence, the talent show, and choreography. From early in the morning until late at night, we worked really hard! It was so much fun being with other girls going through the same journey, though, so we all loved every bit of it!

9. Can you share some of your wonderful experiences from your Miss Nepal USA journey?
My favorite parts of the competition were all with the other girls. We went through everything together. I remember being with two of the girls practicing our talent round routines in the Hotel gym at 1 in the morning. We were so tired but we spent the whole night laughing and giving each other pep-talks. Pageants aren’t what you would assume them to be- rather than “fighting” for the crown, we clapped for each other when we did a good walk, we high-fived each other when we nailed an answer, we cheered each other on during our photoshoots. We wanted success for one another.

10. How did your previous experiences and involvement in the Nepali Community help you in this competition?
My ability to speak Nepali fluently, without a doubt helped tremendously! Also, being on stage for performances so many times before helped me feel comfortable in front of so many people.

11. How has this competition changed you? What have you learned from it?
I’ve learned that I’m capable, but have more work to do. I’ve learned that if I try just a bit harder, and push myself just a little bit more, I can win; not just in a beauty pageant, but in life as well.

12. Would you encourage others to participate in Miss Nepal USA as well? And if so, for what reasons?
Absolutely- 100%! My biggest reason would be that you will learn lessons that will change you forever as a person. Even if you don’t win, you will leave the pageant feeling confident and capable! Also, in life, it’s not good to judge others, nor do we like being judged. However, being watched for days makes you reflect on your actions. Are you a kind person? Are you understanding? Are you always positive? It’s a great way to reflect on yourself.

13. What platform has participating in Miss Nepal USA, and placing top 5 in the competition provided for you?
I met some amazing people like Malina Joshi, Nima Rumba, and board members that put together events like Miss Nepal US and the Nepali National Convention. I’ve been given the contacts I need to create some real change in the Nepali community.

14. What are your plans for the future?
At the moment, I’m really just focusing on school so that I can head to law school in the near future. On the side, however, I’ve begun working on a project involving the Nepali community that I hope to share by Fall 2020.

15. What are your hobbies? What do you enjoy doing in your free time?
As a college student, most of my free time is occupied with homework, studying, and working- but when I’m not, I love listening to podcasts on unsolved murders and conspiracy theories, watching spoken-word poetry, doing Yoga, and cooking different International cuisines!

16. What do you cherish most about our community and culture?
I cherish the support. When I needed to spend money to be able to go to the competition, I was stressed because I didn’t want to financially burden my parents; nor did I want to spend my college student money on the pageant. I created a GoFundMe, hoping to collect just a little bit of donations, but my friends and family helped me exceed my desired amount. If someone in our community goes through a surgery, just had a child, is dealing with the loss of a loved one, or mourning- our community is always there to help in whatever way they can.

17. What message do you want to share with the youth in our community that look at you as a role model and a source of inspiration?
I’m not perfect. Please don’t ever look at me and think I’m perfect. Just like you, I too, get confused about my identity and it’s tough for me being a Nepali person born in the United States. I’m still figuring out how to do this, so don’t think that I have it all together, no one does! It’s okay to feel confused, it’s okay to become frustrated- it’s bound to happen when you’re born and raised in a COMPLETELY different country than the rest of your family. If you ever feel lost or like no one understands you, find my Facebook and message me! Growing up, there wasn’t a generation of Nepali-American kids born in the U.S who were older than me for me to reach out to, but you guys are lucky! You have people like me, who have been in your shoes. I don’t have all the answers but I’ll always support and encourage you no matter what!
A DAY IN NEPAL

HISHI ULAK

The crack of dawn paints streaks of coral on the awakening sky
As chirps from birds sing in harmony, calling everybody to open their eyes
The people of Nepal stir as rays of sunlight burst into their homes
As they talk across their balconies about the weather and where they will roam.
The shouts of the mango sellers intertwine with this melodious chatter
The people may not have much but to them it does not matter
The sun rises overhead, staring at the busy life below,
As umbrellas shelter the people from its gaze and its glow
The engines of the motorcycles and buses hum on the traffic packed roads
As students dressed in navy walk, conversing about their workloads
The antique buildings stand bold with their scrapes and scars,
Welcoming nearby visitors as well as those traveling from afar
Meanwhile in Patan, the pigeons rest, perching on temple tops,
And the people enjoy each others’ company, whether in restaurants or in shops
The day begins to end, one would think,
But the country never sleeps, not a second nor a blink
The sun becomes tired and leaves way for the moon,
The two only seen together on the Nepali flag, but will see each other soon
The hum of the country never fades away,
As the orbs of light illuminate the cities through every crook and alleyway
Festive dances and costumes fill the town square,
While grandparents and children ignite with joy, never wishing they were elsewhere.
Friends and couples hand in hand roam the streets,
Looking for momo, bursts of flavor encased in dough, to eat
The people return to their homes to their loved ones,
Before they sleep, they tell stories about their midday runs,
They close their eyes and the crickets sing and call,
As another day ends in Nepal.

MY NEPAL

SALIL DHAKAL

Nepal here I come!
What do we see?
Kathmandu: We see big temples,
Busy streets with a log of cars,
Motorcycle, buses and peole
VROOM, VROOM, VROOM!
Where are we now? we are in Pokhara!
What do we see?
We see calm streets,
Fish-tail Mountain,
Fewa and Begnas Lakes,
Waterfalls, Boating and more
FUN! FUN! FUN!
Where are we now? We are in Gorkha!
We see Sneaky Monkeys, Cows, Buffalos, Goats,
Crops and more!
WONDER, WONDER, WONDER!
I saw many thigs in Nepal
But, I like Mountains the
BEST, BEST, BEST!
I LOVE NEPAL
MORE, MORE, AND MORE!
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Rabindra Karri & Family

We wish you all
Happy Vijaya Dashami & Dipawali 2019
May this Festival Bring Peace, Prosperity, Happiness, Success & All good things to you and your family

Ashish Hada and Family
We wish you all
Happy Vijaya Dashami & Dipawali 2019
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Shiva Bhattarai and Family

We wish you all
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Kamal Kasle, Preeti Sharma, Utsav Kasle, Dev Kasle

We wish you all
Happy Vijaya Dashami & Dipawali 2019
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Dadin Pandey and Family, Holly Springs, NC
# NCNC Life Members

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<td>Raj K Bhandari &amp; Shraddha Paudel</td>
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</table>
5 Years Members

1. Ekraj Luitel & Shaili Parajuli Luitel (2014)
2. Uddhab Bhandary & Prakriti Bhandary (2014)
4. Ram Thapa & Niruja Thapa (2014)
5. Ramesh Basnyat & Sheetal Basnyat (2014)
27. Thakur Sapkota & Pratima Sharma (2018)
34. Manoj K. Kaffe and Pabita Kaffe (2018)

42. Prakash Khatri (Paku) & Nisha Shrestha (2018)
43. Shailendra B. Khatri & Soniya Khatri (2018)
45. Kim Zagora (2019)
46. Rabindra Joshi & Anju B. Joshi (2019)
47. Dirgha Joshi & Laxmi Joshi (2019)
52. Ram K. Chaulagai (2019)
54. Dipendra Bhandari & Suniti Mahat (2019)
55. Govind Adhikari & Uma Khatri Adhikari (2019)
57. Hem Pun & Yuwa Hiski Magar (2019)
58. Chandra Pun & Dani Thapa (2019)
59. Lokendra KC & Yashoda Sharma (2019)
60. Netra Nath Adhikary & Bhawani Adhikary (2019)
63. Nabin Pradhan & Rita Shrestha (2019)
64. Anup Poudel & Prapti Poudel (2019)
65. Ramesh Upadhyaya & Sangita Thapa (2019)
68. Saroj Kumar Upadhay & Meera Acharya (2019)
70. Hari Gopal Shrestha & Kabita Shrestha (2019)
71. Sujan Poudel (2019)
72. Avash Poudel (2019)
73. Balram Lamsal & Asmita Sharma (2019)
74. Prem Rijal & Chinu Sharma (2019)
75. Rupesh Bhatta & Ruchna Bhatta Lamichhane (2019)
76. Dinesh Lonahi & Saraswati Sharma Lohani (2019)
77. Pusparaj Adhikari & Durga Adhikari Regmi (2019)
78. Amit Bharati (2019)
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<td>Ramila Shrestha &amp; Prabin Gautam</td>
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<td>Shantipriya Khadka &amp; Murthy Jonnada</td>
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<td>Kalpana Upadhyaya &amp; Kisan Upadhyaya</td>
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<td>Pankaj Kumar Sah</td>
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President Dr. Sharma handing membership certificates to new members

Honoring long time Nepali Pathshala teacher Sujata Dhungel

NASeA honoring women leaders during the Nepal Day celebrations

NCNC volunteers during Adopt-A-Highway program

H.E. Ambassador Dr. Arjun Karki at the Nepal Day Parade 2019

Celebrating the festival of color - Holi 2019

Annual Blood Drive-61 people donated blood this year

Celebration of Deusi-Bhaiolo during the Tihar festival
NC Secretary of State Elaine F. Marshall addressing during the third Nepal Day

NCNC Annual General Meeting - Dec 16, 2018

NCNC celebrating 206th Bhanu Jayanti in collaboration with NCNLS & INLS - NC Chapter

Nepali Bazaar stall at International Festival

Nepali Pathshala family appreciating long time volunteer Ayushma Sharma

People lining up to try Nepali food at the International Festival

Singer RK Dhakal wooing the crowd during Dashain celebrations

Third Nepal Day Parade 2019 - about to start
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Welcome to the Apex Cricket Club

Apex Cricket Club (ACC), an amateur cricket club located in the apex area of North Carolina. We are a part of the Triangle Cricket League (TCL). Our primary mission is to actively participate in and promote cricket at a recreational level with a competitive spirit, maintain the love, joy and spirit of the game on and off the field. We are actively looking for all rounder players to come and join. If you are interested please contact Aman.

Aman Bhattarai
Co-Founder (919-271-4740)

Team fee is required to join and covers the following:

- Team and player registration
- Cricket equipment
- Snacks/Water for T20/40 over games

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