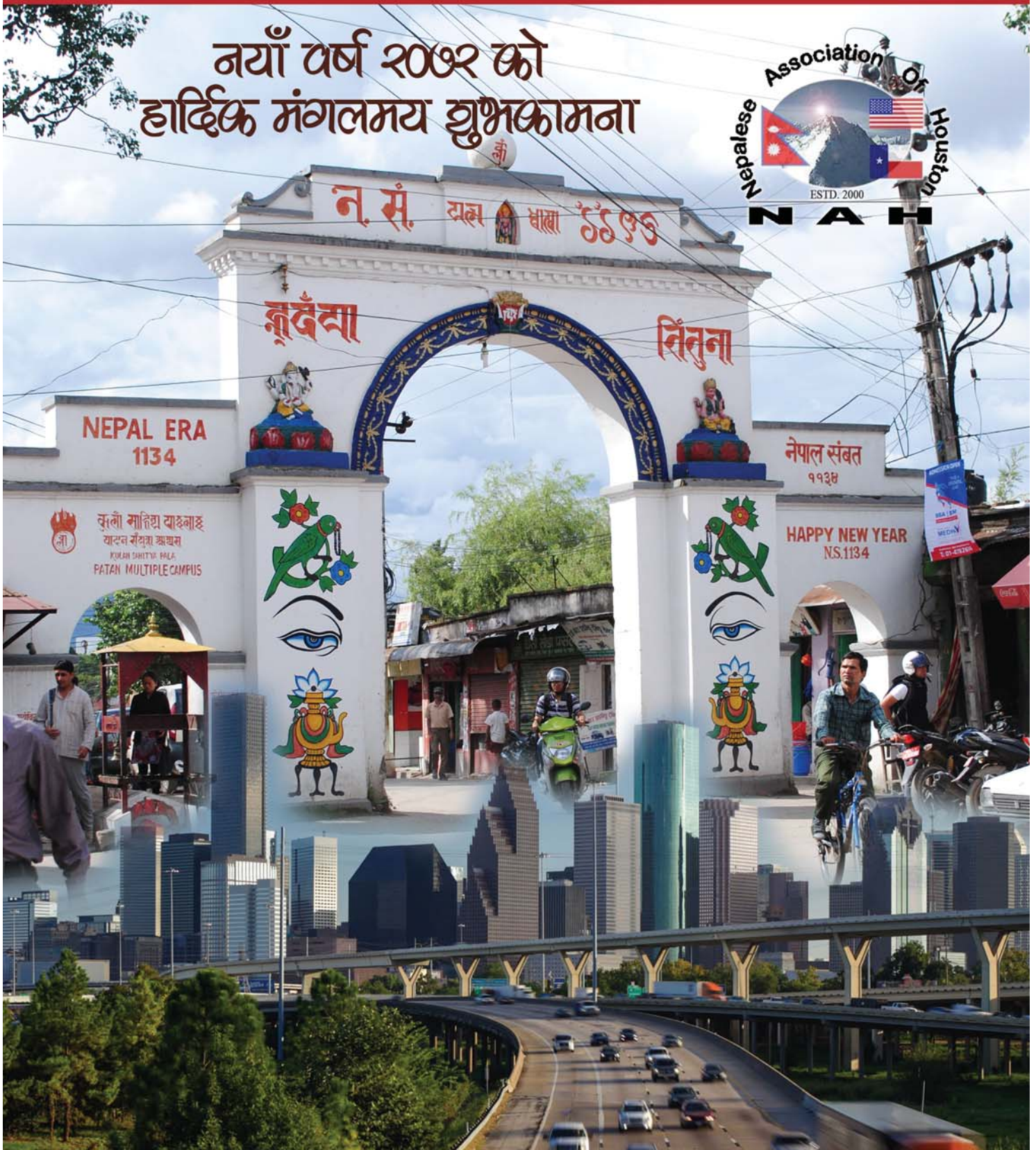




NEPAL VISION

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CONTACT IN USA

DINKER G. AMATYA
6776 Southwest Freeway, Suite 450
Houston, Texas 77074
Tel: 713-773-4348,
Fax: 713-773-1948
Cell: 832-922-0777
email: Dinkeramaty@msn.com





Editorial Board

Editorial Committee:

Madhukar Amatya
Tara Baral
Anup Pande
Nirmal Shrestha
Rupak Rauniar
Vishnu Nepal
Prashanti Pandit

Contacts:

Nepalese Association of Houston (NAH)

6776 Southwest Freeway, Suite 450
Houston, Texas 77074
Tel: (713) 773- 4348
Fax: (713) 773- 1948

Email: nahsandesh@googlegroups.com

Web:

www.nepaleseassociationofhouston.org

Layout Design:

Kiran Shrestha

Kamala Dangol
Sawana Shrestha

Tel: 977-1-5521266, 5553842
email: kiranshrestha1959@gmail.com

Cover:

Patan Dhoka (Gate)

main entrance of Patan

Photo by:

Sawana Shrestha

Disclaimer

The views and opinions, unless otherwise noted, contained herein are those of the authors and do not represent the official statements or views neither of the Nepal Vision or Nepalese Association of Houston.

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Purpose

To serve the Nepali community in the Greater Houston Area, bring all Nepali brothers and sisters on a common platform under a single umbrella, and create a congenial environment of friendship, fellow feeling, mutual understanding, mutual cooperation and mutual respect to help each other in every possible way at the time of need.

To preserve and promote the rich Nepalese cultural, traditional, and historical heritage

NAH is a Non-Profit Organization - Tax Exempt under Section 501(c) (3)
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CITY OF HOUSTON

Annise D. Parker

Mayor

P.O. Box 1562
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April 10, 2015

Greetings!

As Mayor of Houston, I welcome all attending the **5th Annual Nepal Day and Nepali New Year** celebration, hosted by the Nepalese Association of Houston. Nepal's culture, heritage and traditions will be displayed through a unique and exciting blend of arts, food and a fashion show. The events will also include a blood drive, sports tournaments and various other programs.

Houston is a city of rich cultural diversity, and the many ethnic groups that share their heritage with Houstonians enhance the quality of our lives. Houston is fortunate to have a large and vital Nepalese American community whose members contribute significantly to the civic, cultural, economic and spiritual life of our city.

I commend the Nepalese Association of Houston on the annual publication of "Nepal Vision" and for hosting important cultural events such as **Nepal Day**. The strengths of this great city are in the men and women who make up our diversity and cultural richness.

Best wishes for a rewarding event, and I appreciate your continued support of our city.

Sincerely,

A handwritten signature in dark ink, reading "Annise D. Parker".

Annise D. Parker
Mayor



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Jack Christie

Controller: Ronald C. Green



President's Message

supported financially by GulmiSamaj of Houston.

During our 2014 Dashain gathering and new NAH Committee inaugural day, I proposed constructing our own community center 'Nepal Bhawan' and I strongly believe we would be successful in this endeavor with the support of our community members. NAH will bring out a detailed plan to construct Nepal Bhawan at the right time, and hereby, I request all Nepali friends and friends of Nepal to participate in our activities and support NAH in whatever way you can including financially.

I would like to thank Nepal Vision editorial committee and advertisement committee. Nepal Vision 2015 successfully published because of these individual's hard work. I would like to thank Madhukar Amatya, NAH Immediate Past President, and Dinker Amatya, NAH Advisor, for providing all the necessary logistic support to NAH whenever needed. I would also like to thank all our sponsors who have helped us at various occasions in the past and present. I am confident that we will continue to receive similar or higher level of support in the coming days. Moreover, I would like to thank all the NAH Executives and Committee members for their unselfish commitment and dedication towards NAH.

Wish you all a prosperous and healthy New Year 2072 and beyond and hope for a successful Nepal Day 2015 celebration!

Best regards,
Jyoti K Ghimirey
President NAH

Dear friends,

First of all, I would like to convey my greetings to all of my friends and families living in the greater Houston area on the occasion of New Year 2072 and Nepal Day 2015.

I am proud to lead Nepalese Association of Houston (NAH) on its 15th birthday and I am blessed with a dedicated group of volunteer friends who are always ready to help our community. Although we all have a busy daily life, we still take out some time and give it to our community so that we can bring the Nepali diaspora living in the greater Houston area on a common platform under a single umbrella. NAH recently decided that it would organize at least one community event every month. Thus far these programs were organized - a talk program with Dr. Kul Chandra Gautam; a Nepali movie show 'Talakjung vs Tulke'; a talk program with Dr. Tara Nath Sharma and a flute recital by Prem Rana 'Autari' 'Sahitya Sangitko Sangam'. We also hosted the 'Maha' show with Madan Krishna Shrestha, Hari Bansha Acharya and the team at our 2014 Dashain gathering, which was a sold out event.

To support the flood and landslide victims in Nepal NAH collected donations from various individuals. The collected donation was handed over in person to the Prime Minister of Nepal Shree Sushil Koirala by Gyanshor Shrestha, NAH Advisor. This effort of NAH was also

Editorial

This issue of Nepal Vision was long overdue. Despite all the impediments, we are happy to have this issue on your hands. As intended, our young writers have contributed to keep it an issue of the coming generation. It would be an injustice if we measure our writers in terms of their penmanship. We have to take it as their attempt to share their experience within our community.

Publication of Nepal Vision took off in 2001. In last fourteen years, the Nepalese community in Houston has grown tremendously, but publishing Nepal Vision is still a daunting task. In this issue, we have covered a sci-fi story to a mature discussion of federalism in Nepal. We would like to thank Tara Baral and Bitu KC for their contributions to each and every issue.

This is the issue of Nepal Vision initiated by the executive committee led by Mr. Madhukar Amatya, but published only this year. I hope the new executive committee leading by Jyoti K Ghimirey will carry the torch even farther and brighter.

Many years ago, the association was started by few individuals gathered in a room of a restaurant. Now, we can gather half dozen cricket teams in a short notice of a month. We have outgrown many venues. I hope the new executive committee will lead us to our own facility, one day. A hope is still there and dream is alive.

Summer experience of movie making at Apple

- Uttam Gyawali
(Grade 6, Houston Texas)



It all started Late-July. of 2014. I was signed up to Apple's Annual Camp. Apples Camp provided an innovative way to open up creative minds in their native community. Although my house was very far away my sister signed me, my brother and my nephew to Apple Camp in the Movie Making Section and eventually my cousin joined in also. Apples highly sophisticated software that was yet so simple that a baby could know how to use it with its awesome touchscreen capacity. Day 1 was all about developing the campers' ideas and setting them down on paper. Although not everyone was especially excited because of the time we had to come in (9:00) we all were full of participation but not of enthusiasm. I felt excited about learning more about Apple and yet was shy to show and yet sleepy all at the same time. I guess you could say my "creative flow" was not exactly good that day but at least I tried. My story was about the end of the world and an asteroid that was about to destroy Earth and only one villain who was bad could only destroy it with his telekinesis. He escapes in the end and I guess you can call it To Be Continued. I felt bad about how horrible my idea was but later that day I looked at video of an inspirational speaker who said that a masterpiece is never done and your final draft is never going to be your

last. The second activity was GarageBand which made music. Music is something that speaks to everyone from within whether its in a specific language, genre or sung by your favorite artist.

I was quite fond of that activity because of my love for music and singing. We used smart versions of original instruments and looped the instruments altogether. On day 2 we shot the video and it was full of awkward unknown people that all just shot a movie together. For the first time I was picked before my twin which usually does not happen. But then again I am way better at acting or singing than him and would actually like to pursue a career. In the end, I came up with a conclusion: Apple came up with an amazing camp for youngsters, who want to build on their response to creativity and passions and talents that they discover and on top of that they seek it through the wildly popular technology given to us by an amazing camp built by the whole-hearted company that is called Apple, which makes you wonder about the simplicity to the complexity that Apple has. If your child is truly interested in creativity and technology rather than having them playing on iPad, have them go to Apple Camp and learn about the software and the company behind it.

IT IS ALL FOR CHILDREN

Flowers bloom with
all their beauty

Because children are
so beautiful.

Stars twinkle with all
their gaity

Because children are
so playful.

The sky keeps many
stars

Because children
have so many
dreams.

The Himalayas keep
many peaks –

Because children
have so many
ambitions.

It's only for the
children's pleasure
that

Birds always sing for
them

It's only for the
children's fun that

Angels always dance
for them.

Late. Dhruba K. Deep



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ए एन एका केही तिता मीठा अनुभव

- विटु केसी बराल



एएनए (एसोसिएसन अफ नेप्लिज इन अमेरिका) को ३० औं अधिवेशन २०१२ टेक्सासको डालसमा हुने समाचारले हामी दुबैलाई उत्साहित बनायो । एक त हुस्टनबाट डालस जम्मा ४ घन्टाको ड्राइभ मात्रै थियो भने अर्को यो हाम्रो पहिलो सहभागिता हुने थियो एएनएम । अमेरिका बसाइको ८ वर्ष वितिसक्दा पनि हामी सहभागी हुन सकेका थिएनौ । कुरा के भने काममा छुट्टीको चाजोपाजो मिलाउनै गाह्रो, मिलिहाले पनि आकाश मार्गको यात्रा महँगो । लुकाउनु पर्ने अर्को कारण नै थिएन । यसपाली त्यसैले हामीले छुट्टी मिलाएर कुनै हालतमा अधिवेशनमा जाने निधो गर्यौ । अर्को खुशिको खबरले हामीमा थप उत्साह जगायो । त्यो थियो (एएनएका अध्यक्ष छेवाड शेर्पा लामाबाट अधिवेशनमा ताराजीलाई सम्मान गर्ने लिखित जानकारी ।

अधिवेशनको तयारी गर्दै गर्दा त्यतिबेला अचानक एउटा नमिठो खबरलाई मैले आत्मसात गर्नुपर्यो , त्यो थियो मेरो बुवाको मृत्यु । एक महिना पनि भएको थिएन नेपालमा बुवालाई भेटेर आएको । यति चाडै यस्तो खबर सुन्नु पर्ला भन्ने मलाई लागेको थिएन । मृत्यु बाजा बजाएर कहाँ आउछ र ! यो तितो सत्यलाई स्वीकार्नु बाहेक मसँग अर्को कुनै विकल्प थिएन । बुवाको मृत्युको १५ दिनपछि एएनए अधिवेशन थियो । त्यहा जाने मेरा सारा उत्साह बुवाको मृत्युसँगै सेलायो । मेरो मन मशितष्कमा बुवा मात्रै हुनुहुन्थ्यो त्यतिखेर । म असमन्जसमा थिए एकातिर श्रीमानको खुशि, अर्कोतिर बुवाको शोक । १३ दिनको बुवाको शोकबाट निस्किसकेपछि मलाई लाग्यो अब मैले ध्यानलाई अन्यत्र मोड्नु पर्छ, शोकमा डुबिरहेर जिन्दगी कसरी चल्छ ! डालस अधिवेशनमा जानु नै मेरोलागि त्यतिबेलाको उचित निर्णय साबित भयो । घरबाट डालसकोलागि हिडेपछि फरक वातावरणमा साँच्चिकै विस्तारै सामान्य

हुँदै गैरहेको महसुस हुन थालेको थियो आफैलाई ।

लागेको थियो एएनए अधिवेशनमा धेरै भन्दा धेरै चिनेजानेका साथिभाई, आफन्तहरू भेटिन्छ होला । मनभित्र अधिवेशनको यस्तै लोभ तथा कौतुहल पालेको थिए मैले । बोलेर भेटेर भ्याउन नसकिने पो हो की, तर मेरो अनुमान धेरै हदसम्म सहि भएन । साथिभाइ चिनेजानेका धेरै थिए होलान तर सबैलाई एकै चोटि भेट्न पाइएको होइन । एकै समयमा धेरै कार्यक्रम राखिएको हुँदा कोही कता कोही कता !

सहभागीहरू भन्दा कार्यक्रमहरू बढी जस्तो ५,७ जनाको उपस्थितिमा पनि कार्यक्रम भैरहेको देख्दा मन खिन्न हुन्थ्यो । खासगरी आर्थिक विषय सम्बन्धी कार्यक्रममा त्यस्तो देखियो । कार्यक्रम जुधेर उस्तै फेरि ! सबैजसो कार्यक्रममा प्रमुख अतिथि (अमेरिकाकालागि नेपाली राजदुत डा शंकर प्रसाद शर्मा) अतिथिहरू एएनए अध्यक्ष छेवाड शेर्पा लामा र एनआरएनका सस्थापक अध्यक्ष उपेन्द्र महतोलाई भ्याइ नभ्याइ भएको थियो । प्रमुख अतिथि र अतिथिको तानातानमा कुनै कार्यक्रम छिटो सक्ने प्रेसर हुन्थ्यो भने कतै घन्टौं कुरा कार्यक्रम सुरु हुँदैनथ्यो । उदघाटन समारोह पनि सुरुको दिनमा नगरेर अर्को दिनलाई सारिएको जानकारी कार्यक्रम हलमै गराइयो । समारोहमा धेरै बक्ताहरूलाई बोल्न दिनुपर्ने हुँदा एएनए हिरो सम्मान कार्यक्रमलाई छिटो छिटो छोड्नुपर्ने भयो । अमेरिकामा बसेर पनि आआफ्नो क्षेत्रमा योगदान दिइरहनु भएका पत्रकार, कलाकार, साहित्यकार लगायत विभिन्न क्षेत्रका १० जनालाई एएनए हिरोबाट सम्मानित गरिने कार्यक्रम रहेछ । अहा ! कति राम्रो काम गरेछ एनएले मनभरी प्रसंसा पुलोकिता भयो । अमेरिकामा पत्रकारिता क्षेत्रमा गरेको योगदान बापत ताराजी सम्मानित हुँदै हुनुहुन्थ्यो । म खुशी थिएँ,

ताराजीले एनए हिरोको सम्मान ग्रहण गर्नुहुँदा मेरो छाती गर्वले ढक्क फुल्यो । मनभरी एनएलाई दिएको धन्यवाद गनी साध्य छैन । तर सत्य कुरा, एनएको हित चिताएर भन्नुपर्दा व्यवस्थापनपक्ष कमजोर थियो ।

समय अभावले सम्मानितहुनेहरूको विचार सुन्ने लालसा मन भित्रै गुमिसदा कार्यक्रम व्यवस्थापन पक्षको कमी कमजोरिप्रति ध्यान आकर्षित भैरह्यो । जसले गर्दा उदघाटन समारोहको गरिमा घट्न गएको अनुभव भयो । सम्मान कार्यक्रममा समयको व्यवस्थापन गर्न सकिएको भए ए एन एको साखमा सितारा लाग्थ्यो । हतार हतारमा सकाउदा अमेरिका भरिका विभिन्न राज्यबाट प्रतिनिधित्व गरिरहेका करिब हजार भन्दा बढी नेपालीहरूले एक किसिमको खल्लोपन महसुस गरे । हतारले गर्दा ताराजीको सम्मान ग्रहण गर्दाको एउटा राम्रो फोटो खिच्ने धोको पनि अधुरै रह्यो ।

ए एन एले विभिन्न राज्यका फुटबल टिमबिच प्रतियोगिता पनि आयोजना गरेको थियो । क्यालिफोर्निया, न्युयोर्क, डालस, हुस्टन लगायतका खेलाडीहरू त्यहा सहभागी देखिन्थे । बढी भन्दा बढी सहभागिता जुटाउने एनएको उद्देश्य पूर्ण भैरहेको मैले पाएँ, जब देखे युवा जमातको ठुलो संख्या डालसको खेल मैदानमा । हाम्रो हुस्टनबाट पनि फुटबल खेलाडीहरू म्याच खेलन गएका थिए । उनिहरूको हौसला बढाउन हामी बुढाबुढी खेल मैदानमा पुग्यौ । डालससँग उनिहरू जोडतोडले भिडिरहेका थिए । खेलाडीहरू हामीलाई देखेर खुशी भए । डालसको खेल मैदानमा हुस्टनका प्रतिनिधित्व गरिरहेका आफ्ना युवा भाइहरूलाई खेलाडीकोको रुपमा देख्दा हामीलाई भन खुशी र गर्व दुवै लाग्यो । डालससँग हुस्टन पराजित भएपनि सान्त्वना दिदै हामी मैदानबाट निस्कियौ ।

ए एन ए अधिवेशनमा सबै भन्दा मैले महसुस गरेको सुखद पक्ष भनेको साहित्यिक कार्यक्रम थियो । नेपाली साहित्य प्रतिष्ठान, अमेरिका र अन्तराष्ट्रिय नेपाली साहित्य समाजको स्तर र हेमन्त श्रेष्ठलाई चिन्ने अवसर पाएँ । क्यासल रककी अप्सराका सर्जक कथाकार सुन्दर जोशीसँग पनि त्यहि माहौलमा परिचय भयो । उहाँहरूसँगको परिचय मेरो साहित्यिक जागरुकताको सुखद पक्षको रूपमा रहिआएको छ ।

यसअघिका अधिवेशनमा प्राय भै भगडा हुने गरेको सुनेको थिएँ । नेपालीहरू जाँड रक्सी खाएपछि जहाँ पनि भगडा मात्र गर्छन् भन्ने

एउटा मान्यता नै बसेको छ । त्यसैले डालसमा पनि त्यस्तो होला भन्ने आशंका कता कता मनमा थियो । तर त्यस्तो केही भएन, शान्त र रमाइलो रह्यो । डालसका आयोजक मित्रहरूले निक्कै कसरत गरेर अधिवेशनलाई सम्पन्न गरे । मैले यहाँ उल्लेख गर्नुपर्ने अर्को कुरा के भने एनएका अध्यक्ष छेवाङजीको सक्रियता । अधिवेशनमा त उहाँसँग सामान्य परिचय भएको थियो । हेर्दा सामान्य लाग्ने छेवाङजीमा गजबको क्षमता र सक्रियता लुकेको रहेछ । त्यसपछि एनआरएन अमेरिकाको निर्वाचन समितिमा रहदा उहाँलाई अभै चिन्ने मौका पाएँ ।

खासगरी एनए अधिवेशनको व्यवस्थापन पक्षलाई सुधार गरेर लैजाने हो भने यसको प्रभावकारिता र गरिमा बढ्ने निश्चित छ । उत्तर अमेरिकामा बस्ने सबै नेपालीको प्रतिनिधि संस्थाको रूपमा यसलाई विकास गर्नुपर्ने आवश्यकता छ । यस्तो पुनित उद्देश्य पूर्तिमा एनएको हरेक अधिवेशन सफल रहोस् हार्दिक शुभकामना ।

bitubara1@yahoo.com

Who's Who

Dr. Vijay K Jha was born in a village of Simara in Sarlahi district, Nepal and came to USA to further his education in Computer Science in 1998 after completing his Bachelor's, Master's and PhD in Civil Engineering with Honors from reputed Moscow State Technical University (MADI), Moscow, Russia. He is currently working as a Sr. Engineer in Oil and Gas industry. Besides his engineering profession, he is also a licensed Texas Real Estate Agent.

Dr. Jha also takes keen interest in social works in Nepal, and hasn't forgotten his roots and the humble beginnings. Since 1996, he has been engaged in social works and has established Sarlahi Social Welfare Foundation (SSWF) in 2006, initiating with an educational project serving just 12 girl students free of cost and even providing allowances to

parents as motivation for sending their daughters to school. Currently, SSWF runs its own Elementary School with more than 250 students from the poorest of the poor families, amenities including a library with access to Computers and Internet and other educational, sport and music facilities.

The foundation since establishment also has been conducting multiple free medical camps in different villages, where people from all different cast, religion and social status receive free diagnosis and treatment.

It also provides regular medical services to children, women and elders. Every year 100 elders from Sarlahi get free cataract surgery.

SSWF has also taken a challenge in making the village economically sustainable and green by educating the villagers and even providing free plants to encourage them to plant trees and to make the place green. He is also planning



DR. VIJAY K. JHA

to implement cooperative farming in Simara which will give them access to a collective pool of modern scientific equipment, method, and resources which in turn will help the farmers in increasing their production yield and a broader market.

He is married with Usba and they have three beautiful children: Neha, Ankit and Nilima. He speaks multiple languages: English, Nepali, Hindi, Russian, Maithili, Bhojpuri, Urdu and Bengali and enjoys music at free time.

Earthquake Hazards in the KATHMANDU VALLEY: Geological and Geotechnical Considerations



- Rajendra K. Shrestha, Ph.D. *

The serene, beautiful Kathmandu Valley can see unimaginable devastation in the event of an earthquake comparable to the Nepal-Bihar earthquake in 1934 of 8.4-magnitude. It is a known fact that Nepal is a part of the Himalayan mountain chain, considered one of the highest earthquake-prone regions in the world. This has to do with its evolution as a result of the constant collision between the Indian plate on the south pushing against the Eurasian plate to the north, which began about 55 million years ago.

The Kathmandu Valley sits atop the ancient lake bed containing dirt and sand that are mechanically weak compared to the bed rock and can be quite unstable during an earthquake. Mexico City, struck by an earthquake of 8.1-magnitude on Sept. 19, 1985 causing the death of 10,000 people and injuring 30,000, with billions of dollars of property damage, is analogous to the Kathmandu Valley because of its situation on the soft sediment beds of the ancient Lake Texcoco. The earthquake-generated ground motions on the soft sediments of the lake bed in Mexico City were amplified five times and longer in period relative to the nearby rock sites during the 1985 quake. The buildings in the Kathmandu Valley suffered similar

fate during the 1934 Nepal-Bihar earthquake. Interestingly, the buildings in the nearby Kirtipur area, resting on a thin surface layer over the bedrock, suffered comparably little damage in that quake, because bedrocks dampen the ground vibrations whereas loose soils help magnify it.

The site-specific geological and geotechnical investigations can contribute to developing earthquake-resistant design and construction of the buildings, lifeline facilities such as water distribution and sewerage system, roads, bridges and airports, and protecting critical infrastructures of dams and levees, tunnels, telecommunication, railroads and hydroelectric power plants, as well as retrofitting existing structures, and monitoring their performance.

Earthquakes can cause massive destruction by strong ground shaking and the associated secondary effects such as liquefaction, landslides, mudslides, tsunamis, ground ruptures, and uplift and subsidence. In some earthquakes, soil liquefaction is more destructive than tremors, and can trigger landslides. Liquefaction is a process in which the sand grains in the soil get separated when subject to constant massive vibrations and

act like fluid rendering the foundation of the structures weak, vulnerable to collapse. These liquefied sediments can even erupt like volcanoes.

The design of the buildings and structures should, therefore, include a detailed geological study, identification of seismogenic faults and dynamic soil properties in the area input into the probabilistic seismic hazard analysis to determine seismic design parameters for buildings and structures such as amplification factor, peak ground acceleration (PGA) and foundation factor, and liquefaction assessment and remediation.

The seismic hazard zoning maps of the Himalayas and Kathmandu Valley indicate in no uncertain terms that the damage to the structures during an 8.0-magnitude earthquake will be extreme. A geotechnical study of the seismic hazards of the Kathmandu Valley accomplished by Japan International Cooperation Agency (JICA) in 2002 predicts the destruction of 50 percent of the buildings and a loss of 1.3 percent of its residents in an earthquake. The landscape and population of the Kathmandu Valley, inhabited by more than 2.5 million people, has been drastically transformed with rapid construction of family housing and

multi-storied high-rise apartment buildings changing its skyline. This is a cause of grave concern from the consideration of the high seismicity level and earthquake history in the valley.

It is very difficult to predict the timing of an earthquake, but the development and enforcement of a solid disaster mitigation plan can greatly reduce the damage ensuing from it. Needless to say, the role of earthquake hazard assessment and remediation process based on geological investigation and geotechnical earthquake engineering study is of crucial importance.

Most recently, on Jan. 10, 2014, the 16th "Earthquake Security Day" was organized in the Kathmandu Valley with a week-long program aimed at heightening awareness in the public to take earthquake safety measures. This indeed is a step in the right

direction that will aid minimizing the loss of lives and property when a devastating earthquake strikes. The earthquake awareness campaign needs to be executed in the grassroots community level, in order for it to achieve success. In the same line, American Society of Nepalese Engineers (ASNEng), America Nepal Medical Foundation (ANMF) and Computer Association of Nepal-USA (CAN-USA) are currently preparing a position paper to address "Earthquake Preparedness and Disaster Relief in Nepal" in a collaborative effort, scheduled to be published in the near future.

** President, American Society of Nepalese Engineers (ASNEng), Founding President, Nepalese Association of Houston (NAH)*

केनै गर्न सके ??

- साधनाशर्मा

पिल्सिएका मुहार मानतखुशी छर्नसकें
नत भोका पेटहरु अनाजले भर्नसकें
जीवन व्यर्थ लाग्छ, जबमप्तिस्कमा प्रश्न
उठ्छ

यो धर्तीमा जन्मिएर मैले केनैगर्नसकें ??

अन्यायका विरुद्ध मानव अधिसर्नसकें
सहिद बनी देशका निम्ति नत
हांसीमर्नसकें
निस्सारअनि बेअर्थको जीवन बाँच्दा
लाग्नेगर्छ

यो धर्तीमा जन्मिएर मैले केनै गर्नसकें ??

नत दुखि मानिसका दुखसाराहर्नसकें
ज्ञान ज्योति फैलाउनननै अधिपर्नसकें
आफ्नै लागि मात्र बाँचे जस्तो लाग्छ
सोच्छु जव
यो धर्तीमा जन्मिएर मैले केनै गर्नसकें ??



Unplanned urbanization in the Kathmandu Valley poses high risks due to the earthquakes.

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Shree Pashupati temple, Kathmandu

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

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

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

Pashupati Nath and other Shiva temples are crowded with devotees, including naked Sadhus with 'Chilum', from all over the world. Just for information, Bhagwan Shree Pashupati Nath is the God of life, not

of animals. In old Sanskrit 'Pashu' is life, and animals are also life. You may see Shiva's trident and three horizontal lines in the foreheads of the devotees representing the three levels of consciousness. People also may wear 'ash' in the forehead, representing 'our life and world as we know of is limited, but there is more beyond.'

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

protect the world Shiva drank the poison. It turned his throat blue - 'Neel Kantha.' Another legend gives the day as the auspicious wedding of Bhagwan Shiva and Sati Devi.

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

Shiva 'Auspicious one' means who fills our heart with joy. Shiva is also known as the God of destruction, not who destroys, but who proves to us in concrete term that we are not annihilated after our death after all. The correct simile is the 'medicine of head ache.' It does not give head ache, rather relieves. Shiva neither



Shiva in Sanga, Kathmandu valley, 143 feet tall.

prescribes believing in heaven and hell, nor uses the associated greed and fear as carrot and stick to force certain code of conduct. Shiva provides empirical way 'meditation techniques' to ascertain on your own.

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

Shiva taught 'Adwaita Darshan' or 'Non duel' view of the world. The world 'Sansar' as we see is only partial and changing. There is larger and universal reality – 'Brahman.' The Sansar is a subset of Brahman (not to confuse with God of creation 'Brahmaa' or 'Bahun' caste). The whole universe, everything and

everyone including our egos, are part of the Brahman. Deep down within our ego is the soul, which is Brahman indeed. But our person 'ego \ life form' cannot understand its true reality due to the creative force 'Maya.' Like an actor deep into the acted character, that we may forget our real identity. Shiva teaches, "Yes, an acted character will end, but not the actor. A character may meditate to go within. But ultimately it is for actor, not the character, to realize own nature and that the character is only an act. The meditation is the process of such realization." This revelation makes Shiva the 'God of destruction - of ignorance.'

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

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

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

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

Mountain Kailash in Tibet, the abode of Shiva \ Parvati has interesting geography. Three major rivers Brahmaputra 'Tsangpo', Sindhu 'Indus' and Ganga flow from this region. If whole Tibet is considered then there are four more major river systems Salween, Mekong, Yangtze and Huang He flow out. These are



Daikoku \ Shiva, Japan



Shiva temple in Quanzhou, China



Shiva temple in Java, Indonesia

not mere water bodies but the links of communications, commerce, arts and Dharma. They do link far and wide major civilization groups along with the teachings of Shiva.

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

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Huntsville, Alabama

To children with love and blessings,
Tilak B. Shrestha,
Ph.D. <tilakbs@hotmail.com>

श्री फुल शिरमा नेपाल

अस्तित्वमा अकाश पाहितलै खडा छ
नेपालनै भुस्वर्ग संकल्प प्राणामा छ
हृदयै गडडुड फुल पाती सलामि ठोकी
एकतीस तोप बज्दै वाजेछ वीर ज्योती

छ वाह जोडिएको त्रीशुलै भरि घुमेको
शिव सत्य सुन्दरमा नेपाल भल्किएको
श्री चन्द्र सूर्य भण्डै फहराइ हल्लिएको
यो विश्वको सिखरमा सुवास फैलिएको

प्रतिविम्ब सागरैको छायांकनै खिचभैँ
सगरै छ माथ उक्ला सोन्दर्यमा वलेकै
शिव शक्तिकै विलास मंगल गणेश सासमा
काखमा रमाए नेपाल देश मात

यही माइती सीताको पवित्र विरताको
नेपाल देश सत्य ज्योतिर्व पर्वमा भो
श्री सान्ती दीप वल्दै यो विश्वको महान
यहिं वुद्ध जन्मिएको चैतन्य ज्ञान सान

तल गाडिर उ हेर उभ्रेछ धान सिता
श्री अन्न पुर्ण भएको आषाढ पन्ध्र टिका
विजया दशैँ घडामा शक्ति स्वरूप भएको
भल्लै वलेछ खड्ग नेपाल देश सानो

रातै रगत वगेको स्नेहै मुटु भरिमा
भाको छ काख माथि यो विश्वको महिमा
पुर्खाहरु अमर भै यहि देशमा उदाए
विरागंता भुमीमा बलिदान नै चढाए

जननी श्री जन्म भुमी साष्टांगमा चढाउ
शिर भाटिकै लगाइ हांसोफुकाइ पाउ
बुझ हात जोडिएको मात्री भुमी पुजामा
जननी श्री जन्म भुमी इन्साफ पाउ आमा

रातै रगत वलेको मात्रीत्वको श्रीगार
श्री चन्द्र सूर्य भण्डै नेपालको निधार
हो स्वाभि मानी देश हाम्रो नेपाल एक
शिव काख माथि गौरी हांसि वसिन् श्री शेष



Technology for **CHILDREN** and parental role

- UttamGyawali,
Houston, Texas



Before I start today I'd like to introduce myself. My name is UttamGyawali and I'm 11 years old. Today you will be reading the topic of technology and the struggle between it with children.

Many children in developed countries have the option to use some type of technology (Ex. Tablet) for gaming, internet and many other purposes. Limiting your child's time on the device or devices is great. But if your child is like some people who love to get on the device and play, play, play, then watch the day pass with nothing but games and entertainment then there would be three choices:

1. Get them to a library or park and spend a day out once in a while.
2. Take away the device.
3. OR use the device for educational purpose.

The first choice is good and I'd like to recommend you to visit a library near you depending on your area. Many libraries offer a Summer Reading Program for you and your child depending on ages that vary from 2 through 16. Parks are also a wonderful way to get active. And also you should try to eat healthy adding more vegetables to your meal.

The second choice is to take away the device and there isn't much to talk about except that you should always screen lock the device. But if you are not totally going to take it away then you would have an advantage with some devices over others because of parental lock options on the devices. For example, "Kindle Free Time" allows you to set users and lock the kindle and choose the amount of time your child will get with the kindle. But of course, it requires a Kindle Fire 2nd generation and generations up.

This brings us to the third choice—to use the device for educational purposes. Apps also known as applications which are used to help increase efficiency of using technology, several apps can be used for educational purpose also. There is 'Overdrive' for books

and audiobooks and to check that out you should ask your local librarian and have an Adobe ID along with your library card. There are many e-libraries but overdrive is just one. This is a free user experience but as I stated before, it requires things before using and downloading media.

Now the apps listed below are ones I highly recommend because they help enrich our minds for the learning experience during and after the summer. Here are the apps:

So, before I finish off I'd like to acknowledge the people of Nepal and the naturally smart that don't have access to the things we, those living in US, do and please take a minute to think about how thankful we are to technology.

1. TED	IOS and Android	Free	Ages 7+
2. Kids Reading Preschool	Android	Free	Ages 3+
3. Overdrive Media	IOS, Android and PC	Free	Any Ages
4. Green Eggs and Ham	IOS	\$1.99	Ages 2+
5. ABC Mouse	PC	Paid Program	Ages 2+
6. First Letters and Phonics	IOS	\$1.99	Ages 1+



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Visiting KATHMANDU

- Ali S. Hegler.

As we arrived to the Tribhuvan international airport we became both anxious and excited to start our visit to Nepal on its most famous and historic city. As for western visitors like me (from Mexico City), the name of Kathmandu, has always meant one of the most remote places on earth, and I was finally there, eager to visit all the Hindu temples and the famous Buddhist Stupas.

Our small group, formed by my Husband Russell who is originally from Canada, our good friend Marco from the Netherlands and I were picked up at the airport by our Sherpa guide Mr. Ang Dawa Sherpa of the Himalayan Nirvana Trekking P. Ltd. They had already a programmed a thorough and intense tour for the next few days.

Kathmandu was overwhelming, the colors, the smells and the friendly people, we had our first taste of the different driving habits, that were so different from ours in a seemingly chaotic but organized coming and

going of vehicles from different directions and the constant car horns which made the city own music.

What also immediately caught our attention was the cities electrical system which is a big tangle of wires that would challenge our westerns most capable electricians to understand. Our hotel was situated in the area of the city called Thamel well known as the tourist district, with narrow 2-way unnamed streets, filled with stores and vendors. At this place, you can find anything your heart desire when it comes to trekking, climbing or enjoying any type of outdoor activity. There were beautiful crafts, metal works and pottery typical of Nepal which are a treat for the senses, gorgeous intricate carvings and jewelry, colorful outfits and fabrics, the beloved Gods and Goddesses idols and paintings, as your eyes can't help but to wander with all this marvels, you still have to watch out for the constant traffic, coming and going. Also in this area we had some

of the best pizza ever! At the Fire and Ice restaurant, a time for relaxation and enjoyment of great lunch snacks and refreshments at the Kaiser café.

The next day, early in the morning, after a nice relaxed breakfast with the best muesli cereal I have ever had and fresh squished fruit juices and aromatic coffee, our Sherpa guide Dawa, took us to meet the city guide, Mr. Vishnu whose knowledge of the culture and the city, besides the many languages he so skillfully dominated and his natural charming personality made our guided trip around the busy metropolis fun, and enchantingly interesting.

Among the most popular places to visit are Patan, Durbar square, the Kumari (living Goddess) palace, the Boudhanath Stupa, Bahaktapur among many others, it will always be advisable to have a guide or to go with someone local, as there are also places and military areas that are prohibited to walk around or even take photographs.



Nepal's capital is a place where the deep and meaningful word 'Namaste' becomes almost a national chant. Squares and open markets are wherever you go, the temples and Palaces where you can enjoy the amazing architecture and wood carvings, the streets witness of festivals, ceremonies and devotion. Courtyards where as you walk in, filter the outside noises of the busy city and become a tranquil place. Temples are typical gathering places for locals and meeting points for people spending the day watching people or observing ceremonies that outsiders would have a hard time understanding, if not familiar with the religion, like in the city of Bhaktapur where the recent sacrificed 'offerings' blood still colored the floors at the entrance of one temple.

The baths in the courtyard or interior patios of some palaces, show intricate sculptures full of meaningful symbols and stories, transport you to some of the Nepali people that experienced a life of devotion, luxury and contemplation, totally away from the general population reach.

This is a city where the new mixes with the old likenow with the popular cyber cafes in many points of the touristic areas. The fabulous experience of the 'chia' the flavorful tea that you can enjoy everywhere, the clay and pottery made right in front of you on the streetsby the skillful hands of the artisans, art, fashion, healing of the mind body

and spirit are offered in almost every street. There was also the taste of the local food which we seriously thought would challenge our immune system, but looked delicious. The roofs of buildings were covered with pigeons and the calls of urban crows mingle with the daily city noise. Large monkey population flourishes under the abundant and easily available human food remains.

The streets will not be clean, the air will be thick and hazy from the pollution, but the magic and purity of traditions remain. This is not a city for the germaphobic or someone that has trouble with crowds. Local people constantly reminded us that the city not long ago was not like that, since the huge invasion of refugees from Tibet, India and the nearby countryside in the recent years, has turned the capital into a busy chaos, where there is little or no respect for the city tidiness and cleanliness. The running water out of the faucets will be of yellowish color. Many people will be wearing protective face masks where sometimes we wondered if it would be safe to go around without one. All the places you touch seem to be covered by a layer of dust. All these may seem negative, but on a clear windy day, you can get a spectacular view of the not too far Himalayan range.

The crematory area, close to a thinning river, reminds us of our earthly and short visit in this life, as people gave the last goodbye to a loved one, friend or family member, a place to pay your last respects and which scent, colors and sounds will remain in your mind forever. Kathmandu is an unforgettable life experience.

My Motherland Nepal

A beautiful garland of flowers

In the sweet, tulip garland

A whiff of the air

Is sugary and smoggy

With the height of our knowledge

Shining to others

What Mother Nature has given us

We protect with our full heart

The feelings that we have

Come from the calls of god

We live life for the greater cause

And for enjoyment and freedom

We respect everything that respects us

One piece of land under god

Makes us feel everything

We are Nepal, because Motherland and

Life are greater than heaven



Divyesh Khatri
6th Grade Student



Undergraduate Research Experience Abroad

Ritu Gyawali
Knox College, Galesburg,
IL Major: Biochemistry, Double Minor:
Spanish and Anthropology & Sociology
ritu_gyawali@hotmail.com
Houston, Texas

in a classroom setting, similar to Nepalese kids actually being able to speak Nepali once surrounded everyone around them speaking Nepali in Nepal.

As soon as I entered the streets of Costa Rica, I was left unprotected: only Spanish. No English. No Nepali. Hand gestures and pointing were my go-to backups to understand my Costa Rican family better by which I was able to define many more Spanish words and use them effectively. As the program titled, my program was divided into three parts to address “Field Research” in Costa Rica. I lived with my urban host-family for four weeks in the capital city of San Jose. During this time, I took the local transportation everyday to and from the ACM center waking up as early as 5 AM, learned the different from the American but similar to the Nepalese Tico¹ lifestyle, toured the city, and mainly learned and prepared the topic of my research: “Knowledge of Adverse Effects of Sun Exposure with a Focus on Skin Cancer in the Puntarenas Province of Costa Rica.” In this first month, I wrote my proposal for my research and finalized the location for my research in rural Costa Rica: Quebrada Ganado. Hence, for the next five

Study abroad was just an idea that I would never be able to fulfill. I established all kinds of excuses as to why I would not be able to go (“I have too many classes to take; I will miss my friends; I cannot afford it; I have to apply to medical school,” and so on) until I saw a flyer outside my biochemistry classroom that read “Comparative Health Care in Costa Rica: The Socialized System, Traditional Medicine, and Alternative Medical Practices”. I initially was interested in the above Fall semester program, however, in order to take care of multiple excuses, timing of my classes, applying to medical schools, and fulfilling graduation requirements, the Costa Rica Field Research program seemed appropriate.

Studying abroad is not learned just by intense research; one needs to

experience it him or herself. In high school (DeBakey High School for Health Professions), I was exposed to epidemiology, global health, medical labs, medical terminology, and most important, hospital rounds. These rounds provided the learning experience I could not find in texts. While shadowing a medical resident in the pediatric department of Ben Taub Hospital (Houston,TX), I became aware to the effects of a language barrier when the medical resident tried—but failed—to communicate with a three-year-old Hispanic patient. Given its population demographics, the US needs more bilingual medical practitioners. However, for me to become fluent in Spanish and learn how to help other Spanish speaking patients, I needed to be immersed in the language and culture of speaking Spanish rather than just learning it

weeks, I lived in Quebrada Ganada, a small village, “campo,” about an hour and a half away from the capital. There, I learned the differential culture of rural life, sold cheese with my host mother around on her quad motorcycle, and mainly, carried out my research. I conducted a total of 315 interviews in Spanish with verbal consent from subjects 18 years or older in the Puntarenas Province of Costa Rica during May 2014. The survey consisted of two parts — demographics and knowledge— to measure the population’s knowledge about the adverse effects of the sun exposure. For the last month of my study abroad, I returned to San Jose to analyze and finalize my research. Eighty-nine percent of the population cited skin cancer as an adverse effect of sun exposure. The knowledge of the population about sun exposure’s adverse effects tested using three questions, demonstrated relationships with age, education, and gender. The population demonstrated a knowledge score of 3.22 out of 5 when asked about causes of skin cancer. There existed a strong relationship between knowledge scores and the respective education levels. Among protection methods, a majority of the population (80%) cited sunscreen. This research demonstrated that the population has good knowledge about the adverse effects of sun exposure leading to skin cancer. With the provided relationships drawn, my research provides a foundation to sun exposure research with a focus on skin cancer in Costa Rica which illustrates the need to raise skin cancer and sun exposure protection methods awareness within the population.

With the growing and changing field of medicine, there is a bigger focus on the patient as a whole. This means, the patient inside the doctor’s office is not the only picture to examine;

the doctor needs to examine the daily life of his or her patient, the different causes of stress in the patient’s life, and every physical activity that the patient does (walking, taking the public transportation, driving, etc.). Hence, the patient’s social activities are as important as their medical practices because their social activities in turn influence their medical practices. Hence, I want to build a career as a physician focusing on the overall health of my patient influenced by the different activities in their day-to-day life. This opportunity abroad helped me better understand the different ideals a culture, education, gender, and socioeconomic status play on an individual’s thoughts and opinions. The opportunity provided me the day-to-day interactions in a Spanish-speaking community to be able to actually speak Spanish rather than just be able to read and write the language. The opportunity allowed me to immerse into a new culture and so, become more flexible working with different types of people in different environments. The opportunity allowed me work with language and cultural barriers. Since the United States is a melting pot of different cultures, all these experiences, I hope, will help me better my career and perspective to life in general.

Personally, I would not have been able to fulfill my experience without the help of the “Benjamin A. Gilman International Scholarship Program”. The scholarship program’s aim is to help diverse undergraduate students study abroad and to further promote the diversity of regions and countries where students go. The answer to their goal is us: Nepalese Americans! This does not mean that you will automatically get the scholarship; the program is very competitive. “The Gilman Scholarship Program is open to U.S. citizen undergraduate students who are receiving Federal Pell Grant funding at a two-year or four-year

college or university to participate in study and intern abroad programs worldwide”.² It provides up to \$5,000 in scholarship. Therefore, please do not get discouraged to study abroad due to lack of finances.

Thus, I would like to call for all people reading this article, as applicable, to expand your horizons and dare to explore beyond your comfort zone. Living in the US, the melting pot of the world, one can only benefit from wherever one chooses to go. To all the first generation Nepalese American children, go outside your comfort zone to a foreign country and try to build your studies or even your career there. Doing so, you may just be able to better understand the struggles your parents had coming to United States, trying not only to learn a new dialect of English (or maybe even learning English at an older age) but also the very different culture from that of their own, and getting used to their daily lives in such an entirely different environment and lifestyle. Do not struggle to make your decision: there are plenty of study abroad opportunities both for students and workers in almost every field along with multiple financial aid opportunities to help you fulfill such experiences such as the Gilman Scholarship mentioned above. I learned about a different country as well as myself while enhancing my studies in Spanish as well as my future career in the midst of this adventurous and exciting experience. I hope you find your opportunity and experience study abroad as well.

(Footnotes)

¹ Costa Ricans call themselves “tico”

(Costa Rican man), “

tica”

(Costa Rican woman), “

Ticos”

(Costa Rican men and women).

² <http://www.iie.org/programs/gilman-scholarship-program>



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साहित्य एक अत्यन्त मनोरम संसार हो ।



- कमल मणि पन्थी

यसमा रमन पाउनु भनेको जीवनलाई अत्यन्त आद्वादित बनाउनु हो । यसमा संसारका सम्पूर्ण वस्तुहरूका खुशीयाली निहित छन् । साहित्य भित्र वीर रस, करुण रस, हास्य रस, श्रृंगार रस र अरुपनि मनोरम रसहरूले यसलाई अत्यन्त उपयोगी, सुन्दर र कीर्तिमय बनाएकोले यसले मानव जीवनलाई हर्ष र उमंग दिलाउनुको साथै कतिपय उपलब्धीहरूको प्राप्तिमा मानव जीवनलाई सफल मूल बनाएको छ ।

त्यति मात्र नभइ यसले हाम्रो संस्कृति संस्कार र उचित योग्य परम्परालाई संरक्षण र संवर्धन गर्न ठूलो जिम्मेवारी पनि बहन गर्दछ ।

आज अन्तराष्ट्रिय नेपाली साहित्य समाज एक यस्तो महत्वपूर्ण संस्थाको रूपमा देखापर्न गएको छ जसको व्यापकता विश्व भरि फैलि सकेको छ र जसले डायस्पोरामा रहेका नेपालीहरूलाई आफ्नो देश आउनुप्रति आगाढ माया गर्नुका साथै डायस्पोरिम जीवन विताइरहेका नेपालीहरूमा एकता, ऐक्यवद्धता र सौहार्दतामा भावना गहिरो गराई विदेशमा बसेर पनि आफ्नो देशको ममतालाई चिर स्थायी राख्नुको चयनमा उन्नतशील बनाउन प्रयत्नशील बनाएको छ ।

डायस्पोरामा स्थापना भएका संस्थाहरू मध्य नेपाली भाषा साहित्यको संस्थागत विकासका हैसियतको यो पुरानो साथै पहिलो पनि हो । यो खास गरि १९९० को विजया दशमीमा सुरु भएको हो । त्यसपछि विधिवत अ.ने.सा.स. को बिधान परिसरको स्थापना जनवरी ११, १९९१ मा भएको हो । यसका संस्थापक श्री होमनाथ सुवेदीज्यू हुनुहुन्छ भने सुरुमा ११ जनाको कमिटीबाट कार्य सञ्चालन भएको थियो ।

आज गौरवका साथ भन्नु पर्नेहुन्छ, यस अ.ने.सा.स. को सञ्जाल करिव ४७ वटा केन्द्र विभिन्न राष्ट्रमा स्थापितमै कार्यरत छन् । ती मध्य अमेरिकाको विभिन्न स्टेटहरूमा मात्र २४ वटा छन् । यस बाहेक अरु सबै अन्य देशमा छन् ।

यही सिलसिलामा २०१० (अर्थात १९६९) को मे २८ तारिखका दिन NRN को GLO-BAL कार्यक्रममा यसको सुभारम्भ भयो । ह्युस्टन च्याप्टर अ.ने.सा.स.का अध्यक्षको रूपमा श्रीमती गंगा लिगलज्यूले यसको जिम्मेवारी वहन गर्नु भयो । सुरुमा ११ जनाको कमिटीले सुरु गर्यो भने पछि १५ जनाको कमिटी पनि तयार भयो ।

२०१० मे २८ का दिन सुभारम्भ भएको यस संस्थाले कृषि गोष्ठीका साथै श्रीमती गंगा लिगलज्यूको दुई कृतिहरू “ऐना” कथा संग्रह तथा “गंगाको गजल” गजल संग्रह विमोचन भएको थियो ।

२०१० डिसेम्बर ४ मा हर्मन पार्कमा मनाइएको लक्ष्मी जयन्तीमा कृषि गोष्ठीको साथै श्रीमती गंगा लिगलज्यूको खण्ड काव्य “सखि वियोग” को पनि विमोचन गरिएको थियो ।

२०११ जनवरीमा मनाइएको कवि गोष्ठीमा विभिन्न कविहरूबाट कविता वाचन भएको थियो ।

२०११ मे २८ का दिन मनाइएको “नेपाल दिवस” मा पनि विभिन्न कविहरूबाट कविता वाचन भएको थियो ।

२०११ जुलाई २३ मा मनाइएको १९९ औँ भानु जयन्तीमा विभिन्न कविहरूबाट कविता

वाचनको साथै श्रीमती गंगा लिगलज्यूको संग्रह “सागर पारि” विमोचन गरिएको थियो ।

२०११ अक्टोबर १५ मा मनाइएको १०२ औँ लक्ष्मी जयन्तीमा विभिन्न कविहरूबाट कविता वाचन गरिएको थियो ।

त्यसैगरि २०११ डिसेम्बर ४ मा साहित्यकार प्राध्यापक श्री बाल कृष्ण भट्टराइको सम्मान तथा अविनन्दन गरिएको कवि गोष्ठी विभिन्न कविहरूबाट कविता वाचनको साथै श्रीमती गंगा लिगलज्यूको गीति संग्रह “लाली गुराँस” पनि विमोचन भएको थियो ।

२०१२ जुलाई २९ का दिन मनाइएको भानु जयन्तीमा पनि विभिन्न कविहरूबाट कविता वाचन भएको थियो ।

२०१३ फ्रेब्रुअरी १६ का दिन मनाइएका शीतकालिन कवि गोष्ठीमा पनि विभिन्न कविहरूबाट कविता वाचन भएको थियो ।

त्यसैगरि २०१३ जुन १ मा मनाइएको सिद्धिचरण जयन्तीको अवसरमा विभिन्न कविहरूबाट कविता वाचन भएको थियो । सोहि अवसरमा “अनेक डायस्पोरामा देवकोटा” पुस्तक विमोचन भएको थियो । उक्त दिन यस अ.ने.सा.स. बाट सुरु गरिएको बाल स्कूलमा ठूलो योगदान पुर्‍याउने श्री जनक ढुंगानाज्यूलाई पनि उहाँको अमूल्य योगदानको उचित कदर गर्दै सम्मान गरिएको थियो ।

यसैगरि हालैमात्र २०१३ अगष्ट १ मा सम्पन्न भएको २०० औँ भानुजयन्तीमा विभिन्न कविहरूबाट कविता वाचन भएको थियो । उक्त समारोहमा सहित्यकार तथा प्राध्यापक

श्री केदार नाथ खगतलाई पनि सम्मान गरिएको थियो । यस्तै १ वर्षसम्म बाल स्कुलमा निसुल्क पठन पाठन गराउने श्रीमती बिध्या गौतम तथा श्रीमती सरिता आचार्यलाई पनि सम्मान गरिएको थियो । त्यसैगरी उक्त अवसरमा सामाजिक कार्य गरे वापत पुरस्कार पाउनु भएका राम थापाज्यूलाई पनि सम्मान गरिएको थियो ।

उपरोक्त कार्यक्रमहरू बाहेक अन्य महत्वपूर्ण कामहरूपनि यस संस्थाबाट गरेको छ ।

यस संस्थाका संस्थापक अध्यक्ष श्रीमती गंगालिगलज्यूको विभिन्न कार्यक्रमहरूको बीचमा कुनै नेपाल, कुनै वासिंटन डिसि तथा कुनै ह्युस्टनमा गरि आज सम्म १६ उत्कृष्ट कृतिहरू विमोचन भैसकेको छ ।

हालै मात्र २०१३ जुलाई २१ मा वासिंटन डिसिमा भएको ग्लोबल, INLS को तत्वावधायकतामा मनाइएको कवि गोष्ठीमा सहमति हुनु भएको गंगालिगलज्यूको उपन्यास “अमेरिका” विमोचन गर्नुको साथै सोहि समारोहमा यस वर्षकै उक्त मात्र सर्वोत्तम साहित्यकारको रूपमा सम्मान गर्दै “भानु सम्मान २०१३” बाट पुरस्कृत हुनु भयो ।

संस्थापक अध्यक्ष विदुसि श्रीमती गंगा लिगल हालसम्म तीनवटा महत्वपूर्ण पुरस्कारबाट सम्मानित भैसक्नु भएको छ ।

- १) २००९ मा “प्रसिद्ध कवयत्री” पुरस्कार
- २) २०१३ जुलाई २१ मा “भानु सम्मान”
- ३) २०१३ जुलाई २१ मा “उत्कृष्ट पुस्तक पुरस्कार र सम्मान” ।

यस अ. ने. सा. स. ह्युस्टन च्याप्टरकी अध्यक्ष श्रीमती गंगा लिगलले राष्ट्रिय तथा अन्तराष्ट्रिय पुरस्कार तथा सम्मान पाउनु भनेको हामी ह्युस्टनमा बस्ने, अमेरिकामा बस्ने साथै विश्व भर रहेका सम्पूर्ण नेपालीहरूमार्फत गौरवको विषय हो ।

यत्रो ठूलो साहित्यकार, कवयत्री, बिदेशी श्रीमती गंगालिगलज्यूले यस्तो सम्मान प्राप्त गर्न भएकोमा भाव विभोर हुँदै २०० औं भानु जयन्तीको अवसरमा मनाइएको भव्य समारोहका बीच अ. ने. सा. स. तथा उपस्थित सम्पूर्ण मेलाको तर्फबाट यसै अ.

ने. सा. स. मा महासचिव श्री कमल मणि पन्थी तथा उहाँकी श्रीमती उषा पन्थीबाट दोसल्ला ओढाइ सम्मान गरिएको थियो ।

करिब एक वर्ष अगाडि ह्युस्टनमा नेपाली पढाउने स्कुल खोल्नु पनि एउटा महत्वपूर्ण उपलब्धी मध्य एक हो । हाल यहाँ करिब २०-२५ जना विद्यार्थीहरू अध्ययनरत छन् ।

आफ्ना भावी सन्ततीहरूले यसरी अमेरिकामा रहेर पनि आफ्नो मातृ भाषा कस्तिमा पनि लेख्न पढ्न जानुन जसले गर्दा कहिँ पनि नेपाली नेपाली भेट हुँदा तथा नेपाल जाँदा आफ्ना नाता गोता, इष्ट मित्र, साथी संगति, बाजे बज्यै आदि संग नेपालीमा वार्तालाप गर्न सक्नु ताकि उनिहरूले जतिसुकै प्रगति गरेपनि जतिसुकै विद्वान भएपनि आफ्ना इष्ट मित्रसंग नेपालीमा वार्तालाप गर्न नराम्रो असक्षम भएमा हिनता बोध गरेर हाम्रा अभिभावकले समयमै हामीलाई किन हाम्रो मातृ भाषा पढाएनन् भन्ने दोषबाट मुक्ति पाउन अरु मेरि गर्न नसकेपनि मातृ भुमिको भाषा जगेर्ना गरि नेपाल आमाको ऋणबाट केहिमात्र भएपनि उत्रिण भइ मुक्त हुन आफ्ना या आफन्तहरूको छोरा छोरीहरूलाई उक्त स्कुलमा भर्ना गरि पठन पाठनको व्यवस्था मिलाउन सहयोग गर्न पाउँदा सम्पूर्ण अभिभावकहरू गौरवान्वित हुनु भएको छ ।

भविष्यमा पनि यस्तै अन्य कामहरू पनि गर्दै जाने हाम्रो मनोकाँछ छ । तपाईंहरूका माया, ममता तथा सहयोग पाएमा हामी अवश्य पनि सफल हुनेछौं ।

धन्यवाद
कमल मणि पन्थी
महासचिव अ. ने. सा. स.

अनमोल माटो

माया गरौं हाम्रो श्रृजनाको माटोलाई
यस्मा सौन्दर्य र माधुर्यताको राज छ ।
संगालौं यसको प्रत्येक कण कणलाई
यस्मा परिपूर्णताको उच्च आभास छ ।

नियालौं यो माटोको प्रत्येक अंगलाई
आमाको अत्यन्त चोखो मायालु काख छ ।

आमाको मुटुको एक एक स्पन्दनमा
सन्ततिको लागि नै ठूलो बलिदान छ ।

साँच्चै यो अत्यन्त दिव्य पूर्ण माटोलाई
यस्मा सत्यताको मधुरम सुवास छ ।
बनाऔं यस्लाई चोखो जल सेचनले
यसमा अमूल्य उर्वरा शक्ति श्रोत छ ।

हटाऔं यसमा छाएका विकृतिलाई
यस्मा अति स्नेह जडित आत्मीयता छ ।

ममताको रमाइलो र न्यानो छायामा
युग युगको नाताको अनन्त गाथा छ ।

रमणियताले सिंगारौं यो माटोलाई
यसमा श्रृष्टिको प्राचीन इतिहास छ ।
स्मृतिको प्रत्येक अविरल पाइलामा
यस्को अति अवर्णनीय योगदान छ ।

सुधार गरौं यस अमूल्य माटोलाई
यस्मा अत्यन्त सारगर्भित रहस्य छ ।
थपौं है मुस्कान यस सुन्दर माटोमा
यस्मा प्रज्वल्ल र अनमोल आलोक छ ।



- श्रीमती गंगा लिगल
अध्यक्ष अन्तराष्ट्रिय नेपाली साहित्य समाज
ह्युस्टन च्याप्टर

Forgetting the “federal” in the Federal Democratic Republic of Nepal ?

- Arun Neupane



Over perpetual squabble over ethnic identity, the Constitution deadline was busted last year on May 27. At the time, some optimistically characterized this failure as *hatti chhiryō*, *puchhar adkyō*, implying that most of the work for the Constitution was completed. But it was the opposite: *puchhar chhiryō*, *hatti adkyō*. The big elephant in the room that never budged an inch towards conceptual clarity was “federalism”. Federalism could mean anything to anybody and nobody had a problem with the liberal treatment of the wordright until the eve of May 27, 2012. Even after naming our country “Federal Democratic Republic of Nepal” in 2008, we did not know what “Federal” meant in 2012.

Federalism can be understood in fairly concrete terms and universally-accepted practices adopted in 25 countries around the world (<http://www.forumfed.org>). It can be customized to every country’s situation. But there is a big chunk that remains the same whether it’s practiced in India, Ethiopia, or the US. We did not take a bite into that chunk. Our leaders did not have the time, or the foresight, to market the idea of generic federalism in a way it really deserved. They were too busy forming and deforming governments to align their bottoms to seats of power while letting the public discourse on federalism get hijacked by an exclusive focus on ethnic identity.

In a nutshell, federalism is the devolution of power to State governments such that State governments can decide more things for themselves- it’s more efficient that way! Matters of policy that affect residents of a State or locale are best left to the States or the

locales because their residents are in a much better position to decide what works and what doesn’t. For example, in India, people living in northern Punjab decided that plains-based policy does not work well in the hills. So in phases, they seceded from Punjab and formed Himachal Pradesh. After becoming a State, Himachal started setting its own development priorities. With fixed money it could spend every five years, it chose to build roads and bridges first and then worry about electrification, telecommunications, etc. In fact, in the first five-year plan in 1951, Himachal reportedly used 50 percent of its entire budget only on roads and bridges. It continued to prioritize roads in subsequent plans. And it worked! Early priority on roads helped connect mountain farmers to markets and its apples and vegetables could be exported outside the State. Himachal is prosperous today primarily because its agriculture took off first. Its agriculture took off first because Himachal had the ability to prioritize building of roads and bridges over everything else. And it had the ability to prioritize roads and bridges over everything else because it was a “State”—it could set its own priority without being dictated by the central government in New Delhi.

Of course, these days, Himachal exports more than just apples. It produces enough electricity to sell to its neighboring States and New Delhi, and 100 percent of its villages are electrified. Himachal also has the fourth highest GDP per capita among Indian States. There is no doubt that statehood is the reason behind Himachal’s unprecedented and rapid prosperity for a hilly area—it wouldn’t have happened if it was part

of Punjab, as data indicate. It is worth noting here that a significant portion of Himachal was part of Nepal until 1815, after Prithvi Narayan Shah occupied Shimla in 1806. Today, while we whine in Nepal about “hilly” topography being an obstacle to development, our former territory-equally hilly—is hailed as a model for development for even non-hilly States in India.

If Himachal did not exist as a State, the territory that is the present-day Himachal would have had to live by somebody else’s priorities. It may not have had the freedom to spend 50 percent of its first budget only on roads and bridges. Maybe, it would have been forced to accept and spend the budget handed out for non-immediate priorities at the time like “electrification”. Maybe, there would be token electrification of villages while Himachal’s apples rotted in the trees (like Helambu’s).

Fortunately, these things did not happen to Himachal: it became a State. Once it was a State, residents of Himachal were in a much better position to decide what works and what doesn’t, what’s first and what’s next, whether to spend first on roads or on electrification. In development, wisdom to decide what do first is best elicited at a local level. And freedom to exercise such wisdom is what federalism affords. What gives the best development bang for my buck? The question is best answered at the headquarters of a future Nepali State—not in Kathmandu.

When I visited Himachal long time back, I learnt that the workers in the apple orchards and the vegetable fields came from far western Nepal. Moreover, they came from the parts of Nepal where the agro-climate closely matched that of the fields and

orchards in Himachal where they worked. So, theoretically, Nepali migrant workers did not need to sell their labor in Himachal; they could grow apples and vegetable in their own lands and export their way to prosperity like the Hlmachali orchard owners. But they can't. They don't have the power to prioritize and fund the building of agricultural roads over everything else. They are probably forced to spend the hand-me-down, pre-allocated, development budget from Kathmandu on non-immediate needs like electricity. They don't have the authority to collect revenue by attracting industries and business (like Dabur) in their neighborhood and keep the tax they collect to fund their roads. In other words...they are not a State. They are helpless. They are at the mercy of planners based in Kathmandu that control the purse and how money is spent (if at all) in their region. The squabble over ethnic identity is denying the farmers of western Nepal their self-rule; it is denying them federalism. The farmers of western Nepal are not exclusively *bhotes*, or *chhetris*, or *bahun*s, or *magars*. They are the Farmers-Of-Far-Western-Nepal, a population occupying a distinct geographic/agroclimatic space that can benefit from the same thing the farmers in Himachal got, a State.

We know that statehood works—devolution of power from the center to the regional or local government is the best way to develop the region or the locale. But statehood within a federal system is borne out of consolidation, not fragmentation. Without a decent size and relative harmony among its residents, a State can never come into existence. A potential State needs to present itself as a viable economic unit to make the most out of federalism. In its journey to statehood, Himachal started out by consolidating 28 tiny, “princely” states. Then it added a few districts along the way to become a full-fledged State in 1971. Fragmenting—running in the opposite direction to consolidation—is not the recipe for a successful bid for a State. Yet, in the confusion created by the

primacy of “ethnic identity” in every discussion on federalism, we seem to be heading in that direction. Ninety States for 90 languages spoken in Nepal is not a viable proposition, nor is 30 or 20. There is a limit to a number of “viable” states in a country as small as ours. So a multi-ethnic composition for our States is pretty much a given. So why label the 14 or the 11 planned States along ethnic lines? Why muddle ethnic identity with federalism? And where is the evidence that State formation along ethnic lines empower the ethnicities in whose name the lines are drawn? Empowerment comes through representation, not territory-marking.

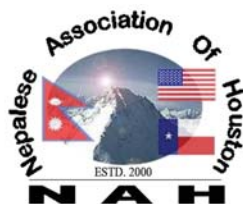
For the past four years, our discourse on federalism was hijacked and turned into a cathartic platform to vent perceived injustices felt by certain ethnicities. And soon, in the cloud of ideas that drifted up in the name of federalism, federalism dangerously morphed into the idea of territorialism—the practice of marking and defending one's territory. Territorialism is not federalism. And ethnic federalism—the carving out and labeling of states based on ethnic lines—is territorialism. Beyond some instant gratification, this territorialism masquerading as federalism, will deliver very little to the ethnicities that seek it. Let's consider how territorialism operates in the wild to explain this.

A tiger in Chitwan's jungle is territorial. It marks its territory by spraying on strategic tree trunks. But the tiger's territory-marking is more dignified than the territory-marking pushed by some parties because the tiger at least has a purpose. The tiger needs to be territorial. It has no other choice. It has to ward off other tigers that wander into its range and eat the deer meant for it. In fact, if a tiger is not territorial, it will soon become skinny and die. For the tiger, territorialism is survival. For those that propose state labeling along ethnic lines, territorialism is shockingly less purposeful—it's a “feel good” thing. State labelers “feel good” or reportedly, feel empowered if the

States are given ethnic labels. This feel-good factor may appear harmless at the surface but it needs more than just a passing thought.

Once sanctioned, territorialism, or ethnic federalism, sooner or later ends up being the kind exercised by the tiger. There is no other way for it to exist. It won't be long before the territory-marker will start defending it. The perception of who belongs on the marked territory and who doesn't will sharpen, the practice of reserving of opportunities (the deer) for the territory-marker will become normal, and intruders will be warded off. And with 90 languages spoken in Nepal, there will be plenty of “intruders” in any of the 14 or the 11 states, no matter how you slice it. Once the venom of territorialism is injected during the formation of our future States, forces of fragmentation will rule over the forces of consolidation. An environment that fosters regional thinking, a prerequisite to successful statehood like Himachal's, isn't possible in a fragmented society. States may win the ethnic labels that some of its residents could be proud of, but the pride could end right there. The pride of having 100 percent of the villages in that State electrified, or of every village being less than a day's walk from the road, or of GDP per capita being one of the highest, may never materialize. Only federalism without any hint of territory-marking can deliver States that can make the best use of decentralized power. A State fragmented by territorialism cannot put itself together as a regional economic unit to wield such power.

It will be sad if Nepal is not able to reap the benefit of federalism due to our untimely diversion with ethnic identity. Ethnic federalism is a valid expression of outrage stemming from past injustices, but it is not federalism. Federalism is a good idea. Let's get it right so that everyone who thinks they will benefit from it will actually do.



NEPALESE ASSOCIATION OF HOUSTON (NAH)

Executive Board and Advisors (2014-2016)



President
Jyoti K. Ghimire
281-208-9625
Jghimirey@yahoo.com



Immediate Past President
Madhukar G. Amatya
832-704-6363
amatya@sbcglobal.net



Vice President
Dr. Rupak Rauniar
713-436-3677
rrauniar@yahoo.com



Vice President
Samir Rawal
281-409-2861
rawals@gamail.com



Secretary
Vishnu Nepal
832-466-4178
vnepal@gmail.com



Asst. Secretary
Drona Gautam
832-643-1091
nissangautam@hotmail.com



Treasurer
Rabin Shrestha
832-244-8343
rabinmail@hotmail.com



Asst. Treasurer
Chej Gurung
832-526-8750
grgchej@yahoo.com



Executive Member
Janak Thapa
713-366-6205
janakthapa@hotmail.com



Executive Member
Bachcha Tiwari
281-617-8887
btiwari@ft.newyorklife.com



Executive Member
Anup Pande
713-302-0191
anup_pande@hotmail.com



Executive Member
Bijay Bokhim
713-248-6289
bbokhim@gmail.com



Executive Member
Deepak Uprety
713-357-8444
upretydeepak@yahoo.com



Executive Member
Muna Paudyal
832-698-8507
munapoudyal1@hotmail.com



Executive Member
Prashanti Pandit
832-766-3016
prashanti_pandit@hotmail.com



Executive Member
Suresh Sharma
832-818-3588
ssharma34@me.com



web/Media Coordinator
Niraj Shrestha
281-558-6240
nirajs@hotmail.com



Advisor
Dinker Amatya
832-922-0777
dinkeramatya@msn.com



Advisor
Gyanswor Shrestha
832-816-6448
gyanswor@yahoo.com



Advisor
Tara Baral
832-260-3545
tara_baral@yahoo.com



Advisor
Binod Shrestha
281-494-7843
binodshrestha1@yahoo.com





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DRINKING WATER FOR HEALTH



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To be healthy, next to proper breathing, we have to be properly hydrated. Drinking less water or unintentional chronic dehydration is the root cause of many kinds of diseases and pain. The health benefit of water is very powerful, but for a long time it has been undervalued.

The main purpose of this article is to offer a basic understanding of why it is vital to be drinking water for our health.

Water is the best drink for health; it is the elixir of life and fountain of youth. Water is the basis of all life and that includes our body. Our body is around 70% water, our blood that transports nutrients is 82% water, lungs that provide oxygen are 90% water, the brain that is the control of our body is 76% water, even our bones are 22% water.

Our health is truly dependent on the quality and quantity of water we drink. Adequate and regular water consumption has a lot of health benefits as it has no calories, no fat, no carbohydrates and no sugar. Human body needs water to function properly as almost every cell present in the body needs water.

Water is most important in reestablishing and monitoring proper pH and boosting our immunity. Our body loses around 2.5 liters of water every day, so it is extremely important to constantly replenish our supply of it. Water assists in removing toxins and neutralizes acids from the body. Water is also the conductor of electrochemical activity from cell to cell.

We should be drinking between 1.5 to 4 liters of pure water per day depending upon our weight, climate, weather and physical activity. **We should be drinking $\frac{1}{2}$ oz. of water for every pound of body weight (33 ml for every kg.).** Example: 60 kg weighing person should drink 2 liters of water in a day. We should drink more water on hot days and during exercise. About 20 percent of water comes from the food we eat. Water in fruits and vegetables is very good alkaline water.

However, we should not drink too much water (gallon) at a time as it can cause serious water intoxication (Hyponatremia, loss of sodium) or brain to swell. But this is very rare. While drinking a lot of water, we should take a pinch of sea or rock salt to prevent loss of sodium. And

those suffering from kidney, chronic heart disease and other serious diseases should not be drinking a lot of water without the advice of the Doctor.

It is also important to note that drinking water has to be pure and potable since contaminated water with pathogenic bacteria, viruses, micro-organisms, water born parasites, chemicals and other pollutants are sources of diseases like diarrhea, cholera, typhoid, Hepatitis A and E, etc.

For good pure water, we can use Alkaline water filters, Carbon filters (especially with ultraviolet water purifiers), Filtered and boiled water, Filtered and SODIS (water kept under sun for 6 to 8 hours). Filtering out the impurities, bacteria, chlorine, lead and other contaminants with good quality home water filtration system is economical, convenient and environmentally friendly.

Chronic Dehydration is a serious and potentially life threatening illness which can be caused by the excessive loss of electrolytes and water. Dehydration may be a cause of many type of degenerative disease, like asthma, arthritis, hypertension, diabetes (type 2), Alzheimer, etc. It turns out that most of what we drink especially soda, soft drinks and alcohol are highly acidic besides dehydrating the body. Dreaded diseases like cancer thrive only in acidic environments.

Some of the harmful effects of dehydration are Tiredness, Headache, Migraine,

Constipation, Muscle cramps, Irregular blood pressure, Kidney problems and Dry skin.

Some of the Symptoms of Dehydration:

Thirst - Thirst is the most obvious sign that you are already dehydrated.

Dark Urine - Urine is generally pale yellow to clear when you have sufficient water intake. Dark color or strong smell indicates that you need to drink more water.

- **Dry Skin** - Skin is the largest body organ and requires its share of water.
- **Hunger** - Most people mistake hunger for the indication to eat more, whereas in actual fact, they may be dehydrated. Drink a glass of water and see.

Fatigue - Water is a source of energy and gives you a boost in energy.

Water provides many benefits some of which are:

- Helps maintain the Balance of Body Fluids.
- Boosts Immune System – Drinking plenty of water improves our immune system which helps fight against flu, cancer, rheumatism, arthritis and other ailments like heart attacks.
- Helps in digestion and prevents constipation. Constipation is generally cured within one week.
- Clears toxin waste from different parts of the body and takes it to the liver and kidneys for disposal.
- Removes toxins from the body including fat stores even helping in reducing weight.
- Prevents some colds and can

lessen the severity of other colds and flus.

- Lessens the occurrence of Kidney stones and Urinary Track Infections (UTI's).
- Serves as a dietary aid by reducing hunger when drinking extra water. Helps in weight loss efforts.
- Cleans the skin and keeps it looking younger by keeping it properly hydrated.
- Increases the efficiency of red blood cells in collecting oxygen in the lungs.

Water is the main lubricant in the joint spaces, decreases muscle and joint inflammation and helps prevent arthritis and back pain.

- Dilutes the blood and helps to reduce high blood pressure, as well prevent from clotting during circulation reducing the risks of heart attacks and strokes.
- Helps lower blood cholesterol.
- Prevents and manages early adult onset diabetes.
- Water gives luster and shine to the eye and also helps prevent glaucoma (disease that damages the eye's optic nerve).
- Water helps prevent the loss of memory as we age; reducing the risk of Alzheimer's and Parkinson's disease.
- Ample amount of water in the body also helps to regulate body temperature.
- Drinking a healthy amount of water may reduce the risks of bladder cancer and colon cancer.
- Water makes your body feel good and improves your energy level.

There are many other benefits by drinking sufficient pure water every day. You can never imagine that just by drinking a healthy amount of water, you gain such tremendous health benefits.

Getting started on Water Therapy:

- Early morning after you get up from bed, start drinking 1 to 2 glasses of water slowly increasing up to 4 glasses (maximum 1 liter) of pure water first thing in the morning. It is the best time to drink water.
- You can do your morning chores and any exercise after that.
- Try not to drink or eat anything for the next 30 to 45 minutes.
- Drink 1 or 2 glasses of water half an hour before every meal.
- During meals, limit drinking water (preferably warm) to 1 glass.
- Drink water only after 1 to 2 hours after meals.
- Drink total of 2 to 3 liters of pure drinking water per day (half ounce of water per 1 pound of body weight or 33 ml for every kg.).

If you are committed to a healthy lifestyle, drinking enough natural water should be a habit of your life and it won't take long to feel the benefit. It is an almost free investment for a long term good health.

Disclaimer: The above information is useful to many and is based on intensive self study especially available in the Internet and published on the understanding that users exercise their own skill and care with respect to its use and writer shall not be held responsible.

Rtn. M .L . Kayastha
Past President
Rotary Club of Patan

The Creature

- Jason Shrestha
Grade 6, GTA-QVMS

“And that’s why you should never play with a nuclearflexicellbran,” said Mr. Grolapes, my ninth period science teacher. *Ugh, I have to get out of here*, I thought to myself. I was in the worst possible place in the whole planet of Gaxzwertyca. No, not just Gaxzwertyca, the worst place in the whole entire Solariunusanotomus, the universe I live in. Okay, maybe not that much, because Solariunusanotomus does have its share of black holes and crazy swamps in the crater path, where worm holes absorb them and shoot them out in any place, at any possible time, which means it can pop out anywhere in the space of Solariunusanotomus. But being sucked in a worm hole and running for your life away from Sachysnaks, the swamps main predator, should be more fun than, listening to lectures about what happens if you do this, and why you should never do that, while sitting in a lame old chair and table.

Okay, to be frank it’s not that old. My school just got it last year (ninety-four Earth days.) It’s not even that lame. But if I said that (which sadly, I have), it would have taken a different effect on you, wouldn’t it? So let me rephrase that. Lectures are boring but the tables and chairs are awesome! So you’re probably thinking that sounds really crazy, even crazier than a Sachysnak popping out, hungry, when you just got out of the shower. Or, if you’re like me, then you don’t shower at all. Anyway, it’s really wacky to be saying something is boring, yet another thing that’s totally off topic is totally awesome.

So do you get the point? If you answered yes, you’re not a genius, but you are smarter than those crazy

Sachysnaks who chase stuff and eat it all day. But if you answered no, reread the entire paragraph above this one, and don’t read ahead until you do. Now, since you’ve reread the paragraph, do you understand? If you answered no again, go to the library and open up a book. (And make sure you read it, because it’s even crazier to open up a book and stare at it, not actually reading it. Also, make sure the book you’re reading is not this book, or another book with the same title as this one, or you’ll be walking thirty miles to go to another library, assuming that you didn’t bring your bike with you. One more thing: Don’t pick up a baby book with no words and all pictures in it. Well, unless you are a baby. If so, go tell a librarian you are a baby genius who can read books. But don’t tell them while holding a baby book, or your chances of fame and stardom, while having your own TV show, will just go down the porta potty.)

Now that you understand, do the obvious! What is the obvious you say? Well, ask a librarian! To continue reading, duh! That’s what any professional librarian and trainee would say. Hopefully, yours did say that and isn’t as wacko as the things I’ve said before.

So I’m in a regular middle school, in a regular class. By regular I mean totally, super, undeniably, no doubt, boring. Yes, I know. That one word kills the whole meaning of the sentence, which is supposed to sound awesome, but now it also went down the porta potty. Anyway, did I ever tell you about ... RING! RING! RING! Oh, that’s the bell? Well, finally! It’s been about time! I am so tired of being in the worst place in Gaxzwertyca. (That’s a fact.)



I

“What’s up Keith?” It was the end of school and my friend Arbor was here to annoy me, as usual. Arbor’s pretty cool if you get to know him, but he can be very annoying too. It’s sort of a mix the way things go. We once jumped down from a 900 feet drop with my friend Warren. Warren took out his parachute first, then, I did. Arbor didn’t open his parachute until he was 27 feet above the surface. But he kept bragging about it for a whole month. See what I mean by the mix?

“Guess who got three tickets to watch Megabran 7: Chronicles of the Gachi?” Arbor continued.

“No way! Today’s the first premiere ever!” said Warren, who popped out of nowhere. “How’d you get those? They are impossible to find!”

“Well, I might know a guy, who knows a guy, who also knows a guy, who scored us these babies!” Arbor said, smiling at the tickets.

We watched the movie at Quasar Theater, in 3-D. After that, we walked down Third Avenue, me eating ice cream, while Warren licked at his enormous sized lollipop. Arbor was relaxing, while he walked, taking up the Red Sun to get some vitamin D. Then, we heard a noise.

“Warren, can you tell your stomach to please shut up?” I joked. “You’ve already ate three burgers, two sodas, and four buckets of large popcorn.”

“Dude, that wasn’t me,” he denied.

“Sure ...” I said sarcastically.

“Seriously, bro. That isn’t me.”

I smiled at him, telling him *yeah, right*.

He frowned. “Whatever made that noise must’ve come from the bushes,” he said.

We all walked towards the bushes. Under there was a baby Sachysnak, chomping down on a Reptimanian, a Sachysnak’s favorite food.

How did that get here? I thought. *There are no wormholes anywhere near here. I don’t understand.*

“Hey, check it out guys. A Sachysnak is spitting out its food,” said Warren.

“It must be sick,” said Arbor. “It’s coughing pretty badly.” Arbor then reached out his arms and held the baby Sachysnak. But then it wasn’t a baby anymore. Or even a Sachysnak. It grew enormously, too big for Arbor to hold, so he dropped it and stepped back. It mutated into a zombie or something like that, the kind we watched today in the theater.

It was like a giant lizard, about ten feet tall. It was green, mean, and a roaring machine. Well, more of a fighting machine. We didn’t figure that out until it launched its tail at us and growled. That thing hissed and tried to grab me. I dodged just in time. Then, it tried to grab Arbor but he slid and skidded away in the nick of time.

“Yo! You there! Big tall hairy lizard freak! Come and get me!” Warren was yelling while running away from that big, tall, non-hairy lizard freak. Like me, Warren exaggerates a bit. But unlike me, he doesn’t admit when he’s wrong.

So, anyway, Warren was a screaming guinea pig running away from a big bad wolf. Or, in this case, he was a screaming coward running away from a terrifying ten foot tall lizard. (Don’t tell him I said that though.) The lizard ran after him as fast as Warren was, no, wait, even faster than Warren was. Warren was desperate, so he did the most unthinkable thing ever (at least the

most unthinkable thing for him, anyways): He threw his half eaten lollipop on the ground. With the saliva on it, it skidded across the park, like Arbor. The creature was still chasing Warren, so it eventually tripped over the lollipop. It tried to hold its balance, but it failed because it slipped on the trail of saliva Warren’s lollipop left behind. It fell, hard. As the saying goes, the bigger they are, the harder they fall. And that thing was big, and it fell hard.

Warren stopped running, to catch his breath. Arbor and me ran after him, then, also stopped for a moment to catch our breaths. We breathed hard and heavily. The monster was down for the count. It was groaning and making weird sounds and noises. When that lizard fell, it made a huge dent on the ground. It was the same shape and size as its back.

Warren was like “Yeah! We stopped something meaner and greener than Mr. Grolapes.”

“Yeah,” said Arbor. “We are so awesome!”

“I know,” I chimed in, wanting to be a part of the conversation.

“Let’s do our victory dance,” said Arbor.

Then, we all broke down crazy dance moves. Warren was spinning his head in a circular motion while walking sideways. Arbor was doing the moon walk but marching instead. And I was flapping my arms up and down marching backwards going around those two.

Then I heard a loud rumble across the street pavement. The creature was back, and madder than ever. “Wait,” I said. “Why were we dancing just now?” “Because the monster was down!” said Warren. “But not anymore,” said Arbor. “Run!” He didn’t have to tell me twice. I was running at top speed, away from the zombie creature.

On the way, I passed by a bunch of houses. On the street, there was a sign that said: SPEED LIMIT: 5 MPH.

I can assure you that I went way more than that. I was running really fast, then I looked back to check where that zombie freak was. Nothing was there. I outran that thing. *Keith – 2, zombie freak – 0*, I thought. I kept on running while looking back and then I bumped into something and fell. I looked up and saw the creature standing straight and tall.

It launched an attack on me. I jumped out of the way. Then, I ran away in the same way I was running toward to, but on the opposite direction. The creature was ahead of me and again was right in front of me. *How does it do that?* I thought. Then, I noticed something I didn’t see earlier. *Wings?* I thought. *That thing can fly?*

That creature grabbed me and this time I wasn’t quick enough to escape. It held me by the ankle while I was upside down. I thought how my life was over. I could literally see a vision of my whole life flash before my eyes. Then, I thought of my friends. How they ditched me. No, wait, how I ditched them. Where were they? Maybe the creature had already eaten them and I would be joining them. I closed my eyes and expected the worse.

“Yo! Big and ugly!” said a familiar voice. I opened my eyes and saw Warren holding a water hose and Arbor turning the wheel of a fire hydrant. Then, water started pouring out of the water hose. It was so strong that it knocked down the monster. I fell, but that monster broke my fall. I slid down its soft skin and ran to my friends.

“Warren! Arbor! You guys are awesome!”

“I know,” Warren said.

“Let’s not start to celebrate like last time,” Arbor said. “We should go report this thing to the police.”

“I agree,” I said. “Come on, guys.” Then, we ran all the way to the police station.

II

Fifteen minutes later we were there, telling police chief Johann Rabs all



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about the monster. As we spoke, I just thought how crazy the whole event sounded. And I knew he wasn't going to believe us and he'll think of us as wackos or something. But believe it or not, Rabs actually believed us.

He said that he saw a thing like that back when he was our age, thirty-seven years ago. He said the same thing happened to him, except the creature was afraid and ran off into the darkness and just disappeared out of nowhere. It was at night, and he was at the same place near the same bush, but at that time, there wasn't a movie theater, there was a bookstore which Rabs left and the whole incident happened.

Rabs said the creature came at night and sometimes in the late evening when it was really dark outside. He knows because he and his team of agents and officers were on a case of that thing that lasted twenty years. The case ended three years ago.

"You guys are the only people who have given information and evidence about this in the last eight years," Chief Rabs said. People have been injured and even killed with that thing. I was the lucky one. And so are ya'll."

He got up and searched his file cabinet. He pulled a tab and showed us a picture of the creature.

"That's it," I said. "That's the one."

"But it's a lot more greener," Arbor said.

"Literally," Warren added.

"Yeah," Chief Rabs said. "It was a lot more quiet too. We didn't see it too often in the first year. As the years went by, more and more sightings of it appeared. Then, it stopped a few years ago so we decided to close the case."

"So now you're going to reopen it?" Arbor said.

"Only if I find the creature is still there," Rabs said. "Boys, we've got some stalking to do."

III

It was late at night, later than it already was, since it was pretty late when I was at the station. Police chief Rabs got some equipment and loaded everything in the trunk of his police car. We rode in his car and got out in the park. We saw a Leobrire (a species similar to the Earth dog) digging through the trash. When it saw us, it knocked the trash can to the ground and ran away to the darkness.

Rabs started walking, and we followed.

"I have a really bad feeling about this," Warren whined.

"Shut up, you big baby!" Arbor said, giving Warren a glare.

Warren frowned.

"You two: stop horsing around," Rabs said. "This is serious."

"Where are we going to have our stakeout?" I asked Rabs.

"Mmm..." Warren said. "Can we get a steak after this?"

This time, I glared at him. He shut up after that.

"You'll see," Rabs replied to my question.

We walked for a few more minutes quietly, following the chief. Then he turned around and looked at us.

He laughed like a maniac. "You fools," he said in a different, more raspy and evil voice. "The creature you're looking for is right under your noses. It's me!"

Then, black fog covered him. Thunder rumbled. Then, I saw a shadow. I couldn't make out what it looked like but I could tell it was the same shape and size as the creature from earlier.

"Guys, run!" I yelled, for them to get out of here.

We all tried to escape but there was an invisible force blocking us on each side of the park we were in. It was really dark, so I couldn't see anything, but I heard a scream. It was

Arbor. He was in danger! I ran and bumped into someone. I thought I was a goner and the monster would kill me now, but I realized it was just Warren. We both screamed at the same, but I saw that it was him and covered his big mouth. He was struggling to break free from my grasp until I whispered to him that it was only me.

We both walked together, praying for a way out safely. Then, a figure rolled out from the darkness. We were so frightened that we both fell to the ground. Warren said "Dude, look. It's only Arbor." I looked to see a soulless body next to me. At that moment my heart sank. I was so scared I didn't know what to do. I just sat there for a while, terrified at the scene that was looking at me. Then I turned around. *Warren. Where's Warren?* I thought. Then my answer came rolling down, just like Arbor. Warren had become another soulless vessel.

I fell to the ground, on my knees. Horrified. Then, black fog covered me. I saw the creature emerged, chanting something, which sounded like a spell in the books I read. It shouted some words I couldn't understand. Then, I blacked out.

IV

I opened my eyes. I screamed at the top of my lungs. I breathed deeply and hard. I realized I was in bed, and the whole thing was just a dream. *Or was it?* I thought.

How come something like that seem so real? It's just not possible.

I got out of bed and opened my door. I walked out in the hallway of my house, headed to the restroom. When, I got there, I looked into the mirror and for a split second, I could swear I saw the creature.

This may have been a dream, but something is lurking in the shadows. The question isn't who, but the question is what.

(This story won the Missouri City Library Middle School SCI-FI Writing Contest 2013)

नेपालीहरूको

अविस्मरणीय सहृदयता

- डा. तारानाथ शर्मा, ह्यूस्टन, टेक्सास



आफूले लेखेको 'बेलायततिर बरालिँदा' शीर्षक नियात्रात्मक निबन्धहरूको सङ्ग्रहाले 'मदन पुरस्कार' प्राप्त गर्दा म जति उत्साहित र प्रसन्न भएको थिएँ उति नै मनमा कताकता पीडाको बोध पनि भएर खिन्न हुन पुगेको थिएँ। त्यसको भित्री कारण के थियो भने यात्रा गरेको ठाउँमा भेटिएका मानिसहरूका बारेमा त्यसरी वर्णन गर्न सक्ने क्षमता आफूमा हुँदाहुँदै पनि म आफ्नै प्रिय र पवित्र मातृभूमि नेपालका रमणीय स्थलहरू घुम्न र जनताका दैनिक गतिविधिहरू नजिकैबाट हेरेर आत्मसात् गर्नबाट भने अभै वन्चित थिएँ। विदेशी भूमिका आकर्षक वयान र परदेशीहरूका अनौठा अनौठा जीवनशैलीको चित्रण गरेर पुरस्कार र प्रशंसा कमाए पनि विश्वको सबैभन्दा शिखर शिरमा ओढेर आफूलाई सुशोभित र गौरवान्वित तुल्याउने नेपालमाताको म सन्तान हुँदाहुँदै पनि वेदव्यासजस्ता र अठारै पुराणका महान् विख्याताको जन्म तथा कार्यस्थल तनहुँको दमौलीमा सम्म पनि म पुगेकै थिइनँ अनि पाणिनी जस्ता विश्वप्रसिद्ध र सर्वश्रेष्ठ व्याकरणकार जन्मेहुँकैको तथा कार्यरत रहेको 'पणेना' नामक अति सुन्दर गाउँले सुशोभित अर्घा खाँचीले दुवैबाट फैलाएर स्वागत गरेको ऐतिहासिक स्थल समेत कुल्चन नपाएर म व्यथित थिएँ। त्यति मात्र हो र ! अध्यात्म रामायण' जस्तो प्रथम र अद्वितीयसंस्कृत महाकाव्य रच्ने आदिकवि वाल्मीकिले आफ्नो प्रतिभा चम्काई इतिहासलाई नै अविस्मरणीय तुल्याएको देवघाटमा समेत गएर घुम्ने, बुझ्ने र आफ्नै स्थानीय जनतासित रमाइला रमाइला गफ गर्ने कर्तव्यबाट चाहिँ म विमुख रही प्यारिसका सडक चाहार्न, लन्डन, रोम र डब्लिनमा भेटिएका विदेशीहरूसँग रल्लिन र मख्ख पर्न पाउँदा केके न पाएँ भन्दै फुलेल

भएको पो रहेछु हो, मैले शेक्सपियरको जन्मस्थलमा उनको जन्मदिन मनाएको पनि हेरेँ तर विश्वकै आदिग्रन्थ ऋग्वेदको सर्वश्रेष्ठ मन्त्र 'ओम् रबम् ब्रह्म' रचेर विश्वलाई अभूतपूर्व र आत्मा अपरम्पार छ भन्ने अद्वितीयज्ञान दिने आफ्नै ऋषि दीर्घतमाले चिन्तन गरेको काठमाडौँ उपत्यकामै स्थित शिवपुरीको गुफामा पुगी एकपल्ट चवास्स दर्शन गर्न पनि मैले पाएको थिइनँ ।

अनि मलाई भाउन्न भयो। मातृभूमिको विस्तृत त कुरै नगरौँ र अलिकतिसम्म पनि भ्रमण गरेर आफ्नो जन्मलाई सार्थक तुल्याउने कामसम्म पनि मबाट भएको थिएन। कहाँसम्म भने आफू हुँकैको र अङ्गीको प्रारम्भिक शिक्षा प्राप्त गरेको इलामको पूर्वी भागमा स्थित फिक्कलबाट हिँडेर २ र ३ घण्टामै सजिलै पुगिने उच्च अन्तु डाँडाको चुच्चे टुप्पामा चढी बिहानै घाम भुल्केको अतुलनीय दृश्य हेर्न समेत म गएको थिइनँ। दाजिलिङको घूममास्तिरको बाघे डाँडामा गाडी चढेर एकबिहानै घाम भुल्केको हेर्न पाई मैले आत्मविस्तृत भएर आफ्ना पितालाई सुनाउन पुग्दा उहाँले भन्नुभएको थियो, "बाबु, हाम्रै अन्तुबाट देखिने सूर्योदयको दृश्य बाघे डाँडाबाट देखिने भन्दा कैयौँ गुणा अद्भुत र रमणीय हुन्छ !"

म फिक्कल गएका बेला हाम्रो आफ्नै घर को माथ्लो छानामा गएर अथवा माथिल्लो तलाका भ्यालबाट दिनहुँ घाम भुल्केको अभै पनि हेरेर मख्ख पर्दै आएको छु, तर बिहान सवेरै अन्तुमै पुगेर त्यहाँको चुच्चे डाँडाबाट पूर्वतर्फ फकी हेर्दा देखिने अद्वितीय दृश्यको महत्त्व नै हजारौँ गुणा ठूलो छ। मैले बाघे डाँडाबाट हेर्दा बालसूर्यलाई टाढाटाढा तराईको मैदानमा

समुद्रबाट कोकोमा सुताएको बालकजस्तै यता र उता मच्चिँदै अत्यन्त रमाइलोसित निस्केको देखेको थिएँ। त्यतिबेला सम्म पनि यसरी आफ्नै पूजनीय र महान् राष्ट्रको गौरवबाट विमुख हुँदै म समस्त विश्वलाई सदभावना, स्नेह र समानताको, अहिंसा, एकता र बन्धुत्वको सन्देश दिने महामानव गौतम बुद्ध जन्मेको हाम्रै कपिलवस्तु जिल्ला भित्रको लुम्बिनीजस्तो विश्वप्रसिद्ध ठाउँमा पनि पुगेको थिइनँ, पतिव्रता र नारीआदर्शकी प्रतिमूर्ति सीतामाताको जन्मस्थल त्यहीँ जनकपुर धामसम्म पनि मैले कुल्चन पाएको थिइनँ। त्यसै हुनाले मैले नेपाल घुम्नैपर्छ भनेर म उपाय खोज्दै थिएँ। त्यस्तैमा मेरा एकजना मित्र मलाई भेट्न जमलकै प्राध्यापक निवासमा अस्मात् आइपुगे र भन्न लागे, "हेर्नोस् न, हाम्रो प्रवेशिका परीक्षा सञ्चालन गर्ने कार्य असाध्यै अप्ठ्यारो हुँदै गइरहेको छ राष्ट्रव्यापी रुपमा विभिन्न स्थलमा हामीले परीक्षाकेन्द्रहरू त खोलेका छौँ तर तिनमा सुयोग्य र भरपर्दा सुपरीवेक्षकहरू पठाउन नसकेर औधि गाह्रो भइरहेछ ! तपाईंले त धेरै स्नातकहरूलाई चिन्नुभएको छ, पठाउनु पनि भएको छ। कसकसलाई कहाँ कहाँ परीक्षा सञ्चालनका लागि पठाउने हो, सल्लाह पाऊँ न !"

मलाई 'के खोज्छस् कानोर आँखा !' भने जस्तो पो भयो। सुपरीवेक्षक भएमा सर्कारी खर्चमा घुम्न जान पाइने उत्साहले म प्रफुल्ल भएँ। आफैँ त अनकन्टार पहाडहरूमा एकलै विना काम रल्लिने न त खर्च हुन्छ, न साधन हुन्छ, न सुरक्षा, न त बस्ने खाने व्यवस्था नै हुन्छ। तर सुपरीवेक्षक भएर जान पाए त औधि राम्रो र सजिलो हुन्छ भन्ने लाग्यो र मैले केही विद्वान साथीहरूका नाम दिँदै म

पनि जान तयार भएको कुरो गर्दा परीक्षा नियन्त्रक महोदयले भने, "तारानाथजी, भन्नुहोस् तपाईं पाटन, भक्तपुर वा बनेपा कहाँ जान चाहनुहुन्छ र तपाईंलाई औधि गर्वसाथ पठाउन तयार छु !"

मैले हाँस्दै भनँ, "म त यति निकटका स्थानहरू होइन, सुदुर पश्चिमको डोटी पो जान चाहन्छु !"

मेरो भित्री आकाङ्क्षा डोटीतिरको बयान गर्दै नियात्राहरू लेख्ने हुनाले मैले डोटी जान्छु भन्दा ती मित्र छक्क र पक्क परे। उनले भने, "ओहो डोटी रेरु आम्ममम ! त्यो त ज्यादै गाह्रोपो हुन्छ त के उसो भए तपाईं डोटी नै जानेहरू हुन्छ नि त, बैतडी र डडेलधुरा जान्छौं भनेर भूगोलका दुईजना प्राध्यापक त्यता जाने भएका छन् र डोटी जाने साथी पनि हामी खोज्छौं भनेका थिए । तिनसित सल्लाह गर्नुहोस् न त" भनेर उनले भनेपछि म त्रिभुवन विश्वविद्यालयको भूगोल विभागमा पुगें ।

मेरो घर फिक्कलकै तीन माइल पश्चिमतिर आइतवारे बजार पर्छ, त्यहाँ प्रेमबहादुर प्रधान पनि स्नातकोत्तर कक्षमा भूगोल पढ्दै थिए। उनले पनि जाने प्रबल इच्छा देखाएकाले उनलाई मेरा सहायक बनाई परीक्षानियन्त्रक मलाई डोटी पठाउन राजी भएकाले हामी तीन प्राध्यापक र प्रेमबहादुर प्रधान गरेर चारजना बैतडी, डोटी र डडेलधुराका लागि भनि तीनटा प्रश्नपत्रहरूका सिलबन्दी पोका लिई काठमाडौँबाट भैरहवासम्म बसमा र त्यहाँबाट भारतको रेल चढी लखनौ हुँदै पश्चिम नेपालको कञ्चनपुरछेउको रेल अड्डिने ठाउँबाट बस चढेर महाकालीपारिको पहाडै पहाड पिथौरागढ पुग्यौं। त्यो सुन्दर बजार पहाडैमा स्थित पूर्वको दाजीलिङ भन्दा ठूलो रहेछ। त्यहाँ एकरात बिताई भारतीय बसबाटै पहाडैपहाड नेपालको साँधमा पर्ने महाकाली नदीको किनार सम्म हामी गयौं ।

हाम्रो साँधमा पर्ने महाकालीको साँघुसम्म मात्र त्यो बस जाँदो रहेछ। त्यहाँ महाकाली तरेपछि हामी नेपालभित्रकै भुलाघाट भन्सारबाट भरियालाई पोकापन्तरा बोकाई एकदुई घण्टा बैतडीको उकालो लाग्यौं।

बैतडीको सदरमुकाम डाँडैमा पदी रहेछ र त्यहाँको टुँडिखेलमा सहिद दशरथ चन्दको सालिकको पनि दर्शन गर्न पाइयो। बैतडीकोविद्यालयमा रात बिताई खटिएका प्राध्यापकसित विदा भएर डोटी र डडेलधुरा जाने हामी तीनजना दुइटा भरिया खोजी पाटनतिर लाग्यौं। बैतडीको पाटन मैदानजस्तो मजाले फैलिएको ठाउँ रहेछ र त्यहाँ सस्यानो बजारको सरकारी कार्यालयमा रात बिताई हामी भोलिपल्ट त्यसको पूर्वमा पर्ने अघोरी गाड (खोला) तरी घनघस्याको उकालो चढेका थियौं। घनघस्याको उकालो चढ्दै जाँदा मास्तिर तिर हिउँ जमेको थियो। बिचरा खाली खुट्टा भएका भरियाहरू कसरी त्यो उकालो चढे हुनन् हामी त्यसरी उकालो काटेर धेरै माथि डाँडैमा पुगेपछि एउटा पसलमा सुतेर भोलिपल्ट बिहानै डडेलधुरातिर तेर्सै तसो डाँडैडाँडा गएका थियौं। त्यहाँबाट फेरि भोलिपल्ट डोटीतिर लागी प्रेमबहादुर र म परिक्षा सञ्चालन गर्न आफ्नो गन्त्यसम्म पुगेका थियौं। त्यस यात्राकै अनुभूतिको आधारमा नै मैले 'घनघस्याको उकालो काट्दा' भन्ने नियात्रात्मक निबन्ध लेखेको थिएँ। त्यति मात्र होइन, 'साँपेको साँघु तर्नुअघि', 'कर्णालीको छालैछाल', 'बैकिनीको आँसुमा बग्छ बयल्याटा', 'गयो डोटी, खायो राटी, फर्कदा धोती न टोपी' जस्ता अरु पनि निबन्धहरू त्यसै यात्राका हुन्। डोटीमा पहिलेपहिले देवकीहरू प्रशस्त हुन्थे र डोटी जाने कर्मचारीहरू तिनसँग फँसनाले धोती न टोपी हुन्थे र अचेल त्यति देवकी भेटिँदैनन्। 'देवकी' भन्नाले त्यस्ता कन्याहरू हुन्दा रहेछन् जसलाई आमबाबुले स्थानीय देउतालाई चढाउने र ती बिचरीले घर छाडेर तिनै मन्दिरमा बसि जीवन बिताउनुपर्दा जीउ बेच्न बाध्य हुने नराम्रो चलन चलेको रहेछ। अबै पनि डडेलधुराका सुदूर कुनाहरूमा त्यो चलन छँदै छ रे !

अस्ति भर्खरै मसित दुइटा घटना घटे। एउटा अमेरिकाको ह्युस्टन महानगरस्थित अन्तरिक्षयात्रा केन्द्रकै छेउमा नेपाली भोजनालय चलाउने शेष शर्मा र उनका सहयोगीले मलाई चिन्न पाउँदा 'घनघस्याको उकालो काट्दा' भन्ने मेरो निबन्ध पढेको उल्लेख अत्यन्त स्नेह र

आदरका साथ गरेर मसित चित्र पनि खिचेका थिए। अर्को घटना चाहिँ त्यसकै दुईतीन दिनपछि घनघस्या पुगेका भाइ भूषण पोखरेलले फोन गरेर त्यहाँ त अचेल गाडी पुगिसकेछ भनि सुनाए। अनि मैले साँझमा भोकले हुरक्क हुँदै घनघस्याको माथि डाँडैमा स्थित एउटी महिलाको घरमा पुगी एक घान मकै भुटि मागेर खाएको र त्यसपछि अलिक पर्तिरको पसलमा सुन्तलाहरू देखेर १ रुपियाँका दश दाना सुन्तला खाई त्यहीँ रात बिताएको थिएँ। त्यहाँकी मकै भुटेर दिने महिलाको घरमा हो वा सुन्तला बेच्ने पसलेकाँ हो भूषण भाइले पनि चिया खाँदा यतिका वर्षहरू (अर्थात् ४८ वर्ष) बितिसक्ता पनि अबैसम्म पनि उनीहरूले मलाई स्नेहसाथ सम्झेको थाहा पाई उनी छक्क परेछन्।

यी घटनाले मात्र होइन, गाउँका नेपालीहरूको अविस्मरणीय स्नेहालु व्यवहार उदाहरणीय र प्रशंसनीय भएको प्रमाण मलाई यस घनघस्या सम्बन्धी लेखले मात्र पनि दिएको छ। छ। (सात महिनाअघि नेपाली नियात्रात्मक निबन्धमा अनुसन्धान गर्दै मेरा भाइतुल्य प्यारा लेखक निमोही व्यास मैले सुदुर पश्चिम पहाडमा घुमेर लेखेका घनघस्या लगायतका सात। आठ नियात्रात्मक लेखहरूमा वर्णित स्थानहरू हेर्ने पूरै योजना र व्यवस्थाका साथ त्यता पुगेका थिए। त्यहाँ बैतडीबाट डडेलधुरासम्म मेरा भारी बोक्ने मानिसहरूले र म बास बसेको ठाउँठाउँका मानिसहरूले अबै यतिका वर्षहरू बितिसकेपछि पनि स्नेह र श्रद्धासाथ मलाई सम्झेको थाहा पाएर अनुसन्धानरत व्यासले प्रसन्नतासाथ एउटा लामो लेख लेखेका छन्।

बैकिनीहरूको आँसुमा बग्ने अछामको बयल्याटा होस् वा बैतडीको पाटनबाट डडेलधुरा जाँदा चढ्नुपर्ने घनघस्याको उकालोका बासिन्दा हुन् हाम्रा पहाडी गाउँहरूमा बस्ने नेपाली बन्धुहरू औधि सहृदय छन् ! यस्तो स्नेह र श्रद्धा अरुतिर विरलै पाइन्छ।

(मङ्सिर १५, २०७१)

एउटा छोटो संस्मरण

- अनुप पाण्डे, हयूसटन, टेक्सस



स्नातक तहको पढाईको लागि अमेरिका आएको दुई वर्ष पछि ३ महिने बर्खे छुट्टीमा नेपाल गएको थिएँ। केही समय त भेटघाट, स्थानीय तथा उपत्यका बाहिरको घुमघाम अनि व्यक्तिगत तथा घरायसी कामले बित्थ्यो। कहिलेकाहीँ यसो मन लागेको केही पढ्न ब्रिटिश लाइब्रेरी पनि जान्थे। त्यसका साथै एउटा गैर सरकारी संस्थासँग आवद्ध भएको हुनाले त्यसैमा पनि केही व्यस्त हुन्थे। आफ्ना साथीहरू तथा समकक्षी नातेदारहरू मध्ये अधिकांश कि त विदेशिएका थिए कि त आफ्नै पढाई, जागीर वा दुवैमा व्यस्त थिए। बुवा आमा दुवै जना जागीरे हुनुहुन्थ्यो। त्यसले गर्दा धेरै समय एकलै पर्छे र कहिलेकाहीँ त के गरी समय कटाउने जस्तो हुन्थ्यो।

एक दिन बिहानको ९ बजेतिरको कुरा हो, बुवा आमा भरखरै अफिस जान निस्कनुभएको थियो। के गर्ने जस्तो भयो त्यो दिन पनि। एक जना अलि फुसदिलो ठानेको साथीलाई फोन गरेको, घरमा र हेनन्छ। ल जा त एकलै भए नि जान्छु भनेर निस्किएँ।

मूलबाटोमा निस्किएर हाम्रो टोलको डाउनटाउन जस्तो ठाउँ अर्थात् सबैभन्दा धेरै पसलहरू भएको अनि प्रायः ट्याक्सी र टेम्पोले यात्रा कुनै चोकतिर लागे। मिटर मा इन्च ज्झल्छ लेखेको ठाउँ पारी रोकिएको एउटा कालो टेम्पोको चालकलाई सोधें, खाली हो दाईं भनेर। उसले सहमतिमा टाउको हल्लाउँदै ढोका खोलिदियो। स्टीलको डन्डी र कपडाको ढोकाको चुकल अड्काएर मैले कपडाको सिटमा बस्दै पुरानो बस पार्क लगन अनुरोध गरें। इन्च ज्झल्छ लेखेको पातोलाई बाँयातिर घुमाएपछि मिटरले ज्झल्छ लेखेको देखायो र चालकले स्टार्ट गरेर अघि बढायो। हुन त माइतीघरसम्म मात्रै गएको भए बाटो पनि पर्थ्यो अनि

केही समय र भाडा पनि बच्थ्यो तर ३ घण्टा जतिको बाटो सिट नपाए त गाह्रै हुन्छ भनेर बस पार्क नै गैयो। मिटरको सिल पनि कस्तोसँग तोडेको रहेछ। समथर बाटोमा अलिकति अघि बढे पनि, जोल्टिन खाए पनि, दाँया बाँया जता मोडे पनि खिचिक्क पैसा चढीहाल्यो। कुपन्डोल, थापाथली, सिंहदरबार, पुतलीसडक हुँदै शंकरदेव क्याम्पस छेउबाट बाँया मोडिएर टुकुचा तर्दै बस पार्कमा टेम्पो रोकियो। वैधानिक दर भन्दा कम्तीमा १०/१५ रुपैया बढी भाडा चढेको थियो होला।

भाडा तिरेर ओर्लिँदै थिएँ, बाह्रबिसे दोलालघाट भन्दै खलासी कराइरहेको सुनें। त्यही आवाज पछ्याउँदै अरनिको यातायात सेवा समितिद्वारा सन्चालित बाह्रबिसे जाने थोत्रो टाटा जड्जण भ मोडेलको बसमा चढे। खलासीले शिकागो बुल्सको टीसर्ट लगाएको थियो (अमेरिका आउन अघि त्यसको माने पनि थाहा थिएन र केही वास्तै हुन्थ्यो) र ढोका छेउमा उभिएर यात्रुहरूलाई बोलाउँदै थियो। साइड ए को ४ नं को अर्थात् अगाडिको ढोका पछिको दोस्रो लहरको भ्याल पट्टिको सिटमा बसें। दुवैतिर ३/३ जना बस्न मिल्थ्यो अनि सिटहरू बीचको दूरी पनि थोरै नै थियो। २ वर्षे अमेरिका बसाइको क्रममा केही मोटाएकोले पहिले पहिले जस्तो सजिलोसँग बस्न सकिँनँ। अहिले सोच्छु के, पश्चिमी मुलुकहरूमा विमानमा भ्रमणकथ ऋषिकक कथलमचकभ (म्भभउ खभल्ल तजचकदयकक अथवा छोटकरीमा म्भ) (लामो समयसम्म साँघुरि एर बस्दा रगत जमेर कहिलेकाहीँ प्राणघातक नै हुनसक्ने अवस्था)को चर्चा हुन्छ। हाम्रा बसहरूको अवस्था त्यो भन्दा खत्तम थियो। काठमाडौँबाट करीब साढे चार घण्टामा पुगिने बाह्रबिसे मात्रै होइन कि दिनभरी जस्तो नै लाग्ने धुन्चे, जिरी

आदि ठाउँ जाने बसका सिट पनि त्यस्तै हुन्थे। टूटाइ टू फोल्डिङ सिट भएका बस केही अपवाद बाहेक प्रायः रात्री सेवामा मात्रै चल्थे।

१० बज्ने लागेको थियो होला बस अघि बढ्यो। खचाखच होला भनेको तर मेरो छेउका दुई लगायत थुप्रै नै सिटहरू खाली रहे। भद्रकाली, सिंहदरबार, माइतीघर हुँदै बानेश्वर चोकसम्म नपुगुन्जेल बस रोकियो वा ट्राफिकमा अड्किएर अलि बिस्तारै चल्थो कि कराइहाल्यो खलासी बाह्रबिसे दोलालघाट भन्दै। यात्रुहरू भने खासै पाएन र बानेश्वर पछि कराउन केही कम गयो। म चाँही सोचिरहेँ, यदि बसको अन्तिम गन्तव्य बाह्रबिसे हो र दोलालघाट बाटोमा पर्ने ठाउँ हो भने किन दोलालघाट बाह्रबिसे नभनेको होला भन्दै। बागमती तरेर पूर्वतिर अघि बढेपछि तीनकुने हुँदै चक्रपथतिर दाँया लागियो र कोटेश्वरबाट चक्रपथ छोडेर फेरि पूर्व लागियो। सल्लाघारीमा रोकिँदा एक अर्धबैसे चुरोट तान्दै चढे र छेउको सिट खाली हो भनी मलाई सोधे। मैले खाली त हो तर बस्ने भए चाँही चुरोट फाल्नुहोस् भनें। बसको भुइँमै चुरोट निभाएर आफ्नो मैलिएको सेतो कमीजको खल्लीमा बाँकी रहेको चुरोट राख्दै मेरो छेउमा बसे। सूर्यबिनायकतिर पुग्दा कन्डक्टर भाडा उठाउँदै मकहाँ आइपुग्यो। के गढी रहेछ भनेर हेर्न मैले अमेरिकाको कलेजको परिचय पत्र देखाएँ। ओल्टाइपोल्टाइ गरेर दुई चार चोटि हेरेपछि कार्ड मलाई फिर्ता दिँदै २५ प्रतिशत बिद्यार्थी सहुलियत दियो। भ्यालबाट भक्तपुरको शहर हेर्दै थिएँ, न्यातापोल मन्दिर अरु घर तथा मन्दिरहरू भन्दा निकै चुलिएको देखिन्थ्यो।

बिस्तारै बसले जगातेको भक्तपुर इँटा कार खाना र नलीनचोक हुँदै उकालो चढ्दै

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जाँदा उपत्यकाको सुन्दर द्रिश्य देखिन थाल्यो। टाढिदै गएको काठमाडौँ शहर र सहजै चिनिने घरहरा अनि बाटो नजिकका भरखरै रोपाइँ गरिएका कान्ता परेका खेत अनि भिँगटीले छाइएका घरहरु हेर्दै थिएँ साँगा भञ्ज्याङ पुगियो। तलतिर एउटा पुरानो मन्दिर थियो, माथि भने बाक्लो नेवार बस्ती देखिन्थ्यो। बजारमा खुल्ला भुट्ट्याइएका लप्सीका तितौरालाई थप केही धूलो र धूवाको कोशेली दिएर बसले काठमाडौँ उपत्यका अनि भक्तपुर जिल्लासँग बिदा मागी काभ्रे प्रवेश गयी अनि पुण्यमती खोला तरी क्षणभरमै बनेपामा रोक्यो।

मैले त्यो बेलासम्म देखेको नेपालको राजमार्ग छेउका शहर बजारहरुमा बनेपा सबैभन्दा फोहोर मध्येमा थियो। बस रोकिएको ठाउँ छेउ फराकिलो खुल्ला नाली थियो जहाँ केही सुङ्गुरहरु लडीबुडी गरिरहेका थिए। नजिकै फोहोरको थुप्रो थियो। त्यसो त सधैं फोहोर भनी नाम कमाएको काठमाडौँको हालत पनि साविक भन्दा नाजुक नै थियो। गोकर्ण स्थित डम्पिङ साइटमा स्थानीय बासिन्दाहरुसँगको बिबादको कारण फोहोर फाल्न सकिएको थिएन र जतासुकै फोहोर थुप्रिएको देखिन्थ्यो। भोटाहिटीबाट असन छिर्ने ठाउँमा सडक बीचको थुप्रोले होस् या सुन्धारा छेउ धरहरालाई नै माथ गरौला जस्तो गरी चुलिदै गएको थुप्रोले होस्, प्रत्येकले तात्कालीन मेयर पि एल सिंहको सफा स्वच्छ हराभरा काठमाडौँको नारालाई उपहास गरिरहेका थिए।

१५(२० मिनटको बनेपा रोकाइको समयमा धेरै बालबालिकाहरु यात्रुहरुलाई खानेकुरा बेच्न खोज्दै थिए। एक जना लाल फराइ फुल फराइ फुलू भन्दै थियो, यसो हेरेको उसिनको फुललाई मसला मोलेर तारेको जस्तो देखिन्थ्यो। अरु केही भने केक, क्रिम रोल, डोनट आदि बेच्दै थिए। स्कुल जानु पर्ने बालबालिकाहरु बाध्यताबस दुई चार पैसा कमाउने संघर्षमा लागेको द्रिश्य कम्ती हृदयविदारक थिएन। उल्लेख्य संख्यामा थप यात्रीहरु सहित बस अघि बढ्यो। निमेष भर मै बनेपा छोडि सुन्दर

द्रिश्यपान गर्दै धुलिखेलसम्मको ठाडो उकालो चढी ओरालो लाग्न थालियो। बादल नलागेको भए हिमाली द्रिश्य पनि देखिन्थ्यो तर त्यो दिन मेरो भाग्य रहेनछ। नागवेली सडकमा खावा र केराघारी हुँदै तल भर्दा सल्लाका रुखहरुको संख्या घट्दै गयो र केरा अनि आँपका रुख देखिन थाले। प्रष्ट थियो अलि गमी नै ठाउँमा भरिदैछ भनेर। करीब १० किमीको ओरालो पछि काठमाडौँबाट करीब ४० किमी परको तीनपिपले पुगियो। लामिडाँडाबाट सानो उकालो चढेर चाकू खोलाको छेउमा भरियो। बिख्यात भूगोलविद स्व डा.हर्क गुरुङले आफ्नो पुस्तक **Vignettes या Nepal** मा लामिडाँडादेखि चाकू खोलाको सडक खण्डलेलवचचयध कबममभि या जयचलाभक्ति क्रस गरेको भनी लेख्नु भएको छ। त्यसको अर्थ के हो त थाहा भएन, तर मेरो गैर भूगोल तथा वनस्पति शास्त्रीक विप्लेषणमा भने उक्त स्थान गमी र जाडो दुवै थरी भेजिटेसनको ट्रान्जिसन पोइन्ट जस्तो भएको अनुमान लगाएँ साल र सल्ला दुवैका रुख देखे। चाकू खोलालाई १० किमी जति पछ्याएपछि दोलालघाट पुगियो।

त्यता नपुग्नु भएका पाठकहरुलाई दोलालघाटको छोटो परिचय दिइहाल्न काठमाडौँलाई कोदारीसँग जोड्ने अरनिको राजमार्गको मध्यबिन्दु अर्थात् दुवै ठाउँबाट ५७ किमीको दूरीमा दोलालघाट अवस्थित छ। सप्तकोशीका सात मध्ये इन्द्रावती र सुनकोशीको संगम यहीं हुन्छ। इन्द्रावती नदीले काभ्रे र सिन्धुपाल्चोक जिल्लालाई छुट्ट्याएको छ। इन्द्रावती तरे पश्चात् राजमार्गले एउटा डाँडोको फन्का मारी सुनकोशी अनि पछि भोटेकोशीको किनार हुँदै सीमावती कोदारी छुन्छ। यो ठाउँ वनभोज (हुन त बगरभोज भन्न अलि उपयुक्त होला कि) स्थलको रुपमा लोकप्रिय छ, साथै चतरासम्मको लामो अनि साहसिक चवातप्लन को प्रारम्भ गर्ने स्थान पनि यही हो। बसबाट ओर्लिएर उर्लंदो इन्द्रावती नदीलाई हेर्दै पुल तरेर दाँया पट्टिको गल्लीमा छिर्ने छेउ छाउका घर पसलहरुबाट लोकल रक्सीको चकी गन्ध आइरहेको थियो। केही बेरमै इन्द्रावती

माथिको भीरमा पुगियो। गोरेटो छेउमा चरिरहेका बाखाहरुलाई देख्दा लाग्थ्यो, उनीहरुलाई तल खसिएला भन्ने डर छैन। बसबाट ओर्लिएको ५ मिनट जतिमै इन्द्रावतीको बगरमा पुगियो। त्यसको केही क्षणमै सुनकोशीसँगको दोभानमा पुगेर राजमार्गतिर फर्केर हेर्ने।

चलचित्रको नामको सम्झना त छैन तर गीतान्जली कार्यक्रममा "तिम्रो आँखाको सागरमा लहर लहर छल्किरहेछ, त्यही लहर माझमा मेरो सपना पौडिरहेछ बोलको प्रकाश श्रेष्ठ र आशा भोस्लेको यो युगल गीत खुबै बज्थ्यो। इन्द्रावती पुललाई देखेपछि उक्त गीतको छाँयांकन आफू उभिरहेको स्थानमा भएको रहेछ भन्ने थाहा भयो। त्यसो त दोलालघाटतिर चलचित्रहरुको छाँयांकन भैरहन्छ भनेर नसुनेको त होइन। एकै छिन् उभिएर वरिपरि हेरिरहें। दुई खोलाहरुको निरन्तर गडगडावटलाई बेलाबेलामा राजमार्गका गाडीहरुको हर्नले बिथोल्थ्यो। इन्द्रावतीमा यसो हात पखालें, अनि दुई नदीको पानी मिसिएको ठाउँ र सुनकोशीमा पनि त्यसै गरी पखालें। दोभानको अलि माथि पट्टि एउटा सानो मन्दिर रहेछ। बगर हेर्दा थाहा हुन्थ्यो, बाढी आएको बेला मन्दिरको ठीक तल पट्टी सम्म पानी बग्ने रहेछ भनेर। त्यो बेला भने मन्दिर र दोभान बीच ५० मिटर जतिको अन्तर थियो होला। दुई तीनवटा राम्रो लागेका साना ढुङ्गाहरु खल्लीमा हालेर मन्दिरतिर अघि बढें।

मन्दिर दोलालेश्वर महादेवको भएको कुरा त्यहाँ रहेको खुइलिएको साइन्बोर्डबाट थाहा भयो। मुस्किलले एउटा सानो शिवालङ्ग अटाएको उक्त मन्दिरको दर्शन गरेपछि सुनकोशी माथिको भीरको बाटो लाग्न थालें। नजिकै देखिएको भोलुङ्गे पुल तर्ने रहरले त्यता लागेको थिएँ। पुलको पारि पट्टि एउटा सानो पसल थियो। केही अघि बढें। राजमार्गबाट निकट भए पनि त्यसको कुनै असर त्यहाँ देखिन्नथ्यो। न बजारमा जस्तो पक्की घर देखिन्थ्यो न त गाडीका हर्न नै सुनिन्थ्यो। पुराना घर, हरिया खेत अनि पहाडहरुका बीच अबिरल बगिरहेको सुनकोशीको मोहक द्रिश्य हेर्दै जति अघि

बढौं जस्तो लागे पनि पुल तरेको दुई तीन मिनेट पछि मैले फर्किनु नै उचित ठाने र मन नमानी नमानी फेरि पुलतिर लागें ।

काठमाडौंका मानिसहरु मलेखूको माछाको खुबै बयान गर्थे तर मलाई थाहा थियो कि त्यहाँ पाइने माछा अधिकांश स्थानीय होइनन् भनेर। दोलालघाटमा भने स्थानीय ताजा माछा नै पाइएला, आज त्यतै खाएर आउनुपर्छ भनेर घरबाट निस्किएको थिएँ। उक्त उद्देश्य पूरा गरी मलाई समयमै घर फर्किनु थियो। बसबाट ओर्लिएको ४५ मिनेट जति पछि फेरि बजारमै पुगें।

आफ्नो उद्देश्य पूरा गर्न एउटा भोजनालयमा पर्सें। साहूनी माछा तार्नमा व्यस्त थिइन्। एक सिसी सान मिगेल् बियर र एक प्लेट माछा चिउरा मगाएँ। बियर तुरुन्तै जस्तो आयो। चिसो बियर को चुस्की लिँदै बाहिरका गतिविधीहरु हेर्न थालें। काठमाडौं र बाह्रबिसे, चौतारा, जिरी आदि बीच चल्ने बसहरु रोकियो, यात्रीहरु चढ्ने र झर्ने गर्थे, अनि केटाकेटीहरु यात्रीहरुलाई खानेकुरा बेच्ने प्रयासमा हुन्थे। एकैछिनको रोकाइपछि बसहरु आफ्नो गन्तव्यतिर लाग्थे। अरु गाडीहरुको ओहोरदोहोर लगायत काठमाडौंतर्फ हानिएको ४५ जना विदेशी साईकल यात्रीहरुको समूह पनि देखियो। शायद ल्हासा वा त्यो भन्दा टाढा देखि नै साईकलमै आएका थिए होलान्। केही बेरमै पातलो स्टिलको प्लेटमा सानो सानो माछा अनि चिउरा आयो। एक टुक्रा माछा टोक्यो भुरुम्म, अनि चिसो बियर एक सिप घुटुक्क अनि अलिकति चिउरा। ओहो कस्तो स्वर्गीय आनन्द नै आयो। अर्को आधा प्लेट माछा पनि मगाएर बाँकी बियरसँग सिद्धयाइदिएँ। पैसा तिरेपछि रोकिएरहेको काठमाडौं जाने बसको पछाडि पुगें अनि भर्याङ्गको डन्डीमा समातेर छानामा चढें।

छानामा बसेर यात्रा गर्नु जोखिमपूर्ण र गैरकानूनी भन्ने थाहा नभएको त होइन तर पनि मौका पायो कि गर्ने गर्थे पहिले पनि। बोइङ ७४७ (यो एयरबस ३८० बन्न अधिको कुरा हो) विमानको बिज्नेस

क्लासमा बसेको कल्पना गरें (सामान्यतया ७४७ विमानमा बिज्नेस क्लासका सिट माथिल्लो तल्लामा हुन्छन्) बसको माथिल्लो भागमा भएको अनि बस्न पनि साँघुरो नहुने र हावा पनि पाइने भएकोले। कल्पना जे गरे पनि त्यो बस अर्को थोत्रो टाटा १२१० इ हुनुमा कुनै अपवाद थिएन। छानामा बस्नुको अर्को कारण भने गैर सरकारी संस्थाको कामले केही दिन बसेको पाँचखाल क्षेत्रलाई राम्ररी नियालेर हेर्नु पनि थियो।

बिज्नेस क्लासमा केही अरु यात्री, बाखाहरु अनि एउटा टायर सहित ७४७ ले काठमाडौंतर्फको बाटो ततायो। पचपन्न र त्रिपन्न किलोमा (राजमार्ग छेउ जुन किलोमिटर मार्कर छेउ नयाँ बस्ती बन्छ त्यही अनुसार तिनको नामाकरण हुने प्रचलन छ) केही यात्रु थपिए, इकनमी र बिज्नेस क्लास दुवैमा। एक ठाउँमा पहिरो गएको ठाउँमा बाटो माथि तार जाली बाँधिएको र त्यसमाथि भरखरैको जस्तो देखिने विरुवाहरु देखे। शायद बायो ईन्जिनियरिङ गरी थप पहिरो जानबाट रोक्ने प्रयास थियो होला। त्यस्तै ८९ किमीको यात्रा पछि मेलम्ची जाने कच्ची रातो माटे बाटो छुट्टियो। त्यताबाट आउने सवारीहरुले विशेषतः काठमाडौं जानेतिर आफ्नो चिनो स्वरूप बाटोको केही रातो माटो पक्की राजमार्गको अलकत्रामा छोडेका थिए। दोलालघाटबाट ११ किमीको यात्रा पश्चात् लामिडाँडा बजार पुगियो।

लामिडाँडा भनेको काठमाडौंतर्फ आउँदा दोलालघाट पछिको प्रमुख बजार हो र पलान्चोक जाने बाटो पनि यहीँबाट छुट्टिन्छ। शायद धेरै जसोलाई लामिडाँडाको यति नै ज्ञान, महत्व, अनुभव वा जेसुकै होला। मेरो भने लामिडाँडासँगको भिन्न अनि ताजै साईनो थियो त्यति बेला। दोलालघाट यात्रा भन्दा एक महिना जति अघि गैर सरकारी संस्था अन्तर्गतको काम स्थानीय विद्याथीहरुलाई बातावरण संरक्षण सम्बन्धी तालीम दिने थियो। तालीमको शिलशिलामा आधा दिन लामिडाँडा बजार को सरसफाइमा बिताइएको थियो। विद्याथीहरुले दिलोज्यानले हामीलाई

सहयोग गरेका थिए। दूर्भाग्यको कुरा, स्थानीय बासिन्दा मध्ये अधिकांशबाट कुनै सहयोग प्राप्त भएन। स्थानीय विद्याथीहरुले चिनेकै मान्छेहरु भए पनि उनीहरुबाट सहयोग नपाउनु एकदमै दुस्ख लाग्दो कुरा थियो। तैपनि केही घण्टाको प्रयासमा बाटो छेउको फोहोर अनि नालीमा खसेका ढुङ्गा र प्लास्टिकका टुक्राहरु हटाए पछि बजार धेरै सफा देखिएको थियो। सँधै भैं सरसफाइ पछिको साँझमा दिनभरिको गतिविधि र भोलिपल्टको योजना बारे केही छलफल भयो। त्यति बेला हामीले विद्याथीहरुको सहयोग प्रति हार्दिक आभार प्रकट गर्यौं अनि दिलोज्यानले उनीहरुको तारिफ गर्यौं। लामिडाँडाबासीहरुलाई भने भेंडाहरु भनेर गर्नु गाली गर्यौं। हुन पनि नेपाली परिप्रेक्ष्यमा भन्ने हो भने लामिडाँडा बिकसित ठाउँ नै थियो। व्यस्त अरनिको राजमार्गमा पर्ने त्यो बजारबाट ४६ किमी टाढाको काठमाडौं जान १०/१५ मिनेट कुरे बस पाइन्थ्यो र दुई घण्टामा पुगिन्थ्यो। फोन बूथ, केन्द्रीय प्रसारण प्रणालीको विद्युत र माध्यमिक विद्यालयको सुविधा पनि उपलब्ध थियो। बिकसित ठाउँका मानिसको अविकसित मानसिकताले हामीलाई साँच्चै नै दुस्ख लागेको थियो। मैले बजारलाई सरसफाइ गर्न अधिकै रुपमा देख्नु कुनै आश्चर्यको कुरा थिएन। फेरि त्यहाँका मान्छेहरुलाई मनमनै गाली गरें भेंडाहरु भनेर।

केही बेर लामिडाँडामा रोकिएपछि बस अघि बढ्यो शान्ति सेनाको ब्यारेक (जहाँ कुख्यात मैना सुनुवार घटना भएको थियो), पाँचखाल अनि तामाघाट हुँदै। भिक्खु खोलाको पुल तरेर हाम्रो शिविर स्थल सर्वमंगला माध्यमिक विद्यालय जाने स्थान पुगियो। त्यहाँबाट अलिकति ओर्लिएर एउटा खोल्सो तरी ढुङ्गा छापिएको बाटोमा एउटा रातोमाटे थुम्कामा ५ मिनेट जति उक्लिए पछि उक्त विद्यालय पुगिन्थ्यो। बाटोमा विद्युत प्राधिकरणको सब स्टेसन थियो जसलाई द्वन्दकालमा माओवादीले क्षति गरेका थिए। विद्यालयबाट राजमार्ग अनि त्यहाँबाट लामिडाँडासम्मको ३ किमी खन्डमा विद्याथीहरूसँग विभिन्न खेल खेल्दै अनि गीत गाउँदै सरसफाइको दिन हिँडेका

थियौ। बस अलि अग्लो ठाउँमा पुगेपछि विद्यालय पनि देखिन थाल्यो र त्यहाँ एक हप्ता बस्दाका क्षणहरु एक एक गरी सम्झना आउन थाल्यो। तीनपिप्ले देखिको ठाडो उकालो चढ्दा निकै बेरसम्म देखिएको विद्यालयलाई अटुट रुपमा हेरिरहोँ सम्झिएँ ती विद्यार्थीहरुलाई। सम्झिएँ उनीहरु र शिक्षकहरुसँगको दिनभरीका कृयाकलाप अनि सहकर्मीहरुसँगका साँभका छलफलहरुलाई। प्राथमिक उपचारको बट्टा मेरो जिम्मामा थियो। कसैलाई केही औसधी चाहिएँ मैसँग लिनु पर्थ्यो। यही कारणले सहकर्मीहरुबाट डाक्टर साबको उपनाम पाएको पनि सम्झिएँ। छलफल पछिको केही समय गफगाफमा बित्थ्यो। नेपथ्यको छेक्यो छेक्यो देउराली डाँडा भन्ने गीत पहिलो चोटि त्यहीं नै सुनेको थिएँ। त्यसै गरी हिमालय ब्यान्डको कुखुरे बैँसले आँखा देखेनू भन्ने गीत पनि पहिलो चोटि त्यहीं नै सुनेको थिएँ। दोलालघाटमा खाएको बियरको भ्रमभ्रम अनि स्वाद अलिकति बाँकी नै थियो। बसले बिस्तारै उकालो चढ्दै जाँदा ती दिनहरु सम्झिर हें अनि त्यो बेला गाएका माथि उल्लेखित लगायत अरु गीतहरु गुनगुनाइरहें।

धुलिखेलको प्रहरी चौकी भन्दा अलिकति वरको एउटा घुम्तीमा बस रोकियो र

छानामा बसेका सबै यात्रीहरुलाई बस भित्र कोचियो। प्रहरीको उपस्थिति र छानामा बस्न नपाइने नियम औपचारिकता भन्दा बढी केही जस्तो देखिन्थ्यो। देशको कानूनी स्थितीको सानो उदाहरण मात्रै थियो त्यो घटना। बनेपासम्म उभिएरै गए पछि सिट पाएँ। ५ बजेतिर माइतीघरमा बसबाट ओर्लिएर घरतिर लम्किएँ। बियरको गन्ध मार्न (खान्छ भनेर घरमा कती न थाहा नभए जस्तो) कुपोन्डोलको एउटा पसलमा दुईटा हल्स किनेँ अनि खाँदै घर पुगेँ।

आमाबाबुको मन न हो, मलाई एकलै घर बाट टाढा गएकोमा (अमेरिका एकलै ओहोर दोहोर गरेकै हो, तै पनि) अलि आत्तिनु हुन्थ्यो। त्यो दिन पनौती गएको भनेर ढाँटे। एक डेढ घण्टाको बाटो कहीं जानुमा चाँही अघोषित छुट थियो मलाई। त्यो भुटो बोलाई धेरै टिकेन। लापरवाहीबस मैले दोलालघाटबाट ल्याएका दुइज्जाहरु अनि शायद ३ इन्च लम्बाइ अनि २ इन्च चौडाइ भएको हलुका नीलो रङको अनि कन्डक्टर ले मुस्किलले बुझ्न सकिने अक्षरमा काटू देखि दोलालू लेखेको बसको टिकट आफ्नो टेबलमा छोडेको थिएँ। आमाले त्यो देख्नु भएछ र पनौती गएको भनेर ढाँटेर दोलालघाट गएर आउने भनेर गाली गर्नु भयो। बुवाले भने हाँस्दै माछा ल्याएनौ त

त्यहाँ सम्म गएरू भन्नु भयो। ल्याएको त छैन गएको चाँही त्यही खान हो भनेर भन्नै पर्यो। फेरि गयौ भने भन र माछा पनि लिएर आउ रे त्यसपछि ता।

त्यसको दुई वर्षपछि फेरि नेपाल गएको थिएँ। त्यो बेला पनि दुई चोटि दोलालघाट गएँ। पहिले जस्तै गरी ईन्द्रवती, दोभान, अनि सुनकोशीमा हात धुने, दोलालेश्वर को दर्शन गर्ने, सुनकोशी माथिको भुलुडे पुल तर्ने, बजार फर्किएर माछा र बियर खाने, बसको छानामा बस्ने, लामिडाँडाका भेंडाहरुलाई गाली गर्ने, एक हप्ते बसाइका क्षणहरुलाई सम्झने अनि गीतहरु गुनगुनाउने क्रमलाई जारी राखें। घरमा भन्न र माछा ल्याउन भने चुकिने। दूर्भाग्यबस मुलत समयको अभावले गर्दा पछिल्ला नेपाल भ्रमणहरुमा दोलालघाटलाई समेट्न सकेको छैन तर अर्को चोटि जाँदा यो यात्रालाई यसै गरी दोहोर्याउन पाउने आशा गर्दछु।

समाप्त।

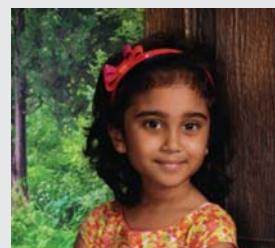
(लेखकबाट यो संस्मरण पहिले साप्ता डट कममा चिप्लेहुँगाको उपनाममा प्रकाशित भएको थियो)

Family, Family, You are...

Family, Family, you are
Crazy, lazy, funny, helpful
Caring, laughing, and the best.
But, most of all I love you.
And that will never ever change.

I love the way you love me.
Your heart is very kind.
You smile
And give me hugs and kisses.
You spend time time with me.

Family, Family, you are
Crazy, lazy, funny, helpful
Caring, laughing, and the best.
But, most of all I love you.
And that will never ever change.



by Amaani Rauniar
(Age 6, Pearland, Texas)



यात्रा संस्मरण -

ह्युस्टन देखि मायामी सम्म

- तारा बराल

साथिभाईहरू भन्ने गर्थे अमेरिका घुम्ने हो भन्ने हवाई हैन सडक यात्रा गर्नु पर्छ । हवाई जहाजमा उड्यो एकैचोटी आफ्नु गन्तव्य पुग्यो । अरु ठाउँको भुगोल, इतिहास, व्यवस्थापन, संस्कृति केही थाहा नहुने १ हो रहेछ, विगत दश वर्षमा धेरै चोटी अमेरिकाका धेरै ठाउँ घुमियो हवाईजहाजमा । तर त्यसले अमेरिकी जीवनको एउटा पाटोमात्र देखिदोरहेछ भन्ने थाहा भयो । यति ठुलो मुलुक हेर्न त लामो सडक यात्रा नै रोज्नु पर्ने रहेछ । पाँच छ घण्टाको सडक यात्रा मै सिमित थियो मेरो हँकाइ ।

नयाँ वर्ष लाग्यो २०१३ । मैले पनि बुढिसंग सल्लाह गरेँ अब यो वर्ष लामो सडक यात्रा गरौं । उसले त नमान्ने कुरै भएन । घुम्न भन्ने पछि दुई हाथमाथि १

हामीले निकै लामो कसरतपछि फ्लोरिडा घुम्न जाने निधो गर्यौं । फ्लोरिडाको वेष्ट पामविचमा मित्र सुन्दर जोशी हुनुहुन्छ, उहाँसंग संपर्क गरेर आफ्नु कुरा राखे । खुशी हुनु भो सुन्दरजी । फेब्रुवरीको २३, २०१३ मा त्यहा एउटा राम्रो साहित्यिक जमघट हुँदै रह्यो । त्यो एउटा थप रमाइलो अनुभव हुनेभो हाम्रो यात्राको, बिटु भन्नु खुशि । उसलाई साहित्यिक जमघटले निकै तान्ने गर्छ ।

अर्कोतिर हाम्रो मुख्य गन्तव्य भनेको मायामी बीच थियो । विश्वका लाखौं मानिसको सपनाको गन्तव्य हो मायामी । हामी पनि त्यहि सपनीमा केही समय आफ्ना दुख पीडा भूलेर रम्न चाहन्थ्यौं । फ्लोरिडामै डिस्नी वर्ल्ड पनि थियो, त्यो पनि छुटाउनु भएन ।

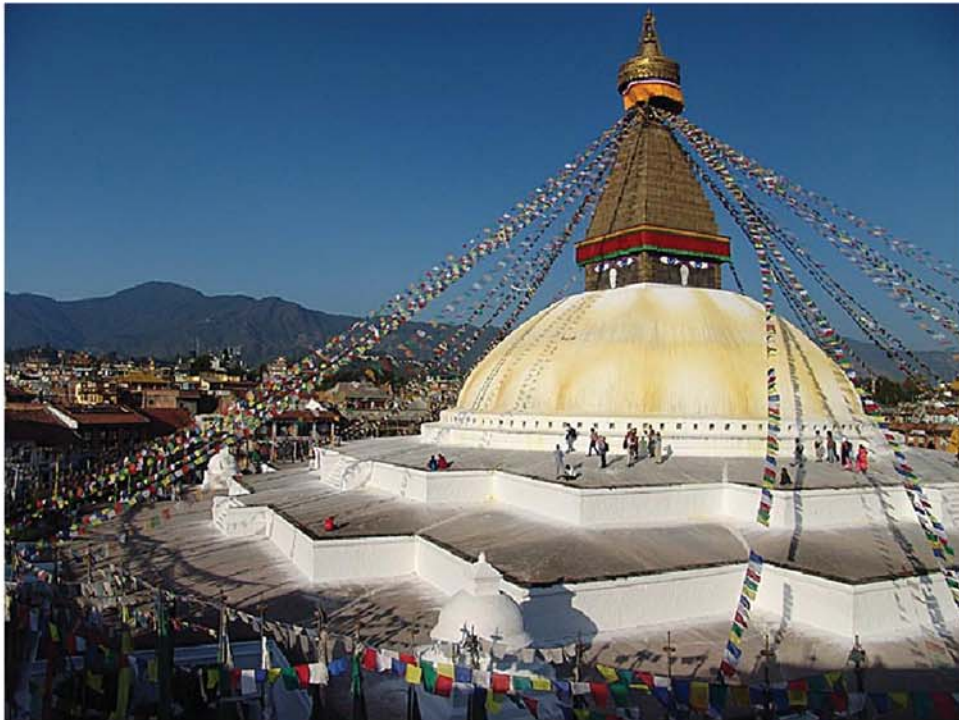
ह्युस्टनबाट मायामी निकै लामो सडक यात्रा थियो, १२ सय माइल । दोहोरो यात्रा भन्दा २५ सय माइल छिचोल्नु पर्थ्यो । बिटुले पनि हाइवेमा लामो ड्राइभ गरेको थिएन । यध्यपि उसको ड्राइभिङ राम्रो छ, मभन्दा सुरक्षित । तर पनि हामीलाई लाग्यो यति लामो यात्रामा अरु दुईचारजना साथि भए भनै राम्रो हुन्थ्यो । मैले ह्युस्टनका मित्र निराकार श्रेष्ठ र सन आन्टोनियोका मित्र जलेश्वर श्रेष्ठसंग कुरा गरे । दुवैजना हौसिए तर टुङ्गोमा भने पुग्न समय लाग्ने भयो । निराकार लाई कामबाट फुर्सद नमिल्ने भयो । उता जलेश्वरको स्टोर हेरिदिने मानिस भेटिएन । तर हामी पनि कहाँ हार मान्ने, अन्तस्त बुढाबुढी मात्रै भएपनि लाग्यौं फ्लोरिडातर्फ फेब्रुवरी २२ को बिहान ।

ह्युस्टनबाट आइ १० लिएर कुदेपछि ७ सय माइल पार गर्दा फ्लोरिडाको क्यापिटल सिटी तालाहासी आइपुग्यो । हामिले त्यो

दिन ७ सय माइल छिचोल्नु थियो । मैले तिनघण्टा हाँकेपछि बिटुले गाडीको स्टेरिङ समातिन् । हाइवेमा प्राय ट्रक मात्र भेटिने, ती बडेमानका ट्रकलाई पछाडि छोड्दै हामिले लुजियाना मात्र के टेकेका थियौं पानी वर्षिन थाल्यो । शुरुमा त सामान्य थियो वर्षा । तर जति अघि बढ्दै गयो पानी भन्नु दर्किन थाल्यो । यति ठुलो वर्षा त्यसमाथि नयाँ हाइवेको हँकाइ (बिटुलाई गाढो हुँदै गएको लाग्यो । उसले हार मानेकी थिइन । अलाबामाको मोबिल कटेपछि पानी अलिक कम भयो । लुजियानाबाट अघाडि लागेपछि जताततै पानी मात्र देखिने । बडेमानका नदि, तीमाथिका ठुला ठुला पुल । प्रकृतीको मनोरम देशको आनन्द एकातिर थियो भने नयाँ राज्य र नयाँ स्थानहरू हाम्रो सामुन्ने थिए । मोबिलबाट तिस माइलजती अघाडि पुगेपछि मैले गाडी हाँकन थाले । तालाहासिसम्म मैले पुर्याउनु थियो । घना जङ्गलको विचमा फराकिलो चिप्लो सडकमा गाडी कुदाउन रमाइलो हुन्छ । तर त्यो र माइलो आधा घण्टा पनि टिक्न पाएन । फेरि सुरु भयो मुसलधारे वर्षा । समय त अपरान्हको चार मात्र हुँदै थियो, आँखा अघि भने भ्रमक साँझपरेजस्तो । वाइपर ले पनि काम नगरेजस्तो, बाहिर सडक केही देखिन्न । विस पचिस माइल भन्दा

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बढी कुदाउने स्थिति थिएन । अन्दाजको भरमा म गाडी हाकिरहेको थिएँ । कतै रोकेर पानी कम हुन्जेल रोकौन त भन्ने अवस्था पनि थिएन । म चुपचाप एकलव्य भै सडकलाई निशाना साँघेर स्टेरिङ्ग सम्हाल्न थाले । बिटु पनि शान्त, के भन्ने कसो गर्ने ! सायद उसको पनि मुटु हल्लि रहेको थियो । तालाहासी पुग्न अझै दुई घण्टा थियो । मलाई लाग्यो आज यतै बित्तिने भयो । हामी भन्दा अघि र पछाडिका गाडीहरू पनि हाम्रैजस्तो स्थितिमा थिए । कुनै पागल भने हामीलाई ओभरटेक गरेर हुँडकिन खोज्यो । बस्ती, बजार आए पनि विसाउनु हुन्थ्यो । तर दाँया बाँया जङ्गल मात्र । जसरी पनि हिम्मत बटुल्दै पयो । आफू सामान्य भएको होग गरेर बिटुलाई ढाढस दिन्थे । साँझको सात पनि बजेको थिएन, बाहिर निष्पट अँध्यारो । पौने सातमा घडीको सुई पुग्दा नपुग्दा झिलिमिली बत्तिहरू देखिए, घरहरू देखिए । तालाहासी आइपुगेछ, होश ठेगान आयो । हामी दुबैको अनुहार आकस्मिक खुशीले उन्मादित हुन पुग्यो । लाग्यो, ठुलै दुर्भाग्यबाट बच्यौ । तालाहासिमा होटल बुक छदैथियो । जे भएपनि आजको गन्तव्य हाम्रो अघि थियो । थकान भए पनि खुशी हुँदै हामी होटल भित्र पस्यौ । बाहिर पानी अझै वर्षिरहेको थियो । त्यो दिन तालाहासी घुम्ने हाम्रो योजना पानीले बगाइदियो ।

भोलिपल्ट विहान आठ बजिसकेछ उठ्दा । घामको उज्यालो हाम्रो कोठाको भ्यालबाट चिहाइरहेको थियो । पर्दा खोलेर बाहिर हेरे हिजोको भरीले भुँइ अझै छपक्क भिजेको थियो । हामीलाई त्यो दिन तिन बजेभित्र वेष्ट पामविच पुग्न थियो । नौ बजे हामी निस्क्यौ । एक चक्कर लगायौ तालाहासी । त्यहाको हरि यालीले साँढे लोभ्यायो । उकाली ओरालिको काखमा बसेको फ्लोरिडाको राजधानी शहर छोडेर हामी वेष्ट पामविच तिर लाग्यौ । गाडी ७० र ७५ को गतिमा गुड्दा पनि हवाइ जहाजमै हिडेजस्तो लाग्ने । सिनित

परेको कालोपत्रे सडक, सडकको दाँया बाँया मनै लोभ्याउने जङ्गल अनि पातलो ट्राफिक, हामी आनन्दित हुँदै सडक छोड्याउँदै बढ्यौ । हिजोको सिरिङ्ग पार्ने यात्राबाट आज नितान्त सहज र रमाइलो थियो हाम्रो यात्रा । हरेक तिस माइलमा व्यवस्थितरूपमा बनाइएका विश्रामस्थल (रेस्ट एरिया), एकछिन खुट्टा तन्काउन साँढे सहयोगी भए । छ घण्टाको त्यो यात्रा पनि बिटु र मैले बराबरी हाक्ने अठोट गरिसकेका थियौ । सुन्दरजीको फोन बज्यो बेला बेला । कहाँ आइपुग्न भयो । उहाँको त्यो प्रश्नले हामीलाई छिटो वेष्ट पामविच पुग्न घच्चच्याउथ्यो । हाइवे ७५ र टर्नपाइक छिचोल्दै हामी तीनबजे सुन्दर जोशीको सुन्दर र आलिशान घरमा पुग्यौ । पारखीले सजाएकोजस्तो स्यानु तर सुन्दर लाग्यो त्यो शहर । शहरैभरी पाम ट्री, त्यसैले ठाउँको नाम वेष्ट पामविच र रोयल पामविच हुनेनै भयो ।

दिउसोको खाना उहाकैमा खानु पर्ने मिठो आदेस सुन्दरजीले पहिलै दिसक्नु भएको थियो । त्यसलाई काट्ने त कुरै थिएन । थकान र भोक भएपनि सुन्दर र उहाँको परिवारलाई भेटेपछि निकै रमाइलो भयो । खाना खायौ, उता हतार थियो कार्यक्रमस्थल पुग्न । बुवा आमा, रेखा भाउजु र सुन्दरजी सहित हामी लाग्यौ फ्लोरिडाको साहित्यिक कार्यक्रममा सहभागी हुन । उही त हो नी नेपाल समय ! अमेरिकामा पनि नछोड्ने रहेछ । हामी साँढे चारबजे त्यहा पुग्दा भर्खर शुरु सार थियो । मानिसहरू आउँदै थिए । फ्लोरिडाको मायामी, ओर्ल्याण्डो, तालाहासी र ज्याक्सनभिल सबैतिरबाट नेपालहरूको त्यहा उपस्थिति हुन थाल्यो ।

हामी गाडिबाट उत्रेर कार्यक्रम हलभित्र छिर्नु अघि मुलगेटमा एकजना चिनेचिने जस्तो मानिससंग जम्काभेट भयो । मैले आफ्नु परिचय दिँदै अभिवादन गरे, उनले पनि आफ्नु नामसहित अभिवादन फर्काउँदा हामी दुवै झसझ भयौ । ओहो भगवान !

उ त मेरै अन्तरङ्ग कलेज मित्र विजय कट्टेल परेछ । ३० वर्षपछि हाम्रो भेट हुँदै थियो । २००४ मा उसङ्ग कुरा भएको थियो ह्युस्टनबाट । उ फ्लोरिडामै थियो त्यतिबेला, सायद ओर्ल्याण्डोतिर । त्यसपछि हाम्रो संपर्क टुट्यो । उसको कान्छो छोराको दुखद दुर्घटनापछि उ धेरैसंगको सम्पर्कबाट टाढिन चाहन्थ्यो सायद । मसंग उसको फोन थिएन । फ्लोरिडाको प्रोग्राम बनेपछि मैले बिटुलाई भनेको थिए विजय फ्लोरिडामै छ तर कुन ठाउँमा त्यो भने थाहा छैन । उसलाई भेटेपछि झनै र माइलो भयो ।

अन्तरराष्ट्रिय नेपालि साहित्य समाज फ्लोरिडा, नवनिर्वाचित कार्यसमितिको पदस्थापन र कविशिरोमणि लेखनाथ जयन्ती आयोजना गरिएको थियो । कृष्ण श्रेष्ठ, विकास देवकोटा, विमल नेपाल, हरि पाण्डे लगायत दर्जनौ नेपालिसंग परिचय आदान प्रदान गरियो । प्रशिद् गायिका मिरा राणा, लोकगायक प्रेमराजा महतसंग परिचय नविकरण भयो । कार्यक्रम शुरु भएको थिएन । म शौचालयतिर लागे । फर्केर सभाहलभित्र पस्नमात्र के लागेको थिए अर्का अन्तरङ्ग कलेज मित्र पुष्प प्रधान भेट भयो । एघार वर्षअघि उसंग काठमाण्डुमा पछिल्लो भेट थियो । अर्को खुशि थपियो त्यहा । विजय, पुष्प र म त्यहा भेट भएपछि हाम्रा कलेज जिवनका पानाहरू खुले । हाम्रा श्रीमतिहरूसँग सामिप्य बढ्यो । कार्यक्रम अवधिभरी हामी सङ्गै बस्यौ । सुन्दरजीले व्यङ्ग पनि गर्नु भयो पुराना साथि भेटेपछि हामी त के !

हल भरिएको थियो । रमाइला, मीठा कविता गीत सुन्न त आनन्द लाग्थ्यो तर लामा लामा भाषण र वक्तव्य भने साँढे पट्यार लाग्दो । झन्डै बिस वर्षपछि मिरा राणाको गीत सुनेर नेपालको याद ताजा भयो । ससाना नानीहरूको कविता, नाच र गीत प्रस्तुतिले नेपालि भाषा, संगित र संस्कृतिप्रति फ्लोरिडाको नेपालि समुदाय कति जाग्रित रहेछ भन्ने सन्देश दिँदै थियो ।

कार्यक्रम निककै अवेर गरेर सकियो । आयोजकले स्वादिलो नेपालि खाना खाए । कालो दाल, गोलभेंडाको अचार, काउलीको तरकारी अनि खसीको मासु के चाहियो नेपालि जिब्रोलाई !

हामीलाई भोलिपल्ट मायामी जानु थियो । विजय र पुष्प भन्दै थिए कमसेकम भोलि त बसे हुन्थ्यो । हो हामीलाई पनि त्यहाको बसाई छोटो भएकोमा खुशी लागेन । तर मायामिमामा होटल बुक भैसक्याथ्यो । पुष्पको ठुलो छोराको कोलम्बियन रेष्टुरा खोलेको रहेछ । उसको जिद्धीको अघाडि हाम्रो के जोर चल्ने ! कार्यक्रमस्थलबाटै राती बाह्र बजे पुष्पले गाडिमा राखेर हामीलाई लाफन्डो रेष्टुरातिर हुँदैक्यायो । सुन्दरजी, रेखा भाउजु र श्रीमती पुष्प सुन्दरको गाडिमा त्यहा पुगे । पत्रकार सूर्य थापा एकछिनपछि त्यहि आइपुगे । भिडभाड थियो रेष्टुरा । दश बजेपछि मात्र त्यहा चहल पहल शुरु हुँदोरहेछ । भित्र धेरै भिड र हल्ला हुनाले हामी सबै बाहिर बरण्डामा चुस्की लिदै गफिन थाल्यौ । मनिसहरूको आउने क्रम थामिएको थिएन । निककै राम्रो व्यापार गरेको रैछ, पुष्प पुत्रलाई बधाई दिए । स्कचको चुस्की र गफगाफमा समय बितेको थाहै भएन । बिहानको चार हानिसकेछ ।

भोलिपल्ट बिहान नौबजे हरि पाण्डेजिकोमा ब्रेकफास्टको आयोजना रहेछ, सुन्दरजीले सुत्नुभन्दा अघि सम्झाउनु भयो । दिउँसो विजयकोमा लन्च । साँझ मायामी पुग्नु पर्ने, समय व्यवस्थापन सजिलो थिएन । ओछ्यानमा पुग्दा बिहानको पाँच भैसकेछ । थकान र अवेर भए पनि निद्रा भने परेन त्यो बिहान ।

बिहान आठै बजे उठियो । मलाई कतै जानु छ भने हरेक कुरा चाँडो गर्न मन लाग्छ । समयभित्र पुग्दा पर्खने र पुग्ने दुवैलाई राहत र सन्तोष मिल्छ । सुन्दर जीसंग हामी हरि पाण्डेकोमा पुग्दा मिरा राणा र विमल नेपालजीको परिवार हुनुहुन्थ्यो । भर्खर नयाँ घरमा सन्तु भाको

रैछ पाण्डेजीहरू । चिटिक्क परेको सुन्दर घर, छेउमै हरियो गल्फ कोर्स (शान्त, स्वच्छ, र रमणीय वातावरण । हामिले ताजा र स्वादिलो नास्ता खाइसकेर कफीको स्वाद लिदै गर्दा प्रेमराजा महत र कृष्ण श्रेष्ठ आइपुग्नु भयो । सुन्दरजीले कविता वाचनको प्रस्ताव राख्नु भयो । कोठे कवि गोष्ठी गर्ने कुरा भयो । सबै हौसिए । महतजीले कोठे गोष्ठी भन्दा कवि घर राखौ भन्ने सुभाष दिदा सबैले ताली बजाएर स्वागत गरे । अब उप्रान्त कसैको घरमा कवि गोष्ठी गर्दा त्यसलाई कवि घर भन्ने सहमति भयो । सबैले कविता सुनाए । मैले पनि सुनाएँ । निककै रमाइलो भयो त्यो बिहान । पाण्डे परिवार लाई धन्यवाद दिदै हामी भने निस्क्यौ मित्र विजय कट्टेलकोतिर ।

विजय र भाउजु अर्चना हामीलाई पर्खेर बसेका थिए । तालको छेवैमा बसेको विजयको घर सुन्दर लाग्यो । वेष्ट पाम विचमा प्राय सबै नेपालिहरूका घर यस्तै हुन्छन् कि क्याहो १ मैले मनमनै सोचें । व्याकयार्डमा सप्रीएको हरियो पानको बोट देखेर भनै रमाइलो लाग्यो । घरमा बुढा बुढी मात्र । छोरा अर्कै राज्यमा । सुन्दर को पनि यस्तै, छोरीहरू सबै बाहिर । त्यति ठुलो घरमा बुढा बुढी मात्र । त्यस्वेला नेपालबाट सुन्दरको बुवा आमा आउनु भएको रहेछ । उमेर ढल्कदै गएपछि सबैको व्यथा एउटै हुँदोरैछ ।

मिठो भोजन भयो । विजय र मैले धेरै कलेज जिवनका आफ्ना स्मृतिहरू मात्र बखान गर्यौ, अर्चनाजी, सुन्दर र विटुले सुनिरहे । पानको पारखी रहेछ विजय । सादा, मीठा र जर्दा सबैथरी मसला रहेछ । सबैलाई पान बनाएर खायो उसले । हाम्रोलागि अरु चार खिली पान समेत प्याक गरेर दियो । म पनि पानको सौखिन, हाले खलिभित्र । धेरैवेर बस्ने समय थिएन । तीन बजिसकेको थियो । मन नहुदा नहुदै हामि विदा भयौ, फेरि अर्कोपटक भेट्ने आश्वासन बाँडेर ।

हतार गर्दै सुन्दरको घर पुग्यौ । मायामी हिंडुन हतार भैसकेको थियो । त्यहा धेरै बस्ने कुरा थिएन । सबैसंग विदावारी भएर लाग्यौ सपनाको गन्तव्य मायामिति ।

लगभग एकघण्टाको बाटो रहेछ । तर यसअघि आएजस्तो थिएन सडक । निककै व्यस्त, ४० र ५० माइलको गतिभन्दा एक्सिलेटर थिचन नमिल्ने । फेरि डाइभरहरूको हँकाइ डरमर्दो रफ । कल्ले कताबाट ठोक्ने हो ! होस् पुर्याउनु पर्ने रहेछ । जति मायामी नजिकिदै जान्थ्यो हरियाली टाढा र कंक्रीट नजिकिन्थ्यो । गगनचुम्बी भवनहरू, चिल्ला सडक र समुद्री किनार । अटलान्टिक महासागर छेवैमा साउती मारेजस्तो । कोलिन्स एभेन्युमा हाम्रो होटल न्युपोर्ट विचसाइड होटल एण्ड रिसोर्ट, भिडम भिड । त्यहाभित्र पस्दा साँझको छ बजेछ । गाडी पार्किङकोलागि छोडेर हामी चेक इनतिर लाग्यौ । होटल आलिसान थियो । कोठाभित्र छिरेपछि भन् आनन्दित भयौ, बाल्कनीबाट मनोरम द्रिश्य हाम्रो सामुन्ने थियो । त्यहा दुईवटा कुसी पनि थिए । तल सयौ जोडी (विजोडी समुन्द्री पानीमा रमाइरहेका थिए । ससाना भुप्राहरू, आराम्दायी कुर्सिहरूमा आआफ्नै पाराले मज्जा लिनेहरूको अर्कै दुनियाँ थियो । बाल्कोनिबाटै रमाइलो हेरेर मज्जा लिदा पनि हुने तर मायामी टेकेपछि यहाको बीचको अनुभव नगारि कसरी फर्कनु !

घाम अस्ताउन लागेको थियो । हामी पनि लाग्यौ विचतिर । निकैवेर एटलान्टिक महासागरको चिसो पानिसंग घमसाघमसी गर्यौ । केहिबेर आरामदायी लङ्ग चेयरमा सुस्तायौ । जवानीले फर्केर अंगालो मारेजस्तो लाग्यो । संसारभरिका मानिसहरू मायामी विचको नसाले मदहोस् भै देखिन्थे । सबको आआफ्नै दुनियाँ थियो । हामी पनि त आफ्नै दुनियाँमा रमाइरहेका थियौ । घाम अस्ताइसकेछ । तर आकासमा जुन समुन्द्रसंग लुकामारी खेल्ने शुरुमा थियो । जुनको उज्यालोमा अबै पनि केही जोडी

पानीमा खेल्दै थिए । हामी कोठामा फर्क्यौ । फ्रेस भएपछि कोठामा बस्न मन मानेन, निस्क्यौ बाहिर । मायामीको सडक तताउँदै धेरैबेर पैदल घुम्नौ । चिसो हावाले अलि अलि जाडो लागेजस्तो हुन थाल्यो, हामी होटल फर्क्यौ ।

अघिल्लो रातको निद्रा थियो, भोकले पनि सताउन थाल्यो । एकछिन वाल्कनिबाट बाहिर हेर्यौ । समुन्द्री छालको आवाज मात्र सुनिन्थ्यो । विचका छाप्राहरु सुनसान थिए । जुनसंग विदा माग्दै हामी भित्र पस्नौ ।

आँखा खुल्दा बिहानको आठ बजिसकेछ । उठेर बाहिर निस्कें घाम भर्खर भुल्किदै थियो । उदाउँदो घाममा मायामी विच कामुक मुद्रामा देखें । परिक्षितजसम्म पानी नै पानी । आँखाले भ्याउन्जेलसम्म मायामी शहर हेर्ने प्रयास गरे निक्कै सुन्दर लाग्यो समुन्द्रलाई म्वाई खाँदै भिस्क्याएभै ।

त्यो साँझ सुन्दर आउने र साउथ विच घुम्न जाने प्रोग्राम थियो । उहाँलाई कुर्दा कुर्दै साँझ पर्यो । तर सुन्दरको फोन मात्र आयो, उहाँको नमिले भयो रे ! केहिबेर हामी अवाक भयौ । अलिक चाँडै नाआउने खबर पाएको भए आफ्नै अनुसार घुम्न निस्कन्थ्यौ । यस्तै हो अमेरिका, भनेको बेला फुर्सद निकाल्न गाह्रो हुन्छ । हामी फेरि अर्को विचतिर लाग्यौ । तर योपाली भने पानीमा पसेनौ, अरुले गरेको रमाइलो हेरेर आफू रमायौ । मायामी विचै विचको शहर जताबाट पसे पनि । लाखौं मानिसहरूको सपनाको यो शहरको स्पर्श आज राती मात्र बाँकी थियो । बिहान उठेर ओर्ल्यान्डोतिर लाग्नु थियो ।

फेब्रुवरी २६ को बिहान (उठ्ने बित्तिकै वाल्कनिमा निस्कें । घाम उदाउनै लागेको रहेछ । अघिल्लो बिहान यति सुन्दर ट्रिस्थलाई क्यामरामा राख्न पाएको थिएन । फटाफट फोटोहरू लियौ । लबिमा नास्ता तयार थियो । पेट पूजा गरेपछि अब मायामी छोड्ने बेला भयो । फेरि एकपल्ट वाल्कनिबाट निलो कंचन महासागर

नियाल्यौ , शहरलाई भ्याउन्जेलसम्म आँखा कुदाएर स्मृतिमा बसायौ अनि हुइक्यायौ गाडीलाई डिस्नल्यान्डिटर ।

फ्लोरिडामा प्राय हाइवे टोल तिर्नु पर्ने रहेछन । तालाहासीबाट वेष्ट पामविच आउँदा र मायामिबाट ओर्ल्यान्डो, सबैतिर टोल तिर्नु पर्ने तर ह्युस्टनजस्तो पाँच पाँच माइलमा हैन । टोलवेमा छिरेपछि अन्तिम एक्जिटमा एकमुष्ट टोल तिरे हुदोरैछ । यो व्यवस्था भने सरल र राम्रो लाग्यो ।

हामी चार घण्टाको यात्रा तय गर्दै दिउसो एकबजे डिस्नल्याण्ड, एनिमल किङ्डम पुग्यौ । मूल गेटमा छिर्नु अधि मुसलधार पानी परेर जाडो निम्त्यायो । पाँचबजेसम्म हामीले एनिमल किङ्डम हेरी भ्याइ सक्नु थियो । पाँचबजे बन्द हुने रहेछ । फेरि प्रवेश शुल्क निकै महङ्गो (८० डलर । पैसाको लोभ गरेर भएन, हामि पस्नौ भित्र । भित्रको संसारै अर्को । त्यहाभित्रै सफारी पार्कदेखि नदिनाला , हिमाल , मन्दिर र मुटु थाम्नु पर्ने साहसिक अनुभव पनि गर्यौ । अफ्रिकाको ऐतिहासिक रेल पनि चडियो । एसियाभित्र पसेपछि नेपाल सम्झने गरी राखिएका स्टलहरूले निकै आकर्षित गरे । नेपाल कलाको घर, काली गण्डकी रयाफ्टिङ्ग , सगरमाथा सबै थिए । हिन्दू मन्दिर भनिएको थियो पशुपतिनाथकै रूप । मधुर आवाजमा नेपाल लोकगितको धुन बजिरहेको सुनिन्थ्यो । तर कतै पनि नेपाल भन्ने अंकित थिएन । यो देख्दा भने मन अमिलो भयो । एउटा नेपाल भण्डार नेपाल लेखिएको ब्यानर त्यहा राख्न पाए सबै पर्यटकहरूले नेपाल चिन्ने थिए ।

घुम्दा घुम्दै पाँच बज्न लागेछ । थर्काई पनि लाग्यो । अब निस्केर बास बस्न विकास देवकोटाजिकोमा पुग्नु थियो । उहासंग वेष्ट पामविचको प्रोग्राममा परिचय भएको थियो, हामी ओर्ल्याण्डो आउने कुरा गर्दा विकासजीले मेरैमा आउनुहोस् भन्नु भएको थियो । फेरि विमल नेपाल र विजयले पनि उहाँको सिफारिस गरेका थिए । मैले मायामिबाट फोन गर्दा पनि

उहाकैमा बस्न अनुरोध गर्नु भयो । पहिलो भेटमै मानिस असल होलान् भन्ने लागेको थियो । तैपनि मनमा कता कता के हो के हो ! अशंका हुदोरैछ । धेरै उठ्बस नहुदाको अवस्था यस्तै हुन्छ । जे पर्ला पर्ला हामी लाग्यौ उतैतिर । जिपिएसले घुमाएरै भएपनि विकासको पसलमा पुर्यायो । त्यहा पुग्दा साँझको साढे छ हुँदै थियो । उहाँको डिस्काउण्ट टोबाको स्टोर रहेछ । फ्यामिली स्टोर (राम्रो चलेको रहेछ । हामी निक्कैबेर त्यहा गफियौ । श्रीमती विकास अमिताजी पनि आइपुग्नु भयो । दुबैजना फर्स्याइलो लाग्यो, धेरै अघिदेखिको परिचितजस्तो । अब भने म निर्दुक्क भएँ । कुनै संकोच रहेन । आठबजे स्टोर बन्द गरेर हामी सबै देवकोटा निवासतिर लाग्यौ । घर पुग्दा अर्का मित्र धनमान थापा आइसक्नु भएछ । उहाँ राम्रो फोटोग्राफर हुनुहुदोरहेछ । धनजी निक्कै रमाइलो र मित्रवत पायौ । विकास अमिताजिका तीन छोरीहरू, सबै एकसेएक ।

घरको पछाडि करेसावारिमा तरकारी लटरम्म फलेको । अमिताजीले रायो साग, मुला, बोडी टिपेर पकाउन थाल्नु भो । नवपरिचितहरूको पहिलो जमघट हुँदै थियो । सितन अधिनै तयार भैसकेछ, अब बसेर जम्न बाँकी थियो । फेब्रुवरी २६ को त्यो रात साढे रमाइलो भयो । विकासजीले निक्कै राम्रा कविता सुनाउनु भयो । उहासंग त कविताको थाक नै रहेछ । बिटुले पनि दुई चार वटा कविता सुनाइन् । मैले आधा दर्जन गीत गाइदिँँ शुर वेशुरमा । अमिताजीले पनि लोकगित गाइदिनु भयो, धनमानजीको नाच । साहित्यिक र साँगितिक माहौलले त्यो रात देवकोटा निवास गुन्जिएको थियो । रमाइलो वातावरणले समय बितेको थाहै भएन, रात छिप्पीसकेछ । हामीलाई बिहान उठेर हिड्नु थियो ह्युस्टनतिर ।

बिहान चियानास्ता खाएर हामि विदा भयौ ओर्ल्याण्डोबाट । बाटोभरी विकास र अमिताजीको बारेमा गफ गर्दै गयौ । अब त हामी दुक्क थियौ अर्को जोडी असल

मित्र फेला परेकोमा । हामीलाई अलबामाको मोबिल पुग्न थियो । सात आठ घण्टाको यात्रा । बाटोमा ठाउँ ठाउँमा फ्लोरिडाको साइट्रस पसल भेटिए । सुन्तला, जुनार, कागती, मौसम जे खोजे पनि पाइने । पन्ध्र पाउण्ड सुन्तला हामिले पनि गाडिमा हाल्यौ, साथिभाइलाई कोसेलिपात । गाडी ७५ माइलको गतिमा थियो । अलिकति अघाडि देब्रे लेनमा बडेमानको ट्रक थियो । त्यसलाई ओभरटेक गरेर म अघि निस्कन खोजें । एक्कासी त्यो ट्रक दाहिने लेनतिर सर्न खोज्यो । मैले स्टेरिङ्ग सम्हाल्दै गाडीलाई अझै दाहिनेतिर पुर्याएँ । ट्रक फेरि आफ्नै लेनमा लाग्यो । त्यसले अलिकति मात्र ठक्कर दिएको भए हाम्रो के हालत हुन्थ्यो होला १ भगवान र आफ्नो सतर्तकतालाई धन्यवाद दिएँ । हामी दुबैको अड्किएको श्वास फर्कियो । लाग्यो, सायद ट्रक चालक निद्रामा थियो तर बेलैमा होस् पुर्यायो ।

हामी फ्लोरिडा आउदाकै बाटो फर्कदै थियौ । तालाहासी कटेपछि हामी आउँदाको अनकन्टार बाटो थिएन । त्यो दिन पो भीषण वर्षाले दिउँसै रात पारेको थियो । आज आकास खुला थियो । जताततै हरि याली, फराकिलो सडक, नयाँ नयाँ बस्ती, शहर नियाल्दै साँझ मोबिल आइपुग्यौ । होटल अग्रिम बुक थियो ।

२७ फेब्रुवरी, बिहान नौबजे (हामी निस्क्यौ मोबिलबाट । ह्युस्टन अवेर राती पुग्दा पनि हुन्थ्यो, आफ्नै शहर त हो नि १ हाइवेमा एकघण्टा हिडेपछि लुजियाना इन्फर्मेसन सेन्टर भेटियो । हामीलाई बाथरुम पनि जानु थियो । त्यहा पसेपछि हामिले निर्णय गर्यौ न्यूअर्लिन्स जाने । हामीलाई त्यहा फ्रेन्च स्क्वायर र बुवर्न स्ट्रीट हेर्नु थियो । त्यहाको पार्किङ व्यवस्था, घुम्ने स्थान र माध्यमका बारेमा सेन्टर बाट जानकारी लियौ ।

न्यूअर्लिन्स पुग्दा मध्याह्न भैसकेको थियो । फ्रेन्च सभ्यता र इतिहास बोकेको यो

शहरको आफ्नै विषेसता छ । हामिले वोल्डनबर्ग रिभरफ्रन्ट पार्क नजिक गाडी राखेर छेउको विशाल मिसिसिपी नदिलाई निकै बेर हेरिरह्यौ । मिसिसिपीको उपस्थितिले यो शहरलाई भन्नै सुन्दर बनाएको रैछ । भलमल्ल घाम लागेपनि नदिबाट आउने चिसो सिरेटोले हाम्रो मुटु नै हल्लायो । धन्न ज्याकेट साथै थियो । केहिबेर ओल्लोछेउ पल्लोछेउ गर्दै मिसिसिपीलाई माया गरेपछि लाग्यौ न्यूअर्लिन्सको फन्को मार्न । घोडा बग्गिमा चढेर ४५ मिनेट शहर घुम्नौ । संगित, फेसन, कला र मस्तीले भरिएको थियो शहर । बुवर्न स्ट्रीट पुग्दा लाग्यो हामी काठमाण्डुको ठमेलमा छौ ।

शहरको फन्को मारेपछि भोक पनि निकै लागेछ । एउटा भोजनालयमा पसेर लुजियाना स्वादको खाना खायौ । अबको हाम्रो गन्तव्य भनेको आफ्नो वासस्थान ह्युस्टन थियो । भन्डै तिनबजे अपरान्ह हामीले न्यूअर्लिन्स छोड्यौ । हामीले अझै छ घण्टा गाडी हाक्नु थियो । पालै पालो गरेको हुनाले यति लामो यात्राको खासै थकान अनुभव भएको थिएन । कोठामा आइपुग्दा रातीको नौ बजेछ । एकहफ्ताको यात्रा जहाबाट शुरु गरेको थियो त्यहि आएर टुङ्गियो । तर यात्राका खुशी, अप्ठ्यारा, आनन्द अझै पनि ताजै छन् । एकहफ्तामा हामीले टेक्सास, लुजियाना, मिसिसिपी, अलबामा र फ्लोरिडा घुम्न भ्याएछौ । हाम्रोलागि नितान्त नौलो यात्रा अनुभव १

साभार र ग्लोब नेपाल डट कम ।



गीत राष्ट्रका

- टंक प्रसाद खरेल

आमा कै सन्तति होइनौ कि दाजै ?
नांगियो आवरु छैन कि लाजै ?
खै लाजै दाजु हो जिउदै मयी कि ?
भिरैरै मुखौडो रुपै फेर्छौ कि ?
नौरंगी डाफेको छाँया बनैमा,
लालीमा हिमालको छैन लौ तनैमा,
आमाको मायाको आभस मनैमा,
छैन कि दाजै हो सन्ताप् मनैमा,
आमा कै सन्तति होइनौ कि दाजै ?
मुखौडो भिरैरै पच्यो कि लजै ?
नरहे यो देश टेक्ने ठाउँ खै,
वतनका ती हारा आ नो नाउ खै ?
माकुरे जालैमा कती बाच्ने हो ?
आमाको छातीमा कती नाच्ने हो ?
घामैले फुले हौ कि ए दाजै
महमा भुलेका छौ कि ए दाजै ?
आमा कै सन्तति होइनौ कि दाजै ?
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KUMARI :

THE LIVING GODDESS



Kumari in Kathmandu is traditionally worshipped as the goddess of mental purity and physical perfection. She is best known as the living goddess in the tourist world and symbolically she is associated with fertility and female principle power. So she is obviously identified as a vestal virgin as well.

The present royal Kumari who is eight years old now lives in a beautiful 17th century temple situated in the center of old Kathmandu. She was selected when she was only 4. Selection of Kumari for the temple means a series of interesting tests such as physical fitness test, I. Q. test, emotional stability test, isolation test, bravery test, etc. that she must undergo. If she gets through all these tests without any difficulty she will be declared qualified for the temple. The state

ceremony will be immediately organized to welcome her arrival in the temple.

It is interesting to note that once she is selected for the temple she can live there as the state Kumari until puberty. However after puberty she is no longer considered as the goddess. She would be immediately replaced by another Kumari.

Another interesting thing about her religion is that she is Buddhist by birth. But she is picked up to represent a very important Hindu goddess called Taleju highly honoured by the Buddhists and hindus both. Traditionally speaking Taleju is the patron deity of the Nepalese royalty. This unique tradition is the perfect example of the religious tolerance and harmony the Nepalese people have always maintained through the ages. Nepal

indeed is very proud of this healthy human heritage.

There is a very interesting story about how the tradition of Kumari worship came into practice. Here is the legend :

Long time ago one evening, the Kathmandu's King Jayaprakash Malla who was a great devotee of goddess Taleju was sitting all alone in his chamber. Then goddess Taleju suddenly appeared to him. The King received her with due respect. She was there to play tripasa, an ancient dice game with the King. The game started. While playing tripasa the King wistfully cast a glance at the goddess who was a blooming beauty with flaming youth. The King's mind was no more concentrating in the game. He was immediately seized by a very strong amorous desire. No

sooner he moved to embrace her than she disappeared to his big disappointment.

After a while the king could hear the warning voice in the air saying “From now on you will never see me in my original form again because you have committed a big crime trying to seduce me. You will be soon punished with death for that. However, if you

want to atone for your crime I can still give you a chance. That is to have a temple built for me. I will be very glad to move into it and live there as a virgin goddess. However the length of your lifespan will be measured by the time you devote to the construction of my temple. But remember you are sure to die soon after the construction of the temple is over”.

It is said that king Jayaprakash Malla purposely took years to build this temple so he could rule a bit longer and at the same time have the temple finished with the finest artistic details. This is what the architectural grandeur of the Kumari temple at Basantapur seems to tell us in its finest artistic language.



Photo: Suresh Maharjan

For most of my summer I went to Nepal. Nepal is my home and my birth place. I have my ghar (house) and mama ghar (mom’s brother’s house) in Nepal. I visited several families in Nepal. I haven’t been to Nepal in eight years so it refreshed my memories when I went there. Nepal is a very diverse, cultural country. It is also home to the tallest mountain in the world, Mt. Everest. Tourists come from all over the world to see this attraction. It is a great place to visit.

While I was in Nepal, I stayed most of the time in Baneshwor, Kathmandu. Besides I also visited Pokhara, Chitwan, Lumjung, and Manakamana. There are many things to do in Pokhara. You can climb on mountains to get to temples such as White Gumba. You can look at the sun from hilltops at Sharangkot. You can even go boating at Phewa Lake. Lumjung is where my grandpa was

born, Chitwan is very hot but you get to ride on elephants, one of the places in the world! You ride on a cable car to get to the Manakamana temple. It is one of the most popular temples in Nepal. There are a lot of diverse cultures in each place.

There are also a lot of things to do in Kathmandu Valley. There are places to visit such as Pasupathinath, Hanuman Dhoka, Kastamandap, Living goddess Kumari temple, and Patan Darbar Square. It also has a lot of hills and mountains. Most of Nepal is hilly areas with beautiful scenic areas. Football is a very popular sport in Nepal. People from the villages get together on the field and play football for hours. I made a lot of friends playing football.

The air in Kathmandu Valley is not very clean. So if you want to visit Nepal you should probably consider

wearing a mask. Also it is very rainy and muddy during the summer, so you might want to use an umbrella and boots. You should also be prepared for the heat. The temperature is just like Texas’s temperature, but in Nepal there is no air conditioning. In Nepal there are a lot of mosquitos, so you should use some type of bug repellent. You will have to manage some hiking shoes, it is very hilly. Besides that it is a great place.

All of my family is Nepali. I am proud to be Nepali! This has been my favorite vacation. I will have to come in one or two years to do a very religious tradition called Barhamanda. I can’t wait until then.

- Sanshuv Joshi
(Grade 6) Houston, Texas

NAH Organizes 1st Himalayan Cup Cricket Tournament



- Dr. Rupak Rauniar



The Cups and Medals

The Nepalese Association of Houston (NAH), the umbrella organization of Nepalese residing in the Houston, Texas, USA is organized the 1st Himalayan Cup Cricket Tournament from July 12-19 2014 in Houston, Texas. Most probably this was the first organized Nepalese cricket tournament in USA, in which a total of seven local Nepalese Cricket teams participated in a true spirit of sportsmanship.

Following seven teams with about 100 Nepali cricketers participated to compete in the four day event.

Kanchenjunga Knights

Dhaulagiri Dead Runners

Annapurna Avalanche

Everest H-Town Warriors

Cho Oyu CNS

Khumbutse Khukuri

Makalu United Nepal

Members of the participating seven teams represented different suburbs from greater Houston area. The participating teams were be divided in two groups; A & B, with the group

winner and runners up were advanced to play the semifinals of the tournament.

NAH President, Madhukar Amatya stated that the recent performance of Nepalese National cricket team during ICC T20 World Cup brought lot of excitement among the Nepalese cricket fans in Nepal and all over the world. "The event created a new excitement in this great city of Houston that is home to over 7000 people of Nepalese origin". The

news and score of the tournament was covered by several media including, Voice Of Asia (a local South Asian weekly newspaper), www.sportskeeda.com and www.cricketlok.com.

The four day event was coordinated by Rupak Rauniar and Binay Gupta and several officials of NAH Sports Committee, including Min Bikram Shah, Paban Shrestha and Bijay Bokhim. The tournament was held in Staffod Park, home of Houston Cricket League (HCL) and the matches were refereed by Mr. Devon Small, a professional cricket umpire of the Houston Cricket League.

During the finals, held on July 19 2014, Khumbutse Khukuri Club lifted the title of the First Himalayan Cup Cricket Tournament by defeating Annapurna Avalanche. Winning the toss, Khumbutse Khukuri decided to field first and invited Annapurna Avalanche to bat. Annapurna Avalanche scored 73 runs losing 6 wickets in 12 overs. Chasing the target of 74 runs to lift the title,



The Winner: Khumbutse Khukuri



From Left to Right: Man of the Series- Janam Bhaukajee, NAH President Mr. Madhukar Amatya, US Cricket Captain Sushil Nadkarni

Khumbutse Khukuri scored 74 runs in 8.2 overs. Earlier in the semifinals, Khumbutse Khukuri defeated Makalu United Nepal and Annapurna Avalanche defeated Dhaulagiri Dear Runners to enter the final of the tournament.

NAH President Madhukar Amatya and Mr. Sushil Nadkarni, captain of USA National Cricket Team gave away the trophies, certificates and medals to the winners. Janam Bhaukajee of Makalu United Nepal was named Man of the Series of the tournament.

According to NAH President, Madhukar Amatya, "Organizing this cricket tournament, which has become as popular as soccer among Nepalese people in Houston was another success for us made possible by collective effort of NAH officials, community members, and over 100 Nepali cricket players in Houston". He further noted that the entire tournament went without any unfortunate incident and thanked all the participants and organizing committee members for following



Team Dhaulagiri Dead Runner



Team Annapurna Avalanche



Team: Cho Oyu CNS



Team Kanchenjunga Knights



Finals



Match In Progress



Team Everest H-Town Warriors and Kanchenjunga Knights



Team: Khumbutse Khukuri



Match In Progress



Team: Makalu United

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Contact Information



ASHIANA Indian Restaurant

12610 Briar Forest Dr Houston, TX 77077



281-679-5555



ashianass567@yahoo.com