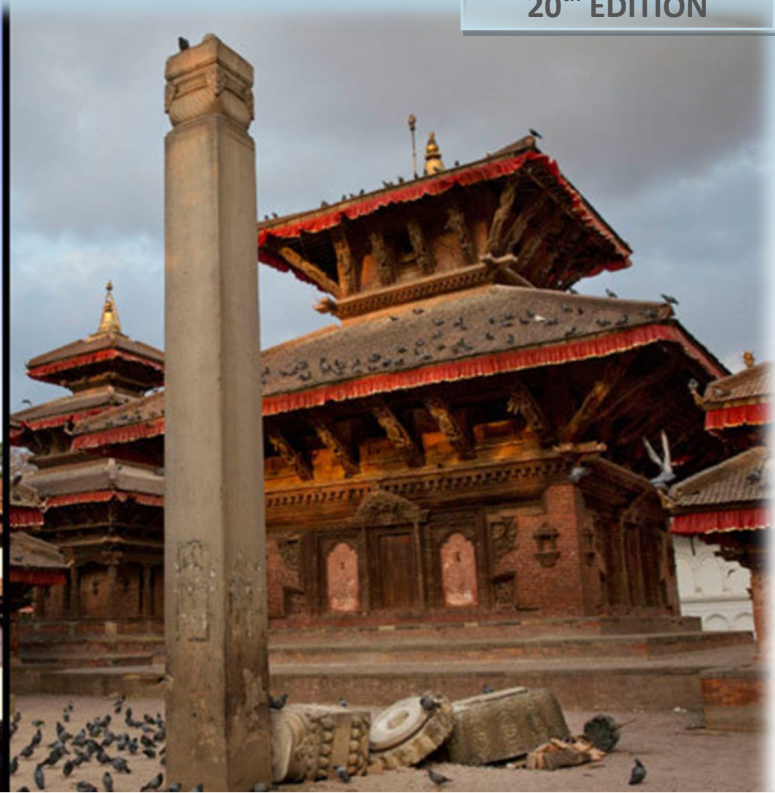




A Quarterly Journal of Association of Nepalese in Midwest America (ANMA)

20th EDITION



Nepal Earthquake 2015

Before

After





EDITORIAL
Buddha Maharjan

A brief history of 4th of July

Many people think we celebrate the Fourth of July because it is the day we received our Independence from England.

Have you ever wondered why we celebrate the Fourth of July or how the Fourth of July holiday came about? Many people think we celebrate the Fourth of July because it is the day we received our Independence from England. While those people are thinking along the right track that is not the entire reason that we celebrate the Fourth of July, nor is it the reason that

the Fourth of July holiday came about.

Way back in the 18th century the United States was not considered the United States. In fact, what we now call states were actually called colonies. The United States was actually an extension of England. People traveled from England aboard ships to settle in America, but eventually differences in life, thought, and interests began to develop which caused a rift between Britain and America.

When the colonies were first settled they were allowed to pretty much develop freely without hardly any interface from Britain, but things abruptly changed in 1763. Britain suddenly decided that they needed to take more control over the colonies. Britain decided that the colonies needed to return revenue to the mother country and they needed to pay for the colonies defense, which was being provided by Britain. But the colonies did not agree with these new rules at all. They felt that since they were not represented in Parliament that they shouldn't have to pay any kinds of taxes to the mother country, hence the saying "no taxation without representation"?. When Britain continued to tax, the colonies formed the First Continental Congress to persuade the British government to recognize their rights. When this didn't work a war was declared, which is known as the American Revolution.

After the First Continental Congress failed to persuade Britain to recognize the colonies' rights, and war was declared, things began to heat up. Many people who were both considered moderates and radicals had decided that enough was enough and that any kind of taxation without representation was considered tyranny. People such as John Adams, Samuel Adams, and Ben Franklin, as well as a group called the Sons of Liberty decided that it was time to unite all of the colonies and to stand together against Britain.

During the course of the American Revolution a second Continental Congress was formed. It is this group that adopted the final draft of the Declaration of Independence. The Declaration of Independence was drafted by John Adams, Ben Franklin, Thomas Jefferson, Robert R. Livingston, and Roger Sherman. After the first draft was written by Thomas Jefferson, it was revised by Ben Franklin, John Adams, and Thomas Jefferson before it was sent to Congress for approval. All thirteen colonies stood behind the Declaration of Independence and adopted it in full on July 4, 1776.

This is where the Fourth of July holiday comes in. The Fourth of July is known as Independence Day because that is the day that the Second Continental Congress adopted the full and formal Declaration of Independence. Even though we had declared that we were independent, the American Revolution was still being fought, which meant that we were still not independent. Regardless of the ongoing war the following year, people in Philadelphia celebrated a muted Fourth of July.

While celebrations on July 4th during the American Revolution were modest, after the war ended in 1783 the Fourth of July became a holiday in many places. The celebrations included speeches, military events, parades, and fireworks. To this day the Fourth of July is the most patriotic holiday celebrated in the United States.

Source: <http://www.surfinetkids.com/independenceday/216/a-brief-history-of-the-4th-of-july/>



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My brief impression of the Special School for Disabled and Rehabilitation Center (SSDRC), Nepal

Gaury S Adhikary MD is currently an Assistant Professor of Anesthesiology at University of Michigan, Ann Arbor, MI. He has remained active in Nepali social activities through Association of Nepalese in Midwestern America for past 20 plus years. He lives in Ann Arbor with his wife, Anita.

I think founder of Special School For Disabled and Rehabilitation Center(SSDRC) Ms. Sabita Upreti is a hardworking, determined, resilient person and she has taken up a very difficult task of helping these kids in need. She has a social science background and it was during her field trip to a village that she happens to see a kid on chains at one of the house. On inquiring more about the kid's situation, she was horrified to learn that the kid was chained due to his behavioral issues. She was deeply affected by this incident and made a conscious effort to do something about it. On her return to Kathmandu, she went on to do masters in special need children education at an Indian university; this she did on her own and after completing the training and course she has started this center all on her own. I think this is important to understand that Ms. Upreti is deeply committed on what she is trying to do under a very difficult environment.

She is running the center out of rented half houses in Pepsi cola area, just east of the airport. It looked reasonably clean and kids were kept in 4 separate sections depending upon how functional they were. As the kids got better in their behavior they were moved up from lower section to the higher. Kids were form 4 to 16 years of age and seem to thrive in at the place they were in. It is run as a day care / special school for now so all kids go home at the end of the class day. Kids come from all across Nepal, so those out of valley residents are renting an apartment to be close to the school for their kids' sake. It is not a residential facility.

I did not ask much about finances but what I could gather after talking to her is that she has spent some money from her own inheritance, and

non-governmental agencies are helping her out a bit. About 10 % of kids parent also pay for the service she provides (which includes free lunch) however majority of the kids are from poor background so they cannot provide the support she needs.

Also, as kids get better at their sensory motor skill, they participate on making small trinkets etc. and sell it for a small price to make pay towards the expenditure of the facility. It is not much but the concept is good in that kids get self-confidence to face the greater world as they grow.

As a matter of fact we were delightfully surprised to have tea and biscuit brought to us by one of the girl, aged 16, who have made remarkable progress to do daily activities without any problem!

She is getting some traction and getting noticed by the media and larger social segment of the city; she is hopeful this will grow and more people and organization like ANMA will come her way to help out in future.

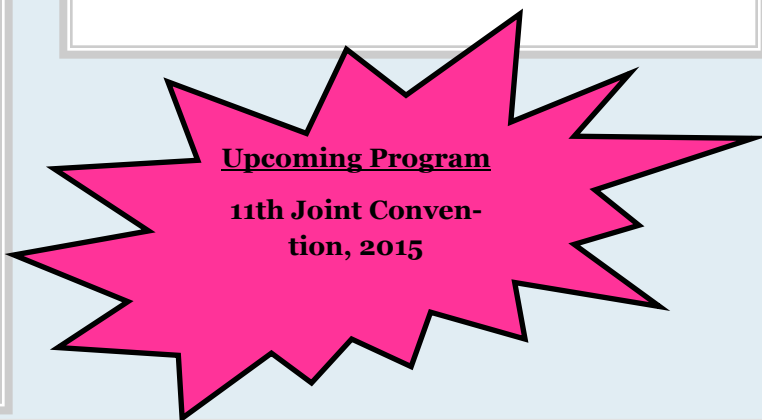
In summary, I think ANMA support for this cause was illustrative in that Ms. Upreti is working for the most difficult of problems among disadvantaged children of Nepal. By supporting this school, ANMA not only provides small needed resources to run the school but raises the visibility and awareness about the problem to larger Nepali society including that of diaspora.

Ms. Upreti was deeply appreciative of the ANMA gesture and I was glad I was the messenger for our organization.

Thanks.

Gaury Adhikary

Ann Arbor, MI



Donation to Special School for Disable and Rehabilitation Center Nepal (SSDRC)

Former President of ANMA Dr. Gaury Adhikary handed over ANMA raised fund (\$1025.00) to the Special School for Disable and Rehabilitation Center Nepal (SSDRC) on March 9, 2015. Dr. Adhikary visited SSDRC, met with the founder of school Ms. Sabita Upreti ji, interacted with children and handed over the check. Along with Dr. Adhikary founder member of Kathmandu University Dr. Sitaram Adhikary and CA member Mr Radheshyam Adhikary were also present.

We would like to take an opportunity to extend our gratitude and special thanks to Dr. Gauri Adhikary, Dr. Sitaram Adhikary and Mr. Radheshyam Adhikary for spending their valuable time visiting SSDRC for all of us.

Helping disable and socially abandoned children is a great work; we initiated this project and made it happen. Congratulations! Everyone.

Dear ANMA TEAM

THANK YOU SO MUCH for your support to SSDRC.

Association of Nepalese in Midwest America (ANMA) - अमेरिकाले SSDRC लाई \$ १०२५ (एक हजार पचिस डलर) सहयोग हस्तान्तरण गर्नु भएको छ । ANMA को पूर्व अध्यक्ष डा. गौरी अधिकारी नेपाल आएको समयमा SSDRC प्रत्यक्ष भिजिट गरी उक्त सहयोग रकमको चेक संस्थाको संस्थापक तथा कार्यकारी निर्देशक सविता उप्रेतीलाई हस्तान्तरण गरिएको हो । ANMA ले गरेको यो महान सहयोगको लागि ANMA अमेरिकाको अध्यक्ष सुशिल शर्मा ज्यु तथा सम्पूर्ण कार्य समितिको सदस्यहरु प्रती हार्दिक नमनका साथ हृदय देखी आभार प्रकट गर्दै धेरै धेरै धन्यवाद दिन चाहन्छौ । आगामी दिनमा पनि यहाँबाट यस्तै माया र सहयोगको अपेक्षा गर्दछौ । अमेरिकाबाट नेपाल आएको छोटो अनी ब्यस्त समयमा पनि समय निकालेर SSDRC भिजिट गरी हामीलाई हौंसला प्रदान गर्नु भएकोमा डा गौरी अधिकारी प्रती आभार प्रकट गर्दछौ ।

Special thanks to Sushil Sharma jiu.

दिन पुगोस । खाना पुगोस ॥ प्रभुले रक्षा गरुन ॥

SSDRC परिवार

With regards

Sabita Upreti

Founder of SSDRC, Kathmandu
Nepal

Note: This message was copied
from Sabita Upreti's Face Book
page.





Glimpses from SSDRC Nepal Visit





Kailash Kayastha

IT consultant at Nationwide Insurance Company. He lives with his wife, Neela and daughter, Unnati in West Des Moines, Iowa.

Earthquake in Nepal and live Experience

Over 8000 people died due to a single event that happened on April 25th 2015. The devastating earthquake in Nepal was a near death experience to millions of people including myself. My name is Kailash Kayastha. I witnessed the tragic earthquakes that affected the whole world, I went around the affected areas impacted by the earthquake, doing anything I could to help, and I took part in relief efforts funded by the Association of Nepalese in Midwest America (ANMA), Iowa Nepalese Association (INA) and NepalAama.

I went to my home country of Nepal in early April for the first time in 9 years. I was very excited to return to the place I had called home for the majority of my life. I had no idea what events would unfold in the next few weeks. On the day of the catastrophic earthquake, I had gone to my sister's house in Balaju, Kathmandu for lunch. The house was located on a steep hill overlooking the city. I wasn't expecting anything out of the ordinary to happen. I was very wrong.

As soon as I arrived, the earthquake began. I was so shocked that I didn't know how to react. It felt like I was experiencing extreme turbulence, as if I was on an airplane. Everyone in the house tried to rush out as quickly as possible, but it was very difficult due to the extraneous shaking. You could barely get one step in without falling to the floor. I heard the screams of the people along with the deafening roar of the disaster. Thankfully, we all got out safely but others weren't so lucky. I looked down the hill at Kathmandu Valley and saw the destruction before my eyes. I heard loud crashes and bangs of houses collapsing and saw the large buildings toppling over. I couldn't believe what I was witnessing, it was like a nightmare.

There had always been talk of a big earthquake coming and predictions that tens of thousands of people would die, so realizing what was happening, I assumed the worst. After the initial earthquake, many aftershocks followed. It was terrifying not knowing if my family was okay since all means of communication were disconnected. Returning to my home in Teku from Balaju was a rough journey. The once beautiful city of Kathmandu that I knew was completely gone. Many buildings were cracked and damaged and important national monuments were gone forever.

The first night was the most challenging. No one knew where to take shelter due to the limited open areas in the city. It was not safe to sleep inside the house since the threat of more destructive aftershocks was very high. My entire family, neighbors, and strangers as well slept outside, on the streets like refugees. Everyone was very scared and stressed. Although, I was glad to see how many people were contributing to help the situation. People were providing temporary light sources, food, and means of shelter to assist anyone in need. I made sure that I also did this in the following weeks.

Soon after the terrible event, I began to think of ways that I could help people in Nepal. I had no idea where to start since something like this is so uncommon and I had never experienced it before. My first thought was to observe all of the destruction for myself and see the true needs of the affected people. I went around the city as well as the countryside and saw that help was truly needed. Seeing that work needed to be done, I called the hotline set up by the government of Nepal to find the possible ways to help out personally and through organizations. I also visited quite a few local organizations working on the ground.

I discovered a reliable organization called the Confederation of Nepalese Industries, CNI partnering with MaHa Sanchar. I had the privilege of travelling with renowned artists Madan Krishna Shrestha and Hari Bansha Acharya of MaHa jodi to many affected areas such as Sankhu, Nuwakot, Tinpiple, Ramechhap, Chapagaon, and many more. At these locations I worked to distribute essential supplies for the victims of the earthquake. These supplies included items like food, water, and tarpaulins etc. It was a very satisfying feeling, knowing that I contribute to the relief efforts to help so many people in need.

While I was aiding the victims firsthand in Nepal, many efforts were also being made here, in the United States. I was amazed by how people were coming together to fund-raise for the disaster that had occurred. Organizations such as the Association of Nepalese in Midwest America (ANMA), the Iowa Nepalese Association (INA) and NepalAama tremendously contributed by raising thousands of dollars to go towards relief efforts. Hundreds of people from all over the United States donated money which helped thousands that were affected by the earthquake.

Through all of the chaos, destruction, and sadness that this tragic earthquake has caused, I'd like to believe that many positive things will come out as a result of this. I've learned a lot from this experience and grown as a person as well. I'm sure that many others feel the same way. I'd like to thank all of the organizations that I worked with directly and indirectly. Without these organizations' help, we would not have been able to achieve and help as many people as we did.

Nepal Earthquake and ANMA's Support

Association of Nepalese in Midwest America (ANMA) with MAHA in partnership with CNI on the ground has recently provided assistance to those who need it most. ANMA vice president Mr. Kailash Kayastha was able to reach out to the people in remote village "Khasimara" of Lalitpur District where 90 % of the houses have been destroyed. He distributed essential relief items such as Blankets, Tarpaulins, Rice, Lentils, Salt, Beaten rice, Noodles and Bottled water to the hundreds of families there.



Collapse of National Monuments and houses in Kathmandu





Check handover and distribution of materials to the earthquake victims





उ ढल्यो भन्दिनु

बिदेशी भूमिमा तिम्ब्रो मान्छे ढल्यो
भन्दिनु
तिम्ब्रै नाम जप्तै उस्को श्वास चलयो
भन्दिनु

पूर्णचन्द्र जस्तो तिम्ब्रो रूप सजाउछु
भन्थ्यो

प्रतिज्ञा गर्ने मान्छे मन भित्रै जलयो भन्दिनु

एक दिन तिमीलाई भेटने बाचा सधैं गथ्यो
दिन धेरै बितेछन उ त पीडाले गलयो भन्दिनु

खुशी निखन्छु भन्दै आँसु पुछने तिम्ब्रो आधार
निराधार बनेछ सपनाले पनि छलयो भन्दिनु

उफ्री उफ्री आकाश छुने कल्पना गथ्यो
कती थिए कठै आशाहरु उसै संग जलयो भन्दिनु

जिबन अनुत्तरित रह्यो, उसले माफी माग्यो मान्दिनु
बिचरा उसको मात्र के दोष, विधिको विधा भन्दिनु

उनीसंगै जिउने आशैमा, भ्रूवक भुइमा ढलयो भन्दिनु
सपनाले छलयो, उ जलयो, अनि भुइमा ढलयो भन्दिनु

लेखक:
सुशील शर्मा
लेकसीन्टन, केन्टकी

Cholesterol Control

Cholesterol is a sterol, a lipid molecule and is biosynthesized by animal cells. It is only slightly soluble in water; it dissolves into the bloodstream only in exceedingly small concentrations. Cholesterol is transported in lipoproteins; complex discoidal particles with exterior amphiphilic proteins and lipids, whose outward-facing surfaces are water-soluble and inward-facing surfaces are lipid soluble.

The triglycerides and cholesterol esters are carried internally. Phospholipids and cholesterol, being amphipathic, are transported to the monolayer surface of the lipoprotein particle. Lipoproteins contain Apo lipoproteins, which bind to specific receptors on cell membranes, directing their lipid payload to specific tissues.

Keeping the blood vessels clean and healthy are very important to living a happy and healthy life. If you are having trouble keeping your blood clean, maybe it is time to do a cleanse. This cleanses will help you out and keep your blood clean for 40 days.

What you'll need:

- 8 white garlic heads
- 8 half sized lemons with peel
- 6 liters of boiled water

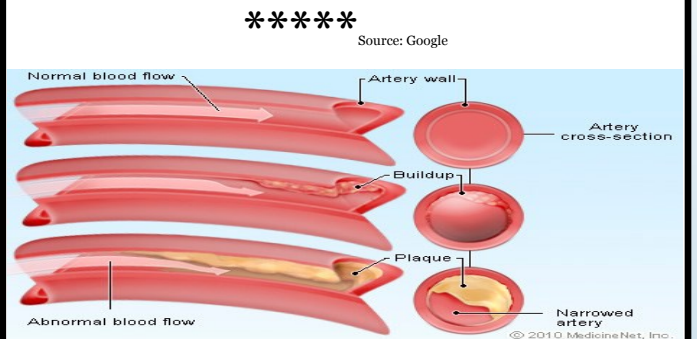
Directions:

1. Divide the garlic into the cloves then clean them.
2. Pour lemons into boiling water and cut into slices.
3. Ground this together with a meat grinder and put the mixture in a clean jar.
4. Close the jar and store it in the fridge.

How to use:

1. The max you should take is 50 ml a day before eating. However, the cleaning of the blood vessels should start with smaller doses.
2. The treatment should last 40 days. This cleaning is recommended once a year after doctor consultations.

The blood circulation and lipid content gets better after consuming this drink; blood pressure is normalized, brain activity is more effective and kilograms are lost.





The dangers of
drowsy driving

Asleep at the wheel

DRUNKEN DRIVING AND distracted driving grab headlines, but drowsy driving is potentially an equally lethal combination. More than one in five fatal crashes involve driver fatigue, according to new research from the AAA Foundation for Traffic Safety. "It's clearly an underappreciated problem," says Ameriprise Auto & Home Insurance president Ken Ciak. "The media does a great job highlighting the dangers of drinking and driving, or, lately, texting and driving, but drowsy driving doesn't get the same attention; therefore, people don't understand the warning signs or potential repercussions."

Lack of evidence

Unlike alcohol, fatigue does not leave behind physical evidence, leading safety experts to suggest the problem is more prevalent than accident statistics indicate, since few sleep-deprived drivers admit to nodding off at the wheel.

"The problem with crash reports is a police officer can't pull up to a crash scene and say fatigue was involved, because the evidence is gone the second the crash happens," says

Zac Doerzaph, director of the Virginia Tech Center for Advanced Automotive Research.

Too often drivers endanger themselves and others because they misjudge their ability to overcome fatigue and underestimate the impact sleepiness has on driving performance.

"Everybody likes to think they're strong and they're tough and they can will themselves to stay awake," says Brian Tefft, senior research associate for the AAA Foundation.

"But research shows on average you have to be out for two to four minutes to realize you were just asleep, whereas it only takes two or three seconds for something catastrophic to happen if you are asleep at the wheel."

People who sleep six to seven hours a night are twice as likely to be involved in a crash as those who sleep eight hours or more, according to a study by the AAA Foundation for Traffic Safety. The same study found that sleeping less than five hours increases the risk of a drowsy-driving accident four-fold.

“Your performance declines beyond 16 hours awake, and it keeps getting worse,” says Allan Pack, director, Center for Sleep and Circadian Neurobiology, University of Pennsylvania School of Medicine. “When you get to 20 hours without sleep, you are performing as would somebody with a blood-alcohol limit [of 0.08 percent, the legal limit for driving under the influence in all 50 states].”

Teen drivers

Teenage drivers, who often are balancing school, extracurricular activities and part time jobs, are particularly at risk, with some studies showing half of all fatigued-driving crashes involve drivers 25 or younger.

Denise Pope, a lecturer in the Stanford Graduate School of Education, says parents can take steps to reverse that statistic. She recommends “pulling the car keys” if your child gets less than six and a half hours of sleep on any given night.

“We would not let our kids drive drunk home from a party, yet we let them drive extremely sleep-deprived to school,” Pope says.

In addition to young adults, people who work long hours, shift workers, commercial drivers and those with untreated sleep disorders such as obstructive sleep apnea are most at risk for sleep-related accidents.

New driving laws

Some states have passed fatigued-driving laws that result in sleep-deprived drivers being charged with vehicular homicide if they are involved in a fatal accident.

New Jersey’s Maggie’s Law was enacted in 2003 following the death of Maggie McDonnell, a 20-year-old who was killed in a head-on collision by a driver who had been awake for 30 hours.

Technology may play a role in getting drowsy drivers off the road. Mercedes-Benz and BMW are among the car manufacturers offering warning systems that prompt fatigued drivers to take a break. Connected vehicle technology, wireless technology that enables vehicles to communicate with each other and the infrastructure around them, could one day provide another remedy.

In the meantime, Tefft argues that drowsy driving should accelerate to the top of the nation’s traffic safety agenda. “This is an issue that deserves the same level of attention and resource allocation as alcohol, speeding and seat-belt use,” he says.

“Right now, quite frankly, it isn’t treated as such.”

Andrea Downing Peck is a freelance writer from Bainbridge Island, Washington.

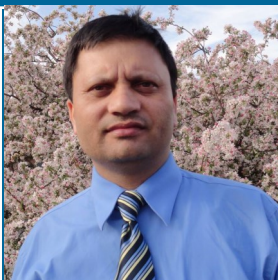
SOURCE: The Costco Connection

Road warnings

SIGNS OF DROWSY driving include:

- Difficulty remembering the last few miles driven
- Drifting from your lane or hitting a rumble strip
- Yawning, rubbing your eyes or blinking frequently
- Trouble focusing or keeping your eyes open or your head up

If a fatigued driver cannot get off the road, the National Sleep Foundation recommends finding a safe place for a 20 minutes nap and consuming caffeine to boost alertness. Such steps, however, provide only a temporary fix. “A combination of power naps and caffeine can help, but it’s not going to replace sleep,” says Allan Pack, director, Center for Sleep and Circadian Neurobiology, University of Pennsylvania School of Medicine. “It’s not a solution. It’s a bandage.” -ADP



Babu Adhikari

(Teacher in American Public High School)
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West Jessamine High School, Nicholasville,
Kentucky. He lives with his wife Shushma
Devkota in Lexington KY.

Moral Crisis versus Quality Crisis

William Kilpatrick's controversial book "WHY JOHNNY CAN'T TELL RIGHT FROM WRONG" analyzes the moral crisis in American public schools. This is a very important and valuable book adorned with helpful suggestions and recommendations that enable both parents and teachers to shape moral behavior. The grim statistics he has presented in this book shows the fact that public schools are declining in morality. Who is responsible to decline morality-school teachers, parents, society or the education system we have? The book mentions that teenage pregnancy, drug abuse, suicide, and violence are prevalent in public schools. He said schools and parents have abandoned the moral teaching and shifted character education to decision-making model. Decision making model forces students to think independently. The behavior acquired by them from their own decision has long lasting impact in their future. However, it will be detrimental if they fail to choose right from wrong.

People say there is crisis of moral education in public schools as the new decision making model based on educational theory, which poses ethical dilemmas, allows students to solve problems independently, and fails to teach moral values. So, character education is to be implemented in the public schools. In my opinion, the school kids are not matured enough to deal with the **dilemmas** that is why they can't tell right from wrong. They are in the learning phase of everything-cultural values, ethical values, religious values, moral values, discipline, and educational values and so on. Even the matured adults are learning throughout their whole life. How can school kids themselves tell right from wrong? In learning theory, they can learn by doing mistakes and we as teachers let them do mistakes and correct them so that they know the right thing to do and then learning takes place. But it is not applicable to moral issues. If we let them have experience with gunshot, they will learn gunshot will take away our lives after they kill someone. The dilemma approach to teach

morality if used judiciously and in an age-appropriate way, can be a useful teaching tool. Values clarification is about getting in touch with feelings, not thoughts. Drugs have become major problems in public schools. Quest is the largest independent drug education program in the United States. Nearly 60 percent of high school seniors use illegal drugs according to the book which is a horrible figure. Drug consumptions can be reduced in schools by keeping station security guard and faculty outside bathrooms and hallway, conducting a drug awareness program for teachers, students, and parents, not allowing students to leave school during lunch time and providing drug education courses.

He suggests how we can correct moral problems by providing our youngsters with stories, models, and inspirations they need to succeed in life. He recommended great books for children and teens that help youngsters to grow in courage, charity, justice, morality and other virtues. It helps them to adopt right from wrong. Book reading has long lasting impact in the life of a child, giving direction to his imagination and actions. I agree. He suggests parents to help their children acquire moral character. Some families prefer private schools to public schools as they view public schools as educationally ineffective, dangerous, and lacking moral or religious education. He encourages parents to read their children. I still remember the stories I read when I was in middle and high school such as Aesop's Fables, the Hare and the Tortoise, The Clever Fox, etc. I learned important morals from Aesop's fable which was about the dream of an au pair girl. "Don't count your chicken before they are hatched" and "Don't build castle in the air." The moral I learned from the story of the Hare and the Tortoise is "Slow and steady wins the race". The moral of the stories builds up good morality and reinforce good behavior. The youngsters portray the role of the character of the stories, TV, films, and people they are accompany with. If a child sees a hero in the film demonstrating his heroism by smoking a cigarette, he tries to follow his activities and start smoking. So students in the school should be motivated to read books with good moral values. If the students watch the movie on fights with guns, he may pretend the role of villain and carry gun to the school. The increase in violence in school these days is the outcome of the acquaintance of our kids with immoral activities. So, we should keep our kids away from such activities.

The author says one of the surest routes for bringing morality back to the society is to bring back marriage. Mae West Said, "A man in the home is worth two in the street." Father has great role in terms of

raising disciplined and self-behaved children. Boys whose fathers are present at the home are significantly less involved with drugs, misbehavior, more self-controlled, and more successful academically. Daughters living with both parents have fewer emotional problems, are more immune to self-destructive behaviors, and are more likely to postpone sex.

Parents who wish to raise well-behaved children must say no to actions that are harmful to their children. Parents should encourage habits of helping outside the home. The author cited an example of Lubavitcher Hasidim that has succeeded in raising loving and stable families. Their children are free of plague of drugs, violence, and irresponsible sex from which other urban children suffer. The author expects the parents train their children to develop the emotions of gratitude and reverence for something greater than their own ego's desires. There may be a behavioral problem when home culture differs from school culture. The book cited the example of academic success of catholic religious schools versus public schools. Paul Hill of the Rand Corporation explains it this way: "If a school says, 'Here's what we are, what we stand for,' kids almost always respond to it by working hard. Catholic schools stand for something; public schools don't." (William Kilpatrick. 1992. p. 255. Why Johnny can't tell right from wrong) Kilpatrick cited "People who grow up without a sense of how yesterday has affected today are unlikely to have a strong sense of how today affects tomorrow." It makes a great sense in education.

The transformation that is occurring in the field of education has affected every aspect of schooling, teaching, and teacher education in the United States. Peter Taubman in his book "Teaching by Numbers" analyzes the educational reforms in urban education, teaching, and teacher education and their impact on teaching. He maps the totality of the transformation on standards and accountability and talks about the influence of forces that shape it. He talks rhetorically about standards, testing and teacher effectiveness. He made an effort to defend teachers by criticizing the blames and defamations. Educators challenge the discourses and practice standards and accountability. He said certain incompetent teachers and dysfunctional teacher educators were putting nation's youth, economy, democracy, and race relations in danger and the consequence was the implementation of standards and systems of accountability. He believes all students can learn as long as their teachers follow directions.

He said his major focus is on the extensive transformation in education that has proceeded under the twin banners of standards and accountability since the rise of public schools. Is this transformation a panacea for education reform? He ignored other alternatives the nation has to address for the educational reform. He focused on the input of the teacher, standard, teacher's accountability but ignored the learning environment which is most important in education. We can see how public schools in America are being deteriorated as a result of moral deficiency as explained by William Kilpatrick in his book "WHY JOHNNY CAN'T TELL RIGHT FROM WRONG?" Our society, culture, school administration, learning environment, and character education are the other parts that are responsible for quality education. If a student carries a gun to the school, how can standard and accountability reform change the education system under such dirty environment? There is moral crisis in the public schools as a result of structure of our society and culture. I witnessed it in public schools where most of the students' parents were divorced, in the jail, and belong to low economic status. Standard and accountability reform will not bring any change unless we do not change these grim figures.

Persistent failure of public schools will result in the end of public education. Should America privatize schools? I don't think so. It rather creates classes, and lower minorities will not benefit which results huge gap between have and have not. We shouldn't lose our hope. Let's be optimistic towards public schools and do not blame only the teachers. There are other factors which are more responsible than teachers for causing failure public education system. Both books talk about the crisis in public education system in different perspective. William Kilpatrick focused on moral crisis whereas Peter Taubman focused on quality crisis. Quality can be maintained if school environment is morally sound, school has quality teachers, standards are maintained, and accountability system is scientific and effective. These factors are jeopardizing American schools and people are compelled to find the alternative to the public education. Some people are saying privatization is the alternative to the public education. However, it doesn't guarantee the quality. We should support public education system which has good impact in the long run where as private schools work for the sake of their own business and it will be detrimental in the long run as the nation loses control over these schools and cannot implement the education policy suitable for the nation.



Sarita Shivakoti

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Back Pain

Many people around the world suffer from back pain due to strain, injury, or medical disorder. Millions of people's life style have been effected because of unbearable pain and discomfort. Due to pain and suffering, back pain reduces the quality of life. Therefore, people are willing to accept any type of treatment that is easily available in order to alleviate back pain. Of course, everyone like to choose less invasive and quick recovery treatment options. Let me ask you one question, what do you prefer? Surgery of your back, pain medicine, massage therapy, chiropractic, or physical therapy. I hope your answer would be treatment that makes you feel better in a short period of time. But any one of you have thought that treating the symptoms can be just temporary rather than finding the cause of the pain? All those above mentioned options are western type of treatment options for back pain. Here I am going to discuss about the importance of eastern treatment options that has long term success on treating back pain.

A natural remedies such as acupuncture and Chinese herbs are effective treatment for back pain rather than biochemical model of western medicine such as narcotics. As far as a treatment option for back pain goes, eastern methods of medicine have long term success than western treatment.

As I came from the eastern part of the world, I have had experiences on how eastern way of treatment differs from the western treatment. After doing the research studies of treatment option for back pain, I have learned that eastern treatment pathways finds the **original root of the cause** whereas western pathways refers **symptoms care**. In order for you to decide which treatment is effective for back pain, I have come up with facts of eastern and western treatments pathways.

According to acupuncture health care association of Michigan, acupuncture has been in practice for past 2500 years. One quarter of the world's population uses acupuncture treatments today. Acupuncture therapy is the pain treatment done by Asian country mostly china. Acupuncture has developed from the Chinese medicine for different types of pain treatment and is non-invasive. This procedure involves the insertion of fine needle in multiple sites of the body. Today, as a treatment option acupuncture is practice widely in the United States. A recent Cochrane review concluded that, acupuncture has been a successful treatment method over pain medicine, surgeries, and massage therapy. Importantly, acupuncture has become so popular method of treating pain.

According to NIH (National Institute of Health), at least 3 million adult's nationwide use acupuncture every year. It is said that when people have back pain they have a blockage in the flow of qi (the vital energy that moves to the whole body). Therefore, acupuncture works by removing blockages in the flow of qi and restore normal blood flow. For instance, when researchers have compared inserting needles with just pressing a toothpick onto acupuncture points, they've often found both treatments to be successful. After reviewing the report from a Consensus Development Conference on Acupuncture I came to learn that acupuncture has been "widely" practiced—by thousands of physicians, dentists, acupuncturists, and other practitioners—for relief or prevention of pain.

According to the National Health Interview Survey (2007), about 3.1 million U.S. adults and 150,000 children had use acupuncture in the previous year. In addition, from 2002 to 2007, acupuncture use among adults has increased by approximately 1 million people. The U.S. Food and Drug Administration (FDA) regulate acupuncture needles and they have to meet the standards for safety purposes. For example, the FDA requires that needles be sterile and single use by qualified practitioners only. There is not exact estimate how much it cost for the treatment because some insurance companies may cover the costs of acupuncture, while others may not. It is important to check with your insurer before you start treatment to see whether acupuncture is covered for your condition.

In the western part of the world. A number of different treatments are used to treat back pain depending on a severity of a pain.

The key term doctor prescribed for the acute pain is exercise and over the counter drugs such as NSAIDs (non-steroid, anti-inflammatory drugs). They are aspirin, naproxen sodium (Aleve), and ibuprofen (Advil or Motrin). NSAIDs relief the temporary pain, but the long term use of NSAIDs has an adverse effect. According to the American Gastroenterological Association (AGA), each year the side effects of NSAIDs hospitalize over 100,000 people and kill 16,500 in the U.S., mostly due to bleeding stomach ulcers.

Pain is said to be chronic when you have pain symptoms for more than 3 months. NSAIDs will have no effect for the pain after three months. Pain medicines called narcotics or opioids are prescribed to minimize the pain (Oxycodone, Morphine sulphate, Hydromorphone, etc) when pain is severe and other treatment options fails. Common side effects of opioid administration include sedation, dizziness, nausea, vomiting, constipation, tolerance, dependency, and respiratory depression. Among all those side effects the major concerns about taking narcotics or opioids are Dependence and Addiction. For instance, when a person with the chronic pain starts taking opioids, they become so dependent. Pain tolerance increases and unfortunately or I should say sometimes unknowingly they become pain medicine dependent. If the medication is stopped abruptly a person suffer from sever withdrawal symptoms. Symptoms include sever sweating, nausea, depression, vomiting and pain. After taking the Narcotics drugs for managing pain, person becomes so addicted that they cannot tolerate pain without higher doses of medication. The over dose of medication causes life threatening emergencies such as difficulty breathing, slowed heart rate, unconsciousness and sometimes deaths.

Surgery is the final option if there is nerve damage and the pain does not heal after a prolonged period of time. Invasive procedures such as epidural injection, can cause adverse effects of surgery are severe back pain, infection, numbness, loss of movement, weakness, or bowel or bladder changes. If you have a history of several surgeries, future spine problems are possible. The recovery time will also depend on how bad your condition was before surgery. Most importantly, people will have high risk for infection after invasive procedure. Moreover, after surgery there will be number of things that you should be familiar after leaving the hospital. You should get

enough knowledge about doing daily activities at home safely.

Although we all have a right to choose the way of treatment we want, my research shows that eastern pathways of treatment for back pain seems much better in many ways.

According to Holistic Nursing Practice (2011) *Science of Health and Healing*. Western treatment of back pain is controversial and often ineffective. On the other hand, acupuncture is now widely practiced in the United States. Research has shown that acupuncture may benefit those who suffer from back pain when they have failed to respond to previous treatment.

Pain medicine abuse has been a huge problem. Therefore, to avoid dependency it's wise decision to consider acupuncture.

Recovery after surgery such as laminectomy and fusion is longer. You will not be able to return to activities as quickly. It takes at least 3 to 4 months after surgery for bones to heal well, and healing may continue to happen for at least a year. Also some doctors recommend physical therapist and prescribe steroid and those tend to become temporary relief only. Research shows that acupuncture has long term benefits rather than temporary relief.

Acupuncture has been a successful treatment option for back pain. It is the eastern method of treatment. Many health care specialists fail to treat pain in an effective way. Sometimes narcotic dependency is a huge problem because some physician has tendency to prescribe a lot of pain medicine. Any biochemical medicine has side effects and surgery is not always successful. Some people struggle with infection which increases the cost of treatment. Acupuncture is said to be the cost effective and safest treatment options with long term benefits.

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मुलुककै दोस्रो ठूलो भुकम्प

१९९० सालपछि



काठमाडौं, वैशाख १२ - नेपालको इतिहासमा सबैभन्दा बीभत्स र विनाशकारी १९९० माघ २ गतेको भूकम्पलाई मानिन्छ। संखुवासभा जिल्लाको चैनपुरलाई केन्द्रबिन्दु बनाएर गएको ८.४ रेक्टर स्केलको भूकम्प गएको थियो।

उक्त भूकम्पमा परी तीन हजार ८ सय ५० पुरुष र चार हजार ६ सय ६९ महिला गरी जम्मा आठ हजार ५ सय १९ जनाको मृत्यु भएको थियो। काठमाडौं उपत्यकामा मात्र करीब चार हजार ५ सय जनाले ज्यान गुमाए। घर, विद्यालय, देवालय र पाटीपौवा तथा सार्वजनिक भवनसमेत दुई लाख सात हजार ४० वटा संरचना भत्किएको अभिलेख छ।

भूकम्पका जानकार रञ्जन दाहालका अनुसार शनिवार बिहान गएको भूकम्प १९९० सालपछिको ठूलो हो। गोरखा र लमजुङको सीमा बारपाकलाई केन्द्रबिन्दु बनाएर गएको ७.९ रेक्टर स्केलको भूकम्पका कारण करिब सात सय जनाको ज्यान गएको छ। एकिन संख्या आउन बाँकी नै छ।

भुगर्भ विभागका उपमहानिर्देशक तथा वरिष्ठ भूगर्भविद् डा.सोमनाथ सापकोटाका अनुसार शनिवार बेलुकी सात बजेसम्म ५२ पटक भूकम्प गएको छ। उनले ५ रेक्टरभन्दा ठूला २० र अरु ५ भन्दा साना भूकम्प गएको बताए। 'साना सयौं भूकम्प गएका छन्', सापकोटाले भने, 'त्यसको हामीले गणना गर्नु सक्दैनौं।'

शनिवारको भूकम्पको कम्पनका कारण राजधानीसहित मुलुकका विभिन्न जिल्लामा सयौं संरचना ध्वस्त भएका छन् भने अबौं रुपैयाँको क्षति भएको छ। भारतको दिल्ली र बिहारसहित विभिन्न भागमासमेत

भूकम्पको असर देखा परेको छ। समाचार एजेन्सीहरूका अनुसार अहिलेसम्म ३७ जनाको ज्यान गएको पुष्टि भएको छ। यस्तै, बंगलादेशसम्म यसको असर पुऱ्याएको छ।

२०७० सालको असोज २ मा सिक्किम र ताप्लेजुङको सीमामा केन्द्रबिन्दु बनाएर गएको ६.८ रेक्टरस्केलको भूकम्पले पनि पूर्वी नेपालमा ठूलो क्षति पुऱ्याएको थियो। त्यतीबेला काठमाडौंमा ठूलो कम्पन महसुस भए पनि खासै क्षति भएको थिएन।

यस्तै, २०४५ सालको भदौ ५ गते बिहान पौने पाँच बजे गएको भूकम्पले पनि निकै क्षति पुऱ्याएको थियो। उदयपुरस्थित मुर्कुचीलाई केन्द्रबिन्दु बनाएर गएको ६.७ रेक्टर स्केलको भूकम्पमा परी करीब ७ सय ५० जना ज्यान गुमाए भने छ हजार ५ सय भन्दा बढी घर भत्किए।

नेपालमा गएका भूकम्प मध्ये १२१८ सालको रेकर्ड गरिएकामध्ये पहिलो विनाशकारी भूकम्प मानिन्छ। १२१८ सालको असार शुक्ल तृतीया तिथि सोमवारका दिन करीब ७.७ रेक्टर स्केलको भूकम्प गएको थियो। यही भूकम्पमा परी राजा अभय मल्लको निधन भएको थियो।

काठमाडौं, वैशाख १२ - नेपालको इतिहासमा सबैभन्दा बीभत्स र विनाशकारी १९९० माघ २ गतेको भूकम्पलाई मानिन्छ। संखुवासभा जिल्लाको चैनपुरलाई केन्द्रबिन्दु बनाएर गएको ८.४ रेक्टर स्केलको भूकम्प गएको थियो।

उक्त भूकम्पमा परी तीन हजार ८ सय ५० पुरुष र चार हजार ६ सय ६९ महिला गरी जम्मा आठ हजार ५ सय १९ जनाको मृत्यु भएको थियो। काठमाडौं उपत्यकामा मात्र करीब चार हजार ५ सय जनाले ज्यान गुमाए। घर, विद्यालय, देवालय र पाटीपौवा तथा सार्वजनिक भवनसमेत दुई लाख सात हजार ४० वटा संरचना भत्किएको अभिलेख छ।

भूकम्पका जानकार रञ्जन दाहालका अनुसार शनिवार बिहान गएको भूकम्प १९९० सालपछिको ठूलो हो। गोरखा र लमजुङको सीमा बारपाकलाई केन्द्रबिन्दु बनाएर गएको ७.९ रेक्टर स्केलको भूकम्पका कारण करिब सात सय जनाको ज्यान गएको छ। एकिन संख्या आउन बाँकी नै छ।

भुगर्भ विभागका उपमहानिर्देशक तथा वरिष्ठ भूगर्भविद् डा.सोमनाथ सापकोटाका अनुसार शनिवार बेलुकी सात बजेसम्म ५२ पटक भूकम्प गएको छ। उनले ५ रेक्टरभन्दा ठूला २० र अरु ५ भन्दा साना भूकम्प गएको बताए। 'साना सयौं भूकम्प गएका छन्', सापकोटाले भने, 'त्यसको हामीले गणना गर्नु सक्दैनौं।'

शनिवारको भूकम्पको कम्पनका कारण राजधानीसहित मुलुकका विभिन्न जिल्लामा सयौं संरचना ध्वस्त भएका छन् भने अबौं रुपैयाँको क्षति भएको छ। भारतको दिल्ली र बिहारसहित विभिन्न भागमासमेत

भुकम्पको असर देखा परेको छ । समाचार एजेन्सीहरूका अनुसार अहिलेसम्म ३७ जनाको ज्यान गएको पुष्टि भएको छ । यस्तै, बंगलादेशसम्म यसको असर पुऱ्याएको छ ।

२०७० सालको असोज २ मा सिक्किम र ताप्लेजुङको सीमामा केन्द्रबिन्दु बनाएर गएको ६.८ रेक्टरस्केलको भुकम्पले पनि पूर्वी नेपालमा ठूलो क्षति पुऱ्याएको थियो । त्यतीबेला काठमाडौंमा ठूलो कम्पन महसुस भए पनि खासै क्षति भएको थिएन ।

यस्तै, २०४५ सालको भदौ ५ गते बिहान पौने पाँच बजे गएको भुकम्पले पनि निकै क्षति पुऱ्याएको थियो । उदयपुरस्थित मुर्कुचीलाई केन्द्रबिन्दु बनाएर गएको ६.७ रेक्टर स्केलको भुकम्पमा परी करीब ७ सय ५० जना ज्यान गुमाए भने छ हजार ५ सय भन्दा बढी घर भत्किए ।

नेपालमा गएका भुकम्प मध्ये १२१८ सालको रेकर्ड गरिएकामध्ये पहिलो विनाशकारी भुकम्प मानिन्छ । १२१८ सालको असार शुक्ल तृतीया तिथि सोमवारका दिन करीब ७.७ रेक्टर स्केलको भुकम्प गएको थियो । यही भुकम्पमा परी राजा अभय मल्लको निधन भएको थियो ।

यो भुकम्पले काठमाडौं उपत्यकाका एकतिहाई जनसंख्यालाई प्रभाव पारेको थियो । स्थानीय बासिन्दाले १५ दिनदेखि एक महिनासम्म शहर छोडनुपरेको थियो । रेकर्ड गरिएकामध्ये १३१६ सालको भुकम्प पनि विनाशकारी नै हो । यो भुकम्पले पनि अत्यासलाग्दो भएको अनुमान छ ।

यस्तै, १४६५ सालमा आएको भुकम्पले रातो मच्छिन्द्रनाथको मन्दिरलगायत अन्य दर्जनौं मन्दिर ढलेका थिए । यस भुकम्पले सयौं मानिस तथा पशुको ज्यान जानुका साथै हजारौं घर भत्किए । १८२४ सालको असार १ गते एकैदिनमा २१ पटक भुकम्पको धक्का महसुस गरियो ।

यस्तै, १८६७ सालको जेठ १० गते गएको भुकम्पबाट काठमाडौं र ललितपुरमा ठूलो मानवीय क्षति त भएन तर मठमन्दिर भने प्रशस्त मात्रामा भत्किए । १८८० सालमा यमपञ्चकका दिन एकैदिनमा १७ पटक भुकम्प गएको थियो ।

१८९० सालको भदौ १२ गते सोमबार बेलुका करीब ६ बजेतिर ठूलो विनाशकारी भुकम्प गएको थियो । त्यही भुकम्पले काठमाडौंमा रहेका दुईवटा धरहरामध्ये एउटालाई पूरै ढाल्यो भने अर्को आधा मात्र भत्कियो ।

त्यही वर्षको असोज १० गते राति अर्को भुकम्प गएको थियो । यस्तै, १८९१ सालको असार र असोज महिनामा फेरि दुईवटा ठूला भुकम्प गए । पानी परिरहेका बेलाका यी भुकम्प गएको बागमतीमा ठूलो बाढी आयो ।

साल क्षमता/रेक्टर कति क्षति

१९९०	८.५	८५१९ जना
२०७२	७.९	करीब ७०० जना (विवरण आउने बाँकी)

२०४५	६.७	७५० जना
२०७०	६.८	पूर्वी नेपालमा क्षति
१२१८	७.७	राजा अभय मल्लको निधन

विश्वका ठूला भुकम्प

चिलीमा १९६० सुनामी ल्याएको ९.५ रेक्टर स्केल,कम्तिमा १ हजार ७ सयको मृत्यु

अलास्का, १९६४, ९.२ रेक्टर स्केल, १ सय ३१ को मृत्यु

इन्डोनेसिया, २००४, ९.१ रेक्टर स्केल,वरिपरिको मुलुकमा समेत गरी सुनामीमा २ लाख ३० हजारको मृत्यु

जापान, ९ रेक्टर स्केल, सुनामीको समेत प्रकोप, १८ हजारको मृत्यु

रुस, १९५२, ९ रेक्टर स्केलको, हताहती भएन

स्रोत : बीबीसी

प्रकाशित मिति: २०७२ वैशाख १२ १०:५४



Kentucky Nepali Society (KNS) elects new president.

Kentucky-

Mr. Shailesh Manandhar has been elected as the next President of Kentucky Nepali Society (KNS) for the

term 2015-2017. Mr. Manandhar came to the United States in 2002 as a student at the University of Kentucky (UK). Even in his student life he served KNS as a student representative and was very active in various community works. After the completion of Electrical Engineering degree from UK, he continued his support to KNS by bearing various posts as executive members of KNS. Speaking at the KNS Annual Meeting on March 22, 2015 Mr. Manandhar requested everyone to support KNS and voiced to bring new and effective programs to the community in near future. After the consultation with community members, he plans to nominate other members to give a full shape of KNS executive committee.

ANMA would like to Congratulate Mr. Shailesh Manandhar for being elected as the next President of KNS and believe that under his leadership Nepalese community in Kentucky area will be better served.

Thank you message from ANMA

Joint Convention MOU Signing Ceremony

ANMA, on behalf of the President Sushil Raj Sharma and Executive members, would like to thank all the friends and families for participating in the Memorandum of Understanding (MOU) for the Joint Convention signing ceremony between Association of Nepalese in Midwest America (ANMA) and Nepalese Association in Southeast America (NASEA) in Greensboro, NC on April 18th 2015. Our special thanks to Triad Nepalese Community Center (TNCC), the host organization of NASEA/ANMA Joint Convention 2015 for organizing this event and inviting both ANMA and NASEA for this historic moment. It was our great pleasure to meet and greet with executive members of TNCC along with other members from the community as well as executive members of other Nepalese communities in and around North Carolina. We would like to thank NASEA president Dr. Ram Chandra Baral along with his executive committee and NASEA family for their commitment and support to long lasting partnership with ANMA. We would also like to thank Joint Convention Chairman Mr. Madhav Dhakal, TNCC President Mr. Narayan Khadka, Nepal center for North Carolina (NCNC) President Mr. Thakur Karki, South Carolina Association of Nepalese (SCAN) President Mr. Pravin Poudel and many others who witnessed this historic moment between ANMA and NASEA.

Mr. Sushil Sharma, President

Mr. Bharat Kandel, General Secretary



Upcoming ANMA Activity



anmausa.org
Association of Nepalese
in Midwest America



NASEA
Nepalese Association
in Southeast America

NASEA/ANMA 11TH JOINT CONVENTION 2015

Greensboro, Highpoint, North Carolina
September 4 - 6, 2015



Hosted By: Triad Nepalese Community Center (TNCC)

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