

# Nepal Abroad

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## Little Lady Talent Show 2007, Nepal



Photo: Rajendra Chitrakar / TRN

Little Lady Talent Show 2007 winner Apekshya Khanal (Center), 1st runner-up Manila Kadel (right) and 2nd runner-up Sneha Rana (left). The show was organized by Kathmandu Jaycees on Sunday July 22, 2007; and the competition was among the girls of age between 9 and 11 years from around Nepal. Kathmandu Jaycees has been organizing this program since 1988.

## US Court Strikes Down City's Illegal Immigration Ordinances

Washington July 27 (VOA): A U.S. federal judge has struck down Thursday several anti-immigrant ordinances passed by the city of Hazleton, Pennsylvania. This "Illegal Immigration Relief Act" imposed strict penalties on landlords and employers if they rented to or hired illegal immigrants. VOA's Sean Maroney reports from Washington.

U.S. District Court Judge James Munley has ruled that it is unconstitutional for the city of Hazleton to impose fines on businesses that hire illegal immigrants and landlords who rent to them. Hazleton passed the "Illegal Immigration Relief Act" last July but never implemented it because of a court injunction.

Dozens of towns and cities across the United States have already copied Hazleton's Act for their action to deal with illegal immigrants.

In his 200-page opinion, Judge Munley says federal law prohibits the city from enforcing any provisions of its ordinances. Hazleton's Mayor Lou Barletta says he plans to appeal the ruling.

"I am very disappointed that Judge Munley has ruled against all legal residents of the city of Hazleton. This fight is far from over," he said. "I have said it many times before that Hazleton is not going to back down."

Hazleton passed the immigration act after city of-

...Contd. on pg 5

## Hundreds Displaced By Violence In Southeast

Kathmandu, July 25 (IRIN) - Hariram Joshi is too scared to reveal where he is hiding in the Nepali capital, Kathmandu, after fleeing his home last week in Siraha District, nearly 400km southeast of Kathmandu. He had received death threats from alleged members of Janatantrik Terai Mukti Morcha (JTMM), one of the most feared militant groups in the Terai region of south Nepal.

"I had to abandon my house and farmland for the safety of my family," said Joshi, who is among hundreds of people newly displaced by violence in the

southeast at the hands of groups demanding greater political rights and regional autonomy for the Madhesi community in the Terai.

Local non-governmental organisations (NGOs), the UN, and aid agencies working with internally displaced persons (IDPs) have expressed concern over the newly displaced Nepalese whose numbers are growing.

"The situation is very serious. The new displacement is not being publicised and could have serious humanitarian consequences,"

Vincent Omuga, humanitar-

...Contd. on pg 4

## Over A Million People In Nepal Faces Food Insecurity: UN

New York July 26: The UN World Food Program (WFP) and the UN Food and Agriculture Organization (FAO) warned that over a million people in Nepal are in danger of food insecurity after a series of natural disasters have wreaked havoc on crop production.

According to a joint report, prolonged drought, hail storms and flooding in

the most agriculturally productive areas has led to a grain deficit 225,000 metric tons, with 42 of the country's 75 districts reported to be food deficient.

"This is particularly troubling during this highly sensitive post-conflict period," said Richard Ragan, WFP's representative in Nepal.

...Contd. on pg 3

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Editorial

## Preserving our language and culture

Nepali language is not the only medium of communication at homes of people of Nepalese origin abroad. For the sake of convenience, parents talk to their kids grown up in the American continent in English. But at the same time they're also introducing Nepali language to these young citizens through different means. As a result these new Nepalese people are able to associate with all people in the community, irrespective of their duration of stay in the continent.

In addition, one has to incorporate second language (spoken in the country of residence) to make a living abroad. At the end of the day, we all (at least most of us) express our feelings in our own language, and not until we do so, we feel completely expressed and relieved.

Weekends provide ample opportunities to many to satiate their desire to talk in Nepali language, discuss local events and those unfolding in Nepal – an environment that makes many feel (at least) momentarily that they're in Nepal amidst the Nepalese crowd.

Frequent visits by the Nepalese literary personalities and the literary programs organized by the literary organizations in different states not only demonstrates our passion and respect for our language and literature, but also reassures and redefines us about the richness of our diverse literature, culture and our society that we originated from.

Recently JanaKaviKeshari Dharma Raj Thapa was in the US for a family reason, but

couldn't escape attending, talking to the literary lovers. It's a matter of great pride to have him here; a legendary personality of Nepalese literature, whose songs enthralls listeners of all ages for ever.

The Nepali language schools established by volunteers solely to educate Nepalese language and culture also have a great role in promoting and preserving our language and cultural uniqueness, and also delivering them to new generations.

The majority of the students attending such schools are young children; we can be assured that they'd not be alienated with the rest of the Nepalese community. They in fact work as a bridge and an ambassador of Nepalese language and culture to the mainstream population.

In fact academicians like Dr. Harihar P Bhattarai conducts Nepalese language class in the University of North Carolina and other colleges within its system. There are few other universities as well that have Nepalese language and culture as part of its program. The publication of the literary magazines clearly demonstrates the need for literary contents from the consumption it has in this continent.

Therefore, the voluntary efforts of such individuals should be recognized and appreciated. Those with resources can come forward with any form of assistance they can. Even a word 'Thankyou' said to such volunteers, trying to make a difference while making their own living, can be of great encouragement and support to them.

## Report Details Anxiety Over 'American Dream'

A recent study (March 2007) entitled "Economic Anxiety and the American Dream", finds middle class Americans look at their economic future with a combination of optimism and anxiety. The report by Lake Research Partners finds Americans are making more money than ever, but they are also working harder than ever to achieve their financial goals. For producer Ivana Kuhar, VOA's Jim Bertel has more on the economic life of the American middle class.

In an era of record corporate profits, a recent public opinion survey shows the American middle class is becoming increasingly anxious about their economic security.



E. J. Dionne

E.J. Dionne is a Washington Post columnist and economics scholar. "In the Depression years, the song was: 'Brother, can you spare me a dime?' Now, the song would go: 'Brother, can you spare me some health insurance' or 'Brother can you spare me from outsourcing?'"

According to a recent poll conducted by Lake Research Partners, only 18 percent of Americans believe they have achieved the coveted "American Dream".

"The 'American Dream' is firmly rooted in work and in the workplace.

It is tied to a job. It is not rooted in a Bahamas vacation, it is not rooted in winning the lottery," says Lake Research Partners President Celinda Lake. She adds Americans define the "American Dream" as basic economic security. "They said that the cornerstones were wages that support a family, affordable quality healthcare, opportunities for your children, respect for the work you do, and retirement security."

Yet, 31 percent of working Americans say they have incurred debt to pay for essential necessities. Meanwhile, American corporate profits are soaring. The Economic Policy Institute reports in 2005, the average CEO of America's 500 top companies earned 262 times the pay of the average worker.

Elisabeth Jacobs of the Brookings Institution says total U.S. wealth has in-

...Contd. on pg 7

### Nepali Calendar

Sun July 29 / Shrawan 13'64

Chaturdashi

Mon July 30 / Shrawan 14'64

Poornima

Tue July 31 / Shrawan 15'64

Krishna Paksha/Pratipada

Wed Aug 01 / Shrawan 16'64

Tritiya

Thu Aug 02 / Shrawan 17'64

Chaturthi

Fri Aug 03 / Shrawan 18'64

Panchami

Sat Aug 04 / Shrawan 19'64

Kshasthi

### Airlines Connecting Nepal

Nepal Airlines Corporation: Delhi/ Bangkok/ Hong Kong / Dubai / Kuala Lumpur.

Air Nepal International: Dubai / Doha / Bangkok

Cosmic Air: Varanasi / Delhi

Thai Airways: Bangkok

Druk Air: Thimpu (Paro)

Biman Bangladesh: Dhaka

Qatar Airways: Doha

Gulf Air: Muscat / Bahrain

Austrian Airlines: Vienna

Air China: Lhasa

Pakistan International Airlines: Karachi

Jet Airways: Delhi

Indian Airlines: Delhi / Kolkata

## Discussion On Revitalizing NECC In Washington DC



Photo Courtesy: Kabindra Sitoula

Washington DC July 22: A round table meeting of all organizations in the DC, Maryland and Virginia was organized in Falls Church VA - a Washington DC suburb on Sunday July 22, 2007. The main agenda of the meeting was to explore the strategies to revitalize the Nepal Education and Cultural Center.

The discussion started with the slide presen-

tation by Prem Sangraula - president of America Nepal Society, where he emphasized the need for a community hall for the Nepalese community and to revitalize the Nepal Education and Culture Center (NECC) that has been in existence for over 15 years.

Representatives of other organizations and in-

...Contd. on pg 6

## American Library Closes, Would Open At New Embassy

Kathmandu July 24: The American Library currently situated in the west wing of the Yak & Yeti Hotel complex will close Wednesday, July 25, and re-open at the new U.S. Embassy by the end of August, after the library's collection and resources have been moved and set up.

The American Library opened in Nepal in May 1952 with the objective of increasing mutual understanding between Nepal and the United States. The American Library turned into an Information Resource Center in 1992 at its then location in Gyaneshwor. In response to strong demand for lending

materials from patrons, the American Library resumed operations as a circulating library in May 2005 at the Yak & Yeti Hotel (west wing).

Approximately 150 patrons visit the Library daily and its 1,378 members include students, professors, journalists, and civil servants. During its two years of operations at the Yak & Yeti, circulation at the American Library surpassed 17,700 and approximately 72,000 visitors utilized Library resources.

The American Library's collection contains more than 6,000 books, 600

...Contd. on pg 5

## Community Events

**July 28, 2007:** The Nepalese Canadian Association of Ottawa, Canada (NCAO) has scheduled Saturday July 28 for 'NCAO Annual Food Drive 2007 & Multicultural Dance and Music Show' at Andrew Haydon Park, 3169 Carling Ave., Ottawa from 2pm to 5pm. The program hosted by A-Channel aims to benefit the Ottawa Food Bank. For details visit [www.nepalese.ca/fooddrive/](http://www.nepalese.ca/fooddrive/)

**July 28, 2007:** The Association of Nepal in Minnesota (ANMN) has scheduled its summer picnic on Saturday July 28 at Brookview Park, Golden Valley (Hwy 55 & Winetka Ave) from 3pm and invites everyone living in and around Minnesota to participate. For details check [www.anmn.org](http://www.anmn.org)

**July 29, 2007:** The America Nepal Society (ANS) is organizing a program to welcome the newly appointed US Ambassador to Nepal Ms Nancy Powell on Sunday July 29 at McLean Community Center 1234 Ingleside Ave McLean VA from 2pm to 5pm. Hence it invites all the community members and friends of Nepal to participate in the program that'll have a light refreshment.

**August 4, 2007:** The Nepalese Community Society of Calgary (NCSC), Canada has scheduled Saturday August 4 for 'Summer Family Picnic' at Bowness Park, Calgary AB. As usual, this picnic is also a potluck plus barbeque. For details visit, [nepalisociety.ca](http://nepalisociety.ca)

**August 18, 2007:** The Nepal Seattle Society has scheduled Saturday August 18 for its annual picnic at Lake Sammamish State Park, Issaquah WA. Further details would be made available soon.

**August 19, 2007:** The Sagarmatha TV, Nepalhorizons.com, Radio Dovan, Vishwa Sandesh and Peaceland Travels are jointly organizing 'Destination USA 2007' Live concert on Sunday August 19 from 7pm to 10pm at NOVA 8333 Little River Turnpike, Annadale VA. More on [nepalhorizons.com](http://nepalhorizons.com)

**August 26, 2007:** Nepali Mela-The Himalayan Festival - Outdoor Free Event at Toronto's City Hall-Food Festival, Live Music and Dance all scheduled for Sunday August 26 and all members of the community are invited to participate in this program. Details would be updated on [www.nccs.ca](http://www.nccs.ca)

**September 1-3, 2007:** The Nepalese Association in Southeast America (NASEA) and the Association of Nepalese in Midwest America (ANMA) are sponsoring a joint convention during the Labor Day weekend from Sep. 1 to Sep. 3 at Crown Plaza at Airport, 1325 Virginia Ave, Atlanta GA. For detail information visit <http://convention.naseaonline.org>

**September 1, 2007:** The Nepal Association of Oregon has scheduled September 1, 2007 to host the '6<sup>th</sup> Northwest Nepali Picnic' in Blue Lake Park, Fairview OR. Details would be updated soon.

**October 05-07, 2007:** The Canada Forum For Nepal (CFFN) has scheduled a workshop entitled 'Unfolding Futures: Nepalese Economy, Society and Politics' starting Friday October 5, to Sunday October 7 at Ben Franklin Place 101 Centrepointe Drive, Ottawa Canada; and invites concerned researchers, scholars and thinkers to submit their original contributions relating to one of the four thematically organized sessions by August 15: 1. Political Evolution; 2. Freedom, Democracy and Human Development; 3. Economic Restructuring; and 4. Special Issues. For details on workshop visit [cfn.ca](http://cfn.ca)

To list the scheduled event(s) of your organization on the Community Events above, please email us: [enews@nepalabroad.com](mailto:enews@nepalabroad.com)

## Over A Million People In...

Continued from page 1...

He added that those living in the remote areas of mid- and far-western Nepal are suffering as a result of consecutive years of drought and enduring impacts of the 11-year insurgency.

WFP hopes to reach 1.2 million people through a new \$49 million Peace and Recovery Programme, and appeals to donors for support.

"The process of national reconciliation can only make headway if the whole country shares in improved

access to food and markets, lower rates of malnutrition and a determined risk management strategy for food security," said Henri Josserand, Chief of the FAO Global Information and Early Warning System.

The report recommends bolstering irrigation availability, strengthening the Government's agricultural monitoring systems and providing immediate food support for drought and conflict-affected communities. [UN News]

## Hundreds Displaced By Violence In ...

*Continued from page 1.*

ian affairs officer with the UN Office for the Coordination of Humanitarian Affairs (OCHA) in Nepal, told IRIN.

There is still no official data on the number of new IDPs who are said to be afraid to register with the local government or police. Aid agencies are also having difficulty accessing villages where there are reports of displacement.

### Lack of access, information

"Our access to the Terai has reduced greatly especially in remote areas where people need aid most," said prominent Nepali civil society activist Subodh Pyakhurel, adding that rights groups, aid workers and journalists were under constant threat and unable to get any information from the affected villages.

The only information available is from displaced people who have managed to escape from their homes, he said.

OCHA says it was concerned that due to the lack of information, immediate assis-

tance was unable to reach those suffering food insecurity.

Among the newly displaced, those most at risk are the hill people, also known as Pahades, who have lived in the Terai for generations, according to a new IDP report jointly prepared by OCHA, Office of the High Commissioner for Human Rights (OHCHR), the UN Refugee Agency (UNHCR), the Norwegian Refugee Council (NRC) and the International Rescue Committee (IRC).

The IDP report said a large number of displaced had already fled to Kathmandu and other major towns like Biratnagar and Hetauda in the east and that land belonging to the hill people had been occupied by various armed groups.

"If this trend continues humanitarian consequences could worsen," said Onuga.

### The Madhesi and Pahades

There has been tension between the Madhesi and Pahades communities ever

since large numbers of Pahades migrated from the hills and lower mountain areas to the Terai in the 1950s following the eradication of malaria, according to the Conflict Study Centre, a local academic institute.

Since then, the Pahades have dominated politics and the local economy to become more affluent and privileged than the Madhesi, who feel bitter about this.

### Emergence of radical groups

The number of militant groups in the Terai has been increasing and spreading fear among the Pahades, said local activists.

Among the most feared are the Madhesi Tigers, Cobra Group, two factions of JTMM and nine other similar groups who are bent on cleansing the Pahades from the Terai region, according to some local rights NGOs who requested anonymity for fear of attacks from these armed groups.

They expressed concern that new anti-Madhesi groups are also being

formed. These include the notorious Terai Virus Cleaners, the Ajingar Group, Bhawar Ulka and the Chure Bhawar Ekta Samaj (CBES), which are expected to give rise to more inter-ethnic tension and possible further displacements, said the IDP report.

### Complex situation

Some IDP experts are also concerned that it is not only the Pahades who are vulnerable but also the Madhesi population living alongside them in hilly districts. "The Madhesi people could also suffer from displacement and lose their only means of survival," said the NRC's Amrita Shrestha.

"Now it is only the government who can prevent further displacement and inter-ethnic tensions between people of the hills and the Terai," said Pradeep Jha, protection officer from the National Human Rights Commission (NHRC).

## 'BANA Community Picnic' Organized in Maryland



Photo: G G Prerana / Sashwat Parajuli

The Baltimore Association of Nepalese in America (BANA) had organized 'BANA Community Picnic' on Sunday July 22, 2007 at Gunpowder Falls State Park in Maryland. The program was attended by large number people from Maryland as well as from the DC and Virginia. The program included Songs and other entertainment activities, barbeque and more. JanaKaviKeshari Dharma R Thapa was also present on the program. Seen on the image (left) is popular folk singer Prem Raja Mahat performing on the program. Krishna Ghimire (Right-center image) is the current president of BANA.

## JanaKaviKeshari Dharma Raj Thapa Facilitated In Washington DC



Photo: Nepalhorizons.com

Under the initiative of International Nepali Literary Society-DC Metro Chapter (several organizations of the DC, MD and VA included) a program was organized to facilitate JanaKaviKeshari Dharmaraj Thapa on Saturday July 21, 2007 at Thomas Jefferson Library, Leohmans Plaza, Falls Church VA. Also present on the occasion were Dr. Harihar P Bhattarai from the University of North Carolina, Jay Raj Acharya- a literati and also a former Nepalese envoy to the UN among others. The program was chaired by the president of INLS-DC chapter Govinda G Prerana. The program was a great success attended by literary lovers from around the DC Metro area. On the image above Kavi Thapa is seen speaking towards the end of the program.

### US Court Strikes Down ...

*Continued from page 1...*

Officials blamed a recent rise in illegal immigration for increasing crime and overwhelming social services in the city of 30,000. Hispanic and civil rights groups sued the city. They said the measures were racist and divisive.

However, the court ruled that a city cannot enact any ordinances dealing with illegal immigration because they conflict with what is commonly called the supremacy clause of the U.S. Constitution, which makes federal law the supreme law of the land.

Agapito Lopez with the Hazleton Latino Organization says this ruling sends a clear message to the dozens of other communities in the United States considering similar laws.

"From [the city of] Farmers Branch in Texas to Florida, there is about 120 cities that have been waiting to see if they can enact their own immigration laws," he said. "This is something that pertains to the Congress."

Jose Molina with the Pennsylvania Statewide

Latino Coalition tells VOA that a continued legal fight is the last thing his group wants as a plaintiff in this case.

"It's sad because we were hoping that with this determination from the judge we would be able to start a process of healing in the community which has been polarized by this issue," said Molina.

An estimated 12 million immigrants are living in the United States without documentation.

### American Library Closes,...

*Continued from page 3...*

videotapes, 75 periodicals, 700 CD-ROMs and five online databases. The online databases include Lexis-Nexis, Proquest, Ebsco-Host, First Search and Literary Reference Center.

Besides library and other resources, the American Library regularly holds popular discussion and other programs, which will continue in its new location in Maharajgunj. [US Embassy, KTM]

### Public Call to Join Cultural Center Ad Hoc Committee

The Nepalese Cultural Center, DFW Metro Area ad hoc committee invites all members of the Nepalese Community to join the respective committee within one month, to respect the public opinions and to provide equal opportunities for the contributions/participation of all members of the Nepalese community within the DFW area in the proposed Nepalese Cultural Center.

The recent meeting of the ad hoc committee (held on July 21, 2007) decided to expand the existing ad hoc committee by inviting all interested members of Nepalese community.

In effect, given the need of the substantial financial resources required to successfully execute this project, all new members interested in joining the ad hoc committee are required to select one of the two membership options listed below. This mandatory clause, with the sole purpose of raising funds, applies equally to all members of the Ad Hoc Committee.

Option One: Honorary Membership - Minimum donation of US\$10,000.00

Option Two: Lifetime Membership - Minimum donation of US\$5000.00

Those interested in joining the ad hoc committee and are willing to contribute to this noble project, please contact any of the following members within a month (deadline: August 25th, 2007).

Gouri R. Joshi 214-537-1166 / Bhim Karki (Unique Mart) 972-603-5137 / Mahesh K. Nepal 817-800-0356 / Murali Adhikari 225-362-1916 / For details visit nepalesesociety.org

## The NAOO Organized Their Annual Picnic



Photo:NAOO

The Nepali American Organization of Ohio (NAOO) organized its summer picnic on Saturday July 21, 2007 at Edgewater Park (by Lake Erie) in Cleveland OH. Over 70 people of all ages from around Ohio attended the picnic. Amod Pyakuryal is the current president of NAOO. There are about 100 registered members in NAOO and approximately 300 Nepalese around Ohio, estimates president Pyakuryal.

## Scientists Find Social...

*Continued from page 8.*

who became obese and 37 percent if they had a spouse who became obese.

Most surprising though, was the risk of obesity among unrelated friends. The study showed that if the friendship was casual, a person's risk of becoming obese increased by 57 percent if the friend became obese. If the relationship was strong and the two people claimed each other as friends, then if one became obese, the friend's risk of obesity jumped by 170 percent.

The findings are published in the New England Journal of Medicine.

James Fowler is a sociologist at the University of California and one of the study's authors.

"We were stunned to find that people who are hundreds of miles away have just as much impact on a person's weight status as friends who are right next door," he said. "And so what this suggests is that it's not the case that this causal relationship is due to people eating together or exercising together. Rather,

it has to do with them sharing ideas about what healthy behavior is like."

Co-author Nicholas Christakis of Harvard University says the findings have implications for the development of effective weight loss programs.

"We think our results suggest that treating people in groups may be more effective than treating them individually," he noted. "So, collective or group dieting or efforts to participate in sports or other activities that are collective may be more effective than individual attempts alone."

Observers say this is the first time it appears that groups of people have infected one another with a non-infectious disease, and they predict the study may lead to a new field called network medicine. [VOA]

### 'Vishwaparikrama'

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## Discussion On Revitalizing...

*Continued from page 3.*

dividuals discussed their ideas and expressed their wholehearted support for this noble cause.

However, the meeting hall was virtually divided into two schools of thought: One that believed in NECC and the community center are synonymous and hence should coexist; while others argued for the separation of these two entities.

Even though the meeting couldn't decide which way to go, it did succeed in forming a new committee called 'Committee for Nepal Center' comprising 51 members. President Sangraula was selected coor-

ordinator of this committee. The core issues would be decided by this committee later when words are actually translated into **real actions**.

The 'Committee for Nepal Center' further formed a seven member Action Committee to initiate further work on revitalizing NECC. Prem Sangraula- the coordinator would be working closely with other members like Krishna Niroula, Ram Malakar, Ram Kharel, Netra Ghising, Khilendra Neupane and Kabindra Sitoula.

It was also agreed that the 'Committee for Nepal Center' would meet on every 3 to 4 months.

## Their True Love...

*Continued from page 8...*

ing a bus to Kathmandu. I have taken a return ticket, too. We should move before cock crows.' Before giving me chance to speak a word, Tamang had displayed the ticket towards me. Hey Tamang how you dared to bring the ticket without doing any consultations? You should have asked for a word if you are going! If you do as you please then I can do nothing.' I had

scolded him so badly. Then after without speaking even a single word with me he had slept being wrapped through.

I sensed that Tamang had not informed Patali that he was coming late.

Are you informed? Tamang left the world forever" Before finishing reply to Patali's question, a colleague of our group, Bhim Raj Shrestha informed it to others. I became stunned.

# ANWA's Yard Sale For Education



Photo:ANWA/DC

Anshu Basnyat is seen volunteering for the yard sale on Saturday June 21, 2007 organized by America Nepal Women's Association of Greater Washington DC.

On Saturday July 21, America Nepal Womens Association (ANWA) organized, with great success, a Yard Sale at Langley Park Shopping Center in Hyattsville, MD that raised \$680 between the hours of 8am to 2pm. This is their first of the two

scheduled Yardsale for this year.

The money raised from these yard sales would provide scholarship to the neediest students of the two schools, namely, Helpless Children Protection Home and Junkiri School in Nepal.

The second yard sale would be held in September 07 in the Northern Virginia area. The date and venue would be decided later.

Inspired by the impressive funds raised during the previous years through the yard sale, ANWA is in the process of developing a model

'Yard Sale For the Education' with a view, 'someone's junks could be other's future and generation builder'.

As always, the organization also expects active community participation in their projects. More information may be available from [anwa-dc.org](http://anwa-dc.org).

## Report Details Anxiety...

Continued from page 2...



Elisabeth Jacobs

creased over the past decade. But, she adds, the middle class is not getting its slice of the American economic pie. "The household

incomes have risen, but Americans are working harder than ever in order to achieve those gains. Household income volatility has risen as well, suggesting that many families face unpredictable futures."

Jacobs says major income losses are increasingly common, as more Americans lose their jobs to outsourcing or company downsizing. Further, health care costs are rising dramatically, leaving an estimated 46 million Americans without health insurance.

Jim Kessler of the Third Way, a strategy center for progressive issues, says economic anxiety among working class Americans is a by-product of global economic changes. "We're in a once-in-a-century period of just vast, convoluting, unremitting economic change that is going on and that is making people uncertain. The middle class feels that the rules for economic success have changed and they are on their own to figure them out."

Kessler says the ongoing global economic restructuring will not be stopped nor slowed. He suggests the way to help American workers prepare for success in the new global economy is to make high quality education more affordable to all Americans. [VOA 7/26]

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### Exchange Rates in Nepal

Currency	Buying (Rs)	Selling (Rs)
US \$ 1	64.70	65.29
Canadian \$1	62.01	62.57
Euro 1	89.72	89.53
Pound Sterling 1	132.60	133.81
Australian \$1	57.19	57.72
Swiss Franc 1	53.29	53.78
Singapore Dollar	42.73	43.12
Japanese Yen 10	5.37	5.42
Chinese Yuan 1	8.55	8.63
Indian Rupees 100	160.00	160.15
Swedish Kroner 1	9.62	---
Danish Kroner 1	11.92	---
Hong Kong Dollar 1	8.27	---
Saudi Arab Riyal 1	17.25	---
Qatari Riyal 1	17.78	---
Thai Bhat 1	1.92	---
UAE Dirham 1	17.62	---
Malaysian Ringgit 1	18.81	---

[Source: Nepal Rastra Bank, 07.27.07]

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## Their True Love

Kamala Sarup

I wrote this article about my friends, and their true love. True love is unselfish.

"I can show off my pride only if I get the chance to marry Patali." Tamang spoke, lighting a cigarette while sitting beside the balcony one evening. "You're in Kathmandu. Will Patali preserve her youth for you there at the village?" I smiled, jokingly.

"Patali is beautiful. Only yesterday, the son of my auntie, Antare, had written a letter to me."

Tamang was protective of Patali. He turned towards the south, looking through the corner of his eyes all the while ignoring my talk. "I came to Kathmandu swearing my love of Patali. Sometimes I become sad, for the image of Patali comes in mind day and night." He sighed longingly.

Today, he quickly finished a packet of Gaida cigarette and creased his forehead. Tamang is the most frank per-

son in our group, so it can also be said that there is no one against him.

"One needs to have patience in love," Chandra Bahadur Bohara, sitting beside us, spoke thoughtlessly while taking a sip of tea.

"What am I doing if it is not patiently waiting? Not only this much, but I'm ready to wait throughout my entire life for Patali!" Tamang got heated.

As always, Tamang was straightforward and blunt, and at times, we were anxious of his habit of becoming silent after being angry. "It makes no difference if anyone tells me off or criticizes me," he said, standing up and heading towards his room. We guessed he had not liked our good natured joking about Patali as it made his heart ache bitterly.

"What is it, no one should teach you to walk being smartened up! How this pretentious girl could have walked without looking people walking in front though she

has age and grown up to youth?" Once my Kahili sister had scolded Patali in the morning while she was walking down the street.

Mother always used to say though Kahili sister was of my own care should be taken to speak and to behave with her for she would live threatening all the villagers. 'Youth must have come in you too while you were in age? Whether you have got satire to other's daughter, how could scold? Neither I'm of yours mother's line nor of father's. It is not the same to talk to me as to others, you know Kahili sister.' Tamang and I had seen Patali from the distance talking pulling her sari. 'Why you answering back this way? Don't you mind the manner of how to speak with the elders?'

Kahili sister had spoken instantly. Had we not been there, fight would have been taken place between them. After that, 'Until your sharp tongued sister will remain I will never stop at your

home' Patali had sworn before the daughter of my big mother that was told by sister.

Every evening, remembering Patali, Tamang would brag with me for resigning the job and go to village. 'How you will bring Patali after resigning job? Marriage is yet to be done; line of two/four is yet to be given. You should not get frustrated this way.' I did not know whether he would like or dislike at the talk I would convince him but his face would always get creased while thus said.

Day after tomorrow before the crow of cock, you and I should move for village. Just after two days when I reach village, I will marry Patali.' Tamang had spoken with boast without taking a breath.. 'If mother does not let me marry, I will straightly get back catch-

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## Scientists Find Social Networks Affect Obese Individuals

By Deborah Tate, Washington

Researchers say obesity is not only caused by genes, but by overweight people being part of social networks of obese individuals. Investigators say the finding helps explain an epidemic of obesity over the past 30 years. VOA's Jessica Berman reports.

Since the mid-1970s, the number of overweight and obese individuals has skyrocketed. The World Health Organization estimates there are now 1 billion overweight people, at least 300 million of whom are obese.

Experts define obesity as weighing in excess of 30 percent of ideal body weight, a condition that puts obese individuals at extreme risk

for heart attack, stroke and diabetes.

Medical researchers know that obesity runs in families because of genes. But, it turns out, that is not the whole story. Investigators have found that social networks play a significant role in determining body type.

Matthew Gilman is head of the obesity prevention program at Harvard University in Cambridge, Massachusetts.

Gilman says while genes can explain obesity, they cannot explain the so-called obesity epidemic.

"Genes haven't changed in the last 30 years, but our environment really has," he said. "And this study

is adding a new perspective to that environment, that of social networks."

Sociologists at Harvard University and the University of California at San Diego studied the intricate social networks of more than 12,000 people between 1971 and 2003.

After an exhaustive study of the individuals' relationships - including friends, family and neighbors - the investigators found that a person's chances of becoming obese increased 40 percent if he or she had a sibling

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