

The Nepal Digest

The First Nepali e-Magazine

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About The Nepal Digest

The Nepal Digest (TND) is a publication of TND Foundation, a global not-for-profit information and resource center (registered in New York, USA) committed to promoting issues concerning Nepal. All members of TheNepalDigest.org will get copy of [The Nepal Digest \(TND\)](#). Membership is free of charge and is open to all.

The Nepal Digest is the first nepali electronic e-magazine in the Internet. The Nepal Digest hopes to create a free and democratic electronic platform -- free of all political views, free of cultural biasness, against prejudices and unjustness of all kinds.

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Editorial

By Ujjwal Bhattarai

Dear Readers:

Once again, it is my pleasure to welcome you to another issue of The Nepal Digest (TND). In this issue, I would like to update you in the following issues before letting you to enjoy the fresh digest.

1. Kanak Mani Dixit's Interview (Audio File)

The Nepal Digest (TND) is proud to bring interview with Kanak Mani Dixit, editor of Himal Magazine, in audio format under Chhalphal section. The interview was conducted by Shailesh Gongol, moderator of Chhalphal group in Boston.

2. ANA Convention

There are two items related to ANA Convention (July 4th weekend in Denver, CO)- Welcome from Kshitij Sharma to ANA and letter to Editor by Dr. Jeet Joshee and friends. This letter is about challenges of NECC/Pashupati Buddha Mandir which has been the dream of all Nepalese in US/Canada and other ANA issues. Your comments are highly welcome.

3. Welcome to Pramod and Deependra into official TND team.

Pramod Pandey from Connecticut and Deependra Malla from Kathmandu have responded to our appeal to volunteer for TND.

Pramod Pandey will be compiling a regular feature of "From TND, 10 years ago". (See below)

Deependra will be creating PDF files for TND. PDF file of past issue is ready to be downloaded at the past issues page of TND. PDF of current issue will be available within 48 hours. Now you can download PDF and read TND without being online.

TND team welcomes their valuable contribution.

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Food For Thought

"Why can't somebody give us a list of things that everybody thinks and nobody says, and another list of things that everybody says and nobody thinks."

Oliver Wendell Holmes

1809-1894, American Author, Wit, Poet

"There are only two problems in my life. The political ones are insoluble and the economic ones are incomprehensible."

Alexander Douglas Home

Interview with Kanak Mani Dixit: Political parties must prevail

Interview with Kanak Mani Dixit: Political parties must prevail & Feinstein's reaction exaggerated

ChhalPhal Discussion Series

On June 15, 2003 morning, Kanak Mani Dixit gave an interview to Shailesh Gongol, moderator of Boston based ChhalPhal Discussion Series.

The interview focused on the current issues of Nepal, media's role in the current crisis, the role of the citizens and the monarchy. Dixit emphasized the importance of political parties in Nepal and for Nepal's long-term well being, the weaknesses of the media at the echelons, i.e., editor and publisher

levels, and that the Maoists and their “People’s War” turned out not to be genuine but it is still wrong to label them “terrorists”. He answered that Nepal can survive without monarchy as a nation state if it comes to that but added the caveat that it would be a monumental folly do away with the constitutional monarchy. He pointed out that the king is making mistakes and it is for the people of Nepal to demand the king to remain a constitutional monarch. He also said that Diane Feinstein’s reaction to the Tibetan refugee deportatation was exaggerated.

[Audio Interview in MP3 & WAV Format](#) is available on the web which can be directly played or downloaded.

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Immigration Q&A: By Ramesh Shrestha

(Ramesh K. Shrestha is a practicing attorney in New York City. His practice concentrates on Immigrant and Nonimmigrant Visas, Business Immigration, Extraordinary Ability, National Interest Waivers, Labor Certification/Permanent Residency, Detention/Bond, Removal/Deportation Defense before Immigration Courts/Executive Office for Immigration Review, Department of Justice.)

He will answer TND reader's immigration related questions. Questions can be asked by visiting our [submit](#) page or simply by emailing at contact@thenepaldigest.org. TND sincerely thanks and appreciates Mr. Shrestha's contribution. - Editor)

Rajesh with email rajesh@... from United States asks

Dear Ramesh dai,

My practicle training (F1 visa) is expring pretty soon and unfortunately I couldn't find any job to sponsor me for H1 visa. My brother and sister in law are permanent resident. Is there any way they can help me? What other options are available to me to extend my work permit, besides going back to the school. Thanks.

Rajesh bhai:

Your bother and sister-in-law will not be able to help you in this situation. Your OPT F-1 cannot be extended beyond 1 year. As you indicated, the only option you have is going back to school and maintain your F-1 status. You must start working on your F-1 before your visa expires. Good Luck..

Ramesh K. Shrestha

(Disclaimer Notice: Legal answer provided must not be construed as a legal advice rather it is an answer general in nature. One must seek legal advice from an immigration attorney for his or her particular legal matter.)

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Announcement: ANA 2003 Colorado - Welcome By Kshitij Sharma

Announcement: ANA 2003 Colorado - Welcome

By Kshitij Sharma

Welcome to Rocky Mountain Friends of Nepal, the home of 2003 ANA Convention. At RMFN, we strive to reach out to our community and are always looking above and beyond for opportunities to grow. We believe in the power of each individual and the role one plays to strengthen the foundation of any community. This is one of our means to reach out to everyone, one individual at a time and seek an active and collective participation in this summer’s ANA Convention.

The Denver community is very excited about hosting fellow Nepali and the friends of Nepal from across North America and possibly other places. We are optimistic about all the challenges and cautious of all the expectations. We are working hard to create a conducive environment where we can all come together, celebrate, interact, share ideas, make friends and above all, help build a

stronger Nepali community. We seek your involvement through participation, involvement, feedback, suggestion, concern, and comment. We want this year's convention to truly represent each one of us.

The purpose of this site is to facilitate information sharing. We intend to provide information on every aspect of this year's Convention, which of course will evolve with time. I encourage everyone to periodically review this site for updates and other details. Throughout the site, you have contacts to get in touch with for any queries and/or feedback that you may have.

Thank you for visiting this site. The journey to 2003 ANA Convention has begun. We ask that you join us in this journey and help make this a successful Convention, OUR CONVENTION.

Thank you
Kshitij Sharma
Secretary, RMFN

http://www.rmfn.org/ana2003/ana_default.htm

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Letter to Editor: "NECC: Nepali Buddha-Pashupati Mandir Discussion"

By Dr. Jeet Joshee et. al.

The Future of NECC and Pashupati Buddha Mandir: An Open Letter to ANA Members, Executives and to all Nepalis in North America

Dear ANA Executives, Members and Friends:

16 years after the ANA and the Nepalis of the Americas proudly set out to build the first spiritual and cultural house of Nepal in North American - the NECC/Pashupati Buddha Mandir - the entire project has now come under serious jeopardy. ANA President Krishna Nirola in his latest President's message has hinted that things are not all well with the NECC project. However, Mr. Nirola's recent admission of troubled times for the NECC reveals only the tip of the iceberg. The crisis faced by the NECC/Mandir is much more systemic, and it is symptomatic of the crisis of leadership within ANA in general.

The NECC is the largest undertaking of the ANA and has benefited from the contribution and goodwill of thousands of Nepalis living in the USA and Canada. The completion of the project, moreover, will require the ongoing participation of many more Nepalis and friends of Nepal and in the years to come. Thus, if the Nepali community of North America is going to realize its dream of successfully completing its historic NECC/Mandir project, it is imperative that the ANA be completely open and forthcoming about the current difficulties of the NECC.

The truth is that instead of being well on the way to completion, the NECC/Mandir project is currently faced with the most serious crisis since its inception in 1987. There is a strong likelihood that the NECC project as originally conceived and marketed by ANA will have to be abandoned. Despite this major looming crisis, the ANA leadership is downplaying the NECC crisis, and thus is avoiding the path of complete candor and openness with members and the community at large. This is exactly the wrong way to go at this late stage in the game.

We are writing this **open letter to the ANA and the community** with the intension of initiating a healthy and needed discussion about the future of the NECC/Mandir project. We believe that the only remaining way to rescue the NECC mission is to have a candid and constructive dialogue and reevaluation of where we are today, how we got here, and how we can move forward. It is in that cooperative community spirit that we initiate this dialogue with the community and with the ANA on fulfilling the dream of a **"House of Nepal in North America" - the NECC/Mandir Project**

Where are we today?

Without wasting time or words it needs to be stated plainly that the NECC project is presently faced with a major crisis that threatens its very existence. This crisis was precipitated by the **systematic, planned, and organized opposition of the resident neighbors directed against the NECC**. This opposition culminated in the Public Hearing on the NECC project in Prince George's County on April 17th, 2003 in which organized residents of the area showed up in great numbers (about 50 individuals) armed with a lawyer. From the Nepali community there were a total of 4 people to represent the NECC. Mr. Nirola's May 29th visit with the residents and their lawyer came 5 ½ weeks

after the April 17th Public Hearing. Both in the Public Hearing and in the private meeting with neighbors, the residents made it amply clear that they would strongly oppose the NECC/Mandir project in the present location (9114 Margo Lane, Lanham, MD).

Those of us familiar with the NECC project since its start have known that the neighborhood residents were against the project from day one. So the most recent organized resistance, in fact, comes as no great surprise to those of us who recall numerous forms of opposition by the neighborhood over the years, including opposition to large Nepali gatherings, tent pitching, etc., etc.

One more time, the writing is on the wall, and it is clear: **THE NEIGHBORHOOD DOES NOT WANT US THERE!** And it is prepared to go to extraordinary lengths to see that our plans do not materialize. At the moment their approach is to have the PG-County board impose all kinds of codes, restrictions, and construction requirements so that the project becomes enormously cost-prohibitive. A community hard-pressed to generate the funding needing to complete the NECC base-plan will find it impossible to come up with the extra funding to meet all the conditions imposed by PG-County. This is exactly what the neighboring residents want.

What is also very clear to those of us who have followed the evolution of the NECC/Mandir project in the Lanham site is that even if ANA and the Nepali community were to successfully fight this one out, find the extra funding, and complete the NECC/Mandir project, this will not permanently win us the right to use the facility in accordance with our needs and the needs of the growing Nepali community. In other words, in a litigious society like the United States, a neighborhood strongly opposed to the NECC/Mandir Project virtually assures continuing problems from our neighbors with respect to the use of the completed project, and possibly future lawsuits.

To sum up, the NECC/Mandir project got off to a fairly good start back on September 20th 2000. However, due to a series of developments - some new, other expected - we are now virtually at a dead-end as far as the Lanham site is concerned. Before we can figure out how to get out of this mess, it will be important to ask, **how we got into this mess** in the first place?

Why are we here?

As stated above, in an immediate sense we are here because the resident neighbors have successfully mounted a major official campaign against the NECC/Mandir project at the county level. But this begs several other important questions about ourselves:

- a) What allowed the opposition campaign to take root under our very noses?
- b) Why were we not able to anticipate and successfully neutralize the campaign?
- c) Why was the community not kept fully apprised about the ups and downs of the project, and in particular about the extent of the neighborhood's opposition?

Neighborhood opposition to NECC is only half of the story in why the project has hit the rocks. The other half of the story is our failure to anticipate and diffuse the natural resistance that American homeowners would feel towards a new, unfamiliar building mission initiated by new and unfamiliar people. The neighborhood opposition was always there and it grew more determined and organized because we failed to launch a campaign of our own to convince fearful residents that the NECC was not going to be another Shiva Vishnu Temple with its thousands of cars and thousands of weekly worshippers. Instead, the approach of the ANA leadership (and those closest to the NECC project), was to assume that as our plans grew more solid, and bolstered by permits and paperwork, local opposition would dissipate or become ineffectual. "Sabai kura mildai janchha" was a pervasive attitude in the recent ANA/NECC leadership. As it has turned out, the opposite has happened - more and stronger opposition as the project moved forward. To date, the NECC does not even have a community relations/PR committee despite knowing about the strong latent neighborhood opposition from the start.

Instead of facing up to the crisis, and our past mistakes in bringing it about, senior ANA/NECC leadership is now busy promoting the thesis that had the project begun in 1999 **when the initial permit was on hand, all would have been smooth sailing**. But this is an illusion and reveals a leadership intent on taking refuge in a technicality. The community and PW-County resistance to the NECC/Mandir project would have been there irrespective of when the construction was started. In fact, not starting the project back in 1999 could have saved us major losses because a massive investment in physical infrastructure without proper legal assurances of the right to use it for community cultural and religious purposes would give us nothing more than a white elephant and huge financial/legal headaches.

It should also be pointed out here that the permit granted in 1999 was for a community center and not explicitly for a place of religious worship. The hope of senior ANA/NECC leaders was that once the cultural center was completed it would be possible to simply sneak in the 'worship' part of it through

the back door using loopholes. Hence, the permit makes no mention of a place of worship or "temple" at all. Now, how realistic was it to expect that the residents would allow this to happen when they have taken such a dim view of the much less objectionable NECC plans? The bottom line here is that to have gone ahead with the project in 1999 would have been a recipe for disaster because it was based on the untenable assumption that the "temple" component could be inserted after the fact without attracting the attention of the community and the County.

Aside from the neighborhood opposition there were other significant signs that the Lanham site was going to be troublesome and expensive on the long run. For example, over the past two years the NECC has been fined thousands of dollars for violating county building codes for things like gravelling the parking area, etc. To this day, the current ANA/NECC leadership has not appraised the community or ANA/NECC members about the full extent of these runs-ins with Prince George's County. And furthermore, the leadership has not taken the lesson that it should have from these constant tussles with the County - the lesson that it was time to consult with our base and discuss alternatives rather than insist on blindly and doggedly pushing a project that was clearly facing problems from multiple sources.

It is good to have dreams, but we need to have disciplined and realistic means to achieve them. It goes without saying that all ANA/NECC leaders and many community volunteers have worked with devotion and honesty since the birth of the idea of the project. Leaders and community members have been selfless and tireless in pursuing the NECC project - from cutting the grass, to making donations, to doing official paperwork with the county. However, if the leadership is unable to steer the project in the correct direction, and unable to anticipate sources of future problems, then there is a grave risk that all the effort expended by countless dedicated individuals will go to waste. Today we are stuck exactly in such a predicament not because we have not had committed foot soldiers but because the leadership has failed to steer clear of known and knowable hazards on the way. Taking responsibility is as much a part of leadership as claiming credit. There has been a lot of the latter going on lately. It is time now for those with their hands on the wheel to take proportional responsibility for the crisis faced by NECC/Mandir Project.

Where do we go from here?

The bad news is that the Lanham **NECC/Mandir Project has hit a dead end**. But, the good news is that with vision and leadership our dream to create a national monument for Nepal and the Nepalis of North America can be restarted with renewed zeal and purpose. In fact, our collective experience with this project gives us the strongest sense and conviction that the present crisis with the NECC project is in reality a landmark opportunity - a cloud with a bright silver lining. But it takes vision, leadership, and most off all, a willingness to be inclusive rather than exclusive, to recognize that this is a boon in disguise, and to devise a strategy to convert it into results. Specifically, there are five things that we would like to propose as the way to jump-start the NECC/Mandir Project.

First, we must admit without delay that the Lanham site is the wrong one for our monument for the many reasons highlighted above. For those of us who have spent countless hours volunteering their time and labor on the present site this is going to be hard. But there is no question that it has become necessary to take this step. The interests of the larger Nepali community which ANA claims to represent is not served by locking us into a lose-lose situation in a site in which both the County and the community have made us feel so unwelcome. There is no question but that there are any number of sites in the greater Washington DC area that will be more hospitable than the present one. To initiate this process, **ANA needs to pass a resolution in the general body meeting at Denver** to find a new venue for our mission, and then to move quickly to form a committee designated to select the new site.

Second, ANA needs to decide whether it is interested in pursuing an exclusive project copyrighted for the use and benefit of a limited number of ANA members and past and present executives living in areas proximate to DC, or whether it wants to create an inclusive national monument of Nepali culture with which Nepalis all across North America can identify, and to which all can contribute. If the ANA and its leaders decide to go the former route - i.e., pursue a limited partnership venture - then it needs to say so publicly and explicitly. In that case all debate on the NECC/Mandir Project can end promptly, and no more community time/resources need be wasted.

However, if ANA wants to help create a truly national institution of Nepali culture and spirituality, then things need to be done differently than in the recent past. What **ANA absolutely cannot do is say one thing in public and do the opposite in private!** Unfortunately, whether by design or default, in the past two years many in the Nepali community in North America have perceived ANA doing just this - saying publicly that NECC is an inclusive national venture, but furiously using the back-channel to prevent all except a handful of self-appointed "custodians" of ANA from having a say in the NECC

project, its affairs and direction. Without going into details, suffice it to say that over the past two years the evidence of this attitude has mounted steadily. The culmination of this trend was in display in the DC 2002 ANA Convention last July where well-meaning representatives of Nepali communities from across the country approached the ANA (at ANA's request, it should be noted) with the intension of entering into a long-term partnership to complete the NECC project, only to be rudely and unceremoniously spurned away.

Third, if an inclusive national project is the intension then ANA needs to acknowledge that opening up the process for Nepalis around the nation to participate and contribute to is not going to diminish or dilute the ANA or the NECC. If anything, it establishes the ANA as the unquestioned leader in the Nepali community in the Americas for having conceived and completed an ambitious national center of Nepali culture and education; and equally, it assures that the mission is accomplished sooner. Creating a "big-tent" approach means that NECC must become an independent entity with strong and guiding ties with the ANA, but with the ability to take critical decisions on its own. We strongly propose that the time has come for this organizational separation between ANA and the NECC to be acknowledged and formalized. This is the only way to open up NECC to all Nepalis outside of the small circle of ANA founders, who, it needs to be emphasized, are without doubt the originators and among the most dedicated advocates for this historic mission. But this groups needs to also realize that opening up the NECC to nation-wide participation is not a conspiracy to undermine the ANA. There should be no place for such paranoia in our community as we embark on such a noble cause.

Fourth, we must acknowledge that lack of wider community participation and input was a major reason behind the mounting difficulties faced by the NECC project in Lanham. We propose that it is time to invite all the Nepali organizations in North America to form a national task force to ensure that the NECC, the pride of the Nepali diaspora, does not fizzle out. It is time to share all aspects of the NECC project - planning, upkeep, financing, ownership, -- among a wider group of Nepalis. Wider participation means more resources and more transparency, and that means fewer reversals such as the one we are about to face in Lanham.

Lastly, we propose that when the renewed phase of the NECC project is started in a new venue, the two major pillars of the project - spiritual and cultural - both receive equal weight. There is widespread perception in the community that the spiritual aspect has received disproportionate attention and resources while the cultural/educational aspects have been neglected. For example, the DC Nepali community in conjunction with International Nepali Literary Society last fall started a program to teach Nepali to young Nepalis and interested non-Nepalis - DCNEP. So far the organizers of this project have not seen any evidence of interest on the part of the ANA or the NECC regarding a program that kicked off nine months ago in the same community that houses the NECC project and one in which the NECC ought to have had a natural and abiding interest. One cannot build a cultural center by ignoring the cultural efforts undertaken by Nepalis right under our noses! Lip service must stop. Real commitment must begin. The only way to do this is to open up the process to wider participation.

A Call to the nationwide Nepali Community and Organizations

Many of the things we have touched upon above may have come as new information to some, while others may be more familiar with the issues. We felt that it was our duty to bring these issues into public view so that the NECC project and the community's interest in seeing it completed were respected and furthered. Like us, many of you probably have concerns and constructive comments of your own regarding the NECC undertaking. Thus, we humbly encourage you to voice your concerns at this juncture when the future of the NECC itself hangs on balance. As we pointed out, the NECC mission needs to be reinvented, and this is the moment when your input will count the most.

In the end, we would like to suggest that all the stakeholders - individuals, organizations, current and past ANA members/executives -- commit ourselves to holding a series of open discussions to chart our future strategy in the post-Lanham environment. Towards that end, we have created a dedicated web forum (neccdiscussion@yahoogroups.com) where the future of NECC can be discussed through a public and transparent process. We invite ANA members, executives, members and executives of other Nepal organizations in the Americas, and all Nepalis and friends of Nepal who are concerned about the NECC to register at the site and begin a collective journey towards a common goal - a completed, representative, and successful national monument of Nepali culture in North America. You are also encouraged to communicate directly with the ANA with your views on the matter (ana@ana-home.org).

Nepali organizations in the Greater Washington DC area could take the lead in starting a national dialogue among Nepalis on how to resuscitate the NECC/Mandir project. We suggest a town hall meeting starting in the Washington DC metro area to kick off a national discussion among Nepalis on

the future of the NECC. Let these discussions form the basis for the direction that our historic NECC mission takes from this point forward.

Thank you very much for your indulgence.

Sincerely,

Dr. Jeet Joshee, Dr. Shyam Karki, Dr. Anup Pahari, Mr. Puru Subedi, Mr. Girija Gautam, Mr. Suman Timsina, Dr. Bidya Ranjeet, Ms. Saroj Prajapati, Mr. Subu KC, Mr. Ram Kharel, Mr. Chintamani Lamichhane, Mr. Robin Bhandary and many other concerned community members.

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Sustainability of the Monarchy

By Surendra R. Devkota

(Author has doctoral degree in Economics. He has scrutinized the 10th Plan of Nepal to appraise whether it is practical and achievable. He has also analyzed it to discern whether or not will it reduce poverty level in Nepal.)

After injecting several good things about Nepal, one American fellow asked me, "why do you guys need king?" I have no immediate answer. Is it to maintain the history, or as the royal caucus groups' advocacy that monarchy is a symbol of national unity? The current politico-crisis itself gives a vivid picture of the latter case, so I do not need to ponder much on it.

My mind tried to recall the history of Nepal along with that of Kings, though history was very tough subject in high school. I guess it was the bulkiest book in high school during my time. Never mind, history is useful to make analogies. We inherited Nepal as a Land of Truth from the King Manu. We had many good Kings such as King Janak, King Birat, and King Suddhodhan. Our land was the most favored place by many Sages. Thanks to mother-nature that kept at least the some fossils of the Sages that prevented the bad kings to money laundering on it. Otherwise, you can't find any artifacts from their Palaces! As centuries passed on, we had different brands of Kings such as the Kirats (around 700 BC to 300 AD), the Lichhavis (300 -1200 AD), the Mallas (1200 -1700 AD), and the Shah dynasty.

The present Shah dynasty started somewhere in 15th century. As history tells, Drabya Shah in 1550s captured Liglig Kot in Gorkha through a marathon competition with local tribes, and became the King of that Kot. It is pathetic to mention the present situation of that Kot, which lies in front of my native house. Who cares, since the runners had shifted from Kot to Palace! Prithvi Narayan Shah (1769-1775 AD), the ninth descendent of Drabya Shah, was a warrior king who structured the modern Nepal with people's support. Likewise, King Tribhuvan also depended on people to regain his throne. Unfortunately, a mysterious royal massacre on June 1 2001 ended King Birendra (1945 - 2001) and his entire family: a major string the Shah dynasty in Nepal is terminated. If we look at the history of shah dynasty there were lots of family feuds, which resulted power loss and gain between or among the family members.

As history reveals, we or our forefathers witnessed different brands of king at different time horizon. The obvious question is how and why it happened? Interpretation of this historical fact and figure in modern terminology is "the issue of sustainability" of kingship. For instance, the Mallas were sustained for about 500 years, the Lichhavis were able to rule for about 700 years, and the current Shah dynasty is struggling to regain power after ruling for about 500 years.

The next question is why these rulers were unable to sustain? To my mind the answer lies on the supporting elements. Whether the kings were supported by the people or guns should be the basis of sustainability of monarch. It is clear that those who were supported by the people lasted more than the other. This analogy is very much relevant to contemporary Nepal. All rulers are much interested to sustain their rules as far as they can with different hooks and crooks - sam, dan, danda, bheda. The psychology of rulers seems that once they got the power, people are forced to love them. Did Manu teach such things? Did Janak, Birat or Sudhodhan force people to love them? Just look how they made decisions? How they won people' heart? Did Prithvi Narayan Shah visit to neighboring countries to take advice on how to win the war? Where are Bishae Nagarchis in contemporary Nepal? Are they hiding in foreign embassies? If that is the case, then why do we need such a deceptive institute?

If a king can't trust his people, then people also have right not to trust the king. As a proud citizen of Nepal, I do not mind to lose such a mockery institute, rather than to lose my sovereignty. Further, anyone can see how the successful monarchical systems in Thailand, Japan, and England are sustaining. Are they opaque like ours? Do they rely on guns or middlemen (caucus powerbrokers)? You might argue for a handful of intermediaries - just do not believe on them because they are the most profit making groups in the politico-business, and that will not sustain the monarchy.

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Political: Friday to Monday

By Siddartha Thapa

Lokendra Bahadur Chand has resigned after eight months. I am more than certain the King asked him to resign after he failed to deliver time and again, though the Monarch had waited patiently for him to deliver this long. The country once again has taken a dramatic twist in politics and hopefully it should do some good for the country.

At present, the hunt for the new Prime Minister ended with Surya Bahadur Thapa to succeed Mr.Chand. The parties on the other hand were pressing Madhav Nepal as their candidates. Mr.Thapa in his audience to the King accepted the offer conditionally, if the parties accept and agree to work with him. Thapa has now the task to mediate with different parties if he's to taken the burden of running the country. The parties on the other hand are willing to accept anyone from the five parties which is baseless. It is rather interesting to have witnessed so many political developments in a single day. It must have been taken the Maoist with a surprise after Lokendra's resignation but for them unfortunately, truth hurts. The days of dominating a weak negotiating team could well be over. They have for this long enjoyed the ruined relation between the Palace and the Parties; they have to restructure their strategies.

The King too had underestimated the capabilities of the Political Parties. Peaceful and consistent demonstrating from the top political parties including the top brass leaders has paid off. The joint agitation will not hamper negotiation between the Maoist and the Government and it is outrageous to contemplate on this issue. Now that the formation of an all party interim government is inevitable the most powerful forces of the state would have united in their bid to hold elections and restore peace and law and order. As this is not a majority government economic policies and treaties cannot be formulated, the task for this government will be simply to negotiate with the Maoists and then hold local and there after General Elections. This is a very critical juncture in the history for our motherland and this opportunity should not be wasted. If it is, then voices should strengthen for a new change and a new system completely, we have tried all the different possibilities so why not a republic.

Either way the Maoist problem should be solved either through the use of force or through negotiating. If the parties fail to deliver this time the King should take control of the situation completely and if he fails it is time for a new change. As the old government represented no one the negotiation with Maoists was baseless but after the formation of an all party interim government – all three forces will be included in the talks and if the Maoist decide to walk away this time, a cohesive force must be used to defeat them unconditionally. They are after all no leaders but have been frustrated as they have not been able to impose their ideas and policies. After all the killings and horrendous attacks and the loss of our armed forces should we accept these criminals as our leaders? And every time a government tries to formulate a policy the Maoist threaten to withdraw from the peace process, yet they haven't stopped abduction, raping and fund raising. Is that justified?

The King has taken the initiative and wants peace at any cost and so do the parties, this is a golden opportunity. They must work together on a common platform regardless who runs the government. The forces must be in a position to recognize and accept each other importance. Under no circumstances should the Maoist be included in the government, negotiation must carry on, if not defeated with the use of force. The new government should also be transparent in its entire comings and goings in order to win public sympathy.

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Anil Pandey: Remembering Nepali flag in USA (Requires Himal Font)

अमेरिकी भूमिमा नेपाली झन्डाको सम्झना

अनिल पाण्डे

आज अचानक मलाई यस महान् अमेरिकाको सानफ्रान्सिस्कोमा बसेर सोच्दासोचै फेरि एकपटक स्वर्गीय वीर राजा श्री ५ महेन्द्रको एक महावाणी सम्झना आयो- 'राष्ट्रिय स्वतन्त्रता मुटुभन्दा प्यारो हुन्छ।' सायद यसै कारण नेपालीहरू शाहवंश र उहाँका दूरदर्शी राजनीतिक सल्लाहकारहरूको मार्गनिर्देशनबमोजिम कहिल्यै पनि पराधीन हुनु परेको छैन र त्यो अवस्था कहिल्यै आऊदैन पनि । तर पनि समय-समयमा खतराको घण्टी बजी नै रहन्छ र सबै राष्ट्रवादी नेपालीहरू स्वतन्त्रता गुम्ला भनेर जुर्मुराउछन् ।

हाम्रो स्वतन्त्रता मुलुकको स्वतन्त्रताको प्रतीक चन्द्र-सूर्य अंकित झन्डाकै कुरा लिऊं । वास्तवमा गहिरिएर सोच्ने हो भने हाल सो झन्डा कसको हातमा छ ? र, के सो झन्डा नेपाल एकीकरणकालदेखि भैं वरगाको साथ 'र' गरिरहेको छ ? के सो झन्डाको डन्डा सहीसलाम त छ ? अझ यसलाई प्रस्ट भन्ने हो भने के सो झन्डाका रखवाला भनाउंदाहरूले सो झन्डा सही तरिकाले समातिरहेका छन् ? छन् भने किन त्यस्ता शंका-उपशंकाहरू उठिरहन्छन् ?

मनमा लागेको प्रश्न कता-कता झन्डाको डन्डा गत १२-१३ वर्षदेखि धमिराले खाइरहेको त छैन ? अथवा हाम्रो प्राणभन्दा प्यारो झन्डालाई जानीबुझी धमिरालाई खान दिइरहेको त छैनन् ? तसर्थ मलाई फेरि एक पटक स्वतन्त्रताप्रेमी जागरुक नेपालीहरूलाई हाम्रो प्राणभन्दा प्यारो देश बचाउन यो कविताको शुरूको दुई पक्ति सम्झाउन मन लाग्यो र बाध्य छु 'जाग मेचीकालीका वीर कर्मी हो ..

तसर्थ फेरि एकपटक सोचेर बुझेर अगाडि बढ्ने बेला आएको छ, विगत १२-१३ वर्षको अनुभवमा हामीले के पायौं केवल नेताका छाडावादी, उच्छृङ्खलता अथवा उनीहरू कानूनमाथिका आदि ... । यी सबै किन र कसरी भयो त ? किनभने उनीहरूमाथि अकुश लगाउने वा तिनलाई नियन्त्रित गर्ने कुनै व्यक्ति-समूह वा शक्ति नभएर त हैन ? तसर्थ फेरि एकपटक सबैलाई मन लाग्छ । के हामी नेपाली जनताले असली प्रजातन्त्र भोगिरहेका छौं ? यो प्रश्नको जवाफ व्यावहारिक रूपले खोजी गर्नुपर्ने अवस्था आएको छ । यदि देशको हित चाहने हो भने ।

यसै सन्दर्भमा आदर्श भनाइ एउटा याद आउंछ- 'कलम तरबारभन्दा पनि बलियो हुन्छ।' कलमबाजहरू निर्भिक भएर सत्य लेखहरू लेखेपछि युरोपमा ठूलो क्रान्ति आएको थियो र सामन्तवादको पतासाफ पनि भएको थियो । कारण 'भोल्तायर' र 'रूसो' जस्ता निर्भिक दार्शनिकहरूले कलम चलाएका थिए र उहाँहरूका विचारहरू निर्भिक भएर समाजमा छाएका थिए । सत्य घटनाको ढाकछोप गर्न विभिन्न प्रलोभन दिइ-दा पनि नविकेर स्पष्टवादिताको अस्तित्व कायम गरे । त्यसबापत विभिन्न समस्याहरू उहाँहरूले भोग्नुभएको थियो । हाम्रो मुलुकमा पनि यस्ता विचारकहरूको जन्म कहिले हुने हो ?

तर दुर्भाग्यवश हाम्रो देशमा पनि यस्ता पत्रकारहरू पनि छन् जो देशमा घटेका भएका सत्य, तथ्य घटनाका बारेमा लेख्दा वा छाप्दा तिनको मालिकको विचारविरुद्ध भएमा त्यस्ता कुनै लेखहरू जति सत्य भए पनि पत्रपत्रिकामा छाप्नैदैनन् ? हाम्रा साथीहरू खाली कुनै दलको नेताको पुच्छर समाएर सो दलको भए नभएको तारिफ बाँधेर लेख्नुवाहेक अरु कुनै सत्यतथ्य कुरा नेपालका केही पत्रिकाहरूमा आउंदैनन् ।

विद्यार्थीहरूको पनि अवस्था त्यस्तै छ । एक न एक दलका पुच्छर बनिरहेका छन् । सम्पूर्ण विद्यार्थीहरूलाई पनि प्रश्न गर्न मन लाग्छ- विद्यार्थीको प्रथम कर्तव्य नामअनुसार विद्या आर्जन गर्नु हो ? तसर्थ विभिन्न दलहरूको निजीस्वार्थका लागि विभिन्न विद्यार्थी संगठन खडा गरी राजनीतिक ज्यादा बन्नु राम्रो हो र ? तसर्थ कृपया बेलैमा विचार पुऱ्याई बुद्धिविवेकले काम गरेमा हामोर्वजस्तो नेपाल फेरि एक पटक जुर्मुराउने थियो । हामी सबैले प्रजातन्त्र मन पराउनुको मुख्य कारण हो- हामी प्रजावाट नागरिकको रूपमा पदोन्नति हुनु । देशको सेवा गर्ने सेवकहरू आफूले छान्न वा प्रतिनिध निर्वाचित गर्न पाउनु हो । जनता सार्वभौम सर्वशक्तिमान् हुन्छन्, होइन ? तसर्थ हामी सबैले बेलैमा विचार पुऱ्याऔं मोकामा आउंछ, पखदैन बगेको खेला फकदैन ।

International: Bush's deceptions on Iraq intelligence

By Derrick Z. Jackson

With such empty hands after the battle, President Bush is losing the war for his honor. The primary pretext for his unprecedented first-strike war was that Iraq's Saddam Hussein had the most horrifying arsenal of weapons of mass destruction on earth.

Last summer, Vice President Dick Cheney and Secretary of Defense Donald Rumsfeld said "there is no doubt" and "there's just no question" that Hussein had the weapons. Bush turned up the rhetoric in September. "For the sake of your children's future," Bush said, "we must make sure this madman

never has the capacity to hurt us with a nuclear weapon, or to use the stockpiles of anthrax that we know he has, or VX, the biological weapons which he possesses."

In his fateful 48-hour warning to Saddam to leave Iraq, Bush said, "Intelligence gathered by this and other governments leaves no doubt that the Iraq regime continues to possess and conceal some of the most lethal weapons ever devised."

With about 180 American soldiers sacrificed and thousands of Iraqi soldiers and citizens killed, the unprecedented war is unraveling into a scandal that dwarfs President Clinton's Thong-gate and threatens to surpass the violation of national trust symbolized by Watergate. Bill and Monica was about lying about sex. Watergate was about President Nixon lying about a break-in.

Iraq is about Bush sending Americans to die for what may have been a lie.

Despite 160,000 American and British troops and the world's greatest technology, no weapons of mass destruction have been found. The commander of the 1st Marine Expeditionary Force, Lieutenant General James Conway, said whatever intelligence he was given on WMD, "We were simply wrong." Conway said, "We've been to virtually every ammunition supply point between the Kuwaiti border and Baghdad, but they're simply not there."

Many current and former intelligence officers are now saying that the White House either ignored intelligence reports that failed to confirm weapons of mass destruction or trumped up skimpy or lame reports. A claim by Bush that Saddam was buying uranium from Africa for nuclear weapons turned out to be a forged document on the letterhead of a minister of foreign affairs in Niger who had been out of office for a decade.

Greg Thielmann, a recently retired State Department analyst who could not believe that Bush would use "that stupid piece of garbage" to make his case, told Newsweek, "There is a lot of sorrow and anger at the way intelligence was misused."

A Central Command planner told Newsweek that the CIA's information on the sites where weapons of mass destruction were stored was "crap." An intelligence official told US News and World Report that "the policy decisions weren't matching the reports we were reading every day." In a 2002 document, the Defense Intelligence Agency concluded, "There is no reliable information on whether Iraq is producing and stockpiling chemical weapons."

Time quoted a senior military official who helped plan the war in Iraq but quit after seeing the White House exaggerate bad intelligence. Time also quoted an Army intelligence officer who said Rumsfeld "was deeply, almost pathologically distorting the intelligence."

US News and World Report detailed how Cheney's staff fed Secretary of State Colin Powell reams of "evidence" that could not be confirmed on the eve of Powell's testimony to the United Nations. David Albright, a former Atomic Energy Agency arms inspector, said the White House "deliberately selected information that would increase the perception that Iraq was a serious threat" and "made a decision to turn a blind eye" to the evidence that "the large number of deployed chemical weapons the administration said that Iraq had are not there."

Patrick Lang, a former CIA analyst on Iraq, has said intelligence was "exploited and abused and bypassed" by the White House. Vincent Cannistraro, a former head of CIA counter-terrorism operations, said many intelligence officials "believe it is a scandal." Cannistraro said Bush had a "moral obligation to use the best information available, not just information that fits your preconceived ideas."

Ignoring that moral obligation may have needlessly wasted thousands of lives and lowered the United States onto the shelf of rogue states we claim to be saving the world from. Before the war, Bush said Saddam used "denial and deception" on weapons of mass destruction. Bush must now tell Americans to what level he deceived us.

If Bush cannot shoulder the burden of truth, his disgrace should be one that makes Bill Clinton's lust a footnote in history and Richard Nixon's tapes a petty larceny of democracy. The denial and deception of President Bush ended in debauchery and death.

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(This story ran on page A23 of the Boston Globe on 6/6/2003. Derrick Z. Jackson's e-mail address is jackson@globe.com.)

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Social: 18 Deported Tibetan Refugees and Fates of Thousands of Nepalese

By Ujjwal Bhattarai

While Nepalese in US and Canada are preparing for ANA convention and people in Nepal are either protesting against King or simply breathing despair, issue of deported 18 Tibetans to China has led to catastrophe for Nepalese economy. The fate of those 18 Tibetans was somehow connected to the fate of thousands of other Nepalese, which however would not be recognized until days later.

Background

It had been ubiquitous for Tibetans to cross the Chinese border to Nepal on their way to India or simply for their stay in Kathmandu. In the event Nepali authorities caught the refugees, they were handed over to UNHCR in Kathmandu. The policy had been working just fine until the day 18 Tibetan refugees were deported to China, which brought fury of international community upon Nepalese foreign policy. The deportation clearly depicts Nepalese government's dual policy on refugee handling in Tibetan and Bhutanese cases. Such a policy is definitely harmful when Nepal is trying to internationalize the Bhutanese refugee problem to draw some spotlight. Therefore, the responsibility (and blame), lies on the current government - King Gyanendra's government.

Chain of Events

Once those 18 Tibetan refugees were deported, it was clear that they were doomed on the hands of Chinese authorities. No one knew how connected the fate of those 18 souls were with fate of so many other Nepalese until days later. The developments that followed in Nepal and US would affect thousands of other Nepalese directly or indirectly.

The chain of backfire started when UNHCR expressed its concern over the move of Nepalese government immediately after the incident. UNHCR's condemn was followed by Jeff Greenwald's, author of 'Shopping for Buddhas' and a director of a group called 'The Ethical Traveler', calling for a tourism boycott of Nepal until the government revises its policies on Tibetan refugees. San Francisco Chronicle published Jeff's article titled "Strangers in a Strange Land/Nepal's betrayal of Tibetan refugees" on June 5, 2003. The article reports that there are 20,000 Tibetan refugees in Nepal and they all feel betrayed and suspicious of Nepal government.

Most of the Nepalese in US/Canada took Jeff's boycott calling simply as his expression of resentment, at least initially. Well-wishers of Nepal in USA started to write counter articles and appealed the general public that any serious action such as boycotting Nepal is totally uncalled for and would jeopardize already weak Nepalese Tourism industry. This was followed by the shocking announcement from US Senator Dianne Feinstein that she might withdraw a favorable bill to Nepal that would highly benefit Nepalese garment sector. The bill had suggested duty free access to Nepali garments for a period of two years starting October 1, 2003. An attempt by Nepal's Prime Minister Surya Bahadur Thapa urging Feinstein not to withdraw the proposed legislation did not materialize and the bill was eventually dropped. Nepalnews.com reported "A personal website of the senator said, Nepal's act of extraditing 18 Tibetans back to China on May 31 was the prime cause behind the bill's withdrawal from the US Congress". The irony is US Senator Dianne Feinstein was honored by Nepalese in the USA in their DC ANA conference as "Friend of Nepal".

Thus, somehow the ill fate of those 18 Tibetan refugees whose whereabouts are now impossible to monitor was linked to thousands of Nepalese in Tourism and Garment sector.

Raised Issues

Why the fate of Tibetan refugees affecting the fate of Nepalese in general? Is the US (and the Senator Feinstein) really concerned about poverty stricken Nepal? Or are they simply trying to impose its policies on a poor country? The extradition of those Tibetans refugees is definitely questionable on the part of Nepalese government. However does this single incident justify the US punish Nepal while the US itself has similar dual standards for refugees from Cuba and those from Haiti?

Whether Senator Feinstein retracted the bill based on Nepal's actions or to please thousands of influential Tibetans in her constituency in San Francisco area, one thing is certain that Nepal's lobbying has miserably failed. On the eve of National Convention of Nepalese in Denver, Colorado, I would like to ask what are Nepalese leaders pondering upon this issue (if at all?) and how to pact with their honored 'Friend of Nepal'?

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Medical Research: “Fat gene Leptin”

By Ram Prasad Upadhayay

(Ram Prasad Upadhayay, Batchelor in Medical Laboratory Technology from Tribhuvan University Institute of Medicine Maharajgunj Kathmandu in 1994. Work as a research associates in Jiri Helminth Project Nepal (1995_1999). From 1999 March , working as a senior research assistant in Population of Genetics at Southwest Foundation for Biomedical Research San Antonio Texas. Parasitological, immunological and DNA extraction and further processing and other blood based research works.)

Leptin is a protein hormone produced by fat cells, which grows exponentially with fat growth. Epithelial cell on the stomach, and placenta also plays a great role in the leptin level in the body secreting small amount of leptin. Leptin receptors are highly expressed in areas of the hypothalamus known to be important in regulating bodyweight, as well as in “T” Lymphocyte and vascular endothelial cells. At this point, we can get large amounts of information from the ongoing research among humans, animals. Leptin (a product of the ob gene) regulates body physiology. Obesity is more of a burning problem in developed societies than in deprived ones. Many scientists have started their research to find out the exact cause of obesity and its cure. Physical fitness centers have sprung up to take giant steps towards dealing with the problems of obesity, but still there is no absolute finding of “what really is the best step” to deal with the problems.

Various different organizations, research scientists and individuals have conducted studies of the obesity in different sectors over long period of time. Studies were continued in diverse populations and related different problems for example studies of twins, homozygous recessive obese genes, heterozygous obese genes, and people with different backgrounds, different age groups, different bodily weights, height, and reproductive developments. In 1994 scientists broke their silence and named the “fat gene” (ob gene). The “ob gene” coded protein is called Leptin. Leptin is derived from the Greek word “leptons” meaning “thin”. There have been different arguments and controversies’ regarding leptin, and how it works in body-weight regulation, metabolism, reproductive function, and immunological response. In recent years, there have been a lot of leptin related studies focusing on obesity, hypertension, diabetics, some types of cancer and immune-suppressive diseases, reproductive problems and many more. Still, it is very difficult to tell what is really the most central role of leptin. Studies in humans, mice, monkeys and other mammals’ show there are closely related functions among these animals.

Diet and appetite are closely linked to physiological wellbeing and some people eat more when they are affected by depression or anxiety. Some people say eating irregularly, frequently, and on the run may contribute to obesity. Now, a neurological study indicates that the brain’s biological clock controls numerous other daily rhythms in our bodies. There is a close connection between the brains pace maker and the appetite control center in the hypothalamus. Irregular eating patterns disrupt the effectiveness of these cues in a way that promotes obesity. There are a couple of studies being conducted on humans and other animals, which show the severity of leptin roles and problems from its imbalance. In the study on the control of leptin production, circulating leptin, receptor activities and the neuro-chemical pathway involving leptin, e.g. the generation of pro-opiomelanocorin (POMC) and the integrity of the melanocortin 4 (MC4) receptors, are remarkably illuminating.

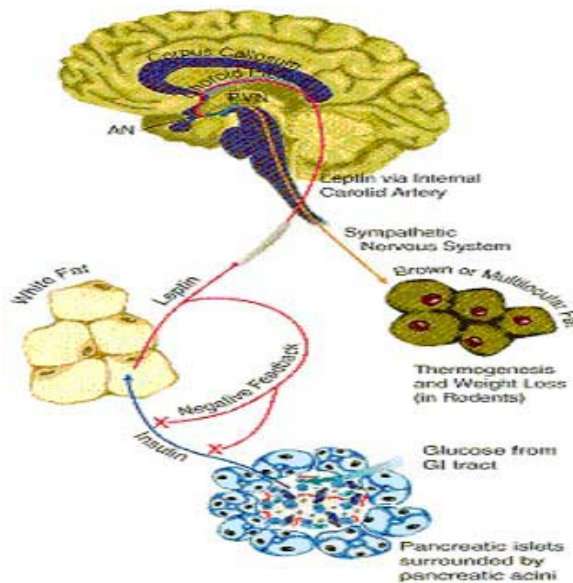
Extreme variation among the human physiology and path physiology give some interesting views. A study of very tall peoples, estrogen levels is the critical regulator of the fusion of bone and the finalization of both maturation and growth during adolescence. There has been a study of approximately 500 unrelated individual children from United Kingdom, Europe, and Middle East with severe obesity in the pre-pubertal phase (obesity starting before the age 10). These are really extraordinary group of children whose mean age for the onset of obesity is less than 5 years. There were two children, first cousins born to parents of Pakistani origin, living in United Kingdom. One girl, aged 9, was 96 kg and had been nearly 30 kg at the age of 2.5 years. Both babies were born with normal weight, but within a few months, they were severely obese. One child had liposuction of her thigh at the age of 2 to allow her to walk. By the age of four, she was wheelchair bound. They have very abnormal hyperphagia. For example, they would raid the freezer at night; if the freezer were locked they would eat frozen food even before it was thawed. It was a hard time for both of their parents. When they went to school the children proved that they have undetected levels of plasma leptin (very low), despite massive obesity. They had a frame shift mutation in the leptin gene involving the loss of the last 34 amino acids in leptin including the C terminal cysteine essential for biologic activity. Both children were with this mutation, and the wild type heterozygous siblings were lean in comparison.

In the one regular leptin therapy study of 4 obese children, it is found that the effect on energy expenditure is intriguing. Increase in physical activity and weight loss. Now these scientists have set

a system for testing the children's hunger. As a method 4000 kcal feasts is provided for breakfast and they are allowed to eat as much as they like as a monitor their intake. It is found 2 yr old leptin deficient child can eat equivalent of a small adult female's energy requirements for a day in a single breakfast. They only seem to stop eating when the stomach is so physically distended that they cannot eat any more. It becomes a routine testing, but within a week of leptin therapy there is an 85% reduction in food intake.

Similarly after a continuous therapy an immobile massive 9 years old girl able to shift into a relatively normal life in other study 14 people were taken from the Birmingham, their hometown in the United Kingdom. They have migratory history from Punjab and different socioeconomic status. In this study control group also taken for the match. These 14 heterozygotes have higher BMI than expected with a highly significant increase in the percentage of these classified obese. They have lower serum leptin level. The leptin level in comparison to per unit BMI was approximately one-fifth of that seen in the control individuals. One of the homozygous leptin deficient children, at the age of 9.5 years, has pre-pubertal level of gonadotrophins. She also had a bone age of 12 years so she should already in endocrinologist term, be entering puberty. After one year of leptin treatment she gradually increases her basal and stimulated gonadotrophins with clear nocturnal pulses of leutinizing hormone and follicular stimulating hormone. She started menstruation. It shows the level of leptin increasement is the sign of puberty. Krude et al noticed leptin's signaling system into the brain. He finds out two childrens with bright red hair, very pale skin, and adrenal failure at birth with no production of cortisol, later both had severe hyperphagia and obesity.

Leptin signals not only a specific cause; it has a diverse relation to many bodily functions, and may be that's the reason up to now there are still unanswered questions as to what percentage of the obese population is related to one particular disease. Normally hypothalamus of the brain regulates food intake and energy expenditure, thus influencing overall body weight. It has the very important role along with other hormones in its regulation in the body. The factors that are now known to influence appetite and energy expenditure are complex. Leptin's effects on body weight are meditated through effects on hypothalamic centers that control feeding behavior, hunger, and body temperature and energy expenditure. More specifically, the ventromedical nucleus of hypothalamus (VMH) was found to regulate food intake and energy expenditure, thus influencing overall body weight. When Leptin (OB) is produced by white fat, it reaches the hypothalamus of brain and moves towards OB-R (leptin receptor) in the choroids plexus. Leptin is then transported into the CSF where it diffuses into the third ventricle and binds to leptin receptor. Then the brain activates sympathetic activity, which works in the reduction of appetite, and increases brown fat in the body (thermo genesis). Brown fat produce heat in the body and helps to melt body fat as expenditure. The picture gives a general view about Leptin.



There are several other studies, which show positive information regarding human as well as other animals' leptin. Dr. Anthony of South West Foundation, conducted a study of Mexican American Family members of family heart study San Antonio, and later identified quantitative trait locus on chromosome 2(LOD =4.95), which accounts 47% of the variation seen in serum leptin level. Similarly Dr. Dugiralla from Southwest Foundation for Biomedical research and Dr. Blangero study gall bladder disease in human and its relation to leptin. It is find out that leptin is high in obesity and more in women.

Structurally OB is a ~16 k Da, 146 amino acid (AA), nonglycosylated polypeptide. The molecules contain no consensus sites for N-linked glycosylation region, both of which are believed to participate in an intermolecular disulfide linkage. The molecule is translated as a 167 AA residue polypeptide with the first 21 AA residues cleaved as a single peptide. At the AA level human OB is 85% identical to that of mice and 84% identical to rat OB. Mice and rats OB exhibit 96% AA identical to each other that is a important step to learn correlation between two animal leptin. In some point there is a clearly similar situation in human and mouse OB gene and a dissimilar situation too. In both humans and mice, the gene OB is composed of 3 axons and 2 introns and alternative splicing is theoretically

possible. There is a possibility of deletion splicing of glutamine at position number 49. However, there is no evidence of this among humans to date. In mice there is a mutation that occurs in the coding sequence at codon number 106 (normally an arginine residue). Here a cytosine to thymidine change creates a stop codon that causes premature termination of the OB molecule. This disrupts functional OB production and accounts for the abnormalities associated with the ob/ob mouse. This situation does not exist in humans; it appears to be a genetic predisposition to obesity in some humans, based on the relationship of the OB gene to other gene in the 7q31.3 chromosomal region. The receptors for OB have been identified in mice 21-23, human 21, and rat 24. Mice's, human's and rat's OB-receptors are virtually identical in length. Additionally, some humans with inactivating mutations in the leptin receptor gene are not only obese, but fail to achieve puberty (Endocrine Index – 2 glossary). A number of hormones modulate the ob gene expression, including glucocorticoids and insulin. (Indes Glos-2)

Blood concentrations of Leptin are usually increased in obese humans, suggesting that there is some sort of insensitivity to leptin, rather than a leptin deficiency due to the defect in the Leptin receptor. Leptin has a complex relation with more than half a dozen of other genes (Howard Hughes M. chipping away at Leptin's effects). Many people are aware of fat in the present situation and following different ways to control fat through exercise, dieting and eating proper kinds and quantities of food. In the fraction, dieting reduces fat but it also reduces a similar proportion of Leptin and muscle, which doesn't help people to live healthy lifestyles.

Exercise and proper types of eating habits are the best way to balance body mechanism. Chromosomes 8 makes a fat storing enzymes, which builds body fats almost entirely from fat in the food. If we avoid animal fats found in meats, dairy products, eggs, and vegetables or keep in a bare minimum, it will help us to virtually shut down this fat-builder (Thus the fat gene is turned off). Due to the simultaneous effects on body mechanism, it becomes necessary to understand the OB gene, fat production, Leptin hormone, Leptin receptor and the regulation of hypothalamic functions regarding body growth, temperature control and other function as reproductive functions.

Regarding all the finding facts and availability of the significant information, we can say leptin hormone protein is not just a protein working in one sector of the body and the body system. It has vague relationship to body physiology and actions almost in all body systems. It is difficult to relate unique human physical and mental problems. As mentioned before it equally plays the role in puberty and maturation, psychological situation, body growth, metabolisms and others. It is not only tells the action of a single gene, more than half a dozen genes are directly related to this protein. Defects in leptin receptor does not let the leptin information and cause the problems. Hypothyroidism, hypoinsulinaemia keeps certain kinds of relationship with leptin.

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Top 10 Greats of Nepal in this century

On TND (The Nepal Digest), 10 years ago ...

("On The Nepal Digest (TND), 10 years ago ..." is going to another regular feature of rejuvenated TND. Pramod Pandey will compile this section. - Ed)

Date: Fri, 17 Jun 1994

Subas Bastola <s9100209@chudich.cse.rmit.edu.au>

Subject: KURAKANI

Top 10 Greats of Nepal in this century

I am compiling a list of top 10 great Nepalese of this 20th century. Very soon I will be publishing the list in a popular weekly newspaper in Nepal. Starting from the 10th great personality, it will be published every week, accompanied by his/her biography and the justification on why he/she deserves that position. To define what is meant by 'great' is futile and meaningless term.

Morality and virtues are relative terms and they change with the passage of time. Therefore the criterion I am using for that purpose is the impact they had on the Nepalese society (no matter good or bad). These are the people who shaped the face of Modern Nepal. Interestingly, I found that the list of 'greats' was exhaustive. I had a great difficulty in sorting out the top 10 ones. Before I publish the list, I want to know what my fellow netters think about my choice.

Please comment on my choice and their ordering (1 to 10). Also if you think that Dear Old XXX should have been included and that dirty YYY should have been excluded from the list, please let me know. Your comments mean a lot to be.

Rank Name

- 1 King Mahendra
- 2 Gaje Ghale (symbolically representing the Gurkhas)
- 3 Chandra Shamsher
- 4 BP Koirala
- 5 Laxmi Prasad Devkota
- 6 Subarna Shamsher
- 7 Tenzing Sherpa
- 8 Madan Bhandari
- 9 Narayan Gopal
- 10 Surya Bahadur Thapa

My justification:

1) King Mahendra led Nepal successfully through the turbulent period of the 50's - the starting of the cold war. He was a true nationalist and in order to maintain the sovereignty of Nepal, he used his diplomatic skills - playing 'wild' card between India and China. Whatever be his contribution in fostering democracy in Nepal, there can be no doubt that he was instrumental in stopping Nepal from being another Sikkim.

2) If we Nepalese look back in the last century and reflect upon what we achieved during the last century - something to be proud of in the international stage, undoubtedly it is our bravery and courage shown during WW I and WW II. The story of Gurkas in Gallipoli and in the jungle of Burma have taken almost the mythical parallelism. Anywhere in the world, we have no option but to introduce ourselves as Gurkas. No doubt, the kudos goes to the thousands of the Gurkha soldiers who fought fearlessly in the face of the formidable enemy. Gaje Ghale represents those soldiers. He himself was an awardee of Victoria Cross (VC) - the highest international military honour.

3) Chandra Shamsher initiated the process of industrialization (which was halted after his death). Until today the only railways we have in Nepal is what he built in Janakpur. Transport, education (Trichandra College...) sector were, for the first time, were begun to be realized as a government responsibility. Above all his URDI to make DAS PRATHA (slavery) illegal was monumental. In fact he successfully freed thousands of Kamara-Kamari and that was nearly a hundred years ago.

4) BP Koirala is unique in that he was the first person from the rank of the Raiti-Dunia and to lead Nepal. Until him, the only leaders we knew were the Royals. He brought the politics to the mass level and was first to introduce the concept of democracy in Nepal. Nepali Congress, a brain child of him, is presently running the country and is a force to be reckoned with in the future.

5) Laxmi Prasad Devkota represents the start of the Modern period of the Nepalese literature. He was a gifted poet, immensely popular, and his Muna-Madan holds the record of highest sell in Nepal.

6) Subarna Shamsher is the man behind the scene in for a long period of Nepalese politics. Not only was he extremely rich but he had the heart to spend his wealth for the cause of democracy in Nepal. Success of the 1950's Anti-rana movement would have been impossible without his generous support.

7) Tenzing Sherpa epitomizes the start of Tourism in Nepal. His courage and the success of climbing the Mt. Everest drew the world attention. From then on we realized how can capitalize on our mountain and natural resouces. Until few years ago, tourism was the major export of Nepal.

8) Madan Bhandari moulded the disorganized and disarrayed communist movement in post Jan-Andolan(Peoples Movement) years. Once the believers of Maoist guerilla warfare,UML is now playing a responsible role of opposition party in the parliament. He propounded the Bahudaliya Janabad(Multiparty Red Movement)and in doing so effectively moderated the powerful extreamist in the party.Looks like that we have nothing to fear from the Nepalese Communists and they will be always be there to safeguard the democracy.

9) Narayan Gopal was the most popular singer ever to live in Nepal. Thousands of Thousands of Nepalese grew up with his music and they developed a sort of personality cult Nepal had ever seen in the mass level. He was a genius and his talent lied in attracting people of all ages. No doubt he started a popular culture in Nepal and changed the face of Nepalese music forever.

10) Surya Bahadur Thapa - this cunning politician is the longest serving Prime Minister in modern day Nepal.Once failed in a exam for the post of Khardar,this guy was the PM during the National Referendum of 1980-1981..During the difficult time he was the only person with guts that the Palace could rely upon.He is the person who shaped the Panchayat Period of Nepal-to a more or less extent.He has accumulated alot of wealth and presently leading a party formed by his panchayat coteries.

Unfortunately we could not find a great artist,industrialist or scientist in the last century. Also I could not find any woman to include in the list neither I could find anybody from Dalit class or from Terai origin.



Tourism: Sean Leaves for the Summit

By Heather O'Neal

Everest Adventure Journal Continued. . .

Everest Adventure Journal Part 2: (2 of 6) SEAN LEAVES FOR THE SUMMIT

May 11, 2002

Most other mountains in the world can be climbed in 2 or 3 days. Some might take a week, but Everest is unusual in that it requires up to 60 and 70 days. Weeks and weeks, amounting to almost two months, are totally devoted to acclimatization. 29,028 feet takes time. I asked the Sherpas how it was determined which team went to the summit first. Gombu said a big group had to lead the way. With several Sherpas fixing the ropes, only the large teams have the resources to establish a route.

Sean seemed a little nervous the night before but hid it well. The time had come. This was what he wanted to do. This was what he would do. Sean was in and out of the dinning tent looking for batteries, for his over mitts, for the essentials. The next morning he would leave for the summit at 5:30 AM. At 5 AM it was just getting light outside. My video camera was ready for the big sendoff. Sean was up having breakfast pancakes in the Kitchen hut with the Sherpas. Robin suggested we follow him to the icefall, a great idea. Soon Sean and Kami, his second climbing guide, were trekking over the rocky terrain toward the ice and snow at the base of Everest. They looked good wearing their harnesses, climbing boots and climbing gear. They looked strong. I followed with the video camera rolling. On the way out of town (base camp) Kami and Sean stopped at the altar area where the Buddhist ceremony for our team had been. This was the religious center of our camp. First Kami lit a handful of juniper and placed it in the smoldering fire, a gesture that would please the gods. In their own religious beliefs, Kami and Sean paused quietly contemplating. Sean stood longer with his head down, eyes closed, mind focused. When ready, he followed Kami toward the icefall. Gombu would leave the next day and meet the m at camp 2.

Robin, Seth and I set out over the glacier, following Kami and Sean. The entire area was speckled with red, green, blue, yellow, and orange tents. Other climbers had passed on this route before us that morning, but in general things were quiet. We walked up and down, around tents and around and over tons of rubble and ice and around and across a few icy ponds and streams. About half an hour passed before the rocks ended and total ice and snow began. Here Sean and Kami would begin their climb. Robin, Seth and I would have to turn around. If we continued and were caught climbing in the icefall without a permit, the fine

was \$10,000 each. There WERE government officers in the area. We gave Kami and Sean big hugs and wished them lots of luck, sending them on their way up and up, over the ice walls ahead. At the top of the first huge frozen mound Sean stopped to wave, then turned and they were out of sight.

A minute later, Martine came sloshing through the ice. She was alone and said her Sherpa would surely catch up to her. "I hate this icefall," she said. "It's so dangerous." She threw her crampons onto the snow. "I better put these on now," she said. We gave her a big hug and sent her on her way. When she was out of sight, we headed back to our tents. At base camp I pulled a chair out of the dinning tent and planted it solidly in the rocky ice path facing the icefall. Here I sat for the next three hours with Seth's fancy binoculars in hand. I watched Sean and several other climbers climb their way up and over and around and up and up through the icefall. Sean was easy to spot. His climbing boots, Italian One Steps, were neon yellow to his knees. I watched him and Kami the entire way, sitting with my elbows stabilized on the metal armrests of the fold-up chair, focusing my eyes through the binoculars. I watched and watched. Sean and Kami passed several climbers. They were supermen, moving quickly among large house-size ice cubes.

The icefall is made of layers upon layers of snow turned ice, collected from the top of Everest and surrounding peaks. This blanket dumps into the Khumbu glacier which then falls down a cliff. The thick frozen sheets crack and break into thousands of giant chunks -- like magnified slush. Besides getting oneself to base camp, this is the first obstacle on the trail to the summit of Mt. Everest and the most dangerous. Statistically, more people have died here than anywhere else on the mountain. The glacier is moving slowly, about four feet a day. During the climbing season the Nepalese government hires a crew of "Icefall Doctors," four Sherpa men who maintain the route. Much of their job is to monitor the ladders which are set as bridges across the deepest, widest crevasses. Primitively roped together end to end, the longest crossing this year was three ladders(!) long.

I tried to hold the binoculars steady. I could see a ladder over a crevasse. I watched several climbers cross it. They positioned themselves, then stepped with determination smoothly to the other side. One man clutched the sides of the ladder with his hands and another actually crawled across on his hands and knees. I'm sure they didn't think anyone was watching. I was a little more than a mile away. The Sherpas say that falling into a crevasse is a free ticket to America. They don't need a plane ticket nor a tourist visa. Hundreds of feet deep, these sections of ice and snow are as tall as skyscrapers, cracked and split all the way down to the ancient sea floor. The icefall is about 4 football fields across where it meets base camp and at the top maybe 3 wide. My guess is it's 4-5 football fields tall. Sean's climb that day from base camp to camp 2 was about 12 vertical football fields up and up.

Sean was strong and steady and FAST. I lost him and Kami at times as they passed behind blocks of ice. But soon the distinctive yellow neon boots reappeared, and I knew it was them. They moved as black shadows against the white and blue snow, together making their way up and up the frozen sculpture. I watched all the climbers. Some rested, then continued, then rested again.

Two and a half hours later Kami and Sean were at the top. The average speed through the icefall is about five hours. They were up and over and out of sight. About ten minutes later, my heart sank. A giant avalanche sounded from the upper right corner of the icefall -- exactly where Sean and Kami had vanished from view. A puff of snow then clouded in the area. I couldn't see where the climbers were. It was thunderously loud and too close for comfort. Most avalanches were in other areas, never at the top of the icefall. Helpless, we could only wait, hoping someone would call on the radio soon.

The sun was out and now lit up the icefall. The climbers aim to be at the top before the sun has a chance to melt things. Sean and Kami were fast. Maybe fifteen climbers were still behind them. 20 to 30 in total had gone up that morning. It was now 8:30 AM, almost 9. About an hour or two later the radio started to sputter with static. Seth discovered he could hear best when he stood on the big rock near Gombu's tent, holding the radio high in the air. The rock was about 4 feet off the ground, and Seth is almost 7 feet tall.

It was good to hear Sean's voice. He said the avalanche had occurred further up the valley, a safe distance from the climbing route. Measurements among Himalayan Mountains are deceiving and hard to judge. Such grandiose dimensions, create a new perspective on being human. Sean and Kami had made it safely to camp 2. "I'm feeling pretty good," Sean said over the radio.

Sincerely,
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Poem: Wonderful Eyes

(Ten years old Suyog Shrestha is studying in 6th grade in V.S. Niketan School in Kathmandu and he loves to write poems in English. -Editor)

By Suyog Shrestha

One of the wonderful thing in nature is eye
It says us never to lie

Eyes are the messenger
Eyes are the teller
It is better than the golden light
which makes us visible in the darkness of night

Eyes are the homes of silent player
It is wonderful gift given by the nature
The eyes are the visible expression
They are the source of sensation

Eyes are precious and brighter
Comparing with hand, it is much lighter
The eyes are the better letter for the recommendation
They are the wonderful things in nature

One of the wonderful thing in nature is eye
It says us never to lie
All love, anger, pride and shy are hidden in it
Eyes can never die.

Humor: Political Correctness

(Submitted by TND reader)

In this age of political correctness and lawsuits galore, may we suggest you acquaint yourself with the following terms:

Lazy: Motivationally deficient.
Fat: Horizontally challenged.
Fail: Achieve a deficiency.
Dishonest: Ethically disoriented.
Bald: Follicularly challenged.
Clumsy: Uniquely uncoordinated.
Body Odor: Nondiscretionary fragrance.
Alive: Temporarily metabolically abled.
Worst: Least best.
Wrong: Differently logical.
Ugly: Cosmetically different.
Unemployed: Involuntarily leisured.
Short: Vertically challenged.
Vagrant: Nonspecifically destinationed individual.
Spendthrift: Negative saver.
Drunk: Chemically inconvenienced.
Ignorant: Knowledge-based non-possessor.
Dead: Living impaired
