

THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE



Photo via campaign account, @waltzforny on Instagram



The New York States Updates to come soon...

Left: Web Editor Layan Radi poses at Lego Store New York during the Spring 2024 College Media Association conference, attended by select Hudsonian editors over Spring break



Photo by: Cal Martin

HUDSON VALLEY ALUMNI AIMS FOR CONGRESS

FORMER HUDSONIAN EDITOR-IN-CHIEF SEEKS TO OUST TONKO WITH REPUBLICAN NOMINATION

EVENTS

TUESDAY || MARCH 19

10AM-3PM: Discounted Regal Movie Ticket Sales (CTR 210)

10AM-2PM: Sander's Fire and Safety: Employer Recruitment Table (CTR Lobby)

12PM-1PM: Yoga (CTR 260)

4PM-5:30PM: Discounted Regal Movie Ticket Sales (CTR 210)

WEDNESDAY || MARCH 20

10AM-2PM: NYS Department of Motor Vehicles: Employer Recruitment Table (WIL 141)

10:30AM-1:30PM: Spring 2024 Transfer Fair (CTR Lobby)

12PM: Trivia (CTR Lobby)

2PM-3PM: Foreign Language & Culture Club Meeting (BRN 112)

THURSDAY || MARCH 21

10AM-2PM: NYS Dept of Taxation and Finance: Employer Recruitment Table (CTR Lobby)

FRIDAY || MARCH 22

10AM-6PM: Capital Region Flower & Garden Expo (MCD Field House)

Submit your event!

Hudsonian@hvcc.edu
Promotional graphics also available on request!

COOPER PATSCHURECK News Editor

Kevin Waltz, a 2022 graduate of Hudson Valley, recently announced his campaign for New York's 20th congressional district.

Waltz's push for the Republican nomination was secured when Liz Joy, the Republican candidate for the 20th district in 2022, decided to not run again. Waltz currently has the endorsement of the Albany, Rensselaer, Schenectady, and Colonie Republican Committees.

Waltz is a former Criminal Justice student who served as Editor-In-Chief of The Hudsonian. As Editor-In-Chief, he broke the news regarding cameras in the classroom and criticized the white supremacist group Patriot Front.

After graduating Hudson Valley, Waltz pursued criminal justice at the University of Albany. He graduated in 2023 with his Bachelor of Arts. While at the University of Albany, he was Vice President of both the Albany College Republicans and the University's Turning Point USA chapter, a right-wing nonprofit.

The Turning Point USA chapter re-

ceived backlash following their invitation of Ian Haworth to the University. Haworth, a conservative spokesperson and journalist, is known for his speeches on college campuses.

His appearance at the University of Albany was met with large protests. Students, some of whom associated with the Young Democratic Socialists of America and College Democrats, protested the event so heavily it was shut down by campus police.

The source of the protest was a tweet by Haworth: "Does trans visibility mean we can see the penis or not?" on International Transgender Day Of Visibility.

Afterwards, Haworth tweeted the following regarding the accusations of transphobia: "And by 'openly transphobic' they mean someone who believes in biology and opposes genital mutilation being carried out on children..." Waltz accused the protesters of breaking school policy in their protest and hoped the college would hold them accountable.

Waltz, now a Albany Law School student, continues his work for the conservative cause under Republican Assemblyman Keith Brown.

New York's 20th congressional district is currently represented by Paul Tonko. Tonko has been the district's representative since 2013. The congressional district includes most of the capital region, encompassing Albany, Saratoga, and Schenectady counties, and portions of Rensselaer county.

Tonko is a member of the Democratic Party and the district is seen as heavily Democratic. The borders of the district are due to change as the redistricting process is finalized. Governor Kathy Hochul has signed into law a new congressional map, but it has yet to go into effect.

Commentary: Waltz's campaign is a longshot. At 25 years old, he is the youngest opponent Tonko has faced to date and represents a whole new generation of Americans. In such a Democratic district it seems Waltz has no hope of winning. While his chances might be slim, there's no way to be certain. This Nov. 5, anything can be possible.

Waltz did not respond to The Hudsonian's request for comment.

HOW TO ENACT CHANGE AT HUDSON VALLEY



Graphic via: Freepik

CAMPUS GOVERNMENT EXPLAINED & HOW YOU CAN GET INVOLVED

SEAN SAMPLER Business Manager

For many, it can feel as if the system is designed to work against them, making things overly complicated to quiet their voice.

However, we're at least fortunate to live in a country with systems in place to be heard by our representatives. It's just a matter of learning to navigate the system.

As Vice President of the Student Senate, I've become well-versed in the government on our campus, and I encourage all of you to see it firsthand.

The meetings of all our governing bodies are open to the public, so you're welcome to stop by anytime!

The Student Senate meetings every Monday classes are held at 3 p.m. in CTR 202. If you want to better understand campus life or connect with student leaders, this is the place to start.

The Academic Senate, per their website, represents the faculty, administration, staff, and students. It "receives proposals, suggestions, and concerns from the campus community", deliberates them, and forwards their rec-

ommendations to the President of the College or Board of Trustees.

They meet every month on a Monday at 2:15 p.m. in the BTC Meeting Rooms. Their next meetings are on March 25th and April 22nd.

The Faculty Student Association (FSA) is a not-for-profit corporation established to handle the college's "auxiliary services" including Student Activities, athletics, and food services.

They meet every month on a Monday at 3 p.m. in GUN 148 (the Board Room). Their next meetings are on April 8th and May 13th.

The Board of Trustees governs the entire college, and is composed of 10 members. To represent the interests of the state and local community, four are appointed by the Governor, five are appointed by Rensselaer County, and the student body elects one student to be their representative.

They meet every month on a Tuesday at 4:30 p.m. in the Board Room. Their next meetings are on March 26th and April 23rd.

You can access the bylaws, meeting info, and who to contact for all of these groups at any time by internet search.

When I first joined Student Senate, I didn't know what to expect. However, during my time here, the way I perceive the world has changed.

I've learned firsthand how much power and influence each of us holds, and how to use it. The network I've built with students, faculty, and administration is invaluable, and I will apply the lessons I've learned here for the rest of my life.

If you are interested in running in Student Senate elections, email me at s-sampler@hvcc.edu. I'm always happy to help!

Student Senate Elections Calendar:

- Feb. 26, 3 p.m. - Petitions are available at the Student Activities Office
- March 25, 4 p.m. - Petitions are due
- April 5, 3 p.m. - Petitions approved
- April 8, 9 a.m. - Campaigning begins
- April 15 or 22, 2 p.m. - Meet the Candidates event
- April 24, 10 a.m. - Polling begins
- April 25, 4 p.m. - Polling closes

Interest Statement: In addition to Student Senate, Sean Sampler serves on Academic Senate and the FSA.

LONG STORY SHORT...

ADAM CONKLIN, CAL MARTIN
Staff Contributor, Editor-in-Chief

ALZHEIMER'S DETECTABLE THROUGH NEW BLOOD TEST

Doctors are now able to test for Alzheimer's through a commercial blood test with 95 percent accuracy.

The blood test detects 'P-tau217', a hallmark protein of Alzheimer's disease. For decades, these abnormal proteins have been observed in lumbar punctures and brain scans of Alzheimer's patients, even before symptoms begin to present.

This new research and test out of the University of Gothenburg shows blood with traces of P-tau217 correlates with 'clumps' of the protein in the brain, the suspected cause of symptoms.

The new detection method may aid preventative research and disease outcomes.

Swedish doctors are incorporating P-tau217 testing in the Alzheimer's diagnostic process. The test is yet to be launched in the United States.

Alzheimer's affects more than 6 million people in America. According to Alzheimer's Research UK, Alzheimer's affects about 1-in-9 people over 65 years old.

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THE HUDSONIAN

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OPINION

Opinions Editor Matthias Mojallali
m-mojallali@hvcc.edu

SUNY ADVOCACY DAY: NOBLE INTENTIONS, POOR EXECUTION

STUDENTS FIGHT FOR DISABILITY PROGRAM FUNDING AT THE STATE CAPITOL

SEAN SAMPLER
Business Manager

At the NYS Capitol, every Tuesday is advocacy day. Legislatures are constantly bombarded by people who want to see change. On Monday, Feb. 26, it was our turn.

I had the pleasure of attending SUNY Empowerment Day, where college students from all over the state gathered at the Capitol to advocate for the funding of resources and programs to help students with disabilities, looking to see an increase to \$15M.

The highlight of the day only occurred because the schedule was delayed, waiting on students from CUNY and presenters. During the wait, the Student President of Binghamton University, Elisheva Ezor, led a Q&A with the audience. Students from the crowd got up to the podium and shared their experiences and unique struggles with their disability.

One shared how she felt when people made assumptions about her ability, and another shared how it took her 20 years to get diagnosed because every doctor dismissed her. Listening to their lived experiences was moving, forcing a deep empathy from each audience member.

It united the students there in a way no planned speech could have, and I believe captured the purpose of the day better than anything on the schedule.

When the CUNY students arrived, Dr. Chris Rosa took over as host. He's the President & CEO of The Viscardi Center, based on Long Island. According to their website, the Viscardi Center is "a network of nonprofits that educate, employ, and empower children and adults with disabilities."

Rosa created Empowerment Day just 7 years ago to bring attention to

these students who are too often overlooked. It's been growing ever since. He was a force of nature, rallying the crowd after they had been waiting for over an hour with his mere presence.

Many legislators spoke at the event. Rosa, who was in a motorized wheelchair, would briefly thank each speaker and introduce the next one, but many forgot to move the microphone back down to an accessible height for Rosa.

While this was primarily an oversight in the event's organization and was no one person's fault, it was a fitting metaphor for the resources NY State is providing students with diverse abilities and special needs.

It practically became a 'bit'; a member of the crowd would walk up to the podium to move the mic each time. Dr. Rosa was gracious and made light of it, but the irony that this occurred during an event to support students with disabilities was not missed.

Student and community leaders also spoke at the event. SUNY SA President & Student Trustee, Alexander Ruiz, spoke passionately and eloquently in typical fashion. He, and many others, made the point that \$15 million divided between over 94,000 disabled students in NY State colleges is about \$150 per student, a paltry sum compared to the support most colleges are desperately lacking.

Other speakers included Deputy Commissioner Ceylane Meyers-Ruff, CUNY Student Trustee Salimatou Doumbouya, SUNY Disability Ambassador Kaitlin Anzalone, Chairperson of the CUNY Coalition for Students with Disabilities (CCSD), Leonard Blades, and Mackenzie Gleason, an advocate for students with disabilities at Syracuse University.

They informed us that students with disabilities received a measly \$4 mil-

lion of funding last year, and argued that they should not have to fight this hard to get what everyone has a right to—equal education.

It was clear the event was not given the planning it was due. The printed program was completely inaccurate, didn't include the names of the speakers, and had no QR code for blind and dyslexic students to scan and read digitally with the accessible software they have on their phones.

The water fountains didn't work,

with no additional speaker. With how few students could hear it, it would've been better if it weren't shown at all.

There was also the disappointing and last-minute change of plan to cancel the rally and gathering on the Million Dollar Staircase. I later heard that people got hurt on the staircase in previous years, and the organizers didn't want too many people crowded in that area, but this begs the question of why it was on the schedule in the first place.



ABOVE: HVCC STUDENTS POSE DURING EMPOWERMENT DAY.
PHOTO BY: LUNA NORTHRUP, LAYOUT EDITOR

and there wasn't nearly enough bottled water. When it was time for lunch, hundreds of students crowded around two tables with pizza.

A video of Dr. Christine Cea, a member of the NYS Education Department's Board of Regents, was shown to the entire crowd on a 50" television

All of this aside though, it was beautiful to see nearly 500 students together all advocating for the same cause.

If we can continue to increase promotion and get the event to run smoothly next year, I have high hopes.

NIGEL ADDO
Sports Editor

Alright this review is for my anime fans out there.

Just want to put this out there, not EVERYONE who watches anime is one of those people who yell at the top of their lungs pretending to go super saiyan, or running through the halls trying to be like Naruto with their arms behind their back, no.

There are some normal, regular

fans out there (like me) who enjoy anime not only for the action and fighting, but for the plot, animation and character development.

Seeing the characters change from how they were in the beginning of the story into something dramatically different in the end is what some people would call peak fiction. If you want a good starter anime that has all of these, I recommend Attack on Titan.

I won't spoil it, but mainly it's about how there's a war going on between these two races, and there are man-eating titans out there that actually eat people.

It's also pretty graphic, but definitely peak fiction for sure. But that's not the review I have for today.

This show is very recent and fresh. It's often rare for a new anime to reach the level of suspense and intrigue achieved by this show within its first few episodes. The title of this show is Ninja Kamui.

It's about an ex-ninja who ran away from the ninja life to start a family. He's not the only one who left, though. The ninja clan is hunting all the former ninjas and are slaughtering them all.

And I mean in the most brutal way possible. I mean the first episode was literally this guy running from the gang of ninjas and there were too many to count. He was fending them off for a bit, no lie, until like this top ranked ninja came in and cut off his head.

My first reaction watching this was like "DAMN!" I imagined this is what Naruto should be. No hate for Naruto though. It's definitely in my top 3 anime. Naruto slander will never be tolerated. Boruto on the other hand... but never mind that.

Joe Higan, the main character, has left the ninja life, which is basically forbidden. He has a wife and son, and they live in a deep area, basically around a farm.

Joe knows that re-

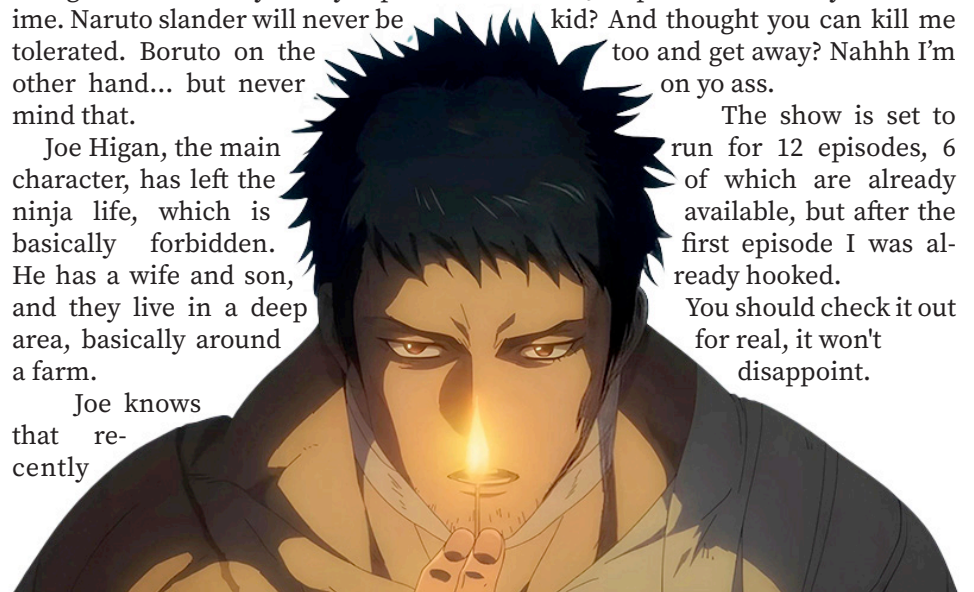
cently they're killing off the former ninjas that left the clan, and he's on his guard trying to protect his family.

Then one dreadful night... Well you can pretty much guess. They find bro's hiding spot and kill his family in front of him. Like WOW. They ended up killing him too. Or so they thought. Now he's on demon time for revenge. I mean I don't blame him.

If someone tried to break into my home? Jump me and kill my wife and kid? And thought you can kill me too and get away? Nahhh I'm on yo ass.

The show is set to run for 12 episodes, 6 of which are already available, but after the first episode I was already hooked.

You should check it out for real, it won't disappoint.



THE HUDSONIAN

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Letters can be delivered to CTR 291 or emailed to hudsonian@hvcc.edu. Letters will be edited for grammar, style, libel and length.

To join **THE HUDSONIAN**, attend our weekly meetings on Mondays at 2 p.m. in ADM 105 and Thursdays drop by CTR 291 (Hudsonian Newsroom) 11 a.m. - 2 p.m.



GAME REVIEW

ADAM CONKLIN

Staff Contributor

Picture this: You're a famous survival influencer about to go on a trip with your son. You board the plane, flight's going smoothly, and BAM! A crash landing onto a remote island.

You wake up only to find that you're the only survivor, but someone has

taken your son. Now, it's your mission to survive, and find your beloved Timmy.

If survival and world creation is your thing, this is exactly what you are looking for. Since you are stranded on this island, you need to find tools and weapons, build a shelter, and explore all around the map for clues on your son's disappearance.

Are story games more your jam? Lucky for you, this game's filled to the brim with story content and rich with lore.

Without getting into spoilers, this island is filled with murder obsessed mutants, which you spend much of the story painstakingly fending off.

Don't like single player games? That's fine too! Even though this game can be fully completed alone, you can also play with up to 8 other people!

THE EYES OF STANLEY PAIN

DOWNLOAD'S ALBUM DOES INDUSTRIAL HORROR RIGHT

An album that can only be described as "audial horror", Download's *The Eyes of Stanley Pain* is not the type that you'd shuffle on your morning commute.

For this experience, you need a full 71 minutes undisturbed, your finest Walmart LED strips, and the willingness to go someplace entirely "other".

Download formed from Dwayne Goettel and Kevin Crompton of electro-industrial pioneer Skinny Puppy. While their later albums take on a similarly haunting but more accessible and familiar IDM/electronic sound (think Aphex Twin or Boards of Canada), *The Eyes of Stanley Pain* proudly calls back to its industrial roots.

Industrial takes tools of rock and electronic music and bends them to their breaking point, playing with noise and throwing out the rules of what "sounds nice" to make something mesmerizing.

TV static, squealing feedback, metal grating against metal, anything can be used, and this album uses it all.

Perfectly polished to a rusted, abrasive finish, *The Eyes of Stanley Pain* takes its grease-streaked hand in yours and holds a shattered mirror to humanity, divinity, and, judging from the number of sampled screams, plenty of pain too.

If you're not into all that flowery artsy crap, start with "Outafter", originally produced as a Skinny Puppy track for cult classic gothic superhero film *The Crow*.

Upbeat, bouncy, downright danceable while pushing an eerie synth melody behind it, it's perfect for your morning commute if you're a painted

vigilante leaping between rain-soaked skyscrapers (Libby's PSA: please watch *The Crow*, it is so good.)

If you ARE into that flowery artsy crap, the opening track "Suni C" remains my favorite. Samples of broken speech are interrupted by a frenetic texture of electronic beats, buzzing,



"You are left floating amidst cool, breathy harmonies, finally at peace. It almost sounds like a depiction of religious ecstasy..."

pounding, metallic crunching, snippets of discordant melody, and FNAF 2 ambiance, all hurtling towards some imagined doom.

Distorted, gravelly vocals rise up beside you—"You hear distant voices speaking only to you...Special words for safe ears..." It is malicious, frightening.

Imagine the building aspect of *Minecraft*, but with realistic graphics and a bit more horror/action.

But seriously, this game does hold true to what it claims to be. The gameplay is driven by a very long and enjoyable story, and its multiple endings will keep you coming back for repeated playthroughs.

Following the game's success, they released a sequel called *Sons of The Forest*. I have yet to play much of this, but from what I have gathered, it is as good IF NOT BETTER, than *The Forest*.

But seriously, this was a fantastic game. I do not really play a lot of "horror" games, but this had me hooked. If you are looking for a game to have you on the edge of your seat for the whole playthrough, pick this up now.

Just as you can't take any more and start to put on some Death Grips to calm down: "Wait...Wait..." The beat falls away and the voice turns almost soothing, "You are the word...You are pure... You are everything or anything that you want to be...You are everything!..."

Then it fades away too, and you are left floating amidst cool, breathy harmonies, finally at peace. It almost sounds like a depiction of religious ecstasy, and it gives me chills every time.

If you want true industrial slop (in the best way!), try "Fire This Ground"—part of Skinny Puppy's collab album with Throbbing Gristle, *Puppy Gristle*. Throbbing Gristle actually coined the term "industrial music", describing it as "anti-music". While "Fire This Ground" may indeed be the antithesis of any chart-topper you've ever heard: lurching rhythm and squealing chop-shop tones will put you in a trance either way.

Genesis P-Orridge of Throbbing Gristle also contributes vocals to "H Sein Influence" and "Separate", lending their icy voice to these sample-ridden tracks that I can only describe as "horror movie in a blender".

From the dripping, ghostly synth over the sound of literal spattering water in "Base Metal", to the bone-chilling vocals in the titular track, dragging the words "...You were struck by Stanley Pain..." over a wind-battered barren soundscape, each piece adds its own layer to the experience.

If you are into the experimental, the avant-garde, or the just-plain-weird, *The Eyes of Stanley Pain* is a work of audial art that you won't forget.

MOVIE REVIEW...

THANKSGIVING

MATTHIAS MOJALLALI

Opinions Editor

With the horror genre seeing a surge of popularity in recent times, it seems many directors are trying to bring back the nostalgic days of slashers again.

While some of these have seen much-deserved success, others have missed the mark by a mile. In my opinion, Eli Roth's *Thanksgiving* falls into the second category.

This film follows a group of teens living in Plymouth, Massachusetts, as the town recovers from a grisly riot on

Black Friday. This riot resulted in the deaths and injuries of multiple people in a department store, customers and workers alike.

Soon enough, a mysterious social media user known as "John Carver" begins killing those involved with the deaths and the exploitation of the victims of the Black Friday riot. What I certainly did like about this film is the design of the killer.

He reminds me of a mix of Michael Myers from the Halloween franchise and Babyface from *Happy Death Day*. The lead actor, Patrick Dempsey, was

the best actor in this film, while the others did a pretty good job.

The kills are also quite creative and realistic, but that's about all the praise I can offer. The rest of the film is quite forgettable, and sometimes it feels like the death scenes and terror drags on too long.

Plus, the characters killed off suffer the same problems as most slasher victims. They're annoying and act like cartoon characters. Because of this, the movie has the same prob-

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GO TO ... **THANKSGIVING**

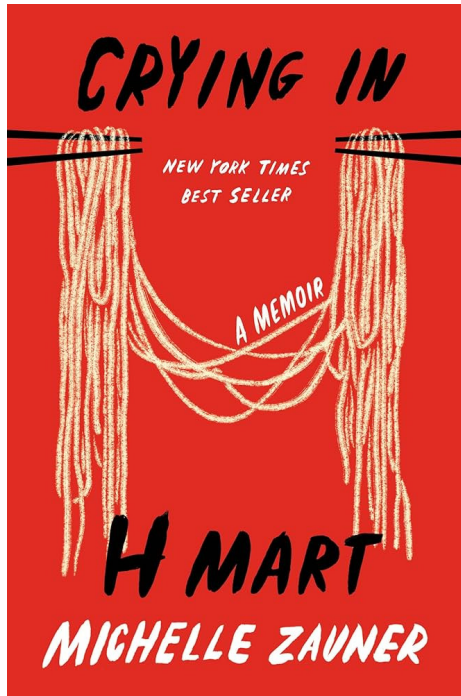


3.19.24

THE HUDSONIAN

Book Review:

KIMCHI JJIGAE, A STORY THROUGH TASTE



PHOTOS VIA MICHELLEZAUNER.COM

LAYAN RADI
Web Editor

“Crying in H Mart” is a memoir of indie pop group Japanese Breakfast’s lead singer, Michelle Chongmi Zauner.

It’s an exploration of grief, cultural identity, and the way certain aspects of life can be much more meaningful and tied to memories; in this case being food.

Michelle Zauner captures memories of her late mother through tastes offered at the Korean-owned chain supermarket, H Mart.

Zauner walks us through stages of her life in relation to the development of her bond with her mother, including childhood where parent and child are inseparable, the rebellion and angst of teenagehood, parental disapproval, and internal conflict.

Born in Seoul to a Korean mother and an American father, and raised in Eugene,

Oregon, H Mart depicts cultural nuance and a struggle of identity within Zauner herself as she explores her own heritage.

The book paints a smooth picture of complex topics and manages to capture the whole process beautifully. Such topics include the upbringing that led her onto an artistic path, her relationship with her



parents, her meaningful experiences with friends, and the way she grapples with her mother tongue, Korean.

The development of her bond with her now-husband Peter, and the arduous journey to becoming Japanese Breakfast makes

for a relentless but captivating narrative.

After her mother’s passing, she tries to reconnect with a part of herself that she feels is gone. That leads to her entrancement with a YouTuber called Maangchi, and a path to acquiring the recipes and skill to make -and revisit- all the varying tastes from her childhood.

It’s rare that a book can evoke as many emotions as I have felt while reading “Crying in H Mart”. Zauner’s unflinching narrative brought me to tears. Not necessarily all because of the sadness and heaviness it carried, but mostly because of how genuine, raw, and relatable everything is.

The book doesn’t just memorialize the good. While people usually tend to lean towards remembering the good things about our passed loved ones, Zauner does a great job of balancing out all the bittersweetness of life involving the many tumultuous aspects of her relationship with her mother; which makes the depth of the relationship all the more real.

CONT... THANKSGIVING

lem as the Terrifier films by upping the gratuitous gore and shock factor, while making the story boring.

But while the killer looked good and was pretty cool at times, his evil plan

was not executed in a smart way. Thus making the film feel unbelievable.

There’s one scene where the killer changes his costume in broad daylight and goes on a spree in a parade where NOBODY tries to stop him.

To make things weirder, the killer

is revealed to be someone who was on screen out of costume at the same time as the killer walking around. This is never explained.

Overall, though, I feel like this film, as bad as it is, could be a lot worse.

I feel like this film would’ve done

WAY better back in the 1970s-1980s. Especially with all the “teens” in this film looking like college seniors.

Would I recommend this film? I guess so, if you’re bored and don’t have much else to watch. But honestly, I wasn’t exactly thankful I watched this.

ARTS & LIFE

LET’S MAKE SENSE OF LIFE!

A CONTINUED SHORT STORY ON THE BUDDHIST’S EIGHTFOLD PATH

IMRAN KHAN
Staff Contributor

Ishan enjoyed the liberation he got from himself. He used all his five senses to communicate with Nature and with his community. Being a monk was incumbent; because he perished his desires, he was focused on his disciples.

As a Brahman, he was entitled to become a monk, “but what about all the lower caste,” he thought. He observed lower castes, who were more ardent and punctual worshippers than some of the Brahmans. It made him discontent and questioned his faith. What if I was the lower castes? As long he kept asking questions, his satisfaction with his religion dwindled.

One night, as his habit was, he woke up in the third part of the night looking at the farthest heaven. He found beauty, serenity, and attraction. The breeze in the hot climate of India was calming. He saw the city dead, sleepy, and oblivious. He felt pity for the sleepers who were content only with worldly life and unaware of heaven’s wonders.

Standing alone, there he conversed with the only God. He complained to Him of the irony of the caste mentality that surrounded India. Capable men and women were disgraced and ostracized because of their caste.

He cried, pleaded, and prayed, but when Ishan didn’t hear anything from the invisible God, he made his out of the temple to find answers.

As soon he left the temple, an unexpected joy filled his heart like a rapture. He felt that God had hugged him. He strode over the dusty, narrow roads towards an unknown destination. The city was waking up now. People were rushing to the marketplace in pursuit of sustenance.

He went to a hut for breakfast; he heard people talking about Buddha and his crazy theory of equality. He rushed to meet Buddha.

Ishan instantly became his disciple when he heard him saying, “Do not accept what you hear by report, do not accept tradition, do not accept a statement because it is found in our books, nor because it is in accord with your belief, nor because it is the saying of your teacher. Be lamps unto yourselves. All men and women are equally capable of achieving enlightenment.”

“God had heard me!” Ishan proclaimed.

Prowess by the worship in Hinduism, he crossed all the boundaries Buddha taught, whether these were The Four Noble Truths or The Eightfold Path — “right view, right intent, right speech, right conduct, right livelihood, right effort, right mindfulness, and right concentra-

tion.” He invited his disciples to the new therapeutic religion.

Ishan once again held his position as a monk. He thinks that if people in his community undertake The Four Noble Truths taught by his spiritual father, “Buddha,” the world will transform — Life being Dukka — suffering. Tanha — the desires of private fulfillment. If the cause of suffering is selfishness, its cure lies in overcoming such wanting. The last one is how the cure could be achieved; the cure lies in following The Eightfold Path.

POETRY

Peace Poem

LUNA NORTHRUP
Layout Editor

Peace is nice don't you agree?
Peace can bring joy.
Peace can bring happiness.
Peace can bring laughter.
Peace can bring people together.
Peace is beautiful, so thoughtful and true.
Peace can be rewarding.
Shouldn't we give peace a chance?

My Shadows and Stars

NICO LOGIUDICE
Staff Contributor

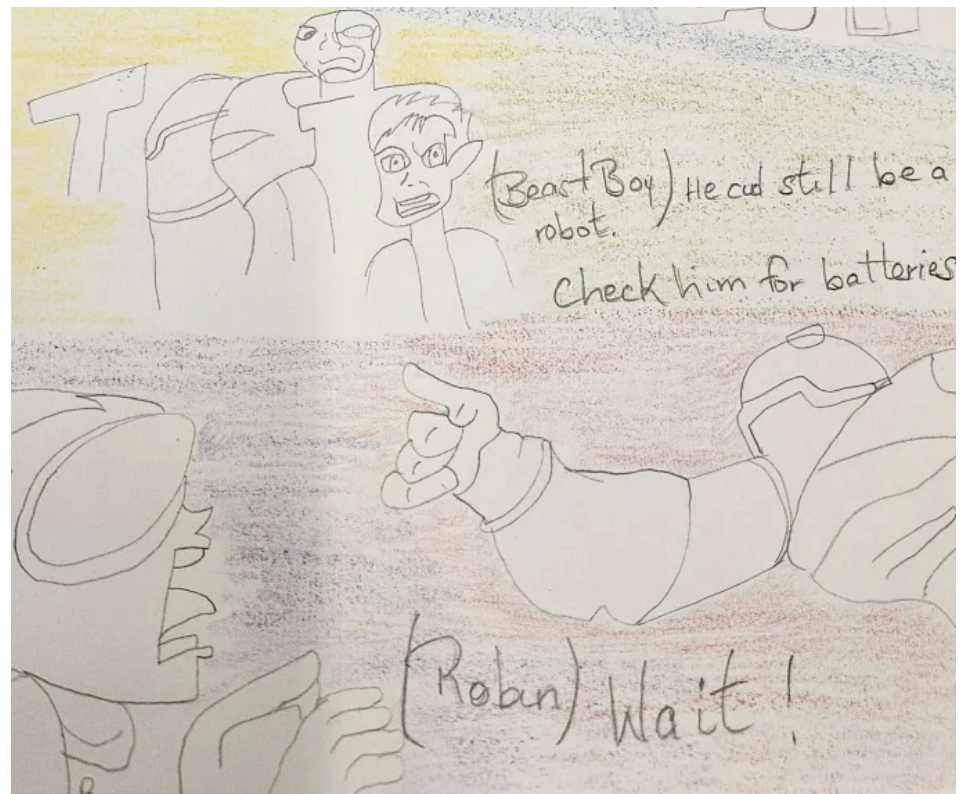
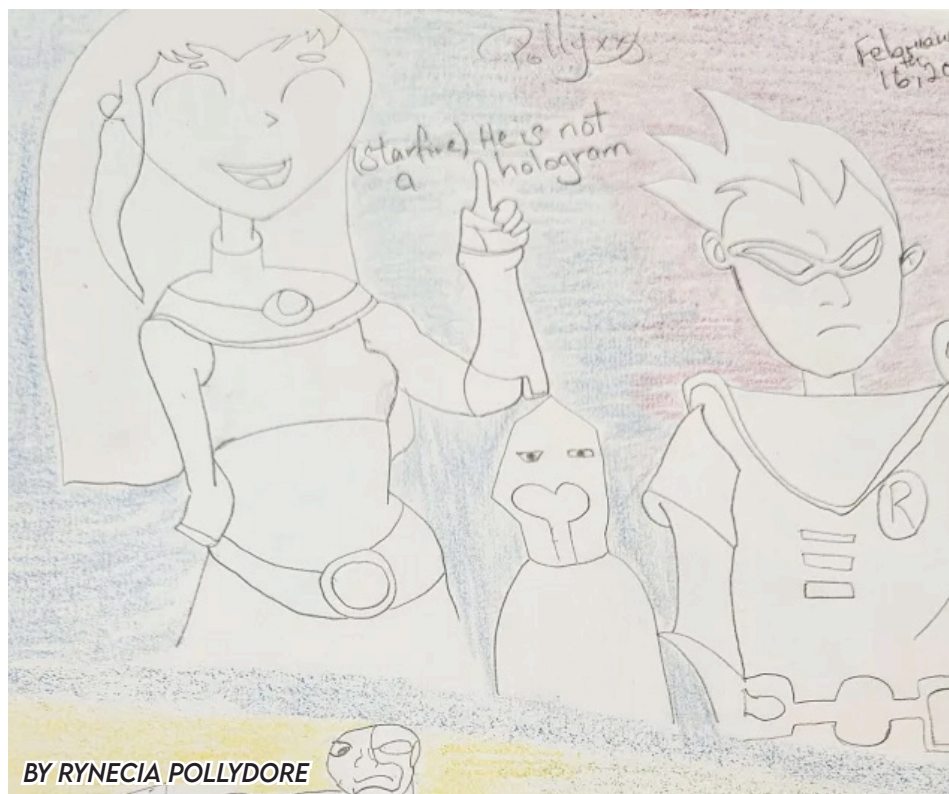
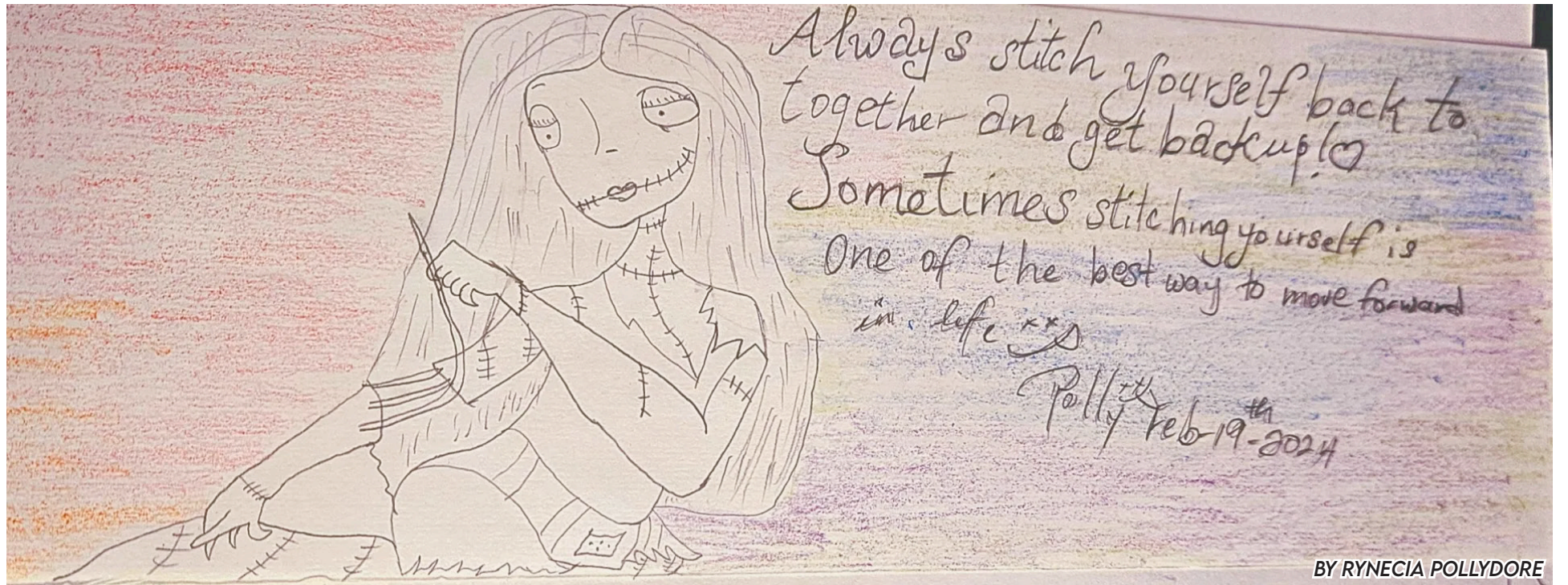
I am surrounded by shadows, they dance around me and whisper in my ear, they are warm and they tell me I am a star, I don't have the heart to tell them that I am but a firefly, they are the real stars they just can't see it, I love my shadows and I hope they love themselves like I do, my shadows and stars

As Always

NICO LOGIUDICE
Staff Contributor

Scatter my body among the stars let me float nameless in the sky so that your eyes may never know me and your mind will be whole and free

but I'll feel your gaze burning bright (as always as always) from your bench in the garden giving me whatever meaning you decide



Cabin Fever

By M.M. Stephens



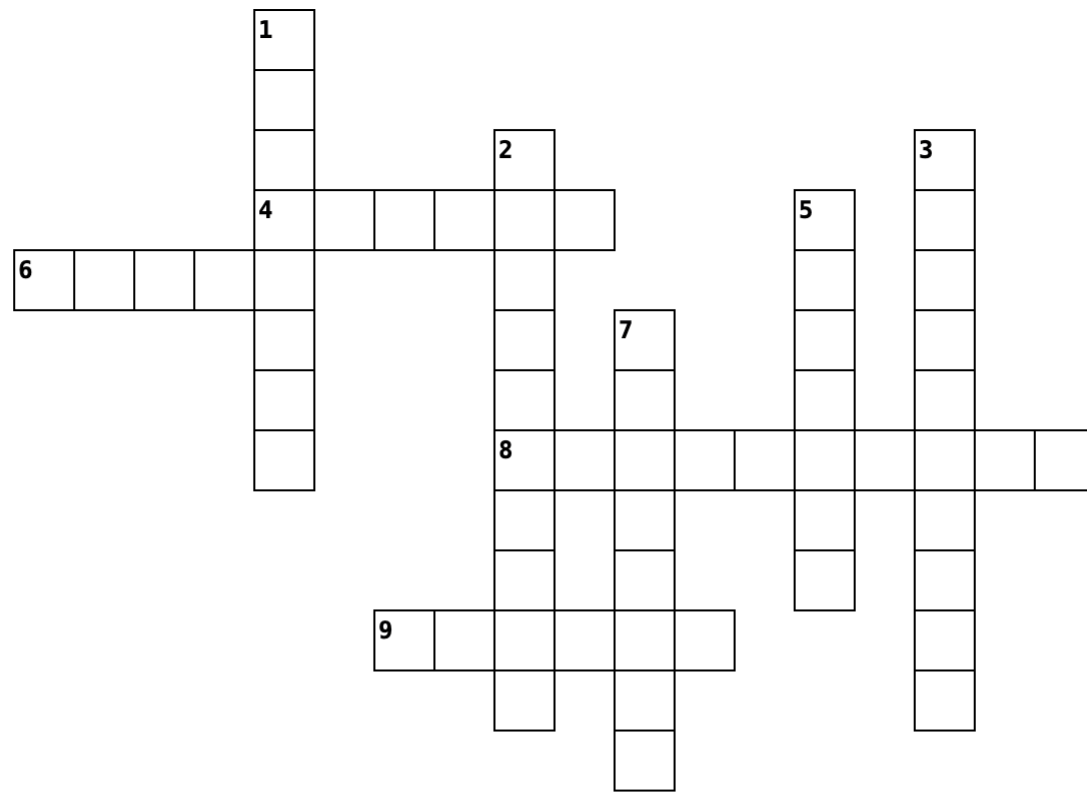
Huh? Who knocked the catnip off the count—?

Oh no...



ONWARD NOBLE STEED! WE MUST SAVE THE GREEN BEANS!

GAMES



CROSSWORD

FIND ANSWERS THROUGHOUT THIS ISSUE!

Across

- 4. genre of Crying in H Mart by Michelle Zauner
- 6. alumni Waltz's Congressional opponent
- 8. mechanical tunes which mix rock and electronic
- 9. Milo's favorite treat

Down

- 1. Thanksgiving town
- 2. what students gathered to advocate for on empowerment day
- 3. associated with unusual clumps of protein in the brain
- 5. Attack on Titan is a good _ anime
- 7. Ishan's new path to enlightenment

Spring Break

F	A	M	I	L	Y	E	E	N	F	N	S	S	P
F	O	R	S	X	A	S	T	O	A	I	K	L	Y
O	P	C	M	I	P	C	R	I	I	E	C	E	N
E	A	D	R	O	A	H	E	T	O	S	I	E	E
A	R	O	E	I	T	O	L	A	P	F	R	P	X
A	T	W	T	H	G	L	A	R	M	G	T	S	T
A	Y	N	D	A	N	A	X	T	S	C	A	N	R
O	I	T	I	N	I	R	A	S	H	A	P	O	A
T	N	I	M	G	Y	S	T	I	O	P	T	I	S
R	G	M	R	O	D	H	I	G	P	A	S	T	H
A	T	E	L	U	U	I	O	E	P	S	D	A	I
V	C	R	H	T	T	P	N	R	I	A	O	C	F
E	G	L	A	P	S	S	M	M	N	S	S	A	T
L	S	I	R	T	O	C	P	A	G	T	S	V	S

- SHOPPING
- REGISTRATION
- MIDTERMS
- DOWNTIME
- VACATION
- STUDYING
- FAMILY
- SLEEP
- HANGOUT
- STPATRICKS
- EXTRASHIFTS
- TRAVEL
- RELAXATION
- SCHOLARSHIPS
- PARTYING



Play Online!