CRESCENT

MAGAZINE



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CRESCENT MAGAZINE

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Clarity, Pragmatism, and Unity: Shaping UE's Future Through the Student Government Association

Benton A. Simpson



At the beginning of this year's Student Congress session, I gave a speech with one goal in mind: to empower the representatives to recognize and use their influence at the University of Evansville. As we move past midterms and into the SGA election season, I want to amplify that message to the entire campus community.

Too often, I receive emails, overhear conversations, or see Yik Yak posts filled with frustrations about the university—all without any effort to enact change. I understand these concerns. Campus isn't perfect. But venting alone isn't enough to improve our experience. Real change requires real engagement. And no, Yik Yak doesn't count.

Over my years in SGA, I've learned that students have significant power to shape the university. However, many don't know how to utilize this power effectively. There's also a common misconception that administrators don't support student initiatives. In reality, I've seen firsthand how much the student experience is valued at the highest levels of this institution. But making progress takes more than just complaints—it takes action, collaboration, and, most importantly, patience.

No major improvement happens overnight. Just as Rome wasn't built in a day, the perfect student experience won't be either. And just as Rome wasn't built by one person, neither is SGA's agenda. A diversity of voices is crucial for truly representative leadership. As SGA President, I advocate for student concerns, but without consistent input from the broader student body, I can't be certain that I'm representing everyone fairly. This is why your involvement matters.

Being heard isn't about being the loudest, most incessant, or most forceful. Complaints shouted into the void rarely lead to meaningful change. Instead, effective advocacy requires clarity, pragmatism, and unity. I'm not saying that students need to take it upon themselves to coordinate a collective message on their own—that's the role of the SGA Executive Board. However, meeting with Board members to share concerns ensures that we understand what truly needs attention. When we hear the same issues repeatedly, we know where to focus our efforts and who to bring into the conversation.

That said, SGA can't solve every issue instantly, nor can we develop solutions in isolation. When students come to us with concerns, my response is often, "How would you like me to help solve this?" and "What steps have you taken so far?" Without answers to these questions, change is unlikely to happen. We want to help, but there are only nine members on the Executive Board with myriad responsibilities. Our impact is strongest when students bring forward actionable ideas or positive solutions. Building relationships among students, representatives, and administrators is also key. Trust, respect, and open-mindedness create an environment where student influence thrives. When we approach discussions with empathy and a willingness to understand the university's decision-making processes, we foster a healthier and more effective advocacy culture. This kind of engagement doesn't just improve today's student experience—it sets a precedent for future generations to continue shaping campus life.

This brings me to the upcoming SGA election. One of the most direct ways to exert your influence is to be informed about who's running and to vote. As 2024 showed us, elections can have a significant impact through their results. This is not to say that the SGA election is comparable to the U.S Election. The outcome of this won't shape international security or economic policy, but it will impact your daily life on campus. The students elected at the beginning of April will be the megaphones for your concerns over the next year.

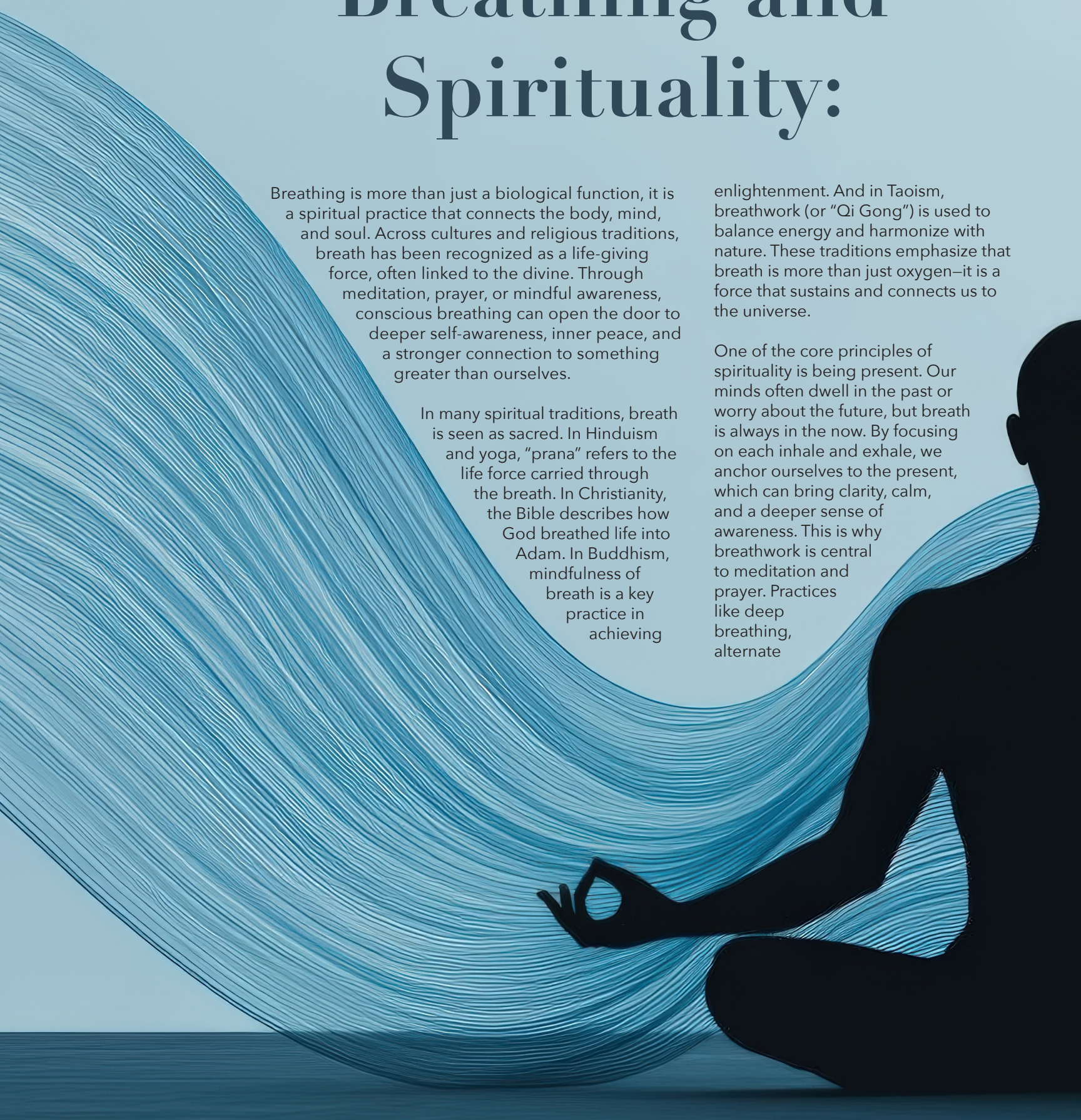
Student engagement matters. This election may not be controversial or dramatic, but it also shouldn't be a popularity contest. I would argue that it is an opportunity to send a clear message that the students at UE care about representation and governance. A strong turnout will ensure that message resonates across campus.
The foundation has been laid for students to take an active role in shaping the university's future. But making an impact starts with you. Every member of the SGA Executive Board holds office hours weekly, ready to hear your ideas and concerns. Bring us your input—we're eager to listen. Frankly, our office hours can get pretty boring without student engagement!

I'm excited to see how the University of Evansville evolves in the years ahead, and I'm honored to have played a role in that process. The work isn't done. There's so much potential ahead, but we can't get there without you. The SGA Elections will take place on UEngage from Thursday, March 27th until Wednesday, April 2nd at noon. Your voice matters. Make sure it's heard.



Mr. Simpson has served as President of the Student Government Association since 2023. You can reach him at SGAPresident@evansville.edu

Breathing and Spirituality:



Breathing is more than just a biological function, it is a spiritual practice that connects the body, mind, and soul. Across cultures and religious traditions, breath has been recognized as a life-giving force, often linked to the divine. Through meditation, prayer, or mindful awareness, conscious breathing can open the door to deeper self-awareness, inner peace, and a stronger connection to something greater than ourselves.

In many spiritual traditions, breath is seen as sacred. In Hinduism and yoga, "prana" refers to the life force carried through the breath. In Christianity, the Bible describes how God breathed life into Adam. In Buddhism, mindfulness of breath is a key practice in achieving enlightenment. And in Taoism, breathwork (or "Qi Gong") is used to balance energy and harmonize with nature. These traditions emphasize that breath is more than just oxygen—it is a force that sustains and connects us to the universe.

One of the core principles of spirituality is being present. Our minds often dwell in the past or worry about the future, but breath is always in the now. By focusing on each inhale and exhale, we anchor ourselves to the present, which can bring clarity, calm, and a deeper sense of awareness. This is why breathwork is central to meditation and prayer. Practices like deep breathing, alternate

Mason Taylor

The Connection Between Body and Soul

nostril breathing, or rhythmic chanting help quiet the mind, allowing us to enter a state of stillness where spiritual insights can arise.

Many believe that controlled breathing has the power to heal, not just physically but also emotionally and spiritually. Techniques like breathwork therapy or Holotropic Breathwork use deep, intentional breathing to release stored trauma, clear negative energy, and create a sense of inner peace. Breath is also a tool for surrender. In spiritual traditions, surrendering to the breath is often symbolic of surrendering to life itself. This can often mean trusting in a greater power and letting go of fear, control, and resistance.

Many spiritual traditions use breath as a form of prayer. In Christian mysticism, "breath prayers" involve repeating a short prayer with each inhale and exhale. In Buddhism and Hinduism, mantras are chanted with the breath, creating a deep meditative state. Even in everyday life, taking a deep, intentional breath can be a form of silent prayer or gratitude, a way of reconnecting with the divine in a simple, natural way.

Breathing is more than a physical necessity, it is a sacred practice that unites all aspects of the self. Through meditation, prayer, or mindful awareness, conscious breathing can bring us closer to inner peace, healing, and a deeper connection to the universe. Every inhale and exhale reminds us that life itself is a gift, one breath at a time.



// **"Sex"** shall refer to an individual's **immutable** biological classification as either male or female. **"Sex"** is not a synonym for and does **not** include the concept of "gender identity." //

- **Executive Order 14168** "Defending Women from Gender Ideology Extremism and Restoring Biological Truth to Federal Government."

LET'S TALK ABOUT SEX

SOPHIA REYES

On the inaugural day of Donald Trump's presidency, he signed into effect the executive order quoted above, Executive Order 14168. This order is presented as an effort to protect women from "men who self-identify as a woman," by removing the "possibility" of transgender, non-binary, gender-nonconforming, and intersex individuals, thus creating single-sex spaces. The order suggests that instances of rape in prisons, public restrooms, and other sensitive spaces will be prevented following its implementation. In addition to villainizing the queer community, Executive Order 14168 contains exclusionary language, aims for the erasure of gender identities beyond woman and man, and makes inaccurate statements regarding reproductive processes. In the face of political extremism, misinterpretation and misinformation will falsely sway the balance of democracy. Many of us have the privilege of reaching for a personal device to access the vast knowledge of the internet. But while convenient, the internet harbors fake news and unreliable sources, making it difficult to formulate a well-supported opinion. The language excluded in Executive Order 14168 only recently gained public awareness and usage, so what does it mean to remove it? Similarly, the oversimplification of biological information may not be a red-flag for those who haven't taken college-level biology courses, raising the question "How do you understand the error without understanding the science?" Specifically, why is it inaccurate to use the terminology "small" and "large" reproductive cells to describe the product made in gametogenesis (the process of creating the reproductive cells/gametes)? Undoubtedly, the differentiation of biological fact and fiction is crucial to establish an entirely accurate opinion, but so is an understanding of gender-expansive terminology, both new and old definitions.

Under Section 2 of Executive Order 14168, the first re-interpretation listed is the quote introducing this article above. The quote describes sex as "immutable," or unable to be changed. In doing so, the newly defined word "sex" removes the consideration of transgender individuals from federal policies and areas where this executive order will be applied. The order also excludes sex from being associated with "gender identity." Gender identity refers to a person's own sense of their gender and is a spectrum. The marrying of gender identity and sexual characteristics can be termed gender ideology. An ideology has to do with the set of ideas, perceptions, and beliefs an individual or culture has. Gender ideologies are norms and stereotypes implicated by society that relate to whether a person is female- or male-presenting. It is a socially constructed idea that is maintained to promote inclusivity. The new definitions associated with gender identity and ideology accurately describe the self-assigning and subjectiveness associated with both terms, but give the notion that a person's chosen identification is "meaningless" and constitutes a "false claim." In section 3, the following terms: "sex", "male", "female", "men", "women", "boys", and "girls", are enforced as the required language for statues, regulations, and all other official documents. The strict censorship of inclusive terms aims to erase transgender, intersex, non-binary, and gender-nonconforming people from daily life.

The humanitarian issues arising from the executive order are inexcusable and cannot be ignored when discussing its impacts. Of equal importance, biological processes and definitions provide the scientific basis that Executive Order 14168 stems from. The biological determination of primary sex occurs based on the inherited chromosomes (genetic material) from the sperm and egg. This executive order refers to sperm as the "small reproductive cell." While the sperm cell is considerably smaller than the egg cell, the simplification of sex gametes (egg and sperm) into one contributing cell each does not accurately represent the processes taking place to support

the gametes. Egg cells, which are the reproductive product of biologically-female individuals, are supported by a fused complex of 3 additional cells- presumably attributing to the "large" reproductive cell nomenclature. These cells combine and signal to the egg cell to allow it to grow to a size capable of the cellular growth necessary to form a zygote.

Zygote formation begins at a fertilization event when a sperm cell fertilizes the egg cell. Although models of gametogenesis and fertilization paint the egg cell as a passive recipient of the sperm cell, the egg cell actually plays an integral role in facilitating the reactions that initiate fertilization. Sperm have been tagged the "warriors," "princes," and "heroes" of fertilization, approaching a "princess" egg in need of conquering. In a 1990 edition of Discover magazine, writer Meredith Small says, "The problem of sperm, and thus of males, are of course the fault of females. Female fickleness sets up a quandary for males." Small is referring to the process of which a sperm-producing individual generates thousands of sperm cells, many of which are discarded and die off when the selected-sperm fertilizes the egg. Despite the process of spermatogenesis being wasteful (or as Small states, describing it as a quandary or difficult situation for males) it increases the probability of a fertilization event. The fickleness of females that Small blames for this situation is actually a process of species-specific signaling that attracts the sperm to the egg. Specialized peptides (proteins) are released around the egg that contain chemicals specific to the chosen sperm. The chemical factors are released around the egg, so that when sperm nears the proteins, the sperm can breakdown and bind to the egg cell. Once sperm has adhered to the egg cell membrane, it can enter the cell. As soon as one sperm has bound and entered the egg, the egg chemistry changes, preventing more sperm from contributing their genetic material to the fertilization event. At this step, chromosomal variation can occur. After fertilization has taken place, the resulting cell formed is called the zygote (fertilized egg cell).

Primary sex of the zygote is determined by the chromosomes that are inherited from the reproductive cells. A biological female will inherit an X chromosome from each reproductive cell (XX), while a biological male will receive an X chromosome from the egg cell and a Y chromosome from the sperm cell (XY). Variations in chromosomal inheritance can lead to abnormalities in the number of chromosomes inherited, leading to syndromes like Klinefelter's (XXY), Turner's (XO), and Triple X (XXX). Variation in sex determination can also arise from abnormal hormone release or abnormalities in the physical anatomy of gonads (testes & ovaries) during secondary sex determination.

Sex determination at the cellular level gives raise to a range of sexes that extend beyond the male and female binary outlined in Executive Order 14168. The notion that individuals are destined to produce one cell type or another at conception does not take into account the biological anomalies that can occur. In doing so, this executive order removes the use of accurate scientific evidence in enforcing federal policies. It also employs language that will further strengthen prejudices, increasing discrimination and violence towards transgender, intersex, nonbinary, and gender-nonconforming individuals. It is imperative that in an era of radicalized action, we take initiative to educate ourselves on the diversity of both nature and society. Encourage others to seek truth, support your opinions with evidence, and approach opposition with an open-mind and open-heart.
One small ripple can create a wave of change!

The Four Nations Faceoff: The NHL's Newest International Ice Hockey Tournament and How It Has Become Entangled in U.S.-Canadian Politics

Julia Ribblett

Over the past month, you may have noticed some videos from an international ice hockey tournament called the "Four Nations Faceoff" that went viral online. But what exactly is the Four Nations Faceoff? And why has a "niche" sport like ice hockey suddenly received so much attention in the national media? The answer begins in an unexpected place, with the recent struggles of the National Hockey League's (or NHL) All-Star Game. Every late January or early February, the NHL, the United States' and Canada's top professional sports organization for hockey, typically holds its annual All-Star Game, a glitzy event where the league's best players showcase their talents in a variety of skills competitions. The day culminates in a friendly scrimmage, where the players compete head-to-head for bragging rights. However, the NHL's All-Star Game has become increasingly unpopular with both players and fans alike. For example, in 2019 and 2020, Alexander "Alex" Ovechkin, captain of the Washington Capitals, made national headlines when he announced that he was skipping the All-Star Game despite NHL fans voting him in. In response, the league's executives suspended the Russian superstar for one game in both 2019 and 2020, fearing that Ovechkin's example would start a trend among the other players.(1) Viewership for the All-Star Game has also declined over the past few years as well; in 2024, ESPN reported that only 1.4 million U.S. viewers watched the event.(2) This year, the NHL has debuted a possible solution to these woes: the first (and only) Four Nations Faceoff.

A secondary reason for the NHL's creation of the Four Nations Faceoff is the fact that the league's players have not been able to represent their home countries on the world stage since the 2014 Winter Olympics (nearly 11 years ago) first because of a failure to strike a bargaining agreement and then again because of COVID-19.(3) The "Four Nations" that faced off with each other in this tournament consisted of NHL players from the United States, Canada, Sweden, and Finland. Despite having a lot of distinguished players in the league, Russia was notably left out of the Four Nations because of its ongoing invasion of Ukraine.(4) In any case, the tournament followed a round-robin format, where the two teams with the greatest number of accumulated points would play each other in the championship game. The first game, Team Canada vs. Team Sweden, was held in Montreal on Wednesday, February 12th, at 7pm. Canada won 4-3 with a decisive overtime winner. The next game, which was on Thursday, February 13th in Montreal at 7pm, was a Team USA blowout of Team Finland, 6-1. Two more games were then played in Montreal on Saturday, February 15th: the first was a Finnish 4-3 overtime win over Sweden, and the second was an American 3-1 victory over Canada. The next two games, Canada vs. Finland and Sweden vs. USA, were held on Monday, February 17th in Boston. The much-anticipated championship game, featuring USA vs. Canada, was also played in Boston on Thursday, February 20th.(5)

Coincidentally, the Four Nations Faceoff occurs at a time when ice hockey has become embroiled in U.S. politics. While the NHL lags far behind the other major American sports leagues in addressing current political and social issues, hockey, like all other sports, has never been immune to political or current events. One example that immediately comes to mind was the victory of the 1980 U.S. Men's Olympic hockey team over the Soviet Russians in Lake Placid, New York. In the pre-gold-medal match, the American team, comprised entirely of amateur college hockey players, defeated the top-ranked Russians at the height of the Cold War. Sports Illustrated magazine dubbed the statement win "Miracle on Ice," and voted it as the No. 1 U.S. sports moment of the 20th century. The win ultimately changed U.S. professional ice hockey and the course of the Cold War forever.(6)

This time, professional ice hockey's latest geopolitical entanglement comes not as a show of American national unity, but of Canadian identity and pride. On the evening of February 1st, a video of Canadian fans booing during the singing of the Star-Spangled Banner before an NHL game

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2 Turits, Meredith. "NHL 4 Nations Face-Off Viewership Outstrips ESPN All-Star Games." Front Office Sports, February 14, 2024. https://frontofficesports.com/nhl-4-nations-face-off-viewership-outstrips-espn-all-star-games/#:~:text=As%20has%20been%20the%20trend,for%20the%20past%20few%20years.

.3 Garrioch, Bruce. "Here's What You Need to Know About the NHL's 4 Nations Face-Off." Ottawa Citizen, February 2, 2025. https:ottawacitizen.com/sports/explainer-4-nations-face-off

4 Curtis, Charles. "Why Isn't Russia in the 4 Nations Face-Off? Here's What Their Roster Would Look Like." USA Today, February 13, 2025. https://ftw.usatoday.com/2025/02/russia-4-nations-face-off-roster-why-banned

5 "2025 Four Nations Faceoff." NHL.com, 2025. https://www.nhl.com/events/2025-4-nations-face-off

6 "The 1980 U.S. Olympic Team." U.S. Hockey Hall of Fame, 2025. https://www.



between the Ottawa Senators and the Minnesota Wild went viral. While no one has officially or explicitly stated the motivation behind the booing, it was certainly in protest of the Trump administration's 25% tariffs against Canada, which were supposed to go into effect that night. The booing has continued during various joint America-Canada hockey games since, including throughout the Four Nations Faceoff. Fans in Montreal booed the Star-Spangled Banner ahead of the Team Finland vs. Team USA game on February 13th, but things really escalated prior to the Team USA vs. Canada match on February 15th. With the Canadian Prime Minister in attendance, an announcer before the game pleaded with fans to respect both national anthems, but to no avail; the Canadians relentlessly booed the Star-Spangled Banner and raucously sang along to their national anthem, O Canada. Within the opening 9 seconds of the game, 3 separate fights broke out between the Canadian and American players, and the Americans went on the beat the Canadians, 3-1.(7) The events of this game proceeded to go viral online, drawing both condemnation as well as praise, and bringing more national attention to the Four Nations Faceoff than the NHL probably expected.

The anticipation for the Team USA-Team Canada rematch had reached a feverish pitch once the day of the championship came around on February 20th. The game, and the political fireworks surrounding it, did not disappoint. After posting on social media that morning about Canada becoming the "51st state," President Trump himself held a five-minute phone call with Team USA. Prior to the match, fans in Boston booed O Canada, while they belted out the Star-Spangled Banner along with a professional opera singer and a full brass band.(8) Despite all this, the hockey game, featuring many of the NHL's top players, was extremely close, with the teams going back-and-forth to score two goals each. Ultimately, it was the Canadian superstar forward Connor McDavid who shocked the world with the game-winning goal in overtime that sent Team Canada into a wild celebration. The pride and joy of the Canadian players, coaches, staff, and fans was palpable even through the TV. Prime Minister of Canada Justin Trudeau added more fuel to the flames when he immediately posted on Twitter/X "You can't take our country–and you can't take our game," in response to the victory.(9) However, the real winner of the game was clearly the NHL, which reported that the Four Nations championship drew in 9.3 million US viewers and 6.3 million in Canada, making it the second-most watched hockey game over the past 10 years.(10)

As a passionate and dedicated follower of hockey (I am a second-generation fan of the Washington Capitals), it will certainly be interesting to see how the rest of the NHL season will play out following the outcome of the Four Nations Faceoff and all the geopolitical controversy around it. The response of the Canadians should not come as a surprise; after all, ice hockey is deeply rooted in Canadian culture and history ever since the first organized game was played in Montreal in 1875. This may offer one explanation to why the Canadian fans chose NHL games as a venue for expressing their frustration with U.S. politics–the coincidence of the Four Nations Faceoff, with its international prestige, provided the perfect opportunity to make a bold statement. However, as the three fights during the February 15th game demonstrated, the Canadians' plan did temporarily backfire, as it provided significant energy and motivation to Team USA. In any case, Team Canada did storm back to win it all, and in Boston, no less. Thus, I believe this unique tournament will spark new interest in American professional ice hockey and remain an important lesson on how sports can unite, as well as divide, people from many different backgrounds.



ushockeyhalloffame.com/page/show/831562-the-1980-u-s-olympic-team

7 "Hockey Fans in Montreal Loudly Boo American Anthem at Canada-U.S. 4 Nations Matchup." The Canadian Press, February 15, 2025. https://www.cbc.ca/news/canada/4-nations-anthem-boos-1.7460611.

8 "Fans in Boston Boo Canadian Anthem Ahead of 4 Nations Face-Off Final." The Canadian Press, February 20, 2025. https://www.sportsnet.ca/nhl/article/fans-in-boston-boo-canadian-anthem-ahead-of-4-nations-face-off-final/

9 Dominski, Michael. "Canada Stuns USA 3-2 in OT to Win 4 Nations Face-Off Championship Game: Live Updates and Reaction." The New York Times, February 21, 2025. https://www.nytimes.com/athletic/live-blogs/usa-vs-canada-live-updates-4-nations-final-score-result/Urv1wXa8vTCa/

10 "4 Nations Face-Off Final Gets Massive Ratings Across North America." NHL.com, February 22, 2025. https://www.nhl.com/news/4-nations-face-off-final-gets-massive-ratings-across-north-america#:~:text=The%20U.S.%2DCanada%20game%20from,NFL%20game%20ever%20on%20ESPN%2B.

A CRASH COURSE GUIDE TO LONG-DISTANCE RUNNING

Though I've written many serious pieces for The Crescent Magazine, this piece will be informal and, as the title suggests, all about running. With 48 million Americans participating in the sport in 2023, as reported by Statista, now is the best time to jump into the exciting sport of long-distance running. From the first step on the road to the first toe over the start line, this beginner's guide to all the basics will provide useful information from someone who's been competing in the sport recreationally for the last decade.

GEAR AND FUEL

Electrolytes: These are the basic ingredients every runner needs to stay hydrated and energy-fueled over long distances. More than what's found in a bottle of water, electrolytes include magnesium, calcium, and sodium among others. Popular brands include LMNT, Liquid I.V., and Nuun.

Carbs: Carbohydrates are a runner's best friend. They're processed by the body and stored in muscles as glycogen, an energy source that can be easily accessed during runs to prevent fatigue and increase stamina. A popular pre-race tradition for some is a "carbo-load" in which one devours pounds of pasta, or another dense carb source, in preparation for the next day's competition.

Trainers and Super Shoes: The first is your average tennis shoe. These are sold by a multitude of brands from Nike to Saucony and are used for everyday runs and workouts on the roads or track. The second is a major upgrade. These new-and-improved racing shoes have double the speed capacity by way of lightweight, carbon fiber plates in their soles. The top shoe brands each have their version: Nike's Alphaflys, Saucony's Endorphin Elites, or Adidas' Adizero Adios Pro to name a few. If you see someone rocking the neon super shoes, you know you're in for a tough competition.

THE RACES

The 5k: The K is for kilometers and is equal to 3.1 miles. This is the first in a lineup of road racing distances including the 10k (6.2 miles) and the half-marathon (13.1 miles). 5k's are the best way to dip your toes into the sport and join a community of runners from around the world. They're often held in local parks as charity fundraisers, as festive jaunts around Christmas time, or on a scorching 4th of July weekend. You can sign up for one almost anywhere, and a little friendly competition is always encouraged.

The Marathon: A few steps up the ladder of distance running, this race is not for newbie runners. The name itself comes from the Greek legend of a wartime messenger who ran from the city of Marathon to Athens, announced his message, and then died from exhaustion. The modern-day marathon feels much like that legend. Runners compete over 26.2 miles to the point where all of their fuel stores have been depleted, and they must actively consume calories and carbs on the course. These races can take anywhere from 2 to 4 to even 7 hours for some, but the grueling distance is worth it for the bragging rights.

The Ultramarathon: The final rung, and the most terrifying, this race is any distance over a marathon. Popular choices include 50k's, 100k's, 100 milers, and even some exceeding 200. In these races, it doesn't matter if you're running, walking, or crawling to the finish. Sometimes taking place in the great outdoors (The Leadville Trail 100 Run for one) or as predetermined loops of 4-5 miles known as a backyard ultra, these races are killers. It takes a certain type of person to run an ultramarathon, and the feat is accomplished by very few.

TIMING TERMINOLOGY

PR/PB: This one is pretty simple. PR is your "personal record" and another way of saying the same thing is PB which is your "personal best." Which term you use depends on personal preference, but once you begin running you'll hopefully begin to cut down your PR/PB with each race.

Pacing: This is how you know the speed you're going regardless of the effort. With a watch (Garmin, Corros, or Apple are popular brands) you can time your runs and receive instant feedback on your minute-per-mile or kilometer pace. To put this into perspective, a 4-minute/mile is the elite level, an 8-minute/mile is an average pace for recreational runners, and a 12-minute/mile or longer is reserved for joggers and/or walkers. As your running ability increases so does the ease at which you can run quicker paces.

THE PRACTICE RUNS

Tempo: The pace you could hold for probably an hour. You should be able to talk, but only 3-4 words at a time. These are good to do once or twice a week as a way to increase the efficiency at which your body uses oxygen. Doing a shorter tempo run at your 5k, 10k, or half marathon pace can easily be worked into any training plan.

Easy: Should exist but rarely does. This run consists of a slow, conversational pace that allows you to recover from previous workouts. Though most runners put this vital part of training to the side, it is a necessity for anyone looking to seriously compete.

Speed Work: These can include lactate threshold sets where you run to the point where your body uses lactic acid to produce energy instead of oxygen which, as it sounds, can be pretty painful. They can also include a specific interval or lactate threshold distance that gets repeated multiple times known as a simple repeat. This is what every runner's talking about when they say, "My sport is your sport's punishment."

Long Run: Typically, these are anywhere from 20-35% of your weekly mileage. This is also the most crucial part of your training, especially if you're a marathoner. The only way to work up to the whopping 26.2 miles of the marathon distance is to get out on the road and run. Longer runs can be easier with some short, tempo intervals to spice things up.

NOT INCLUDED

Bulking: You may be eating thousands of calories a day, but you'll just sweat it right off during the next day's run. To see an example, look at elite runner Ryan Hall's transformation after his exit from the running world.

Upper Body: When you're in the weight room—though on those rare occasions—bench press, triceps extensions, and dumbbell curls aren't really what you're looking for. Move over to that squat rack and give it a try.

Sympathy: Very little to be found. After all, you chose this sport, didn't you?

That's all there is to it; a no-frills, definition-style guide to the basics of running. If you're not convinced to pick up the sport, at the very least I hope you've grown an appreciation for the work and pain that runners leave on the course. If you have any prevailing questions, do your research. There are hundreds of running blogs and resources to choose from, and you'll find no lack of information.

LUCAS JABLONSKI

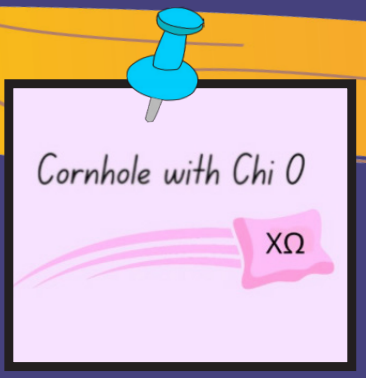
Events on Campus



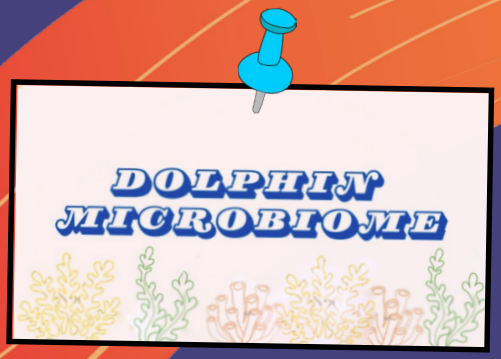
Enjoy a festival of colors with international club on the carson grass on March 21st at at 4 pm
Enjoy music and a sense of togetherness
Bring you own white shirt and be ready to be covered in colors
Everyone is welcome



Show times: March 21st, 22nd, 27th, 28th, 29th at 7:30 pm and on March 30th at 2:00
Location: Shaklin Theatre in Hyde Hall
Prices: $20 for adults, $18 for senior adults
Purchase at theatre.evansville.edu or visit the ticket office opened Monday-Friday at 8am-5pm or call 812-488-2031 to grab a ticket



Enjoy Cornhole with Chi O mega to raise money for Albion Fellows Bacon Center, our local philanthropy, who works to prevent domestic and sexual violence in the Evansville community and beyond.
On March 23rd at 11:30 am at the carson center



Join WLCR in Koch 101 on April 1st at 1pm to learn about the bottlenose dolphins necrobiome from Kaylee Ridge
Free food and refreshments are provided
Students and Falculty are welcome

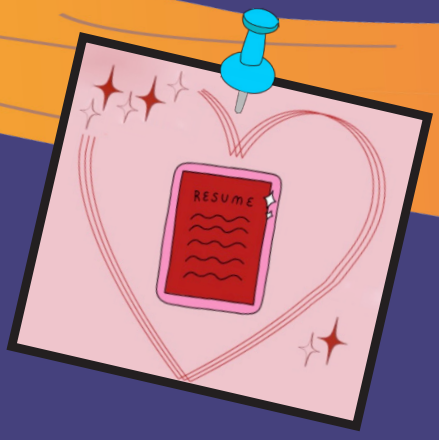


Ace CARE is hosting a triva night to fund Therapy and group excersie service for unprivledge community members.
Students: $10 for one, $50 for 6
Public: $25 for one, $140 for 6
On April 4th



Join Menstrual Equity Club on April 6th at 5 pm on East Terrace Lawn to raise money for YMCA
Admission: $9 or a box of tampons or pads
An afternoon of live performances, art for sale, and fighting period poverty.

the Loop



Join WLCR in Soba 272 on March 24th at 3:30pm for an hour resume workshop

Please bring your computers



Join the Pre-PA club on March 25th at 11am to 11 pm at BJ's to help raise money for their club
For dine-in, take-out, or crubside
$5 Pizookie or half-priced alcoholic drinks for 21+
present flyer or use code when dinning in or ordering online
Location: 1000N Green River Road in front of Eastland mall



Join SCF in Eykamp 251 on March 28th at 5 pm for coffee, skits, and fun for everyone



Join the international club on April 11th at 5pm in the Eatery for a varity of global cuisines, live music, and exciting prize giveaaway
Open for everyone



Join BiSci Club for their annuaul plant sale
What to Expect: A wide selection of plants grown and cared for by BiSci Club members
Affordable prices
A chance to learn about plant care and connect with fellow plant enthusiasts
Proceeds go toward funding BiSci Club events and activities
On: April 11th,13th, 14th and 15th at 11 am at Koch Green House



Join SAB on April 17th at 7pm on the East Terrace Lawn to watch Tangled
We will also be decorating and releasing a lantern.
Snacks,drinks, and Suvpplies will be provided
Bring a blanket to sit on, movie will be on a projector

Myia Payne and Nicholas Kee

Take a Break Make Some Good Food Instead

Rachel Hoke

This recipe is still great warmed up! I hope you try out this recipe the next time you're feeling stressed or inspired to cook.



The pasta right before I heated it up as leftovers!



There's a lot to be stressed about right now. It's midterm season and the current political climate can be stressful for a lot of us. Two things I like to do to destress and calm myself down is to cook and bake. I don't cook or bake as often as I should, but living in a dorm means I don't have my own kitchen. However, when I do cook it's usually something pretty good since I'm taking the time to use the communal kitchen. If you're like me and like to be distracted by cooking, or just want to try out a new recipe, this recipe is for you. Be warned, I don't always use exact measurements as the amount I'm cooking varies as to whether I'm meal prepping or just need a little portion for dinner, so tweak this recipe to fit your needs! I originally got this recipe from Natasha's Kitchen but I have altered it slightly to suite my needs. If you want to check out the original recipe here is the link: https://natashaskitchen.com/creamy-cajun-chicken-pasta/

YOU WILL NEED:

3-5 tablespoons of Cajun seasoning

Any kind of pasta (I prefer penne)

1-2 tablespoons butter

2-3 tomatoes

As much garlic as you please (I usually use 3 cloves minimum)

16 fluid ounces of heavy whipping cream

1 package of ground chicken (or you can use chicken breast)

Parmesan cheese

Optional: Half of a white onion

STEPS

1. Heat up your skillet and start cooking your chicken
2. Start boiling water in a separate pot
3. Dice the tomatoes (and the onion)
4. Dice the garlic into small pieces
5. Once the chicken has finished cooking stir in 1 tablespoon of the Cajun seasoning and set chicken aside in a bowl
6. Put the pasta in the water and cook per instructions
7. In the skillet that had the chicken in it, melt the butter
8. Add in the garlic and cook for 1 minute
9. Add in the tomatoes and simmer until soft (also add in onion)
10. Add in the heavy whipping cream (if making a small batch use about half)
11. Once the sauce boils add in the rest of the Cajun seasoning (I usually add in 2 tablespoons for a small batch 3 or 4 for a big batch)
12. Add in as much parmesan cheese as you desire (I use 2 or 3 handfuls for a small batch and one small bag for a big batch)
13. Make sure the pasta is drained and then pour the sauce into the pan
14. Stir in the chicken

ENJOY!

ANCIENT ENVIRONMENTS AND ANCESTOR WORSHIP

Faculty Research Spotlight with Drs. McKay and Clark

Grace Gleisner

The Department of Archaeology and Anthropology at the University of Evansville has welcomed two new faculty members in the past two years. For this double-feature edition of the Faculty Research Spotlight Series, Dr. Rebekah McKay and Dr. Kyle Clark shared the amazing research they completed before arriving to teach at UE.

Dr. McKay is a Greek archaeologist specializing in Aegean Prehistory and teaches archaeology, history, Latin, and related classes here at UE. Archaeology is the study of the human past through its material remains. Dr. McKay's PhD dissertation investigated social and economic conditions and the use of common-pool resources during the formation of palatial states in Greece (ca. 1400-1200 BC). Economic and societal values are both somewhat invisible in the archaeological record, which usually deals with physical remains such as buildings, ceramics, and coins. In order to learn about how the ancient Greeks interacted with and affected their environment, Dr. McKay worked backwards from the evidence to the human behavior that caused it.

When scientists study the environment today, they begin with known human actions and study unknown environmental effects and results. Dr. McKay began her research by looking at the environmental results in order to hypothesize about ancient human actions and motivations. By studying forests and arable land, she was able to examine how societal changes impacted the environment.

As society became more stratified and less egalitarian during this time, elites and new state governments undermined the community's careful use of their shared resources.

Palatial leaders had the authority and strength to ignore the community's rules about land use, which caused massive environmental and societal changes. Instead of all the community stakeholders deciding how to use land, decisions came from new palatial rulers who prioritized private land over shared areas. This new structure combined with population increases that taxed common land caused individuals to cultivate new land for their own use. The privatization of land encouraged producers to maximize their individual profit and prestige to rise through the newly formed social classes, widening wealth gaps in the community. Because the palaces gathered and redistributed agricultural and trade products, the new system also made community members increasingly reliant on the palatial administrative structure.

Finally, and ominously, these societal and agricultural changes prioritized short-term prosperity over long-term security.

Dr. McKay marshalled a wide variety of evidence to document her research. By looking at the environmental record of preserved pollen and phytoliths (microscopic silica deposits produced in plant cells) she found evidence of a man-made deforestation event during the time period of state-formation. She also used demographic data and consumption models to learn about how these environments could have supported ancient populations and their food needs. Finally, Dr. McKay incorporated documentary data from ancient administrative documents written in Linear B, an alphabet adapted to write the ancient Greek language.

These documents provided information about land and food administration at specific points in time, supplementing the long-term trends shown by the environmental data. Drawing on so many forms of information allowed Dr. McKay to shed light on these complicated issues and research questions.

Dr. McKay said that doing archaeology involves "working really hard… but it's the best kind of work!"





Excavation at the Sanctuary of Zeus at Nemea in 2022



Drone photo of entrances (dromoi) into rock-cut chamber tombs at Aidonia

In particular, she loves working with students and seeing people get excited about what they're doing. When asked about a favorite memory from field work, she replied, "it's hard to beat your first summer in Greece," referencing her time at Mt. Lykaion in 2016. Dr. McKay recalled the camaraderie and excitement of doing archaeological fieldwork and forming friendships on top of the beautiful mountain.

In addition to discussing her research, Dr. McKay also gave some tips for choosing graduate programs and had plenty of advice for students considering graduate school in general. She described grad school as "costly in every way it can be to a person," making the decision to attend is a significant one! Based on the tips Dr. McKay gave, here are some questions to ask when considering attending graduate school generally or choosing a specific program:

So, you're thinking about grad school? Here are some questions to consider...

- Do you want to make graduate school research your highest priority?

- Do you find meaning and excitement in your academics right now?
Graduate school pays off if one finds meaning in the work, so students should evaluate whether they enjoy their current academic work before considering if they should attend a graduate program.

- Does the program you're looking at offer adequate funding?
Some schools waive tuition for admitted graduate students and offer stipends associated with research or teaching assistantships.

- Have you located a potential advisor?
If so, do you like the way this person thinks? Will this advisor support your curiosity and academics or make you do their own work? Is this person kind and someone you get along with?

- Does the program have scholars with related specialties or skill sets?
These people can help you support your research and expand your expertise.

- What do current students say about the program?
Finding out what it is like to study a particular degree track from a student's perspective provides insights you won't get from speaking with faculty.

For students trying to pick out their own areas of interest and research, Dr. McKay advises students to "notice the things that are delicious and that you would read about on your own time." From there, they can research what questions other scholars are asking and discussing relating to this topic and what tools and training are necessary to conduct their research.

When research is driven by questions and curiosity, it can develop organically and lead to evidence and additional questions that one might never have thought of at the beginning!

Dr. McKay hopes to be able to use her research expertise in classes concerning paleoecology for archaeology and ancient economics. She continues to be active in archaeological fieldwork as the Project Archaeobotanist at the Tombs of Aidonia Preservation, Heritage and Exploration project and the Director of Finds at the Mt. Lykaion Excavation and Survey Project.

Faculty Research Spotlight with Drs. McKay and Clark

Dr. Clark is a human behavioral ecologist and teaches the University of Evansville's anthropology classes. Anthropology, the study of humanity, is a brand-new major here at UE. Anthropology has four subfields: cultural anthropology, archaeology, biological anthropology, and linguistics. According to Dr. Clark, anthropology allows students to see how their personal experiences fit in the border scope of human experience, which can build empathy and understanding.

As a human behavioral ecologist, Dr. Clark applies evolutionary theory to human behavior to identify a behavior's function in its context and determine why people behave the way that they do. In his PhD work, he applied this framework to studying ancestor worship while living among the Iban in Borneo (Indonesia)!

While working on his PhD at the University of Missouri, Dr. Clark noticed how common ancestor worship was in the ethnographies he was reading.

Some of his advisors had connections with the Iban, so Dr. Clark decided to observe their religion of syncretized Christianity and ancestor worship to determine the effects of ancestor worship on their community. Dr. Clark employs the "descendant-leaving strategy" theory, which proposes that ancestors use traditions to guide the actions of their descendants.

Dr. Clark was particularly interested in whether ancestor worship helped promote cooperation in Iban communities. Just as parents hope that their children stay alive and work together, so would ancestors hope that their distant descendants would prosper.

Cultural anthropology studies the human behaviors and practices which societies pass down between generations. Human behavioral ecology applies evolutionary theory to this framework to explain current behaviors. For example, natural selection would ensure that traditions that helped create prosperity and therefore helped Iban groups leave more descendants would be more likely to persist over time. At first, it might seem odd to apply evolutionary theory to religion, but Dr. Clark's goal is to examine the behaviors that stem from the Iban's religious beliefs, not the beliefs themselves.

Dr. Clark conducted his research by living in an Iban community longhouse for 10 months, during which time he observed all aspects of the Iban's daily lives. He said this was the sort of on-the-ground research aspiring anthropologists dream about and was both incredible and difficult. Dr. Clark did lots of background research into what to expect when he arrived, but living in Borneo was still a vastly different experience than anything he had encountered prior. He mentioned the lack of hot water and toilet facilities as one obvious difference, which he said made him appreciate these amenities in America. Despite the challenge, he said that living in a completely new way and broadening one's horizons is an important part of anthropology.

Another contrast between American and Iban cultures was the extent of the kinship networks in Iban villages. Dr. Clark lived in a longhouse which was the residence of 13 different households, most of which were at least somewhat related to each other. This is a very different living structure than the single-family households common in America. The resulting density of the Iban kin networks helped strengthen these community networks. In America, many people value family ties, but the density of one's family network (i.e. how far one lives from most extended family members) is not as high of a priority.

Language barriers are often a hurdle for those living and working abroad. Dr. Clark took a summer course to learn to speak Indonesian before he arrived in Borneo, but it was still a bit of a shock to adjust to the speed of the native speakers. Nevertheless, he continued working on his Indonesian during his time with the Iban and even learned some of their own language! Although his ability to speak Iban developed slower than Dr. Clark had hoped, the Iban community still welcomed and accepted him.

Dr. Clark was suitably proud of his ability to adapt to living in a completely different culture for 10 months to gather data for his research. In evolutionary anthropology circles, many scholars obtain research over a summer, making Dr. Clark's 10-month field season a relatively rare accomplishment!



In the future, Dr. Clark would like to expand his research to study "ancestor-descendant conflict," the conflict between an ancestors' desired behavior and how their descendants want to behave. He will investigate how ancestor worship affects this tension and how the conflict in turn affects the community. He hopes to determine how a community's size and kinship structures change the impact of ancestor-descendant conflict. Dr. Clark is currently working on grants to help him return to Indonesia with a team for a summer to observe multiple different longhouse communities. Studying multiple communities will broaden the scope of his research and increase the amount of data he will be able to collect and study.

Despite being some of the University of Evansville's newest faculty, Drs. McKay and Clark have already accomplished fantastic research. It will be exciting for our academic community to see how their research continues to evolve and expand during their time at UE! The department of Archaeology and Anthropology seems justly proud of its new faculty.

Stay tuned for future faculty research spotlights in upcoming issues of Crescent Magazine!
The full faculty interviews with Drs. McKay and Clark are available in the digital version of this article at crescent.evansville.edu.
Are you a faculty member who is interested in being featured? Contact Grace Gleisner at gg126@evansville.edu.

Why They Wear the Green:

The History of St. Patrick's Day

Grace Burnell

When we think about St. Patrick's Day in America, we often think of wearing green, shamrock shakes, and a leprechaun sitting at the end of a rainbow with a pot of gold. The origins of the holiday look quite different from that. St. Patrick's Day is celebrated every year on March 17th worldwide, with thousands of people gathering for massive celebrations in honor of their Irish heritage. While it is a primarily secular holiday today, the origins of St. Patrick's Day stem from the patron saint of Ireland.

Saint Patrick was a fifth-century missionary credited with bringing Christianity to Ireland. In his autobiography, *Confessio*, he recounts the story of his childhood. He writes that he was kidnapped by Irish pirates when he was around 16-year-old from his parent's home in Roman Britain and taken to Ireland to work as a slave. He was forced to work in the fields as an animal herder before escaping on a ship to return home. Saint Patrick's devotion to religion began early in his life and was one of the things he held on to during his time as a slave. When he returned to Britain, he continued to study Christianity, later being ordained into the priesthood and consecrated as a bishop. After receiving his titles, Saint Patrick returned to Ireland as a missionary, following his vision that urged him to spread the message of Christianity to the Irish people. He succeeded, as the 2022 Census of Ireland recorded 77% of Irish citizens identifying as Roman Catholic. Saint Patrick is now known as the Apostle of Ireland, and legends say he used three leaf shamrocks to explain the relationship between the Holy Trinity: the Father, the Son, and the Holy Spirit. March 17th is considered his day of death, which is now when people celebrate his life and work.

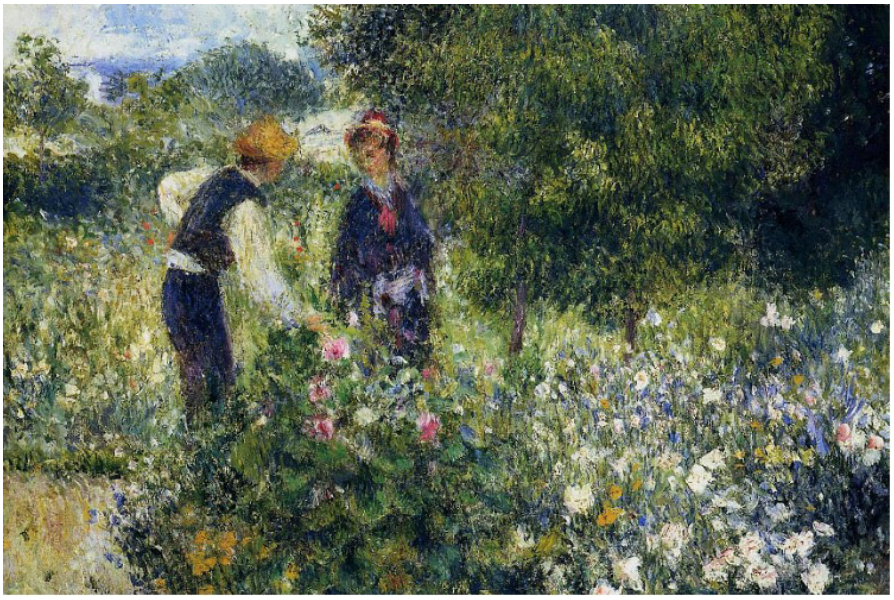
St. Patrick's Day, or the Feast of Saint Patrick, was made an official Christian feast day in the early 17th century and is now used more broadly to celebrate Irish heritage and culture. Initially, the day would include church services in the morning and a feast afterward, as it was a religious holiday. Since it fell during Lent, the typical prohibitions against eating meat and drinking alcohol were lifted for the day. They were not celebrating with massive parades and pints of Guinness like we do now. Wearing green was a later addition, as blue was the official holiday color until the Irish Rebellion in 1798. Irish soldiers and citizens adopted green clothing during the rebellion to oppose Britain's red coats, which they were later persecuted for. The green stands for Irish pride and is further explained in the song "The Wearing of the Green." There are many iterations of this Irish street ballad. Still, they all express distaste towards the British soldiers and the persecution they faced at their hands, as well as love for Ireland and pride in their signature green clothing.

St. Patrick's Day is one of the most celebrated holidays globally, with celebrations on every continent. Irish immigrants and soldiers heavily inspired the traditions we see today. The holiday was first introduced in America in the late 1700s, with the first city to host a celebration being Boston in 1737. The first parade in New York City occurred in 1762, 14 years before the signing of the Declaration of Independence. Irish ex-patriots and military members serving in the British Army and stationed in New York desired a way to celebrate their heritage on St. Patrick's Day, even if they weren't in Ireland. They wore green, spoke Irish, sang Irish songs, and played music on their pipes. New York City has held this parade every year since; likewise, Boston has continued its celebrations. Chicago is well known for the annual dyeing of the river. Typically, on the Saturday before St. Patrick's Day, boats glide through the Chicago River, dumping environmentally friendly green dye into it. People are encouraged to watch the spectacle, take a boat cruise down the green river, and enjoy the parade that follows.

Ireland did not celebrate St. Patrick's Day like America did until recently. It was not a public holiday, where banks, schools, and many businesses are closed, until 1904. Going to bars was also not a part of the celebration because pubs were closed on that day until the 1960s. Ireland did not host its own parade until 1903, but now, festivals occur all over the country. The biggest celebration happens in Dublin with a three-day festival of traditional Irish food, dancing, and music. This year, the festival dates are March 15th-17th, and the theme is Adventure. They boast of being a multicultural and international event committed to showing off contemporary and traditional arts, culture, and heritage. The festival is recognized as one of the largest in the world and is a key driver for their tourism industry.

When big celebrations like St. Patrick's Day occur, we often don't think about the history behind them because they have become so commonplace. But if we really want to appreciate what we're celebrating, it is essential to understand the culture that it comes from. St. Patrick's Day looks much different now than it did, but it still celebrates and symbolizes Irish people's deep love for their heritage and culture. The world we live in today has shown disdain for cultural differences, so it is more important than ever that we embrace them.

The Light



Javad Dehghan

I walked alone through silent days,
adrift in time's unyielding maze.
The stars would shine, yet none would glow,
the winds would call, but none would know.
My heart was still, my world was bare,
no song to sing, no voice to share.
Love was a ghost I'd never seen,
a dream dissolved in shades between.
Then came her eyes soft light,
her eyes, verdant orbs, as if the soul had captured
the essence of a meadow in bloom.
a dawn that split my endless night.
No storm, no fire, no force untamed,
just quiet hands that called my name.
A single glance, and time stood still,
as if the earth bent to her will.
The sky grew wide, the world took shape,
and life became a sweet escape.
Her voice, a whisper, light as air,
yet strong enough to pull despair
from all the hollowed parts of me,
to teach my soul how love should be.
Not chains, not weight, not fleeting fire,
but steady hands that lift you higher.
Not words alone, nor fleeting touch,
but something vast so deep, so much.
She did not fill an empty space,
nor mend the cracks time won't erase.
She did not save or build anew,
but simply showed what love can do.
A quiet shift, a whispered start,
and suddenly I had a heart.
A heart that beat with hers in tune,
like tides that move beneath the moon.
Now when the winds are fierce and high,
when sorrow paints the endless sky,
I close my eyes and hear her say
"My love, the dawn is on its way."



The Termination of DEIA: What more is to come?

On January 20th, President Trump signed an executive order terminating "illegal DEI and 'diversity, equity, inclusion, and accessibility' (DEIA) mandates, policies, programs, preferences, and activities in the Federal Government, under whatever name they appear." Since then, companies such as Target, Ford, Lowe's, and McDonald's have eliminated or scaled back their DEI programs. Trump's declaration on terminating DEI programs has influenced Indiana Governor Mike Braun to terminate DEI within Indiana's government.

Gov Braun also denied funding to Martin University, a predominantly black institution in Indianapolis. As of February 4th, Gov Braun had met with black faith leaders to discuss funding for Martin University.

Diversity, Equity, and Inclusion (DEI) have been achieved by educating others and eliminating bias in the workplace and school system. DEI has allowed inclusivity to be accepted and respected by people from all backgrounds. However, the President's decision to terminate DEI will affect multiple communities that have historically benefited from it. DEI programs have supported not only black and brown communities but also marginalized communities such as veterans, disabled people, women, and the LGBTQ+ community.

On February 18th, the Trump administration announced that schools and universities have two weeks to end DEI programs. The Education Department delivered an ultimatum, stating that schools that receive government funding would lose federal money if they did not end all programs promoting diversity, equity, and inclusion. This order affects not only institutions that consider race in hiring decisions and scholarships but also institutions that have fraternities and sororities that are targeted at students of certain ethnicities or races.

A primary concern many are wondering is how this order will affect HBCUs (historically black colleges and universities). It is already a problem that the government barely funds those institutions, but these institutions prioritize DEI by allowing black students the opportunity to receive post-secondary education.

Paris Himes

Why Everyone Should Get a Dog



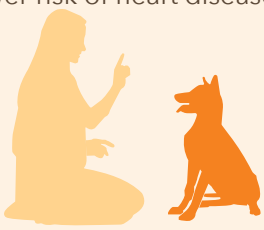
Jess Willsey

There are countless reasons why everyone should consider getting a dog. These faithful companions not only enhance our lives emotionally and socially, but they also offer substantial physical and mental health benefits that contribute to our overall well-being. From being a source of unconditional love to boosting our health, dogs truly make the world a better place.

One of the most common reasons a person seeks to get a dog is the emotional support they offer. Dogs can make us feel less alone and can be there for us when people can't. Their companionship helps prevent social isolation, especially during tough times. A dog's ability to offer constant affection and cuddles provides comfort and companionship, helping to lift our spirits.

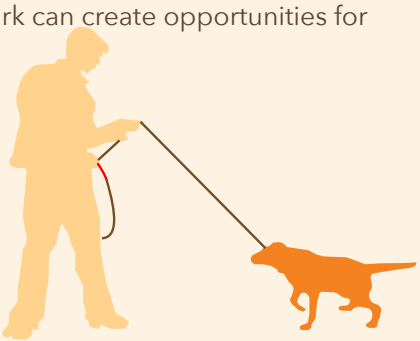
Psychologically, having a dog can reduce feelings of loneliness, anxiety, and depression. The act of petting your dog can trigger the release of oxytocin, reducing stress and fostering a sense of calm. Dog owners report lower levels of anxiety and greater happiness, as the presence of their dog often lifts their mood, providing a steady source of comfort.

In addition, the health benefits of owning a dog are widely recognized. Ongoing research shows that dog owners tend to have lower blood pressure, healthier cholesterol levels, and a lower risk of heart disease compared to non-dog owners. Simply being around a dog and taking care of them can encourage healthier habits and improve overall physical health.



Dogs can also keep us physically active. Whether it's taking them for daily walks, playing fetch, or just getting up to feed them; having a dog makes it easier to stay active. A 2019 British study found that dog owners are nearly four times more likely than non-owners to meet daily physical activity guidelines, which can lead to better fitness and overall health.

Dogs can even make us more social! Walking a dog or visiting the dog park can create opportunities for new friendships and make us more approachable. Studies show that dog owners often find it easier to meet new people and engage in conversations, with nearly 40% of dog owners claiming that their pets help them make friends more easily.



In addition to their companionship and health benefits, dogs can also enhance our safety. Studies have shown that barking dogs can deter burglars and other threats. Dogs possess heightened senses of hearing and smell, alerting owners to potential dangers that humans may not detect. Their natural instinct to protect their home and family can be a valuable asset, making dogs excellent protectors in addition to loyal companions.

Maybe you've been thinking about getting a dog, but you're not sure there is a dog out there for you. Well of course there is! If you're allergic to dogs, there are hypoallergenic dogs that don't shed.



Maybe you're not sure what size dog fits you best. There are many options out there from 120+ pounds Great Danes, all the way down to 3-pound Chihuahuas. Maybe you don't think a dog is the right pet for you because you can't handle the energy. All dog breeds have different personalities and different energy levels. Some dogs may need many long walks or a lot of play time to burn off their energy, but there are also dogs that can just lay around on the couch all day and not worry about picking a single toy up all day.

For all these reasons and more, owning a dog can significantly improve your life. From providing emotional support and reducing stress to promoting physical activity and enhancing your social life, dogs offer a range of benefits that make them the perfect companion for almost anyone.

So, why not bring a dog into your life and experience all the joys and rewards they bring?



THE CALCULATED CHAOS OF TRUMP'S POLICIES AND THE TECH ELITE'S GAMBLE

As the economic and political landscape shifts under Trump's latest administration, a pattern of destabilization emerges—one that appears intentional and strategically crafted. With tariffs now officially imposed on major trade partners, the systematic elimination of diversity and equity initiatives, and mass deportations disrupting key industries, the American economy stands on the brink of a self-inflicted crisis. Meanwhile, some of the most powerful figures in the tech industry—Elon Musk, Mark Zuckerberg, Jeff Bezos, and others—have aligned themselves with Trump despite the inevitable economic fallout that will harm consumer spending and digital advertising, the lifeblood of their business empires.

The central question is: Why would they support policies that could cause their companies to lose money?

The Economic Fallout: A Predictable Crisis

The newly implemented tariffs—25% on imports from Canada and Mexico and 10% on imports from China—are an indirect but devastating tax on American consumers. Despite being framed as a move to protect domestic industries, history shows that tariffs drive up prices for everyday goods—food, fuel, and electronics—hitting lower- and middle-income families the hardest. According to the Congressional Budget Office (CBO), tariffs imposed between 2018 and 2020 reduced the average real household income by approximately $1,277 per year. Additionally, Yale University's Budget Lab estimated that the tariffs signed by Trump on February 1, 2025, could cost American households between $1,000 and $1,200 annually. With Canada and Mexico imposing retaliatory tariffs, the financial burden is now projected to exceed $3,000 per household per year, exacerbating financial strain and deepening wealth inequality.

Economic analysts predict that these tariffs will further increase inflationary pressures in the United States, making essential goods and services more expensive. Historically, economic recessions trigger unemployment spikes, inflationary pressure, and reduced consumer spending. When people have less money, they buy fewer products, and companies slash advertising budgets—directly harming ad-revenue-dependent platforms like Facebook, X (formerly Twitter), and TikTok. Economists from the Tax Foundation have warned that increased costs from tariffs will likely force corporations to implement mass layoffs and early retirement buyouts while simultaneously cutting wages.

Further destabilizing the economy, key trade partners—Canada, Mexico, and China—have implemented retaliatory tariffs, undercutting U.S. industries that depend on exports. China has announced plans to challenge the U.S. tariffs through the World Trade Organization and is preparing further countermeasures. If the trade war escalates, the financial burden on American households could exceed $3,500 annually, exacerbating economic precarity.

Power Over Profits: The True Currency of the Tech Elite

One possibility is that these billionaires are not making a short-term economic calculation but rather a long-term strategic investment—not in money, but in power.

Musk and the Tech Elite: Buying Influence, Hoarding Data

Elon Musk's nearly $300 million campaign investment into Trump's re-election was not just political support—it was a transaction. By backing Trump, Musk and other tech billionaires secured deregulation, weakened antitrust enforcement, and gained unrestricted access to government contracts. Musk's growing empire—from Tesla and SpaceX to X and AI ventures—grants him control over vast amounts of consumer and financial data, raising concerns that he is leveraging his relationship with Trump to consolidate power beyond business into governance itself.

Musk's influence now extends beyond mere business interests. He has been appointed to lead the newly established Department of Government Efficiency (DOGE), an advisory group tasked with reducing federal spending through workforce reductions and budget cuts.

This position grants Musk significant influence over federal agencies, including those that oversee sectors in which he has substantial business interests.

The implications of Musk's unchecked data accumulation are staggering. With access to social media data, artificial intelligence, and financial transactions



TOMMY J HOUSMAN

through X and other platforms, Musk can track not just economic activity but also political dissent. A billionaire with this much power funding a government that is actively dismantling democratic safeguards presents a direct threat to political transparency and fair governance. Musk is not simply a corporate ally of Trump—he is a key player in the remaking of a government that serves private interests over public welfare.

A Controlled Economic Collapse?

If the economy collapses under the weight of Trump's policies, the ultra-rich will not suffer the same way as the average citizen. They stand to gain. Economic turmoil could allow for:

- Mass acquisitions of failing companies at bargain prices
- The destruction of small business competition
- A workforce desperate enough to accept lower wages and fewer rights

This approach mirrors Russia's use of "political technology" to manipulate elections and consolidate oligarchic control. In post-Soviet Russia, oligarchs used economic crises to buy up state assets at bargain prices while simultaneously using media disinformation to maintain control. The same playbook is now unfolding in the United States.

The Role of Privatization

Trump's economic collapse is not just an accident—it is setting the stage for mass privatization of public services. Elon Musk has already suggested privatizing Amtrak and the U.S. Postal Service, while deep cuts to the National Oceanic and Atmospheric Administration (NOAA) indicate that weather services could also be sold off to private entities. The Trump administration has announced plans to cut 80,000 jobs from the Department of Veterans Affairs, which Senator Tammy Duckworth warns is an attempt to gut the agency before pushing for full privatization.

By deliberately underfunding and dismantling public institutions, Trump and his allies are engineering a system where private corporations step in to take over essential services—for profit.

The Endgame: A New Gilded Age?

Trump is not leading a populist movement—he is executing a well-funded operation designed to reshape the U.S. into a government where economic collapse, regulatory capture, and authoritarian entrenchment work together to ensure that the ruling elite remains permanently in power.

America at a Crossroads

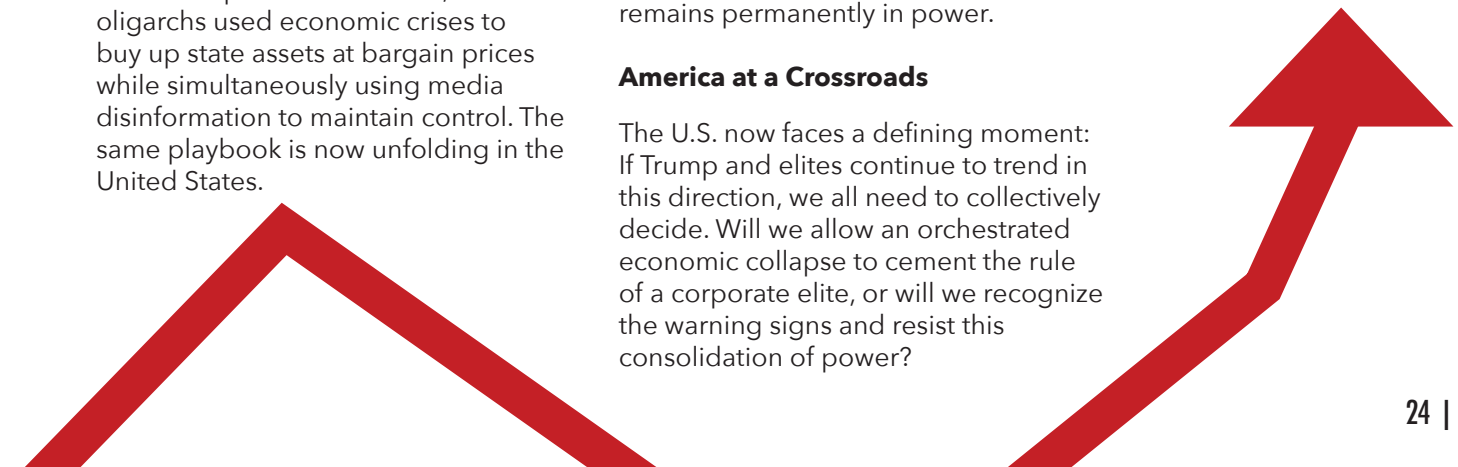
The U.S. now faces a defining moment: If Trump and elites continue to trend in this direction, we all need to collectively decide. Will we allow an orchestrated economic collapse to cement the rule of a corporate elite, or will we recognize the warning signs and resist this consolidation of power?

If we fail to recognize this strategy for what it is—an engineered crisis designed to justify authoritarian rule—the consequences will extend far beyond one election cycle. Once economic collapse is used as a pretext to erode democratic norms, those lost freedoms will not be easily restored. History shows that authoritarian regimes consolidate power by manufacturing crises and positioning themselves as the only solution.

If citizens do not mobilize now, the country may not just face a temporary economic downturn but a permanent restructuring of governance, where elections become performative, the opposition is silenced, and economic precarity ensures a population too burdened to resist.

The longer economic instability is used as a tool to justify power consolidation, the harder it will be to reverse. Americans must mobilize—not just at the ballot box, but in grassroots organizing, economic resistance, and legal challenges—to prevent a deliberate march toward plutocracy.

The future of democracy depends on it.



THE HEALTHCARE WORKERS OF GAZA

By: Zorah Mehrzad

At the time of writing, Gaza has suffered Israel's constant bombardment for 500 days. Just last night I received the updates from @letstalkpalestine on Instagram about Day 499, and at the very top of the long list was: "Gaza's hospitals face severe oxygen shortage as Israel blocks entry of oxygen stations despite destroying 10 stations amid genocide. ICU & premature babies dying from lack of oxygen; only 3 ICU beds in north." Below that it mentions freed Palestinian captives, many of whom suffered medically unnecessary amputations. Each bullet point is another ceasefire violation and another strike added to the long list of international war crimes being committed by the colonial power. And at the heart of many of these offenses is a complete and total desire to dismantle healthcare infrastructure. To destroy access. To deny the act of healing to any and all that may seek it. Human Rights Watch has called Israel's strikes on hospitals "unlawful," while the UN remarked in December of 2024 that "Israel's deadly pattern of attacks on and near hospitals in Gaza" has pushed the health-care system in the occupied territory to "the brink collapse."

But the Israeli Occupation Forces (IOF) don't constrain their violence to the structures of healthcare alone, going so far as to target individual providers as well. Multiple reports from Human Rights Watch detail the torture of healthcare workers in Sde Teiman camp, Ashkelon prison, Anatot military base, and the Ofer detention facility. A surgeon in one report from August 26th of 2024 states that he and 50 other nurses and doctors were taken from the hospital and told to strip down to their underwear. A whistleblower from the Sde Teiman camp leaked information in May, revealing to CNN that Palestinians were being used as practice for unqualified medical providers, earning the camp the nickname "a paradise for interns." Others still were denied medical carefollowing severe beatings. Many were strapped to beds in a field hospital just outside of the camp, wearing nothing but diapers and blindfolds.

As of September 24th, 2024, the World Health Organization (WHO) estimated that Israel launched over 1,000 health attacks on Gaza, while publications from late in 2024 report Israel as having killed over 1,000 healthcare workers. The WHO also claimed that 128 healthcare workers were in detention within the same account. Both The New York Times and Human Rights Watch estimate that number is higher, nearing 300. Whichever way you spin it, Israel is conducting targeted and continuous assaults on the institution of healthcare, and allowing such a transgression to continue is a threat to everyone, everywhere.

The intention of this article is two-fold: a purposeful stare at the state of health in Gaza—a refusal to look away from what is undoubtably a horrific catastrophe—and a recognition of only a handful of Gaza's most dedicated physicians. Many have unfortunately been martyred. All of them have left behind a legacy that cannot be allowed to fade. As a pre-medical student myself, I find it impossible to step towards a future in medicine without bringing their stories with me. They are some of the most honorable people I have never had the chance to meet. It is my hope that you will find inspiration and strength in their commitment to humanity, no matter what path you choose to take in life, and that through you, they may live on forever.

Dr. Hammam Alloh



I remember reading transcripts from Dr. Alloh's interview on DemocracyNow! back at the beginning of November of 2023. A prominent nephrologist at Al-Shifa Hospital, he described the conditions of working in an environment without the proper supplies, a commonality even a month into Israel's incursion. Patients that went into cardiac arrest were not resuscitated, because there were no ventila-tors; fuel was rapidly running out, meaning that patients in the ICU or exiting surgery were at imminent risk of dying; Dr. Alloh's dialysis unit was being partially converted into extra space for the flood of emergency room patients. When Amy Goodman asked Dr. Alloh why he wasn't fleeing further south with his wife and two children—a four-year-old and a five-year-old—he answered

with a devastating set of question back: "You think I went to medical school and for my postgraduate degrees, for a total of 14 years, so I [can] think only about my life and not my patients? I'm asking you, ma'am. Do you think the reason I went to med school [was] to think only about my life?"

On November 12th, Dr. Alloh was killed by Israeli airstrikes, cutting his life short at the age of 36. His father, father-in-law, and brother-in-law were martyred in the same attack.

Dr. Iyad Rantisi



As director of the Kamal Adwan hospital's maternity department, Dr. Rantisi spent the beginning months of Israel's bombardment treating patients that were pregnant, laboring, or post-partum. But in early November of 2023, Dr. Rantisi joined his family—his wife and three children—in making the journey south, to land that Israeli forces had deemed a "safe area." His 19-year-old daughter, Dina, remembers her father being called out to by a nearby soldier saying "Nurse, come," before he disappeared. The family would have no idea as to his whereabouts until seven months later when Haaretz, an Israeli newspaper, released information that he had been killed six days into his detention. Dr. Rantisi had been taken hostage by the Shin Bet, Israel's security agency, which is largely responsible for internal counterintelligence operations. While specific details have still not yet been released, the Shin Bet has a history of "systematic torture" according to various human rights organizations, and primarily target Palestinians in their violence. Despite his role as a humanitarian in times of crisis, Dr. Rantisi had been detained on suspicions of aiding in the holding of Israeli hostages, a crime for which the Shin Bet provided no proof of him committing. His death was the second recorded killing of a physician in Israel during 2023.



Zakaria

The first video I ever saw of Zakaria caught me off guard. What is this child doing working so hard, pushing patients around in stretchers, wiping down hospital beds? He was flying across the screen, running through hallways full of Palestinians sheltering in place. One of the paramedics working alongside the 11-year-old said Zakaria didn't like being treated like a child. "He wants us to treat him like he's one of the paramedics," a member of the Palestinian Red Crescent says. His grandfather worries Zakaria will never feel at peace among kids his age again, that he's grown too much, too fast. The boy estimates that he's seen at least 5,000 bodies with his own eyes.



Dr. Thabat Salim

In December of 2023, Jezebel interviewed a handful of Gazan health-care workers to discuss the worsening conditions for newbrons and pregnant people. In it, Dr. Thabat Salim, an OB/GYN working for the Palestinian Family Planning and Protection Association, discussed the more sordid details of her day-to-day work. "Premature babies are particularly vulnerable, with many dying due to a lack of oxygen and incubator availability," she told the reporters. At the time, only 9 of Gaza's 17 partially functioning hospitals were able to provide maternal care, alongside only 4 field hospitals. At only 30-years-old, Dr. Salim was less than a decade into her medical career. In January of 2024, she was killed in an Israeli airstrike on Al-Nuseirat refugee camp while treating women and children.



Dr. Hussam Abu Safiya

Serving not only as a pediatrician and neonatologist, but also as the director of Kamal Adwan Hospital in the north of Gaza, Dr. Abu Safiya treated patients who were quickly losing access to the necessary supplies for survival. Northern Gaza has suffered the brunt of military attacks as well as being largely cut off from shipments of aid like fuel, food, and water. Dr. Abu Safiya experienced the violence intimately not only as a

Palestinian shelter in place at the hospital while performing his medical duties, but also by the loss of his 15-year-old son, Ibrahim, on October

25th, 2024 during an Israeli strike on the hospital itself. In November, following a surgery, Dr. Abu Safiya was injured in an Israeli air strike, resulting in six shrapnel wounds to his leg. I learned of him not through his documentation of daily life on Instagram, but through an aerial photo of him. A bright white coat among rubble, Dr. Abu Safiya walks toward Israeli tanks, soldiers somewhere off-frame rounding up over 100 medical workers from the besieged hospital. On December 27th of 2024, Dr. Abu Safiya was kidnapped by the IOF and detained. Palestinians being released from Sde Teiman camp claimed to have seen him brought there. Recent interview footage released on Israel's Channel 13 shows the 51-year-old physicians being lead around in handcuffs by a barrage of heavily armed guards. He is significantly thinner, his skin wan, his tone even. While the international community calls for his release, Israeli officials have given no timeline for his stay in their notorious prisons. It seems his only crime is continuing to provide care when invading forces demanded he leave his patients behind.



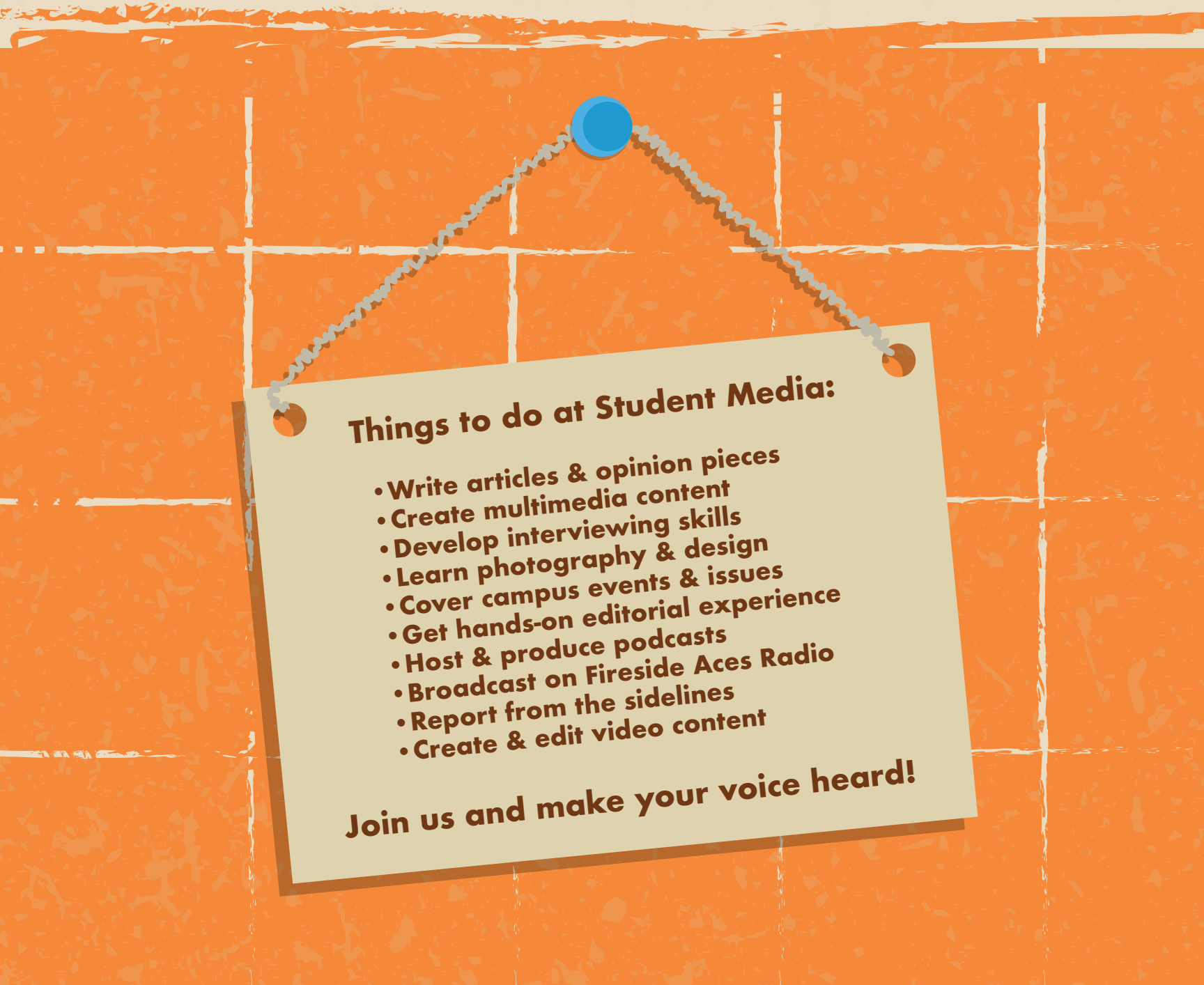





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