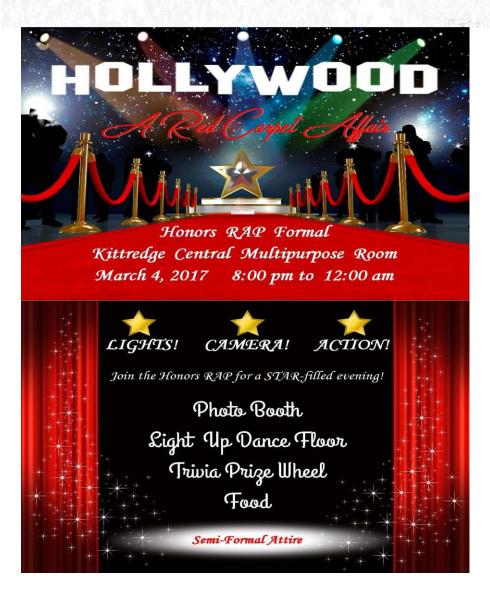
CU BOULDER

## Feb 27 Smithsonian

Honors RAP



See you at the Formal this coming Saturday at 8 pm. If you're looking for some fun before the dance, bring your hair styling materials to a "Hair Styling Open House in classroom \$200C, hosted by flock leader Serene Singh!



## What Brings You Joy and Why?

## By Chelsea Magyar

This semester, the *Smithsonian* is asking life's big questions. We asked freshman Alex Nguyen, a double major in international affairs and journalism, to talk about what cheers them.

Dancing brings Alex joy. "Whether I mess up, whatever I'm wearing. . . regardless of how I look on the outside, how I fell on the inside is always beautiful and happy. I feel aware of everyone and everything around me, the community that comes together to dance together, to celebrate life and the people who are no longer with us. It's just a sense that I am here with all of these people, and we are all beautiful together."



This celebration takes place every year at the Obon festival, which happens through Alex's Jōdo Shinshū Buddhist temple. It always involves dancing. "We have an inward circle full of experienced traditional dancers known as the Minyo Kai and concentric circles of

everyone else on the outside following along."

Alex has danced from a young age, and their dedication and growth have taken them far. "I was asked to join the Minyo Kai recently, which means that I am seen as like a prime example. So while I'm dancing and feeling beautiful and graceful and celebrating the community around me, I am also seen as an example of the community.

Within the Minyo Kai community, Alex is the youngest dancer—most of its members range from age 60 to age 90. "It's both exhilarating and more than a little intimidating... it's a little bit stressful, but I enjoy the feeling that I have something to look up to: I both have to look up to all of my elder dancers, but I am now also an example for others to look up to as well."