



Women's XC Team Claims SUNY Poly Short Course Title

By: Ksenia Mahmud
Editor in Chief

A fresh semester calls for a talented batch of fresh faces. HVCC's men's and women's cross country team was in the SUNY Poly Short Course Invitational on Saturday morning in Utica. Our women's team earned five top-10 finishes and claimed the 2022 Short Course title.

The event was started by the womens team running a 4,000 meter course at 10:00 a.m., their top runner being Olivia Skylstad. She placed 2nd overall with a noted time of 18:26, which greatly surpasses her original score last year of 32nd place, timed at 21:00.

Laurel Ticer is new to Hudson Valley's cross country program,



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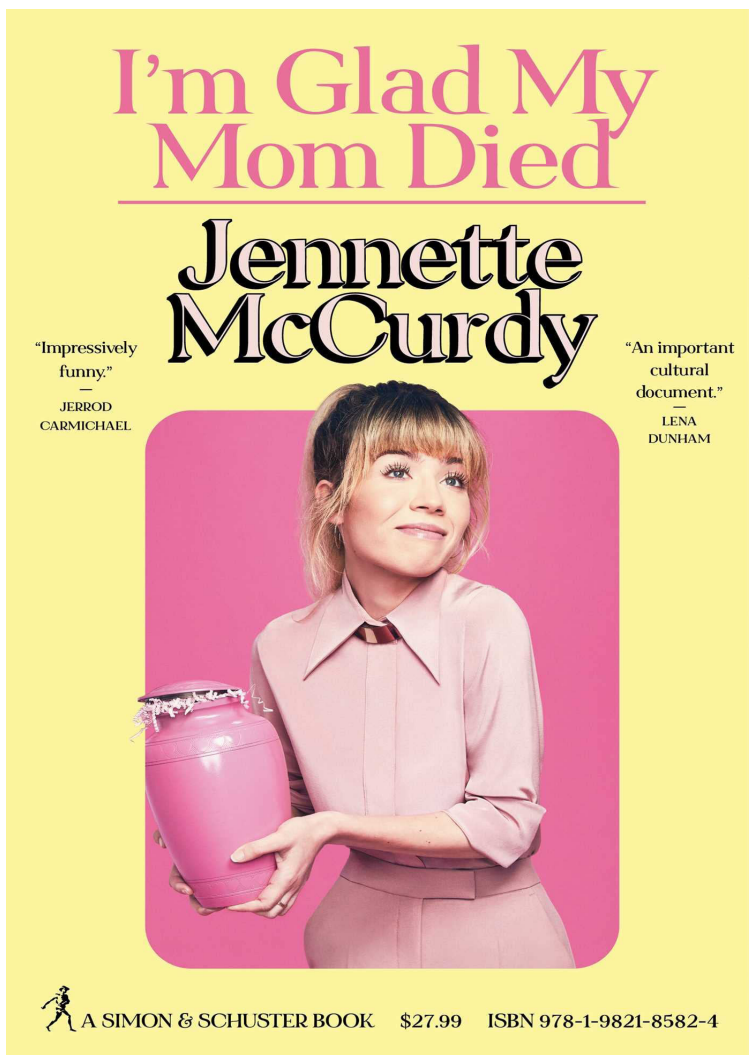
“I’m Glad My Mom Died” is the Thrilling Secret Story Behind iCarly

By: Caileigh Sawyer
Staff Writer

Jennette McCurdy's new book "I'm Glad My Mom Died" hit book stands on August 9th and sold out the next day. This carefully written memoir is releasing all the details of the former iCarly star's life and how growing up a child star is not all it seems. Secrets unravel the farther in the pages you get; not only secrets about McCurdy but also about Nickelodeon.

Growing up, McCurdy refers to her mother as her best friend, but the book admits that she didn't know any better as a child. While visiting her dying mother in the hospital, this is what Jennette says in hopes to wake her mother up: "Mommy, I am... so skinny right now. I'm finally down to 89 pounds." Just at the age of ten, Jennette was getting her teeth whitened and her hair bleached. At the age of 11, Jennette's mother introduced her to the idea of calorie counting. The star admits she got cast because she appeared much younger than she actually was. The diets kept her figure small and didn't allow her to grow into a "woman".

Jennette McCurdy lived through so much physical and emotional abuse, not only from her mother but from Nickelodeon. Many sexual harassment complaints have been made against the infamous Dan



Shneider, who created many popular kid-friendly shows. After McCurdy's show Sam and Cat ended, Nickelodeon offered hush money; just as they did to other actors hoping nobody could potentially expose Nickelodeon.

Although the title is heavy, the book takes you through a hope-

ful, inspiring and funny journey. The journey through not having a proper childhood, to having your first love, being an alcoholic, then finding acceptance and healing. "I'm Glad My Mom Died" is a must-read story for anyone who wants to be shocked and challenged by modern culture.

Student Senate President Welcome Letter

Hi, I'm Neasa McAlice. I am currently president of HVCC's student senate. It is an honor to be able to welcome you to HVCC for the fall semester.

The COVID pandemic has made the past three years at HVCC difficult. This year things should be more or less "back to normal". There is however no old normal anymore. The pandemic has to some extent changed everything. Today we find ourselves confronted with questions we couldn't imagine a mere three years ago.

HVCC is proud to be one of the educational institutions in this country that take these questions seriously. There is an ongoing discussion among faculty members, administration, and students concerning how best to live and work together under the changed conditions. I hope you will join us in taking an active role in working out how we want to work and learn together.

There are widely divergent views concerning the efficacy of COVID vaccinations and the role they play in public health.

The student senate wishes to be a forum for open dialogue. We have not taken a position concerning mandatory vaccination. However, we do believe that should vaccines become mandatory, this mandate should extend to faculty and staff as well as students. We feel any other approach would make an unfair distinction between students and faculty/staff.

We will do our best to keep you informed as the discussions progress. Student senate meetings are open to all students. We invite you to share with us your concerns and questions. If you would like to become active and have your voice heard, please consider becoming a member of the student senate.

I hope that we can make a positive contribution to your experience here at HVCC and look forward to seeing you at our events throughout the next semester.

On behalf of the student senate,
Neasa McAlice
President

LIFESTYLE

Check out a new fashion column where YOU could be featured! We plan on having 2+ students a week on "Campus Style!"

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ARTS & ENT

Read a short story written by our Jr. Layout Editor, Ed Yerdon. He also has a short little poem on the same page.

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This Week's Events

Mon 5	College Closed Holiday
Tue 6	SUNY Empire State College: Transfer Visit 10:00 a.m. East Greenbush Police Recruitment Table 10:00 a.m.
Wed 7	American Red Cross Blood Drive 9:30 a.m. COVID-19 Booster and Vaccine Clinic 3:00 p.m.
Thu 8	Blue Triton Brands Recruitment 10:00 a.m. Russell Sage College: Transfer Visit 10:00 a.m.
Fri 9	Remembering 9/11: Wreath Presentation 8:15 a.m. Country Folk Art Show & Artisan Market 4:00 p.m.

Album Review



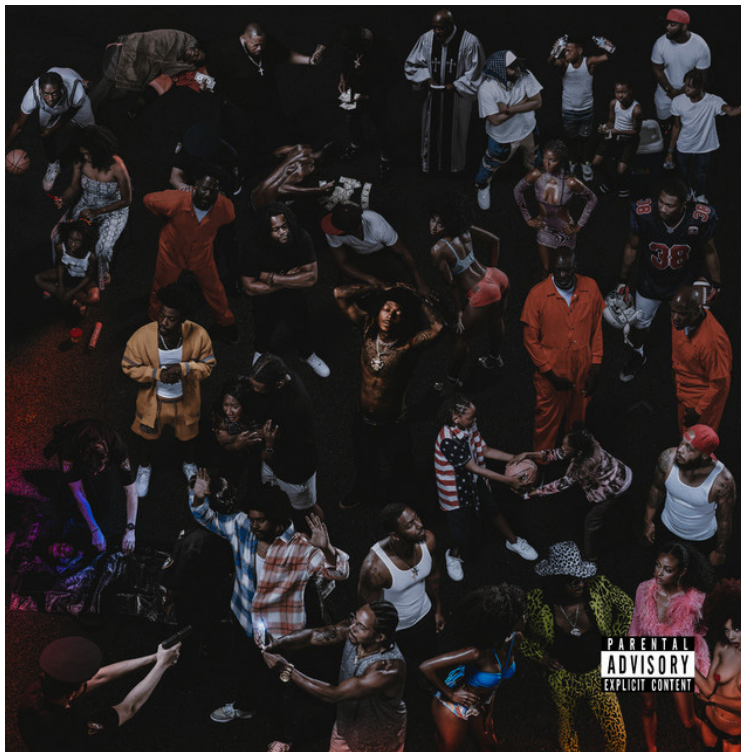

JID - The Forever Story (2022)

By: Dominic Cacchione
Staff Writer

- 8/10 -

This year has been an excellent year for hip hop with the genre has seen lots of amazing releases this year, from Kendrick Lamar's triumphant return in the form of Mr. Morale and the Big Steppers, to Denzel Curry's amazing display of creative talent in Melt My Eyez: See Your Future, so when the hype surrounding JID's latest release, *The Forever Story* reached my ears, I believed it. That being said, the album still managed to blow past my expectations, and stands proudly amongst this year's releases, even with the bar being as high as it is. Returning after a 4-year hiatus, JID delivers an album chock-full of brilliant rhyme schemes, god-like flow & flow switches, and an absolutely stacked roster of features. I think it's safe to say the four years were worth the wait.

Let's get something out of the way: Prior to *The Forever Story*, I haven't listened to any of JID's albums. I was familiar with his music, and knew him from several songs, including features on songs from some of my favorite artists. Needless to say, I was aware of his talent, but since I had never done a deep dive into his discography, I wasn't fully aware of the heights he was capable of reaching. I'm glad that the album I started with was this one. One of the more notable achievements of this project is that on nearly every song, JID switches up his flow around halfway through, giving listeners an extremely diverse listening experience combining many different styles of rap, and seamlessly transitioning between them. Following the very high-energy trap-influenced track "Surround Sound" featuring 21 Savage, JID surprised me on the track Kody Blu 31 with his impressive and me-



lodically singing voice, something I didn't know he even had until now. There's lots of diversity in sound from track to track, and even on individual tracks, which makes *The Forever Story* a consistently engaging hour of music.

JID's ability to change and switch up his flows is matched by his lyrical ability and his rhyme schemes. Reminiscent of someone akin to a younger Kendrick Lamar, JID delivers many introspective bars in a very dynamic and ear-grabbing way, calling back to his early childhood, and to some demons, he even battles today. As he says on the track "Better Days," "I've done seen some better days before, Feeling like forever was a long time ago, Balancin' highs and the lows". As the track continues, he details one of his oldest friendships and his unshaken loyalty to the person in question. While he lives in an entirely different world from that person now, even amidst all his success, he

still looks back on those days fondly, and misses the simplicity of his early life. At the very least, that's my interpretation. You can take that with a grain of salt. The track "Crack Sandwich," has a much less nostalgic feel about it, as evidenced by the title, and touches upon the more negative aspects of his early life. The themes of growing up surrounded by drugs and violence might not be particularly unique in the overall scope of hip hop, but it fits nicely into the album. The song begins with a more somber tone about it than the more energetic tracks, as JID raps softly over an eerie piano beat about the traumatic things he experienced and witnessed in his childhood. Around two-thirds through the song, the topic shifts to physical abuse faced by his sister, and how he took violent action against the person who did it, ending the track with a very vengeful and almost sinister tone. These two tracks are just two of many

highlights on an album full of introspection, retrospection, reminiscence, and some dwelling.

The album's roster of features is nothing short of impressive. On the earlier mentioned track, "Surround Sound," 21 Savage continues his amazing feature run, after practically carrying the last two Drake albums by himself. As a result, we got what might be my favorite song on the album. It's got a super catchy hook, possibly the catchiest and most hype beat on the album, and excellent rapping from both artists. Lil Durk, who normally I have an okay opinion of, delivers a great feature on the song Bruddanem, a very emotionally moving verse about his family and how their lives were tainted by crime. He closes off his verse with a mention of "two of [his] brothers that died," one of which I can only assume to be his late friend and fellow Chicago rapper King Von, whom he's mourned on many different tracks since his untimely death in November of 2020. On the latter half of the album, we're treated to features from the legendary Yasiin Bey, (formerly known as "Mos Def") and the equally legendary Lil Wayne, the former delivering a characteristically very socially conscious and lyrical verse about pursuing true freedom in the modern world, and the latter giving his usual masterclass in syllable-by-syllable rhyme schemes. It's rare for Lil Wayne to fumble a feature, and this one is no exception. The album also contains two features from up-and-coming rapper Kenny Mason, whose name has seen some buzz in recent days, and

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BREAKING NEWS!

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JID

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judging by his performances on this album, his name will only continue to rise as time goes on.

Any negative criticisms I have for the album feel like nitpicks, but I'll share them regardless. While JID does an incredible job at showcasing his technical skills, the stories he tells about his early life in the streets aren't foreign to the genre of hip hop at all, which, in my opinion, sacrifices part of his identity. However, this isn't a large enough criticism to really discredit the album. It just means that he hasn't touched upon issues as abstract as someone like, say, Kendrick, but that's not really a fair comparison. I think if JID is missing anything, it's a brand, something specific that

he represents when stacked up against this generation's greats. Still, though, this is more of a nitpick. There's not much keeping him behind the greatest rappers out right now, as he's done more than enough to show his versatility and artistic talent.

With all that being said, I don't think it's at all a stretch to say that The Forever Story will be included in many year-end lists. In the years to come, it's sure to be looked upon as one of 2022's highlight hip-hop releases. If you haven't listened to JID yet, he's sure to appeal to fans of J. Cole, Kendrick Lamar, Pusha T, and Denzel Curry, three out of four of which have also released stellar albums this year. In one word, JID's The Forever Story is magnificent.

The Amulet (Short Story)

By: Ed Yerdon
Jr. Layout Editor

Bernice sat down in her chair. Her soft blue padded fabric chair with plastic arms.

Her computer finished loading. She started reviewing 219 emails that she had received since the night before. She worked very hard and often signed into her work email while she was in bed and almost ready for sleep. She often had dreams about work and this was no doubt related to her doing work in bed. She knew that it would be difficult the next day if she didn't check the emails as late in the evening as she did.

Marlene saw Bernice sit down in the cube next to her through the corner of her eye. Bernice's large amulet jingled against the woven pulls of Bernice's sweater.

Marlene rolled her eyes.

Marlene turned towards Brian, and Brian was making an odd aggravated face. His eyes were bugging out. Despite Brian's vague aggravated expression, Marlene knew exactly what Brian's issue was. If Brian had made even the slightest pantomime motion towards his ears or neck; it would be

so clear that they were irritated with Bernice. Everyone knows that behavior was not proper office etiquette.

Bernice continued to work diligently. She had sent about 7 different emails and many of the issues she was bombarded with should be resolved in about half an hour.

Bernice loved her job, she loved how things magically fell together as the myriad of teams that she worked with used their synergy. However, now that more of the work was behind her, her thoughts started drifting towards Brian. He was super handsome and fashionable. She'd always dreamed of having a boyfriend like him. They could go to central park and picnic on the giant gray smooth rocks while their dog frolicked nearby. Of course in her dreams, the dog would never run off and everything would be perfect. In her daydreams, she wouldn't need to wear the Amulet.

Bernice decided that she needed a break, her daydreams were just playing too hard in her mind to focus properly. She was able to take off the amulet for limited periods of time. She set it down on her desk and left the floor of the cubicle maze.

Brian stood up and snatched

the amulet. He held it in front of his chest. It was gaudy, huge with a gold chain and a green plastic-looking emerald in the pendant.

He acted pretentious and paraded over to Marlene's cube. Marlene laughed cruelly as the two disrupted the calm still air of the office cubicle maze.

Francine sat there, she just lost her train of thought on an email she was writing. She was two cubes down from Bernice. Brian was their middle common neighbor cube-mate. The childish behavior was too disruptive. She didn't approve of it, but she didn't want to take a stand either.

Bernice returned and immediately saw that her amulet was missing.

She began to panic. She looked on the floor and under the desk. She checked her bag and drawers out of sheer panic. Then she heard Brian and Marlene stifling their laughter.

It mattered not, the time limit just ended.

Bernice's skin started to crawl, as huge tentacles writhed just below her skin. The Tentacles then burst out of her skin, and Bernice's legs also became elongated and huge. Her color changed to a dark green and she became slimy. She resembled a large octopus-looking humanoid with flaming bright yellow eyes on the sides of her bulbous head.

Bernice really hated going through this, nobody likes being cursed by a terrible amulet that they have to wear, but her skin became super oily and almost slimy for months after any lapses that she had. Keep in mind that she, fortunately, had never injured anyone.

Bernice lurched forward and her left tentacle appendage wrapped around Brian's waist. She dragged him against the wall of his cube and pressed him against the wall. She was bringing him closer to her giant razor-sharp beak that was clacking in the middle of her face.

Deep in her mind, she was fighting with all her strength to

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The Amulet
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By: Ed Yerdon
Jr. Layout Editor

Dragon Hide

Come my son, I'll tell you about the beast inside

Don't be fooled by this thick dragon hide

Scales are just chain mail

To keep the tender heart inside

Send your cobbler or your knight

It matters none

No one can defeat the beast in which resides

Once it gets a taste, it lays village to waste

Burning pain and rage deep in the night

Claw of dagger tooth of bone

Enthralled in its own fleshy throne

Rip and tear the sinew with flare

Impale with your harpoon tail

Ever fare to scare these peasants in their home

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Whiplash (2014) Is a Modern Classic (Movie Review)

By: **Dominic Cacchione**
Staff Writer

You could say I was late to Damien Chazelle's 2014 drama *Whiplash*. I had heard good things about it in recent years but hadn't checked it out until very recently. Starring Miles Teller as Andrew Neiman, an aspiring jazz drummer, and JK Simmons as Terence Fletcher, a psychotic, manipulative jazz band instructor, *Whiplash* delivers a nail-biting, heart-pumping narrative that kept me glued to my TV screen for its runtime of 1 hour and 47 minutes.

The movie opens with Andrew practicing the drums when Fletcher walks in to see him perform. Knowing who he is, Andrew immediately stops, much to Fletcher's chagrin. Wanting to recruit him for his jazz band, Fletcher asks him why he stopped playing, and when Andrew begins to play again, Fletcher tells him to stop, calling him a "wind-up monkey," for immediately switching up his actions rather than providing a valid reason for why he stopped. Afterward, Fletcher promptly leaves, returning a second later only to grab his coat and leave. Right off the bat, Fletcher is established as someone who is impossible to please. However, this barely scratches the surface. Throughout the movie, we see him push



Andrew to the brink, regularly driving him to practice until his hands bled. He was never satisfied, always demanding more. Andrew's determination to become "one of the greats" paired with Fletcher's psychotic desire to create the best jazz musician possible through torturous methods make for a fascinatingly tense movie. We watch a poor young man force himself through mental, physical, and emotional anguish, costing him everything he has in an attempt to please a man who will never tell him so much as "good job". It's a movie that's sure to resonate with anyone who suffers from anxiety, or dealing with a narcissistic parent, and it's a truly fascinating

character study.

Bar none, the most memorable thing about *Whiplash* is JK Simmons' character Terence Fletcher. He might be the most hate-able character I've ever seen on a screen. He seemingly possesses no empathy for any of his musicians, and only views them as tools that he can push until they break. Time and time again, he plays with their expectations, hopes, and overall mental states, carefully grooming them to become jazz machines who play exactly what he wants to hear. In spite of his repugnancy, he does have lots of really amusing lines that are flawlessly delivered. Oftentimes, you're not sure whether to laugh or sink back into your

chair as he walks the line between comedy and thriller with ease. He took home a well-deserved academy award for his role, and he's certainly one of the more captivating film antagonists I've seen in the past decade.

There really aren't many negative things I can say about this movie, as it keeps your heart racing the entire time in a way few movies can achieve. Without spoiling anything, it's a movie that could easily find a nice place for itself in my top 10 upon a rewatch. Opinions are subject to change over time, but I'm optimistic about this one. By my metric, 2014's *Whiplash* is a modern classic.

The Amulet

FROM PAGE 3

not eat him. However much she admired his looks and character while she was in her "normal" state, which was replaced by the sheer desire to taste him. He looked so delicious.

Brian's desk had been tipped over and separated from the cubicle as his feet pressed against it in a failed attempt to gain traction away from Bernice's beak. The Amulet had fallen into the walk-space near Francine's cube.

Francine heard a voice in her head. The Amulet was asking her to put it on her own neck.

Francine scooped up the Amulet and without a second thought, she rushed to Brian's aid. She placed the gold chain around his neck.

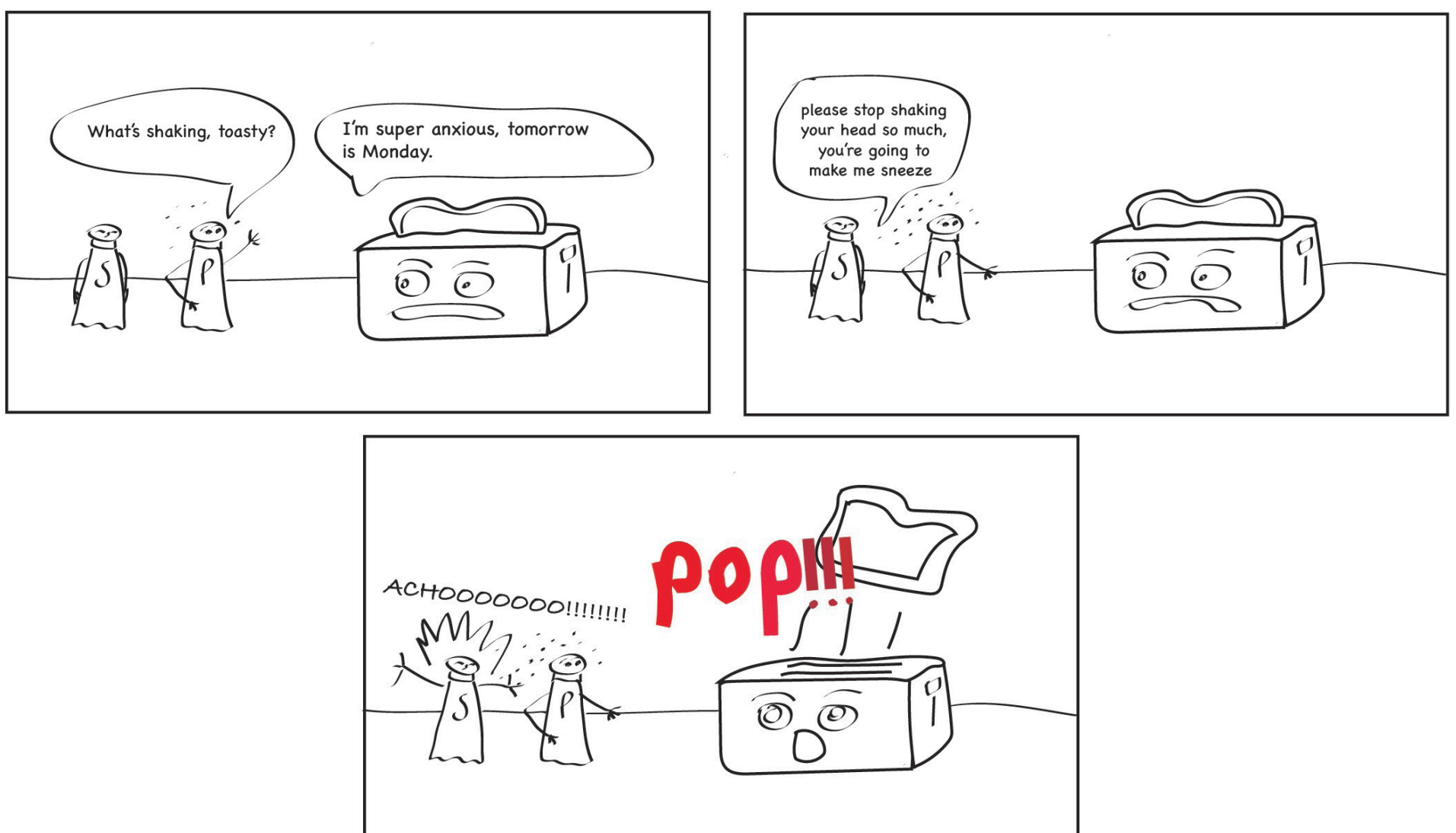
The beast immediately screamed with an ear-piercing howl! Brian was dropped to the floor next to his overturned desk. Bernice rapidly shifted back into herself, although she seemed to be having a seizure, and she lay on the floor.

Brian hung his head as he seemed really distressed. His skin tone seemed to darken with a grayness - Bernice stopped shaking and regained consciousness. She held her hands in front of her face and saw her skin returning to a color she hadn't seen in years.

She was cured.

Table Matters

By: **Ed Yerdon**
Jr. Layout Editor



Fall Fashion Is In! by Sara Wissa, Staff Writer

Gianna
Reyea

Whether it is crispy fresh air, the colorful trees, or the comfortable and cozy feeling of sweaters, fall is knocking on our doors, or Autumn, if you are an international student. No matter what you call it, we still all feel it the same way. Since we are starting to take out and organize our seasonal clothes, I started to try and guess what the new trends this season might be like.

Last fall, we had a lot of tailored, classic, and polished looks holding the spotlight. Loafers became the new cool thing to wear, and vests went along with almost any outfit. We also had many elegant silk slip-on dresses for night outs. Even the crop tops became a more put-together look by incorporating them in suits. To summarize, last year was all of us trying to look like we are preppy lawyers from the 1960s.

Don't get me wrong though, I thoroughly enjoyed it actually. So now that we went over

last year's trends, I will take my guess for what will be in the fall. I want to preface this by saying that this is just my personal opinion. I believe that we will have a lot of the "polished" look, but this year maybe more with an "effortless" twist. It is all about looking like you didn't "try hard enough" but you still look professional. It is all about that illusion. That can be in your outfit or hair or makeup. I believe that long skirts will still be in, especially ones with earthy tones. Black leather jackets and coats will always be a classic in the fall. A classic nude coat with some loafers would definitely be another solid choice. Burgundy might just also be just perfect for evenings.

Whether I guessed right or wrong, if I liked the new trends or not, the most important thing is that I will put on what makes me feel like the most authentic version of me.. but trends can be really fun to try out too.



Contact our Photo Editor,
Shawn Brown, for any
photoshoots you'd like to
request.

HVCC E-Mail:

s-brown75@hvcc.edu

XC

FROM PAGE 1

and she earned a top-10 finish while crossing in 6th place, her time being 21:18. Hickory Whelan came just behind Ticer placed at 7th, timed at 21:32.

The Vikings top five finishers are completed by Eva Sgambetera, placing 9th timing 22:41, and Jessica Wank, finishing in 10th timing 22:58.

The rest of HVCC's women's cross country runners include Elicia Swedish, who completed in 14th with a time of 24:26, and Rebecca Seiter, who finished in 16th with a time of 25:43.

The event was concluded with the men's program after the women's. They started with a 6,000 meter course at 11:00 a.m., their top runner being Eric Zumpe. He finished fourth overall and had a time of 21:36. The next ranking HVCC student lies at 11th place with a time of 22:59, Jake Kinnicutt. He was only 9 seconds off from the player in 10th place.

A top-15 finish was earned from Justin Layer, timed at 23:27, while Adam Blough was in 16th place wtimed at 24:12. William Petramale completes Vikings top-20 finishers with a time of 24:29, placed at 18th.

The rest of the men's cross country runners include Jordon Wagner, who placed in 22nd with a time of 26:05, and Ian

Shaw, in 23rd place with a time of 26:05 also. Aiden Alaxanian was in 30th with a time of 39:09, and Edgar Alamo-Benitez was 31st with a time of 39:46.

Hudson Valley Community College's cross country program is planned to return next Saturday, September 10th against SUNY Cobleskill in the Steven A. Warde Invitational. Our women's team is scheduled to compete in the 6,000 meter course while the men's team are competing in the 8,000 meter course.



Sports Editor Needed



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Weekly

RECAP

	Men's Soccer	Aug 31
	2-1 vs Clinton Community College	
	Football	Aug 27
	10-6 vs Thaddeus Stevens College of Technology	
	Softball	May 18
	9-4 vs Herkimer College	
	Softball	May 15
	13-9 vs Mohawk Valley Community College	
	Baseball	May 15
	5-2 vs Niagara County Community College	
	Baseball	May 14
	4-0 vs Niagara County Community College	
	Softball	May 14
	4-2 vs Mohawk Valley Community College	
	Softball	May 14
	12-4 vs Mohawk Valley Community College	
	Softball	May 10
	5-3 vs Mohawk Valley Community College	
	Softball	May 10
	11-8 vs Mohawk Valley Community College	
	Softball	May 8
	9-1 vs Onondaga Community College	
	Softball	May 8
	8-3 vs Onondaga Community College	
	Baseball	Mar 17
	4-1 vs SUNY Adirondack	
	Baseball	May 7
	14-3 vs SUNY Adirondack	
	Women's Track & Field	May 7
	2nd - 191 @ Herkimer, NY	



UPCOMING HOME GAMES

Sep 6	Women's Volleyball 7:00 p.m. Ulster County Community College	
Sep 7	Women's Soccer 2:00 p.m. Jefferson Community College Men's Soccer 4:00 p.m. Jefferson Community College	
Sep 10	Women's Volleyball 2:45 p.m. Finger Lakes Community College	
Sep 11	Men's Soccer 12:00 p.m. Niagara County Community College Women's Soccer 2:00 p.m. Niagara County Community College	

