



HVCC Wellness Fair Opens Students Up to Improving Overall Health & Lifestyle

By: Mira Gillan
Managing Editor

HVCC's Wellness Fair sought to inform students how to care for themselves physically and mentally. Various organizations were at the fair, including Planned Parenthood, Planet Fitness and the Center for Problem Gambling. HVCC also pointed students toward its counseling service, which can be accessed through the Wellness Center in CTR 270.

Planned Parenthood seemed to have everything at their table. Shirts, stickers and cards with information regarding their many different services. They include counseling, abortions, STD testing and gender-affirming healthcare. The counseling service is temporary and only available to established patients, but its goal is to help them find long-term therapy.

For students that would rather repress their problems, Planet Fitness had some interesting promotions — a free workout day just for giving them your name, along with a free month of their black card using the code "FALL" on their website. Students are allowed to use these promotions at any Planet



PHOTO BY JIM PARMELEE
The Wellness Center Staff, October 5, 2022 Wellness Fair at Siek Campus Center

Fitness location.

The Center for Problem Gambling is the only gambling-focused treatment center in New York. They warned students of how destructive gambling is, especially with the rise of online gambling. Recently, live streaming platform Twitch banned gambling on their platform after streamers scammed their viewers out of over \$300,000. These scams are common with

many scandals popping up over the years. Online gambling lets people gamble any amount on anything at any time, with some websites allowing people to bet on sports players' outfits!

The Wellness Fair provided students with many services for addiction, sexual health and mental well-being. If you are struggling, don't be ashamed to reach out to any of these or the school's services for assistance.

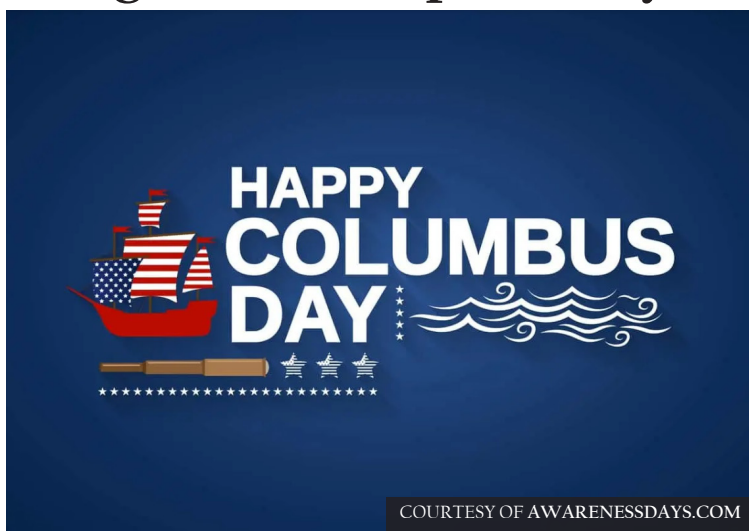
Don't Accidentally Come to Class on Columbus/Indigenous People's Day!

By: Sean Sampler
Staff Writer

Due to the national holiday, there will be no classes held on Monday, October 10th. However, facilities such as the library, offices and advisement centers will still be open and available for student use.

The holiday was commonly known as Columbus Day for centuries with the first celebration taking place in 1792, 300 years after Christopher Columbus discovered America and famously mistook it for India. Its past is controversial though; throughout the 20th century, many Native Americans protested the glorification of Columbus as some view him not as an explorer, but a colonizer. His arrival brought about the forceful taking of land and the deaths of at least 75 million Indigenous peoples—90% of their population—in the Western Hemisphere through violence and diseases such as smallpox, measles, and the flu.

As the protests grew, South Dakota became the first state to change Columbus Day to Native American Day (Indigenous Peoples' Day) in 1990 on the 100th anniversary of the Wounded Knee Massacre. In the 2010s, the name gained traction



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with many cities, Washington DC, and 12 states now celebrating Indigenous Peoples' Day in lieu of its predecessor. Some states have stopped recognizing the date altogether, with only 21 of them giving their government workers paid holidays on the second Monday in October.

When many people hear "Columbus," they think "sailed the ocean blue in 1492"—the rhyme taught to children. Schools tend not to accurately represent Indigenous peoples when they teach history, depicting Native Americans as if they were only something of the past. They also exalt Columbus by portraying him in a 2-dimensional and sanitized manner; simply as one of the "great men"

of history. To combat this, advocates are now slowly invoking change to make our curriculums teach more objective and nuanced versions of the truth.

Even Columbus, Ohio, the city named after the explorer, declared October 12th Indigenous Peoples' Day. The mayor said during a Monday city council meeting in 2020, "It's impossible to think about a more just future without recognizing these original sins of our past." Despite these re-writings of history being controversial at times, one thing I think all of us students can agree on is wishing for this holiday to continue to give us our much-needed long weekend. Many part-time jobs offer holiday pay, too.

XC Team Continues to Score at Cazenovia



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By: Ellicia Swedish
Business Manager

The women's team placed second at Cazenovia on October 1st. Throughout the season so far the women's team has been able to place second or better. The men's team was able to place third out of six teams this meet. The course at Cazenovia is a hilly, all grass course. There were some mud puddles at the bottom of the hill which intensified the race. Olivia Skylad came runner up, the rest of the team on the women's side placed within the top 25. On the men's side, Eric Zumpel placed 3rd. The rest of the guys ran a phenomenal race, most of them placed within the top 30. All of them continue to improve and set personal best for themselves.

Edgar Alamo-Benitez and I were both unable to race at Ca-

zenovia due to injury. However, we made sure to cheer on our teammates. Edgar brought a microphone with a speaker, and I brought posters. We were able to get other teams to cheer with us, and eventually we found ourselves cheering everyone on. Even the coaches, and parents were having fun. Cazenovia is a challenging course for teams to race on during the season. It's not easy running a 5k or 8k, having someone cheer you on makes it better.

The team is looking forward to the Conference meet held on October 15th where we are hoping to place first on both the men's and women's side. Last year we were able to place first, this year we are going for a repeat. Here are the results from the meet:

Continued
XC
Page 8

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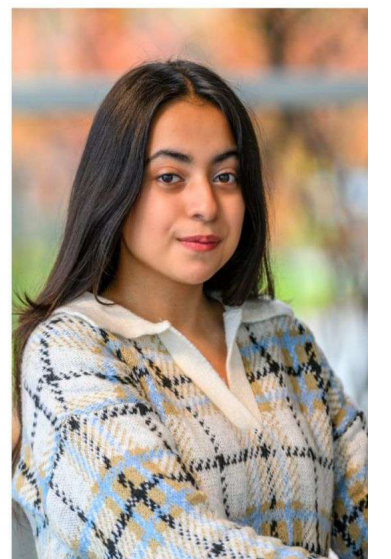
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WITH, FOR, & BY THE STUDENTS



FOR

FRESHMAN CLASS

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This Week's Events

Mon 3	Learning Care Group: Employer Recruitment Table 10:00 a.m.
Tue 4	AIR Guard: Employer Recruitment Table 10:00 a.m. Working on Wellness 12:00 p.m. Yoga 12:00 p.m.
Wed 5	Wellness Fair 11:00 a.m. Free Pizza 12:00 p.m. COVID-19 Booster and Vaccine Clinic 3:00 p.m.
Thu 6	Blue Triton Brands (Saratoga Spring Water) Employer Recruitment Table 10:00 a.m.
Fri 7	University at Albany: Transfer Advisor Visit 9:00 a.m.

The 8 Dimensions of Wellness: Lecture on Physical and Mental Wellness Being Linked

By: Ameer Aftab
Web Editor

Every semester the Marvin Library organizes Voices: A Library Lecture Series. The Voices lectures have been held at HVCC since 2000. The mission of Voices: A Library Lecture Series is to broaden and enrich the scope of studies at Hudson Valley Community College by presenting speakers on timely and enduring issues and freely sharing these lectures and discussions with the community.

"Working on Wellness" occurred on October 4th. Graham Healey, a Hudsonian alumni and The Community Program Manager for the Mental Health Association of New York State, Inc., lead an interactive program modeled by MHANYS. His presentation was about dialogue and educational opportunities for employers and individuals about the importance of



COURTESY OF VINCENT GIORDANO

understanding mental health in the workplace and in workforce development.

This specific lecture was highly informative and offers a valu-

able learning experience. "You already have this knowledge; it's just framing differently now" is what Graham Healey had to say about the lecture. It started off with an intro to MAHNYS and their goal; to end the stigma over mental health.

In the lecture, Graham Healey talked in depth about our physical health linked with our mental health and how "there is no health without mental health." The session was interactive and not one where either you want to get out or fall asleep. For this lecture I noticed a lot of audience interaction and interest.

The environment's impact on our mental health was also

mentioned. "The 8 dimensions of wellness" and how to work around them. This was the part where there was most audience interaction and everybody was talking about the dimension, they think they lack and how they can improve it. Throughout the sessions and at the end there were many questions and raised hands seen by the students/faculty.

The voices team also took digital surveys in the end asking for the audience reviews and suggestions, one of the reasons why I think they have been able to continue this series for so many years and have much audience interest in it.



PHOTO BY AMEERA AFTAB



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BREAKING NEWS!

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The Hudsonian is the exclusive student newspaper of Hudson Valley Community College. It is published every week. To join *The Hudsonian*, attend our weekly meeting on Mondays at 2 p.m. in ADM 105 or by Zoom. Check out our webpage at *thehudsonian.org* for information

Word Search: Creatures of Folklore

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

Find the following words in the puzzle.
 Words are hidden ↑ ↓ → ← and ↘ .

By: Peter Conroy
 Jr. Creative Editor

ASWANGS
 BABA YAGA
 BANSHEES
 CHURELS
 JIANGSHI

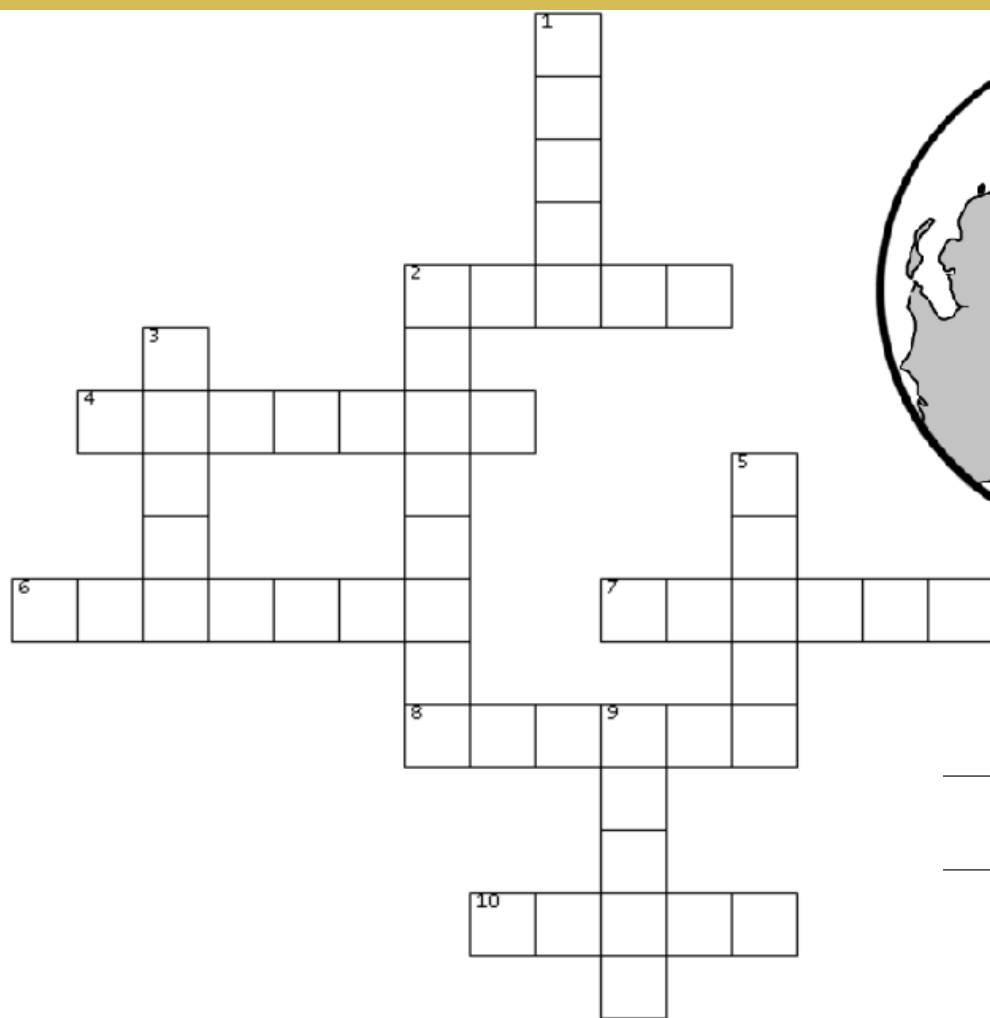
LA LLORONA
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 MYLINGS
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If you would like your art work, poems or short stories published, Submit them to HUDSONIAN@HVCC.EDU. We plan to publish one or more an issue.

Crossword: Monsters



By: Daimon Brown
 News Editor

Answers on
 Page 6

ACROSS

- 2. magic and flies on a broom
- 4. undead person who feeds on blood
- 6. sometimes said to be created from cannibalism
- 7. reanimated corpse
- 8. Nightmare on Elm Street
- 10. evil spirit who feasts on human flesh

DOWN

- 1. apparition
- 2. lycanthrope
- 3. hockey-masked machete-wielder
- 5. reanimated corpse wrapped in bandages
- 9. minion from Hell

“Far Cry 3” - Welcome to Paradise (Game Review)

By: Peter Conroy
Jr. Creative Editor

What happens when a crazed pirate kidnaps a tourist who is conditioned by average, everyday, civilized life along with his friends, kills his brother, and sends him running out into the jungle with the allure of freedom while a detachment of pirates are given the specific job of pursuing and shooting him down? “Far Cry 3.” “Far Cry 3” is what I like to call a



chaos simulator. It is a high octane ride from start to finish and I am sure that it will cause you to have even the tiniest bit of fun.

Let's begin by talking about the story. Meet Jason Brody, the tourist in question and the protagonist of the game. Jason is introduced as just an average tourist partying with his friends on vacation. However, by the end of the story, he transforms into a bonafide warrior. Jason began his transformation when he was attacked by one of the pirates that he was fleeing from. A struggle ensued and he ended up killing the pirate. His escape then progressed into him running across a bridge and that ended up being shot down by a helicopter.

Is this the end of Jason Brody? No, of course not because there wouldn't be a game to play if it was. As Jason is being taken by the currents, a hand reaches in and pulls him out. Once Jason comes to, he is lying on a bed being given a tattoo by the man who saved



him, Dennis. This tattoo that Dennis is giving Jason is called the Tatau, the mark of a warrior and Jason received it for escaping the Vaas's (the aforementioned crazed pirate) prison camp.

Dennis introduces Jason to the Rakyat-the island natives fighting to free their island from Vaas-and the way of the warrior. Jason uses the way of the warrior to help find his younger brother (his older brother was the one who was killed) and his friends.

Now let's talk about the gameplay. “Far Cry 3” is set on the fictional Rook Islands. An island paradise in the Pacific Ocean. The game world can be quite beautiful at times to view from the top of a radio tower if you want to take a break from the carnage. Now since the game is open world, there is a lot to do. You can of course follow the main story and indulge in some of the side quests, however the game has way more to offer.

If you choose to go out and explore the open world, you will find the game world ridden with pirate patrols that will attack you on sight. However, as you liberate outposts in the game world, these

pirate patrols are replaced with the Rakyat. Now, outposts are one of my favorite parts of the game. They are essentially strongholds filled with the different types of enemies that the game has to offer. These enemies range from assaulters, to heavy gunners, to molotov throwers. Each enemy type requires a different strategy to take down, however a surefire way to deal with any of them is a good old-fashioned RPG.

Another way that the game shines is in allowing you to liberate the outpost as you choose. You can go in guns-blazing, throwing grenades everywhere, and shooting everything in your path until there are no more enemies left. This approach will more than likely have reinforcements called in for support if you don't disable or destroy the alarms. The reinforcements later in the game sometimes contain helicopters and while that may seem like a lot to deal with, there is a fairly simple solution for them; an RPG a day keeps the helicopter away. The outpost will be considered liberated once all those enemies are defeated as well. The game also has a self-healing system wherein



as you are damaged, you can take cover and hit a button to heal. Now if you go in loud, you are definitely going to be doing a lot of that!

The second way to liberate an outpost is to go in quietly. There are many creative ways to do this. For example, you can attach a silencer to a sniper rifle, mark enemies to see them behind cover with your camera or by aiming down at them, and pick them off one by one. You can also use a silenced sniper rifle to shoot open an animal cage (if the outpost has it) and pick off enemies as they are dealing with the chaos of a bear running around and attacking them. If you want to get up close and personal with the pirates, you can tag them with your camera from afar, sneak into the compound, throw rocks to lure



enemies into safe spots, and bam, stealth kill them from behind! I would also like to point out that it would be a good idea to disable the alarms in the case that you do get spotted, unless you are looking for a fight.

Talking about animals, the wildlife in “Far Cry 3” varies from bears to sharks to deer. Most of the animals are actually hostile and will attack you when you are exploring the open world. Therefore, it is important to be on your guard! One of the most useful things that you will use animal skins to craft are weapon holsters. Each new weapon holster will allow you to carry one more weapon with up to 4 weapons which will be very useful for taking on Vaas's men. Weapons to fill your holster can be bought in stores around the game world along with ammunition and body

armor or found off of dead enemies or in outposts. The stores are also useful to buy attachments for your weapons such as silencers and extended magazines to really turn you into a walking tank. Just like the animals, the plants found around the game world will be used for crafting as well. They can be used to craft syringes and syringes can be used to do a variety of things such as restore 2 bars of health, or cause Jason to be immune for 20 seconds.

Radio towers scatter the islands as well. Now these radio towers serve an important role in the game and each one is used by Vaas. Each time that you climb to the top of one and remove the scrambler, more of the map is revealed, weapons are freed in stores around the game world, and more side missions are un-

locked. An added bonus of climbing the radio towers is ziplining down or jumping off and gliding with the wingsuit once you unlock it later in the game.

As you are exploring more of the world and earning experience points, you will be able to generate more of the tatau, an ever-expanding tattoo on your arm that grows each time you learn a new skill. You get a cool little animation of a tattoo appearing on your arm and this makes you feel even more like a warrior.

Playing “Far Cry 3” for me was an adrenaline-filled experience. I had a lot of fun hopping on mini guns and mowing down enemies, as well as shooting helicopters out of the sky with RPGs. If that last sentence even sounded remotely interesting to you, then you are going to have a blast playing this game and I highly recommend it!

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Poems

The Acrobat

By: Andi-Grey Sheingold
Staff Writer

Help me
I whispered

And the mirror responded with a certain refusal to reflect
that who would never reach out
that who would rather die than be
healthy
I had survived but hadn't lived
but with a deep pain on my emotions
like millstones on the tightrope I balance on
I trip down the valley the weights create
on a rope thin as
old thread forgotten in time
not as strong as stubborn
determined not to break during another performance

A captive audience

Held together by the spectacle of it all
to know someone
to wait to see if they'll unravel
mid-air
or do a trick on their way down
one final taste of the air they live off of
the only thing they've tasted in days

Look!
They shout

And the crowd holds their breath
tempted by the sight of someone
precariously placed on the edge

Three onlookers shift in their seats
scissors in hand
ornate like delicate surgeon's instruments
ready to cut short what had been drawn out
they sigh
and take their sunken seats

Before disappearing behind the glass once again

I see myself finally without
the noise of spectators
thrilled by what they hope to see
brace myself for what comes after the curtains are drawn closed
the caricature that looks forward
yet doesn't meet my eyes
is only ever satiated on distress
and a refusal for self pity

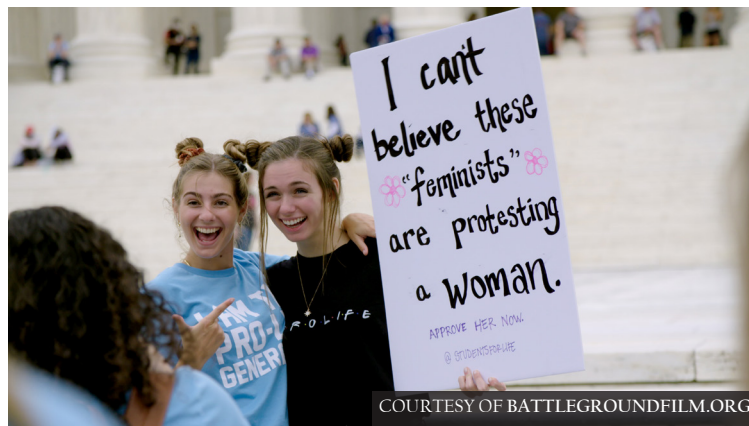
But I never feel as though I over-ate
or binged on the emotions that I fill my plate with
I never wonder about the calories of the darkness
that I let
consume me

Woodstock Film Festival – ‘Battleground’ a Powerful Investigation Into Anti-Abortion

By: Jim Parmelee
Staff Writer

Ushering at the Woodstock Film Festival (WFF) has its benefits. You get to see unreleased indie films for free and the opportunity to participate in Q&A sessions with directors, screenwriters, and actors. Among the films I saw at the September 28th to October 2nd WFF, was Cynthia Lowen's Battleground, a documentary about the tactics of the anti-abortion movement, and the following Q&A session. This year's festival is over, but if you can, I recommend volunteering at 2023's WFF for free access to new indie films and an opportunity to meet those behind them. <https://woodstockfilmfestival.org/>

The film follows three women in the anti-abortion movement: Kristan Hawkins of Students for Life of America, Terrisa Bukovinac of Pro-Life San Francisco, and Marjorie Dannenfelser of Susan B. Anthony List. The abortion access side is shown by Alexis



COURTESY OF BATTLEGROUNDFILM.ORG

the religious right leaders' meeting with Donald Trump in 2016 to the June 2022 Supreme Court decision on Roe versus Wade. During the viewing of the film, it seemed that the anti-abortion position got more than 80% of the airtime and was much more dramatically presented than the abortion access side. Interviews of the three anti-abortion leaders were presented along with their demonstrations, information fairs, and conferences. The abortion access side was shown with less dynamic leadership interviews and a few clips of pro-abortion access testimony. During the hour and 45-minute movie, I felt bombarded by the anti-abortion positions and kept waiting for a more robust abortion access side presentation.



Johnson of Planned Parenthood Action Fund and cameo appearances by several others. The film focused on objectively uncovering the tactics used by the anti-abortion groups in their quest to overturn Roe versus Wade. It avoided stepping into the merits of the anti-abortion and legal access supporter positions. It traces the political tactics starting with

I found the Q&A following the film informative. Cynthia Lowen, the director, stated that the film's purpose is to objectively present the political tactics to motivate the 7 of 10 Americans who support access to legal abortion to organize and take political action to restore these rights. She started work on the film in 2018 and found it challenging - as events kept unfolding, they had to go out and film more. Since their filming ended before the reversal of Roe versus Wade, the Supreme Court decision was addressed with rolling text at the end of the movie.

Lowen received voluntary close access to the three anti-abortion leaders by promising to present their activities objectively. Film-

ing the leaders' activities in their apartments did much to humanize them. The film crews were invited to demonstrations before the press was and could see inside events like conferences and information fairs.

In one of the movie's segments, one leader rejoiced that they were able to start a somewhat hostile dialog with a pro-abortion access demonstrator because it was the first step toward changing their opinion. Several other attendees and I wondered whether the movie would effectively attain the director's objective. There was much to support a "we won, we owned the abortion advocates" stance for the anti-abortion advocates and little to nothing to change their minds. There was so little support for the other side that mild abortion access advocates might reconsider their position. Perhaps the movie will motivate dedicated abortion access supporters, prompting them to think, "my side is so weak; I need to step up."

For me, Battleground was not a pleasant experience, but it provided a powerful insight into how the anti-abortion movement organized to overturn Roe versus Wade. I would give this documentary four stars out of 5 for the strength of its presentation and insights.

Battleground is scheduled for release in select theaters on October 7th.



- 9/10 -

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Album Review



- 8/10 -

By: **Dominic Cacchione**
Creative Editor

Freddie Gibbs - "\$oul \$old Separately" (2022)

In the 2 years following his last album *Alfredo*, fans have been eager to hear what's next from Gary, Indiana native Freddie Gibbs. After numerous delays, and a handful of singles teasing its release (barely any of which actually ended up on the album), Freddie's much-anticipated *\$oul \$old Separately*, or \$\$\$ (pronounced "triple s") is finally in our hands. Studded with features from legendary artists such as Pusha T and Wu-Tang Clan's very own Raekwon, and some production from beat-making wizards Madlib and The Alchemist, \$\$\$ may very well be the album fans have been waiting for.

A lot of pressure sat on Freddie's shoulders leading up to this release. After all, he's already got numerous albums of great acclaim under his belt, including three that are considered top-tier by fans and critics alike. These three albums in question are *Pinata*, a certified masterpiece fully produced by the legendary Madlib, *Bandana*, the jaw-dropping follow-up to *Pinata*, also produced by Madlib, and the Grammy-nominated *Alfredo*, fully produced by equally legendary beatmaker The Alchemist. Needless to say, Freddie knows how to pick his producers, and their talent for chopping up beats are only matched by his own linguistic abilities. Bringing Madlib and The Alchemist back for two songs on \$\$\$ was more than just a crowd-pleasing choice, it was almost necessary, given how much the two of them have contributed to Freddie's career. The question remains, though; does \$\$\$ measure up in quality to Freddie's "big three"? The short answer is that it's a little early to say. After all, those albums have all stood the test of time, and are still in many people's rotation to this day, even after multiple years. However, I believe that in the years to come, \$\$\$ will be able to hold its own against those legendary releases, and is able to stand firmly on its own two legs. I'm not necessarily saying it's better per se, but it's a product of very high quality, the level of quality people have come to expect from Freddie Gibbs over the years.

The album opens with *Couldn't be Done* featuring Kelly Price, softly welcoming us to \$\$\$ with a sweet, soft beat with a serene soul-sample, reminiscent of the early works of Kanye West, that gently transitions into something more hyper and intense. The feeling that this beat invokes in me reminds me of waking up on a beautiful spring morning, which, by my metric, is the perfect way to introduce someone to the



world of an album. It's as if you're waking up to spend your day at the "Triple S Resort and Casino," which is mentioned numerous times throughout the album in-between tracks. Couldn't be Done's perfect beat is complemented nicely by a very energetic and confident verse from Freddie, and passionate soul-inspired vocals from Kelly Price. Up next on the \$\$\$ tracklist is *Blackest in the Room*, produced by The Alchemist, whose praises I've already sung in this review, and thus needs little introduction. As usual, Freddie's chemistry with The Alchemist is nothing short of perfect, and it's clear to see that the two of them have quite the effective creative process whenever they join forces. Freddie and The Alchemist go together like PB&J, and it's unlikely that's going to change anytime soon. Following that track is *Pain & Strife* featuring Offset of the Migos. This is one of the tracks I was looking forward to the most, and I'm sorry to say I was just a bit let down. Freddie and Offset have never collaborated before, and I was excited to see Freddie come through with a trap banger reminiscent of his mixtape simply titled Freddie. While it may not have gone quite as hard as something off of that project, it's still a fun, short track with plenty of relistenability, and while Offset is far from the best feature on this album, he does a serviceable job. Basically, it's not a highlight, but it's catchy, and certainly worthy of a spot on the album. After *Pain & Strife* comes one of my favorite tracks, titled *Zipper Bags*. This track particularly stands out to me because of Freddie's very energetic flow. He demonstrates a lot of breath control on this track, squeezing lots of high-energy bars out of his throat in a single breath that are sure to make your head bob.

It's extremely catchy, and one of the more danceable songs off of this project. The song *Too Much* released a couple weeks ahead of the album featuring some very good verses from Moneybagg Yo. I had listened to this track a number of times before the release of the album, so I was already intimately familiar with it. I believe releasing it ahead of the album was a good decision, though, because I wouldn't say it's anywhere near the best on the album, but it's still a very catchy song that kept me entertained leading up to \$\$\$.

Basically, as a teaser track, it does what it's supposed to do. As an album track, it fits in nicely, though in my opinion, it doesn't particularly stand out amongst the rest. *Lobster Omelette* marks the third collaboration between Freddie Gibbs and Rick Ross. Freddie delivers some hard-hitting emotional bars about the negative

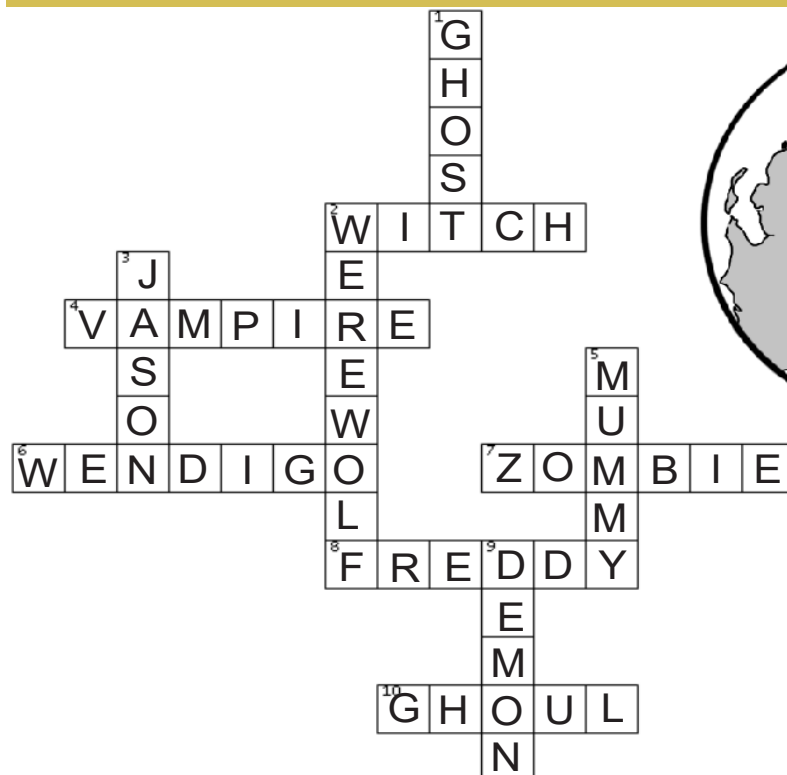
aspects of his crime-ridden past (and present) while also presenting himself as someone fierce and untouchable. Rick Ross does his thing as usual, rapping about his life of luxury and hedonism in a very esteemed and elegant fashion. Freddie Gibbs and Rick Ross are a duo to be reckoned with, and they're 3 for 3 so far. The next track, *Space Rabbit* is a solo track where Freddie carries himself nicely and holds his own, floating on a cold, somber beat that reminds you of a night in the city. The track following that one, *Feel no Pain* features an amazing vocal performance from RnB singer Anderson .Paak, making the song a favorite for many. After a verse from Freddie chock full of clever wordplay and quick flows, Raekwon of Wu Tang Clan closes off the track with a very engaging verse that lives up to his status. Fast forwarding a little bit, the track *Gold Rings* featuring Pusha T is a highlight for sure. It contains one of the catchiest hooks on the album ("Tattoos, that's some war wounds, loudest [fella] in the room you ain't a killer, you a cartoon [...] Came whippin' hard, that's a hard sale, but I won't pay them bitches back, I play my cards with the Cartel") and "*King Push*" delivers as usual on his feature. I wouldn't put it on the same level as Pusha's last feature on a Freddie Gibbs track, the song *Palmolive* off of the album *Bandana*, but Freddie's excellent performance on the hook elevates the song to a similar level as the aforementioned *Bandana* track. The following song, *Grandma's Stove* is one of the most introspective and personal tracks on the album, containing some deep and emotional bars from Freddie, briefly touching on his struggles with suicidal thoughts, and how he leans on marijuana as a crutch to distract himself from his demons. ("I smoke a blunt to take the pain out, and if I wasn't high, I'd probably try to blow my

brains out.") Following *Grandma's Stove* is the Madlib-produced track *CIA*, which, as expected, contains one of the best beats heard on the whole project, reminiscent of a jazz ensemble. *CIA* is also home to some clever bars about Freddie's fear of law enforcement and distrust of government institutions. He sums this up in an amusing little acronym, saying "CIA, they gave us crack, Instagram, and AIDS," making for one of the more memorable bars on the album. *CIA* is considered the official outro of the album, but one more song follows it as a "bonus track." The bonus track in question is titled *Decoded* and features Scarface. Freddie and Scarface both deliver decent verses, but it's clear to see why this was a bonus track. It definitely feels like it doesn't fit in as nicely with the rest of the tracklist as the previous songs, and Freddie's lyrics don't particularly feel all that focused compared to a song like *Gold Rings* or *Grandma's Stove*. That being said, though, it's still a bonus track, so I won't hold it to the same level of scrutiny as the rest of the songs on this album. Overall, it's a very solid tracklist, and as a huge Freddie fan myself, I can't complain. *Gangsta Gibbs* came through with a great project!

Returning to an earlier question, I think \$\$\$ just may be the album that breaks through the ranking of Freddie Gibbs' "big three" producer collab albums. I don't think it's better than the near-perfect *Pinata* or its follow-up *Bandana*, but after some more time passes, I think it's entirely possible for it to age better than the Alchemist collab *Alfredo*. Needless to say, Freddie Gibbs left me and most other fans feeling very satisfied with this latest project, and I'm very pleased to see his career continue to move upward.

Favorite tracks: *Blackest in the Room*, *Zipper Bags*, *Gold Rings*, *Grandma's Stove*, *CIA*

Crossword Answers



Red Velvet Vampire Cupcakes

By: Peter Conroy
Jr. Creative Editor

Ingredients:

- 1 3/4 cups cake flour (see Cook's Note)
- 1 cup granulated sugar
- 1/4 cup Dutch process cocoa powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon fine salt
- 1/2 cup buttermilk
- 1/2 cup vegetable oil
- 1/2 cup sour cream
- 1 tablespoon red food coloring, plus a drop for the filling
- 2 teaspoons cider vinegar
- 1 teaspoon pure vanilla extract
- 1 large egg, at room temperature
- One 3-ounce semisweet chocolate bar
- 1 teaspoon coconut oil
- 1 cup raspberry jam
- Cream Cheese Frosting:
- One 8-ounce package cream cheese, at room temperature
- 6 tablespoons unsalted butter, cubed, at room temperature
- 1 cup confectioners' sugar
- 1/2 teaspoon pure vanilla extract

1) For the cupcakes: Preheat the oven to 350 degrees F. Line a 12-cup muffin tin with paper liners.

2) Sift the flour, granulated sugar, cocoa, baking soda and salt into a large bowl. Whisk together the buttermilk, oil, sour cream, food coloring, vinegar, vanilla and egg in another large



bowl.

3) Add the buttermilk mixture to the flour mixture and stir until just incorporated. Divide the batter among the cupcake liners. Bake until a toothpick inserted in the center of a cupcake comes out with a few moist crumbs, 16 to 18 minutes. Remove the cupcakes from the tin and cool completely on a wire rack.

4) Microwave the chocolate and coconut oil together in a small microwave-safe bowl until mostly melted, about 1 minute. Stir, then microwave again until completely smooth, about 15 seconds more.

5) Use a small sharp knife to cut out and remove a plug from the middle of each cupcake, making sure not to go all the way to the bottom and leaving a 1/4-inch border around the side (eat the plugs). Brush the holes with the melted chocolate and place in the freezer until the chocolate hardens, about 15 minutes.

6) Whisk together the jam, 1 drop of red food coloring and 1 tablespoon water in a small bowl until completely smooth. Spoon 1 tablespoon of the jam into each of the chocolate holes; set aside.

7) For the cream cheese frosting: Meanwhile, beat the cream cheese in a large bowl with an electric mixer on medium speed until smooth and fluffy, about 2 minutes. Gradually beat in the butter until smooth. Add the confectioners' sugar and vanilla and beat until light and fluffy, about 1 minute. Scrape into a pastry bag fitted with a large round tip. Pipe on top of the cupcakes so the jam is covered.

8) Poke 2 holes into the frosting on each cupcake using the end of a plastic straw to resemble vampire bites, making sure you hit the cupcake and not the remaining jam into the holes to resemble blood.



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Never said: Only black lives matter
We know: **ALL LIVES MATTER**

WE just need your help with
#Black and Latinos lives Matter "-Onna Wheatley



XC

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UPCOMING HOME GAMES

Oct 8

Women's Soccer 1:00 p.m.
Mohawk Valley Community College
Men's Soccer 3:00 p.m.
Mohawk Valley Community College



Oct 11

Women's Volleyball 1:30 p.m.
Sunny Adirondack
Baseball 5:30 p.m.
Ontario Prospects



Oct 12

Women's Soccer 2:00 p.m.
Sunny Adirondack
Men's Soccer 4:00 p.m.
Sunny Adirondack



Weekly

Recap

	Women's Soccer	Oct 5
	7-1 vs SUNY Broome Community College	
	Men's Soccer	Oct 5
	3-2 vs SUNY Broome Community College	
	Women's Tennis	Oct 4
	7-2 vs Castleton University	
	Women's Tennis	Oct 3
	4-3 vs Herkimer College	
	Women's Soccer	Oct 2
	5-1 vs Jamestown Community College	
	Men's Soccer	Oct 2
	1-0 vs Jamestown Community College	
	Women's Volleyball	Oct 1
	3-0 vs Cayuga Community College	
	Men's & Women's Cross Country	Oct 1
	Cazenovia Invitational	
	Men's Soccer	Sep 28
	6-1 vs Fulton-Montgomery Community College	
	Women's Soccer	Sep 28
	1-0 vs Fulton-Montgomery Community College	
	Men's Soccer	Sep 25
	6-0 vs Herkimer College	
	Women's Soccer	Sep 25
	5-2 vs Herkimer College	
	Football	Sep 24
	45-26 vs Hocking College	
	Women's Volleyball	Sep 24
	3-0 vs Tompkins Cortland Community College	
	Women's Volleyball	Sep 24
	3-0 vs SUNY Broome Community College	

