



# THE HUDSONIAN

STUDENT NEWS ORGANIZATION AT HUDSON VALLEY COMMUNITY COLLEGE

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## Remember, Educate, Celebrate: Black History Month

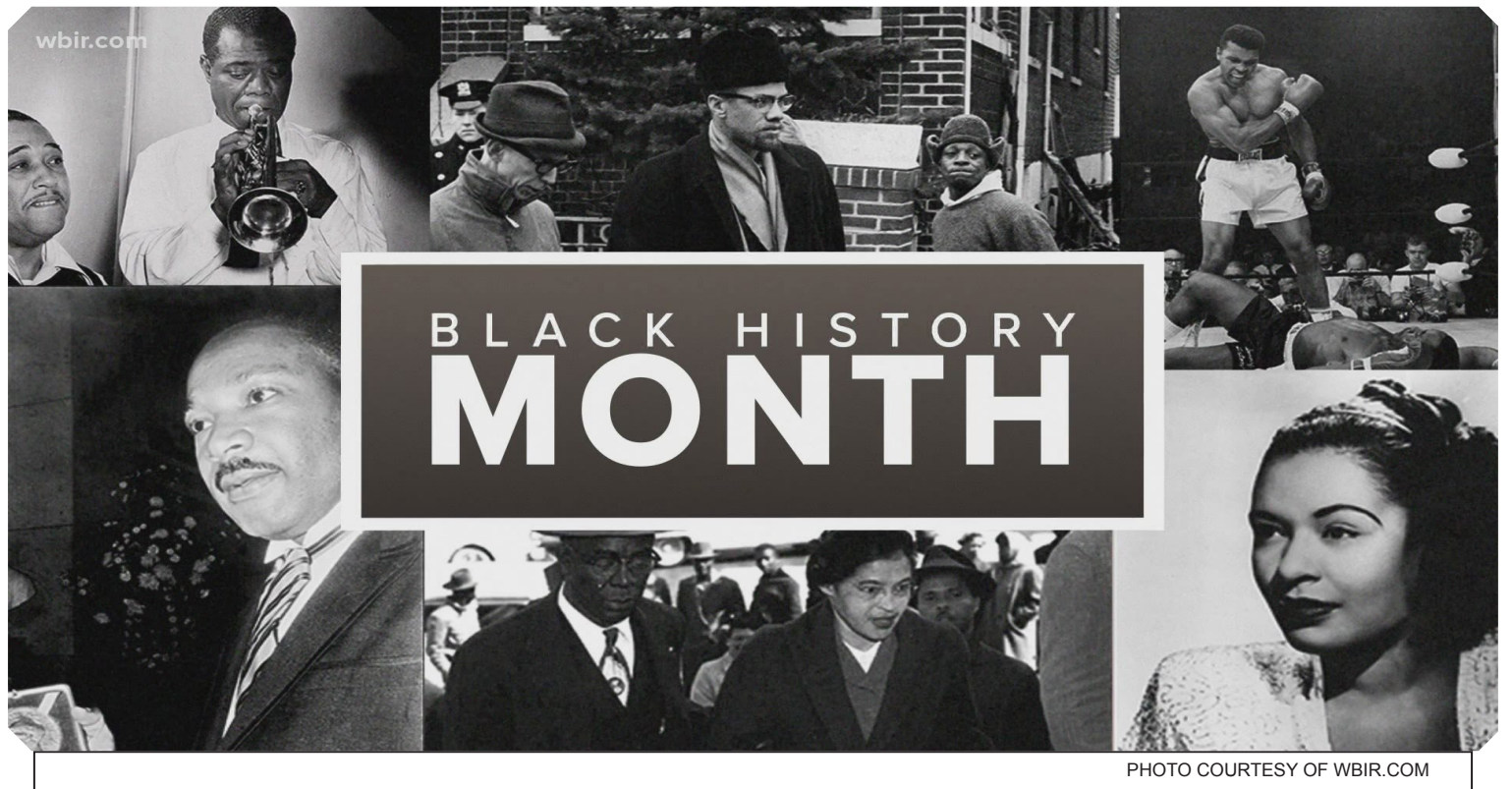
By: Marie Williams  
Editor in Chief

This February, the Hudsonian is celebrating Black History Month here at HVCC. Black History Month is about focusing our attention on the contributions of African-Americans here in this country throughout all periods of history.

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme. This year's theme, "Black Resistance," explores how "African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms and police killings," since the nation's earliest days.

The adversity our fellow Black Americans face in this country is undeniably real. Even in a time where we as a country have moved beyond blatant segregation, regrettably many places remain where discrimination is alive and well. Black Americans are fighting for their rights to this day, in a time where nobody should have to fight to be heard, seen, or respected based on the color of their skin.

Because of this, we implore our readers to embrace the ide-



als of kindness, respect, and understanding onto one another beyond our organization; we hope to impress them onto you as you grow and discover yourself in your time here at HVCC. It is important to recognize that though we may not always see it on campus, racism exists. Make the effort to shut it down when you see it - not just this month, but every day. In order to make the world a better place, we

must be willing to make the change we want to see in our communities.

The Hudsonian wishes to honor and encourage this celebration of Black Excellence and Black History Month with our fellow students, faculty, and staff by spotlighting contributions submitted by our Black community here at HVCC as much as possible. One of our core values has always been

uplifting the voices of our students, no matter their race, identity, sexuality, history, or religion. There is a reason we are the voice of the student body, and it is with honor and grace that we wish to give the floor to those voices who still struggle to be heard in this country.

We encourage our fellow Black students to submit their work to us - be that photogra-

phy, poetry, essays, or other forms of publishable media. You may send your contributions to **hudsonian@hvcc.edu** with the subject Black History Month Submission. Please feel free to include any additional information you deem necessary. We look forward to sharing our campus' stories with you this month as much as we can.

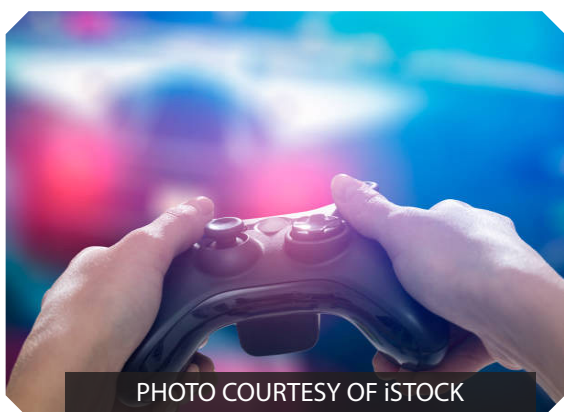


PHOTO COURTESY OF ISTOCK

Scan these QR codes to join the Discord and Twitch Channels!



## HVCC Esports Smashes The Competition - Join The Ranks!

Evan Bonesteel  
Staff Writer

Within recent years, the world of competitive sports has exploded into an entirely new realm - the world of electronics and internet. Here at HVCC, we've shot ahead and embraced this shift in technology, allowing students to find a growing community and compete competitively. This week, I sat down with Hudson

Valley's Esports Head Coach, Aaron Hebert, who couldn't hold back his excitement as he told me about all the offerings the Esports teams had for those interested in playing.

"There are a bunch of opportunities through esports and I just want people to know about it, participate and feel welcome," says Coach Aaron Hebert.

Currently, there are several single player sports

games offered, including Madden, NBA 2K, and FIFA. There's also Nintendo games, including Mario Kart and Super Smash Bros. Blizzard's Hearthstone is available for single players as well.

Team games include Call of Duty, with several variations such as 2v2, 4v4, and Battle Royale style matches, as well as Overwatch and Valorant, two big titles also represented by teams from HVCC.

The NJCAA (National Junior College Athletic Association) is the governing association for Hudson Valley athletics. It recognizes Tom Clancy's Rainbow 6 Siege, Halo Infinite and Rocket league as Esports titles. As of right now, HVCC Esports doesn't have a team for those titles, but as numbers grow, as do the possibilities. By joining the intramural teams and playing along, you can find a spot and play with

**Continued  
ESPORTS  
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This Week's Events	
Mon 6	No Events Posted
Tue 7	<b>VOICES Dr. Martin Luther King, Jr. lecture: Injustice In Healthcare</b> 11a-12p BTC Auditorium  <b>Yoga</b> 12p Siek 260
Wed 8	<b>NYSDSC Student Empowerment Day: Bus Trip</b> Empire State Plaza  <b>Trivia!</b> 12p Siek Lobby  <b>COVID Booster Clinic</b> 3p-6p BTC Lobby
Thrs 9	<b>WSP Employer Recruitment</b> 10a-2p Siek Lobby  <b>Black History Month Movie Series: "Do The Right Thing"</b> 2p-4p Siek 202  <b>Foreign Language &amp; Culture Club Meeting</b> 2p BRN 112  <b>Speaker: Bobby Seale, Black Panthers Co-Founder</b> 6p BTC Auditorium
Fri 10	<b>Volunteer Income Tax Assistance Program</b> 1p-4p BTC 216

## HVCC & WGU Partnership To Elevate Transfer Prospects For Online Students

By: Justin Hurley  
Staff Writer

Hudson Valley Community College and Western Governors University (WGU) have come together in a transfer agreement that provides more options for students looking to transfer to an accredited online undergraduate program offered by WGU. With more than 60 bachelor's and master's programs, WGU offers flexible competency-based online education that students with family or work-related priorities. Dennis Kennedy, Executive Director of Communications and Marketing for HVCC, was kind enough to answer some questions that students might want to inquire about.

### Who are the primary targeted students that would benefit the most from transferring to WGU after HVCC?

This partnership can assist those seeking online higher education. While it partnership comes amid a recent influx of younger students pursuing online degrees, it also provides a viable option for adult students. WGU pioneered the online competency-based model, which measures mastery of skills rather than time spent in a classroom, providing an al-



PHOTO COURTESY OF DENNIS KENNEDY

WGU Northeast Region Vice President Rebecca Watts ( Left ) and HVCC President Roger Ramsammy

ternative for students who face barriers to opportunity.

At WGU, learning can take place anywhere at any time, and students advance when they can prove mastery of the material. This works well for people whose work schedules or caregiving responsibilities make it difficult to pursue a bachelor's degree. It also works well for

people who graduated from one of Hudson Valley's online programs — they're already used to, or maybe prefer, learning online.

Online, competency-based college degree programs with a low flat-rate tuition per 6-month term may be a better option for some. Students can work full-time

and take care of personal responsibilities, while accelerating at the right pace for them. Competency-based education measures skills

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Letters can be delivered to CTR 291 or emailed to hudsonian@hvcc.edu. Readers may have their letters published anonymously as long as their identity can be verified. Letters will be edited for grammar, style, libel and length.

*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](http://thehudsonian.org) for information

**ESPORTS FROM PAGE 1**

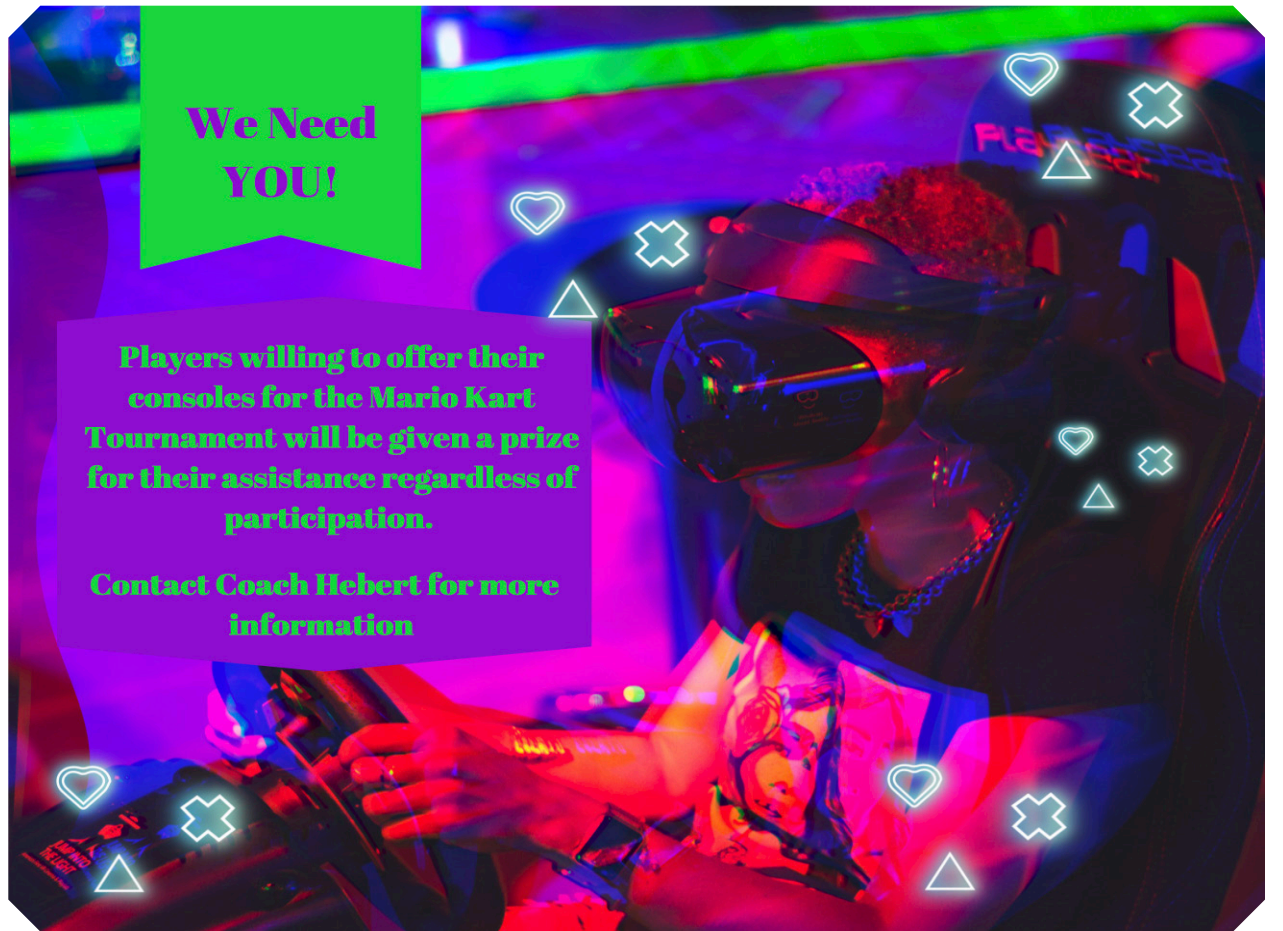
the teams and be a part of a growing community at HVCC.

All Esports have intramural teams that anyone can play on regardless of skill level. All that's required is you join the team's Discord channel and hop on to play. Matches are held on different nights of the week depending on your game of choice, and are held between 6:00 pm and 8:00 pm. For more information on when each team plays, the team's Discord can provide additional information. Should you be interested in moving up to the next level, you can always practice and prepare to join the Varsity teams

next year.

On Monday, January 30th, the team held a Super Smash Bros tournament where food was offered to all. Prizes went to those who are brave enough to face off and beat the Super Smash Bros team's best and brightest. Results will be posted in Issue 16 of The Hudsonian.

The next tournament to be held is a Mario Kart tournament, and it is open to all who wish to compete. Tournaments will also be streamed on the Esports Twitch channel if you want to catch the action from afar, or go back and catch the best moments.



**WGU FROM PAGE 2**

and subject knowledge rather than time spent in a classroom. Each student individually progresses through courses as soon as they can prove they have mastered the material. The flexibility of this approach means that students are able to work full-time while also acquiring skills for a future job at a pace that is best for them.

As leaders in online learning, Hudson Valley and WGU are keeping pace to fulfill the needs of today's students. WGU's enrollment in New York state has nearly doubled since 2018, and Hudson Valley now offers 20 fully online degree or certificate programs and hundreds of courses in an online or remote format.

**Will the transition be easy for students with special needs?**

Hudson Valley and WGU are committed to supporting students with disabilities and in delivering accessible services to everyone. WGU currently provides accommodations to 2,020 students. To communicate their unique needs, a student completes an online Accommodation Request Form. WGU keeps all information submitted on this form confidential to those individuals who need to know or if otherwise required by law.

The university aligns course and website content to assure accessibility, aligned with Web Content Accessibility Guidelines (WCAG) 2.1 Level AA standard Web Content Accessibility Guidelines (WCAG) 2.1 level AA Standard.

WGU is an online university dedicated to making higher education accessible for as many people as possible. According to WGU.edu, "Everything we do at West-

ern Governors University is aimed at increasing accessibility and opportunity for each student, regardless of their background, motivations, or life situation. That focus helps produce success for our over 300,000 graduates. Our curriculum focused on today's workforce needs is why WGU grads have a 98% employer satisfaction rate\*, and why our students see an average salary increase of over \$18,000 just two years after graduating."

**What is the most important thing for students to consider before considering a transfer to WGU?**

Learning is different for everyone, and a person's educational needs can depend on their circumstances. We recommend talking with Hudson Valley's transfer services staff or WGU's enrollment specialists, who can help identify a person's most important considerations during the process, to make sure the fit is right for them.

**What kind of career opportunities are available for students that transfer?**

WGU offers more than 60 bachelor's and master's degree programs in high-demand fields of business, information technology, K-12 education, and healthcare, including nursing. Check out wgu.edu to explore the options.

The agreement articulates transfer of credits for all AA, AS and AAS (with a 2.0 GPA) degrees from Hudson Valley to WGU that transfer into its colleges of IT, Business, Health Professions and Teaching. Here is a bit more information on the specific pathways and related degrees.

Career opportunities are primarily in the health professions, teaching, in-

formation technology, and business. For example, cybersecurity is a profession that's in demand and covered under WGU's transfer pathways with Hudson Valley.

**Is there anything you would like to add?**

This agreement provides a clear pathway for Hudson Valley graduates to continue their studies in cybersecurity, human resource management, data management/data analytics, information technology management, business management and leadership, nursing and healthcare management programs at Western Governors University, and ensures that applicable credits from Hudson Valley will transfer smoothly.

Providing excellent transfer opportunities for our students is one of the things we take pride in at Hudson Valley. We have worked hard to establish clear pathways for transfer students. In fact, nearly half of Hudson Valley Community College graduates go on to transfer to four-year institutions. We have established transfer agreements with dozens of colleges and universities, and our Center for Careers and Transfer specializes in transfer planning services to help students find the right path for them.

Many of our graduates are traditional students who pursue a four-year degree full time, in person, after finishing their studies with us. However, we also serve many adult and returning students who have work and family commitments that make full-time, daytime, in person studies unrealistic. And we serve more than 1500 students, on average, each semester who are exclusively enrolled in online or remote classes. That's why this partnership with Western Governors University is a unique asset. It will allow students to

continue their studies more seamlessly, in a format that works for them, regardless of their schedules. We have already seen interest from our graduates; more than 100 of them have requested transcripts be sent to WGU to enroll in recent years.

Another unique aspect of this partnership is that it will provide the opportunity for employees of Hudson Valley to pursue a degree from Western Governors University as well, in an online format that works with their schedules. Both students and employees can take advantage

of a special WGU Community College Partnership Scholarship to help fund their studies.

I would like to extend a much appreciated thank you to Mister Dennis Kennedy for his help. If you have any additional questions, please visit the Career and Transfers office on campus at Siek Campus Center, Suite 290. You can also visit wgu.edu to learn all of the different benefits and opportunities available after transfer.





- 8.5/10 -

Jamai Woodberry  
Staff Writer

Lil Yachty shocks the world with the release of his fifth studio album titled "Let's Start Here." A complete one hundred-eighty degree shift from his traditional hip-hop focussed songs such as "Poland", to a meticulously-engineered psychedelic rock album that sounds similar to the likes of Pink Floyd's "Dark Side Of The Moon." Yachty teased this project last year, by saying that his next project will be a "non-rap," album with alternative and psychedelic elements, that he wanted to be a more respected artist instead of being dubbed a "mumble rapper."

His dedication for making a psychedelic was compelling; he even went as far to gather well-respected producers on this record. Said producers include Justin Raisen, who's contributed to projects to the likes of Charli XCX, Sky Ferreira, and Kylie Minogue, Jacob Portrait from the band "Unknown Mortal Orchestra," as well as Patrick Wimberly who's worked with Beyoncé, MGMT, and Ellie Goulding.

Let's Start Here starts with the track "the BLACK seminole," which is a seven-minute epic that perfectly hooks in listeners and sets the tone for the rest of the record. This showcases how the once previous rapper is capable of making a song that warrants legitimate

## Album Review

### Lil Yachty Let's Start Here ( 2023 )



comparisons to the likes of aforementioned Pink Floyd, as well as Tame Impala. It's angelic synths, chambered reverb, fuzzy guitar solo, and not to mention meaningful lyrics, are where Yachty compares himself to the Seminole people, a tribe of Native-American Africans who once lived in Florida.

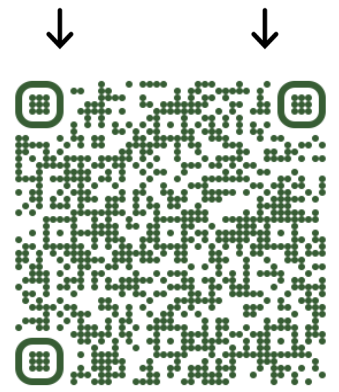
This track is followed by a seamless transition into "the ride- "

with its dazzling vocal performances from both Yachty and Teezo Touchdown, accompanied with luxurious electronic sound production.

A highlight of this record is "drive ME crazy!" which has an outstanding vocal performance from Diana Gordon, overlaid by a crisp baseline and heavenly melodies.

Another stand out is the phenom-

Scan to listen now!



enal grand finale that is "REACH THE SUNSHINE." The six-minute neo-psychedelic track featuring Daniel Caesar has an amazing build up followed by an ethereal sendoff to one of the most respected albums of 2023.

Despite the overwhelming positives within this record, one of the few negatives is the cover art. Yachty has a history of making exquisite cover arts; some being described as better than his albums themselves. However this record's cover art is a grotesque and disturbing AI generated art of a group of seemingly imperative figures in a boardroom laughing.

One other negative about this album is Yachty's stiff, auto-tuned, and inexperienced vocals is a bit underwhelming, but they do surprisingly fit well into the project. There's been numerous rappers that have taken a stylistic change in their music such as Kid Cudi, Machine Gun Kelly, Logic, etc., but this is one of those instances where this change felt so flawless to the point where it seems natural for Yachty to associate himself with the psychedelic genre.

Easily being one of the best turnarounds of the decade, this album acts as a fresh start for Yachty and I am excited to hear what he can do next as he continues down this path.

## Why You Should Be Watching: Neon Genesis Evangelion

Dominic Cacchione  
Creative Editor

I was no more than 13 years old when a good friend of mine introduced me to Neon Genesis Evangelion. Seven years later, I can confidently say that no other anime has left quite the same impact on me. A true genre-bending masterpiece, Evangelion wracks the brains of viewers in a way most anime fail to achieve. Having recently rewatched it from a more mature perspective, I have more appreciation for it than ever before. Between its fascinatingly imaginative science fiction plot and its intense psy-



PHOTO COURTESY OF GAINAX

chological themes, Evangelion has proven itself to be a landmark anime that's remained in the public consciousness for decades, and will continue to do so for ages to come.

The story focuses on 14-year-old Shinji Ikari, a deeply depressed and non-confrontational boy who struggles to carry the weight of the world on his shoulders. After the world is faced with the threat of destruction at the hands of alien monsters known simply as "angels," Shinji is ordered by his long-absent father to become the pilot of mankind's savior, a mysterious biomechanical weapon dubbed "Evangelion". Joined by his fellow pilots, the cool and quiet Rei, and the fiery, hot-tempered Asuka, Shinji stands in the first line of defense for a world he wants nothing to do with. The

story of Evangelion is deeply layered and complex, with lots of important information either intentionally withheld from the viewer, or otherwise subtly implied. Its lore is very well-crafted, defined by its cryptic secrecy and the abundant intentionality behind it. Deciphering Eva's world and its complex history requires the viewer to do their homework, and there's plenty of satisfaction that comes with understanding it, like solving a big puzzle. I'd compare it to the rich, cryptic lore of the "Soulsborne" family of games by FromSoftware, and it's equally, if not more interesting. I consider Eva's method

Continued  
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NGE

FROM PAGE 4

of storytelling to be one of the most impactful I've ever been exposed to, and after finishing it for the first time in 2017, it shaped my tastes in media for years to come.

The plot of Evangelion, at times, is secondary in importance to the psychological themes of the show and its accompanying movie, *The End of Evangelion*. Various facets of the human condition are explored in very meaningful ways, but none are highlighted better than mankind's struggle to understand one another. An underlying theme of the show is that two individuals will never be capable of fully understanding each other, but life is still worth living in spite of that. In fact, it makes the gift of life meaningful. The show, and its companion movie, later assert that there are oppor-

tunities for happiness around every corner, and you can turn anywhere into paradise as long as you have the will to live. That's a message that resonated with me deeply when I was younger, and I still carry it with me to this day. It's for this reason that Evangelion is the basis for my only tattoo. Happiness, and what it means to be happy, are inherently subjective, and its definition will differ from person to person. However, no matter where you are, you're capable of discovering your own brand of happiness for yourself. First, though, you're required to learn how to love and forgive yourself. This message has stuck with me my whole life, and if anything, it shows that Eva inspired me to look at the nature of human existence differently from a young age.

Evangelion is one of the most polarizing anime ever re-

leased. Leaving some confused, and some outraged, there's certainly a large number of Evangelion non-believers out there. But for those who stuck with it, took the time to understand it, and carried its message with them throughout their lives, it's proven to be life-changing. It won't appeal to everyone, but in the eyes of many people like myself, it's one of the most meaningful stories ever written. If this were a proper review, I would give the show a 10/10 with no hesitation, but I'd like to think of this article as less of a review, and more of a passionate recommendation from a super-fan. Whether you're young, old, an anime veteran, or have never seen an anime in your life, you need to watch this show now.



PHOTO COURTESY OF WHATS-ON-NETFLIX



PHOTO COURTESY OF WHATS-ON-NETFLIX

# Advice Column

As a socially active college student, I have spent quite some time relying on advice - the good and the bad - I've received from my peers, friends, family, and even strangers. Each issue I'll tackle one of your burning questions from my submission box to the best of my ability.

The opinions expressed in this article are the author's own.

Dear Marie,

**Since the semester started, I've been sick a lot pretty unexpectedly. Now I'm super behind on work and I'm struggling to catch up on top of all the work that I have to do now. I'm so nervous and considering dropping out already. What should I do?**

As is commonplace with most things dropped into my inbox, I have been in the exact same position. Being in a situation like this with schoolwork can be incredibly stressful - every time you think you're catching up, you're falling behind again. Luckily, I may have a solution to help remedy your problem.

Firstly, I cannot stress how invaluable sources on campus are for situations like this. Your tuition and enrollment at Hudson Valley grants you opportunities



Art by Marie Williams

you may not have had otherwise. One of these services is the Center for Academic Engagement, or CAE for short. The CAE provides individualized academic coaching and support to students to help them build the skills essential for their success.

At the CAE, you can connect with faculty that can help you set up a study plan and get yourself back on track in a manageable manner. This way, you aren't alone and can have the support to help you move forward in your academic career.

Now, I want to stress that you **do** have options. If your academics are important to you, even if they feel overwhelming, I encourage you to seek assistance and exhaust your possibilities before considering dropping out. HVCC has so many services that are made to benefit you and push you toward success, and I would hate to hear you have to put your education on the back burner. That being said, you also should gauge what is going to be best for your mental health in the end. Talk with a counselor and the staff in the CAE, and decide what is going to be best for you in the long term!



Want to submit your own question? Scan the QR code here!

## STUDENTS!

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Want to get an spot? Reach out to [HUDSONIAN@HVCC.EDU](mailto:HUDSONIAN@HVCC.EDU)

## Short Story

### Absolute

By: Grant N.  
Staff Writer

As I open my eyes, I am surrounded by nothing, it is absolute. That I can deal with, for it is the silence that is unbearable. Yet akin to a bad roommate, my thoughts, the only noise in this secluded world, have grown tiresome.

Having not yet given in to the insanity, my constant routine is the only thing still giving me hope. That, if every day, I lived exactly the same, there would be some small change, any change, in my unchanging scenario. I make my way up a hill, or what I imagine to be a hill, as I have every day for what feels like an eternity. A hill is the only thing I can liken the sensation to, as I am out of breath as I reach the summit, and feel myself slipping down what could only be mud or cracks in the rock as I ascend.

I pray that tonight will be different. Yet, as I look up into the pitch black sky, I see naught. No moon. Not a single star. Even a lone plane piercing the void would be of the utmost comfort. Simultaneously, I try to listen to the much for granted whistling of wind, the rustle of leaves I believe I once loved so much. Yet, as I stand silent, not moving a muscle, I hear only myself. I am alone on this frigid summer eve. Or was it a warm winter night? I can no longer differentiate the meanings of either.

I begin to frantically thrash about, it is my rebellion against nothing.

I am desperate for the chance to catch a glimpse of something. To hear something. Anything. Almost as a direct response, there is a sensation. It's creeping over me. It is one of my only constants, a feeling I've felt so many times before. While I have long but forgotten the words which describe it, I can only liken it to the feeling of eyes watching over my static body.

As I return home, so does my hope. Today WILL be different, and I will make it so. I flip the light switch. But again, there is no noise, no light, no change. Again. Again. AGAIN. And still nothing. Giving up on the fantasy, I make my way to my bed. It is uncomfortable, rigid, like one you would find in a hospital and would hate to spend more than a few hours on. But I know the way by now, one of the few things I am still sure of. As I settle in for the night, I am at ease. Within my isolation, it is the one place I belong.

I awake, and am overjoyed. Today is the day, I can tell. It's different. I can feel the tension in the air. A feeling all but forgotten. And as I open the door, there it is. Finally. A wonderful, cold glow. I know it's cold, and I begin to remember it all! Yet as I remember, I am distraught. For now, everything returns. Maybe it was all but seconds too late, or perhaps it was dependent on my scenario, but my old cognition has been reinstated, and again I fear death.

I wish for nothing more than to be back in my dark, lonely world.

## POETRY

### Porcelain

By: Marie W.  
Editor in Chief

I spend more time grieving for the living than  
the dead

Through veiled and squinted eyes the lines  
only blur

Schrödinger's love; dead and yet alive  
Here and yet not here

Crushed, dripping down my palms and yet  
Wholly slicing open my heart from the inside  
You are so beautifully cruel to tell me these  
things

The promises and the hopes and dreams  
Only to shatter them as you have yourself

You break everything you touch

If I knew you'd break me too,

I would've just let your pieces lay

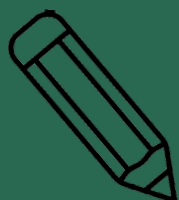
## PHOTOGRAPHY

### Wild I & II

By: Marie W.  
Editor in Chief



I shot this Leopard using my Canon EOS Rebel T6 with my 50mm lens at Rosamond Gifford Zoo back in late early 2022. An absolutely gorgeous creature.



Want to share your  
creative endeavors?  
Submit them to  
[HUDSONIAN@HVCC.EDU](mailto:HUDSONIAN@HVCC.EDU)

# The Xud-oscope



Weekly astrological horoscopes by: Marie Williams ( Editor in Chief )



March 21st  
-  
April 19th

You are coming into your strength this week, Aries. Like the fire element of your sign, there is a spark burning within you to help you push through any obstacle that comes your way. That being said, you may find you need to lend a little of that strength to those you care about, too. Embrace your inner strength!



April 20th  
-  
May 20th

What's got you down this week, Taurus? I'm seeing a lot of disappointment and a sense of dismay or grief hanging over you like a cloud. Though things may seem hard, remember that not all is lost; perhaps it's a good time to pull back and take a look at how what may be bogging you down can benefit you later.



May 21st  
-  
June 20th

When you reflect on yourself this week, you may not like all of what you see, Gemini. Perhaps you're being too hard on yourself or struggling to see your own worth. You're very critical of yourself right now, and while it's important to self reflect to improve, you need to also allow yourself space to make mistakes.



June 21st  
-  
July 22nd

This week is all about collaboration, Cancer. You may have a team project on the horizon; I see several people with varying skills and beliefs working together to push towards a greater cause. Allow yourself to integrate with your teammates to create something new and wonderful.



July 23rd  
-  
Aug 22nd

In order to move forward, sometimes you may have to take a step or two back. Though you may already know this, there's a part of you that is resistant or hesitant to this. You're afraid to let go of what you've achieved. All good things come with sacrifice and hard work, and perhaps this is one you need to make.



Aug 23rd  
-  
Sep 22nd

As a Virgo, being introspective is just a part of your modus operandi. This week though, you're going to need a little extra time for self reflection. The search for the ultimate truth comes only from within, and sometimes in order to do that, we need to pull back from the world around us to gain that clarity.



Sep 23rd  
-  
Oct 22nd

You and Leo are on the same wavelength this week, Libra. There's this sense of clinging to something, holding on out of fear of change. Cycles begin and cycles end, this is the way the world works. It can be a hard pill to swallow, but you cannot live in the shadow of the past. You must move towards the light.



Oct 23rd  
-  
Nov 21st

You've been working hard lately, Scorpio, and perhaps even in ways you may not realize. There's a sense of fulfillment and joy on the horizon, and a culmination of all the things you've been working towards is coming to fruition. Give yourself a part on the back this week, you've done more than enough!



Nov 22nd  
-  
Dec 21st

You've got a lot buzzing around in your brain lately, Sagittarius, and it's time to turn those ideas into actions! Your curious and restless nature is just the thing to keep you energized to embark on your endeavors. Perhaps sharing these ideas with your friends can help move you on your way and keep you on track!



Dec 22nd  
-  
Jan 19th

You may be feeling like you're being pulled in two different directions, Capricorn, but taking the middle path and finding a sense of balance is the best course of action. Taking your time and attain a sense of calm; clearing your mind and finding that balance is key to achieving your goals and needs.



Jan 20th  
-  
Feb 18

There's a cloud hanging over you, Aquarius. It feels as though you've been deciding that walking away from something you thought you knew is in your best interest. You may feel like you've lost a part of yourself. Know that the universe will keep around what you need, and leave behind what you don't



Feb 19th  
-  
Mar 20th

The shadows of codependency are dissolving around you, Pisces. This week you're going to have a newfound sense of freedom and release; you're once again taking the reins in your life, and have a better understanding of what you need to achieve. You've got this, keep pushing on!

Feel like something may not be right? Check your moon and rising sign horoscope as well!

## Recipe: Honey-Orange Cookies

By: Marie W.  
Editor in Chief

When you find yourself in a pinch, you almost never hope it's a baking pinch. With measurements having to be pretty precise, it can be an intimidating task to try and come up with something on the fly. Rewind a couple holiday seasons ago and that was exactly where I'd found myself.

I was supposed to be going to a family holiday dinner, and if you know me, you know I am not the type to show up empty handed when it comes to food.

With what I had in my kitchen, I whipped up some cookies and hoped for the best. I've since perfected my recipe, and felt that others should enjoy them just as much as I do! So, without further ado, here's

my recipe for my famous honey-orange cookies:

**Ingredients:**

- 2/3 cup softened butter
- 1/2 cup firmly packed brown sugar
- 1/4 cup sugar
- 1/4 cup honey
- 1 large egg
- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon freshly grated orange zest
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon

**Frosting:**

- 2 cups powdered sugar
- 3 to 4 tablespoons freshly squeezed orange juice

**Step One:**

Heat oven to 350°F.

**Step Two:**

Combine butter, brown sugar and sugar in bowl. Beat at medium speed until creamy. Add honey and egg; continue beating until well mixed, scraping bowl if necessary. Add all remaining cookie ingredients; beat at low speed until well mixed.

**Step Three:**

Shape dough into 1 1/4-inch balls. Place 2 inches apart onto ungreased cookie sheets. Bake 8-10 minutes or until edges start to brown. Cool 1 minute on cookie sheets; remove to cooling rack. Cool almost completely.

**Step Four:**

Combine powdered sugar and enough orange juice for desired spreading consistency

in bowl; mix until smooth. Spread frosting over cookies.

up and better coverage on your cookies. It will also speed up the cooling process.

**Tips:**

- I recommend putting a wire rack over your baking sheet- this way when you paint on the frosting, it's an easier clean-



PHOTO COURTESY OF LAND-O-LAKES

The internet, as it often does, beats me to the punch, so here's a good example of the cookies, though not made by me.

## Mens & Womens Senior Night Game Knocks Out The Competition

Written and Photographed By:  
Evan Bonesteel  
Staff Writer



January 29th, 2023 marked the celebratory Hudson Valley Basketball Senior Night with two blowout victories over visiting Finger Lakes Community College. Seniors Night is a chance to commemorate the graduates on the team for playing for our school.

Starting off for the Women's team is Alyssa Bruno, who played basketball, volleyball, and track and field. She played 31 games, averaging 4 points per game and 6 rebounds. Nya Ewans-Edmonds, the next graduating player, participated in all 13 games this season averaging 14 points and 7 rebounds. Last but not least is Leemya Garcia, who has played 7 points for the Vikings this season averaging 5 points and 3 rebounds per game.

The Men's basketball team has five graduating players this season. Starting off: CJ Bianchino with 11

games played this season, averaging 3 points and 2 rebounds per game. Willem Feeney played all 18 games and is averaging 3 points and 2 rebounds with the team. Next up is Josh Kiefer playing 17 games this season, averaging 4 points and 2 rebounds per game. Jourdan Belcher, whose front court play has been a critical part of the team's success this season, has played all 18 games averaging 15 points and 8 rebounds. Jourdan has also received the national player of the week from the NJCAA for the week of January 5th. Finally, Trevor Green, whose skills and leadership on the court has propelled the team forward, averaged an incredible 23 points, 9 rebounds, 4 assists and 2 steals per game. Green was named NJCAA region three player of the week twice, and was also named NJCAA National player of the week

in December.

The Men's team had a strong game against Finger Lakes Community College, beating them 94-64. The Vikings shared the ball offensively and had six out of nine players in double digits. Leading in points was Demani Benjamin with 20 points and 5 rebounds. Trevor Green had an all-around good game with 16 points, 7 rebounds, and 6 assists. Jourdan Belcher shot 8-12 from the field scoring 17 points and had 3 rebounds. Charles Bianchino shot 3-6 from 3-point range and ended the game with 13 points and 7 rebounds. Willem Feeney and Owen Feagles both had 10 points. Mekhi Petteway ended the game with 5 points. Josh Kiefer had 3 points and 3 rebounds and Bo Catherwood had 5 rebounds and 2 assists.

Following the player announcements, the Women's basketball team started off the night blowing away the competition in a 72-23 victory. The starters showed up strong with two of the five ending the game with a double-double, and three of the five grabbing double digit points. The points leader, Payton Graber, ended the game with 22 points, 10 rebounds and 7 steals. Showing up strong on her senior night was Nya Ewans-Edmonds, who had 18 points, 7 rebounds and 4 steals. The second double-double of the night was Ty-lah Langley with 12 points and 13 rebounds.

Both teams have a run of away games during the month of February before their next home game.

