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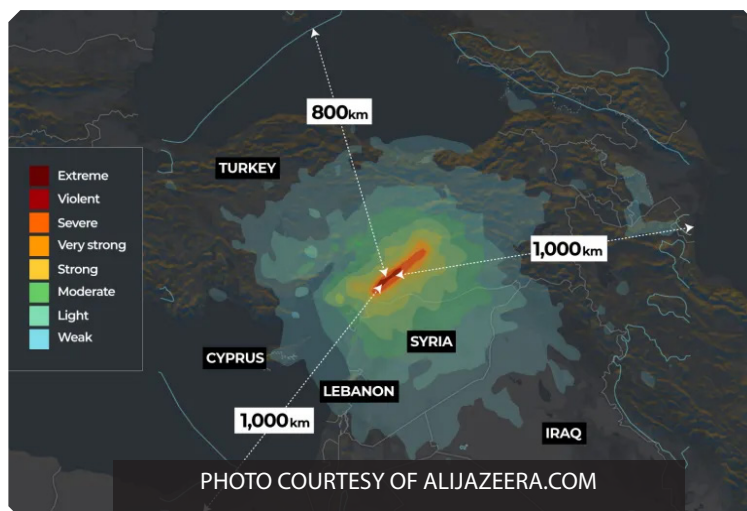
Turkey-Syria Earthquake Catastrophic: Standing Death Toll Rises To 20,000

By: Niamh Clarke
Copy Editor

An earthquake with a magnitude of 7.8 left death, destruction, and intense aftershock in Turkey and Syria. According to The New York Times, the death toll of this earthquake rose to more than 20,000 people, the deadliest earthquake since the year 2000. Many countries are joining local emergency personnel in their efforts to search for survivors as many are still waiting for help.

Thousands of buildings were toppled over as a result of this earthquake. It still isn't known how many people might be trapped. The two countries still don't have a number for the toll of missing people yet.

HVCC student Berfin Mert, who is from Turkey, graciously agreed to speak with me regarding the catastrophic event,



stating: "No one I know got harmed. My best friend was awake and felt the earthquake and was so scared." She went on to describe the fear she had for her family and friends when she heard the news here in the U.S.

Mert also expressed that the local news in Turkey isn't saying much about the earthquake. She adds that she is grateful that the international and local

news outlets have been broadcasting information about the quake and rescue efforts. Other countries have jumped to the aid of Turkey and Syria since the earthquakes hit.

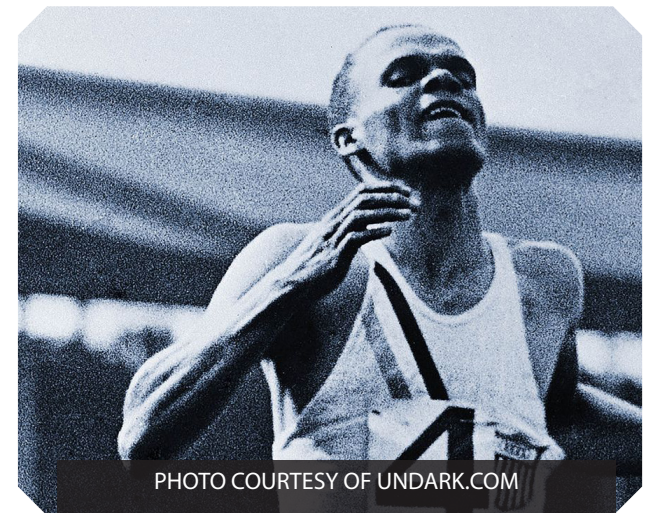
For Turkey's future, Mert expresses feelings of fear, stating "We lost so many people, so many buildings have been destroyed, people lost their families, friends, and houses." It will be a hard journey ahead for Turkey as they try to rebuild and recover from this earthquake.

If you want to help Turkey, please donate to the Red Cross website, as the British Red Cross is currently launching appeals for Turkey and Syria. You could also donate to ActionAid, which is using the money donated to supply food, medical aid, warm clothes, heaters, and cash for people as most of their homes have been destroyed and the cold weather is getting worse.



Victims of the Turkey-Syria earthquake stand amongst the rubble

Chemical Engineering Club's Black History Month Spotlight



By: Danica Nowosielski
Guest Writer

Celebrate Black History Month in February 2023 with the HVCC Chemistry Club. Feel free to log onto the Chemistry Club's Blackboard site and post your thoughts about this year's featured chemist — James LuValle — in the Black History Month Discussion Board.

An article in the February 2021 issue of Chemical & Engineering News tells us more about him:

"James Ellis Lu Valle was an Olympian and a chemist. During the 1936 Olympics in Berlin, Lu Valle won the bronze medal in the 400 m race. This was the Olympics in which Jesse Owens took home four gold medals while Adolf Hitler watched. That same year, Lu Valle earned his bachelor's degree in chemistry from

the University of California, Los Angeles. The university later named a student center after him, making Lu Valle the first student to have his name grace a UCLA building.

After earning a master's degree from UCLA, Lu Valle pursued his PhD under the guidance of Linus Pauling at the California Institute of Technology. After teaching at Fisk University, a historically black institution in Nashville, Tennessee, Lu Valle became the first black person to work for Eastman Kodak. Later in his career, he became director of physical and chemical research at Smith-Corona Marchant in Palo Alto, California. When the company closed, Stanford University asked Lu Valle to lead the first-year chemistry lab, and he agreed, ending his career by returning to education and mentorship."

HVCC's Dental Clinic Offering Free Cleanings To Students

By: Niamh Clarke
Copy Editor

"The mouth is the window to the rest of the body," says Department Chair of Dental Hygiene and Dental Assisting, Tammy J Conway. Since the mouth is the window to the rest

of the body, what happens to those who cannot afford dentist appointments?

Here at HVCC students can get free dental cleanings. Not only does this benefit students, but it also helps the students at the Dental Cleaning Office. It is a judgment-free zone and

students are encouraged to stop by during their free time. Your health matters, and to be healthy, you need to take care of your teeth as well.

To book yourself a cleaning, visit Fitzgibbons Health Technologies Building Room 127. Not only does the Dental Hygiene Clinic offer cleaning but they also offer x-rays, fluoride treatment, dental exams, and more.



This Week's Events	
Tue 21	MCLA Transfer Table 10a-1p Siek Lobby
	SmileCross Dental Recruitment Table 10a-2p Siek Lobby
	Club Showcase 11a-2p Siek Lobby
	Yoga 12p Siek 260
Wed 22	The Great Migration - Donald Hyman 12a-1p Siek 150
	COVID Booster Clinic 3p-6p BTC Lobby
Thrs 23	P1 Industries Recruitment Table 10a-2p Siek Lobby
	Vector Marketing 10a-2p Siek Lobby
	Black History Month Movie Series: Black Panther 2p-4:30 Siek 202
Fri 24	UAlbany Transfer Visit 9a-2p Siek 290
	Primark Recruitment Table 10a-2p Siek Lobby
	Poetry Out Loud Semifinals 5p BTC Auditorium
	Volunteer Income Tax Assistance Program 1p-4p BTC 216

Albany Rally To Demand Remaining \$13,000,000 Funding For Students With Disabilities

By: Justin Hurley
News Editor

On February 8, 2023, the Halls of Power in Albany, New York echoed the voices of students and allies calling on Kathy Hochul and other legislators to fully fund the rest of the \$13 million for students with disabilities in higher education, and making TAP available to students with disabilities. Over 300 students and supporters marched up the “Million Dollar Stairs” of the State Capitol Building, chanting slogans to be heard loud and clear.

A coalition of students, faculty, and allies from different schools representing SUNY, CUNY, and private schools from around New York State were brought together by the New York State Disability Service Council (NYSDESC) and State Assemblymember Harvey Epstein. Epstein, a member of the Assembly Committee on Higher Education and the Assembly’s Task Force on People with Disabilities, encouraged those present to voice their demands for the rest of the \$15 million dollar of the \$2 million in funding received in 2022.

Assembly member Epstein opened the press conference by stating, “There are nearly



PHOTO COURTESY OF CORNELLSUN.COM

80,000 students all across New York that are relying on us to do the right thing by supporting them as they strive to better themselves through a college education. We have built a winning coalition of students, education leaders, and 139 state legislators who want to see these students succeed. Let’s step up for students and make

New York a leader in providing equity in higher education.” More speeches and statements from legislators and students rounded out the rest of the afternoon.

Deanne Martocci, Director of HVCC’s Center for Access and Assistive Technologies, was kind enough to explain the importance of the poten-

tial funding for HVCC and other schools’ student disabilities programs, stating: “Plans for funding include orientation programs for students with disabilities, assistive technology, programming to provide education and awareness to the college community, and professional development opportunities.” Martocci went on to say that students can help by writing, calling, or emailing their local politicians to support more funding for student disability programs.

Student Senate President, Robert Dungan, stated after attending the rally, “As a non-traditional student, I face challenges that most of our student population likely don’t consider; coupled with my health and neurological deficits, participating in college is problematic at best. I’ve utilized every service that HVCC offers since enrolling in the spring of 2021; the learning centers, the center for academic success, the CAAT office, and the Health and Wellness Center have been integral in my ability to attend HVCC.”

For more information, please visit the Center for Access and Assistive Technology in Siek Campus Center, Room 130.



PHOTO COURTESY OF NEWS.SYR.COM

“The Hud.” Returns: Your Campus’ Favorite Podcast

By: Ian Shafir
Jr Web Editor

When it comes to being a college student, time is everything. You only have so many hours to get to class, get your work done, and pencil in your free time activities. So how are you supposed to know what’s happening on campus, what resources are available to you, what the sports games results are, or even what your fellow

students are up to? What if you could bring your campus news with you wherever you go? Luckily for you, The Hud has you covered.

The Hudsonian, first published in 1961, has continued to spread entertainment and keep readers up to date on events around the campus. But as time moves on, so does technology, and with that, “The Hud” was created; the Hudsonian’s official podcast was born, continu-

ing to keep students up to date on news around campus in a modern way.

So how did we get here? The original idea for The Hud came from former Editor-In-Chief Kevin Waltz. However, it didn’t come to fruition until Nolan Cleary took the reins as Editor-In-Chief. The podcast was then created to bring interest back to the paper during the COVID-19 lockdown in 2020. With only 3 people working at the Hudsonian, Nolan was hosting the show before hiring Samantha Simmons to host the following semester. The show featured several interest-

ing episodes, including interviews with Mike Epsy, Former U.S. Agriculture Secretary, and ABC’S John Gray, who was an Editor-In-Chief for the Hudsonian in the 1980s.

“One of the best moments for me at the podcast was when Samantha Simmons, our Broadcast Editor, said that she had been inspired to pursue her career after being the host [of The Hud],” Cleary shared in an interview with us.

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Letters to the Editor
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 for information

HUD.

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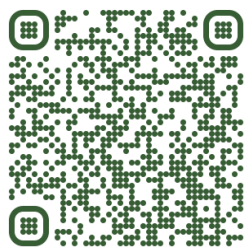
After a year-long hiatus, the Hud is back with new hosts Dominic Cacchione and Morgan Senecal. The first episode of the Hud is already out, which features an interview with the new Editor-in-Chief, Marie Williams, and student filmmakers Dylan Doxtater and Gavin Desbois. The new hosts hope to fulfill the legacy The Hud podcast has built for itself and interview new and unique a.

"I listened to the first episode that the new staff did and I thought it sounded great. I'm glad to see the podcast is continuing with new hosts bringing their own spin." Cleary later added, noting that he had no idea what the future of the Hud's legacy would be after he left.

According to Dominic, we can expect lots of interesting things from the Hud this com-

ing semester. Together with Morgan, Dominic plans to bring a new level of flair and personality to the Hud, the likes of which have never been seen in previous semesters. Expect lots of interviews, interesting discussion topics, and loads of entertainment.

Whether you're in the car or doing homework, you can throw on the Hud at your convenience to stay up to date with campus and local happening. You can find the Hud online at thehudsonian.org and on streaming platforms such as Apple Podcasts and Spotify.



Scan
To
Listen
To
The
Hud.

TicketMaster: Madness And Monopolies

By: Niamh Clarke
Copy Editor

As Many know, Taylor Swift is set to go on her Eras Tour in 2023. Utilizing Ticketmaster as a website where fans could purchase tickets to this tour, many were left ticketless and shocked by the unfair wait times, fees, and website outages that ended, for some, in a lawsuit. The fees to buy these tickets were more than half the price of the actual tickets themselves, leaving many to feel like the prices that were promised for this tour were fraudulent.

With Swifts' tickets in high demand, Ticketmaster tried to combat with presale codes. These presale codes were intended to be there for 'real fans' so they wouldn't have to pay obnoxiously high prices by resellers. However, these codes turned out to be blatantly untrustworthy, ultimately taking advantage of fans with the outrageous fee pricing. Swift wouldn't have to worry about resellers - Ticketmaster was the real enemy.

So what allows this to happen? It all comes down to one thing: a monopoly. Alexandria Ocasio-Cortez was even quoted, saying: "Daily reminder that Ticketmaster is a monopoly;

its merger with LiveNation should never have been approved, and they need to be reigned in. Break them up."

Senators had a hearing about the TicketMaster scandal, and many Taylor Swift fans were out protesting TicketMaster. The company is being accused of not only being a monopoly, but having ongoing consumer protection investigations as many fans sued Ticketmaster for fraud and antitrust violations. It seemed that many Senators shared this anger, even quoting some of Swift's songs all throughout the trial.

Senator Amy Klobuchar, a Democrat from Minnesota, quoted "All too Well" from Swift's album, Red: "I believe in capitalism, and to have a strong capitalist system, you must have competition. You can't have too much consolidation. Something that, unfortunately for this country, as an ode to Taylor Swift, we know 'all too well!..."

Ticketmaster is claiming that the overwhelming demand for tickets crashed their site and that they are working on improving their sites, but only time will tell if they can recover from this serious blunder.

The Puppy Mill Pipeline: America's Dishonor To Generations Of Dogs



By: Marie Williams
Editor in Chief

It is no secret that across the United States, animals are treated like a commodity. With the plague of "designer dogs" only increasing since the start of the pandemic, puppy mill and backyard breeding industries have had unprecedented growth, leaving families to adopt sickly, neurologically challenged, overpriced mutts from "breeders" with zero experience. Many dogs have been shipped off to shelters, neglected, or euthanized. Yet for many pet stores across America, this only serves to line their pockets.

According to Paws.org, an animal welfare educational organization, "Roughly 90 percent of puppies in pet stores come from puppy mills". Puppy mills, which are commercial breeding facilities that mass-produce dogs to be sold in pet stores, often treat dogs as cash crops. Dogs produced from these mills suffer from malnutrition, starvation, lack of vet care, cramped and filthy living conditions, overbreeding, and serious behavioral issues. Backyard breeders aren't exempt either; these poorly bred mutts they churn out are often being sold to pet stores under the guise of being "locally bred," such

is the case in regional pet stores like Pet Zone in Crossgates Mall, Albany, or Everything Pets in Colonie Center Mall. Doodles, Pomsies, Chiyorkies - they're mutts that people have thrown together with no consideration for pedigree - only profit.

This has culminated in the formation of the Puppy Mill Pipeline bill in New York, a bill prohibiting the sale of pets in New York pet stores, but instead allows stores to work with rescue organizations to adopt animals. "With so many good animals in need of rescue, there is no need for puppy mills that abuse animals to supply pet stores. Our four-legged companions should be treated with respect, not like commodities," said Senate Deputy Leader Michael Gianaris.

It is well known in many accredited and registered dog breeding spaces that breeders never sell their dogs to pet stores due to the unfair conditions they're kept in. Genuine breeders know the worth of their dogs and would never let them live in unsafe and improper conditions. Many of the arguments made against buying from a breeder are derived from misinformation about purebred dogs and the world of breed preservation as a whole. After knowing all of this, people still feel the need to buy from pet stores instead. Why?

Some sources, such as Donnie Gardener from Bostonterriersociety.com,

argue "you get to play with the puppy before you buy at a pet store", "a pet store cuts out the waiting and has the dog ready for purchase right then and there" and "looking for a purebred dog can be a hassle" as reasons not to buy from breeders and instead turn to pet stores. None of these arguments hold up. Any sensible breeder will not only let you meet the puppies, but show you their living conditions and environment, their genetic testing, and other important factors as well. There may be waiting lists depending on the breeder if their dogs are in high demand, but often times they will have other litters readily available when they are of age and will find a dog that is suitable for you. Looking for a purebred dog is not a hassle, it takes very little time and effort, less so if you know what you're looking for and know what to watch out for. Learn the green and red flags when it comes to a breeder, and it nullifies every one of those statements.

As an owner, it is your job to be responsible and make the right decisions regarding your potential pet. Being lazy when it comes to research breeds nothing but generations of poorly bred dogs whose lives can end up miserable due to their erratic genetic makeup and poor care. Make the right decision, for you and the welfare of your pets.

“Season: A Letter To The Future”, A Breathtaking Post-Apocalyptic Mystery



By: Ian Shafir
Jr Web Editor

Sick of the fast-paced nature of modern gaming? Season: A Letter To The Future offers a therapeutic setting that will immerse you in its lush story. This exploration-adventure game will submerge you in the suspense of its post-apocalyptic world. This game will truly put you into a meditative state with

its blend of amazing graphics and subtle but lovely sound.

In 2018, Scavenger Studios, a team out of Quebec, released Darwin Project - a battle royale featuring a director who could control the game while ten players fight to the death. While this game may have failed, the indie studio has returned with a fresh new release, which is a far cry from Darwin Project.

Unlike many similar stories,

Season offers a hopeful outlook on the world even when things seem dire during an upcoming cataclysm. You play as Estelle, a young woman leaving home for the first time with nothing but her trusty bike and a camera to record what life still has to offer. While you may not have a weapon like most other games, the tools you can utilize make a positive impact on the world and the characters in it.

The game's storytelling is enchanting due to its expertly woven gameplay and story mechanics. You travel the world on your bike, collecting memories before everything is washed away. As you document the world around you by taking photos and recordings, the mystery of the story is slowly revealed via the environment.

There are mysteries along the game's vast landscapes, and there is no direct path in this game; you take a seat on the game's many benches and ad-

mire the immersive graphics of the vast mountains and the different seasons the game has to offer.

This, all coupled with an amazing soundtrack and art style, serves only to benefit the game. The art style is stunning and colorful, bringing its imaginative world to life. The realistic sounds of wind and rainfall help relax you and make you want to explore more. Additionally, the game's voice-acting is beautiful, with the protagonist commenting on most things you do.

I also have to mention the game's unique usage of Dual

Sense for controllers. It feels like you are truly riding a bike due to feeling resistance when you're going up hills or the acceleration when speeding up, which only adds to the immersion of the game.

The themes of change and emotion will help you be calm, make you cry, and desperately want a sequel that is as beautiful as the first. Escape into the world of Season: A Letter To The Future, and hours will pass without you even knowing.



“Twister”, Does It Still Hold Up In 2023?

By: Jamai Woodberry
Staff Writer



Twister is a natural disaster film that was released in 1996. It was directed by Jan de Bont, who worked on numerous other blockbusters such as Speed (1994), Die Hard (1988), and Basic Instinct (1992). The film was written by the likes of Michael Cricton and Anne-Marie Martin who managed many other projects. The main stars are a rather expansive cast that includes Bill Paxton, Helen Hunt, Philip Seymour Hoffman, Jami Gertz, Alan Ruck, Cary Elwes, Todd Field, and Jeremy Davies. They play the roles of ambitious storm chasers in pursuit of multiple sporadic tornadoes within an anticipated severe weather outbreak in Oklahoma.

The film opens up with a young Jo Thornton, who is sheltering from a ravaging EF-5 which leads to the death of her father, which presumably sparks her interest in meteorology. One timeskip later and you're introduced to Bill Harding, a former storm chaser and weather researcher that left that life to become a broadcast meteorologist. Him and Melissa Reeves (his current fiancé) travel to Oklahoma to get Jo to sign long overdue divorce papers. Said plans are delayed when Jo reveals "Dorothy", a device that sends hundreds of probes into a tornado and could revolutionize tornado research altogether, with potential extended warnings from three to fifteen minutes.

Bill's arch rival, Jonas Miller, steals Bill's idea and makes a Dorothy-like device of his own. The rest of the film is essentially Bill, Jo, and the rest of his con-

voy attempting to get Dorothy up and running with numerous failed attempts.

The film ends with Dorothy successfully deployed into an EF-5 tornado with Bill and Jo getting back together happily. At the surface level, this is quite the enjoyable film to watch. However, if you give it some thought there are plenty of fundamental problems.

Firstly, there is the extremely cliché character drama. When Bill meets up with Jo for the first time of the film, you can immediately predict that they're going to get back together. This is further exacerbated by the fact that Bill casually tosses aside his fiancé, treating her like a background character that serves little purpose. There's moments where you forget that she exists because of the overwhelmingly positive chemistry between Bill and Jo.

Then there's Jonas who, quite frankly, is more or less a completely useless character. It's as if they threw him into the melting pot as a cheesy and undercooked "antagonist" who's portrayed as the "evil" meteorologist who contributes absolutely nothing to the film. The story would not change in the slightest if you removed him from the plot. Dustin on the other hand... Although an extremely likable character and my personal favorite, he acts like someone who is unfit to be a professional weather researcher. Despite this, I'll give the writers the benefit of the doubt of adding your quintessential comedic-relief character to spice up the film.

Now for the other members of the crew, I wish they weren't as bland as they were, and that the writers gave them more personality. Ultimately, this is a film about a predictable love triangle masked within a disaster epic and is not necessarily focused on developing side characters, so it's not surprising that the writers cared very little for them. Despite this, I appreciate how the crew members get along with the protagonists, always supporting each other, and sharing the same love for meteorological events. They even act as a sigh of relief from the overwhelming inter-character drama from said protagonists.

One particular scene that struck me as odd is towards the beginning where the protagonists encounter their first tornado. After their truck is trapped in a ditch, they scurry to a nearby bridge. This may seem like a perfectly reasonable thing to do, however, if you have even the slightest knowledge in tornado safety, you'll realize that this is a horrible idea. Bridges and overpasses can channel winds whenever tornadoes pass nearby, resulting in an increase in surface wind speeds and a tunnel for debris to be thrown at you like a missile; leading to severe injuries or even death. Not only did this bug me, but the fact that Jo had the audacity to start crawling out from under

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the bridge to “see” the tornado. Without Bill, she would’ve easily died here, but didn’t due to plot armor.

Another odd thing is the repetitive plot structure. Instead of following your traditional plot pyramid, it follows an enclosed loop-like structure. It goes along the lines of the crew chasing a tornado, an unsuccessful chase leading to a close encounter to death, tornado goes away, rinse and repeat. It does get tiring after the second cycle, but it makes the ending much more satisfying.

One last pet peeve I have for this film is that towards the end, meteorologists were predicting an EF-5. Tornadoes are sporadic and quite unpredictable in nature, which is why forecasting how powerful they will become a day out is essentially redundant. Not even our current technology is capable of doing that, not to mention that there have been many “high risk” days perfectly capable of producing significant high-end tornadoes end up underperforming considerably.

There’s some positives about this film which includes the CGI. Although it’s significantly outdated now, it was way ahead of its time and one of the reasons why this film was so successful. Even I was taken aback by how good looking the special effects were despite being used to much better looking disaster films such as 2012 (2009), The Day After Tomorrow (2004), and San Andreas (2015).

The music is what makes this film truly spectacular. The combination of your typical 90s rock music blasting while Bill’s crew is in pursuit of tornadoes juxtaposed with a calmer orchestra at more emotional moments can be thrilling and often very enjoyable at times.

One minor detail that I thought was amazing was the fact that each tornado incrementally got stronger. For instance the first one was an EF-1, the second an EF-2, and the fifth and final one being rated EF-5.

Overall, the actors took their roles pretty seriously and nailed it. Even Dustin acted rather competent in scenes where he needed to be.

Twister as a whole is a fast-paced, energetic, and fun to watch timeless classic shrouded in layers of 90s nostalgia and plotline issues. It’s understandable as to why it appealed to such a large target audience; it just simply has a charm that’s hard to replicate. It may not be a masterpiece, but it’s certainly an incredibly enjoyable film to watch that I can assure you will not be bored of.

The long awaited sequel to this film titled “Twisters” is currently in the making that’s set to release in 2024. Although there’s little detail about the plot, actors, etc. I’m excited that the legacy of Twister will continue and hopefully it appeals to the younger generation just as it did with many of us.

Looking For Some New Tunes? Check Out Some Of These

By: Marie Williams
Editor in Chief

Whenever my friends are in need of new music, I’m usually one of the first people they come to. As someone who

listens to a lot of different kinds of tunes, I can usually find something for everyone.

Every so often, I like to share what I’m listening to, just in case others may be interested in it. Here’s a few that I’ve been

listening to lately or have been frequently in my playlists. Feel free to take a listen and check out something you might not have heard before!



Killer Spider
By PinocchioP

“It’s broken again. How many have I broken so far?”

PinocchioP has always managed to capture my attention with his often cynical yet incredible lyricism. Killer Spider is no different; This subtly erotic song takes the perspective of a spider-girl that represents the idea of a toxic lover. No matter how much love she takes or how domineering she is in her relationships, it is never enough, and she is seemingly never satisfied. Below the surface, her ego is incredibly fragile, and she uses these people she insists she’s “loved” to try and fill the never-ending void in her heart.

She manipulates her lovers to fit her ideals, breaking them down and making them miserable. When she realizes that they’ll always fall short of her expectations, she throws them away.



Big Dipper
By Kississippi

“We don’t plan these things, no they happen with time...”

My first exposure to Kississippi was when they opened for The Regrettes in 2022, and I’ve been in love ever since.

Big Dipper fills you with this nostalgic sadness when you and your lover seem to outgrow one another and part ways, yet you’re still reluctant to let go.

There’s this underlying longing for things to go back to the way they were; you just want to know why things didn’t work out, what you can do to fix things...When you move quickly in a relationship, you feel like you’re blindsided after being so invested. You think that things are going to last forever and you get so swept up in it that when it ends, you feel like your world is falling apart, especially when your other half is moving on.



Dance With Me
By Sir, Please

“Move your body baby, this was meant to be,”

This song came on my radar a couple years back, and it’s been a fun spring-summer listen that’s always on my playlist.

This song is about someone who was previously a player, but finds someone that he genuinely is interested in and cares for, and someone he wants to be vulnerable with. This person came out of the blue and changed his perspective, and they’ve become his whole world.

Honestly, this song is just always so chill to listen to, and I feel like it’s a sweet little jam that I like to put in my morning or vibe playlists when I’m out and about in the nice weather.

Weekly Student Senate Update

By: Justin Hurley
News Editor

On February 13, 2023, at 3:08 PM, the Student Senate convened in the SCC room 202 in a packed conference room for their third in-person meeting this semester. With a quorum being met, with 7 senators present, the meeting got underway.

The first piece of business to be presented by President Robert Dungan was introducing a guest speaker Drew M. Roggenbaum, Executive Committee Representative for the SUNY Student Assembly and Student Senate President for Jamestown

Community College, who was here to speak about Student Advocacy Day.

President Dungan explained the possible tuition hikes for HVCC students soon if SUNY isn’t fully funded by the New York State budget. He went on to stress the importance of SA day and the need for students to let their local politicians know they need this funding.

The Vice President, Lukas Donaghue, reported on the success of the Bobby Seale interview on February 09, 2023. He found that Mr. Seale was a, “really interesting guest speaker,” and he pushed for other

students to attend these events.

VP Donaghue also announced the formation of a student outreach committee. The goal of the committee would get a better understanding of the students they represent. While not fully flushed out, it currently has VP Donaghue and Student Senate Treasurer Ameera Aftab as members. More information will be available once it has been fully formed.

The Club Showcase event was brought up as an opportunity for clubs to be better seen by the student body on February 21, 2023.

Most of the students attend-

ing the meeting were from the Student Choir, 10 in total, who came to request clarification on the time frame for the approved \$10,000 in funding for a new piano. It was clarified by Alfredo Balarin, Director of EOP and Student Life and SS Advisor, that another piano has been donated, and the school needs to find a new spot for the donated piano before they buy a new one.

Senator Edhoh Kyi brought forth a proposal for a program that past alumni to donate business and professional attire to current students. Advisor Balarin revealed that there is Katrina’s Closet, downstairs in the CRT next to the theater, which does a similar program,

and corroboration could be possible.

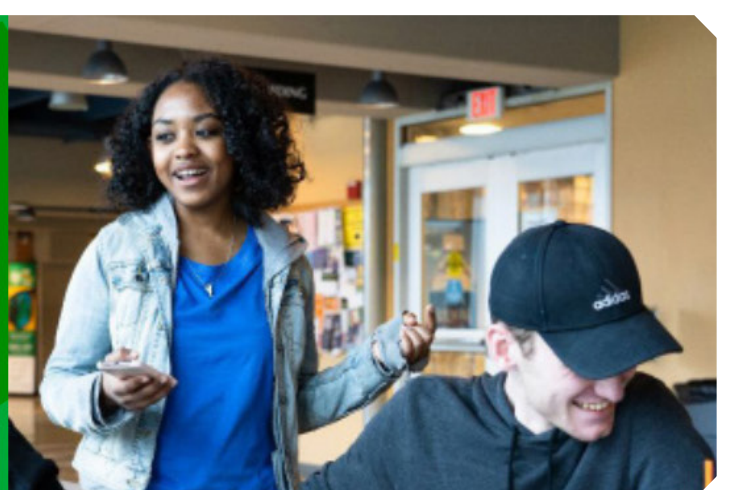
Before adjourning, President Roggenbaum was asked to speak about SA day and his thoughts on the differences and similarities between HVCC and Jamestown Community College. “I have never had this much student involvement in student government,” commented Roggenbaum before he went on to describe the internal workings of Jamestown CC.

SS was adjourned at 4:22 PM.

If you have any questions or concerns, please reach out to a student senator, visit Student Activities in CRT 210, or email Student Activities @: studentactivities@hvcc.edu.

-  Earn \$\$\$\$ per issue
-  Make new Friends
-  Build your Resume

STAFF WRITERS NEEDED





House Sparrow I & II

Photographed and Written By Marie Williams

I long to be as free as you are.

There is some part of me yet that clings to the hope that one day I will be - that one day I will be free of all the things that bound me to this place, this Earth.

In pieces of me I see you reflected - auburn swath on your head and vocal tendencies I know all too well. There is also so many of you, always clustered together, never straying too far; a thousand different versions of myself all trying to exist at once in a space that is so vast yet so finite.

I watch from behind so many shards of glass, content to hear your song and catch glimpses of you. No matter how common you are, perhaps you do not know it. In a sense, you will always be unique. Perhaps that makes me as such.



Rome's Favorite Mass Gainer Protein Shake

Submitted by Shawn Brown
Photo Editor

Originally made by Bully Juice on Youtube, this mass gainer shake is a great drink to pound back on the days where you can't always eat to your heart's content, but still want to get that caloric excess you need to help bulk up.

Ingredients

- ½ Cup oatmeal (dry)
- 2 Tablespoons of dark chocolate chips
- 1 Banana
- 1 Handful of baby spinach
- 2 Tablespoons of peanut butter
- 1 Tablespoon of honey
- 1 and ½ cups of milk
- 1 Scoop of Whey Protein (Optional)

Toss all of these into a blender and blend it up, and you'll be on your way!

Total Calories: 1,239g
Total Protein: 63g



Campus Style

Photographed and Written By Ameera Aftab

Here's the deal: winters in the capital region can be brutal, especially for those of us who did not grow up here.

Morgan, born and raised in Albany, is rocking a t-shirt and making it look easy in this Winter weather. Lukas, not born or raised in Albany, can be seen bundled up just to walk to his car.

It is not about one being better than the other, but we do have to admit, it is impressive how tough you Capital Region folks are.

So, this is for all the winter warriors out there, keep doing you, and to those of us who are packed up like we are about to summit Mount Everest, let us show some love and respect to our fellow students who are the real cold champions!



The Xud-oscope



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



March 21st
-
April 19th

The FOMO vibe is strong this week, Aries. You may be feeling like you blew your chance or missed an opportunity to do something, but you shouldn't let that stop you from keeping your eyes open for new ones. For every door that closes, another opens, after all!



April 20th
-
May 20th

You're on your game this week, Taurus. Whatever you put your mind to, you're sure to accomplish it. However, make sure not to get too ahead of yourself - it can be tempting to do all kinds of things at once when you're feeling like this, but it often leads to burn out. Get things done, but stay logical about it.



May 21st
-
June 20th

There's a lot of divine feminine energy in your midst this week, Gemini. This can often help give birth to new ideas, projects, and creative endeavors. It's also a good time to connect with nature and appreciate the world around you. Maybe a creative nature walk is in order... as soon as it stops raining.



June 21st
-
July 22nd

There's this sense that you may not be being completely honest with yourself recently, Cancer. There's some sense of betrayal, but I'm getting the vibe that it's internal, not external. Perhaps you're saying things you don't mean to appease other people and avoid conflict. Remember, "No." is a complete sentence.



July 23rd
-
Aug 22nd

You must be on some sort of nostalgia kick this week, Leo. Something or someone has been bringing out your inner child and giving you a boost of energy. This can sometimes help you to heal old wounds and trust that you can move forward towards better things.



Aug 23rd
-
Sep 22nd

As all things begin, all things end, and this certainly seems to be cyclical with you, Virgo. Haven't we been here before? There's new beginnings on the horizon - but you have to be willing to let go of the past in order to move forward. Some say you can't change nature, but change IS nature. Embrace it!



Sep 23rd
-
Oct 22nd

Something is feeling incomplete, Libra. you may have built up this idea in your head of how things were going to go, only to feel like you've been left at the altar, so to speak. Lack of closure is always difficult, but it's important to remember that, truly, you are the only one who can give yourself closure and move onward.



Oct 23rd
-
Nov 21st

Having any weird or repeating dreams lately, Scorpio? Your subconscious may be trying to clue you in to something. The realm of unconsciousness is tied to our intuition. While it may be an illusion, there is hints of truth in there. What do you keep noticing? What does it mean? Perhaps it's a good time to figure it out.



Nov 22nd
-
Dec 21st

If there's two words to describe you this week, Sagittarius, it's Creative and Block. You may be feeling like you're hitting a wall when it comes to assignments or creative projects, which does not exactly set your fiery soul ablaze. Perhaps taking a different perspective or stepping back is your best bet for recovery.



Dec 22nd
-
Jan 19th

When you have a lot going on, it can be difficult to discern what needs to come first. Such is the case this week, Capricorn. It may be a good idea to sit down and figure out what can be handed off to others, and what you actually need to deal with. This may help clear out any lingering stress.



Jan 20th
-
Feb 18

This week, you've definitely got your lie detector senses cranked up to eleven. There's power in knowing the truth, but there can also be trouble if you choose to use it unwisely. Not to mention, if the truth isn't what you were hoping for, it could hurt worse than not knowing. What's your next move, then?



Feb 19th
-
Mar 20th

This week is a good time for you to pull back, Pisces. It feels as though you've lost something recently, something close to you - distracting yourself for so long can be exhausting. Sit with yourself, feel your feelings, and then let go so you can move forward. Recovery is necessary for you to succeed.

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

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,

I noticed recently that my friends have been excluding me and it feels like they're not being honest with me as to why. How do I confront them about this?

Situations like this can often be tense and uncomfortable; you don't want to assume the worst of your friends, but if you're noticing a pattern, it may mean it's time to have a conversation with them.

Make sure when you approach them, you're not in an overly emotional state. Take it from someone who has been there, done that - when your emotions are running high, you can be prone to saying things you don't mean, or reacting in ways that won't be



Art by Marie Williams

beneficial to anyone in the long run. It's so easy in the moment to say something impulsive, or not think things through.

Something that's helped me in the past is going into my notes app on my phone or computer and dumping out all of my thoughts on the matter. Then I go through and cut out the bulk and organize everything down into a concise manner. The nice thing is, you can do this as many times as you need to before you send it, so you can make sure that your thoughts and what you want to say are properly aligned.

It can feel very dejecting when the people you're close to start to push you away, but it's important to figure out why. Is it something you're doing that you don't realize? Or are they perhaps not the people you thought they were? I've been on both sides of the fence, and making that distinction is key to figuring out if you should repair your



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

CLUB SHOWCASE

FEBRUARY 21ST
11:00AM-2:00PM
FIRST FLOOR CAMPUS CENTER

Join Us To Learn More About The Clubs On
Campus.

Snacks And Refreshments Will Be Served.

For More Info: Please Contact
Student Activities Office 518-629-7348