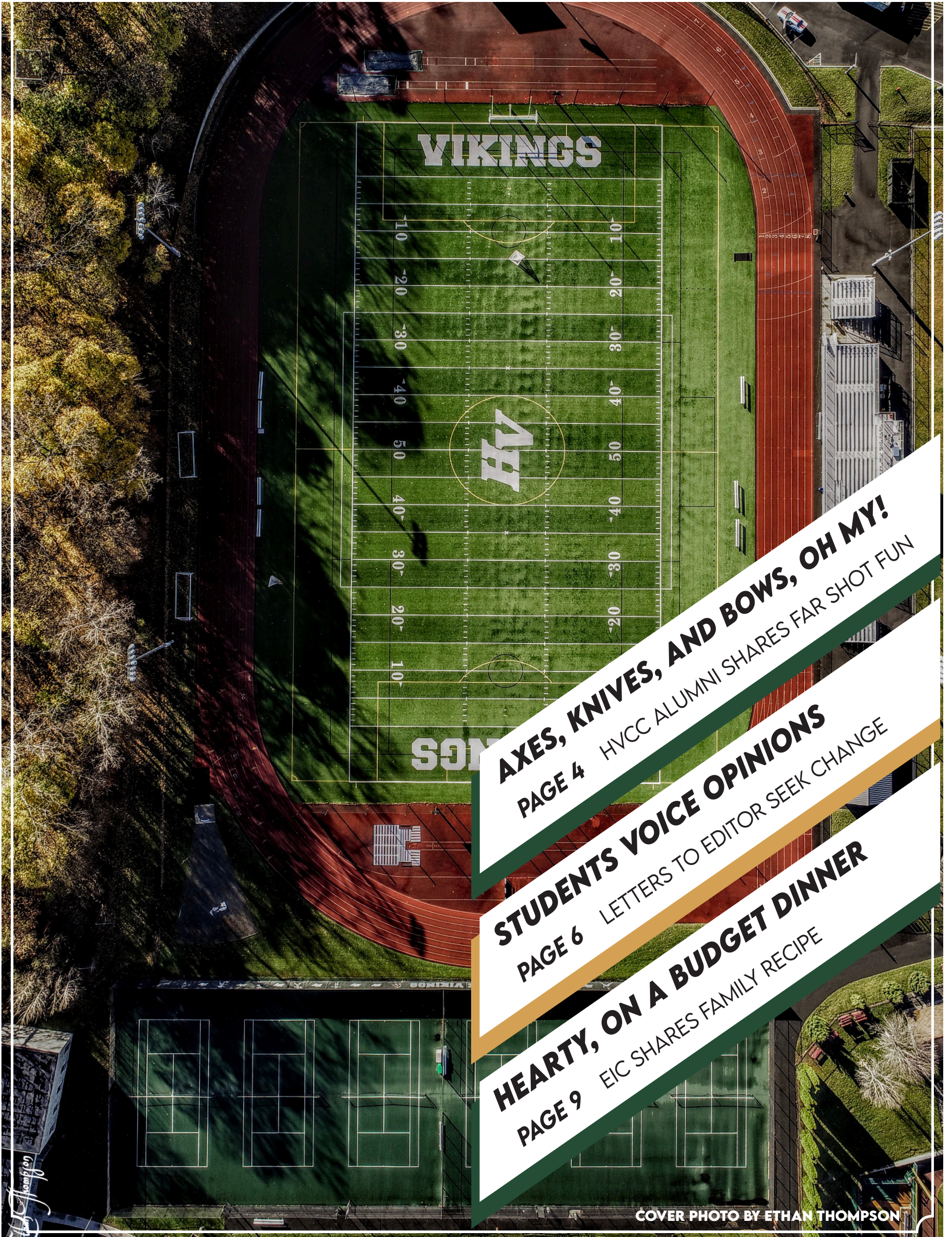


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THE
HUDSONIAN

THE INDEPENDENT MULTIMEDIA STUDENT PRESS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE



AXES, KNIVES, AND BOWS, OH MY!
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STUDENTS VOICE OPINIONS
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HEARTY, ON A BUDGET DINNER
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COVER PHOTO BY ETHAN THOMPSON

THE HUDSONIAN STAFF

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MISSION STATEMENT

The Hudsonian is Hudson Valley Community College's multimedia student news organization. Since 1957, The Hudsonian has been the voice of the student body, written and produced entirely by students for students.

The intent of our publication is to inform and entertain HVCC's student body, staff, and faculty. We serve as a forum for HVCC's campus, providing a space for viewpoints as diverse as our student body. We believe that freedom of speech is of utmost importance to intellectual growth, and in doing so publish stories that are fair, accurate, and relevant to our campus. Here you will find opinions and content from students, as well as from faculty and staff when applicable. Because of this, you will find things in our publication that you may agree and/or disagree with. If that is the case, we're doing exactly what we're meant to do.

Regardless of major, The Hudsonian is a valuable asset to strengthening written and verbal communication, teamwork, leadership, truth seeking, photography, graphic design, reporting, interviewing skills, and more. We strive to connect the skills we apply to real world career paths, and set our staff up for success as they advance through their educational journey at HVCC.

Staff editorials do not necessarily represent HVCC's administration, student government, faculty, or staff.

When errors occur, we will make every effort to correct it in the following publication as well as on our website (www.thehudsonian.org).

Your input is valuable. Please send any questions, comments, or concerns to hudsonian@hvcc.edu.

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Editorial Policy

All views expressed in this paper are those of the author, and not necessarily those of the *The Hudsonian* or the College.

Letters to the Editor

Letters can be delivered to CTR 291 or emailed to hudsonian@hvcc.edu. Letters will be edited for grammar, style, libel and length.

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.

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Develop your skills and build a legacy here at The Hudsonian. We help students of all majors improve in:

Leadership, reporting, editing, photography, teamwork, and so much more

No experience necessary
We teach you all you need to know

For more information, contact our Editor in Chief at a-williams117@hvcc.edu

UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>April 3rd</p> <ul style="list-style-type: none"> - Saint Rose Transfer Table 10a-1:30p Siek Lobby - Early Childhood Ed. Job Fair 1p-3p Siek Lobby - Intramurals: Open Gym 2p-4p MCD Field House 	<p>April 4th</p> <ul style="list-style-type: none"> - Cumberland Farms Recruitment Table 10a Siek Lobby - Transfer Visit: Marist, Russel Sage 10a Siek Lobby - Yoga 12p Siek 260 - From Poverty to Sustainability 1p-2p BTC Auditorium 	<p>April 5th</p> <ul style="list-style-type: none"> - Recruitment Tables: Precision, Wildwood Programs 10a Siek Lobby - Transfer Visits: SUNY Oneonta, Siena 10a Siek Lobby - Pizza Rime 11a Siek Lobby <p>April 12th</p> <ul style="list-style-type: none"> - Transfer Visits: MCLA 10a Siek Lobby - Recruitment Tables: US Navy 10a Siek Lobby 	<p>April 6th</p> <ul style="list-style-type: none"> - Recruitment Table: Arcadia Manufacturing, NYS Dept of Environmental Conservation 10a Siek Lobby <p>April 13th</p> <ul style="list-style-type: none"> - Recruitment Table: Living Resources, Sunnyside Child Development 10a Siek Lobby - Min Jin Lee, Novelist & Essayist 11a-12:30p BTC Auditorium 	<p>April 14th</p> <ul style="list-style-type: none"> - Transfer Visit: UAlbany 9a, Russell Sage 10a Siek Lobby - Recruitment Table: US Marine Corps 10a Siek Lobby - Spring 2023 Last Day To Withdraw From Classes

DYSTOPIAN ERA AMERICA: THE WAR ON BOOKS

“Without libraries, what do we have? We have no past and no future.” - Ray Bradbury

Niamh Clarke
Opinions Editor

When it comes to what books children are reading in schools, parents seem to think they know better than the professionals, even at the detriment of their childrens’ educational and social growth.

For years, Americans have expressed concerns that their children are going to be influenced by the themes of the literature they have access to. What once stemmed from plausible concern has turned to blatant agenda-pushing on both sides of the political divide.

Poets, Essayists, Novelists America (PEN America) found that over 40% of banned and challenged books have LGBTQ themes and issues. With over 1,200 challenges towards these books to date, there is substantial evidence that parents want to heavily monitor what their kids learn. Politicians and parents have been cracking down, putting pressure on libraries and schools to remove certain books. In Florida, a state where this book banning is rampant, Governor Ron Desantis has been an advocate for this censorship. His argument states that he only supports inappropriate and pornographic materials being banned, but the increase in ban has been starkly directed towards LGT-BQ themes.

While the concerns against “inappropriate content” have their legitimacies, they applied their rhetoric to the book; “A Diary of a

Young Girl” by Anne Frank, stating it spoke about “inappropriate themes”. The book is an account of a young Jewish girl’s experiences growing up during the time of the Holocaust. While the themes are dark, they are real, and hit close to home for many. Instead of letting American students understand the gravity and true nature of these people and events through Anne’s story, American politicians are petitioning to censor it.

“Roe V Wade: Abortion and a Woman’s Right to Privacy” and “Native Americans and The Question of Genocide” are two notable historic books banned in Texas and Florida. Similarly, “The Hate U Give” by Angie Thomas was banned due to the use of profanity, violence, and accusations of promoting an anti-police agenda, while the true meaning of Thomas’ book was to address Black stereotypes that seemingly justified racism against the Black community. Older more ‘classic’ books such as “Of Mice and Men” have also been challenged because of racist themes, rather than consideration to how these reflect our country’s past, and how we have changed since its publication.

Book banning is one of the biggest censorship methods in the United States today, resulting in enormous craters in the potential growth and educational pathways of future generations. This leaves many wondering what will come of future censorship attempts in America, and who or what will be silenced next?

HVCC ASPIRES TO EXPAND CAMPUS TO ALBANY

Hudson Valley West’s future remains in limbo, but the college still has high hopes for expansion

Evan Bonesteel
Staff Writer

The idea for Hudson Valley West was intended to work with Hudson Valley to expand access to educational opportunities. This allows the extended campus to see various classes and space being created to meet community needs, as well as a possible expansion of the Educational Opportunity Center. This would be a second EOP location in the region to offer education and job training and preparation.

This expansion wouldn’t be a first for HVCC, having operated locations outside of the main campus previously. HVCC has worked to establish an aviation maintenance program at Albany Airport, a program that will have 12,000 square feet of classrooms to meet growing needs in the airline industry. HVCC also operates HVCC North in Malta. This campus has started on a 14,500 square foot expansion to facilitate STEM programs as well as allocate funding to renovate the existing structures that contain the school’s TEC-SMART facilities.

The city of Albany is pursuing a Restore New York grant to demolish the aging complex at Lincoln Square homes. The towers were rehabilitated back in the 1980s but will not be receiving future funding. This is one of many ideas that could be of use

for the land should Albany receive the grant.

The plans for this collaboration between the City of Albany and Hudson Valley Community College, while prospective, are still in their infancy. Any possibility of a campus at this location would be subject to the Albany Housing Authority’s decisions. The project’s ambitions if they were to move forward would be subject to changes and alterations through meetings with community members to consider the needs of the community.

Hudson Valley’s plans contain many possibilities for future improvements to meet the needs of the community and students. Another possibility for expansion would be on the HVCC’s main campus in the form of the ATEC (Applied Technology Education Center). This facility would be built to train a workforce in various jobs such as electricians, HVAC technicians, welders, plumbers and more. The intent would expand current programs that are often filled leaving students waiting to be admitted.

These possibilities are to fulfill the college’s goals of maximizing the opportunities to their students of the Albany and Rensselaer counties, as well as providing those students with an education that meets the real-world needs of industries and enabling future growth.



AERIAL RENDER OF THE PROPOSED ATEC BUILDING || HVCC





MARIE WILLIAMS || PHOTOS

FAR SHOT MAKES THEIR MARK ON LATE NIGHT ENTERTAINMENT

Regional Manager and HVCC Alumni Don Seebald shares experience & adventurous future plans with Hudsonian Staff

Frankie Coon, Ian Shafir

Staff Writer, Jr Web Editor

Even for out-on-the-town college students, overpriced dining and frat parties can become old news. Where is the interest? The intrigue? The urge to throw something full speed at a wall? If the first two don't stick the landing, the third definitely should - that's where Far Shot comes in. An ax throwing and archery establishment, this unique hotspot doubles as a bar and is located right in the heart of downtown Albany.

Right out of the gate, Far Shot blends hours of fun with home-grown hospitality. Friendly faces and a bright atmosphere are there to greet you, as if the same circle of friends you'd known all your life were right there waiting on the other side of the doors.

Between practicing throws and aiming arrows, we sat down with Don Seebald, Regional Manager at Far Shot and HVCC alumni, to find out just what makes Far Shot Albany worth the trip.

"We don't just take your money and leave. We give you a chance to learn the proper way," says Seebald, "We show you how to throw the knives and shoot the bow. We teach you the form and hit your targets."

Social games like King of the Hill,



a zombie hunter game, and even tic tac toe are commonplace, but Don has something a bit more adventurous in the works for many a dungeon crawler or tavern-goer.

"We are thinking of starting a cosplay corner to see if we can have a monthly tavern night [where] everybody is encouraged to show up in costume, participate in a 3 event challenge - archery, knife throwing, and ax throwing - and keep track of the scores," He explains, considering the opportunity to broaden the scope of their business to appeal to college students and fellow nerds alike.

After a guided tour of the Alba-



"WE DON'T JUST TAKE YOUR MONEY AND LEAVE. WE GIVE YOU A CHANCE TO LEARN THE PROPER WAY."

ny location, it's clear that not only is FarShot engaging, but also incredibly welcoming of newcomers, and even encourages them to join in on League Nights every Tuesday from 7:00pm to 8:00pm.

"For those [interested], we encourage you to try out different things, buy your own ax, and jump in a different league," Aside from participating in the World Ax Throwing League, Far Shot offers instructions on how you can hone your skills to compete in nationals.

With the recent resurgence of archery, Don seems optimistic for future attendees stating that "Archery is all about experiencing new things and learning about yourself. Many come into Far Shot after watching a season of Hawkeye or Hunger Games, but Far Shot offers them to learn archery in a safe and fun way."

With a solid 5/5 star rating on Google, it's no wonder everybody enjoys their visit to the range. Marie Williams, a long-time guest and HVCC student, has nothing but praise for the staff and venue.

"I don't even think it's possible to have a bad time at Far Shot," She says, "I always have a blast seeing Don and the other staff, and never leave without a smile."

When recounting her first visit to Far Shot, she distinctly remembers how great of an experience she had: "I had no idea [Far Shot] existed. I was just walking around Albany with a friend and saw it and went 'Wow, I haven't done something like that in ages, let's go!' Everyone was amazing, super friendly, and very helpful. Since then I've stopped in at least a dozen times, and it's always been one of my favorite date locations."

Overall, Far Shot is an enjoyable experience for everyone. No matter your shape, size, or stature, you can have a fantastic time. And who doesn't love throwing sharp objects around, not to mention bat-a-rangs?

Far Shot Albany is located at 69 N Pearl St, Albany, NY 12207.





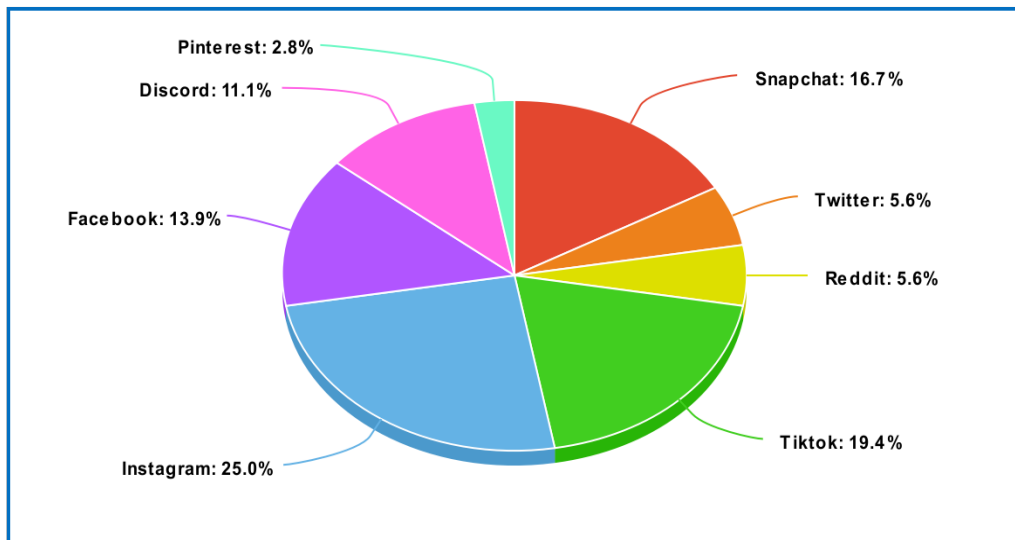
THE VIKING TALKSPOT

What do the students at HVCC have to say? We want to know!
Each publication we'll survey students across campus for their opinions on a topic.



WHAT APPS ARE HVCC STUDENTS USING AND WHY?

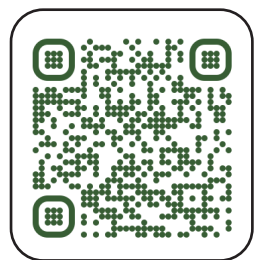
<p>Instagram "To talk to friends, and it has reels on them that you like to watch. Its fast food entertainment." - Tyler Mushier, 21</p>	<p>Tiktok "Currently it's [easier] for me to access. Tiktok delivers the exact type of media I like to see, and it has a simple interface." - Elisa Zimmer, 16</p>	<p>Discord "Personally because I like modding it and it's much easier, also because I can make discord personal." - Derick Torres</p>
<p>Twitter "I like it because I can find stuff a lot quicker and it keeps me in the loop. It shows me like art that I like, such as video games and literature" - Jack Crocker, 18</p>	<p>Facebook "Cause I'm old and all my friends are old and I have connections on Facebook. Also, I'm apart of a couple of groups on Facebook" - Justin Hurley, 35</p>	<p>Instagram "Because I like expressing and sharing my thoughts and ideas with people." - Vera Wilde, 19</p>
<p>Discord "I can talk to both friends and enemies and scream at both of them." - Kyle Chin, 18</p>	<p>Reddit "In depth conversations with like minded individuals." - Daimon Brown, 28</p>	<p>Reddit "It's anonymous and easier to get news, getting opinions on stuff like college transferring, and more." - Ultan Gaylord, 21</p>
<p>Facebook "Because of all the different groups I'm in, it helps me connect with people." - Omar Cunningham 21</p>	<p>Instagram "Because I have an incredibly unhealthy mindset and compare myself to other people and feel bad about it." - Willow, 19</p>	<p>Snapchat "I'm on snapchat the most because that's my main method of communication. It's how I keep in touch with my friends usually." - Marie Williams, 24</p>



BREAKING IT DOWN

After polling 30 random students over the course of a couple days, we found that Instagram and TikTok are neck-in-neck in popularity, followed third by Snapchat.

Want to lend your voice? Answer future polls and suggest field questions by scanning the QR code



Hudson Valley Community College

EDUCATION CLUB BOOK DRIVE

April 3rd - 17th
2023



The Education Club is sponsoring a Children's Book Drive to support schools and childcare centers in the area. Please consider donating new or gently used books for ages 0-8 yrs.

Drop Off Box are located at Student Activities (Siek 210) and in Higbee Hall, room 100

If you have questions, please contact Ann Plourde, Education Club advisor, at a.plourde@hvcc.edu

Letters to the Editor...

To send a letter to the Editor, please direct your thoughts to: hudsonian@hvcc.edu or deliver them to Siek 291

FOOD SAFETY CONCERNS

Dear Editor-in-Chief,

My name is Peter Conroy, and I am a Human Services major. I am writing this letter to the HVCC community to inform them of the current situation regarding food safety at our college.

This past Monday, March 27th, 2023, I made myself a salad from the salad bar in our Campus Center cafeteria. I started eating my salad [when] I noticed that one of the onions in it was moldy. I immediately rushed to the nurse's office to be checked out. They ended up having to call poison control, as consumption of mold is dangerous. As I didn't know how much mold I consumed before noticing it, I was told to monitor my symptoms. That night, I was very fortunate that all that I had was a slightly upset stomach. Now, I wish that this was a one-time experience, but it's not. There are four other instances that I will tell you about. Two of them regarding mold, and the other two regarding raw meat.

The other two instances regarding mold were brought to my attention by fellow students. This past Valentine's Day, I was told that the strawberries served to our community

were moldy. In addition, I was told that one of our fellow students purchased a donut stick from a vending machine, took a bite into it, and realized that it tasted funny. When they looked down, they saw it was covered in mold and ran and spit it out.

The instances regarding raw meat are just as bad. Another of our fellow students purchased some chicken tenders from the cafeteria. They took a bite into them, and realized that the meat was raw. They immediately spit it out. The last instance actually happened to me as well. One of the workers had just handled raw meat with their gloves on. Instead of changing their gloves to prepare my order, they kept them on, and prepared and handed me my food.

I write this letter also as a warning to our community, as food safety should be a guarantee. At this point in time, it isn't, and for this reason, I encourage the community to be wary of the food that they get from the cafeterias or vending machines on campus.

Sincerely,
Peter Conroy

MULISM STUDENTS DESERVE TO CELEBRATE EID-AL-FITR

To the Editor,

Many Muslims are students and employees here at Hudson Valley Community College. According to a recent article in the Albany Times Union, there are as many as 10,000 Muslims in the Capital Region, and many college-age students attend HVCC. As a business administration student at HVCC and a Muslim, I believe I deserve to have a day off from college to enjoy Eid-Al-Fitr with my family and friends.

This is my second semester being a student at Hudson Valley Community College and I did not know we don't get a day off for Eid. When I inquired about this, my friends and classmates stated that we don't get Eid day off. As Eid-Al-Fitr is the first day after the month of Ramadan, and one of the holiest days of the Muslim calendar, not being able

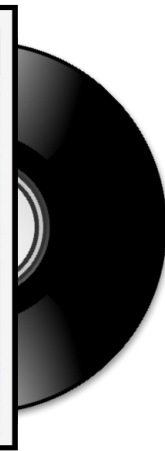
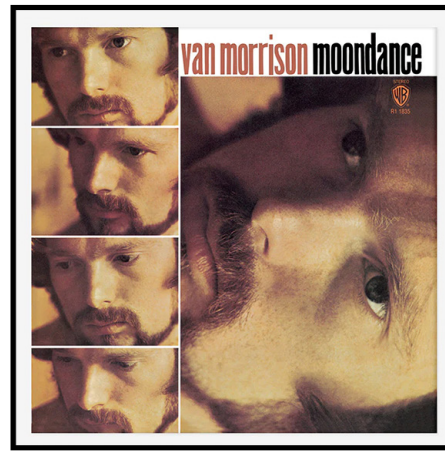
to celebrate this holiday is very unpleasant. Albany Public Schools and other public schools in the area close for Eid.

That being the case, I strongly urge President Roger A. Ramsammy and other college officials to consider making Eid day an official holiday, so Muslim students can spend time with their family and friends. This year, Eid will occur on April 21st. I can understand, it is not easy to put a new holiday on the school calendar in a short period of time and it is a time-consuming process. Therefore, I suggest that until it is officially on the school calendar, we could take one of the snow days for Eid.

Ali Mohammadi

ALBUM REVIEW

This Week's Pick: Moondance by Van Morrison



"The surreal mysticism & vast emptiness of the Hudson Valley."

Frankie Coon

Staff Writer

Not long ago I stumbled upon this little plaque at a local concert venue up in the Hudson Valley. I was walking around this weaving path outside of what was once a famous recording studio. The plaque had mentioned that Van Morrison had lived in the area of the time of this recording, and that Moondance was influenced a lot by the sights of the Hudson Valley. Instantly I felt like something had clicked; I had never really taken the time to think about the music in that way.

The valley is a very difficult place to understand, there exists a working class grittiness, encompassed by an upper class suburban chic in nearly every small city in the area. Surrounding this class separation, are the mountains, and deep endless woods that once were the site of many legends and folktales. The nights in the Hudson Valley are also barren and chillingly silent, often with a breeze so brisk that even a crack of the window can feel like air conditioning on the lowest temperature. Songs like "Into The Mystic" and the title track's breezy, passive jazz orchestration only contextualize this music further in the canon of the Hudson Valley

The Hudson Valley is a land further documented by the legends of Rip Van Winkle, and the careers of Bob Dylan and The Band, more so than the actual inhabitants of the area. I find myself confused by the nature of this place, on one hand it's a haven for rich people and creative minds alike, but on the other, it's a kind of unspoken secret to the rest of the state of NY. A lot happens here that you wouldn't expect, and the vastness of the landscape seems more suffocating and cold than

welcoming. Finding home in this region feels alienating at times, the people are mostly unspoken and spread widely apart.

If you walk around here for just a little, you become very lost. Behind every slumped maple tree hides a puzzle, and for every puzzle hides a deeper more bizarre journey. After a while you just accept that there's more to this land than you'll ever be able to understand completely, but taking a moment to be lost in its abundance of mystery is truly beautiful beyond what words can say.

Somewhere within Van Morrison's wailing vibratos, lies an embrace for the lack of personal significance and vast emptiness you explore when enveloped by the Hudson Valley's natural beauty. This stoic beauty of the atmosphere is potent and just as bewildering as the place itself. Moondance finds Van Morrison simply being adrift as a foreigner to this land, and being in awe of it. Maybe the naivety of the songs is a reflection of the shock he experienced, but I'd like to think he felt part of this land during his time here, at least as much as you can be.

The best parts of this album remind me a little bit of the bitter, and a lot more of the savory moments I've had in the Hudson Valley. However there are definitely moments on this album that remind me of a lot of the less than stellar moments of a Steely Dan album. Which is not something I'd expect to say in regard to Morrison's work. Aside from that, Van Morrison's callings to the past across this album exemplify this kind of fragile nostalgia in a really baroque and sensitive sense. A lot like the chilly waters of the nearby streams, and even more like the soft beaming sunlight that soaks this little cavernous world, Moondance finds a sweet spot between sentimentality and musical creativity.

FINAL SCORE: 9.8/10

HEADPHONES REVIEW: SONY WH-1000XM4

Donish Faiz

Staff Writer

Sony Wh-1000xm4: A pair of headphones that have a bad name, steep price tag, but incredible performance. These headphones remain a solid option in the saturated market of premium, noise canceling headphones.

Coming in at \$350 (though sometimes as low as \$260), the headphones are made of a premium matte plastic with a soft faux leather that has a responsive foam. Wearing them for a quick phone call or for commuting between classes is comfortable as can be, feeling light with no noticeable pinching around the ears or top of the head.

What makes these incredible is the noise canceling that never

seems to get old, with microphones on the inside and outside to better read the environment. This allows the headphones to cancel out constant annoying noise. It just depletes any fan noise, cars driving, and even cafeteria chatter, giving you a personal bubble.

Along with incredible sound quality, the equalizer is very adjustable, with fun presets that increase bass, tune out voices, or let the instruments do the talking (or vice versa if you're into lyrics).

Battery life is superb, with an advertised 30 hours with noise canceling, that can get you through your day. The charging is rapid, with 10 minutes of charging getting you three hours of playback in a pinch.

However, there was a drawback. Over the break I was on a rough-

ly twenty hour flight that put them to the test. After a few short hours, I could feel the plastic on the inside of the ear cup dig into my ears. This in turn caused my ears to heat up, requiring me to take the headphones off to cool down.

Overall, though, these are

worth the price, but be sure to look out for discounts, as these stylish pairs of over ear headphones offer superb audio quality, amazing noise canceling, all-day battery life, and a sleek design that make this package very appealing.



RTINGS || PHOTO

MUSLIM STUDENT ASSOCIATION JOINS HVCC'S EVER-GROWING DIVERSE STUDENT BODY

Zaid Shehzad

Guest Writer

The Muslim Student Association (MSA) is the newest addition to the growing list of clubs at our college, and it's already making waves. Founded by its new President Zad and the Student Senate Treasurer Ameera, the MSA aims to provide a welcoming and supportive community for Muslim students on campus.

Within its first week, the MSA has already attracted 60 members, a testament to the growing

demand for a space where Muslim students can connect and share their experiences. With Ramadan currently underway, the club plans to host iftar dinners for members to break their fasts together and socialize. Members are welcome to join in Jumma on Fridays in the campus center's interfaith chapel, as well.

In addition to providing a supportive space for Muslim students, the MSA is also working to raise awareness about halal food options on campus. The club is planning to work with the campus dining hall to offer more

halal food options, and there are plans for a culture festival in the campus center where members can share their own cultural dishes.

The MSA is also interested in advocating for the recognition of the Muslim holiday Eid as a day off from class, given the college's substantial Muslim population and the fact that Eid is a nationally recognized holiday.

We at the MSA would love to collaborate with student activities and host events with other clubs, such as the super active Gardening and Horticulture club

founded by Ellicia Swedish, the Black and Latino student union club, and the Foreign Culture club, just to name a few. We are also in talks with local university MSA's such as Siena and UAlbany, which is very exciting.

We can't wait to see what the future holds for the MSA, and we encourage all students, even if you are not Muslim, to check out their upcoming events and get involved in this exciting new club.

Checkout @HVCCMSA on instagram for more information!

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WRESTLING

INTEREST MEETING

All Genders Welcome!

Thursday April 6th, 1 PM
Science Center Cafe

Your signature will help renew HVCC's Wrestling program
If you can't make it, email s-sampler@hvcc.edu

OPEN MIC NIGHT

April 20th, 4 PM

BTC Auditorium

FREE PIZZA

Want to Present?

Threads Submission?
Speech from Public Speaking?
Short Story? Creative Writing?
Stand-up Comedy?

Showcase it here!
Bring friends & family!

THE HUDOSCOPE

Your weekly astrological insight by Marie Williams, Editor in Chief



Something not quite right? Look for your horoscopes for your Rising and Moon signs!

♈ Light My Love by Greta Van Fleet
 -
 There's this ethereal feeling surrounding you this next week, Aries. You're living rent free in someone's mind; there's a sense of yearning and affection here. Let go of your anxieties and preconceived notions!
 3/21 to 4/19

♉ Froot by MARINA
 -
 You and Aries have some romantic energy swirling around you. It feels like you're bursting at the seams waiting for someone to make a move. However, that fruit can quickly rot if you don't pick it up...
 4/20 to 5/20

♊ Holliday - The Weekend Run Club
 -
 There's a part of you that you might be a bit too shy to bring to the table. You want to feel seen, but you're also bit afraid of the mortifying nature of being perceived. You're one of a kind, so show it off!
 5/21 to 6/20

♌ Hawaiian Roller Coaster Ride by Mark Keali'i Ho'omalulu
 -
 There's something you're wanting to dive into, but you're feeling like you're more washed up to shore than coasting on the waves. Take a breath, the water's not as deep as you think!
 6/21 to 7/22

♍ Pad Thai by Jack Stauber
 -
 You're often the rough and tumble type person, physically or emotionally. You're not afraid to make jabs, but you never mean for them to genuinely hurt. Be aware of your words this week, they have power.
 7/23 to 8/22

♎ Where Did The Party Go? By Fall Out Boy
 -
 You didn't just stumble into some new romantic endeavor Virgo. You tripped straight down the stairs and faceplanted. But hey, at least you looked hot doing it. Consider it luck.
 8/23 to 9/22

♏ All Time Low by Jon Bellion
 -
 Unlike some of your fellow signs, it seems like your love life is all kinds of upside down, Libra. You've got a bit of a bruised ego right now, wondering "Man, why me?". Just keep picking yourself up, and stay balanced.
 9/23 to 10/22

♐ Crush by Tessa Violet
 -
 I get the vibe you're being a bit of a social media stalker as a means to distract yourself from the reality of your situation. Bring yourself back down to earth, baby, you might be digging in too deep.
 10/23 to 11/21

♑ Howl by Florence & The Machine
 -
 Someone or something's done you dirty recently, Sagittarius. It's been getting under your skin, and you're a bit rougher around the edges than usual. Your arrow is sharper than you think, defend or dull it down.
 11/22 to 12/21

♒ Monday by The Regrettes
 -
 Everything is exhausting, Capricorn, especially for you. You just have the itch to get away from everything and forget about it. Just remember that even though it's only Monday, you're still alive and kicking.
 12/22 to 1/19

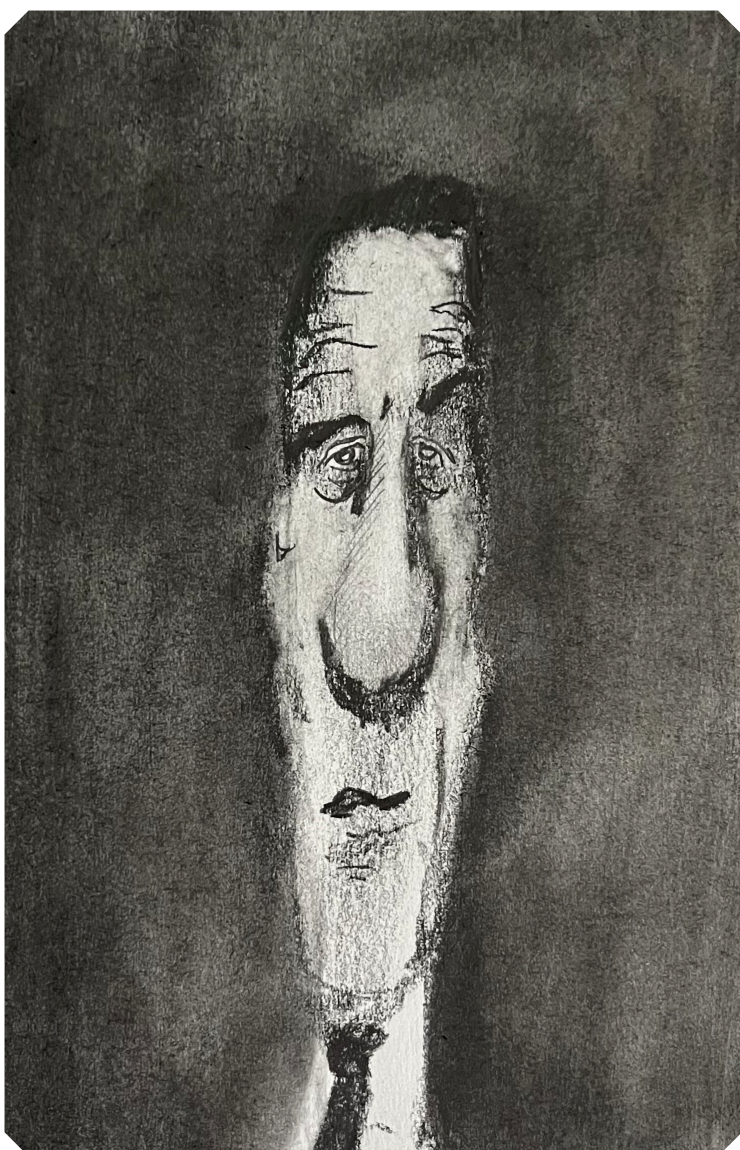
♓ Cognitive Dissonance by Sophie Holohan
 -
 You've been feeling very disconnected from things recently, Aquarius. However, you're not alone. Perhaps trying to connect with your friends will help you clear this mental block.
 1/20 to 2/18

♈ Favorite Poison by Fuller
 -
 You've recently gotten yourself swept up in a situation or relationship, and while things seemed fine at first, you're starting to question it. Check in with yourself and consider whether this aligns with your highest self.
 2/19 to 3/20

ARTS & POETRY

ROBERT DENIRO

Submitted by Michael Palladino



EAST GREENBUSH WATERFALL

Submitted by Nathan H



LOOKING TO SUBMIT YOUR WORK?

The Hudsonian is always looking for students to submit their work! If you have poetry, essays, graphics, digital / traditional art, physical projects, or other creative work you'd like to share, send them our way! Submissions can be sent to: HUDSONIAN@HVCC.EDU



518 DONUTS CLOSES THEIR DOORS FOR GOOD

Owners decline to elaborate on closure of RPI/HVCC donut hotspot

On March 4th, 2023, 518 Donuts announced the closure of their Troy location via their Facebook page: “We have some difficult news to share. We will be closing our Troy location on Monday, March 6 as we continue to explore and negotiate new ownership opportunities for the company.”

The owners, Glenn Babineau, Sam Clifford, and Joseph Carl opened 518 Donuts in Clifton Park in December 2021, with the location temporarily closing at the end of 2022 for renovations.

In November 2022, the Troy location had its grand opening.

“518 Donuts has grown to be a very special part in our personal lives as we have gotten to know so many special people in this area ... and have even become friends with some. We would like to thank our loyal customer base that has made our store a part of their weekly journey; your love and support is appreciated beyond words.”

While only the Troy location was announced to close, the Clifton

Park location appears to be shutting down as well.

The owners chose not to elaborate on the reasoning for their closure, leaving many to speculate.

With luck, hopefully Troy will see a resurgence of their beloved pastries in the future, perhaps in the form of a new shop.



FELICIA’S FLAWLESS CHOCOLATE CHIP COOKIES

Submitted by Felicia Lai

Do you want to make delicious chocolate chip cookies that are crispy on the outside and chewy on the inside? With this easy recipe, you too can follow along and make these perfect chocolate chip cookies.

Dry Ingredients:

- 1 ¾ cups of all-purpose flour
- ½ teaspoon of baking soda
- ½ teaspoon of salt
- 1 cup of semisweet chocolate chips

Wet Ingredients:

- 1 stick (or ½ cup) of butter, melted *optionally brown
- 1 cup of packed dark brown sugar
- 1/3 cup + 1 tablespoon of white sugar
- 1 tablespoon of vanilla extract
- 1 whole egg + 1 egg yolk

Direction:

- 1) Mix the dry ingredients (excluding chocolate chips) in a medium bowl.
- 2) In a separate mixing bowl, add in the packed brown sugar, white sugar, and the melted butter. Using a wooden spoon to stir until well combined.
- 3) Add in egg, yolk, and vanilla extract. Stir to combine with the wet ingredients.
- 4) Now combine the dry ingredients with the wet ingredients and mix to combine. Add in chocolate chips and knead until it is evenly distributed into the dough.
- 5) Refrigerate the dough for 20 min. This will allow the flour to fully hydrate.
- 6) Scoop out 2 tablespoons of cookie dough and roll it into balls. Place the cookie balls on to a baking sheet that is lined with parch-



ment paper. Since the cookie dough ball will spread during the baking process. Make sure the balls are spaced 3 inches apart. Bake at 325 for 9-14 minutes or until edges are golden brown.

Tips and Tricks:

Heating the butter to a golden-brown color will form brown butter, and this will help enhance the flavor of these cookies! Make sure that the melted butter is not hot when mixing, otherwise it will cook too early!



MARIE’S FAMILY GOULASH

By Marie Williams, Editor in Chief

When my family was in a pinch, one of our tactics was making large batches of food and eating it throughout the week. Even though it could be tedious to eat the same thing every day, I never really got sick of my mom’s goulash, and continued to make it on my own when I moved out and started college.

If you’re looking for a hearty, weeklong meal, give this one a shot.

While it’s nice to have fresh garlic, oregano, and other spices for this dish, sometimes you gotta pinch pennies where you can. This is how I make my favorite meal on a budget without sacrificing flavor.

NOTES: This meal contains meat. This meal also has a lot of taste testing involved to make sure you

have the proper amount of spices.

Ingredients:

- 2 lbs of 90% lean ground beef
- 2 large cans of plain tomato sauce
- 1 lb of pasta of choice (I prefer medium shells to hold the beef/sauce)
- Salt
- Pepper
- Onion Powder
- Garlic powder
- Oregano (dried)

1. In a medium-large pot, put your water on to boil. Do not salt your pasta water as this will result in your meal being too salty later on (but if that’s your thing, who am I to stop you).
2. While your water heats up, take a large skillet and add your ground beef. On medium-high

heat, start to cook your beef. Once it’s mostly cooked, turn down your temperature and add your salt and pepper. You want to get a decent amount in there, but be careful not to over-do it.

3. Once your pasta water is boiling, toss in your pasta of choice and boil it til it is al-dente. Strain your pasta and return it to the pot.
4. Pour your tomato sauce over the pasta and add your beef, fat and juices and all, into the pot.
5. From here, go absolutely bonkers with the spices: salt, pepper, onion powder, garlic powder, and oregano. Let it sit for an hour on low heat, stirring about every 10-15 minutes, and taste testing as you go to adjust as necessary.

The best thing about this dish is it’s customizable, so you can put in more or less of what you

want to bring into the flavor, and there’s literally no wrong way to do it. That’s why I heavily emphasize taste testing a LOT as you go.

After an hour, turn off the heat, and it’s ready to serve. This meal often lasts me a week and still tastes good when reheated. As a tip, add just a little bit of water overtop of the goulash when you reheat it. This will keep it from drying out a bit.






SPORTS RECAPS

MARCH 17TH - 30TH

-  HVCC VS PRAIRIE STATE || 16-0 
-  HVCC AT WAUBONSEE CC || 11-4 
-  HVCC AT WILLIAMSON TRADES || 11-8 
-  HVCC VS MERCER COUNTY CC || 15-10 
-  HVCC VS LACKAWANNA COLLEGE || 12-4 
-  HVCC VS HERKIMER COLLEGE || 2-1 
-  HVCC VS GENESEE CC || 14-10 
-  HVCC VS MONROE COLLEGE BRONX || 8-7 
-  HVCC VS HERKIMER COLLEGE || 22-14 
-  HVCC VS SUNY ADIRONDACK || WIN 9-6 
-  HVCC VS SUNY ADIRONDACK || WIN 9-1 

PHOTO BY ETHAN THOMPSON

