THE

# HUDSONIAN

THE INDEPENDENT MULTIMEDIA STUDENT PRESS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE



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### MISSION STATEMENT

The Hudsonian is Hudson Valley Community College's multimedia student news organization. Since 1961, 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.

### **ADDITIONAL INFO**

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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.

#### **EVENTS**

#### TUESDAY || 10/3

**10a-3p:** Discount Regal Tickets (CTR 210)

**10a-2p:** Employer Recruitment Table: Primerica (CTR Lobby)

**11a-12p:** Yoga (CTR 260)

**6p-7p:** Virtual Info Session for Dental Students (See HVCC events website page)

#### WEDNESDAY | 10/4

10a-2p: Employer Recruitment Tables: Air National Guard, Keller Williams (CTR Lobby)

**10a-12p:** Rensselaer County Heroin Coalition Meeting (BTC Auditorium)

**10a-2:30p:** Transfer Tables: Siena (CTR Lobby)

**6:00pm:** Virtual Information Sessions for Prospective Nursing Students (See HVCC events website page)

#### THURSDAY | 10/5

**9a-4p:** Transfer Table: SUNY Plattsburgh (CTR 290)

**6p:** Virtual Information Sessions for Prospective Radiologic Technology Students (See HVCC events website page)

#### FRIDAY | 10/6

**5:30p-8p:** Alumni Homecoming Reception (Alumni House)

#### SATURDAY | 10/7

**8:30a-11a:** 14th Annual Race Away Stigma 5K Run & Fun Walk (Student Pavillion)

**11a-1p:** Distinguished Alumni Brunch (BTC Meeting Rooms)

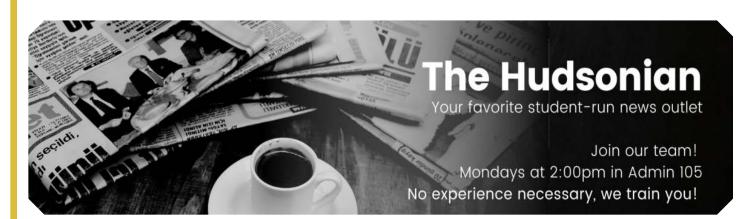
**11a-1p:** Homecoming Tailgate Party & BBQ (Picnic Area near Bruno Stadium)

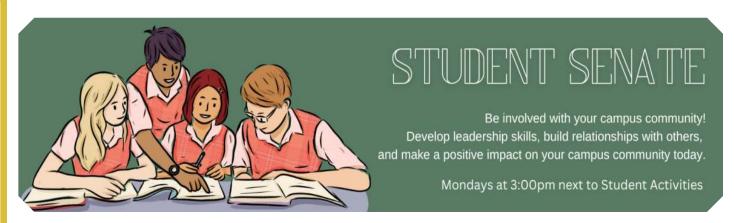
#### Want To Submit An Event?

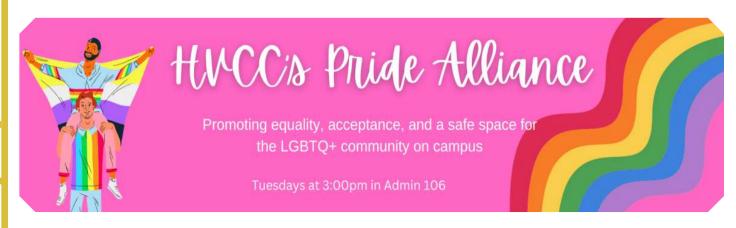
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## **CLUB HUB**

#### YOUR SPOT FOR CAMPUS CLUB EVENTS







## Personal Finance & Investment Club

Improve your financial literacy skills and practical knowledge on markets, investments, risk abatement, and other decision-making strategies.

Wednesdays at 3:00pm in Admin 102





## Foneign Language & Culture Club

come explore cultures outside your own and share in the enjoyment of diversity!

Join meetings Wednesday at 2:00pm in Brahan 104



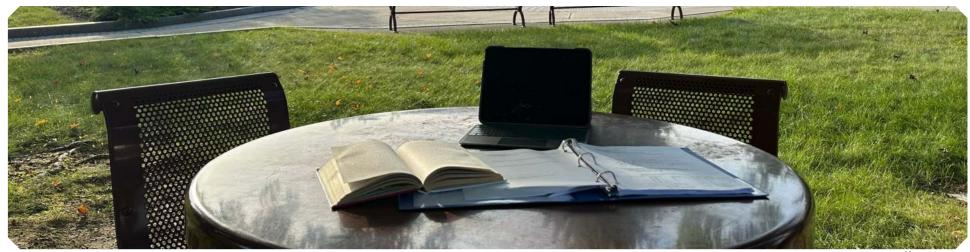
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JEREMIAH CHOUDHURY || PHOTO

## HVCC'S ENGLISH DEPARTMENT TAKES ANOTHER STEP TO-WARDS LOW-COST EDUCATION.

Open Educational Resources now available to better serve students' needs.

Jeremiah Choudhury

Staff Writer

Many students find themselves railroaded into classes requiring incredibly costly textbooks, with no other alternative. In an effort to save some cash, many students even opt out of purchasing textbooks altogether, relying on friends and classmates to get the required information for their classes.

For the past several years, there has been a movement to adopt more Open Educational Resources (OERs) into the largest courses here at Hudson Valley Community College. OERs are learning, teaching and research materials in any format and medium readily available to the public. These resources can reduce, or even completely cut the costs of textbooks.

This initiative began at HVCC several years ago, but was not formally acknowledged as an innovative solution until March of 2019.

One of the many champions for the use of Open Educational Resources at Hudson Valley was Dr. Nicole Arduini-Van Hoose (Associate Professor in Education and Social Sciences).

"I believe that when I adopt an OER, I'm helping a student make education more affordable. It really falls in line,

"WE ASKED OUR-**SELVES: DO WE WANT** TO KEEP A TEXTBOOK THAT HAS BECOME **EXPENSIVE FOR STU-**DENTS [...] OR DO WE **WANT TO WORK WITH OPEN SOURCES?"** 

I think, with the philosophy of Hudson Valley. We want students to have accessible and affordable information, and offering them an OER textbook really helps with that mission," Dr.Arduini-VanHoose stated in an interview. "The students that are saving a hundred and fifty dollars on my textbook can use that money for rent, transportation, or even buying food, so it's a big benefit to them." she said.

One of HVCC's biggest acquisitions of Open Educational Resources this semester comes from the English Department. The two largest courses in the department, English Composition I and II, now have access to OERs. Anthony (Tony) Podlaski, who is currently the department chair, is one of the members of the department advocating for OERs.

"We asked ourselves what direction we wanted to go in. Basically, do we want to keep a textbook that has become expensive for students, even the ebook version, or do we want to work with open sources?" said Podlaski.



ANTHONY PODLASKI | HVCC

"Tyler Kessel, who was the department chair at [that] point, got together with myself and a couple other faculty members to think about OERs for Composition I and Composition II. At that point we decided to form a group of faculty that were going to be a part of this pilot program, that were going to come together and say 'Alright let's try this out' for about a year

> **CONT: OERS** PAGE 5

## THE RACE AGAINST MENTAL HEALTH STIGMAS

HVCC to hold 14th annual Race Away Stigma 5k this upcoming weekend.

**Dominic Cacchione** 

Managing Editor

The Race Away Stigma 5k will be held this coming Saturday, October 7th from 9:30AM-11:30AM at the Student Pavillion on Hudson Valley's campus, located behind the Siek Campus Center.

Young people are in the midst of a mental health crisis, and that includes college students. It's just as important to take care of your mental wellbeing as it is to take care of your physical wellbeing, and

we shouldn't feel afraid to do so. This is an idea that has long been embraced by HVCC, and is the central theme surrounding their upcoming race, the annual "Race Away Stigma" 5k.

The 5k began fourteen years ago as a community-building race among students with the intention of raising awareness for the mental health services at HVCC, and eliminating the stigma that surrounds it.

"There is a nasty, nasty stigma on [mental health], and a lot of people are unaware," Said Mister Larry Ellis, the Director of HVCC's Counseling and Wellness Center.

a fun activity where afterwards you can "stay around, [eat] lunch, and just get to know people."

While the run is paid participation for the public, current HVCC students are able to attend for free, and students from other colleges are offered a discount.

"I normally like to get over one-hundred, [or] one-hundred-fifty individuals." Said El-

In recent years, the turnout was a bit lower than predicted com-

ing off of the pandemic. Fortu-Ellis described the 5k as nately, with the huge influx in new students this semester, this year's 5k is projected to be the biggest HVCC has held in years.

> Students looking to register for the race can do so online by going to: runsignup.com/ Race/Register/?raceId=23452 or by scanning the QR code below:



## **CONT: OERS**

and half and see how it goes."

This test period went very well, and with that, OERs have been officially adopted into the English Composition I and Composition II courses.

"With open resources,

it's not just the textbook. We can also provide supplemental material. The best thing about this is that we can take our Brightspace course and add a weblink to another source, or if we want to integrate a source coming whether or not a course that you

from the library that students would have access to, we can link it in there and they can read the article and discuss it." said Podlaski.

If you are unsure about

are taking uses OERs, ask your professors, or visit the bookstore in the Siek Campus Center for more information.

## **NEED ACCOMODATIONS IN YOUR EDUCATIONAL JOURNEY?**

Look no futher than the CAAT center, located right in the heart of campus.

Justin Hurley

**News Editor** 

Students have a right to academic support and resources while attending their colleges, and Hudson Valley students are no different. To better assist attendees who need accommodations, HVCC provides the tools they need to succeed through the Center for Access and Assistive Technology (CAAT).

"No one gets through college without some support somewhere," said Deanne Martocci, Director of the CAAT center. "[If] you ask any student, they're gonna say they got help from parents, siblings, or significant others (...) the CAAT is like that; we're here to support you."

Martocci states that while some HVCC students are using the services provided, the number of enrolled students that are eligible for accommodations is believed to be higher than those currently using them.

"For every one student that comes in to register, (...) there's another two out there that are eligible for services, but just not accessing them for whatever reason," said Deanne. "Maybe they don't realize they could, or maybe they choose not to."

While not as prevalent today, there are still social stigmas attached to those with disabilities within our society, which may keep students that need help from coming forward for assistance.

"[The CAAT Center] gives me testing accommodations, extended time on my tests, and a reader if I need one. I think there's still a stigma, but it's not as bad as it used to be when I was in high school," said Antonio Sturges, a current HVCC student who uses the CAAT center services. "I have a friend that has a severe disability, but people are still accepting of him, and I never saw that in high school."

Martocci sympathizes with in-need students, and touches on the difference between high school and college settings: "Coming from a high school setting, you're kind of in an awkward position, separated from everyone else. When you come to college, students are focused on their own education. The maturity level catches up in college, and other students will probably say, 'Hey, go ahead and get the help you need'."

Rachel Holland, Coordinator of Accessibility, also encourages students that believe they may have a disability to visit the CAAT center for information, or to see if they are eligible for accommodations. The CAAT staff help students with filling out the forms necessary to be eligible for accommodation.

"If they need help filling out forms, we can help walk them through it on their phone.

If they just want to have a meeting to see if they need accommodations, we do that too," said Holland.

Another service provided by the CAAT center (for all students) is voter registration.

"The disabilities office is a national voter registration site," said Martocci, "Every new

student that comes in gets the opportunity to register, and we'll help."

If you think you may be eligible for accommodations or services, please visit the CAAT center in Siek Campus Center, room 130, or visit hvcc.edu for more information.



Antonio Sturges, HVCC student. **DONISH FAIZ || PHOTO** 



Deanne Martocci, CAAT Center Director **DONISH FAIZ || PHOTO** 

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## STUDENTS OF ALL BACKGROUNDS ARE FIND-ING COMFORT IN HVCC'S PRAYER ROOM

A quiet worship space for students wishing to do so is closer than you think.

Imran Khan

**Guest Submission** 

The Prayer Room at Hudson Valley Community College brings peace to many religious believers on campus. Religion is especially ingrained in Rahimullah; he must pray to satisfy his soul.

Rahimullah recently moved from New York City to attend HVCC. On his first day, he prayed in a mosque nearby. Going back and forth, it took him an hour to get back and forth to HVCC. The next day, he had to find a place to pray at HVCC, as there is a 10-minute gap between two classes during the afternoon prayer.

At first, he thought because HVCC is a small college, there may not be a prayer room, but he tried to find at least a corner or a private place for prayer.

As he wandered in the

hallways to find a man who looked like a Muslim, or a girl with a hijab, he saw a student wearing a Muslim Students Association shirt. He asked if there was a prayer place available to him, and the MSA student was ablet to take him to the Campus Ministry, where they offer a Prayer Room. Rahimullah felt the peace of praying in seclusion without fearing being judged.

"Because there are religious believers, in their first lecture, professors should inform students of the prayer room," said Rahimullah. "May God bless the administration of the HVCC for making accommodations for prayer."

When asked what drives him to pray, his answer was simple: "Prayers make me peaceful."

A female worshiper, who chose not to disclose her name, stated that "Prayer is an important part of [my] religion and a means to get closer to God."

Before prayer, Muslims wash their hands, face, and feet, called ablution. Sometimes, they wipe over their socks when performing ablution, and other times, they wash them. One should not be surprised to see Muslims washing their feet in a basin. Muslims also pray five times a day.

The Prophet of Muslims, Muhammad (pbuh), said: "The difference between a Muslim and a non-Muslim

is abandoning the prayer, and very seriously. it is the first to be asked about on the day of judgment." Prayer is the means to earn God's forgiveness. That's the reason why Muslims take obligatory prayers

IMRAN KHAN || PHOTO

Rahimullah and a female worshipper pray at a distance from one another.

**CONT: PRAYER** 

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## PROFESSOR SPOTLIGHT: ETHAN ROY ON HIS **NEWLY PUBLISHED BOOK**

"It's awful, It's ugly, It's horrible, and yet it's wonderful." - Roy on "The Velvet Underground"

Jeremiah Choudhury

Staff Writer

You may think you are the biggest fan of your favorite musical artist, but until you write a book about them, you're kidding yourself. Since one professor has recently accomplished this feat, this week's Professor Spotlight goes to Ethan Roy, who can confidently say he is in the ranks of the biggest Lou Reed fans' of all time



Roy's published book.

Starting in 2003, Ethan Roy has been teaching here at Hudson Valley Community College for two whole decades. In his previous life before becoming an academic, Ethan pursued his passion for music through the medium of playing live. He was a part of many different bands, but eventually he began to tire of the "rock and roll" lifestyle. He found that once his son turned 3 months old, that it was time for him to grow up and pursue a more stable career. That's when he decided to get his Master's Degree and find his current job teaching English here at HVCC.

Roy's newly published book "Lou Reed 1972-1986: Every Album, Every Song" is just the first in a two part series breaking down each album in Lou Reed's repertoire.

While mainly breaking down and analyzing the musical intricacies of each album, Ethan also touches on the personal aspects of Lou Reed's life.

"I've always thought he was interesting because he occupies two crowds. At the same time he was also very much attracted to the depths of the gutter; he was a multi-substance abuser for many years and that's gonna color any work that you create," said Rov.

He felt that he could relate to Lou Reed's juxtaoutlooks on life: Intellectuality versus Emotion. Lou was

evidence that someone could thrive in both areas of thought.

"I appreciated the fact that while Lou was definitely a student of the gutter, he was also very much academically inclined. He was very cultured. He received his Bachelor's degree from Syracuse, where he studied under tremendous writers and poets there. So he was interested in rock and roll, but he was also interested in art. A full human spectrum, in this one person."



JEREMIAH CHOUDHURY | PHOTO Ethan Roy sits with Jeremiah Choudhury for his interview.

Although Roy felt he related to many aspects of Lou Reed, the complicated and at times unstable nature of this hurricane of a human enticed him to analyze Reed even further.

"[He's] just an interesting creative guy, you know he was a real motherfucker. He was

CONT: ROY

PAGE 7

#### CONT: PRAYER

Conversely, Campus Ministry allows religious preachers to share their message with people of different faiths. It is also a place for those looking to find a religion.

Going into the prayer room, one can see Christians kneeling and Muslims bowing and prostrating, showing that people of different faiths, whether Jews, Christians, Muslims, etc., can pray harmoniously. Another benefit of the prayer room is that praying together among followers of different religions is a means to understand one another, solve conflict, and

know misconceptions.

The prayer room is located on the second floor of the Siek Campus Center and is open during regular buisness hours.

## **CONT: ROY**

angry, contrary, and spiteful at times. He was abusive to his band members, his partners, and impossible to manage business wise. But he also had moments of tenderness."

Roy found that the complications of Lou Reed tended to stem from his struggles with mental illness. Reed struggled with anxiety since he was just a boy, but it wasn't until late in life, that he was diagnosed with Bipolar Disorder. Reed was able to take these struggles and use them to create the music that Roy would grow to fall in love with.

Thinking back to how this passion for Lou Reed originated, Roy would recall one of this troubled past and you had Lou Reed's biggest hits.

"Walk On the Wild Side was made in 1973 and I was born in 1971, so I was like a year and a half old. You can't regularly visit Manhattan or even any of the other boroughs without knowing that song. It is just such a pure New York City song for those areas, and not to mention it's a great fucking song."

He would also touch on the stigma that tended to come with being a fan of Lou Reed at the time, more specifically the previous band that Reed was a part of: 1970s rock and roll band The Velvet Underground.

heard about 'The Velvet Underground'. It was something we were almost afraid of. Like their second album White Light, White Heat, it's too crazy man, it's too weird. But it's a wonderful record, it's a noise symphony. It's ugly, it's awful, it's horrible, and yet it's wonderful. Also, he always just looked so cool. I mean the full leather, the black hair, and the shades? Not to mention, the a-tti-tude."

Professor Ethan Roy is a delight to be around and his passion for the arts is glaringly evident in every interaction he has. His understanding of humanity "You knew that he had and all the struggles that come

along with that is something to strive for. Roy takes after Lou Reed and his efforts to perfectly balance the intellectual with the emotional and it is truly refreshing to see someone so passionate about both.

HVCC is grateful to have a professor like Ethan Roy here on campus and we thank him for all that he does. Ethan's book is now available on Amazon, so if you have any interest in Lou Reed, complex humans, or have deep fascination with music, I urge you to check it out for your-

## LOCAL FEATURE



FELD ENTERTAINMENT || PHOTO

## DINOSAURS ROAM THE EARTH ONCE MORE IN THE JURAS-SIC WORLD LIVE TOUR

Feld Entertainment brings long-gone reptiles to life in Albany, NY. Plus interview with "dinoteer" Niko Velasquez

Marie Williams

Editor in Chief

ALBANY — Take a trip back in time, when the earth was young and dinosaurs roamed the land during the Jurassic World Live Tour, roaring into Albany's MVP Arena for six action-packed performances from Oct. 6-8, 2023. This exhilarating and unpredictable family entertainment experience brings the wonder and thrills of Jurassic World to generations of fans through Niko Velasquez' 'dinoteering' skills.

I had the pleasure of

speaking with Velasquez to detail how he brings these larger than life reptiles to the stage.

"It was a lengthy audition process, roughly 3 months between the audition until I eventually got the call back to try out for the role" Velasquez said. "I had actually auditioned for the Universal Studios Park iteration of Jurassic World before landing the cross country tour."

It feels fitting that with his favorite dinosaur being a velociraptor, Velasquez is able to preform as the show's main raptor, Blue, alongside the other dinosaurs cast of dinosaurs he pup-

"[My favorite part] would

have to be the thrill of bringing [these animals] to life with my own body," Said Velasquez, "literally stepping into the 'character' and giving the audience a memorable experience... I enjoy the variety of puppets or suits I'm able to work with to really utilize my talents."

By studying the behavior of animals in the present, Velasquez is able to recreate these creatures from the past. From birds of prey to predatory animals, much of his prep work is spent watching animal videos in order to mimic their behavior for a believable presentation.

"I watched a lot of vid-



**NIKO VELASQUEZ** 

**CONT: JURASSIC** PAGE 8

## **CONT: JURASSIC**



The truly terrifying Tyranasaurus Rex

#### FELD ENTERTAINMENT | PHOTO

eos, mainly of ostriches and other large flightless birds to get an idea of how I'd be moving while inside the suit," Velasquez explained.

In addition to studying animal behavior, the team as a whole are required to maintain a high level of endurance. The average dinosaur suit — for example, Blue, the velociraptor, — can weigh anywhere from 110 lbs to 130 lbs, making it crucial for team member to sustain themselves for longer scenes,

often up to ten minutes at a time.

Staying fit isn't the only challenge Velasquez and his team face. Operating a large dinosaur — the stegosaurus, triceratops, or tyrannosaurus, for example — takes an incredible amount of spatial awareness to avoid smashing tails together on stage.

"Knowing the dos and the don'ts while on stage is key to making sure our performance goes of without a hitch,"



Show-goers get up close and personal with a stegosaurus **FELD ENTERTAINMENT** || **PHOTO** 

Velasquez said. "Our team is full of very skilled people, so we are rarely in a position where we have run into any major issues during the show."

With all of this in mind, it's no wonder Velasquez is excited for the show to come to the capital region.

"Without giving too much away about the show [itself], I can tell you that audiences will truly feel like they walked into the movies. The sounds and atmospheres alone bring the show to life, but I'd say it really comes together when our T-rex comes on stage. You really can't get a full grasp of how large this thing is unless you see it in person during the performance," said Velasquez.

To purchase tickets to the Jurassic World Live Tour, visit their website at www.jurassicworldlivetour.com, or purchase tickets through Albany's MVP Arena website.

## **OPINIONS**

#### MARIE WILLIAMS, EDITOR IN CHIEF | M-WILLIAMS123@HVCC.EDU

#### **MOVIE REVIEW: GOOD WILL HUNTING**

Purpose, love, and pain.

Jeremiah Choudhury

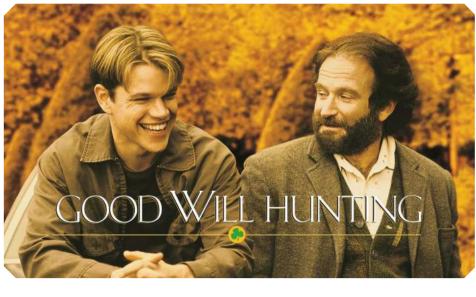
Staff Writer

I have seen this movie many times before, but something about the leaves changing and the air getting colder forces me to rewatch this cult classic.

A movie that helps me refocus my priorities even in times of stress, Good Will Hunting is not uncharted territory for me, and yet, it still breaks and warms my heart every single time.

Will Hunting is a twenty-one year old janitor working at MIT. He spends most of his days hanging out with friends and getting drunk at whatever bar they haven't already been kicked out of.

Although seemingly a somewhat normal twenty-one year old, Will Hunting is far from the average young adult. He is a self taught genius that has such a deep understanding of the intellectual, he begins to gain the attention of the most prestigious professors at MIT.



As a result of solving an almost unsolvable equation, the MIT professors frantically begin to track down the young prodigy but find that he has gotten himself into legal trouble for assaulting a police officer. Will is then forced to make a choice. He can either serve jail time or go out on parole with a single condition. He has to go see a therapist and talk about the issues from his childhood that continue to haunt him.

Perhaps the most gripping quality of this movie is its deep emotional impact, orchestrated by its heart-wrenching themes. It touches on subjects of self-loathing, abuse, and the loss of loved ones; all topics that are sure to bring a tear to your eye. You can't help but connect with the story and feel a strong empathetic connection with Will as he struggles with issues of identity.

Robin Williams as Sean Maguire is one of the best casting decisions of all time. Williams steals every scene he is in, perfectly encapsulating the warm essence of Sean Maguire, while also sharing the sharp pain buried within his character.

Matt Damon is electric as Will Hunting, portraying the "tough guy" that Hunting masquerades as, while also showing the moments of intense vulnerability that his character experiences.

The writing of the movie is phenomenal as well, every line fitting together like a puzzle piece. It all comes together to show off one of the best screen-plays in cinematic history. All dialogue feels natural and real, fully immersing the viewer, and elevating the movie even further.

Will Hunting's story is an example for those of us who still haven't gotten our life together. It's for those of us who have been trying to figure out our purpose for as long as we can remember. No one knows if we ever will, but it's comforting to know that even geniuses are struggling to figure out the great mystery we call life. No matter our past, no matter our pain, no matter what fears we may have about the future, our only option is to dive right in and keep trying to figure it out.

### MEOWTHER IS MEOWTHERING: TAYLOR SWIFT INSPIRED STICKERS



#### ALBUM REVIEW: GEOGADDI - BOARDS OF CANADA





Frankie Coon

#### Staff Writer

A record that transcends time, Boards of Canada's sophomore album Geogaddi is an eerie and foreboding gem. Somewhere within these highly textured passageways exists an otherworldly sadness that resembles a hollow shell in some form.

The beginning of the startling but mesmerizing journey through the album is not found within the intro, but in the second track. "Music is Math" breathes a stunning color with a foreboding aura and wooden texture that fades away into a chewy kind of glitch sound.

If I were to analyze this album track to track, it would become an evolving puzzle of figuring out how to accurately describe the sound.

This is one of the weirdest sounding albums, partially because it is impossible to understand, but the music encourages some form of decision.

Aspects of this album can only be described as intimidating or resembling a looming figure. Geogaddi raises the bar for sonic experimentation, but what does it say? 'Well, the answer is I do not know. Music is subjective to the listener, and Geogaddi could be more of a "choose your own adventure" type of deal.' Some people say this album was inspired by the experience of 9/11, and while part of me can feel that in some sense, I don't really entirely know if it's true. This is a phenomenal work of art, but I'd be lying if I told you I knew what inspired it. I'm unsure if this music holds any more profound implications.

Aside from my indecision on what this album holds, I think this is worth anyone's time. You will learn more about music (at least, I think) from experiencing this album. Specifically, you will learn about music like you would if you listened to some old jazz; you will learn about sound itself and how it collides in some beautiful melancholic way. Geogaddi is an album that will transfix you and hold you in a place of limbo between fear, beauty, and all life suggests.

Score: 10/10



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## ARTS AND LIFESTYLE

MARIE WILLIAMS, EDITOR IN CHIEF | M-WILLIAMS123@HVCC.EDU



Your weekly astrological insight by Marie Williams, Editor in Chief and long-time tarot reader



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



4/19

Buckle up, Aries! This week, your spontaneous nature will lead you into some hilarious misadventures, but don't worry, your natural charm will get you out of any pickle with a wink and a smile.



5/20

Taurus, your stubbornness may clash with the whims of the universe this week, but fear not your love for comfort will guide you straight to the comfiest solution, even if it means bringing your own beanbag chair.



Attention, Gemini! This week, your dual nature will shine as you simultaneously mastermind a brilliant prank and charm your way out of trouble when caught. Keep those witty comebacks ready!



7/22

Cancer, it's time to break out of your shell! Embrace your inner comedian and tell your family those jokes you've been saving for a special occasion. Warning: dad jokes may be involved.



to

8/22

Roar, Leo! This week, your magnetic charisma will make you the star of every gathering. Just be careful not to outshine the actual stars; they might get jealous.



9/22

Virgo, your perfectionism is on full display this week, as you painstakingly organize your sock drawer by color and thickness. Just remember, life isn't always as neatly folded as your laundry.



9/23 to 10/22 Libra, your sense of balance will be put to the test this week when you find yourself in the middle of a heated debate about the best pizza topping. Diplomacy is key - suggest a "halfand-half" compromise.



11/21

Scorpio, your mysterious aura will be at an all-time high this week, making you the go-to detective when friends can't find their lost socks or the TV remote. Sherlock Holmes would be proud.



11/22 to 12/21

Adventure awaits, Sagittarius! This week, you'll find yourself on a quest for the world's best taco, armed with a map and a voracious appetite. Just don't forget the hot sauce!



1/19

Capricorn, your practicality is unmatched this week as you invent a new gadget that simultaneously brews coffee and delivers motivational speeches. Shark Tank, here you come!



2/18

Aquarius, your innovative mind will lead you to create a dating app for cats. Who says love is just for humans? Swipe right for a purrfect match!



3/20

Pisces, your dreamy nature will take you on a journey through the fantastical realms of your imagination this week. Just remember to return to Earth for important appointments, like dentist visits.

#### TRASH IS TREASURE

A beginner's guide to dumpster diving

Cal Martin

Staff Writer

There's no greater spiritual experience than roaming the streets on trash night, blaring music from your phone speaker, raking in the joy of free trinkets that scratches your primal brain, while the intellectual parts scream for less waste before our planet inevitably becomes trash itself.

I'd like to impart the essentials to creating this experience. There's too much waste and shame in this world, which is a shame and a waste. In reading this and putting salvaging into practice, whether as a hobby or a survival plan, release your expectations. Most of all, keep your head high and on your shoulders while out there.

PPE: We've all become familiar with this term since COVID, but personal protective equipment when it comes to digging around in literal garbage looks a little different. Work gloves and sturdy boots are a must if you intend on doing more than a cursory glance over the surface. Sharps and broken glass are common depending on where you dive.

While not necessary, a grabbing stick can serve as an extension of your reach and fend off trash pandas. For the love of all that is holey (pun intended), do not rub your face and eyes while wearing your gear. We may be in the trenches, but sanitary needs reign supreme. Can't keep diving if you get a staph infection.

Consider how you're transporting the goods as well.

You'll be needing a tarp and bungee cords the one time you decide to leave them behind. Most things can be jerry-rigged to a bicycle, but a truck-wielding friend is always good to have on standby. Make sure to compensate them, and give a disclaimer if that reward also originates from a dumpster.

Where the Hell You Been, Loca?: Trash is cyclical. It goes out to the curb and is emptied out of dumpsters on certain days. Businesses are more prone to throwing away excess items toward their inventory period, or at the end of the day. If you're scouting out a business dealing in perishables (consume at your own risk) keep this in mind.

Being in tune with the cycles of your local garbage is key to great finds. One method to get in sync is observation; you know when your trash is picked up, but what about other neighborhoods? Take a bus or bike ride sometime on streets with potential.

Another is befriending even the zero-waste-inclined members of your community. More people than you'd think are willing to set items next to the can rather than in it if they hear your interest, or inform you when the dump trucks come to their place of work if you ask. Go into these conversations with a willingness to be told no.

To debris, or not to be?: Considering the utility of an item is difficult once you've acquired the trash is treasure mindset. The scarcity mindset leads some to grab anything from the curb, and can turn into a rat race to become your neighborhood's best pack rat. As in



When you're being mean to me, this is who you're being mean to. Think twice before you judge. - Marie, EIC.

pace, not others. Is it serving you and bringing joy to fill your apartment with 3-legged chairs? (Enter me: the Marie Kondo of hoarders for the sake of DIY.)

In all seriousness, the stress of too many fixer-upper projects cluttering your space can cause resentment for the finds you'll genuinely love which I promise are out there! Despite the urge to think of dumpster diving as a race, it's more of a personal portfolio. You build and grow it, without value dependent on someone else's tastes or success.

On deciding an item's worth, follow our golden rule: when it doubt- it's been thrown out! Whether a cynic or an optimist on what it says about society that perfectly good things can be tossed, that item was trashed by someone who knew it better than you. Take that into consideration before your stomach forces you to.

Know the Law- Regardless of your contempt for a system that's led you to resort to trash picking, getting in trouble with the law is bound to lead to

any race, pace yourself and let more trouble (and from what your success determine that I've heard, your diving opportunities are minimal in the clink).

> While dumpster diving has been ruled as legal in all fifty states, some restrictions come in the form of accompanying sticky situations (and no, I don't mean that ooze lining the bins).

Trespassing or breaking & entering can come into play art, and less space for future if you attempt access to a dumpster that is locked, fenced in, or on private property. While taking off the sidewalk is generally less of a gray area, you can also end up in trouble with town and city-specific ordinances. Read up on your local law before doing anything more ambitious than taking furniture with a 'free' sign on it.

Allow me to quote myself from above- when in doubt, it's been thrown out! No matter your desperation or love for an item, it isn't worth any incurred risks of a Karen calling the cops on you. Make sure you use your best judgment before you become the Batman of the Barrels. Come to think of it, the Rubbish Robin sounds like a good name for a junk cart. Happy diving!

## STUDENT SENATE TO HOST SEMESTER-LONG SURVEY

Participate and enter a chance to win during their giveaway

Lukas Donaghue

Staff Writer

The Student Senate is eager to hear from you about matters related to campus life. We value your feedback, concerns, ideas, and suggestions on how we can better serve as your representative body on campus.

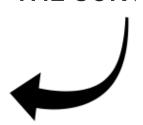
By participating in our semester-long survey, you not only contribute to positive changes on campus but also have a

chance to win exciting gift cards through our giveaway. Your input matters greatly in shaping a more vibrant and inclusive college experience for all. Join us in this journey of improvement, fill out the survey, and be an essential part of our campus community's growth.

Thank you for your participation and for helping make HVCC an even better place for learning and community build-



**SCAN THIS QR CODE TO BE TAKEN TO** THE SURVEY!



#### **SPORTS EVENTS**

#### WEDNESDAY | 10/4

MEN'S SOCCER 4:00 PM vs. Cayuga Community College

BASEBALL 6:00 PM vs. Lansingburgh Royals

#### FRIDAY || 10/6

WOMEN'S SOCCER 4:00 PM at Mohawk Valley Community College

MEN'S SOCCER 7:00 PM at Mohawk Valley Community College

#### SATURDAY || 10/7

WOMEN'S CROSS COUNTRY 10:30 AM at James Earley Invitational at Westfield State

MEN'S CROSS COUNTRY 10:30 AM at James Earley Invitational at Westfield State

BASEBALL 12:00 PM vs. UAlbany

FOOTBALL 12:00 PM vs. Erie Community College Homecoming 2023

#### **SUNDAY || 10/8**

WOMEN'S VOLLEYBALL 11:00 AM vs. Herkimer College at Hudson Valley Pod

WOMEN'S VOLLEYBALL 12:45 PM vs. Mohawk Valley Community College at Hudson Valley Pod

WOMEN'S SOCCER 1:00 PM at Tompkins Cortland Community College

MEN'S SOCCER 1:00 PM at Massasoit Community College

#### TUESDAY || 10/10

WOMEN'S VOLLEYBALL 7:00 PM at SUNY Adirondack

#### SUNDAY | 10/1

MEN'S SOCCER 3:00 PM vs. SUNY Adirondack

WOMEN'S SOCCER 5:15 PM vs. SUNY Adirondack

BASEBALL 6:00 PM vs. Sorensco



#### FOOTBALL RECAP

Written and Photographed by Evan Bonesteel

Hudson Valley Football fell to East Coast Prep on Saturday 26-13.

Hudson Valley had a slow start to the first quarter as East Coast Prep got off to an early lead off of a run by Quasin Ashford who ran it in from the 3 yard line after a strong return and drive by East Coast Prep. They would convert on the 2 point attempt to put the Vikings down 8-0.

The first quarter wouldn't see any other scoring as both teams made progress but stalled out offensively.

The second quarter showed some life from Hudson Valley was able to work their way down the field and cap off a good

Cameron Harbaug to Dylan Lessar. James Corke missed the extra point to make the score 8-6.

East Coast Prep didn't son Valley. take long to respond with a touchdown being scored by Ejani Shakir on a 13 yard pass. East Coast would miss the 2 point conversion attempt.

offensive momentum going to finish out the quarter with an exceptional push down the field ending with a 15 yard touchdown pass to Mitchell MacKis. James Corke hit the extra kick to make the score 14-13 going into the half.

The 3rd quarter kicked off with East Coast Prep maintaining their offensive momentum and scoring again with a 15

drive with a 3 yard pass from yard touchdown pass from Tevin Mazyck to Sean O'Brien. Another 2 point conversion attempt would be stopped by Hud-

The offensive momentum for both teams stopped there as neither team was able to put together a meaningful drive until 3 minutes left in the The Vikings kept their 4th quarter with East Coast Prep scoring again with a 17 yard pass to Ejani Shakir to put East Coast Prep up 26-13.

> Both teams had similar stats with 262 total yards for HVCC (212 Passing, 50 Rushing) and 322 total yards for East Coast Prep (214 Passing, 108 Rushing). Hudson Valley plays next vs Erie Community College Saturday October 7th for Homecoming game 2023.

#### **PHOTOS**













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