THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

STUDENTS SPEAK: IS CEREAL OR MILK SUPPOSED TO BE POURED FIRST?

The Hudsonian **PAGE 4** prepares inbox for anticipated influx of heated Letters to the Editor decrying food criminals.





IDENTITY AND MOTIVATION

PAGE 6

What keeps your ideal self from becoming a reality? How are self-love and self-perception intertwined?



Read more in this essay on life...

CULTURE ON CAMPUS: GUEST PERFORMERS KEEP FLAMENCO ALIVE

EXPERIENCE THE PASSION OF

9AM-2PM: UAlbany Transfer Advisor Visit (CTR 290)

10AM-2PM: Ballston Area Community Center: Employer Recruitment Table (CTR Lobby)

10AM-3PM: Discounted Regal Movie Ticket Sales (CTR 210)

10AM-2PM: Northeast Mobility Center: Employer Recruitment Table (CTR Lobby)

12PM-1PM: Yoga (CTR 260)

4PM-5:30PM: Discounted Regal Movie Ticket Sales (CTR 210)

WEDNESDAY || FEB. 21

9AM-4PM: SUNY Plattsburgh Transfer Advisor Visit (CTR 290)

10AM-2PM: Columbia Land Conservancy: Employer Recruitment Table (CTR Lobby)

10AM-2PM: Wolfjaw Studios: Employer Recruitment Table (CTR Lobby)

2PM-3PM: Foreign Language and Culture Club Meeting (BRN 112)

THURSDAY || FEB. 22

10AM-2PM: Pediatric Dentistry and Family Orthodontics PC: Employer Recruitment Table (CTR Lobby)

CAL MARTIN Editor-in-Chief

The Feb. 15 performance, featuring Grammy Award winning instrumentalist Jorge Pardo, saw the return of guitarist Juanito Pascal, singer-percussionist José Moreno, and dancer Nelída Tirado to HVCC.

According to Pardo, who is recognized as a leading influence in the flamenco renaissance, changing social and political situations "brought flamenco out of the cave" in the 1970s. Pardo and Pascal are cornerstone figures in keeping this art alive, who in their improvised performances blend Spanish music with jazz.

Joining musical traditions is at the heart of flamenco. With Northern African rhythms, scales and patterns from India, and some influence from music originating with Sephardic Jews, flamenco has always been a fusion.

In their live performance, Pascal and his guests added blues instrumentals and vocals by Moreno in Gallo, a dying romance lan-

PHOTO CRED: JONAH FLANAGAN

ART THROUGH PHOTOGRAPHS

guage dialect.

The free-form nature of the music is reflected in the accompanying dance. "Flamenco danc-

ing is the only dancing I know that can change the music- usually you dance to the music the band plays, and that's it... the interaction [between] music and dancers, there's not many other traditions that have [it]" said

Pardo.

Tirado, who has studied traditional Spanish dance and flamenco since childhood, stated she never anticipated "this music and dance being something that spoke to me so deeply". As a professional dancer, Tirado enjoys her performances on a deep level.

"The technique of [flamenco dance] is studied... once you have the technique there is a structure to the dance, but an improvised structure...

"I love being in that because it gives me the opportunity to be really present in that moment, to give [the musicians] a space, and give you [the audience] a space to interject into that conversation".

GO TO ... FLAMENCO

SUNY CONTINUES TO BLEED MONEY AMID STATEWIDE BUDGET CONCERNS WITH MANY SCHOOLS IN DANGER OF SHUTTING DOWN, SUNY OPTS TO PUT THEIR MONEY TOWARDS STRUCTURAL CHANGES

DOMINIC CACCHIONE Managing Editor

Multiple schools that fall under the SUNY umbrella are struggling under the weight of dangerous financial stress. However, that hasn't stopped college presidents and SUNY representatives from funneling money into structural changes to their campuses. After losing 10 different programs out of an originally targeted 14, and following multiple layoffs, SUNY Potsdam has begun a \$1 million project to repair their clock tower. College leaders insist that the money won't be coming from the college itself, and will come in the form of a care package from the SUNY program, but this raises an important question: Why didn't they ask for this money when teachers were getting laid off and programs were being cut? A similar issue plagues SUNY Plattsburgh. At the time of publication, they would have just recently celebrated the grand reopening of their fitness center a mere few days

ago, coming with some very heavy equipment costs to boot.

Meanwhile, Plattsburgh is absorbing SUNY's Clinton Community College, which nearly shut down in the midst of a financial crisis. Of course, all of this is happening in the wake of the College of Saint Rose shutting its doors for good. In order to avoid meeting the same fate, many more of these SUNY schools may have to merge with one another or otherwise consolidate their funds. Even more schools under the SUNY program continue to face financial challenges, with SUNY Erie Community College threatened with the proposition of relocating their entire campus, and SUNY Rockland Community College suffering a \$4 million deficit and bracing itself for a wave of inevitable layoffs. Rockland CC president Lester Edgardo Sandres Rápalo declined to share specific details, but stated that not enough was being done to help the college stop bleeding money, and proposed that they'd have to PAGE 3 HOW TO START A CLUB

SEAN SAMPLER Staff Contributor

With enrollment on the rise for the first time in a decade, and post-pandemic student life thriving again, many students are wondering how they can get involved in campus life. By scanning the QR code, you'll see most of the active clubs on campus. Be sure to confirm the meeting time and location by emailing the club advisor

12PM-1:30PM: Black History Month With Special Guest Donald Hyman (CTR 150)

12PM-1:30PM: Shakespeare & Company: A Midsummer Night's Dream (CTR Maureen Stapleton Theater)

Want to submit an event?

Contact Hudsonian@hvcc.edu

Promotional graphics also available on request!

GO TO ... SUNY BUDGET



NEWS ||

Editor-in-Chief Cal Martin c-martin49@hvcc.edu

ISSUE **79.12** FEBRUARY 20, 2024





LISTERIA OUTBREAK Nico LoGiudice

On January 11, 2024, listeria was found in the dairy products of Rizo-López Foods Inc, a major food distribution company.

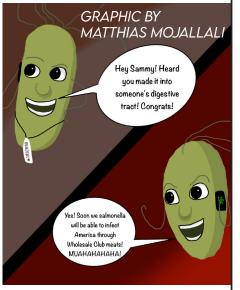
The outbreak has caused at least 26 cases of illness including 2 deaths and 23 hospitalizations across 11 states.

On February 5, 2024, Rozo-López Foods recalled dozens of their products nationwide in an attempt to prevent the continued spread of listeria. Recalled products included cheese, wraps, salad kits, taco mix, and yogurt.

Many stores including Walmart, Costco, and Winco, are voluntarily recalling similar products to stop more people from getting sick. The following states currently have reported cases of listeria: California, Colorado, North Carolina, Washington, Arizona, Florida, Nevada, Oregon, Georgia, Texas, and Tennessee.

Listeria infection symptoms include fever, muscle aches, nausea, tiredness, vomiting, diarrhea, headaches, stiff neck, confusion, loss of balance, and convulsions.

Symptoms can occur on the same day or within up to ten weeks. If you have these symptoms and have eaten any of the items on the FDA's recent food recall list, please see a doctor.



CUNY ANNOUNCES NEW



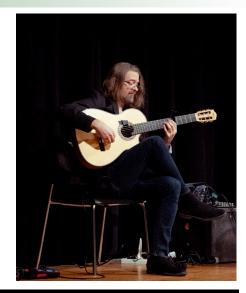
CONT... FLAMENCO

Both the music and dance of flamenco can be described best as "improvising of rhythmic, traditional patterns", in the words of Pardo.

"It has to hurt," Pascal stated, to the laughter of the audience. "That's one of the qualities of the tonality of flamenco".

Pascal will return to his home base of Minneapolis, Pardo to Spain, and Moreno and Tirado to their own boroughs of NYC. The group, minus Pardo, will be nearby to perform in New England come August.

PHOTOS BY JONAH FLANAGAN









which you should write meeting minutes, and have club members vote on the newly written Club Charter, record who voted yes for it. 7. Email Dashira Cortes, the Associate Director of Student Life (d.cortes@ hvcc.edu), and Sean Sampler, the Vice President of Student Senate (s-sampler@hvcc.edu) the club charter, name of the faculty advisor, names and emails of interested members, elected student officers, the meeting minutes where you approved the charter, and specify if you'd also like to request a club budget upon creation. **8.** The Student Senate will review the club charter at our next meeting (we meet every Monday at 3 pm), which we will ask the club President to present to answer any questions senators may have. The following week, the Student Senate will vote on it.

2.20.24

HOLIDAYS FOR 2025 Cal Martin

The City University of New York Board of Trustees has designated Eid al-Fitr, Eid al-Adha, Lunar New Year and Diwali as officially recognized holidays.

No CUNY classes will be held on these newly designated days beginning in 2025.

As one of the first public university systems to extend days off, CUNY is now aligned with established class holidays for NYC public schools.

The additional holidays will ensure "students who observe Eid al-Fitr, Eid al-Adha, Lunar New Year or Diwali will be able to honor those traditions without worrying about their schoolwork" according to CUNY Chancellor Rodríguez.

HVCC has yet to announce or adopt a similar policy.



CONT... CLUB GUIDE

before attending though!

If you have an interest that doesn't have a pre-established club, you can follow the steps below to create one of your own! Keep in mind that it can be a lot of work to create and maintain a club, so it may be worth first reaching 1. Make sure your club idea doesn't already exist and that it wouldn't make more sense to collaborate with an existing club.

ceptive to collaborating with you.

2. Find at least 10 interested students, and record their names and HVCC emails.

3. Find a faculty or staff member willing to be the club advisor. This is a volunteer position, so make sure they have an interest in the club, and be gracious!

4. Optional, but recommended: Decide and elect student officer positions (President, Vice President, Treasurer, Secretary, etc.)

5. Download this sample club charter, only changing the "Club Title" and "Club Purpose" (a few sentences about what your club is and plans to do) https://www.hvcc.edu/campuslife/ clubs/forms/sample-charter-constitution.doc

6. Have your first meeting, during

If you're interested in collaborating with or starting a club, please email me anytime at s-sampler@hvcc.edu.

CONT... SUNY BUDGET

let go of 20 full-time faculty positions, in addition to letting go of some parttime positions and raising tuition costs (Financial guidance & updates in the college sphere as well.

In the midst of a serious economic downturn, the SUNY program has shown itself to prioritize campus infrastructure over the educational programs that allow these schools to thrive.

While these structural costs have their own unique purposes, it's proven to be ineffective at keeping these institutions afloat without serious financial trouble.

Making

HOCHUL PUSHES TO REQUIRE SENIORS TO COMPLETE FAFSA Cal Martin

Governor Hochul is putting forward legislation requiring all high school seniors to complete the FAFSA.

SUNY Chancellor King and NYS Senator Gounardes support the idea independently, citing better educational outcomes and higher enrollment numbers.

COLLEGES TO RECEIVE FAFSA DATA IN MARCH, FAFSA PROVIDES **'COLLEGE SUPPORT STRATEGY'** Cal Martin

Colleges received sample data on Feb. 16 to prepare them for financial aid award package assembly.

Verification times for tax data will be reduced with an increased use of direct data transfer from the IRS to the FAFSA form.

To further combat delays, \$50 million will be distributed to understaffed colleges to hire help services. Federal employees will also be deployed to under-resourced colleges.

Full disclosure of student financial data to institutions is projected for late March.

FSA APPROVES SPRING 2.20.24 **CLUB BUDGETS & 2024-'25** STUDET ACTIVITIES BUDGET

Cal Martin

The Faculty Student Association has approved starter budgets for the following clubs:

AC/DC Welding, HVCC Book Club, Cheerleading & Pep Squad, and Psychology Club.

Student Senate Treasurer Donaghue anticipates the funds to become available to those clubs in the coming weeks.

The same meeting saw approval of the Student Activities office budget for the upcoming academic year.

HVCC's Board of Trustees holds final authority on approving the budget.

> Editor-in-Chief Cal Martin c-martin49@hvcc.edu

-THE HUDSONIAN-

EDITOR-IN-CHIEF Cal Martin

MANAGING EDITOR **Dominic Cacchione**

WEB EDITOR Layan Radi

STAFF CONTRIBUTORS

Nigel Addo Jasmine Renee Bauer Mojsilda Cinari Adam Conklin Jonah Flanagan Tim Desmond Nico LoGiudice Matthias Mojallali Luna Northrup **Cooper Patschureck** Rynecia Pollydore Sean Sampler

ON COMMISSION

Ruby Eaton Felicia Lai



HUDSON VALLEY COMMUNITY



A few months have passed since the debut of the first half of Invincible's second season. The first season was well received, and I very much enjoyed it.

But how did the first half of season two hold up compared to the first season? Season two is very good so far, but not without flaws.

OPINION

It was wonderful to see a handful of new characters join an already colorful and expansive cast, and the showrunners did an excellent job showing the aftermath of the tragedies and brutal disasters of season one. They even stepped up their game by improving older characters.

For instance, Amber Bennett, love interest of the titular Invincible (AKA Mark Grayson), was universally hated last season, but some changes have made her more likable.

The animation is a lot more fluid this time around compared to the simplistic animation of the last season. There's been a major improvement in terms of scenery and character design as well.

I love the fact we can finally see more of the universe of this show, and its stellar world building is adapted wonderfully from the comics.

The fight scenes continue to be as intense as ever. You can feel every punch and injury inflicted during a fight. The violence depicted in this show feels real and not forced for shock value. It feels like the violence needs to be there but also can tell a good story.

However, there are some flaws that

stood out to me, the most prominent being the amount of subplots. There's so much going on it's hard to follow just one or two stories.

There are necessary subplots about the hero's mother and his friends, but when you think you've seen everyone's story, they add someone else's storylines on top. This includes a plotline pertaining to a minor character killed by the villain last season, who we're following for whatever reason, even though he serves no purpose to the storyline yet.

This makes it hard to follow the main villain of season two, the dimension-traveling Angstrom Levi, when he's barely shown due to the amount of subplots.

Even though many of the voice actors continue to do great and portray both the comedic and serious sides of the show, some actors who I won't mention for spoiler purposes did great last season, but now feel almost like AI voices this season.

Overall, this season is looking pretty good so far, I just think they should thin out the amount of constant subplots and focus on worldbuilding.

Regardless, I still love this show, and I can't wait to see the direction it goes in when it returns this March!

-KANYE WEST, TY DOLLA \$IGN - 'VULTURES 1'-----FOLLOW UP REFLECTIONS FROM OUR RESIDENT KANYE REVIEWER

DOMINIC CACCHIONE Managing Editor

'VULTURES 1' is an album that was doomed at birth. It has some exciting moments, but feels pretty hollow at its core. In the wake of the most scandalous era of his career, West's return to the music industry hasn't been a graceful one. That isn't to say the album isn't without merit, and it's certainly enjoyable, but something just feels missing this time around. The passion in Kanye's lyrics no longer feels present, and much of what he says is delivered in spite. During the first couple days following the album's release, I'm not ashamed to say I loved it. I'm a huge Kanye fan myself, a fact which won't surprise our long-time readers, and being there when one of his albums drops is always a moment worth celebrating. That being said, I'm also willing to admit I have some pretty heavy biases toward him as an artist. A couple days following the release of VULTURES 1,

the hype had begun to die down a little bit, and I was left alone with the music I had just consumed, hoping to look at it a bit more objectively.

VULTURES 1 is an album that is extremely vapid. It feels like West has



COLLEGE

80 Vandenburgh Ave. Troy, NY 12180 **PHONE:** 518-629-7568 EMAIL: hudsonian@hvcc.edu

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 meetings on Mondays at 2 p.m. in ADM 105 and Thursdays drop by CTR 291 (Hudsonian Newsroom) 11 a.m. - 2 p.m.

very little to say this time around beyond bragging about being canceled, which is extremely disappointing to witness as a long time fan.

Kanye's music has always been uplifting, and each album revolves around a meaningful central theme or concept. This album is the first outlier to that rule, showcasing some of West's worst lyricism to date, and sacrificing his usual inspirational bravado for a braggadocious aura that feels a lot more sinister this time around.

He doesn't double down on the anti-semitic comments that got him in trouble, in fact, in this era of his career, I think it's clear to him how badly he messed up in that regard, but he doesn't frame it in a very regretful or remorseful way on the album, instead opting to make several tonguein-cheek references to it as if it never mattered in the first place.

Kanye's victim mentality has led him

into some compromising situations in the past, but he feels completely oblivious to the harm he caused with the rhetoric he's endorsed in recent times, and finds himself bragging about things that most people would regret.

This album does have some very notable highlights. Kanye's production is on point as always, even if his lyricism and lyrical content kinda suffers on this release, and the beats for songs like "BEG FORGIVENESS" and the title track "VULTURES" are very lush and maximalist. PAGE 5

GO TO ... VULTURES



VIKING TALKSPOT

HVCC SPEAKS: WHICH GOES FIRST, CEREAL OR MILK?

Korn Flakes Graphic (left) by Ruby Eaton @Majorz_Lazer on X (Twitter)

Cereal Bowl Graphic (bottom right) by Felicia Lai (also see cover) **INTERVIEWS BY:**

NICO LOGIUDICE & LUNA NORTHRUP Staff Contributors

> **PHOTOS BY:** Nico LoGiudice

"I always I usually have my cereal without



"Personally I pour the cereal in first because I think pouring the milk first is sacrilege."

KosIn

Flakes

-Sandra Sheedy, Liberal Arts



"...Cereal, because, cause like what's the point in having milk? I am just gonna drink straight milk?"

-Devon B, Criminal Justice



"You put in the cereal first so that when you put in the milk the cereal soaks up the milk. If you put in the cereal after the milk it will splash the milk around. That's ridiculous you don't make a mess."

-Isaak Fisher, Cybersecurity

OBLIVION: THE BEST GAME



"Milk first because it lets me control how much... I always put too much milk in then I... have to finish more cereal to not waste the milk and it stresses me out. So I put the amount of milk that I want to have the cereal with in so I know how much I am getting... But cereal is better."

-Rowan Holt, GED



"People like cereal and water then okay but like for me I prefer cereal and milk... Cereal first then milk."

-Shaquin Robinson, Theater Arts

milk. I usually just eat dry cereal."

-Leah Gallinger, Human Services

"I put cereal first then I put milk in um yeah pretty much it I don't think that anything is wrong with like eating cereal with water or do it otherwise."

- Lily Wilde, Individual Studies



"Milk should not go first, cereal should go first before milk unless there is already cereal and milk inside and you are adding more milk to like, help balance out... and if its a sugary cereal there is already a sugary milk on the bottom so you can always add more cereal so cereal first definitely."

-Felicia Lai, Engineering Science



TIM DESMOND Staff Contributor

Immediately following the release of The Elder Scrolls III: Morrowind on May 1, 2002, our lord and savior Godd Howard decided that he would create the best thing.

He assembled a team of legends, the perfect ensemble required to create the sheer magnificence that would grace owners of 7th generation conof Cyrodiil, heartland of the Tamriellic Empire, is a society at its peak. The economy is booming, there is little crime, the government is stable, and people are happy.

What follows is the beginning of a near societal collapse as an army of demon-like creatures from another dimension invade the mortal world of Nirn in an effort to cause chaos and enslave the human, elf, and beast population.

Led by an evil deity named Meh-

weakens.

By the time you kill the leader of the Mythic Dawn and return the Amulet to Martin, it is too late. Mehrunes Dagon has shattered the barrier and has broken through to the mortal world.

Martin makes the ultimate sacrifice, shattering the amulet and transforming into a massive ethereal dragon, defeating Mehrunes Dagon, and saving the world before turning to stone. It is said that his statue will remain for all eternity as a way to remind the mortal

soles across the world.

On March 20, 2006, for PC and XBOX 360, The Elder Scrolls IV: Oblivion was released to the North American public. A PS3 edition was released exactly a year later.

Oblivion is a perfect storm. Lightning in a bottle. A magnificent coalescence of everything one could possibly want in an open-world action RPG.

Accessibility, good combat, a fantastic magic system, in-depth fantasy lore, a great story, and enough side content to take up 600 hours of my COVID-isolated time.

The setting is fleshed out enough to feel like a real, functional society, every named NPC has a unique backstory that can be discerned through dialogue or by the magic of burglary, and you can punch goblins and they go "RAAHHHH". What's not to love?

On a more serious note, the writing is genuinely quite good. The Province

runes Dagon and assisted by a cult known as The Mythic Dawn, your job is to save the world from the impending apocalypse.

Spoilers ahead, stop here if you don't want the story of a seventeen year old game ruined for you.

Patrick Stewart dies at the beginning. His character, Emperor Uriel Septim VII, is assassinated by agents of the Mythic Dawn, which creates a rift in the barrier between the realm of Oblivion (OH MY GOD THEY SAID THE NAME OF THE GAME) and the mortal realm of Mundus.

You must find and protect Uriel's secret son, Martin (voiced by Sean Bean), and help him recover an amulet that can seal the rift before it's too late.

As the game progresses, portals to Oblivion will open, allowing the armies of Mehrunes Dagon to invade Cyrodiil. As you track down the amulet, the invasion worsens as the barrier world of Martin's sacrifice.

Interestingly enough, that's only the main questline. There are seven others, all equally long or longer than the main story, as well as nearly one hundred sidequests to complete, each one with a unique story and/or gameplay twist.

Easily the most ambitious video game I have ever played, the Elder Scrolls IV: Oblivion sets out to accomplish nearly everything it set out to do. It created a living, breathing world, several high-stakes and well written stories, two fantastic DLCs, amazing gameplay, and the ability to become a literal god.

In case the rest of this review hasn't made my message apparent, I'll just straight-up tell you. Play Oblivion. It's the best game. It's only 20 dollars on Steam. It runs on anything. Play this game now. Justice League versus The Avengers. Marvel versus DC.

Staff Contributor

Which one do you think is better? Not which are you more familiar with? I can't tell you how many times I've asked people who their favorite superhero was and they said "I like Batman, isn't he from Marvel?" Like the disrespect is crazy.

Avengers movies are A1 top tier. No misses.

Take me back to the time when the Infinity War and Endgame trailers had me on the edge of my seat, when I was sitting in the theater watching Thanos snap half of the world away and they left us on that big cliffhanger. Good times man.

Marvel died with Iron Man for real. But that new Deadpool 3 movie might save us. We're counting on you Deadpool. **PAGE 5 GO TO ... JUSTICE LEAGUE**

CONT... JUSTICE LEAGUE

But anyway Justice League movies are absolute garbage. They fired like half of their cast. They had it in their hands and fumbled so hard.

They remade the same Justice League movie like 3 TIMES. The first one was valid, not gonna lie. But they kept remaking it for no reason. The recent one from 2021 is 4 hours long. YES 4 HOURS.

They had some good films though. Man of Steel was fire bruh. Wonder Woman was also valid. But they FIRED both of the actors.

Don't even let me get started on the recent Flash film they dropped lmao. Pure trash.

But the animated Justice League films? Oh yeah those are absolute HEAT. Justice League Apokolips War? 12/10 bro.

Marvel got the best live action movies and DC got the best animated movies. The recent one I watched, Justice League: Crisis on Infinite Earths, was mainly centered around the Flash. Not gonna lie, I'll rate it a good 7/10. Nah, maybe that's too high. 6.5/10 at best.

Basically we're looking into the Flash's life. He's jumping from different points in his life and he doesn't understand why or what's going on.

We get introduced to this guy cursed to watch all the worlds that are ending, who tries to show the Flash how the world is ending, but doesn't give him any way of stopping it.

The whole show was racing between different points and times in the Flash's life. It starts with him and his wife Iris on their wedding day. The main villain, The Anti-Monitor, releases an antimatter wave that destroys the world/ multiverse because he wanted to see how the heroes would come together and stop him.

The Flash, being the fastest man alive, is able to phase through objects and withstands the wave. They use three tower devices that the Flash spends his whole life to build, to basically shield the worlds from being destroyed by the antimatter wave.

They also left us on a cliffhanger where everyone is fading away. Lowkey sucked for real. But the animation was clean. I hope they make better films like they used to.





"West has very little to say this time around beyond bragging about being canceled ... "

CONT... VULTURES

A top-tier feature from Freddie Gibbs on the song "BACK TO ME" makes for one of the best verses of the year, and the song "CARNIVAL" became an immediate smash hit thanks to Playboi Carti's feature where he shows off his new vocal style.

The song "BURN" is truly beautiful, latter appears more likely.

and it's very fun to hear Kanye and Ty trade bars on the outro track "KING", but the unfortunate reality is that Kanye's verses are the weakest part of most of these tracks.

Getting carried by Playboi Carti of all people on his own album isn't a future I had anticipated for Kanye, and while I am very much a Carti fan, it's disappointing to see Kanye at such a low point when we know he's capable of so much more.

"VULTURES 1" is only the first installment of a planned trilogy. I will keep my expectations cautiously low, but there's still a faint glimmer of hope within me.

Kanye may be at the lowest point of his career, in regards to both his reputation and creativity, but there's two ways this can go: He begins to work his way back into the public's good graces by creating the great music we all know he's capable of creating, or he sinks further into his self-absorbed selfish delusions, failing to take accountability for his harmful actions and comments.

Based on his current trajectory, the





At the time I show up, it is hard to tell which way it flows. It is so dark, yet so mystifying. I can hear the crickets make their early morning oise. I can hear the soft lapping of the river

more.

2.20.24

itself. So calming, so welcoming and all.

It is like a second home to me. One that I can never own. It has always drawn to me. At least water calls out to me. It soothes me. It calms me. Making the true me shine through. Just for an hour or two. The me that has been long forgotten.

I like the ripples that happen in the water. It just seems calming call. How the natural waves shine the slightest bit of light at my calming beauty.

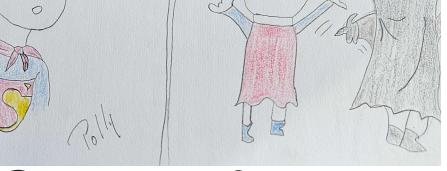
"POEM?" Nico LoGiudice

A poem you say, A piece of a soul shared with many people, A star shard, a voice, an unconditional love for you, for art, for others. That is what a poem is to me, So please, take care of this piece of my soul and I will continue coming back to give you more of my heart.



DC & Marvel Comic (right)

by Rynecia Pollydore





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ANOTHER VERSION OF YOURSELF

MOJSILDA CINARI Staff Contributor

Mornings when you feel shaken are those mornings where you feel empty. You feel that you physically have a brain, and you try to start conceptualizing the first action you will do. You feel as if you were just born, and you have nothing saved from before. But after a short time, you start to remember something. Your brain gives you a stimulus and a hope is lit in you, a small feeling of happiness, which is incomparable. There you start thinking, should you express this feeling or not?!

Because as a good, honest, and innocent person, you think that if you do it, this feeling can go away and then you will be left alone again. This is where an internal war begins, where you feel sorry for yourself. And when you think deeply, you feel even worse about your identity and your brain. Even though you feel like you're underground, you don't accept this situation, you don't want to lose yourself.

Because you know.

You know who you are. You know what kind of soul you have, even though you always hide it and never express it out loud. There comes a moment when the brain starts to become more active and things start to be remembered as they are, but the hope and that feeling of happiness that you had the first time starts to fade. You start and still feel empty. This is where you start to think, is there a way for the version of the person as an image standing in front of you to become a real person?!

Because you don't love this version that is in front of you anymore, you are tired of this. You love what is in reality. Not for anything else, but you just want not to lose it and save the heart of this human being.

That is where the confrontation of situations begins. Where you are and the memory of where you were. When you think of yourself, of where you have been, your face smiles. With the greatest pleasure, you admire yourself in every detail and simply look at it, like a vision in front of your eyes. Oh, how beautiful they all are, they are so simple but pure like crystals. You look at them and start to miss them because they have been gone for a while. You look there with regret because those elements and situations created by them make the essence of the human being that you are.

You feel empty almost as if you don't see any light at the end of the tunnel, but you never accept it. You don't accept it because from all those elements that have gone, you feel the strength that you have, and it is the only one that has stayed with you. Even though it is empty, you begin to fill yourself with their vision that you always have in front of your eyes. You feel happy because at least you have their vision, and you don't forget them. And that's how you start working and fighting for the situations that are in front of you.

You stop for a moment, you think, and you return with your feet to the ground and from where you are now, you start to look ahead. It is difficult to see when in front of you there are only huge branches of trees and thorny bushes, which make it difficult to see the view in the end. But with the strength and intuition you have, you see something and realize that you are the only one to go where you want. Although you may be sad about the flow of what is happening, so where was it and where did it go, to break through and get out of these obstacles, in the end you understand that it is you and only you.

<image><text><text>

We're happy to make a full color advertisement for you.

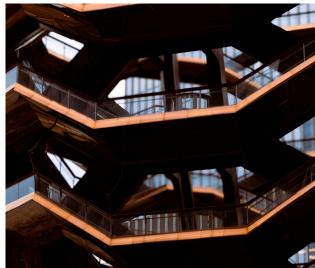
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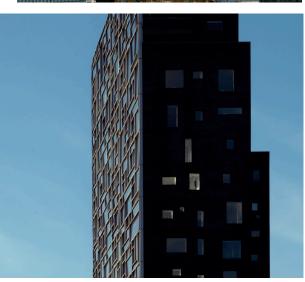




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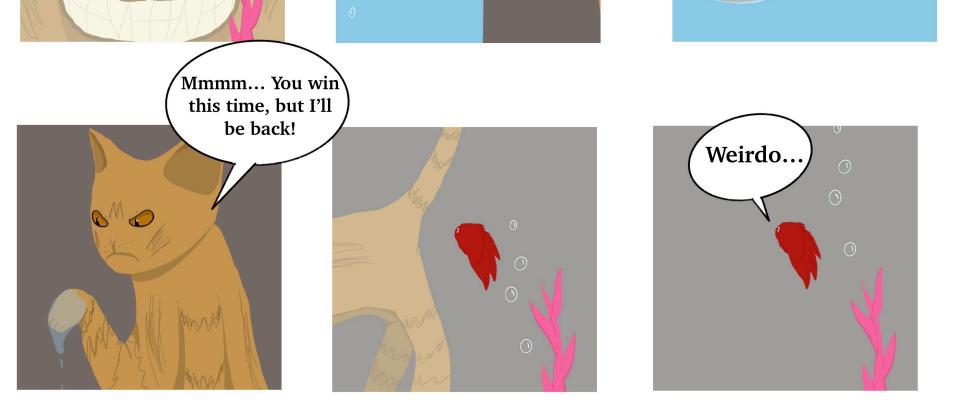


Hellooooo Darryl! You're looking mighty tasty today! Now just hold still for Mr.

Milo-

ACK! WATER! MY WEAKNESS!

7



8

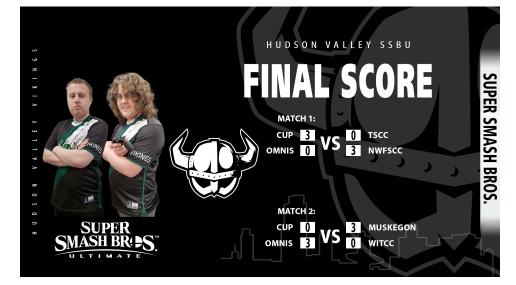
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Graphic by Your weekly astrological insight by Jasmine Renee Matthias Mojallali Mercury enters Pisces on the 23rd so If you're feeling overwhelmed, run-There's a big emphasis on social and consider networking, career planning down, or anxious this week just romantic connections this week as or working on a passion project. Your know that the Sun is currently mov-Mercury enters your 11th house of creative energy will be a complement ing through your 12th house of se-MN friendship and humanity. Spend toyour work ethics this week. Keep **FAURU** ARIES 5/21 clusion and mental health. Consid- $\frac{1}{20}$ some quality time with loved ones yourself grounded if you tend to day-3/21 TO ТО то er this a perfect time to reflect and dream because the opportunities that E E E E and seek out good times with peers. 6/20 5/20 arise will require your full attention. reframe. Think: Lonely vs *Alone*. 4/19 A weight will be lifted soon. Your plane-Reflect on the past (chaotic) month and Humbly accept blessings, respectfully tary ruler Mercury meets with Neptune, expand your horizons. Keep your goals let go, and attune to what matters most opening your eyes to any deception that during this time. You'll be attracting a in mind and set reasonable expectations has been taking place or new opportufor all you can fulfill going forward. lot of energy this week so make sure nities on the horizon. Enlist the help of Routines may be hard but try your best to put your best foot forward in any inyour close circle to get you through the to carve out time for self-care, romanteraction and take time to decompress CANCI 8/23 6/21 Ú next phase of your life, and don't lose tic connection, spiritual advancement, afterwards. Enjoy the attention and try TO **O** TO **XIR** ΤO sight of your dreams and priorities. and work/school engagement. not to let it overwhelm you! 9/22 7/22 8/22 The theme of this week is self-love, Pay close attention to your financ-If you're decompressing from some pay close attention to your mental es, career/degree, and private life heavy stuff this will be the perfect and physical health this week and during this time. This is a good time 2 change of pace for you, the full try to take it easy when you can. SCORPIO to stay in, clean up, connect with **AGITTA** Moon will help you muster up some 9/23 When you attune to your body and your household, and reassess your 11/22 social and sensual energy and give 2 TO 10/23 mind, you can attune to your spirit goals and priorities. Isolation isn't то yourself a break from the bullshit. 9 10/22 ТО and soul. necessary, but introspection is. 12/21 11/21 Creative & abstract concepts surround Your ruler, Saturn, will be conjunct the On the 21st Venus & Mars will conjoin you so if you're a dreamer or a pragma-Sun this week which means that there in Aquarius, which brings creative, rotist now is the time for action. You've will be an emphasis on money and mantic, yet serious energy. This is a big got the energy and confidence to exschoolwork in the coming weeks. Now's time for transformation- don't freak out RIC press yourself so seize the moment and the time to strap in, study, and save. if connections are broken or new ones go with the flow. Do something that Don't be afraid to enlist the help of exare formed. Put extra work into your Ш AQUA 2/19 1/20 scares you if it'll benefit your growth. CAP career, degree, and finances. Set firm **PISCI** perts and use your wisdom when mak-ΤO TO то Peace and blessings this Pisces season! ing decisions about your future. boundaries & manage your time wisely. 1/19 3/20 2/18

SPORTS

Editor-in-Chief Cal Martin c-martin49@hvcc.edu





RECAP FOR THE WEEK OF FEB. 12

TIM DESMOND Staff Contributor

This week has gone quite well for the HVCC Esports team.

Our Super Smash Bros. Ultimate team played four games Tuesday, winning two games against Northwest Florida State College and Terra State Community College.

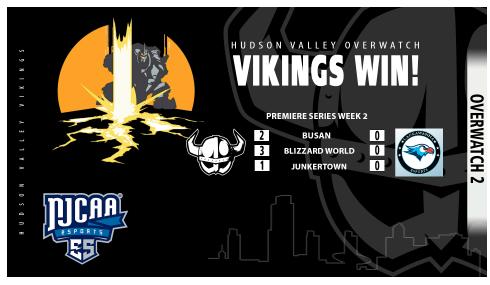
Though they did lose two more against Western Iowa Tech Community College and Muskegon Community College, leaving the Smash team with an even 50/50 win-loss ratio.

The Overwatch team won every

The Rocket League team managed to sweep the competition in the open season match Friday. Competing against SUNY Corning, the Vikings won all three matches in a best-of-five game.

When asked whether he believed he'd win, Rocket League player Anthony responded with a simple "absolutely". After his win, Anthony commented, "it felt great. Energy was high. Pretty quick paced fun games. Hit some good intentional shots. Can't wait to do it again next week".

Two 55-inch TVs were installed in the esports practice room last week.



round against Lackawanna Community College Wednesday, managing to prevent their opponents from scoring a single point through the entire match.

Esports head coach Aaron Hebert states the team "performed well with a strong advantage. They have the potential for a top three finish this season". Coach Hebert has expressed his goal of setting up a retro console station for recreational purposes.

Two consoles are currently available for public use, a Sony Playstation 3 and a Nintendo Entertainment System. Plans are also being made to install a Sony Playstation 5 and a Microsoft Xbox Series-X in an effort to expand the team's competitive game library.

HAVE A PASSION FOR WRITING, PHOTOGRAPHY, OR PLAIN OLD CHATTING WITH PLAYERS?

JOIN ONE OF OUR WEEKLY MEETINGS TO SEE HOW YOU CAN GET PAID TO DO WHAT YOU LOVE!

MONDAYS, ADM 105 @ 2PM