

Grammy Awards 2023 Results

Record of the Year

- “Don’t Shut Me Down” — ABBA
- “Easy on Me” — Adele
- “Break My Soul” — Beyoncé
- “Good Morning Gorgeous” — Mary J. Blige
- “You and Me on the Rock” — Brandi Carlile feat. Lucius
- “Woman” — Doja Cat
- “Bad Habit” — Steve Lacy
- “The Heart Part 5” — Kendrick Lamar
- WINNER: “About Damn Time” — Lizzo
- “As It Was” — Harry Styles

Album of the Year

- Voyage — ABBA
- 30 — Adele
- Un Verano Sin Ti — Bad Bunny
- Renaissance — Beyoncé
- Good Morning Gorgeous (Deluxe) — Mary J. Blige
- In These Silent Days — Brandi Carlile
- Music of the Spheres — Coldplay
- Mr. Morale & the Big Steppers — Kendrick Lamar
- Special — Lizzo
- WINNER: Harry’s House — Harry Styles

Song of the Year

- “abcdefu” — Gayle
- “About Damn Time” — Lizzo
- “All Too Well (10-Minute Version) (The Short Film)” — Taylor Swift
- “As It Was” — Harry Styles
- “Bad Habit” — Steve Lacy
- “Break My Soul” — Beyoncé
- “Easy on Me” — Adele
- “God Did” — DJ Khaled feat. Rick Ross, Lil Wayne, Jay-Z, John Legend, and Fridayy
- “The Heart Part 5” — Kendrick Lamar
- WINNER: “Just Like That” — Bonnie Raitt

Best Pop Solo Performance

- WINNER: “Easy on Me” — Adele
- “Moscow Mule” — Bad Bunny
- “Woman” — Doja Cat
- “Bad Habit” — Steve Lacy
- “About Damn Time” — Lizzo
- “As It Was” — Harry Styles

Best Dance/Electronic Recording

- WINNER: “Break My Soul” — Beyoncé
- “Rosewood” —

Bonobo

- “Don’t Forget My Love” — Diplo & Miguel
- “I’m Good (Blue)” — David Guetta & Bebe Rexha
- “Intimidated” — Kaytranada feat. H.E.R.
- “On My Knees” — Rūfūs Du Sol

Best Rock Performance

- “So Happy It Hurts” — Bryan Adams
- “Old Man” — Beck
- “Wild Child” — The Black Keys
- WINNER: “Broken Horses” — Brandi Carlile
- “Crawl!” — Idles
- “Patient Number 9” — Ozzy Osbourne feat. Jeff Beck
- “Holiday” — Turnstile

Best Rap Performance

- “God Did” — DJ Khaled feat. Rick Ross, Lil Wayne, Jay-Z, John Legend & Fridayy
- “Vegas” — Doja Cat
- “Pushin P” — Gunna & Future feat. Young Thug
- “F.N.F. (Let’s Go)” — Hitkidd & Glorilla
- WINNER: “The Heart Part 5” — Kendrick Lamar
- Best Melodic Rap

Performance

- “Beautiful” — DJ Khaled feat. Future & SZA
- WINNER: “Wait For U” — Future feat. Drake & Tems
- “First Class” — Jack Harlow
- “Die Hard” — Kendrick Lamar feat. Blxst & Amanda Reifer
- “Big Energy (Live)” — Latto

Best Latin Pop Album

- Aguilera — Christina Aguilera
- WINNER: Pasieros — Rubén Blades & Boca Livre
- De Adentro Pa Afuera — Camilo
- Viajante — Fonseca
- Dharma+ — Sebastián Yatra

Best Música Urbana Album

- Trap Cake, Vol. 2 — Rauw Alejandro
- WINNER: Un Verano Sin Ti — Bad Bunny
- Legendaddy — Daddy Yankee
- La 167 — Farruko
- The Love & Sex Tape — Maluma
- Los Años Salvajes —

For a complete list visit astatetheherald.com



PHOTO COURTESY OF GRAMMYS
One of the controversial decisions of the night was the award Album of the Year. Harry Styles won with “Harry’s House.” Many debated this decision online.



PHOTO COURTESY OF GRAMMYS
Viola Davis earned coveted EGOT after winning her first Grammy for her performance of audiobook for her memoir “Finding Me.”

THIS WEEK’S POP PICK

KARA CAMPBELL | LIFE EDITOR

“THE LAST OF US”

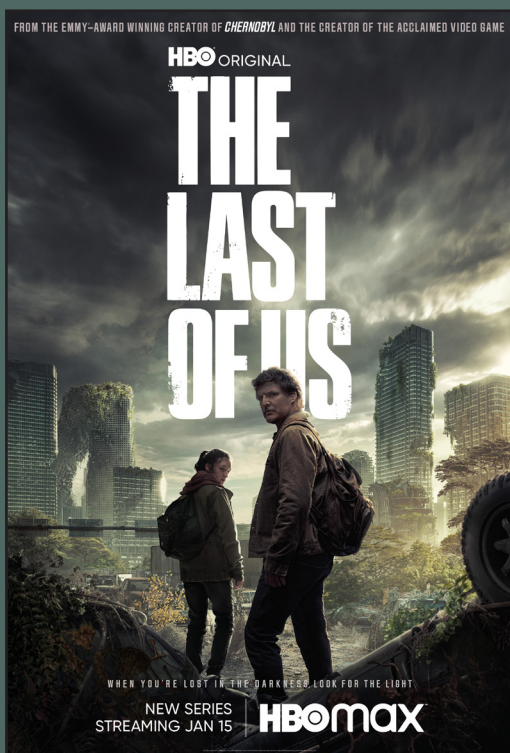


PHOTO COURTESY OF IMDB

HBO’s new hit series “The Last of Us” was released Jan. 15, 2023. It is an amazing post-apocalyptic drama based on Naughty Dog’s video game of the same name released in 2013. It is not necessary for you to have played the game to understand what is going on. I have not played the game, but I have done some research and it is supposed to follow the game very closely with very minimal differences.

The beginning of the show takes place in Texas in 2003 following a man named Joel just before the outbreak of cordyceps, which is a fungus that takes control of people’s minds. People are infected from consuming the fungus or from being bitten by one of the infected. The town is quickly destroyed as the infection spreads. The show then skips to Boston in 2023 after the government, FEDRA, has taken over. Joel is now doing whatever it takes to get to his brother, Tommy who is across the country in Wyoming. Along the way he picks up a feisty fourteen year old girl, Ellie, and is tasked with transporting her

to The Fireflies, the resistance group. Along the way they face different types of zombies, bandits and all sorts of challenges.

The relationship between Joel and Ellie is very similar to a father-daughter bond. Ellie is always pestering Joel with questions, jokes and sass, and it is very entertaining to watch. Joel on the other hand is very protective of Ellie and will keep her safe through whatever means necessary. The actors do a fantastic job, and I cannot wait to see their characters continue to grow.

I would highly recommend this show to anyone who loves a great drama with some horror and thriller elements. The story keeps you on the edge of your seat the entire time, and after each episode you are left wondering what could possibly happen next. The show recently released its fourth episode of the first season on Sunday, Feb. 5. They will be releasing each episode every Sunday with the exception of episode 5, which will be released Friday, Feb. 10.

A-State D&D Club character workshop

ANNA COX | COPY EDITOR & REBECCA ROBINSON | EDITOR-IN-CHIEF



On Feb. 7 the Dean Ellis Library hosted a Dungeons & Dragons character creation workshop.

The event was hosted by Sarah Woffard, the library support specialist, and Dominique Hallett, the government information librarian.

“I love D&D. This event is a way to find other people who have a similar interest.” Hallett said.

During the session, those in attendance were given a character sheet and used dice to roll for certain characteristics.

The students who attended were walked through the steps of creating a character with both Woffard and Hallett.

In a typical D&D Campaign step one is character building. Session 0 kicks off a campaign where a DM, or dungeon master,

holds a meeting to discuss plot, teambuild, schedule and overall framework for the game.

How to build a Dungeons & Dragons Step 1:

Choose a race that can be anything from mountain dwarf to Dragonborn. Each comes with different personality traits and physical characteristics.

Step 2: Choose a Class. Similar to race, each has their own thing going for them. You can chose from many options like a barbarian or fighter. Typically your character will start at 1st level and advance throughout the campaign.

Step 3: Determine Ability Scores

A lot of your character depends on their six abilities. You Generate your ability scores by rolling dice.

Full Details can be found on dndbeyond.com “Chapter 1: Step-By-Step Characters.”



PART 1
CHARACTER CREATION

If you are interested in D&D, the store Gamers Haven hosts a game night for D&D every Thursday at 6:30 p.m. to 9.

GRAPHICS COURTESY OF DNDBEYOND.COM

A-State Political Science Department visits Washington D.C.

COLUMN BY HARRISON WARREN

STAFF WRITER

Arkansas State's political science department recently returned from an exciting study opportunity in Washington, D.C. The group arrived on Jan. 3 and remained in the city until Jan. 11, when the outing concluded. In total, twelve students and one faculty advisor were able to represent Arkansas State University.

Students were provided with accommodations through the program, which was located in the heart of Washington, D.C. Throughout the day students attended seminars and panels featuring experts in the fields of world economics, domestic policy, foreign affairs and much more. Students were also offered the chance to meet with professionals across the city including think-tank executives, congressional staffers, campaign finance analysts and one of Arkansas' Senators: John Boozman. Elizabeth England, sophomore political science major from Piedmont, Arkansas, said, "This was a very immersive experience that offers both great career and educational opportunities. I highly recommend it to any and all political science majors."

However, this trip did not

limit students to learning only within the classroom. Students were free to explore the capital, visit museums, monuments and famous sites known across the globe. This trip was made possible through The Washington Center, this organization provides an incredible experience for students across the country to immerse themselves in Washington, D.C. while learning and building both their personal and professional connections.

Jarius Jackson, sophomore political science, and history major from Little Rock, says, "This trip offered a lot of great learning experiences. Something I enjoyed the most was the freedom to explore Washington D.C. and everything it had to offer."

Stephanie Kridlow, Institutional Partnerships Manager at The Washington Center, will be visiting Arkansas State University's campus on Feb. 20 to discuss A-State students' future with the organization. Kridlow will be visiting various classes throughout the political science department to disseminate information to students who are interested in applying to the program.

Internships and scholarships through TWC are being offered for the summer and



PHOTO COURTESY OF HARRISON WARREN

Students who represented Arkansas State University at The Washington Center this past January

the fall semesters of 2023. At this time, internships offered through The Washington Center are available for political science majors and minors only. For students looking for more information about pursuing an internship in Washington D.C., several students who attended

this past trip in January will be tabling in the Reng Student Union throughout the afternoon on Feb. 20.

Students seeking more information can also go to the Political Science Office in Room 3007 or contact Jordan Butcher, Ph.D., through her

office in Room 3016, both in the Humanities and Social Sciences Building, or at her email (jbutcher@astate.edu). Butcher wanted to specifically thank the university for its support on this trip and the continuous support of the political science department.

Without the ongoing assistance of Arkansas State University the political science department could not continue offering these amazing opportunities to students to grow not only on campus but abroad.

My fitness journey throughout the years

COLUMN BY GABRIELLA AMARAL

STAFF WRITER

My fitness journey started about five years ago. I haven't always remained dedicated to being a "gymrat," but I have grown to love the way I feel after being physically active and the long-term effects that come with it.

I dedicate my drive to being involved in the Junior Reserve Officer Training Corps (JROTC) in high school. As someone who wasn't really involved in sports, I didn't see a need to exercise, and I honestly had no clue how beneficial it could be in my future.

JROTC had a requirement to exercise for a class period every Friday, which I dreaded at first. After I realized how engaging and influential my instructors were, I decided I wanted to do something that would be more involved with the class. Other schools hosted competitions in physical training (PT), drill and colorguard.

PT involved performing a mile run, as many push-ups as possible, and as many sit-ups as possible. This was the only part I was interested in, even though I wasn't sure if I was physically prepared.

My instructors saw something in me and asked me to join the co-ed team. The day of the competition was a rush, and I was slightly nervous because I have never done

something like that before. I tried my hardest and it paid off. I honestly can't remember if we placed or won any event, but it was such a rush just being there.

After my freshman year, my instructors decided to start meeting at our school gym two extra days a week for cadets who wanted to be more physically active. This is where I saw the most improvement in my body and mind set. I became more confident and began to challenge myself more. We would typically warm-up, perform push-ups as a group, then have some freedom to do whatever we wanted.

I hadn't been exposed to lifting weights, so it was interesting to see my instructor doing things I had never done before. At that point, I just let him take me under his wings and show me the ropes of lifting. Since he was in the military, he had been lifting for at least 20 years, if not more. I look back now and question if it was the best idea to learn from someone else because there can be a lot of misinformation, but I don't regret taking the opportunity to learn from him. I started running on my own time to get better for competitions, and eventually for the Howler here at A-State.

I'd say completing the Howler is one of my biggest accomplishments to date. Basically it was just a seven mile obstacle course that involved running. It was a very



PHOTO COURTESY OF GABRIELLA AMARAL

Gabriella Amaral far right in photo.

good team building exercise in JROTC because we all had to complete each obstacle together and finish together. I loved being able to show my grandmother that my hard work was for something and I was proud of it. She was my biggest supporter and came to just about every event we had to encourage me. At the time, I was pretty embarrassed to hear her shout my name every time I finished, but I am able to look back and realize that's probably when I felt happiest.

Overall, I'd say without her support I probably wouldn't have continued this journey. Support is the number one thing needed in someone's personal fitness journey.

My journey shifted to relying more on myself once COVID-19 happened. Once schools closed and eventually gyms closed. I wasn't sure what I was supposed to do. This is one of those times where I reflected on what I was going to do and what I wanted my goals to be. I honestly can't remember

how long gyms were closed, but once they opened again I was back at it. I started using a personal trainer and decided I wanted to actually build some muscle. He guided me through some of the nutrition to build muscle but I was practically clueless. It was more of a trial and error deal for me. I tried protein powders, pre-workouts and all sorts of things. I think this was a really developmental time for me. While I am not educated on everything, I learned so much during this

time that I still use to this day. As I continue my journey, I have some advice I would like to share that I wish I would've known. Everyone's fitness journey is different, and that's okay! Do not compare yourself to other people, take the opportunity to learn from what other people have to offer. Progress takes time, and it honestly may feel like two steps forward, one step back. Lastly, always be confident in yourself and know that you are able to accomplish hard things.