

# THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

## EVENTS

### TUESDAY || Sept 16.

9AM-3PM: University at Albany: Transfer Advisor Visit (CTR 294)

10AM-2PM: REEF Technology, Inc: Employer Information Table (Siek Campus, Floor Floor)

10AM-5:30PM: Discounted Movie Tickets (CTR Room 210)

11:30AM-1PM: National Registration Day (CTR Lobby)

12-12:50PM: Voices: A Library Lecture Series ft. Imran Khan (BTC Auditorium)

1PM-3PM: Relive your Play-Doh Days! (CTR Room 204)

6PM: Women’s Volleyball vs Fulton Montgomery (Home Fields)

### WEDNESDAY || Sept. 17

10:30AM-1:30PM: Part-Time Job Fair (CTR Lobby)

11AM-12PM: Constitution Day Workshop (CTR Room 150)

11AM-2PM: Marist University: Transfer Table (CTR Lobby)

1PM-2PM: Budget Workshop (CTR Room 204)

1PM-2PM: Computer Science Club (BTC 306)

1:45-3:45PM: SUNY presents Constitution Day (BTC Auditorium)

### THURSDAY || Sept. 18

12PM: Live Trivia (CTR Lobby)

### FRIDAY || Sept. 19

2-4:30PM: Film Screen - Lincoln (CTR Lobby)

2PM: Women’s Soccer vs Tompkins Cortland Community College (Home Fields)

4:15PM: Men’s Soccer vs Tompkins Cortland Community College (Home Fields)

All Day Sept. 19-20: Homecoming & Alumni Weekend (Main Campus)

### Want to submit an event?

Contact  
Hudsonian@hvcc.edu

Promotional graphics also available on request!



## WELCOME TO NEW EDITOR-IN-CHIEF

LEADERSHIP FOR THE NEW ACADEMIC YEAR: A LETTER FROM THE EDITOR

Isabelle Holt  
Editor-in-Chief

Happy fall and welcome! As the new academic year begins, I wanted to take time to introduce myself as the new Editor-in-Chief of The Hudsonian. My name is Isabelle. Previously I worked as the business manager and the copy editor of this newspaper, and now I am taking this leadership position for the year.

Academically, I am a nursing student, set to graduate in Spring of 2027. I am also in the Phi Theta Kappa chapter on campus, a member of this newspaper, the student representative for my local Rotary Club, and a member of a variety of clubs on campus. Aside from school and extracurriculars, I work full time at a local hospital on a medical-surgical floor. I’ve worked there for about a year and a half, and I love everything about it.

As you read this paper, you will find that everything is written by students on campus, everyone from a different walk of life. Our team is composed of

individuals with varying backgrounds, passions, and ambitions. Each of us is on our own unique journey. It is this diversity that allows us to grow, learn, and remain open-minded as we work together. In fact, it’s this diversity that makes this organization not only a place for professional growth, but also a place for meaningful connections.

Together we are able to give the readers in our community, faculty, and our peers, a chance to hear our perspective and read pertinent news.

May your time as a reader of The Hudsonian be one of connection, curiosity, and community. Thank you for being part of our growing community of engaged readers.

I wish you a wonderful school year filled with success.

Yours truly,  
Isabelle H.  
Editor-in-Chief  
The Hudsonian



Want to get to know the new E.I.C, staff members, and editors? Join The Hudsonian in meeting on Mondays at 2pm in ADM 105.

YOUR voice matters. YOUR opinion matters. SPEAK UP, report authentic and honest news. YOU are what makes Hudson Valley a community.

## Hurricane Erin Slams Seaside Heights, NJ

Rip Current Claims Local Swimmer

D. Esposito  
Staff Contributor

The Jersey Shore was hit again, as Hurricane Erin came crashing through the coast late Sunday August 24th. The storm brought heavy rain, winds, and major flooding. The Category 2 storm made landfall near Seaside Heights just after midnight, with the wind gusts scaring both tourists and locals alike.

Boardwalk businesses now face some damage that will have to be fixed, but luckily, it is nothing compared to Superstorm Sandy in 2012. Iconic attractions, including arcades and food stands along the Seaside Heights boardwalk, were hit and flooded by storm surge. Local officials estimate that repairs could take months, but the community is strong and ready to take on the challenge.

Emergency crews worked overnight to rescue stranded families and restore power to the homes affected. On Monday, part of Seaside Heights lost power, and officials urged the out-of-town residents to avoid returning until roads are cleared.

Those warnings proved especially urgent when tragedy struck on August 11. A 31-year-old man from Trenton lost his life after being swept into a rip

current, just hours after lifeguards had left for the day. First responders were able to rescue four others, which included his 16-year-old son, but despite immediate CPR efforts, the 31 year old man was pronounced dead at Commu



nity Medical Center in Toms River. Officials urged swimmers to never fight a rip current but instead swim parallel to the shore until free from its pull or until rescue teams can save you. Or an even better idea, just stay out of the ocean when the red flags are flying.

Photo: Jersey Shore

## EU Fines Google 2.95B

Trump claps back... tariffs and trade re-distribution threats...

Isabelle Holt  
Editor-in-Chief

On September 5th, the European Commission fined Google a lump sum of €2.95B- the result of the tech company allegedly distorting the market for online ads.

The European Commission is the executive arm of the European Union (EU), responsible for proposing policies and laws, managing budget, and implementing important decisions. Overall, the purpose of them is to represent the EU to the public, on an international and political level.

Accusations against Google were based on distorting the market of online advertisement, by favoring its own services, which is ultimately detrimental to other competitors, advertisers and online publishers. The company owns various parts of the digital ad system, which is considered a major conflict of interest. Google has ownership of software that is used by publishers and advertisers when they are purchasing online ads.

The fine was originally intended to be delivered on Monday, September 1st, however Maroš Šefčovič intervened amidst the tariff threats from



NEWS

LONG STORY  
SHORT...

NEW PRESIDENT BEGINS AT HVCC... WE WELCOME DR. BROPHY!

Isabelle Holt E.I.C.  
Hudson Valley Community College recently Welcomed Michael S. Brophy as the 8th President of the College. He comes to HVCC extremely well versed at what he does, with over 35 years of experience. Dr. Brophy has his PhD in Educational Leadership and Policy Analysis. His extensive knowledge, experience, and previous success at other educational institutions gives the college a fresh start- set up for success.



Pictured above, Dr. Brophy, HVCC's 8th President (hvcc.edu)

LISTEN: Top Ten Billboard Last Week

Isabelle Holt  
Editor-in-Chief

1. Golden HUNTR/X
2. Ordinary Alex Warren
3. What I want Morgan Wallen ft. Tate McCrae
4. Your Idol Saj a Boys
5. Soda Pop Saj a Boys
6. Love me not Ravyn Lenae
7. Manchi l d Sabrina Carpenter
8. Lose Control Teddy Swims
9. How it's done HUNTR/X
10. Die with a Smile Lady Gaga & Bruno Mars



Cont... EU fines Google...

President Trump. The White House has now used the threat of trade redistribution and tariffs to foreign countries and institutions since Trump's return in January to the office.

Trump's clap back at the EU and European Commission has resulted in Google now having 60 days to report back on how they plan on remedying the situation. In early November, there will be a hearing and assessment of Google's proposal, which will then determine further actions.

"In 2023, the Commission issued a charge sheet to Google in which it concluded that a mandatory divestment



Left image: Politico Right Image: CNBC

"American tech giant is alleged to have distorted the market for online ads"

by the internet search behemoth of part of its adtech operations might be the only way to effectively prevent the firm from favoring its own services in the future," says Jacob Perry on the topic for Politico news. The charge sheet issued to Google is a formal document laying out the allegations against them.

The Commission's multibillion-euro fine falls slightly short of the €4.34 bil-

lion fine the EU executive gave to Google in 2018 over abuse of dominance related to Android mobile devices, but still is higher than the €2.42 billion fine the firm faced for favoring its own comparison-shopping service in 2017.

In short, many different resources are revealing that one of the few long term solutions to the tech company's self preferencing is to break up different parts of its business/ownership.

FAMINE STRIKES...  
SPREADING IN GAZA

Clark Crouse  
Web Editor

Famine, according to the United Nations, is classified when a populace faces a combination of widespread malnutrition, deaths from starvation, and the spread of disease due to a lack of access to food. Famine can be statistically defined by meeting various conditions. These conditions include: twenty percent or more households have a severe lack of food, thirty percent of children under the age of five are facing malnourishment, and at least two out of ten thousand people are dying due to starvation or the combination of malnutrition and illness. Famine can be caused by three man-made or nature-driven factors, including warfare, drastic climate conditions, and economic decline.

The Integrated Food Security Phase Classification system, otherwise known as the IPC, measures the degree of food security in various

phases, with famine being placed at Phase 5. The IPC is the international standard for classifying acute food insecurity, with its primary usage being the prediction or confirmation of famine in a given country. International agencies and allied governments formally declare famines, not the IPC, as it is more of a tool or guide rather than a governing body. Humanitarian partners with volunteers working in malnourished cities report back to the international community, allowing them to conclude the status of the given circumstances.

The first modern famine in the Middle East was declared on August 22nd, 2025. With two years of severe conflict, repeated dislocations, and major restrictions on humanitarian aid, the Gaza Strip was officially declared to be under a severe hunger crisis.

The current conditions in the Gaza Strip have severely impeded access to essential resources such as food, water, and medical aid, pushing the population into mass starvation.

Famine conditions are expected to spread from the Gaza Strip to the cities

of Deir Al Balah and Khan Younis later this week.

Below: South China Morning Page



Why College Students Need Financial Literacy:

Fallon Greenaway  
Guest Contributor

For today's students, money stress has become the norm. With rising tuition, room, board, and credit card fees, students are left trying to juggle how to get by. Add in student loans, and debt starts to feel inevitable. The fact remains most of us never learned money management skills prior to adulthood. That's why financial literacy, budgeting, saving, and planning isn't a choice anymore. It's essential. **The Reality for Students...** Bills are coming faster than paychecks. Textbooks cost a couple hundred dollars, tuition goes up and up, and credit card companies are salivating at the chance to get students on board. Without sound

Building Financial Foundations

financial habits, it's easy to get that degree, but also to end up with debt that can linger for years and years. Financial literacy gives students what they need to steer clear of that trap. **Why should you consider starting early?** Time is one of your most powerful tools. Saving a small amount of money each week builds firm habits and long-term stability. The earlier students start, the longer they get to benefit from compound interest, the way money earns money. It's the difference between being trapped and building financial independence. **What is ahead and why does it matter?** This article kicks off a series on financial literacy here at HVCC. In the weeks ahead, we'll dig into topics students ask about the most: how to build an emergency

fund, create a budget that works, use credit wisely, and even start investing while still in school. Financial literacy is not merely numbers, it's about freedom, choice, and confidence. The habits we develop today can stay with us well beyond the ceremony. My goal is to give you tools that you can actually apply so that money doesn't feel like this constant nag and more like something you can control.

I look forward to your joining me, asking your questions, and being part of the conversation. Together, we can build a more secure financial foundation, beginning today.

Best,  
Fallon Greenaway



# Regeneron Donates \$500,000 to Hudson Valley Community College to Strengthen STEM

D. Esposito  
Staff Contributor



Regeneron Pharmaceuticals is a leading biotechnology company that is based out of Tarrytown, New York, and has many other research and manufacturing branches across the country, and multiple worldwide partnerships. Regeneron’s main purpose is developing and manufacturing different biologic medicines. You may not think that you know much about Regeneron, but it is likely that you have heard of some of their biologics, most likely from television medication commercials. Their groundbreaking drug therapies, like Eylea for eye diseases and Dupixent for inflammatory diseases are seen in widely seen commercials played on most tv networks.

The Capital Region Regeneron, a part of the larger global company, recently donated \$500,000 to Hudson Valley Community College. The donation was intended for Hudson Valley to expand their STEM department, which includes science, technology, engineering, and math. Hudson Valley is honored to receive such a large grant for their STEM departments, and has already begun plans to create a Regeneron Biotechnology Lab, and the Applied Technology Education Center (ATEC). Regeneron has also stated that they plan on providing hands-on biotechnology opportunities for local high school students and college students.

Regeneron is dedicated to supporting education in STEM, and this grant will provide exactly that. Students will get hands-on experience that contributes to both learning and generating life long passion for science. Students will now have more support to dive into the subjects that interest them, and also have more opportunities to try new things, outside of what is currently offered at HVCC. Most importantly, students will have chances to make mistakes, try alternatives, and immerse themselves in many different aspects of biotechnology.

## Anthropic Backs California Bill That Could Test Newsom on AI

Clark Crouse  
Web Editor

Much to the tech world’s astonishment, a large company behind AIs, Anthropic, has publicly declared support for California’s Senate Bill 53. This bill was put into writing by State Senator Scott Wiener, set to regulate AIs. The bill pits Anthropic against other leading technology giants and interest bodies who have been opposing the bill with much determination. SB 53, the Transparency in Frontier Artificial Intelligence Act, is a bill mandating major producers of AIs to make public safety designs and transparency reports before putting newly developed models into use. It attempts to prevent “catastrophic risks,” such as the use of AI in biowarfare manufacturing or cyberattacks. It’s a narrower bill than previously more stringent bills,

including last year’s vetoed bill, SB 1047, vetoed by Governor Gavin Newsom.

Anthropic’s support is being described as a “rare victory” for Senator Wiener and a “healthy template for the regulation of AI” where no federal regulations exist. Proponents of the bill believe it successfully transforms voluntary safety pledges into legally binding safety requirements, guaranteeing accountability and safety for everyone. Some opponents of the bill, including industry leader OpenAI, believe state-level regulation could inhibit innovation and bring differential norms inconsistent with those developed for home markets in the longer run, playing to foreign competition’s advantage.

An earlier version of the bill was already passed in the California Senate and needs a final vote before it goes to the desk of Gov. Newsom. His position on SB 53 will garner a lot of attention as it would establish precedent nationwide for regulations for Artificial Intelligence.



## Cellphone Bans In Shools

Adelaide Dabrowski  
Staff Contributor

In 2023, Florida became the first state to announce a plan to ban cellphones in schools statewide during school hours. Other states soon followed suit, until a total of fourteen states had banned cellphones in school, and several others enacted laws to regulate the amount of time students spend on their phones during the school day. In May of 2024, New York joined these ranks, and in September of this year, the statewide ban on cellphones in schools came into effect.

This school year, students will not have access to their cellphones during the school day, which includes lunch and breaks as well as class time. The intention of this ban is to remove the distractions cellphones and other devices present, to take a step back from the digital world, and, in doing so, improve students’ academic performance and encourage students to engage with each other during break times rather than spend that time on a device.

While it is still early in the school year, most teachers seem to be supportive of this ban. They hope that students will be more focused and engage more in learning the material during class. Teachers also hope that the regulations on cell phone usage will help students spend less time on social media and decrease cyberbullying.

Student opinon seems to lean in the opposite direction. A few students seem happy with the ban, enjoying the opportunities to engage face-to-face with friends, have less of a distraction during class, and even just having a reason to stay off their phones. However, most students don’t agree that banning phones is a good idea. They argue that cellphones can be useful resources and students should have access to phones for entertainment during breaks. One of the most common concerns for those who disagree with the phone ban is safety; students want to have access to their cellphones in case of an emergency.



Save money on sweet campus deals!

To never miss a free event on campus, visit the Events page on the HVCC website with up-to-date times and locations of opportunities on campus!

If you are searching to meet people that practice their faith similar to you or even to explore what you believe, there are several student organizations that are available and open to the public. There is the Jewish Student Union, Muslism Student Association, Real Life Club, and the Student Christian Association.



Editor-in-Chief Isabelle Holt  
i-holt1@hvcc.edu

# Opinion

## J. Cole: 2014 Forest Hills Drive REVIEW: 11 YEARS LATER

D. Esposito  
Staff Contributor

J. Cole released 2014 Forest Hills Drive in December of 2014. He had no clue how influential his album would end up being.

He created the album with no guest features...just 13 solo tracks that he named after the address of his childhood home. The album became a body of work that has been known as one of the defining rap albums of the decade.

The album is still so popular that on December 16th, 2024, J. Cole played a sold out, one night only show at Madison Square Garden to celebrate the tenth anniversary of the album.

The album plays like an autobiography, especially when you listen to it in order. He begins with rapping about his crushes and early mistakes on “Wet Dreamz” and “03’ Adolescence,” then begins to rap critiques about life and culture “Fire Squad.”

He also raps about nostalgia and hard lessons, but he never drifts far from his message that growth comes with self-awareness. By the time he

arrives at the final track, “Love Yourz,” He delivers one of his most influential lines, “No such thing as a life that is better than yours.” If you have never listened to this album from start to finish without interruption, I would definitely recommend it.

Now more than a decade later, 2014 Forest Hills Drive still sounds new, partly because it was never designed to be a “trendy” piece.

It is a timeless work of art. J. Cole gave listeners a personal history that many also see as a shared one, proving that sometimes the most powerful stories are told without dramatics.



Left: D. Esposito, Top: Columbia Records, Headshot: PNG Mart



## LOON LAKE, NY Your next summer vacation spot!

D. Esposito  
Staff Contributor

The Adirondacks are only about an hour and a half from Hudson Valley’s campus, and they are the perfect vacation spot for college students that are looking to get away!

Loon lake is a smaller lake in the area, but it is the perfect addition to put on your bucket list for next summer. Whether you are searching to disconnect from the business of life, or if you are looking for adventure, this is the place to go.

There is something for everyone to do at Loon Lake. There is kayaking, canoeing, paddleboarding, and swimming if you’re looking for something relaxing to do in the water.

If you are looking for something more

action-packed on the water, there is fishing, tubing, and waterskiing.

If not having your own equipment is what is holding you back, there is a local shop, The Crossroads, that rents out kayaks and paddle boards. They also sell fishing poles and all the tackle you could imagine!

If you like land activities more than being out on the water, there are many hiking trails that lead to breathtaking views and a calmness that college students search for.

No matter what you choose to do, Loon Lake provides the perfect opportunity to reset, connect with nature, and take beautiful photos.

Loon Lake is the perfect spot for college students to take a getaway because it is cost effective and close by.

You can spend time on the lake making memories with your family and friends without breaking the bank.

It is close enough to go for a weekend trip, yet far enough to feel like you’ve escaped the daily grind. This summer, skip the crowded tourist traps and spend time reconnecting with nature at Loon Lake.

Photo: D. Esposito, Loon Lake



## Weekly Scoop: What is happening on Jersey Shore?

D. Esposito  
Staff Contributor

In this week’s Jerzday episode, Mike and Lauren Sorrentino hosted a surprise party for Sammi, and the entire cast celebrated Sammi’s engagement to Justin.

The party became an emotional moment amid their ongoing IVF journey. The show is running a little behind real life. While this week’s episode centered on Sammi’s surprise engagement party, off-screen she’s already welcomed her rainbow baby boy, Vincent Keith May, on August 20th.

Nicole, AKA “Snooki”, shared a family photo celebrating her son Lorenzo’s big 13th birthday alongside husband Jionni and their kids.

It’s rare that Snooki posts a family photo, and this recent one had fans feeling nostalgic and emotional.

DJ Pauly D has gone full flavor this

week by collaborating with New Haven’s famed Sally’s Apizza on a new pizza, the “Meatz Ah-Beatz,” loaded with pepperoni, meatball, sausage, bacon, pancetta, and pecorino.

With the purchase of this specialty pizza, fans have a chance to win tickets to see Pauly D perform at Toad’s Place.

Jenni recently shared the upsetting passing of her beloved pup, Noel, also known as Lean Cuisine.

At almost 18 years old, Noel was a fierce member of the Jersey Shore family, even living in the Jersey Shore House alongside the cast during season three.

On last week’s episode of Jersey Shore: Family Vacation, Vinny revealed that he is ready to dip his toes back into the dating pool.

During the cast’s trip to Jamaica, The other cast members threw together a makeshift “dating show” for Vinny.

Although it seemed unsuccessful at first, Vinny ended up making a connection the next day, with one of the girls from the dating show, Ailin.

Sparks are flying!

Below: MTV Jersey Shore: Family Vacation





Teen drug overdoses are on the rise. These overdoses are mostly driven by fentanyl. Some are speculating that teens are being targeted by drug traffickers on social media. Compared to prior years the overdoses between the ages from 14-18 the deaths skyrocketed because of overdose. You might be wondering why this must be happening. On social media there's a lot of misinformation of people "using these drugs" but a lot of creators use fake pills resembling some of the drugs they're seen taking. Teens may be unaware of that and may be taking prescribed medicine that could be laced with fentanyl which is so bad for

teens especially as they're still developing. Fentanyl is a highly potent opioid and can be lethal in small quantities especially for teens so they may be unaware of the lethal substances that they're putting into their body.



## F 1: The Movie (May Contain Spoilers)

Saima Syeda  
Managing Editor

The film explores the world of Formula 1 racing in great detail and is a documentary/drama. This film emphasizes both the competitions' genius and the love of engineering. The movie chronicles the Williams Formula One team's career, including its setbacks, triumphs, and behind-the-scenes romance. The film's racing footage and cinematography were just stunning. It was incredible to see the various vehicles on the circuit, the pace, and the uncut video of the team's sincere emotions as they considered whether or not they would place on the podium. The camera work effectively conveys the sport's excitement and peril, giving you the impression that you are competing in the race. Beyond the racing sequences, the film was outstanding because it showed the team's hardships, sacrifices, rivalries, and vulnerabilities, all of which gave the film greater emotional depth. I would strongly suggest viewing the F1 movie if you're an F1 fan or simply want a fantastic film to watch because it captures the sport's greatest moments, challenges, and riches.



## Join the Computer Science Club: Code, Create, and Connect!

Kelly Nguyen  
Layout Editor

Are you interested in coding, technology, or just want to meet a community of people? Then the Computer Science Club is the perfect place for you!

The club is all about having fun, expressing creativity in code, meeting new people, and exploring fascinating topics regarding computer science. Whether you're a beginner or have some experience, there's something for everyone to enjoy and learn. The club meets every Wednesday, in BTC 309, from 1pm - 2pm.

The Club dives into unique coding projects like building websites and exploring new programming languages. They have lots of interesting projects planned like making a game, collabing on code, and even a coding challenge with prizes. However, most of those are a work in progress. The club has already gone over making a personal website and a "breathing simulator" animation using HTML and CSS. Of course, each club member's program is a little different due to flexibility of the programs and individualizing their codes.

When learning new coding topics, the club presents a slideshow explaining the basic concepts of what the members should know before jumping in. Then, the officers do a live tutorial where they type a block of code together. As members follow along, they are allowed to change up the color, layout, pictures, and etc to make the code their own. The officer doing the live tutorial will also explain the topic as they type. Doing this allows members to be exposed to the new topic so they can learn more about it in their free time with what they already know.

On days the club doesn't code, the club likes to keep the fun going with discussions about the latest technology. Whether it's exploring the world of A.I, debating the merits of different programming languages, or just chatting about some technology, there's always something exciting to talk about.



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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 by appointment, drop by CTR 291 (Hudsonian Newsroom).

Did you know?

Work published in The Hudsonian earns you \$\$\$!

\$25- Articles >250 words

\$10- Articles <250 words

\$10- Photo / artwork

Join our weekly meetings to learn more!

Boost your resume, better our campus, make your voice heard.

# Sports

## Minnesota Vikings’ Create an Internet Sensation: Male Cheerleaders

D. Esposito  
Staff Contributor

This season, the Minnesota Vikings kicked off their season with a small change to their cheerleading team that ended up becoming a huge internet story. The sidelines have almost become a bigger story than what is actually happening on the field! The team welcomed two male cheerleaders onto their squad, Blaize Shiek and Louie Conn. The pair are the teams’ first male cheerleaders, and their debut broke the internet. Many comments were filled with awe and praise, however, there was also some criticism. This change made room for a national conversation about gender roles. Many TikTok videos featuring the duo alongside their female teammates dancing together had thousands of views within hours, with likes, comments, and shares coming in across all platforms of social media.

While multiple teams have male cheerleaders on their teams this season, these two have gotten famous quite quickly and have remained in the



## “Minnesota Vikings’ New Male Cheerleaders Take the Internet by Storm...”

spotlight as they continue to post on social media, and be posted about by others! Although there has been criticism, and some think that the addition of the two boys is inappropriate, men have long had a place in cheerleading. This includes at its birthplace, where the first recorded cheerleader in 1898 was male. The two do not seem to be bothered by the small amount of negativity. For Shiek and Conn the mission is simple: bring energy to the sidelines and help the team's fans cheer louder than ever. All of the Vikings’ cheerleaders make an already great team even easier to root for!



Newsbreak Images

## Fly to Fit: Your Newest Favorite Workout Spot

D. Esposito  
Staff Contributor

Have you ever given bungee fitness a

Is the gym starting to bore you? Have you been looking for new and fun workouts to try?

Fly to Fit Bungee Fitness Studio, located in Colonie (just 20 minutes from campus) offers a large variety of exciting Bungee workout classes.

Very different from the average gym, Fly to Fit offers a fun style of workout that you’ll actually want to keep going to.

The studio is always bustling with excitement.

Clients from all over town gather to listen to music, catch up on each others’ lives, and get in their daily workout together.

Their low impact, high intensity classes blend full body cardio with weight and resistance training. Burning calories while protecting your joints!

When you arrive, you can expect to get fitted for a harness and bungee, and get some stretching in before class.

Their environment is upbeat and

welcoming; other clients are always offering to lend a helping hand to the newcomers.

Once you’re all strapped in, prepare to fly! Each class is led by an instructor, and typically consists of three rotations of arms, legs, and cardio workouts.

Classes are held every day of the week in the morning, afternoon, and evening, and there is a class for everyone.

There are classes with focuses on cardio, dance, and weight training in the bungee.

There are also mobility impaired classes, which offer extra support for individuals that seek it.

Outside of the bungee, there are yoga classes, TRX, and Zumba.

They offer single class passes, multipack bundles, and monthly memberships... But the best part? They offer a student discount!

Image: Fly to Fit Albany NY

### CLASSES OFFERED:

- Bungee 101
- Tabata Bungee
- Toning Bungee
- Step Class
- TRX
- Kids Bungee
- Rebounder Class
- Bungee HIIT
- Bungee Barre
- Dance Bungee

... and many more!

FLY TO FIT  
Bungee Fitness Studio

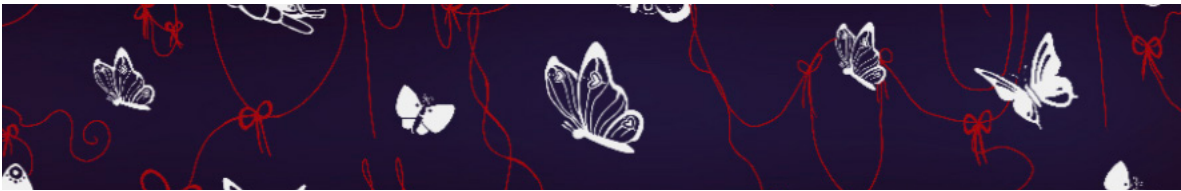




# Arts & Life

## Tangled Threads, Tiny Wings

Samarun Suhana  
Copy Editor



Artwork done by: Olivia Williams

Have you ever wondered about how the Butterfly Effect and the Red String Theory interact? During the summer, I created a psychological study where the question posited was “Are people who believe in the Butterfly Effect and the Red String Theory more likely to describe their interpersonal experiences as if they were destined by fate?”

By definition, the Butterfly Effect is the notion that one small action can lead to a plethora of consequences. Each action could create a different ending. The Red String Theory is the theory that everyone is destined to meet because of an invisible red string that connects them. Both the Butterfly Effect and the Red String Theory have been in various media, one being anime. There is the anime “Erased” where the whole premise is that a man travels back in time to fix certain issues with the precautionary device being a blue butterfly. In Western media, the concept of the Butterfly Effect and The Red String Theory are much more shy; they’re harder to notice, but with a trained eye, they’re right in plain sight. In a trailer for the video game “Until Dawn,” the whole trailer is about “what if every action you do leads to a different path.” Another video game that hints at the Butterfly Effect is “Life is Strange.” This being the protagonist’s ability to rewind time to allow the player to see just what happens if they did things differently. Now to stray from tiny wings, let’s look at tangled threads in modern media.

The Red String Theory in anime is much more common than in Western media. This theory is prevalent in animes like “Your Name” and “Your Lie in April.” Although not common in Western media, the Red String Theory has found its way into it. In books, music, and video games, the theory is much harder to notice. The novel “Jane Eyre” explores the concept of the Red String by Mr. Rochester describing feeling “connected” to Jane by a string under their ribs. This thread is not condemned only to romantic relationships, as seen in the novel “Red Thread of Fate.” The novel goes on a journey with Tam to adopt a boy from China and become the sole guardian to her cousin’s child. In the video game “The Legend of Zelda: Skyward Sword,” the protagonist mentions being bound by the red thread of fate to Link.

With so many references to the Butterfly Effect and The Red String Theory, you’d think that there would be tons of people who have at least heard of the concept and theory, however, that is not the case, but that is what my study hopes to unveil. There may be times when you wonder if you were meant to do something or meet someone, but with tiny wings and tangled threads, you are one step closer to finding out.

## Cabin Fever

By M.M. Stephens

