

# THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

## EVENTS

TUESDAY || Feb. 24

10AM-11AM: Student Sip & Chat at HVCC North (TEC-SMART)

10AM-5PM: Discounted Regal Movie Ticket Sales (CTR 210)

11AM-1PM: Tobacco Cessation Program Information Table (CTR Lobby)

12PM-2PM: Sixth Annual Martin Luther King Jr. Speaker Series: Dr. Uche Blackstock (BTC Auditorium)

12PM: Yoga (CTR 270)

2PM-4PM: Civilian Response to Active Shooter Events (CRASE) (CTR 204)

4:30PM: Board of Trustees February Committee and Monthly Meetings (Board Room)

6PM-8PM: Civilian Response to Active Shooter Events (CRASE)(CTR 204)

WEDNESDAY || Feb. 25

10AM-2PM: RPI: Transfer Information Table (CTR Lobby)

10:30AM-1:30PM: Internship Fair (CTR Lobby)

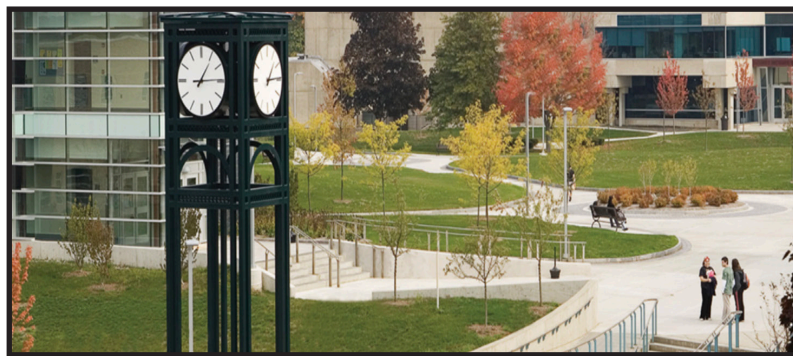
2PM-2:50PM: Investing Ahead: Eight Rules for Confident Investing with Thomas Curran (BTC Auditorium)



The Hudsonian is the student-run newspaper of Hudson Valley Community College, dedicated to informing, engaging, and representing the campus community. We support diversity, inclusion, and accurate representation while encouraging creativity, critical thinking, and responsible journalism. Our mission is to provide a platform for student voices and to report on issues that matter to HVCC with integrity and professionalism.



**VALUE FOR VIKINGS: SAVE \$ THIS SPRING PG 3**



## Feed Your Brain, Free Your Mind: How Nutrition Shapes Student Mental Health

Aisha Mustafa  
Staff Writer

As of today, anxiety disorders are the single most common mental health disorders among adolescents and adults. This is especially relevant in the context of students as it can impair necessary functions such as focus, working memory, and information processing. This can lead to poor academic results, testing anxiety, and incomplete assignments. Over time, it can create a positive feedback loop in which neg-

ative outcomes increase anxious tendencies, fueling more negative outcomes. Additionally, anxiety is associated with low self-esteem and can take an emotional toll on students, especially when coupled with stressful academic environments. More and more studies are showing a positive association between poor diet and anxiety. For example, a review by researchers from Bournemouth University found that consumption of sugary drinks was consistently associated with greater reports of anxiety symptoms in adolescents. These sugary drinks include

sodas, energy drinks, juices, sweetened teas, and coffee. A separate review written by Monique Aucoin in the Nutrition Journal of the National Library of Medicine provides another association between healthy diets and reduced anxiety symptoms.

More specifically, high fat, inadequate tryptophan (an essential amino acid) and protein, and high intake of sugar and refined carbohydrates were all linked to high anxiety symptoms, while the opposite was linked to reduced anxiety.

In recent years, anxiety has risen among adolescents and studies show that lifestyle habits may be contributing factors. For this reason, it is highly encouraged that students take their lifestyle choices into consideration as soon as possible and take actionable steps to improve their nutrition.

Even without anxiety, diet has been linked to numerous health implications and longevity.

Photo: Mass General Brigham (Diet and Mental Health)

The 988 Suicide & Crisis Lifeline connects you to trained crisis counselors 24/7. They can help anyone thinking about suicide, struggling with substance use, experiencing a mental health crisis, or any other kind of emotional distress. You can also call, text or chat 988 if you are worried about someone you care about who may need crisis support.



## Valentines Day at HVCC: How do Vikings Celebrate?

Shia Lang  
Photo Editor

On Friday the 13th, HVCC staff hosted a Valentines Day celebration! They had an array of delicious desserts, with Valentines cards and inspirational words. Mazzone's staff provided food, and many cute and scrumptious delicacies. They made chocolate covered strawberries, lots of different kinds of cookies, cupcakes, brownies, and candy.

Both Dashira Cortes, the Associate Director, and Alfredo Balarin, the Director of Student Life, made an appearance by giving out the treats. Not only were they present in this celebration, but our very own mascot, Victor the Viking was there! He was handing out flowers to the students and bringing the life of the party to the Siek Center.



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# Opinions

Editor-in-Chief Isabelle Holt

i-holt1@hvcc.edu

Opinions Editor Matthias Mojalli

m-mojallali@hvcc.edu

## EVENTS

WEDNESDAY || Feb. 25

3PM: Men's Lacrosse v Sussex County Community College (Home)

THURSDAY || Feb. 26

9AM-11AM: Civilian Response to Active Shooter Events (CRASE) (CTR 204)

10AM-1PM: Binghamton University, Watson College of Engineering &amp; Applied Sciences: Transfer Advisor Visit (CTR 290)

10AM-2PM: Weichert, Realtors - Tri-City Properties: Employer Information Table (CTR Lobby)

10AM-2PM: SUNY Oneonta: Transfer Advisor Visit (CTR 290)

10:30AM-2PM: Siena University: Transfer Information Table (CTR Lobby)

1PM-3PM: Civilian Response to Active Shooter Events (CRASE) (CTR 204)

2PM: Black History Month Movie Series (CTR 202)

3PM-5PM: Civilian Response to Active Shooter Events (CRASE) (CTR 204)

FRIDAY || Feb. 27

9AM-10:30AM: Viking Novel Writing Month Write-In Session: Revision (MRV 235)

9:30AM-2:30PM: University at Albany: Transfer Advisor Visit (CTR 294)

10AM-12PM: Civilian Response to Active Shooter Events (CRASE) (CTR 204)

SONG RECS BY

HANA...

Samarun Suhana  
Copy Editor

As the snow continues to fall heavily, one may yearn for the blazing sun that summer provides. Here are a few of my summer song recommendations! I put each song in order to resemble a time of day to make it a bit more fun.

Otsukare Summer by HAL-CALI: Bright and early morning, the sun is just coming up! A very cute song about unrequited love. Otsukare Summer is about a girl's crush and how she is trying to do everything to make him notice her, but by the end of the summer, he remains a crush. The chorus itself starts off with sarcasm, saying "Good job summer/ The girl with a faint dream is crying in secret." The girl is the singer and her faint dream is having a crush on this guy, and she's sarcasti

## Laplace's Angel: Hurt People? Hurt People!

Aisha Mustafa  
Staff Writer

'Laplace's Angel (Hurt People? Hurt people!)' by Will Wood is the third song from The Normal Album released in 2020 with a dark, upbeat, and flamboyant tone mimicking that of a Disney Villain song.

The lyrics of the song are directly inspired by the deterministic philosophical concept of Laplace's Demon: a thought experiment originating in 1814 by Pierre-Simon Laplace. It constitutes that if there was a 'demon'—a term coined later to refer to the 'vast intelligence' that was originally referenced—with a mind capable of analyzing the entire universe and with knowledge of the exact momentum and position of every atom in the universe, the 'demon' could then calculate the entire past and future using classical mechanics.

Today, quantum mechanics—specifically the Heisenberg uncertainty principle—challenges this claim since no quantum state can simultaneously assign exact values to non commuting variables such as position and momentum. Despite this, the philosophical implications of the thought experiment cannot be confidently denied nor confirmed.

Laplace's Angel calls morality and free will into question with lyrics such as "If you were in my shoes; you'd walk the same damn miles I do" and "Am I really that



bad?'. Through these lyrics, Will Wood implies that behavior is driven entirely by determinism factors including environmental, biological, and evolutionary factors.

It can even be inferred that the song implies that actions deemed morally 'bad' are only natural. The subtitle (Hurt People? Hurt People!) is a reference to the cycle of trauma that creates evil.

What does science say about this theory? Modern neuroscience and

psychology indicate that human actions are heavily influenced by deterministic processes, though whether this establishes strict determinism remains unresolved.

Thus, the debate is still objectively inconclusive. Through 'Laplace's Angel', Will Wood does a great job of exploring these philosophical concepts in a cynical and artistic way, while encouraging further discussion of the implications behind his music on various websites and media.

## Movie Recommendation: The GOAT

Shia Lang  
Photo Editor

The GOAT is a 2026 film about a little goat named Will whose dream is to become a roar-ball player.

His mom always encourages him and tells him to dream big no matter his size, because traditionally animals who played that sport were big.

Will has a tough start in the movie, being close to being homeless, and nobody really believing in him.

No matter the struggle, he finds a way to play and one day, he goes viral for competing against a famous roar-ball player. Will gets his big break when his favorite team sees the video. He gets to play on the Vineland Thorns, and although the team didn't approve of him at first because of his size, Will still stayed positive and hopeful. The movie will have you hooked! It kept me and my friends all interested and wondering what is in store for Will's future.

If you get the discounted movie tickets on Tuesday at the Siek Center, near Student Activities, you could go down the street to the East Greenbush movie theater for a perfect, cheap, close hangout for you and your friends after (or even before) classes. I definitely recommend this movie as it's a fun sports movie for all ages that teaches the valuable message that you are never too small to achieve something big.

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SONG RECS BY

HANA...

-cally saying good job to the season of summer having failed to strengthen the two's bonds. Although the lyrics are quite sad, the backing track is so fun!

**SHOOT** (Firecracker) by CHAEYOUNG from TWICE: Around noon time, the sun is as bright as can be! A cute and high-energy song about letting go and igniting the passion within you. Chaeyoung encourages all listeners to follow their dreams and live a care-free life of passion, with lyrics like "Love is within, why are we still searching?/ Can we let go of the world so judging?" A different vibe compared to other TWICE songs, SHOOT is dreamy, very cloud-like, and almost unreal.

**ZEN** by JENNIE: Golden hour, when everything and everyone shines! A song about true confidence and peace. Referencing many Buddhist traditions such as letting go of attachments and becoming pure. With lyrics like "Can't be two of one," Jennie speaks of how there have been many attempts of people trying to copy her, she's essentially saying be yourself and be happy with yourself so you don't find the need to copy anyone else. As she says it best, "nobody gon' touch my soul, gon' match my glow, like/ I dare you." Personally, this one might be my favorite.



Photo: Jennie Album

**Boogie Wonderland** by Earth, Wind & Fire (feat. The Emotions): The stars come out, it's nighttime, and the moon is making its way into the sky! A song about escaping to a place where you can let out everything and just dance. Boogie Wonderland is sung like a story, starting out with people wanting to really let loose and go all out, segueing into a tale of the Wonderland where all troubles fade away and love can be found. Eventually, in the bridge, the singer hopes to find his love, and that wanting to find love is not a bad thing.

**I NEVER EXISTED** by Chase Atlantic: It's very late at night, and you go on a late night drive. This is the song I'd play. More of a cheating song, I NEVER EXISTED is about the two musicians begging a girl to not tell her boyfriend about her sexual encounters with them because they feel guilty about it and not wanting to enter into a committed relationship with the girl themselves. Although the lyrics are a bit off-putting, the vocals and vibes truly hit differently.

Happy listening!

## Professors: What makes a good one?

Aisha Mustafa  
Staff Writer

Throughout my time as a college student, I've taken classes with many different professors, all with unique teaching styles. How well someone gets along with a professor is up to individual variability and opinion. However, the professors who have been the most standout and influential all share the same important qualities.

The most important of these qualities is passion and mastery within their subject. When a professor is truly passionate about what they are teaching, it's a lot easier to pay attention and absorb the information. Communication is about much more than content.

Tone and body language sends a message that is just as important as the material itself. A dull and depressing tone can send the message that the teacher thinks the subject is boring and not worth their time, so why should the students think otherwise? On the other hand, professors who express the joy and excitement they have for their subject signal engagement and interest. Additionally, mastery of the subject allows for engaging and relevant question-answer exchange between teachers and students. Rather than relying on surface level content or memoriza-

-tion from textbooks, the deep mechanism and logic behind the subject itself can be uncovered through discussion.

Not only does this improve academic performance, a deep understanding of how systems work allows the content to stick for years to come. When memorization and surface level understanding is prioritized for standardized tests, information is forgotten much faster unless regularly reviewed. Finally and most importantly, professors must want their students to succeed. This quality leads to a healthy and respectful relationship with students, while its absence can cause issues.

Whether a professor is strict or easygoing can affect relationships with students and academic performance depending on the student profile.

Despite this, I don't believe this quality alone is sufficient to judge a professor at all. Strict professors may be difficult to adhere to in certain situations, but as long as a rubric is clearly defined and the aforementioned qualities are present, a strict professor can be great.

In contrast, a professor who's too easygoing could cause students to deprioritize their class.

However, if learning through participation is emphasized and the

core qualities are fulfilled, then this approach can be effective as well.

For this reason, the effectiveness of a professor can be evaluated through a series of variables, some more important than others.



Image: College Raptor

## Values For Vikings: Spring Clothes on a Budget

Molly Graiff  
Staff Writer

Happy spring! As the seasons change, so does your wardrobe! There's no reason to spend a fortune on new pieces. While thrifting is the most cost effective and sustainable approach, cheaper retail alternatives may appeal to you if you want the new with tags item without sticker shock.

TJ Maxx, Marshalls, and HomeGoods are all great places to find items for your style routine. These stores offer brand name items at a fraction of the cost and are constantly getting new inventory.

They're the kind of places where if you don't buy an item when you see it, it'll likely not be there the next time you go.

These are ideal spaces to find birthday presents or a gift for any occasion as the clearance sections tend to have a mishmash of goods.

Locating clearance sections can be tricky in these stores.

Depending on the location you may be able to locate the best discounts along the perimeter of the store. Many times items will have yel-

low or red markdown sticks but don't be deceived, sometimes an item is only marked down a dollar or two. Do your research!

If you see an item you're interested in, search the web first to see if you can purchase the item elsewhere for cheaper.

The nice thing about these being sister stores is that they are consistent in their price range and quality of items. While the items may differ slightly location to location, you're sure to find real gems at each one!



Photo: PYMNTS.com

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EDITOR-IN-CHIEF  
Isabelle Holt

MANAGING EDITOR  
Saima Syeda

COPY EDITOR  
Samarun Suhana

LAYOUT EDITOR  
Isabelle Holt

NEWS EDITOR  
Prajeeth Rangamudri

OPINIONS EDITOR  
Matthias Mojallali

PHOTO EDITOR  
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SPORTS EDITOR  
Rhyme Anwar

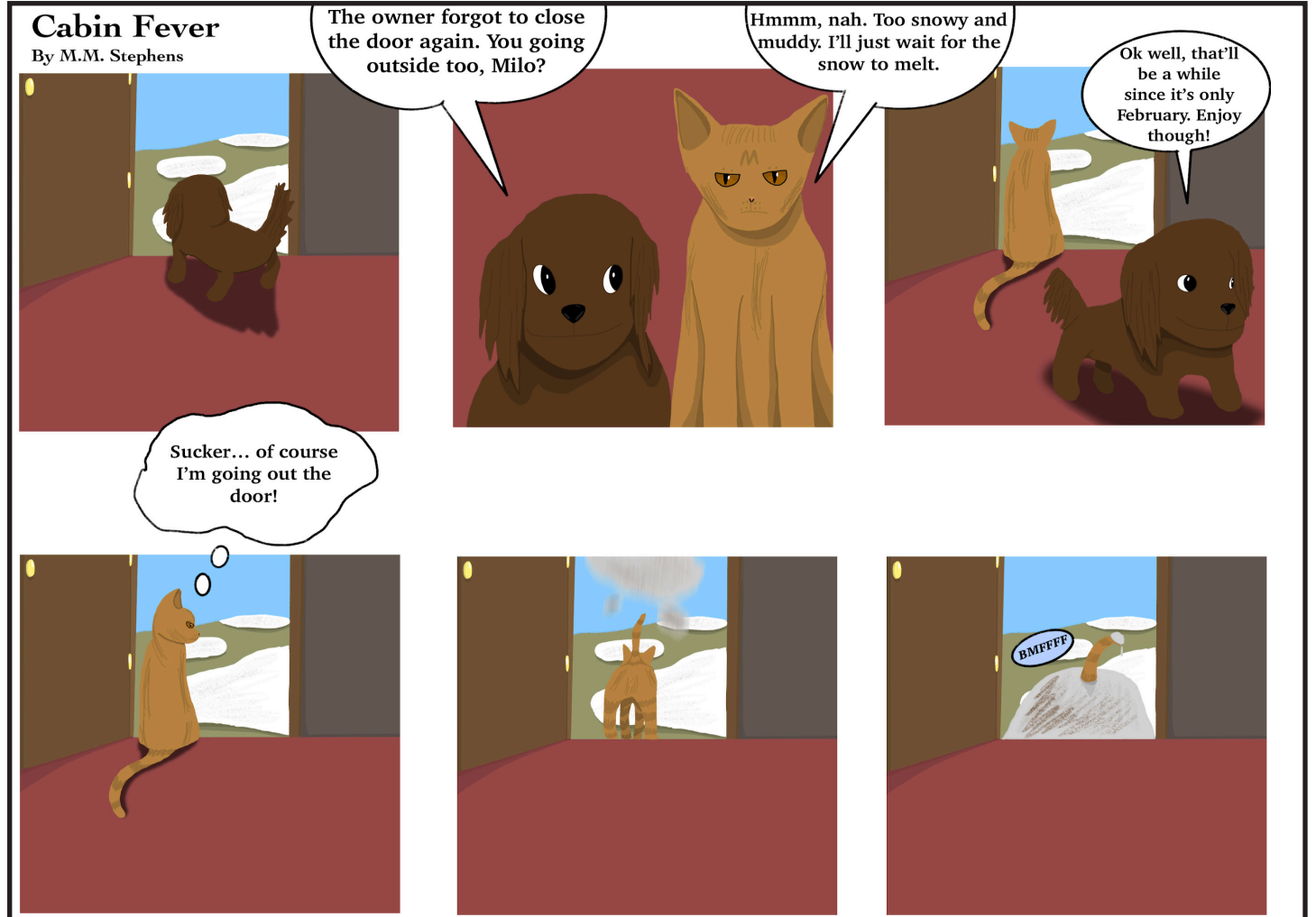
STAFF CONTRIBUTORS

Richard Anthony Jr  
Molly Graiff  
Lisa Grandy  
Matty P Kelly-Haller  
Zeshan Khan  
Andrew Mausler  
Aisha Mustafa  
Olivia William

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



Red Snow: Samarun Suhana

I find myself in a wooded forest, abandoned.  
The flowers are nowhere to be seen, the grass dry and dead. It was early January.  
My arms lay motionless, heavy and cold, yet I wear layer upon layer.  
My mixture of black and brown hair remains soaked at the roots, but bone-dry at the ends.  
It brushes against my face as my tears begin to fall.  
I know what happened, I remember.  
The snow, like a blanket, seeps through my wounds, numbing me.  
Once white, now red.  
The sun shining through each branch, the birds singing ever so gently, I finally feel at peace.  
Finally, a beautiful scene for someone who will soon become a part of the void.  
My eyes begin to close with content, my hair proceeds to fall off of my face.  
I say to nobody,  
"I shall embrace this moment and perish."

Artwork by: Olivia William



Did you know?

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

\$25- Articles >250 words

\$10- Articles <250 words

\$10- Photo / artwork

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