

# THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

## EVENTS

### TUESDAY || Sept. 30

8AM-9AM: Meet the Mayors (BTC Meeting Rooms)

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

10AM-2PM: Comparion Insurance Agency: Employer Information Table (CTR Lobby)

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

11AM-2PM: Downing of a Flag: Screening and Discussion with Producer Candy Fletcher (BTC Auditorium)

1PM: Criminal Justice Club Presentation True Crime (Brahan 001)

### WEDNESDAY || Oct. 1

8AM-1PM: SUNY OpInform (BTC Auditorium)

9:30AM-2:30AM: Siena Transfer Advisor Visit (CTR 290)

10:30-11:30AM: Media Event: Advancing Success Associate Pathways (CTR Lobby)

1PM-2PM: Computer Science Club Meeting (BTC 309)

2PM: Men's Soccer vs North Country Community College (Home)

2PM: Entpreneurs Club Meeting (ADM 103)

4:15PM: Women's Soccer vs North Country Community College (Home)

### THURSDAY || Oct. 2

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

12PM-1PM: Let's Taco 'Bout it: Study and Test Taking Skills (CTR 204)

1PM-2PM: Theatre Club Meeting (Maureen Stapleton Theatre)

2PM-4PM: Pride Alliance Club Meeting (ADM 107)

### FRIDAY || Oct. 3

5PM: Women's Soccer vs Onondaga Community College (Away)

#### Want to submit an event?

Contact  
Hudsonian@hvcc.edu

Promotional graphics also available on request!

#### Nepal On Fire?! Pg.4



Demon Slayer: Infinity Castle Movie Review! Pg. 6

## Electric Vehicle Showcase Held at HVCC

Campus event presents innovation and sustainability

D. Esposito  
Staff Contributor

On Saturday, September 13th, Hudson Valley Community College held its first ever electric vehicle showcase. They partnered with Sustainable Saratoga and hosted the showcase at Hudson Valley's North campus in Malta. The event was free to the public and was started in order to spread information about electric vehicles, and have many available for individuals to look at.

This month is national Drive Electric month, the perfect time to provide education on why electric vehicles are so awesome (both to drive, and for the planet!). They had all hybrid and plug in hybrid cars, trucks, and even motorcycles for people to check out. The main goal in mind was to spread good information and to convince the students and other populations at the event to think of a greener future, and to go electric.

Hudson Valley Community College is

proud to offer both degree and certificate programs in Electric and Autonomous Vehicles. The Electric and Autonomous Vehicles Certificate program focuses on the diagnosis and repair of electric, hybrid, and autonomous vehicles. That way the students who are going to school for Automotive Technology have the opportunity to obtain this certificate and prepare them even further for the field they will be entering after graduation. The new and more modernized vehicles

have all different kinds of computer systems, driver assistance systems, and even vehicle cybersecurity. In order to be accepted into this program, the student must have a valid New York State Driver's License and the professional toolset that is recommended by the department of Applied Technologies.

-D. Esposito



## Matt Chinian "1000 Paintings"

Exhibit highlights an artist's journey

Isabelle Holt  
Editor-in-Chief

Washington County artist Matt Chinian has brought his exhibition of oil paintings to Hudson Valley's campus. The exhibit was opened this past Thursday, September 25th, in the teaching gallery. The artist also spoke on campus discussing his work and pieces, as well as attended a reception that afternoon.

After 30 years of practicing carpentry for his career, Chinian returned to a passion-painting. His re-connection to the skill was 13 years ago.



Matt Chinian: First Street, Troy; oil on canvas, 13 x 14 inches, 2024

He was born in Cambridge, MA, and received his Bachelors of Art in sculpture and drawing from Bennington College in 1984, followed by his Master of Fine Arts in sculpture and painting from the University of Albany in 1988.

Chinian has had his work included in almost 50 exhibits in the Capital Region and beyond, since 2013. He has also completed several artist residencies, including one in Spain in 2024, at R.A.R.O.

Admission to his exhibit is free, and the Teaching Gallery hours are 10 a.m. - 4 p.m. Tuesday, Thursday and Friday; 11 a.m. - 7 p.m. Wednesday; noon - 4 p.m. Saturday. This exhibit closes on October 25.

'Exhibitions in The Teaching Gallery are installed and assisted by students enrolled in Gallery Management courses and supported by the Department of Fine Arts, Theatre Arts and Digital Media, the Cultural Affairs Program and the HVCC Foundation. Professor Tara Fracalossi is gallery director.'

GO TO ... PG. 2

# NEWS

Editor-in-Chief Isabelle Holt  
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**Animals up for Adoption:**  
*Could you give a furry friend a forever home?*



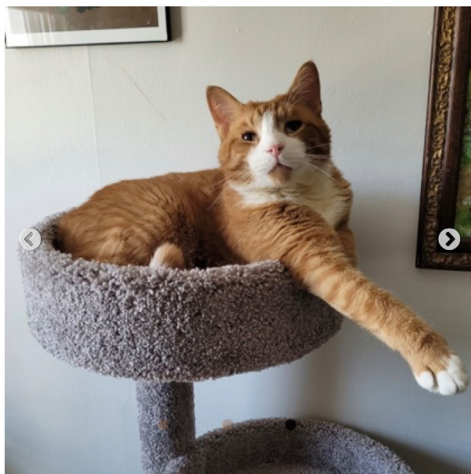
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ASPEN



MENU



CALVIN

Located in Menands, The Mohawk Hudson Humane Society is the oldest and largest animal protection organization in the Capital Region. It serves Albany, Rensselaer, and other surrounding counties.

To adopt animals, you can go to their website: [www.mohawkhumane.org](http://www.mohawkhumane.org) and view their available animals for adoption, alongside upcoming events, services offered, and rules/regulations regarding the adoption process. The phone number is (518) 434-8128 and their hours are 10a-6p Mon-Fri; 10a-4p Saturdays. Their address 3 Oakland Ave, Menands, NY 12204.

Isabelle Holt  
Editor-in-Chief

## Lake George Renaissance Faire

*Amor Clashes, Banners Fly, and History Comes Alive at The Annual Faire*

Saima Sydea  
Managing Editor

Lake George is having a Renaissance Fair from October 11-12. The official description on the page says “Enter an enchanted world within our campground that is filled with Kings and Queens, Knights and nobles, fairies and elves, pirates and peasants, and other fanciful delights! Costumes are encouraged, but not required. Gaze upon a variety of jousting matches, dueling sword fights, Medieval Pony Rides, Wizardly Magic, costume contests and more!” The Renaissance fair was founded in 2021 and they have been doing this fair every year since!



WanderingMonsters at Lake George Ren Faire 2024 -Mally Deblack

## Pizza Shop Outside of Buffalo Ranked one of the Best in the World

*Pizza Shop Earns Spot on Prestigious List of The World’s Best Pizzas*

Isabelle Holt  
Editor-in-Chief

Located in Kenmore, north of Buffalo, Jay’s Artisan Pizzeria has earned a spot on the Guide to the 50 Best Pizzerias in the World. This is the fourth straight year that it has earned this distinction. This year, the pizza shop has landed place number 14.

The annual list is published in Italy, by 50 Top Pizza, and has pizzerias from popular destinations such as Barcelona, Naples, Rome, and NYC. The inspectors are completely anonymous, quietly judging the restaurant based on their pizza, beverages, ambiance, and service.

Judges of the contest praised the restaurant as a cornerstone of Buffalo’s pizza scene, putting a highlight on the two signature styles: Neapolitan pies served whole on trays and thick, crispy Detroit-style pizzas designed for takeout. They also noted how the shop had a focus on having quality ingredients, like their imported cheeses and local vegetables.

Fans of Jay’s pies are just as enthusiastic about the restaurant, one stating on Google Reviews that “Everything about this place was top notch. The food was delicious,” and another posting on Reddit, “I have been to Italy and ate the pizza, Jay’s is better than what I had in Italy, and anywhere else!”

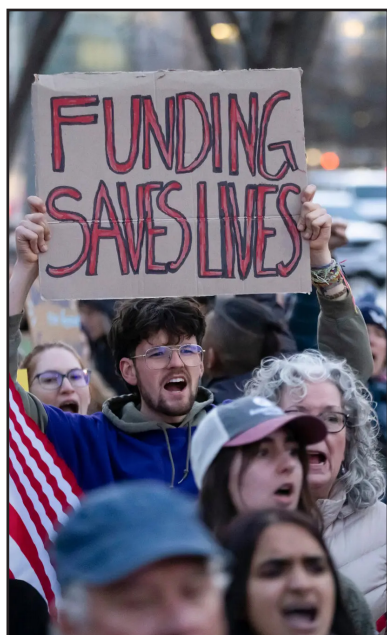
Needless to say, this credit is well deserved from tireless work to maintain authentic recipes, quality ingredients, and on point customer service.



Joe Powers, owner of Jay’s Artisan Pizza in Kenmore N.Y NYUP.com

## NY Ending Health Coverage for Over 450,000 after Federal Funding Cuts

Isabelle Holt  
Editor-in-Chief



Around 450,000 New Yorkers who are enrolled in the state’s Essential Plan, will lose their health coverage next year due to a fallback plan that is in response to federal cuts. State officials announced these changes earlier in the month, which was a result of them weighing how to deal with such large cuts on the insurance program (which is used by low-pay workers in the state).

Another option the state looked at, which seemed to be quite costly, was to shift some Essential Plan enrollees onto Medicaid. This would be at the state’s expense, at about \$2.7 billion a year. This option would pose an issue forcing the state to scramble for the additional money since it is indeed over budget.

Governor Hotchul advised employers to consider offering their employees health insurance, especially the ones who will be deeply affected by the loss of the Essential Plan. She noted that oftentimes, part time employees have limited hours, as a way for the employer to get out of having to offer the worker health benefits.

The Essential Plan is a federally funded, state-run program that New York created in 2015 to help cover lower income workers that earn just enough to qualify for Medicaid but also don’t get health insurance through their workplace. The program offers comprehensive care without any premiums and some copays.

# New Work-Play Center to Open in Troy

*Work Meets Play in Troy!*

Isabelle Holt  
Editor-in-Chief

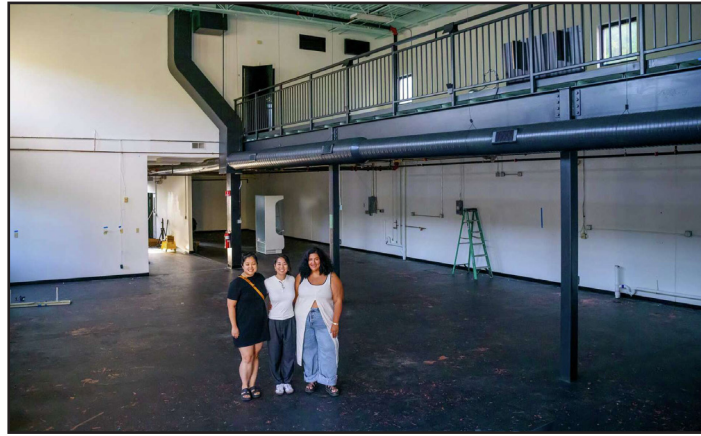
Tiger Mama, a new family-focused work and play space, is set to open soon in Troy. The location is at 302 10th St., with a goal to provide a ‘third-space’ in the community that integrates work and play space for families.

The project was started by four tight-knit friends, three of which are mothers, and one who is an honorary ‘auntie.’

Some of the features will be a large indoor play structure designed to look like a mini-version of downtown Troy. There is also a nursing station, important for mothers who are breastfeeding

their children. Other features are a semi-private party space, a dining area and communal kitchen, and an office area with computers for working parents.

The business is hoping to have its doors open by the end of November 2025.



Jim Franco/Times Union

## This Week In History!

9.30.2025

Darien Esposito  
Staff Writer

On September 30th, 1947, America’s favorite animated (and iconic) sitcom, *The Flintstones*, premiered.

On October 1st, 1971, Walt Disney World opened to the public!

On October 2nd, 1846, astronomer Johann Gottfried Galle was the first person to observe Neptune.

On October 3rd, 1969, the first episode of *Sesame Street* aired.

On October 4th, 1927, the Mount Rushmore sculpture was begun.

On October 5th, 1947, the first televised White House address.

October 6th, 1989, Thomas Edison exhibited his Kinescope!

# Dispute Over New Solar Farm in Glenville

Darien Esposito  
Staff Writer

This past winter, U.S. Light Energy, a Latham-based commercial solar company, had planned to build a solar farm in the Schenectady County town of Glenville. The plans were to build the solar farm in a wooded field behind a residential neighborhood. U.S. Light Energy has previously worked with the town of Glenville to build a solar farm that is located on Freeman’s Bridge Road. One of the project developers assigned to the project, Alex Burnett, stated that the five-megawatt solar project will be able to provide about 2,500 homes with power.

However, the company recently had to pause their plans to build, as there has been a dispute over land ownership. The original plans included using an abandoned public roadway as the service road to the solar farm. The dispute was put in by a resident, Earl Moon. He claims that the agency does not have the right to use the former roadway. He sent a letter to the Planning and Zoning Commission through his lawyer that claimed he owned half of the “pro-



posed access area.” Moon stated that for the past 45 years, he has been the only one to maintain that land, putting in thousands of dollars over the years for upkeep. The Planning and Zoning Commission has decided to hold off on making a decision until the entire matter has been settled.

The Solar Farm will contribute to a greener future, and the residents can sign up for a program in which they might be able to see up to a ten percent reduction in their utility bills. Is this worth it if we don’t truly know who the land belongs to? What do you think should be done in this scenario?

D. Esposito

# Brepocitinib Achieves First Ever Positive Phase 3 Results for Dermatomyositis.

Darien Esposito  
Staff Writer

A new medication by Roivant and Priovant, Brepocitinib, a once daily oral medication, has shown to significantly improve multiple pieces of the disease activity of dermatomyositis. Dermatomyositis is a chronic autoimmune disease characterized by muscle inflammation and a characteristic red skin rash. The exact cause of the disease is unknown, but it is thought to be linked to either autoimmune or viral beginnings. Brepocitinib is a dual selective inhibitor of two key cytokines associated with autoimmunity. The two proteins, TYK2 and JAK1, are what help block the cytokines. By blocking them, messages are stopped before reaching the immune system. Thus, calmer and more controllable reactions after treatment.

The trial was one year long and the participants were split into three groups evenly.

The trial consisted of 241 individuals total who all had dermatomyositis. One group was the control group, and they received a placebo pill over the



course of the 52 week study. Group two received 15mg once daily of the Brepocitinib. Group three received 30mg once daily of the Brepocitinib. At the end of the study, Brepocitinib 30mg was shown to achieve statistically significant improvement in the condition when compared with the placebo at the end of week 52. Among the individuals who

were in the moderate to severe category of the skin disease, 44% that were being given the 30mg of Brepocitinib achieved clinical remission by week 52. This is huge when compared against the placebo group, where only 21% of their individuals achieved the remission. This is more than double!

Passing phase three of the clinical trial is huge news for the dermatology field. While this is not enough for the drug to hit pharmacy shelves yet, it does show that the drug is effective in a larger population, and this will make it easier for it to get closer to receiving regulatory approval. Roivant and Priovant plan to submit their New Drug Application to the FDA in the first half of 2016.

D. Esposito

## High Schools New Phone Regulations What has resulted with this change for students and staff?

Lisa Grandy  
Staff Writer

As the new school year began in September, multiple states in the US including New York have implemented a phone ban in public schools from grades K through 12. After a few weeks of the school year and this new phone ban, there have already been people talking about the situation along with multiple articles coming out about it, mostly caused by the differences in how high schools in different states have decided to handle the ban. Some just decide to trust the students to keep their phones inside their bags throughout the day, others use the “yondr” packs until students are dismissed from the school day. However with this new ban, there are mixed responses and opinions on the subject.

According to an AP news article, the only states in the US that do not have a phone regulation currently are Illinois, Mississippi, Michigan, New Jersey, Massachusetts, Wisconsin, and Wyoming. New York state along with multiple

other states are one of the states that have the strictest regulations for the 2025-26 school year. As the year has progressed through the US, students in some states have calmed their resistance to this regulation and have followed the new rules. However some parents are more concerned about this than their own kids, being concerned about knowing if their children are really safe within the school without being able to text discreetly if something happens and they are unable to vocally communicate through call.

Now it goes without saying that students with 504’s, IEP’s, or any other medical conditions that state it are allowed to have their phones as long as they are permitted to. Students also cannot bring their own personal devices to use throughout the school day within certain states. Those include cell phones, ipads/tablets, computers/laptops, and anything that can connect to the

internet. Which is mainly why most public schools provide laptops and computers for students to use for educational purposes and with limitations.

For another example of how this new regulation is going, I decided to ask a few students from my old high school their opinions and what they have experienced. All interviews are being kept anonymous unless given permission to use legal names:

Person one had to say on the subject and wishes to stay anonymous.

“No one’s freaking out about it it’s honestly kinda the same people are just going to the bathrooms the only difference is that you can’t use them during lunch or study halls anymore”

Person two had to say on the subject and wishes to stay anonymous. “It sucks and the students still manage to hide it anyway.” However Person Three is kept

anonymous but had a much different opinion and provided examples below.

“When I go into bathrooms, the immediate thing I see is girls hanging with their phones. We don’t use yonder pouches but we have to keep our phone hidden at all times...In study hall, it’s hard because I can’t use my phone to pull out a calculator to do math homework, like not everyone has an expensive calculator to do pre calc questions! I can’t afford one of those.”

Overall, this newer addition to the public education system is receiving both positive and negative responses. The main question that seems to be common currently, is will it stick for future school years, and which states will choose to or not to enforce them going forward? I guess we will have to see where this goes, especially in New York State as we were the first state to not only discuss, but implement the regulations.

## Nepal Ablaze

### “Gen Z” Protests topple Government in Response to Social Media Ban

Liam May  
Staff Writer

After only a few weeks, a series of youth protests in Nepal resulted in Prime Minister K.P. Sharma Oli stepped down from office and the formation of an interim government.

These protests had started as a movement against a government crackdown on popular social media, but soon turned into a national protest against deep-rooted corruption, nepotism, and economic gridlock, showcasing an intense urge for change at the systemic level.

The cause of the unrest was the government’s move in early September 2025 to prohibit a large group of social media applications. The move was greeted with immediate opposition, particularly from the younger Nepalis. The move was interpreted as an authoritarian overreach and an effort to stifle the voice of opposition.

But the internet shutdown was merely the spark that ignited a far larger fire. For years, there had been growing frustration from Nepal’s youth towards a political class perceived to be corrupt and out of touch with society. Debate on social media soon spilled over from the internet blackout to a broader condemnation



of “nepo babies”—politicians’ offspring who flaunt their wealth and get special treatment in securing resources. In a country that was grappling with rampant unemployment and limited economic prospects, it only fed the flames.

Protests that were mobilized and organized on social media platforms erupted in the capital (Kathmandu) and other cities. They began as peaceful protests but were immediately dispersed using brute force by police, which resulted in clashes and pointless deaths. Government offices were also razed and the capital reduced to chaos as the situation intensified.

Faced with an unaffordable crisis and a breakdown in public trust, Prime Minister Oli had to step down. In his place, an interim government has been formed with the mandate to hold new elections and address the grievances of the protesters. After discussions with the protest’s leaders, Sushila Karki, former Chief Justice, has been appointed interim Prime Minister, a move interpreted as a crucial step towards the restoration of trust.

This Gen Z rebellion has left a lasting mark upon Nepalese history. The total extent of the loss of lives and destruction of property is only gradually being tallied, but the dead have already numbered high with dozens killed and scores wounded.

In the aftermath of the current crisis, there has been the establishment of a judicial commission to investigate the violence. The youth’s call for transparency, accountability, and the eradication of corruption has been made. The challenge for the new government, and the political class in general, will be to demonstrate a commitment to reform and re-earn the shattered trust of a generation that has so decisively shown that it can change. This movement has proved that Nepal’s youth are a force to be contended with on the political stage, and that their demands cannot be silenced any longer.

## Haiti Demands a New International Force and Reparations from France

*A Nation Demands Action*

Darien Esposito  
Staff Writer

On September 25th the President of the Presidential Council of the Transition of Haiti, Anthony Franck Laurent Saint-Cyr, addressed the United Nations General Assembly's eightieth session. He stood before the Assembly and pleaded, asking for urgent help in order to save his country from its current state of chaos.

During his speech, he described Haiti as "...a modern-day Guernica". With this statement, he is comparing Haiti to the chaotic Spanish Civil War of the 1930s. He speaks about how gangs control a significant amount of the capital, and violence is widespread throughout the entire country. For the past 15 months, a Kenyan support mission has been attempting to bring order, but the impact has not been that good. There are not enough officers on the ground to make a lasting mark.

Anthony Franck Laurent Saint-Cyr is now asking for a 5,500 person "Gang Suppression Force." With this help from the United Nations, he believes that actual change will be able to be made. In addition to this new international force, he is demanding reparations from France. He recalled the ransom that Haiti was forced to pay France in 1825 for the recognition of their independence. He thinks that the reparations would bring justice to Haiti. He does not believe that it is revenge, however, he thinks that it is only fair because the 1825 ransom forced Haiti into decades of debt.

He ends by stating that "Haiti wants peace." and that they have the right to have peace. Peace without gangs and violence that continues to drown the country.

D. Esposito



UN News Photo/Loey Felipe Anthony Franck Laurent Saint Cyr, President of the Presidential Council of the Transition of Haiti addresses the general debate of the General Assembly's eightieth session

## Last Week's Financials

9.30.2025

Liam May  
Staff Writer

### Last Week's Financials

This week's economic news is in a state of mixed news, with strong stock markets counterbalanced by doubt over the economy. Minds in consumer markets turn towards upcoming Federal Reserve addresses, such as the chairperson, Jerome Powell, and the release of significant inflation numbers.

### Market indices

Large US stock indexes closed the previous week at all-time highs but dipped a bit at the Monday open.

### Economic data and Federal Reserve

Investors look for further economic data and signals from Federal Reserve policymakers this week.

--The Personal Consumption Expenditures (PCE) price index, the Fed's preferred measure of inflation, comes out Friday. Existing home sales in August will be reported Tuesday.

--Fed speeches: There will be a full slate of Federal Reserve leaders speaking, providing guidance on the future direction of interest rates.

--Policy change: The Fed trimmed its first 25-basis-point rate of the year in mid-September. The new economic forecast suggests further reductions in rates this year to manage the economic balance.

### Currency and commodities

--U.S. Dollar: Pounded to new highs last week after the Fed rate cut, but fell Monday. This week's words from the Fed officials will be key to the dollar direction.

--Euro: Stayed near recent highs against the dollar. The European Central Bank (ECB) is maintaining rates steady at present, citing inflation risks.

--Japanese Yen: Showing a bias towards the U.S. Dollar on interest rate differentials grounds, with the USD/JPY cross trading around a level of consolidation.

--Gold: Picked up its record-breaking run, touching above \$3,730 per troy ounce. It is riding the hopes of more Fed rate cuts and ongoing geopolitical tensions.

### International markets

--Eurozone: Consumer confidence was fractionally better in September but remains below the long-term average. Inflation will be tight at the 2% mark.

--China: Growth is projected to be 5% in 2025, supported by monetary and fiscal policy support measures. Trade tensions and problems in the property sector remain.

--Global flash PMIs: Markets will be looking to the release of initial "flash" Purchasing Managers' Index (PMI) readings for September. The focus will be on whether recent support from pre-tariff shipping is moderating and the impact of rising domestic demand.

## SpaceX Launches 28 Starlink Internet Satellites from Florida.

Darien Esposito  
Staff Writer

SpaceX Launched its 119th Falcon 9 Mission on September 21st. This mission sent a batch of 128 Starlink Satellites from Cape Canaveral Space Force Station. The launch consisted of one Falcon 9 rocket that was topped with the 28 Starlink Internet Satellites. The bottom piece of the rocket fell back towards Earth as planned eight and a half minutes after the launch, while the top piece, that was carrying the Internet Satellites, kept in the original path. All 28 of the Starlink Internet Satellites were successfully deployed into Earth's orbit one at a time as the rocket circled in low Earth orbit.

Earlier this month, SpaceX successfully deployed its 300th round of Starlink communication satellites, which is a huge accomplishment. There are now more than 8,000 of this type of satellite orbiting Earth in low Earth orbit. These satellites are designed to provide

internet access and mobile broadband to areas of the globe that are not traditionally covered by the more popular internet companies, like Verizon and AT&T. The internet that these satellites provide is high speed and low latency. Low Latency means that there is little time between the search requested by the individual, and the answers given by the web browser.

Starlink Internet Satellites are considered to be the world's most advanced constellation of satellites. The set of satellites support streaming videos, playing video games, and making online calls including facetime. SpaceX is the only provider with the ability to launch its own satellites. They are constantly updating their satellites and they are continuing the process of launching the satellites worldwide.

D. Esposito



# Opinion

Editor-in-Chief Isabelle Holt  
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## Demon Slayer: Infinity Castle

Movie Review

Saima Syeda  
Managerial Editor

Demon Slayer has been a popular manga adaptation for years having a huge fan base. The anime debuted in 2019 and has run 4 seasons.

Demon Slayer is a story of a young swordsmith who joins this group of demon slayers after his family gets murdered by demons and his sister gets turned into a demon.

Only part one of three of the movie has been released as the next release date is expected to be in two years.

The visuals and animation of the movie was very well done and would give anyone chills. The fight scenes in the castle itself felt sur-

real. Throughout the movie there were many flashbacks and back stories behind specific characters, more of the demons than the slayers. Giving emotional suspense for fans I feel like these flashbacks definitely did help fans understand the antagonists' regrets and conflicts in their life.

If you're a fan of Demon Slayer I'd recommend watching the movie. It is very much worth seeing on the big screen.



The battleground is set

ONLY IN MOVIE THEATRES  
**2025**



Studio Ufotable

## Come Inside and Take a Tour of "Harry's House"

D. Esposito  
Staff Contributor

Currently, fans of Harry Styles are eagerly waiting for him to release his fourth studio album. While we all wait, why don't we take a deeper look at his third studio album, "Harry's House." Harry Styles' record labels, Erskine Records and Columbia Records, released "Harry's House" in May of 2022. The album was immediately loved by listeners and it went on to spark a sold out world tour... Harry's second "Love on Tour." The album itself feels very personal to the listener, and truly lets the listeners feel like they are actually inside of Harry's House.

The album's lead single is "As It Was," debuted at number one on the Billboard Hot 100 Chart when it was released. It quickly became a pop music phenomenon, being played everywhere. This led to it staying at number one on the Billboard Hot 100 for fifteen weeks in a row, the longest time for a song to stay at number one in 2022.

While there are a few upbeat songs on the album, there are also a couple of deeper songs that show Harry Styles' more vulnerable side. Songs like "Matilda" and "Little Freak" show just how tender the other side of the album is. I was lucky enough to attend one of his shows at Madison Square Garden and both of these songs had the stadium in tears. Don't be fooled though. The whole album is not sad. There are plenty of groovy songs, like "Music For a Sushi Restaurant", "Satellite", and "Late Night Talking".

The whole flow of the album is immaculate. The differences between the highs and the lows can truly be felt. It makes it seem as though the audience is really there, walking through the different rooms of the house. "Harry's House" is truly a masterpiece.

D. Esposito

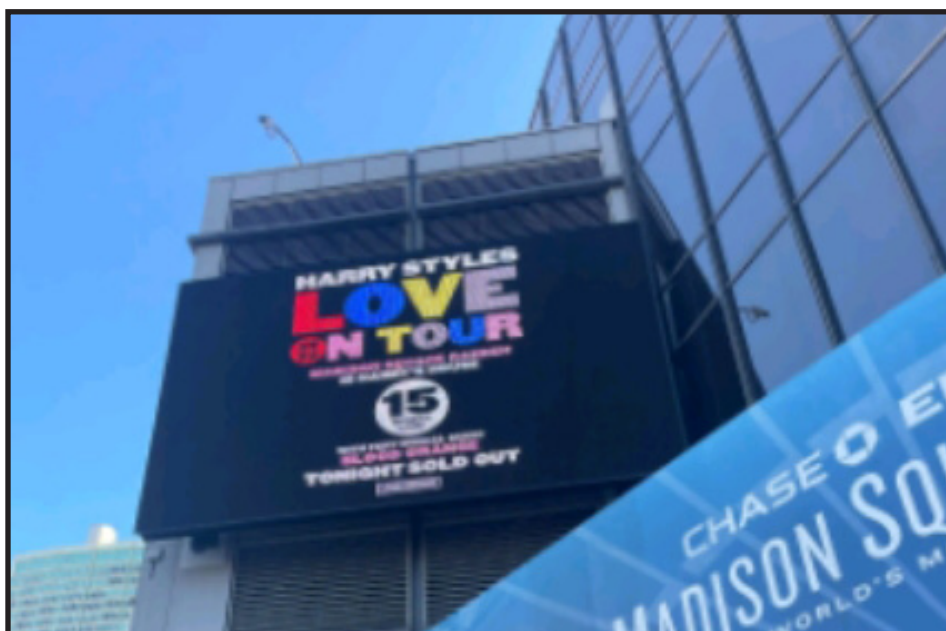


Photo Credit: Darien Esposito

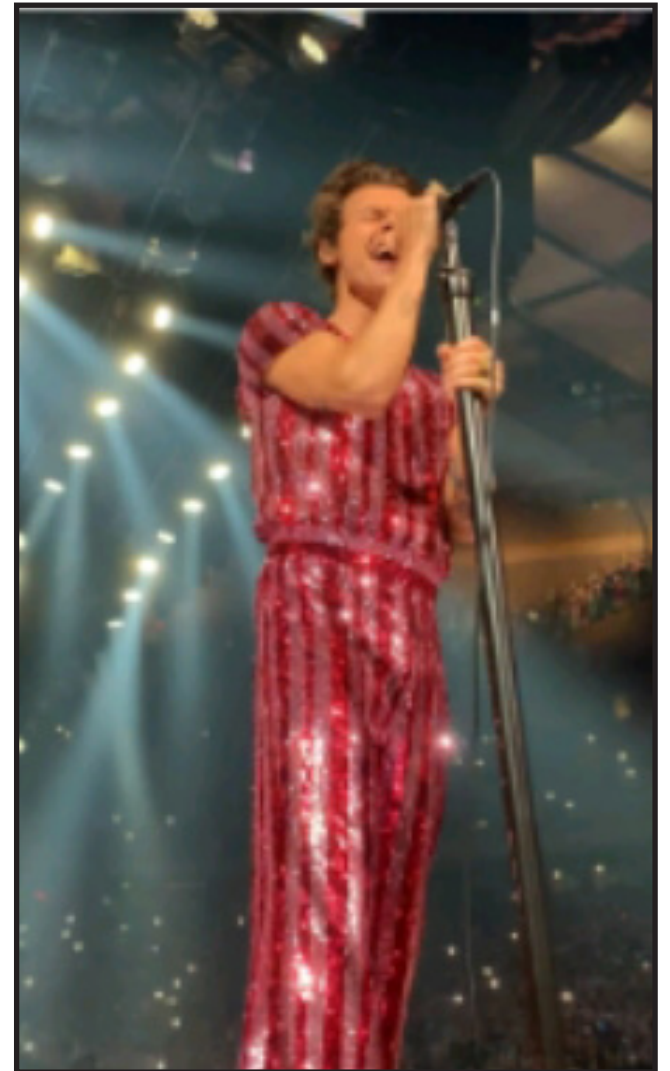


Photo Credit: Darien Esposito

9.16.2025

THE HUDSONIAN

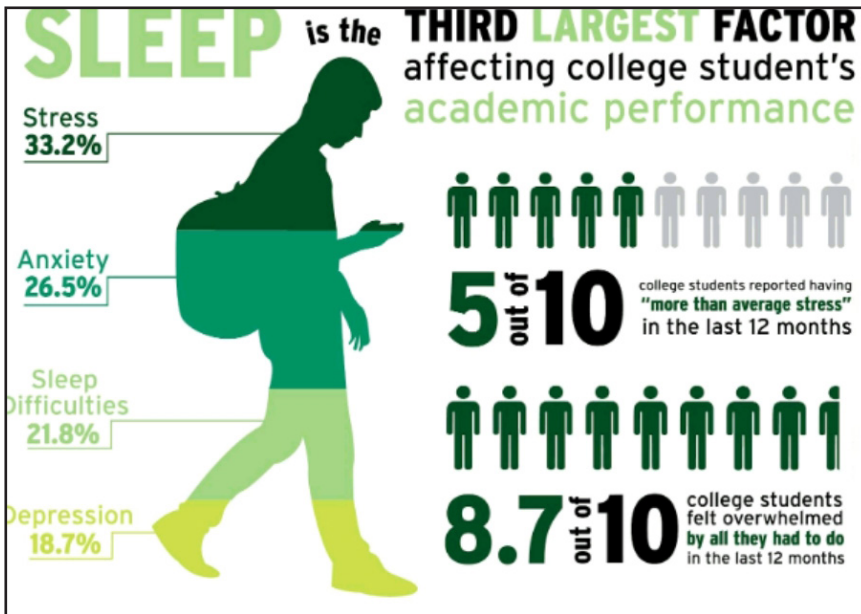
# Sleep Deprivation Among College Students

Darien Esposito  
Staff Writer

Sleep deprivation is one of the most common issues faced by college students. Irregular sleep schedules and daytime sleepiness are just two of the products of chronic sleep deprivation, and they make college significantly harder for students, and it is also a huge health concern. The consequences of sleep deprivation can include lower grade point averages, increased risk for failure in assignments and exams, insufficient learning, worsened mood, strained relationships, and increased risk for motor vehicle accidents.

The college experience is meant to provide students with opportunities to learn and further their academic careers, with the end goal being either continued education (graduate school) or employment placement. Sleep deprivation is an ob-

stacle in the way, making it harder for individuals to achieve these outcomes.



Whether the student is “pulling an all-nighter” to study for a test or finish a project, or they are consistently only getting 4 hours of sleep due to a large work load, the outcomes are similar. The deprivation of sleep adds up, and is commonly referred to as “sleep debt.” Both the National Sleep

Foundation and the CDC recommend seven to nine hours of sleep for young adults between the ages of 18 and 25. However, college students within this age bracket typically only get six to six and a half hours of sleep per night.

Another important piece is how sleep deprivation can harm students’ circadian rhythm. Circadian rhythm is the body’s natural internal clock that regulates sleep and other biological processes. When college students consistently get an insufficient amount of sleep during the school week, they often play catch up over the weekends and sleep in much later than they would during the week. While this “catch up” may seem beneficial, it most likely will only temporarily reduce feelings of tiredness. This is because it disrupts the body’s circadian rhythm and its sleep-wake schedule. Overall, this will make falling asleep and staying asleep consistently a harder battle.

D. Esposito

## LISTEN: Top Ten Billboard Last Week

Darien Esposito  
Staff Writer

1. Golden HUNTR/X
2. Ordinary Alex Warren
3. Manchild Sabrina Carpenter
4. What I want Morgan Wallen Featuring Tate McRae
5. Soda Pop Saja Boys
6. Your Idol Saja Boys
7. Love Me Not Ravyn Lenae
8. Daisies Justin Bieber
9. Lose Control Teddy Swims
10. How it's Done HUNTR/X



# Values for Vikings: Little Free Library

Molly Graiff  
Staff Writer

Who doesn't love free? While it's free to check out books at the library, and you totally should at the Marvin Library, it's exciting to have your own collection as well. Here's how to do it in an affordable and sustainable way!

The Little Free Library is a movement around the world where people swap books in unique little library boxes. You can find them all around the 518 and a map of locations can be found on the Little Free Library website. There's also an app exclusive to Little Free Library. Many can be found in town parks and by local businesses. There's many situated in the area surrounding HVCC. Each library typically has a theme or are decorated! The exciting part is the adventure of finding new books each time, you never know what is in the free library. Finished with a book? Feel free to keep it or donate it back to the Little Free Library for the next person to enjoy.

Reading a book that isn't required for a class can provide some relaxation amid your busy college schedule. Looking for a quiet place to read? The Marvin Library on campus has many designated quiet areas. The Marvin Library also offers textbooks for HVCC courses as long as they stay in the library. There is also a book exchange located in the hallway of Higbee Hall with free books available right on campus! There's many picnic tables outside of Higbee to sit and enjoy your new book. Happy reading!

## Key Decisions and Updates From The Latest Board of Trustees Meeting

Shia lang  
Staff Writer

On September 23rd, 2025, there was a monthly Board Meeting in the Guenther Building. From 4:30-5:00 the Board of Trustees talked about 5 topics. They were requests for approval of salaries, clubs, jobs, and resignations. After guest speakers went up and requested their approvals, the meeting moved to the monthly meetings of approvals. There were 6 topics, the appointment of treasurer and assistant Treasurers, Ratification, indemnification of the Board of Trustees, independent auditors, college banks, and finally the standing committee appointments. This process took about 20 minutes, and all but one were a unanimous vote for yes. Afterwards, the meeting adjourned and the Board of Trustees had their own private meeting.

You may not know why Board meetings are

important or relevant to your day to day life on campus, but they hold a lot more power than you think. There are people who are called the Board of Trustees and they control everything that comes in or out of campus, for example clubs, finances, and many other important decisions. There's also a Student trustee who is appointed by the students. His name is Kercol Montes, and I got the pleasure to interview him. He is a senior at Hudson Valley, and his major is Humanities and Social services. He is also apart of the Student Senate and the reason why he joined, was because he wants to make a positive change and foster a good relationship with the community. He believes Board meetings are

important because its good to have an idea on what's going on with the school. It affects you if you're going to Hudson Valley, so attending these meetings will give you a better grasp on things that you should be aware of.

Another person I got to interview, was my English professor, Mr. Gaebelein. He has been in education for 44 years, both as a teacher and administrator. He is now retired, but decided to keep teaching because he loves what he does and wants to change the world by one student at a time. He talked about the importance of showing up to board meetings one day in class, so I decid-

ed to ask him more in-depth about it. Mr. Gaebelein said that board meetings are very important and that there are 3 big things about them. The first one was that they make big decisions about the school, the second was they show the ultimate vision and direction of the school and budget, and the last one was that they pick who the key leadership is. Not only are there 3 big things about the board meetings, but also students get to see the process and they can have a voice.

During the monthly Board meetings, anyone in the community can come and watch, it is even live streamed. As students, we are able to advocate for stuff, but the way to know when we need to advocate, is to show up to important events like Board Meetings.

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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).

# Sports

## Hudson Valley Vikings' School Spirit: Homecoming Football Game

Shia Long  
Staff Writer

On Saturday, September 20th, 2025, Hudson Valley had their Homecoming Football game against Nassau College. The weather was nice and sunny, and it was perfect for the game. As you walk into the game, you are met with some friendly people who are giving out free shirts, and megaphone cones with the Hudson Valley logo. You then have to pay a small admission (unless you're a student, you get in free), and as you look for a seat on the bleachers, you can see so many supporters coming to cheer on the team. As people talk and find their seats, you can hear the music playing on the speakers, and the cheering is loud. The first half of the game was going well, with Hudson Valley in the lead, however during the 2nd half, the opposing team took the lead. Even though we didn't win, the crowd was extra loud, and the cheerleaders were just as enthusiastic and even more amplified. During half time, we got an awesome show from the cheer squad and during this time you could get



Photo Credits: Shia Long

food, walk around, and go to the bathroom. Looking on the sidelines, you can also see a lot of photographers getting their action shots, and even some in the stands with their cameras ready. At the game you also can spot our Mascot, Victor the Viking. He was seen on the football field taking pictures, interacting with the team, and even at the drink station talking to people. If you couldn't make it to the Homecoming game, don't worry because they have plenty more games lined up, so come and support your school!



Photo Credits: Shia Long

## HVCC Sports Recap

CJ Karathomas  
Staff Contributor

### HVCC Women's Cross-Country continues Hot Start

The women's cross-country team here at HVCC has started the season great and that was certified this week. They got ranked #8 on the NJCAA Division 3 Cross Country Poll. At their last meet, the top 5 runners' average was 29:48.

### HVCC Women's Volleyball Stays Undefeated

The women's volleyball team also is starting great, as they stay a perfect 12-0 this season. This comes after their dominant 3-0 win over Mohawk Valley Community College. With 10 more games this season, they hope to keep the same energy going.

### HVCC Men's Soccer has Winning Streak Broken

Finally, the men's soccer team falls to Fulton-Montgomery Community College in a 7-2 loss. After an 0-3 start to the season, the team was able to go on a 4-game winning streak. Unfortunately, FMCC was able to end that winning streak. But with 6 games left in the season, HVCC has more than enough time to get back on track.

## New York Giants Week 4 vs Los Angeles Chargers Preview

CJ Karathomas  
Staff Contributor

Going into week 4, the Giants are 0-3 and have had a not ideal start to the season. Losing to two of your division rivals and the Chiefs is not a good start to the season. But their quarterback Russell Wilson has been benched ahead of this matchup for rookie quarterback Jaxson Dart. Dart has the chance to get this team over the hump for the first

time this season. But it will be a big challenge against the 3-0 Chargers. They look like a team that can make a run in the playoffs so far. But they could easily underrate the Giants team and let up a loss against them. We will find out on Sunday at 1 PM.

## Upcoming Games This Week

### Wednesday, October 1st

--Men's Soccer vs North Country Community College (2:00pm at HVCC)  
--Women's Soccer vs North Country Community College (4:15pm at HVCC)

### Friday, October 3rd

--Women's Soccer vs Onondaga Community College (5:00pm at Onondaga Community College)

### Saturday, October 4th

--Women's Volleyball vs Corning Community College (9:00am at HVCC)  
--Football vs CT State Prep (1:00pm at HVCC)

### Sunday, October 5th

--Women's Volleyball vs Onondaga Community College (TBA at HVCC)  
--Women's Soccer vs Finger Lakes Community College (12:00pm at HVCC)  
--Men's Soccer vs Finger Lakes Community College (2:00pm at HVCC)

## 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.

## NFL Week 3 Recap

Darien Esposito  
Staff Writer

Thursday, September 18th.

**Miami Dolphins @ Buffalo Bills**  
The Bills defeated the Dolphins, 31 to 21. The Bills' quarterback, Josh Allen threw three touchdown passes, officially passing 300 career touchdowns.

Sunday, September 21st.

**Atlanta Falcons @ Carolina Panthers**  
The Panthers absolutely blew the Falcons away, ending the game ahead by 30. The final score was 30-0. The Panthers can thank their defense!

**Green Bay Packers @ Cleveland Browns**  
This one was close too! The Browns won 13-10... only winning because of their last minute successful field goal made by rookie Andre Szmyt.

**Houston Texans @ Jacksonville Jaguars**  
While the Texans played a tough game, they

## Volleyball Photos!

PHOTO EDITOR  
Jakob Womer



# Arts & Life

## Falling Into Autumn Fashion! : How to Wear Your Summer Pieces

Olivia William  
Staff Writer

As the sun soaked days of summer fade into the cool and crisp autumn mornings, which means a transition into a new wardrobe. But wait! Your wardrobe doesn't need a complete overhaul, but a little bit of creativity!

Transitioning those breezy sundresses and linen shirts into cozy layers and rich textures is much easier than you think. With a few tweaks and careful pairings, you can carry over your summer staples stylishly into autumn.

For fall, layering is key. It isn't just about warmth, it's about versatility. Here's how to pair your favorite summer wardrobe staples with the right pieces to keep you feeling chic and cozy. For a basic tank top try to layer a soft, button-down cardigan over it. If crop tops are hard to let go of for the season try pairing it with an oversized zip up hoodie for a more laid back look. For

graphic t-shirts, short sleeved or sleeveless dresses adding a long sleeved layer underneath can help you keep warm. Like a turtleneck or a slim button up. Interested in keeping your fun bottoms like shorts or even jorts? A simple pair of tall boots works incredibly well and offers a more playful look. But maybe you prefer a more streetwear type of look with a pair of boxer shorts. Layering them under a pair of low rise jeans so the waistband peeks out adds a quirky twist to a simple outfit. For those breezy and light linen pants they can work for anything other than lounging at the poolside or an evening at the beach.

Try adding a chunky knit sweater to help change the silhouette but to also provide a lot more warmth. Now don't throw away those shorts and short skirts just yet. A pair of tights layered underneath can keep you warm and can add a splash of color or a fun texture to any outfit. Finally the tried a true method of layering an oversized cardigan or jacket over dress is a classic method for those light sundresses. Turning



Artwork done by: Olivia William

summer staples into fall outfits is a great way to be sustainable and to keep your wardrobe fresh. It gives you a creative challenge that helps keep your fashion instincts strong. So explore your options and do what feels good for you. I hope these tips and tricks help you on your style journey as the seasons change!

# Professor M

Under the campus there lives a squirrel, this squirrel is you accrue. You may have previously thought that you had you; that is not the case. It was truly just the decision of computer that lies within his chambers.

In his quarters under the campus lies a labyrinth with Z, with signs on each door, and six respective chutes above the centre of this maze is a computer set to record the send and to help to calculate the available grades. With Marcomes to grade. As for how the grade is reached, we can an algorithm, and the mind of a squirrel.

When you submit an assignment, the computer in his to be dispensed into the 6 chambers, afterwards the comyou treat animals, your average time spent studying, the and most importantly of all how many times you've fed a doors will be made available to our squirrel judge, at most

Once these available doors are selected, the chamber to him to pick a door to enter. The grade for your last final comes down to whether or not he's in the mood for apple pie, rice pilaf, or steak that day. The doors left open, the B, C, and D doors. Perfect attendance all year, good treatment of animals, a decent essay. You were going to pick your transfer school based on this one, and you would've gotten into the one you wanted if it was based on the A, B, and C doors, but you hadn't fed a squirrel that year, and Marquirious was in the mood for a



Aidan Durie  
Staff Writer

the one who truly decides the outcome of every grade a say in it, or that a specific professor had it out for Marquirious the grey squirrel with help from a little

6 branches, one to represent each grade A, B, C, D, F, each labeled corridor. Away from these corridors in lected grade of Marquirious once he's made a decision, quirious held in a chamber next to it until the time see that it is one made by way of pressure plates, food,

room quickly pulls it up, and randomly selects 6 foods puter calculates how many days you've missed, how amount of times you use filler words when writing, squirrel. With these calculations, it works out which only allowing 3 doors to be available at one time.

that holds our decider is retracted, and it is at last up

# The Hudoscope

Your weekly astrological insight by Darien Esposito



Graphic by  
Matthias Mojallali



aries

Spend your time this week doing peaceful activities. Read a book, go for a walk, or chat with a close friend.



Taurus

4/20 to 5/20

Remain patient this week, especially with family. You might feel anxious, but this week will bring something new and exciting into your life.



5/21 to 6/20

Speak your mind! Do not let others dictate what you do or how you express yourself this week. Practice self care this week, and keep your mind open to new possibilities.

3/21 to 4/19



Cancer

Research and connect with colleagues this week. You might learn something new. This week you will learn many things and create new opportunities for yourself that will last a lifetime.



Leo

7/23 to 8/22

It might be harder for you to be social this week, and that is okay. Use this week to focus on internal growth.



virgo

8/23 to 9/22

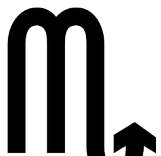
Explore this week's adventure with an open mind, as it will bring lasting change that will stick around for the next few months.

6/21 to 7/22



Libra

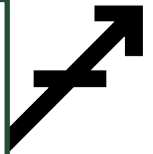
Someone close to you may have something to share, so be curious and ask questions.



scorpio

10/23 to 11/21

Use a softer approach this week, but still remain true to yourself and do not let others take advantage of you simply because you are having a peaceful week.



sagittarius

11/22 to 12/21

It might be smart to learn some time management skills this week why you have the downtime. Your existing toolbox is strong, but you can make it even stronger.



Capricorn

Take advantage of this week, it will be game changing for you... and maybe a friend too.



aquarius

1/20 to 2/18

Set hard goals this week. You will have the motivation to achieve them. Continue your education, or maybe start a new workout routine.



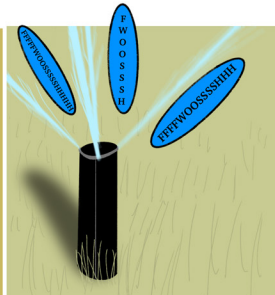
pisces

2/19 to 3/20

Share your dreams and the goals that fill your imagination. Someone close to you has similar aspirations that will shock you.

## Cabin Fever

By M.M. Stephens



Credit: WebSudoku.com

			8			5	3	
	7	2	9	5				
	8	9			3	4	7	
9	1	5		2				
		4	5		7	1		
				6		2	4	5
1		7	3			5	9	
				4	5	3	1	
4	5				1			