

THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

EVENTS

TUESDAY || Oct. 7

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

10AM-12PM: NYS of Health Essential Plan (CTR Lobby)

11AM-1PM: Clarkson University: Transfer Information Table (CTR Lobby)

12PM-1PM: Hispanic Heritage Month with Rosa Clemente (CTR 150)

2PM-3PM: Salsa & Bachata Dance Classes (BTC Meeting Rooms)

4PM: Men's Soccer vs Ulster County Community College (Home)

7PM: Women's Volleyball vs SUNY Adirondack (Away)

WEDNESDAY || Oct. 8

9AM-2PM: Vaccine Clinic (CTR 270)

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

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

10AM-1PM: Fall Wellness Fair (CTR Lobby)

12:15PM-12:45PM: Ellen Sinopoli Dance Company Performance (CTR Lobby)

12:30PM: Pizza Time (CTR Lobby)

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

2PM: Entrepreneurs Club Meeting (ADM 103)

THURSDAY || Oct. 9

12PM-1PM: Fiestadel Norte, a Mariachi band (BTC Auditorium)

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

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

7PM: Women's Volleyball vs Orange County Community College (Home)

Want to submit an event?

Contact
Hudsonian@hvcc.edu

Promotional graphics also available on request!

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Fossils found in Germany - Possible Link to a Sea Monster?

New Identified Species Sheds Light on the Past

D. Esposito
Staff Contributor

This week, paleontologists in Germany have identified a new species through fossils. It is a new species of Ichthyosaur, which is a marine reptile from the Jurassic period (over 180 million years ago). The fossils were found in Mistelgau, Germany, and they are the first of their kind. Mistelgau has been known as a significant fossil site that is filled with fossils from the Jurassic period, and this only proves that.

The Ichthyosaur is a marine reptile that lived at the same time as the other dinosaurs that everybody knows and loves. They were a diverse group of marine reptiles that lived in the oceans from the Triassic period to the Cretaceous period. The group shows many similarities to both dolphins and tuna, with long bodies, large eyes, and long snouts. They were great predators.

The newly found species was given the name *Eurhinosaurus mistegauensis*.

This finding also adds to our understanding of the broader group, the Ichthyosauruses. The reptile-like Ichthyosaurus was seen to have a dramatic overbite, similar to a swordfish. *Eurhinosaurus mistegauensis* also has other unique skeletal traits that separate it from other species, like their unique skull, jaw, and ribcage. This finding only adds to the diversity of ocean creatures both past and present.

Many questions have been raised about the ichthyosaur's evolution and how they lived since the finding of this new ichthyosaur species. There are plans for further research and more detailed studies in order to learn about the species' behaviors and lifestyle. We are always learning new things about the past.

-D. Esposito



This is a 3D science rendering of an *Ichthyosaurus stenopterygius*. (Image credit: Dotted Yeti via Shutterstock and LiveScience)

Russell Sage Earns Top Mobility Ranking

7th Year in a Row!

WEB EDITOR
Clark Crouse

Russell Sage College, a private institution for higher education based in New York, has earned another top 25 spot in social mobility, accredited by the United States News & World Report, for the seventh consecutive year. In New York, Russell Sage was among the top three highest-ranked institutions in the social mobility category.

Social mobility is a key concept in sociology that describes an individual or group of individuals' ability to move up or down the social ladder. This can be affected by education, economic status, or social networks. Having adequate social mobility can be useful for your future career and success. This ranking was based on the graduation rate of Pell-awarded and first-generation students. According to Russell Sage College President Matthew Shaftel, "Social mobility and empowerment of students is in our DNA, and it continues to be our focus today." Russell Sage College was also ranked 36th in the nation for Best Value, which is based on the cost of attendance and comparative academic performance.

Some of the primary reasons Russell Sage College was ranked highly in both the social mobility and best value categories were its research into economic inequalities and its strategic planning, which prioritizes student success and inclusivity. The college provides an environment in which students can grow and adapt into successful careers and futures. If you are looking for a liberal arts college that puts its students first, Russell Sage College may be a good fit for you.



NEWS

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

TIPPY



Meet Tippy! She is a small 6 pound, 13 year old cat looking for someone to snuggle with!. She would be a good apartment cat. She is currently at the Liza Mitzen Animal Care Center in Menands. Her adoption fee is \$150.

TACO Event

Shia Long
Staff Writer



On October 2nd, 2025 at 12:00 pm, in Campus Center 204, Aaron Nooney got to have an interactive session. He used to teach both High School and College, so he was good at picking up on what students had trouble with in college. He talked to us about ways to study, take notes, test taking strategies, and time management ideas. It was about an hour long event and there was also a delicious Taco bar. It had an assortment of toppings for your taco, some dessert, and drinks!! Nooney compares things to real life scenarios, for example, he compared different Professors to getting in a pool fast or slow. Also he mentioned how college is like a full time job because students should be using the 1 to 2 ratio method (meaning every 1 hour of lecture, you should study for 2 hours) to study, and if you do the math, it can result in the hours of a full time job. In the interactive session, he was a very nice, happy, vocal guy who also explained everything very well and showed us very helpful visuals. Some of the visuals were a flow chart, a calendar with every week broken up, and other pictures. Nooney explains that in the 5th week, students start to feel overwhelmed, stressed, and frustrated and students also get burned out from trying to catch up from all of the work. The Student Center is the one who organized this event, and they have a few more throughout the year, so be sure to keep an eye out for the next event hosted by them!

It's Official: Federal Agencies Have Been Ordered to Shut Down

The Government Shuts Down Amid Budget Stalemate

Darien Esposito
Staff Writer

As of Tuesday, September 30th, The White House has directed all federal agencies to begin shutting down. This is because Congress has not passed a funding bill, or continuing resolution, which would have extended government funding until November 21st. It failed to receive the 60 votes that it needed to pass.

The bill was a republican-backed resolution, known better as a stopgap funding bill. A stopgap funding bill is temporary, and it is meant to bridge the gap and keep the government funded while Congress takes the time to agree on a full budget. Because it failed to pass, there is now no valid funding law in place for after September 30th. This is why the government was at risk of shutting down, and why the White House has ordered federal agencies to begin the shut down. This shutdown will definitely pressure lawmakers to reach a deal more quickly.



The U.S. Capitol Visitors Center is closed due to the federal government shut down on October 01, 2025 in Washington, DC. Photo: Getty Images

Democrats opposed the bill mostly because it excluded some key health care provisions. The biggest one they wanted added was an extension of the Affordable Care Act subsidies, as some are set to expire. This would affect millions. The democrats also opposed cuts to medicaid, which have been threatened under the republican proposals. Opposing this bill, and not giving it the 60 votes that it needed to pass, gave them leverage. Refusing to pass this bill without the conditions they wanted will give them more bargaining power in future budget negotiations. Historically, government shutdowns have lasted from one day all the way up to a few weeks. Let's hope this one is on the shorter side.

-D. Esposito

Animal Welfare Concern

Naquasi Harris
Staff Writer

A recent event in Menands, on the outskirts of Albany, has raised suspicions among the public. A mother dog and her puppies were abandoned highlighting the suffering of stray and abandoned pets, and it also raises many questions about animal welfare and community responsibility.

Local rescue organizations and shelters acted quickly, stepping in to provide the care that these animals so desperately needed. The mom and her puppies are receiving medical care, nourishment, and a safe place to recover. But this case reflects a bigger issue, many of these shelters are at capacity, relying on volunteers and donations to assist with animal care for those in need.

This case brings to mind how important it is for all of us to be responsible pet owners - spaying and neutering them, keeping pets safe from being lost

or abandoned, and reporting neglect when witnessed. The community is encouraged to help as many animals as possible, when if you see some lost, hurt, or even went missing off the street.

Officials are searching for the individual who abandoned the dog and her puppies. Not only is it inhumane, abandoning a pet and animal is also illegal, and hopes are there that the offender will be caught.

For those interested in adopting, or volunteering an animal, local shelters have information and resources about becoming involved. This article reminds us that little acts of kindness can go a long way in positively changing the lives of animals in need.

Let this story be a reminder that what we do, even when nobody is watching, matters. The way that we treat animals reflects the quality of life that we live. Choosing compassion, even when times are tough, has a ripple effect. And it's never too late to improve both for the animals who still depends on us, and for us.

ROSETTA



Do you need a hiking buddy? This is Rosetta! She is looking for her furever home. She is full of energy and currently at the Mohawk Hudson Humane Society. Her caretakers describe her energy as never-ending. She is always ready for an adventure! Her adoption fee is \$250.

Darien Esposito
Staff Writer

THE HUDSONIAN

New York Man Charged With Murders After TV Confession

Darien Esposito
Staff Writer

On Thursday, September 25th, a man from New York was charged with the murders of both of his parents after he confessed live on television. His name is Lorenz Kraus, and during an interview with a local news channel, WRGB in Albany, he admitted to killing his parents and then burying the two of them in the family's backyard in Albany. Right after the police found the two bodies in his backyard, the interview with WRGB aired. While this all seemed to unfold rather quickly, his parents were last seen over eight years ago.

During the interview with anchor Greg Floyd, Lorenz Kraus admitted to killing both of his parents directly when asked. Floyd asked Kraus if he buried the two bodies in the

backyard of his house in Albany, and Kraus simply replied, "yes." He went on to explain that he murdered both of them by suffocation. He talked about how he used his hands to choke and strangle his father and then strangled his mother with a rope. He buried them after a few days. He was arrested following the interview, directly after walking out of WRGB's studio. During the interview, Kraus had discussed how he "did a duty" to his parents. He thought that he was being merciful in killing them because he believed that they were miserable and "going downhill."

The authorities first started to turn their attention to Kraus when they began connecting him with alleged financial crimes. Based on a tip that Social Security had received, they had requested that the police do a welfare check on Kraus's parents. This request was to make sure that the two were still alive, as they were collecting social security benefits. Officers saw no trace of their presence at the property, which led them to further their investigation, and dig up the backyard. On Wednesday, September 24th, the search team found the first set of human remains. On Thursday, they found the second set. Local Police Chief Brendan Cox stated that they were confident that the remains were those of Franz and Theresia Kraus.

D. Esposito

Evidence Within the D4vd Case

Samarun Suhana
Copy Editor

Singer and songwriter David or commonly known as d4vd has been going through lots of headlines recently when the body of a 15-year-old girl, Celeste Rivas Hernandez, was found in a car registered to the singer. Speculation has led to the possibility of her being his underage girlfriend, but it is unclear if she truly was. As of October 1st, d4vd has not been named as a person of interest.

On various social media apps, possible evidence has been spreading around to connect to the two. Celeste has a tattoo on her index finger reading "Shhh..." and many have said that d4vd shares a similar tattoo in a similar place. The teenager's mother has told TMZ that her daughter has a boyfriend named David who she had never seen or met before. A former teacher of Celeste has said that she had run away to be with a rapper named David she had just met. There was an unreleased song titled "Celeste_Demounfin" credited to d4vd that gained lots of attention after people looked into its lyrics. With lines that read "Be my valentine/ I wanna make Cupid

suicidal," people became increasingly more concerned as more evidence came about. Many online lookers have said that his music videos have been quite graphic when considering the current situation. In September, d4vd's Hollywood Hills rental home was searched for illegal drugs and weapons, but none were found, however, items such as electronics and computers were removed from the home.

The singer reportedly ended his lease with the Hollywood Hills home early and moved out shortly after the search had occurred. Since the discovery of Celeste and the police proceedings, d4vd's career took a dive with his tour being cancelled, brands dropping his campaign, and his label pulling all of his promotional material for his music. There has been some speculation that Celeste was pregnant when she died, but the death certificate along with several news companies have said that she was not. Many people, especially online, have been skeptical to the fact that d4vd is not a person of interest, saying that he paid off the police.

With tragedies happening day after day, it is hard to see the good in this world.

10.07.2025

Animals up for Adoption: Could you give a furry friend a forever home?

Darien Esposito
Staff Writer

CHEDDAR



Do you love cheese? Meet Cheddar! He is a 4 year old orange cat weighing in at a lean ten pounds. He is currently at the Liza Mitzen Animal Care Center in Menands!



BLASTER



First up is Blaster, a three year old guinea pig. He is available at the Mohawk Hudson Humane Society. His adoption fee is \$40. Isn't he adorable?

Scotia Man Faces DWI Charge After Dangerous Wreck.

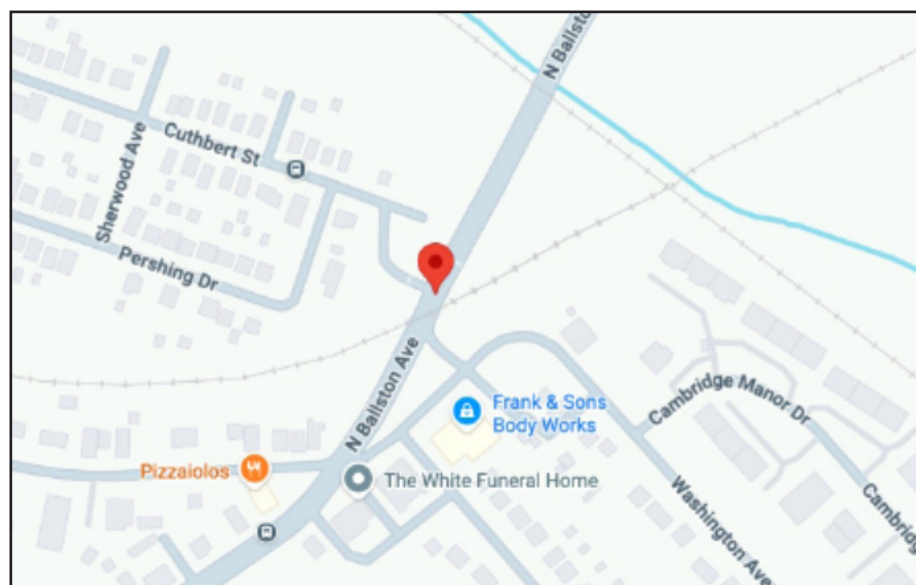
Darien Esposito
Staff Writer

Early Friday morning (September 26th), a Scotia man crashed his car going over 100 miles per hour. The crash occurred just before five in the morning by the crossing of Cuthbert Street and North Ballston Avenue. The individual's name is Dominic Poggoli and officers say that he was travelling at 110 miles per hour in a 30 miles per hour zone, and that he almost hit a patrol car. He was driving a 2023 Mercedes and ended up airborne after hitting an embankment. His car crossed four lanes of traffic, rolled over, and landed upside down. Police officers had to break one of the car windows to get Poggoli out of the car. He was very lucky and only suffered minor injuries. He was taken to Albany Medical Center. He is extremely lucky to have survived this accident, yet alone escaping with only minor injuries. Poggoli ended up being charged with driv- and speeding. He has been

Reminder! Being charged convicted of a crime. Paggoli guilty in a court of law.

Stories like this show just home. Have a plan before get a ride home from a sober or Lyft. Situations like these other drivers on the road at

-D. Esposito



Visual Provided by D. Esposito detailing location of wreck

with a crime is not the same as being will be presumed innocent until proven

how important it is to find a safe ride you go out, choose a designated driver, family member or friend, or get an Uber can put the driver, their passengers, and risk. Drunk driving is never worth it.

Financial Foundations

Smart Credit: Using It Without Losing It

Fallon Greenway
Staff Writer

Credit cards can feel like both a lifeline and a trap. For many students, that first shiny card in your wallet promises freedom, no more awkwardly asking your parents to cover an unexpected expense. But without the right know-how, it can just as easily become a ticket to stress and debt.

Most students see credit cards as evil when really, it's all in how you use them. If you treat a credit card like it's free money, then you're in big trouble. But if you use it as a tool, to pay it off monthly on time, it can work in your favor.

Myth vs. Reality

One of the myths around credit is that avoiding paying any credit card debt at all will earn you a good credit score. Not quite. You actually have to use credit in order to build it. Another myth? That maintaining a small balance over a long period of time boosts your score. Also false. Paying your bill in full every month is one of the best things you can do for your credit. Your payment history and how much of your limit you're using (your utilization) make up a big part of your score. Do your best to have your utilization 30% or less, ideally 10% or less.

Helpful vs. Harmful

Credit cards can be really handy to build credit, get approved for an apartment, even earn rewards like cash back or travel points. The harm is done when you start to borrow more than you can repay. Interest builds up quickly, and late payments can damage your credit for decades.

Tips for Students

- Maintain your use under 30%. If your limit is \$1,000, try not to use more than \$300 in one pay period.
- Pay off in full each time. Paying the full balance prevents you from paying interest charges and benefits your score.
- Utilize reminders or autopay. Missing a payment causes permanent harm, set reminders or automatic payments so you never miss one.
- Avoid applying for numerous cards. Each application brings a credit check, which dings your score temporarily.

Credit is your best friend or worst enemy, it's your choice. Start small, stay steady, and always remember, your credit score is not just a number. It's a key that can open doors or keep them closed. Smart credit habits today mean fewer headaches tomorrow. Start small, stay disciplined, and let your credit work for you, not against you.



Photo Credits: Keralam Chronicles

New Drug Approvals from the FDA

Darien Esposito
Staff Writer

1. On 9/19/25, Keytruda Qlex was approved by the FDA. While this medication name might seem familiar to you (because the original version of Keytruda was approved by the FDA in 2014), this new version of the drug is used to treat individuals 12 and older that have solid tumors (like the original version), but it can now be administered subcutaneously in as little and 1 to 2 minutes.

2. On 8/29/25, Wayrilz was approved by the FDA. It was approved for the treatment of persistent and chronic immune thrombocytopenia. It is more specifically meant to treat immune thrombocytopenia that has not responded to immunoglobulins or corticosteroids.

3. On 7/31/25, Vizz was approved by the FDA. It was approved for the treatment of presbyopia, which is a common condition that causes blurry near-sightedness. It is age related and can now be treated with the Vizz eyedrops!

4. On 9/25/25, Palsonify was approved by the FDA. It is used to treat acromegaly, which is a rare hormonal disorder that causes excessive growth. It is a similar condition to gigantism, with the difference

being that it occurs after the growth plates have closed (not before, which would be gigantism). Palsonify is taken once a day orally, which is more convenient when compared to the traditional medications for acromegaly, that are injections.

5. On 9/19/25, Forzinity was approved by the FDA, and it improves muscle strength in individuals that have Barth Syndrome. Barth Syndrome is a life-threatening disorder that primarily affects males. It is characterized by moderate to severe heart failure in infancy. It is administered once per day as a subcutaneous injection.

D. Esposito



Pictured: Keytruda Qlex

HVCC Holds Distinguished Alumni Awards

Isabelle Holt
Editor-in-Chief

Over homecoming weekend, HVCC hosted the Distinguished Alumni Awards, celebrating alumni for notable contributions to their career fields and to their communities. This year, those honored were Jerilee Beaudoin '92, Karen Campbell '83, Dan Casale '10 and Shelby Kleniewski '14.

Executive Women in Albany.

Karen Campbell received her associate degree in Engineering Science from Hudson Valley Community College, going on to get her bachelor's degree in Mechanical Engineering (from Rensselaer Polytechnic Institute). She spent

resides in the Town of Brunswick with his wife Darlene and their children. After attending Hudson Valley, Casale pursued a bachelor's from Utica College of Syracuse University. He has spent a large amount of his career in politics. He first began as a director of constituent services for New York

the HVCC Foundation Board. He was named Man of the Year in 2024 for the Friends of 112th Street.

Shelby Kleniewski has lived in the Capital Region for the entirety of her life, growing up in Melrose. She now resides in Mechanicville. She started at Hudson Valley where she pursued her career in Dental Hygiene. When she received her associates degree, she decided to further her education by attending

Dr. Brophy, the college president stated "Congratulations to our 2025 Distinguished Alumni awardees. It is our honor to recognize them for both their professional accomplishments and their contributions to the college and the community," he continued by reminding everyone that "These honorees represent a perfect example of the difference a Hudson Valley education can make, and we are exceptionally proud of their success and their commitment to giving back to others."

Jerilee Beaudoin is currently the President and CEO of Sunmark Credit Union, a local bank. Beaudoin has 34 years of experience in the financial services industry, bringing in lots of wisdom, experience, knowledge, and leadership skills. After earning her associates degree from Hudson Valley, she obtained two more business degrees, including her MBA. She served on a notable amount of non-profit boards throughout her career. Beaudoin is also an active member of the Women's President Organization and the Forum for

over 32 years in the aerospace and defense industry, where she first worked in manufacturing and then went onto program management. She led the team that developed the F-35 radar and also retired as vice president of marine systems for Northrop Grumman. At Northrop Grumman, she was responsible for submarine and aircraft carrier propulsion alongside power generation. Campbell now resides in Cape Cod, enjoying her family and spending time volunteering to give back to the community.

Dan Casale is a longtime resident of Rensselaer County. He currently

State Senators Daphne Jordan and Kathy Marchione. Casale is currently district director and director of intergovernmental relations for NYS Senator Jake Ashby. Additionally, he served for 13 years as a Brunswick town councilman and worked over 20 years as a manager for a construction company. As a Rensselaer County legislator, he serves as a chairman of the Education and Environmental committees and the Rensselaer County Energy Management committee, also serving on the Veterans and Youth committee as well. Casale is involved in several community organizations and serves on

SUNY Empire State College, where she earned a bachelor's in Health Sciences, and then she went on to attend University of Bridgeport and obtained her dual degree in Public Health and Dental Hygiene. Kleniewski returns to campus at Hudson Valley annually, sharing her knowledge of orthodontics with students who are currently in the Dental Hygiene program. She also coordinates with the department to make sure students are offered affiliation opportunities for students. Outside of working full time, she volunteers as the coordinator of the Capital Region Toys for Tots drive. She was the first woman who was named coordinator of the chapter, which serves 14 counties around the Capital Region and impacts the lives of more than 680,000 local children in just 2024.

These distinguished alumni are a reminder of the opportunity that HVCC has to offer to students. No matter your walk of life, or circumstance, you have the chance to make change, do good, and succeed. Success only begins when one makes a change. Make the change, make the difference. Chase what lights your fire, and one day you too, may end up someone honorable enough to be a Distinguished Alumni.



Dan Casale '10, Jerilee Beaudoin '92, HVCC President Dr. Michael Brophy, Shelby Kleniewski '14 and HVCC Foundation Board Member Mark Mitchell '74 (Image Credit: HVCC)



Governor Hochul blames GOP for shutdown impacts on NY

Naqasi Harris
Staff Writer

In the lower Manhattan Park with the Statue of liberty as a backdrop, Hochul laid the blame for the second government shutdown under President Trump squarely on the GOP.

The governor highlighted that over 100,000 federal workers in the state, including those who maintain the statue of liberty who have been furloughed as a result of the shutdown, as well as threats to federal food stamps such as SNAP, and WIC.

The issue leading to the shutdown revolves around health care funding. Democrats sought to permanently enhance health insurance premium subsidies under the Affordable care act that are set to expire in part of Trump's spending. Both the ACA subsidies and the restored medical funding would in part benefit immigrants with legal status. The GOP has falsely claimed that Democrats' proposal would fund health care for undocumented immigrants.

Republicans instead passed a clean continuing resolution in the House that simply kept the government running for seven more weeks without any changes to spending levels. All but one democrat voted against the measure in the House. It failed in the U.S. senate after all but three democrats voted against it, and one republican voted against it, preventing it from reaching the key 60 vote threshold needed to pass the chamber without being filibustered.

Hochul on Wednesday pointed out that republicans control the presidency and both chambers of congress. She further criticized Trump because he bragged that during a shutdown, his administration could do things that are irreversible, like slashing the workforce and cutting key programs.

Meanwhile Hochul pointed to work Democrats have done in the state recently to address affordability as a contrast to republican actions in Washington D.C., which liberal say benefit the wealthy at the expense of the working class.

Separate from the effects of the federal government shutdown, the Trump administration has cut billions in federal grant dollars over the past few days, in part because it objected to New York's sanctuary laws and DEI policies.



New York Gov. Kathy Hochul speaks at a press conference. (Lev Radin/Pacific Press/LightRocket via Getty Images)

Today in New York's History

Darien Esposito
Staff Writer

Tuesday, October 7th:

In 1777, America claimed victory over the British in the Battle of Saratoga, sparking a turning point in the Revolutionary War.

Wednesday, October 8th:

In 1869, the construction of the new State Capitol building began (It took 30 years!)

Thursday, October 9th:

In 2004, Metallica played at the Pepsi Arena in Albany (don't you wish they would come back?!)

Friday, October 10th:

In 2004, Christopher Reeve (the famous Superman) passed away.

Saturday, October 11th:

In 1884, Eleanor Roosevelt was born in NYC.

Sunday, October 12th:

In 2000, the unveiling of the "Triumph of the Human Spirit" monument in New York City took place.

Monday, October 13th:

In 1904, Albany held its first All-Halloween Festival, inspired by Wilbur Judd.



Troy Police Samaritan Hospital

CJ Karathomas
Staff Writer

On Sunday, September 28th, a fight happened at Samaritan Hospital in Troy. Because of this, the hospital went into a lockdown.

It started at a Troy home that morning. As a domestic disturbance was reported. This report left a few individuals to go to Samaritan Hospital to be treated.

Around 20 minutes after they got there, more people came into the hospital parking lot and started fighting.

The fight later moved to the emergency room. These individuals were related to the disturbance from earlier. A knife and baseball bat were in possession of the individuals who were fighting.

After this occurred, the hospital was placed under lockdown for about 2 hours. The men fighting was taken to Albany Med as well.



Samaritan Hospital, Photo Credits: The Record

Editor-in-Chief Isabelle Holt
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Opinion

Vie by Doja Cat Album Review

Aum Bukhala
Staff Writer

Doja Cat's *Vie*, released Friday, incorporates influences from a variety of genres. From 80s pop to vapor wave, Doja is unafraid to test the boundaries of genre with her sixth studio album.

The project opens with "Cards," a bold, saxophone forward track that introduces funk influences with a bang. These elements – brass choruses, synth samples and vocal overlays – are constants throughout the entire album. The lush instrumentation is a consistent strength of the album.

Her lead single, "Jealous Type," is an eager exploration of dance mu-

sic from previous generations. Its intense, driving beat, catchy hook and glossy production call in memories of 80s dance pop hits while still remaining cheeky and relevant. Her crooning vocals contrast the nostalgic instrumentals with a modern flare. Listeners will recognize her signature playfulness in the melodies, but the album makes a clear attempt to evolve her previous, more edgy work.

Thematically, *Vie* stands apart from Doja's previous work. While her sharp wit still makes appearances in the lyricism, the album takes a more mature approach to issues of relationship dynamics. While this may signal growth, it contributes to one of the album's major weaknesses: its vague and repetitive subject matter. Doja's lyrics touch on the same themes without much insight, weakening the impact of the project.

What *Vie* lacks in lyrical prowess it makes up in its lush instrumentation. From the shimmering



80s pop-funk finishes to complex vapor wave synth additives, this album presents lush instrumentals which seamlessly blend the tracks into one another. Each track, while threaded seamlessly with driving dance beats and synthy interludes, presents its own musical idea.

Doja pushes pop boundaries with her genre-bending project. From its colorful instrumentation to its romantic lyricism, there is no doubt that Doja Cat has chosen to expand.



"The Conjuring" Movie Review (with spoilers)

Lisa Grandy
Staff Writer

One of the more recent horror movies that has come out was "The Conjuring" following the now ten movie series based on true events of The Warren family who were reported to collect haunted or possessed items along with helping families remove haunted items or spirits from homes. They gained popularity during their time and experienced a lot of controversy, being debated for being either one of the greatest con-artists in history, or people who were able to sense and catch these demons and spirits. The newest movie "The Conjuring: Last Rites" came to theaters September 5th of this year. When I went to the theaters for my mother's birthday and saw this movie, I did notice a few things I liked and did not like about the movie, however I almost want to call this a "hollywood-ized" documentary on the Warrens family and another one of their cases.

In 1964, Ed and Lorraine Warren, who are expecting a baby, investigate a haunting involving an antique mirror at a curio shop. Lorraine collapses upon seeing a vision of an entity and her unborn child, and goes into early labor. Ed speeds Lorraine to the hospital, but their baby is born stillborn. However after Lorraine's prayers, the baby is revived and she names her Judy. (Which is true to the real birth of Judy 22 years later, the Smurl family moves to West Pittston, Pennsylvania. Jack and Janet Smurl share the home with Jack's parents, Mary and John, along with their four daughters: Dawn, Heather, and twins Carin and Shannon and their dog, Simon. For Heather's confirmation ceremony, John gives her the antique mirror. However during dinner, a kitchen down, narrowly missing Heather. Due to Ed's worsening heart condition, the investigations but continue teaching but aren't getting much attendees. When to dispose of the mirror, the family continues to be terrorized now by three shares their story with the press in the hope of finding help, which attracts a priest and close friend of the Warren family. Meanwhile Judy's boyfriend, Ed's birthday party, which she accepts. Unable to obtain the Warrens' help, cese of Scranton to seek help for the Smurls. However the demon possessed him and forced him to commit suicide.

At Father Gordon's funeral, Judy learns from a vision that he died while investigating the Smurls' haunting. She secretly leaves for Pennsylvania to investigate, and Lorraine has a vision that warns her about Judy. Ed, Lorraine, and Tony are led to the Smurls, and Judy convinces her parents to help. Lorraine discovers that the three spirits are of a husband who had killed his wife and her mother, but they are being controlled by the demon. The demon tricks Judy into the attic, where she is attacked, causing her to fall down the stairs. Ed and Lorraine discover the mirror and realize it is the demon from their first investigation. Certain that the demon is hunting Judy, they decide to transport the mirror back to their home, where it can be contained. Judy suddenly falls ill as Ed, Jack and Tony attempt to remove the mirror from the house, but they fail.

The demon possesses Judy and causes Ed to have a cardiac episode while Lorraine is attacked in the basement. Tony rescues Lorraine, and Ed recovers. The possessed Judy, in the attic, attempts to hang herself but is cut down by Ed. Lorraine again uses prayer to revive Judy, and the demon attacks them. Ed is unable to exorcise the mirror, and Lorraine resolves to tell Judy to embrace her psychic abilities. With Judy's help, the Warrens destroy the mirror. The Smurls live in the house for three more years without further hauntings, and the remains of the mirror are kept within the Warrens' occult museum.



ceiling light suddenly crashes Warrens retire from their in-Dawn and Heather attempt entities. Exhausted, the family the interest of Father Gordon, Tony, proposes to Judy during Father Gordon goes to the Dio-

10.07.2025

THE HUDSONIAN

Jimmy Kimmel's Ratings Spike Upon Return to the Air!

Darien Esposito
Staff Writer

On September 17th, Disney's ABC pulled Jimmy Kimmel's "Jimmy Kimmel Live!" off the air. This decision was made after Kimmel gave a monologue that included a joke that was directed at Donald Trump, but it was taken poorly, and it was seen as making fun of the assassination of political activist Charlie Kirk. ABC, which is owned by Disney, suspended the show after calling Kimmel's remarks insensitive.

A major decision maker regarding the situation was pressure that Disney received from major broadcast stations Nexstar and Sinclair. Both of these stations announced that they would refuse to air Jimmy Kimmel Live! On their channels that were affiliated with ABC. In addition, FCC Chair Brendan Carr also publicly criticized the monologue that Kimmel gave. He suggested regulatory

consequences for any station that was to continue to air Kimmel's show. All of this combined pressure contributed to the suspension.



After a few days and major outcry from the public about issues regarding free speech, Jimmy Kimmel Live! Was reinstated by ABC and Disney on September 23rd. Some smaller stations initially stood by their original decision to not air Kimmel's show anymore, but after the major stations

(Sinclair and Nexstar) resumed airing the show, more have followed suit. Individuals who supported the suspension felt that Kimmel had crossed the line. They thought the remarks made were harmful to viewers that were still processing the assassination. From their perspective, the suspension was not censorship, but instead it was about holding public figures accountable for their actions.

The people on the other side of the argument advocated that the suspension was censorship, and that it was an infringement on free speech. They argued that while some might view his comments as controversial, it is still his right to say what he feels. Many worried that if the large corporations could censor the voices that they disagreed with, what else were they going to begin censoring.

-D. Esposito

LISTEN: Top Ten Billboard Last Week

Darien Esposito
Staff Writer

1. Golden HUNTR/X
2. Ordinary Alex Warren
3. Soda Pop Saja Boys
4. What I want Morgan Wallen Featuring Tate McRae
5. Your Idol Saja Boys
6. Manchild Sabrina Carpenter
7. Lose Control Teddy Swims
8. Daisies Justin Bieber
9. Love Me Not Rayne Lenae
10. Die with a Smile Lady Gaga & Bruno Mars



And When Everyone's an Artist, No One Will Be...

Matthias Mojallali
Opinions Editor

I'm sure you've heard the term "Starving Artist." Well, that term is more relevant than ever nowadays. With the rise of AI and people with high IQs that lack common sense, the "Starving Artist" term looks like it's about to be the norm. Unfortunately, it doesn't stop with AI. Legitimately good artists are everywhere all over Pinterest and Instagram. Unfortunately, with so many artists in our online and physical world with so little art jobs available, we have a harder job market to fight through than ever. AI has not made this easier now that the most sophisticated AI programs are in the hands of millions more people who are skipping learning about making art by hand. It doesn't just stop at AI image generation being used to make everyone an artist and corporations easy money by not hiring

real artists. Now AI can be used for hostage ransom threats and generating fake events. I've personally been to art fairs for older people where AI art is being sold, leading to fraud and money laundering. One thing is for sure from the matter. AI may be fun to play with, but the longer you play with it, the more intelligent and dangerous it becomes.



metamorworks / Shutterstock

Values for Vikings: Boo Buckets

Molly Graiff
Staff Writer

Welcome to October! With fall in the air and Halloween fast approaching, there's many special offers from fast food chains. Looking for a cute bucket to decorate with this Spooky Season? Here's a few that are becoming available later this month.

McDonald's will be launching their batch of Boo Buckets on October 21st. The buckets that come with Happy Meals contain stickers to decorate. A pumpkin, vampire, frankenstein, and mummy are the four different versions that will be available. While not the best value on the menu, these collectable buckets are a limited time offer and may be useful when handing out candy on Halloween. Check out their McValue menu for better deals.



Dunkin is giving McDonalds a run for their money with their Halloween Munchkins Bucket. There is a new design this year launching on October 15th with a black bucket embellished with spider webs and ghouls and a large replication of the spider donut on the lid. The bucket contains 50 munchkins which is sure to be a party pleaser. The pricepoint has not been released yet however the convenience and durability of having the reusable bucket with all 50 muchkinds in it make it a reliable choice when sharing.

Finally Burger King is offering a new bucket design starting October 10th. Chicken fries and a Whopper are seen playing football on the bucket. The boo bucket's cost will be \$2 and can be purchased separate from a meal. Be sure to check out the new boo buckets this year and collect them all!

10.07.2025

THE HUDSONIAN

Emotional Intelligence or Academic Intelligence: Which Shapes Our Lives?

Hamide Ak
Staff Writer

Life is a journey shaped not only by intellect and knowledge but also by the heart and emotions. Every feeling experienced in a person's inner world determines the imprint they leave on the outer world. While academic intelligence develops our ability to think and analyze, emotional intelligence shapes our attitudes toward people, life, and the universe. In a world where knowledge and emotion dance together, both hold distinct places; yet the question of which one should take precedence always echoes in our minds. Can we truly exist through mere academic achievement, or can we make life more meaningful by delving into the depths of our emotional intelligence? This article offers a perspective not just based on the abstract measurements of intelligence, but one that focuses on the essence of being human, for a person's potential is shaped not solely by how much knowledge they possess, but by their inner intelligence, which is harmonized with emotion and understanding.

Mevlâna Celâleddîn-i Rûmî, a figure who left profound marks on human history not only through his thoughts but also through his emotional intelligence, exemplifies this idea. When we look at his life and teachings, we clearly see the power and importance of emotional intelligence. Mevlâna's emotional intelligence is reflected not just in his words but also in his way of life. The deep compassion and empathy he showed toward people are some of the finest examples of emotional intelligence. Every word of his serves as a guide for understanding and managing one's emotions. Mevlâna embedded empathy, a vital aspect of emotional intelligence, into every area of his life. He sought to understand people's emotional states, to value them, and to explore their inner worlds. At the same time, he demonstrated remarkable emo-

tional regulation. His ability to maintain inner balance in the face of adversity symbolizes his maturity. He was able to manage his emotions effectively, turning negative situations into opportunities for growth. "Without pain, true love cannot arise," he said, emphasizing how pain and hardship are crucial for spiritual development.

Mevlâna's life was shaped not by academic knowledge alone, but by emotional intelligence. In his teachings, he emphasized that one must mature not only through intellect but also through heart and soul. With his famous words, "Come, whoever you are," he encouraged accepting people as they are, forgiving them, and approaching them with compassion. This understanding lies at the core of emotional intelligence: empathy, tolerance, and self-awareness.

However, when we look at Adolf Hitler's life as a stark contrast to Mevlâna's, we witness a profound absence of emotional intelligence. Hitler developed hateful ideologies aimed at exterminating millions of people and imposed them upon the world. His leadership demonstrates the devastating effects of a lack of empathy, hate, and violence. He ignored the suffering of people and carried out mass genocides. This is the most horrifying consequence of the absence of emotional intelligence. The lack of empathy, both on an individual and societal level, leads to colossal tragedies.

Hitler's ideology shows how the absence of emotional intelligence can destroy people. Yet, he had a strong social intelligence. He was highly successful in manipulating people and convincing them to adopt his ideologies. However, this was not a healthy or ethical use of emotional intelligence but rather a misuse. Emotional intelligence requires understanding and guiding people through empathy; however, Hitler led with hate and anger, manipulating others for his own purposes.

These striking historical examples highlight how ac-

ademic intelligence and emotional intelligence are complementary elements. Mevlâna's love and compassionate understanding illustrate the power of emotional intelligence, while figures like Hitler demonstrate the devastating consequences of its absence. We must not only advance academically but also develop our emotional intelligence and capacities. Emotional intelligence helps us establish healthy relationships with others and gives us the power to create a more just and understanding society. While academic intelligence is undoubtedly important, balancing it with emotional intelligence enables us to become healthier individuals both personally and socially. A person who is only strong in academic intelligence but lacks emotional intelligence will develop emotional voids and gaps in understanding. Emotional intelligence not only allows individuals to establish healthy relationships but also aids them in finding inner peace.

True growth emerges when these two forms of intelligence unite and complement one another. Academic intelligence brings professional success, while emotional intelligence makes individuals resilient in the face of life's challenges, helping them build healthy relationships and maintain emotional balance. Both IQ and EQ define a person in their entirety. The combination of the two maximizes a person's potential. Academic intelligence may bring success, but it is emotional intelligence that gives that success meaning. Therefore, neglecting one of these aspects means leaving an individual equipped with only one side of their potential. Both academic and emotional intelligence must grow together and complement each other. Achieving this balance is essential for becoming a truly successful human being.

In conclusion, on our journey through life, we must grow not only through knowledge but also through emotional depth and empathy. These two forms of intelligence will not only improve ourselves but also help create a healthier, more balanced society.

My Opinion on the Final Three (and Winner) of Season 27 of Big Brother.

Darrien Esposito
Staff Writer

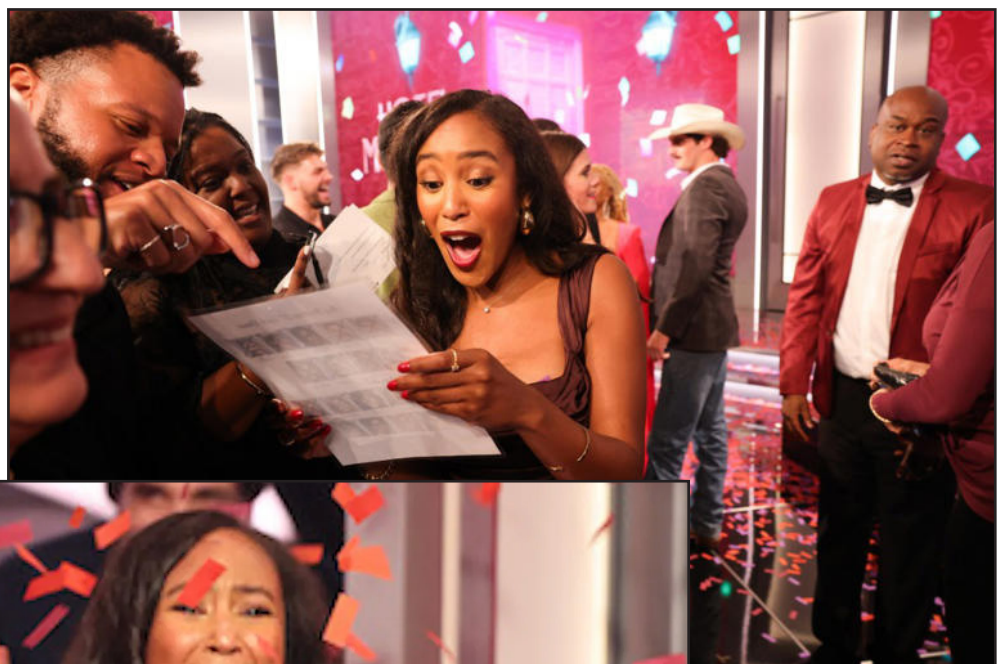
It's official, the winner of Big Brother season 27, and the winner of the \$750,000 is Ashley Hollis. The final three contestants in the game were Ashley Hollis, Morgan Pope, and Vince Panaro. While none of these three individuals were a part of the original three that I wanted to become the final three players in the game, out of these choices, I am happy that Ashley was the one to take home the win.

At the beginning of the game, and for most of the season (until they were evicted), I wanted the final three to consist of Kelley Jorgensen, Ava Pearl, and Keanu Soto. Since the first episode, I wanted Keanu to win on finale night. Throughout the season, I really did not like Vince or Morgan... or Ashley really, but I did like her better than both Vince and Morgan. I don't think Ashley had a strong enough resumé to win the game, as she had only won one competition before finale night, but sitting next to Vince, six out of the voted for Ashley to win because they had ill feelings to-season progressed, Vince had "burned" most of the jury where they would not cast their vote for him to win...they Morgan was able to manipulate Vince into making moves had the power, and the jury didn't respect how he let her

Throughout the season, Vince had a very affectionate, but "platonic" relationship with Morgan, even though he had an extremely long-term girlfriend, Kelsey, outside of the house. Most of the house guests, and all of America watching the show, were appalled by his actions, which included sharing a bed with Morgan, and giving her "extra long" hugs. I think it was absolutely disgusting and wrong... definitely cheating. I'm pretty sure Kelsey has since broken up with Vince, even before the show was over, due to his actions with Morgan in the house. (Good! He does not deserve her).

All in all, Morgan came in third, Vince came in second winning \$75,000 (I don't think he deserved it at all, but whatever), and Ashley won, taking home \$750,000 (and also spilling her secret that she was a lawyer). Overall it was a great season and like always, there was a lot of drama.

-D. Esposito



seven jury members wards Vince. As the members to the point perceived him as a lair. she wanted when he push him around.

Upper Image: 'Big Brother' Season 27 Finale Hits 4.3 Million Viewers, Biggest Episode in Three Years/CBS

Lower image: (Photo: Matthew Taplinger/CBS)

The Hudsonian

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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

English Soccer Player Dies After Sustaining Significant Brain Injury

Darrien Esposito
Staff Writer

This past week, on September 25th, the football (American soccer) community lost a young Chichester City FC player tragically after he suffered a severe brain injury on the field on September 20th. During a football match for Chichester City FC, against Wingate & Finchley, 21 year old Billy Vigar was attempting to prevent the ball from going out of bounds, and he collided with a concrete wall near the field. He was airlifted to a local hospital, and ended up having to be put into a medically induced coma. He underwent brain surgery after the significant trauma, but unfortunately passed away in the morning of September 25th. His death has deeply affected the entire football community. His original team, Arsenal, has already written a tribute to him, describing him as a determined and extremely skilled player that will be deeply missed.



D. Esposito

Pictured: Billy Viga

Upcoming Games This Week

BE ON THE LOOKOUT!!

Darrien Esposito
Staff Writer

Tuesday, October 7th

--Men's Soccer vs Ulster County Community College (4:00pm at HVCC)

--Women's Volleyball vs SUNY Adirondack (7:00pm at SUNY Adirondack)

Thursday, October 9th

--Women's Volleyball vs Orange County Community College (7:00pm at HVCC)

Saturday, October 11th

--Women's Cross Country (TBA at James Earley Invitational)

--Men's Cross Country (10:30am at James Earley Invitational)

--Women's Volleyball vs Mohawk Valley Community College (12:00pm at Mohawk Valley Community College)

--Football vs Sussex County Community College (1:00pm at Sussex County Community College)



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The Hudsonian Sports

Truth Governs Where Power Falters

Womens Soccer, Photo Credits: Shia Long



Photo Credits: Shia Long



TYREEK HILL'S KNEE BLOWOUT

IS HE DONE FOR THE SEASON?

Darrien Esposito
Staff Writer

On Monday, September 29th, the Miami Dolphins played the New York Jets at their home stadium, the Hard Rock Stadium in Miami Gardens, Florida. The Miami Dolphins beat the New York Jets 27-21, but was the win worth it? During the third quarter, the Dolphins wide receiver Tyreek Hill suffered a devastating knee injury. Unfortunately, this injury is expected to keep him from playing for the rest of this season.

During the third quarter, Tyreek Hill was pushed out of bounds while he was attempting a catch. When he landed, his leg twisted awkwardly and he went down. He was immediately in pain and the medical team rushed to the field, including Tyreek Hill's mom. Hill was taken off the field in an aircast by golf cart and he was immediately sent to a local hospital. At the hospital, x-rays confirmed that Hill had dislocated his knee and had torn multiple ligaments, which included a torn ACL. This is an

extensive list of severe injuries, which quickly confirmed that he would be out of commission for the rest of the season.

Hill had surgery soon after getting his imaging done, and his agent stated that the surgery went very well and that Hill had not broken any bones. They also ruled out any cartilage issues and nerve damage. He most likely will not have to have any more surgeries, but he does have a long road of rehabilitation ahead of him. He hopes to return for the first week of the 2026 season.

Losing Tyreek Hill for the season is a major blow to the Miami Dolphins, as he is a focal point of their team. The Dolphins quarterback, Tua Tagovailoa will have to pass to teams other wide receivers, and hopefully they will be able to adjust quickly. This will change the team's dynamic, as they will most likely have to take a more conservative approach for the rest of the season.

D. Esposito

HVCC SPORTS RECAP

CJ Karathomas
Staff Contributor

HVCC Men's Soccer Bounces Back, HVCC Women's Soccer Starts October 0-2

After the HVCC men's soccer team lost 7-2 on September 24th, they bounced back to start October with a win vs. North Country Community College. The win was big too, as they showed they can compete in conference play while playing balanced on both sides. Unfortunately, though the women's soccer team has started October with back-to-back losses. This comes after going unbeaten (4-0-1) in the month of September. With 4 games remaining, they can still get on the right track though.



Womens Soccer, Photo Credits: Shia Long



Men's Soccer, Photo Credits: Shia Long

NFL Week 3 Recap

Darrien Esposito
Staff Writer

Thursday, September 25th.

Seattle Seahawks @ Arizona Cardinals

It was a close game, but the Seahawks ended up beating the Cardinals 23 to 20. Jason Myers scored the game winning (52 yards!) field goal as time ran out.

Sunday, September 28th.

Minnesota Viking @ Pittsburgh Steelers

The Steelers beat the Vikings 24 to 21, at this years' game held in Dublin, Ireland. Aaron Rogers threw an 80 yard touchdown pass to DK Metcalf that shocked the viewers.

Washington Commanders @ Atlanta Falcons

The Falcons win against the Commanders, 34 to 27. Michael Penix Jr. threw 313 yards! (and completed 20/26 passes).

New Orleans Saints @ Buffalo Bills

The Bills win again, keeping their gorgeous season record (4-0), beating the Saints 31 to 19. The Bills have won their last 12 home games in a row.

Cleveland Browns @ Detroit Lions

The Lions beat the Browns 34 to 10... ouch. The Lions forced three turnovers, which gave them 17 out of their 34 points.

Carolina Panthers @ New England Patriots

The Patriots crushed the Panthers, 42 to 13. Marcus Jones returned three punts for a total of 167 yards. He returned one for a touchdown in the first quarter.

Los Angeles Chargers @ New York Giants

The Giants take home their first win of the season, beating the Chargers 21 to 18. Rookie running back Cam Skattebo celebrated his two-point conversion with a backflip!

Philadelphia Eagles @ Tampa Bay Buccaneers

The Eagles win 31 to 25. Quinyon Mitchell earned his first ever career

NFC Defensive Player of the Week award for allowing only two receptions.

Tennessee Titans @ Houston Texans

The Texans beat the Titans 26-0! This is their first ever shutout win since 2010.

Indianapolis Colts @ Los Angeles Rams

The Rams beat the Colts 27 to 20. With under two minutes remaining, Tutu Atwell caught an 88 yard touchdown pass from Matthew Stafford, sealing the win.

Jacksonville Jaguars @ San Francisco 49ers

The Jaguars win 26 to 21. Parker Washington scored the first punt return touchdown for the Jaguars in 8 seasons.

Baltimore Ravens @ Kansas City Chiefs

The Chiefs beat the Ravens 37 to 20. Justice Hill successfully completed a 71 yard touchdown run, making it the longest for Baltimore this season.

Chicago Bears @ Las Vegas Raiders

The Bears squeak by and win 25 to 24. With just 33 seconds left, Josh Blackwell blocked a field goal, which led to Elliott Fry making a 38 yard field goal as the clock ran out, to beat the Raiders.

Green Bay Packers @ Dallas Cowboys

Even after overtime, the Packers and Cowboys tied 40 to 40. This game was high energy and high scoring, but ultimately led to the very rare tie.

Monday, September 29th.

New York Jets @ Miami Dolphins

The Dolphins beat the Jets 27 to 21. The Jets racked up 13 penalties and 101 penalty yards, which made it too difficult for them to make a comeback.

Cincinnati Bengals @ Denver Broncos

The Broncos beat the Bengals 28 to 3... another ouch. The Bengals' fill-in quarterback Jake Browning threw multiple interceptions, which significantly impacted their offensive push.

Arts & Life

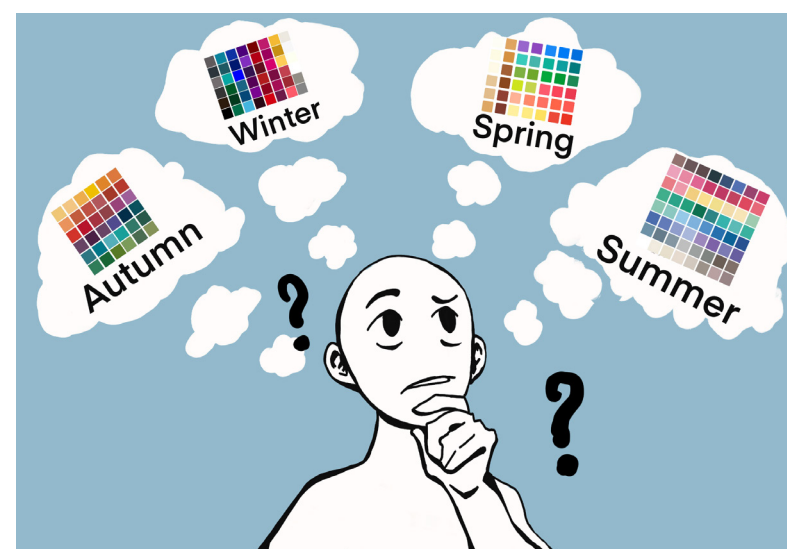
From Cool to Warm: Navigating the Color Season Maze

Olivia William
Staff Writer

Have you ever ordered clothing online that caught your eye? The color looks amazing on the model and when it arrives on your doorstep you can't help but be... disappointed? The piece makes you look washed out and tired. It's hard to believe that something that highlighted all of the model's features made all of yours look dull. Sound familiar? Why do certain colors look beautiful on some people and boring on others? As we all know, shopping through an overwhelming array of products in innumerable colors and trying to decide which one to buy is not an easy task. Choosing colors that will flatter your complexion can make you feel like you're playing a game of roulette. Just based on sheered luck each time

you get dressed. This may seem daunting, but don't worry. Finding colors is much easier than it seems. I plan on lending you some tips on how to figure out your color season.

The first step is to figure out your undertone. To figure this out try comparing your skin tone against the color white. If you have pink, red, or blue undertones that means you are cool toned. If you have a yellow or golden undertone that means you're warm toned. You can also figure this out by looking at your arm veins in the sunlight. If they're blue you're a cool tone. If they're green you're a warm tone. If you find that your results are mixed and matched that means you are a neutral tone. So what seasons work with those tones? Springs and autumns are warm. Summers and winters are cool. Springs and summers are typically lighter in value while autumns and winters are darker in value. Springs and winter colors



Artwork done by: Olivia William

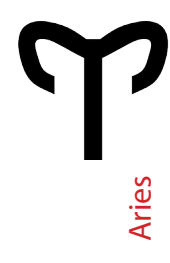
are very saturated. Like paint right out of the tube. Summer and autumn colours are more muted. You can experiment with different color palettes to see what washes you out and what compliments you. Now these aren't set rules, figuring out what compliments you takes a lot of trial and error. I don't fully know what my color season is. But I don't let these rules stifle my exploration. You'll never know unless you've tried it. So be open and curious. I hope these tips help guide your exploration of color seasons and what works for you.

The Hudoscope

Your weekly astrological insight by Darien Esposito



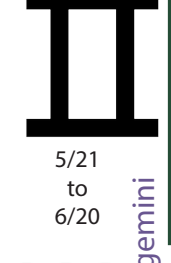
Graphic by Matthias Mojallali



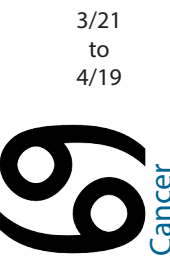
Take that initiative that you've been thinking about! If there is something that you are on the fence about, trust your gut. This week, motivation will help you finally complete what you have been dreaming of.



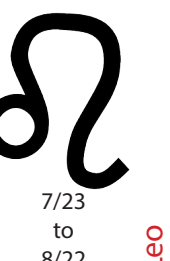
Do not shy away from challenges that scare you. This week will go exactly how you want it to, but only if you step up to the challenge. Clarity will come mid week this week.



Be curious this week. Have a conversation with a stranger, you never know who you are going to meet! Make the most of this opportunity.



Emotional energy will be high this week, but do not let it overtake your accomplishments. Trust your intuition, and everything will be okay. Rough days happen, next week will be better.



Are you feeling extra creative this week? Take that creativity and turn it into a new collaboration. Do not be afraid to compromise this week, it will end in your favor.



Be organized this week. The routine will give you strength. Do not let the pressure from others rush you. The things you are trying to accomplish will take time, but it will be worth it.



It is Libra season! You will feel very empowered this week. All of your relationships will thrive this week, both platonic and romantic. Make new connections!



Use this week to have a quiet reflection. Old emotions might resurface, but they will pass. It is nothing to worry about. Taking time to be quiet now will benefit you later.



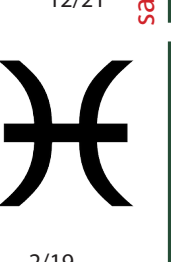
Your social energy is blooming this week. Old and new friends will both contribute to this colorful energy. Stay practical this week.



Focus on your academics or career this week. A little extra focus will go a long way. Do not forget to delegate the things you can so you do not overwhelm yourself unintentionally.



Have that deep conversation that you have been avoiding this week. If you have been thinking about travelling recently... go! Maybe a fresh idea will be what you need!



You might be extra sensitive this week, but it will not last long. Let your body rest and take this time to recuperate. Do not stress over the things that you can not control.

RAIN

Hamide Ak
Staff Writer

The continuation lies within you; I am merely opening the door...

Wherever rain touches, life begins anew. When it falls on the soil, it awakens the sprouts; when it hits the window, it reminds us of the emotions within. Yet sometimes I ask myself: Is rain merely the sky's tears, or does it return to us the tears we have hidden away? Imagine, when the sky cries, we are, in fact, releasing the tears we have kept inside ourselves. To cry with the rain is, in a way, to share our solitude. For if the sky is crying, we can cry without shame. Just like when we ran through the rain as children, unable to distinguish which drops were tears and which were rain. Every drop is like a small secret descending from the sky to the earth. Perhaps it carries our suppressed grievances, unspoken sentences, or postponed emotions, gently landing on our faces. Consider this: as our tears flow outwards, cleansing us, how does the rain flowing inward confront us with our wounds?

Rain is, in essence, a test. To get drenched outside, or to stay indoors and merely watch? Rain is the oldest letter written to us by the sky. It falls drop by drop, each carrying a hidden meaning. Some awaken memories, some voice silences. Sometimes it merely wets us; sometimes it dismantles our inner world. When we look up, we see only water, yet perhaps the rain is the sky's effort to cleanse our souls. Some find peace as it taps against the window, while others feel the melancholy of the heavens within. How, then, do we read the rain? As a natural phenomenon, or as a message inscribed upon our souls?

Sometimes, if the sky cannot overflow, neither can we. If the clouds do not weep, from what courage would we dare to cry? Each drop is like a small question life throws at us: How much burden do you carry? Which emotions have you suppressed? How long has it been since you last cried? Rain asks these questions silently, waiting for answers from within us. It teaches that postponing the emotions we harbor inside is like restraining the clouds from raining. You hold back, you hold back... and eventually, a storm breaks out. Isn't life the same? Unspoken words, unconfessed feelings, repressed anger... all accumulate. Just as the clouds grow heavy and can no longer bear their weight, we too

eventually overflow. Every moment we choose silence may ultimately return as a tumultuous storm. Rain, therefore, whispers: "Do not accumulate; let it flow, lest you overflow."

The greatest secret of rain is this: it does not only wet the outside; sometimes, it rains within us. Drops fall upon long-parched parts, dried hopes, and cracked dreams. Perhaps there is a dream that has remained barren for too long; a sentence waiting to be written, a journey postponed, or a beginning you lacked the courage to take... Rain may wet not only our exterior but our spirit as well. When it rains inside, it awakens the parched corners of our being. It reminds us that every drought is temporary, every void can be replenished. The rain that falls within acts as life-giving water for these arid lands. Hope never fully dies; it merely thirsts. A single drop is enough to sprout new life. And then we realize that renewal often comes not from outside, but from the drops raining within us.

Life, too, is like rain. It falls, leaves traces, flows, and disappears. Are we not the same? One day, we detach from the sky to which we belong, only to descend to the earth. Even in its descent, rain carries meaning. A drop that falls to the ground does not vanish; it merges with the soil. Likewise, when we feel lost in life, we may actually be undergoing a transformation.

What we call exhaustion is sometimes merely preparation for a new beginning. To fall is not to disappear; to merge with the soil is to become the nourishment for a new sprout.

Therefore, we must read the message of the rain carefully: let it overflow, let it flow, let it cleanse you. For rain always carries the same whisper: "Every fall is a rebirth." Perhaps this is why rain always gives hope. No matter how dark the sky, it clears after the rain. No matter how heavy our hearts, they lighten after tears. At the end of every fall, there is a rise; rain teaches us to wait patiently, to begin again with hope.

The Whisper of Rain

Drop by drop, the sky descends, Each carrying a secret, It falls to the soil, becoming a sprout, It taps the window, soaking my soul.

As the sky cries, I cry too, Unknown emotions strike my face, Accumulated silence turns into a storm, And with every fall, I am reborn.

Rain is not merely water, It is hope raining into me, Life for my parched dreams, And every single drop, A new beginning.

What are you listening to?

Suhana Samarun
Copy Editor

Hello, students of HVCC! Welcome back to “What are you listening to?”

This week, I talked to Rhyme who was listening to Lovers Rock by TV Girl. The song from the French Exit album is an unrequited or one-sided love song. Initially created because the singer Brad Petering had a crush on a girl, Lovers Rock is not only a song but an entire subgenre of reggae music. This subgenre consists of the same beat that reggae music has but with very unreciprocated lovey-dovey lyrics. With this song, there are a series of beeps within the background which can be translated to morse code to say MWW, which could be loosely translated into “My Whole World,” symbolizing Brad Petering’s infatuation with this girl. After being with her for a night and even kissing her, nothing happened after, so he felt as though he was back to square one, hence the lyrics: “Because love will burn like a cigarette/ And leave you with nothin.”

When I asked Rhyme what this song means to him, he said that this song got him through some slow and lonely times while in high school. He would go to the school library and just sit there between classes while listening to this song on repeat because he didn’t have anyone to talk to. This song gave him the comfort that everyone desires. When slow days come by, all you can do is wait for them to pass. So, let’s sit back and watch the sun go down, my friends.



Artwork by Olivia Williams

Cabin Fever SPOOKY TAILS

By M.M. Stephens



Gorgeous View of the Mario M Cuomo Bridge

Credit: Darien Esposito

