

THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

EVENTS TUESDAY || Oct. 14

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

12PM-1PM: Darkroom Club Info Session (BTC 1110)

12-12:50PM: "Three Mile Island and the Future of Nuclear Power" (BTC Auditorium)

1-2PM: Psychology Club Meeting (CTR 150)

1PM: Day of the Dead: COCO Showing (Marvin Library)

2-3PM: Salsa & Bachata Dance Classes (CTR Lobby)

WEDNESDAY || Oct. 15

10AM-2PM: Russel Sage Transfer Advisor (CTR 290)

10AM-2PM: NYS Dept. of Transportation Employer Table (Williams Hall Cafe)

12-1PM: Mind Over Money (ADM 106)

12-2PM: Safe Space Training (CTR 204)

12PM: Live Trivia (CTR Lobby)

1-2PM: NYS Internship Information Session (Virtual)

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

2PM: Entrepreneurs Club Meeting

THURSDAY || Oct. 16

11:30AM-1:30PM: Fall Fest Viking Cup Challenge (Bruno Stadium)

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

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

Want to submit an event?

Contact
Hudsonian@hvcc.edu

Promotional graphics also available on request!



Malala Yousafzai is Set to Speak at Local Libraries Pg.8



Pope Leo XIV says that the United States' Treatment of immigrants is inhumane, Not "pro-life" Pg. 9

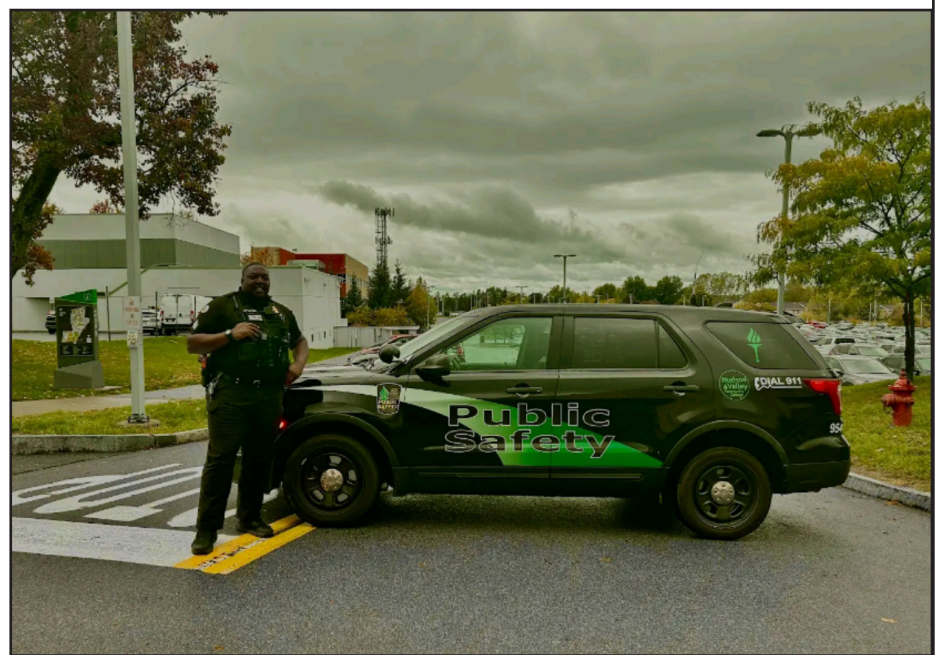
A Deep Dive Into The Campus: Insights About Public Safety An Interview with Public Safety

Isabella Holt
Managing Editor

The Public Safety Department is a vital resource on Hudson Valley campus for student, faculty, and staff safety and protection. In an effort to increase this understanding and allow students to take a deep dive into the many hats Public Safety wears, Izzie was able to secure an interview with Sgt. Pontoon- discussing the primary role of the department, the concerns of students, and plans for the expansion and improvement of safety matters/resources. Most importantly, the questions asked in the interview are questions submitted by students on campus, with accurate and reliable responses from inside the department: Sgt. Pontoon.

Firstly, Izzie asked- "What's the primary mission of campus public safety, and how does it differ from local law enforcement?" Pontoon answers, "Our primary mission is protecting the students, faculty, and staff of Hudson Valley Community College. In regards to our mission statement, our primary goal is to protect, provide, and foster a safe learning environment for everyone on campus." Not only is this goal and mission advertised to the student body and faculty, it is lived by the officers and staff of Public Safety. A main difference between Public Safety and a local law enforcement agency is that Hudson Valley Public Safety is a community focused organization, but regardless of this matter, they have been, are currently, and will continue to be a law enforcement organization.

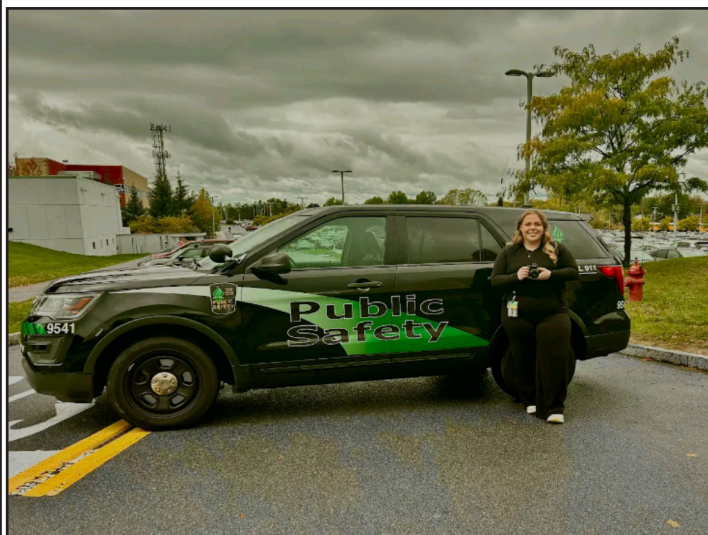
Many students ask the question, "How do you balance security with fostering a welcoming campus environment?" with the idea of the stigma and fear surrounding law enforcement agencies and organizations. Although safety is



important, students also express their concerns for those specific organizations seeming ultimately 'unapproachable' or possibly even inaccessible. As discussed with Sgt Pontoon, HVCC officers aim to (and are) not only vigilant, but also present, approachable, visible, and trusted resources for any and all attendees of the college. Hand in hand with student concerns of balancing security and still fostering a welcoming environment, a student posed the question, "What steps are taken to ensure student privacy while maintaining campus safety?" to which, Sgt. Pontoon answered: "Anytime there is a student matter, confidentiality is always a focus. We deal with FERPA, of course..." FERPA is a policy that is also used in the academic setting, and stands for 'Family Educational Rights and Protection Act,' and translates over to any happenings and incidents in the sector of Public Safety. Pontoon continues his response in regards to confidentiality, stating "...The department aims to protect confidentiality, however that must be broken under any circumstance of harm to a student or others, a threat, etc..."

which there is the question of "How does the department handle mental health crises or non-criminal emergencies?" Sgt. Pontoon answers "We have counselors here we can call, in addition to working with something called 'Mobile Crisis' who are a team of evaluators and support people that can come help evaluate the situation here on campus." Mobile Crisis services are a team of staff that are able to help in the short-term, with assessment, crisis intervention, and counseling. These services are utilized by other college campuses, health offices, and specific workplaces. In addition to utilizing Mobile Crisis services, Public Safety officers are extensively trained in mental health crisis specific situations, and understand the de-escalation process. The team works together to provide the best support for the student experiencing a crisis, with situation specific supplemental help.

Another realm that campus officers are responsible for is in the event of large events, planned or unplanned, and protests, maintaining campus safety while still allowing those gathering to exercise their rights as students, citizens, and protesters. Izzie asked, "What are your protocols for handling large events or protests on campus?" to which Pontoon answered; "I am actually one of the Special Operations Seargants... we work very closely with our local law enforcement agencies. When we have any type of intel of a large event or potential protest, we work closely with Troy Police, North Greenbush Police, and NYS Police..." In regards to unplanned events, Hudson Valley Public Safety follows specific



An important role Public Safety plays in student safety is in the realm of mental health crises, in

NEWS

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

FANCY



Meet Fancy! She is a four year old puppy-at heart. She loves exploring and is sure to keep you laughing. She is a little shy at first, but once she warms up to you she is loyal and very energetic. She is located at the Mohawk Hudson Humane Society and her adoption fee is \$250.

ONEIDA



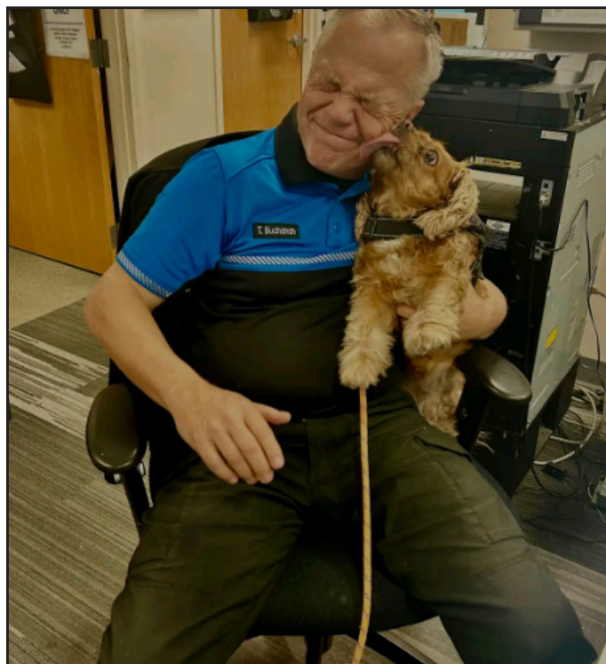
This is Oneida! She is a one year old guinea pig. She is bonded with Canvass (see other posting) and must be adopted together. They are at the Lisa Mitzan Animal Care Center. Her adoption fee is \$40.

Darien Esposito
Staff Writer

Public Safety Interview CONTINUED...

protocols, of course promoting student safety, alongside allowing students to exercise their rights as students. Sgt. Pontoon's role has heavy focus on planned events, such as "graduation, sectionals, homecoming..." alongside additionally managing unplanned events, such as protests. Public Safety staff all play a large role in the coordination and execution of planned events, and the adaptation/adjustment for unplanned events.

Some students on campus have the primary concern of "Can students trust public safety officers to intervene in situations of discrimination or harassment?" Discrimination and harassment is not something taken lightly by anyone at HVCC, and is never acceptable, no matter the circumstance. As per the student handbook in regards to such matters, "The college is committed to providing every student an education free of discrimination based on gender, gender identity or gender Expression, (p. 28)." alongside another section that states, "NY Civil Rights Law § 40-c-Prohibits discrimination or harassment based on race, creed, color, national origin, sex, or disability. Violation of this provision shall constitute a Class A misdemeanor and subjects the perpetrator to a civil action brought by the victim for damages. (p. 45)." Sgt. Pontoon responded to the question of trusting public safety officers to intervene in situations of discrimination or harassment, with an astounding "YES," because not only is it a duty of any college employee, it is in the core part of the mission for Hudson Valley Public Safety. Students are encouraged to report instances



of Title IV violations to the campus judicial officer, Sandra McCarthy, or to Public Safety. This topic goes hand in hand with another interview question, which was- "What's the department's role in preventing or responding to incidents of sexual violence on campus?" This is an important, and very serious matter, that students are encouraged to educate themselves on and become aware of the easily accessible process for them to pursue in the unfortunate circumstance that they are a victim of sexual violence on campus. Sgt. Pontoon stated "We work very closely with Title IV... Public Safety makes an active effort to speak to first-year college students regarding the process of Title IV, and acceptable behaviors..." As covered previously, the Department aims to continue and strengthen "...maintaining visibility and accessibility for students." If you or any student you know may have been a victim of sexual violence on campus, you are always encouraged to speak to Public Safety, and/or a counselor in the Health Center.

Continuing on, Sgt. Pontoon and Izzie discussed other responsibilities of Public Safety and services utilized to promote a better campus experience for everyone on campus. Some important measures put into place for the overall safety and wellbeing of students are surveillance cameras in public places (including the parking lots); 24/7/365 presence of Public Safety- no matter if it is weekend, holiday, late night, early morning, or over school breaks; annual de-escalation training and frequent refreshers for staff in the department; increasing conversation about difficult topics and spreading awareness to students by coming to college forum classes and speaking to the freshman; utilization of SUNY Everbridge and Alertus for college wide safety and weather notifications; and many other measures.

The conclusion of this interview is a general and friendly reminder that the purpose of Public Safety is to foster and protect the safe learning environment at HVCC. The Department of Public Safety is a legitimate organization, with the same privileges as any other neighboring law enforcement agencies. They are able to exercise those rights as such. Public Safety has Peace Officers, Security Officers, and Sergeants, who are all extremely dedicated to everything they do. The department as a whole is one of the many reasons students are able to continue coming to school, learning, engaging in clubs, playing sports, and being safe in their college experience.

The goal of The Hudsonian Newspaper is to deliver accurate, well researched, authentic news that aims to encourage education, decrease stigma and prejudice, and to represent all communities on a higher level. By interviewing Sgt. Pontoon, we hope that you learned something new, and another thing you never thought twice about is now, and will continue to be, something that you research, understand, and do not make quick assumptions about.

Despite the stigma and assumptions surrounding the law enforcement industry, it is without a doubt that Public Safety here at Hudson Valley Community College has done, and will continue to do, a fantastic job at protecting students.

Remember Vikings: You are safe, you are welcome, you are protected. In the past, present, and future.

Freshman Student Senate Elections

Shia Lang
Staff Writer

This coming Tuesday, October 14 at 2 o'clock in CTR 150, Student Senate will be hosting a meet and greet with the freshman candidates. Then on the 15th and 16th voting will be open only online, through the Hudson Valley website.

I am sure many of you guys have been approached by someone asking for your signature for student senate. These students needed a certain amount of signatures in order to get their name on the ballot. The reason why they involve signatures first is to socialize with the students and get to know the community better. You can't necessarily vote for someone you have no idea about, at least it's not the best option. Why should you vote? You should vote because it's a way to have a voice on what you want on campus. Also whoever you vote in will be able to be your voice when you are unable to speak up. Everyone should come to the meet and greet to get to know the candidates and have a better understanding on who you want to represent the freshman

body and the position they want on Student Senate. Another question you might have is what is Student Senate? It's a student run organization that aims to help connect students on campus, advocate for student interests, address concerns from students, and they plan events. Also they control approvals for clubs and finance within the clubs.



Looking to Try Dance? Try Bachata right At HVCC!

Told By 2 student Perspectives

Shia Long
Staff Writer

October 7, Tuesday from 2 to 3 in the BTC building there was a Bachata class. The Bachata dance originated from the Dominican Republic and it is a big part of their culture. The class was a really cool experience and there's another one this coming Tuesday at 2:00 pm. The experience was really interesting and I got to laugh a lot. We all kept messing up, but in the end we finally managed to be in sync. Not to mention, you can stop in whenever you were free, and you were still able to be in the know about the dance.

I also got to learn a lot of new moves and I enjoyed the bachata music that was played after each step we learned. During the class, we got to learn the box move, how to do turns, and other steps that I don't know the names to. I really recommend going to these, because you get to learn more about the culture through learning the dances, it's a very fun thing to do after class, and you can make new friends. The one on Tuesday, I believe the instructor will be teaching you how to salsa dance and he's a very nice, outgoing guy who was very passionate about what he does. He breaks up the moves and shows us how to do each part, and he gives us a lot of positive energy that helps break any tension.

Samarun Suhana
Copy Editor

Looking to freshen your dance skills or begin to learn for the first time? Come to Salsa and Bachata Dance Classes held by Vladimir Jean with the Bachata Room located in Albany. These lessons are entirely beginner friendly, and no experience or dance partner is needed. You can come by whenever and leave whenever. This is an incredible opportunity to learn new dances, celebrate Hispanic Heritage Month, and meet new people! The next and last class will be October 14 in the Siek Campus Center in the First Floor Lobby at 2 PM.

Festive Fun: Halloween Concerts!

Gideon Parker
Staff Writer

Are you also stuck in that awkward in between of being too old for trick or treating but too introverted for the crazy Halloween parties? I know I am, but you can't do NOTHING on Halloween! Here's the scoop on what's happening locally that may interest you:

10/25: Here in Troy the 2025 Pumpkin Bash will be held at the LXA FRAT: 200 Sunset Terrace starting at 7pm. Bands playing include: 40 Lashes, Daisy Chain, Gas Leak, and Surfsik. Student entry is \$5, 10\$ entry for everyone else. And, all proceeds will be going to the hope7 community center and Red Cross.

10/29: From 7-11pm join DJ 2nd Ch!ld at No Fun. "Scary-oke" karaoke event will be free entry of anyone 18+. I highly suggest checking out the No Fun page as they tend to have fun themed events weekly!

10/3: In Glens Falls, see the Dead Street Dreamers, Death Cult, The Skizm, Pharmaceutical, and Surfsix at Sweet Side Records (18 Currant St.) This event starts at 9 pm and is a 10\$ entrance fee. The venue itself sells awesome merch and vinyls so even if you can't make it then, I would definitely check it out if you are into the vintage styles.

I hope this information can help you plan for this festive season and keep you on a good budget! All events support small creators, charities, and communities while the crowd at these events are always welcoming, sweet, and exciting to say the least; so, never be scared to just stop by! Dress up, sing, and dance till you're dead this October in the Hudson Valley area. And, like always, remember to be safe and to be smart this Halloween!

Movie Showings on Campus

Samarun Suhana
Copy Editor

In celebration of the Day of the Dead, there will be two movie showings, the Pixar favorite "Coco," and "The Book of Life." The beloved movie is about a young boy named Miguel who loves music because of his idol Ernesto de la Cruz, despite his entire family abhorring even the idea of music. Miguel must find his way through the Land of the Dead with a friend he made along the way named Héctor. Their mission is to learn the truth about Miguel's family. The movie will be showing in the Marvin Library in the Multipurpose Room on October 14 at 1 PM. There will be refreshments provided by Student Activities. So, come by and enjoy the fun, music, and food while watching Coco!



The Book of Life is about three childhood friends, Maria, Joaquin, and Manolo. They were all sent on different paths, with one going to Europe, one going to the military, and the other becoming a bullfighter. The one thing that remained from when they were kids is that Joaquin and Manolo love Maria and want to marry her. The two men battle it out while being bet on by deities to see who wins. The movie will be shown in the Siek Campus Center in Room 204 on October 27 at 2:30 PM. There will be refreshments provided by Student Activities. So, come by, have fun, eat food, enjoy the music and watch The Book of Life!



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

Darien Esposito
Staff Writer



Meet Canvass! This is Oneida's best friend! She is also a one year old guinea pig looking for her fur-ever home. Her adoption fee is also \$40.



This is Electronica! She is a shy, six year old dog waiting for the perfect quiet home. She is currently in a foster home, but you can set up a meet and greet by calling the Mohawk Hudson Humane Society. She is a snuggle bug and loves relaxing walks. Her adoption fee is \$250.

Financial Foundations Smart Credit: Using It Without Losing It

Fallon Greenway
Staff Writer

Most of us think we'll start investing "once we're making real money." The truth is, the earlier you start, even with small amounts, the bigger the payoff. Thanks to compound interest, time can do the heavy lifting for you. If you can find just \$15 or \$20 a week to put away now, about the cost of a couple of take-out meals, Future-You will thank you.

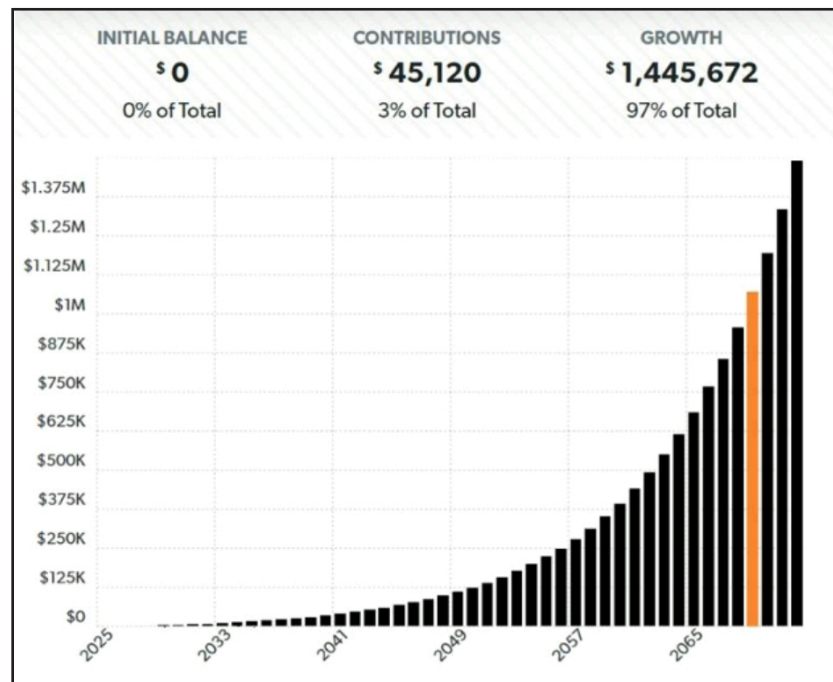
Compound interest is simply interest earning interest. Imagine saving \$20 one week and earning 7 percent over the year. By the end of that year, your savings have grown without you lifting a finger. Next year, you'll earn interest not only on your original deposits but also on last year's growth. Over decades, that snowball effect can turn a small weekly habit into a serious nest egg. Your dollars aren't just sitting there, they're recruiting more dollars to join them.

The difference that time makes is striking. This graph shows the predicted growth of investments as someone starting with \$0 and just putting in \$20 a week. By retirement, that money

has grown to nearly 1.5 million! And the best part? Only \$45,000 of that sum was from your own contributions. Your money made 1.4 million of that total, all on its own. Giving your money time to grow makes all the difference.

The good news is you don't need to be an expert stock picker to start. Index funds are an easy, low-cost way to invest because they track the entire market and are generally less risky for beginners. If you have income from a part-time job or summer gig, a Roth IRA is an excellent place to begin. With a Roth IRA, the money you invest grows tax-free, which means more of your future earnings stay in your pocket.

You don't need to be a finance major, or even feel "ready", to begin investing. I believe it was said best by Kenneth Fisher, "Time in the market beats timing the market". Even if all you can spare is \$15 a week, start now. Your future self will be richer for it.



SUNY ASAP/ACE Program Expanded to More Than 7,000 Students, Across 34 SUNY Campuses

Isabella Holt
Managing Editor

SUNY Chancellor King recently visited Farmingdale campus in a celebration of the expansion of the SUNY ASAP and ACE program. The program has been expanded to 34 SUNY campuses, benefitting more than 7,000 students.

These programs, Advancing Success in Associate Pathways (ASAP) and Advancing Completion through Engagement (ACE), are initiatives designed to increase college retention and completion. ASAP and ACE initiatives help students to gain 'academic momentum' which encourages and ensures that they graduate in a timely manner with continuing academic success in their degree program.

During the Farmingdale visit, SUNY Chancellor King said "SUNY is committed to supporting student success, and the continued expansion of our ASAP|ACE program ensures SUNY students can get important support and services to help them complete their degree on time," to which he continued, "ASAP|ACE is a proven, evidence-based strategy to improve student retention and completion, and thanks to Governor Hochul's leadership, I am thrilled to see this model expand across the SUNY system. We will continue our efforts to support more SUNY campuses to implement ASAP|ACE to take full advantage of this program." Chancellor King's remarks are a reflection of the positive and lasting impact of these programs, noting how the model of the initiatives greatly benefits students in the programs.

According to SUNY, "The Advancing Success in Associate Pathways (ASAP) supports students pursuing associate degrees, while Advancing Completion through Engagement (ACE) supports baccalaureate students. Eligible students have access to a

wide array of resources and support to help them overcome barriers that can prevent them from obtaining a degree. This includes funding to cover textbooks, groceries, transportation, and other costs of attendance, as well as comprehensive personalized advisement, academic support, and career development activities." Additionally, those interested in seeing more information about the

ful careers," and also expressed gratitude for the leadership side of the program, stating "I commend Chancellor King, Governor Hochul, and Farmingdale State College for their leadership in enhancing access to higher education for all students."



Photo Credits: SUNY

program can visit <https://www.suny.edu/asap-ace/>.

Alongside support from SUNY Chancellor King, New York State Assemblymember Kwani O'Pharrow expressed how the success of the program is a vital enhancement for access to higher education. O'Pharrow noted, "The expansion of SUNY's ASAP The ACE program is a vital investment in student success and workforce development in New York State. By offering essential academic and financial support, it enables more students to complete their degrees on time and pursue meaning-

The State University of New York is the largest comprehensive system of higher education in the United States, and more than 95 percent of all New Yorkers live within 30 miles of any one of SUNY's 64 colleges and universities. Across the system, SUNY has four academic health centers, five hospitals, four medical schools, two dental schools, a law school, the country's oldest school of maritime, the state's only college of optometry, and manages one US Department of Energy National Laboratory. In total, SUNY serves about 1.4 million students amongst its entire portfolio of credit- and non-credit-bearing courses and programs, continuing education, and community outreach programs. SUNY oversees nearly a quarter of academic research in New York. Research expenditures system-wide are nearly \$1.16 billion in fiscal year 2024, including significant contributions from students and faculty. There are more than three million SUNY alumni worldwide, and one in three New Yorkers with a college degree is a SUNY alum. To learn more about how SUNY creates opportunities, visit www.suny.edu

IRS 2026 Tax Brackets: Where do you Fall?

Isabella Holt
Managing Editor

The tax brackets for 2026 were released from the IRS, giving taxpayers a head start on knowing where their income falls, how much they'll pay, and how to be prepared.

Tax rate is the amount of money that you will pay in taxes off of your income, but it doesn't necessarily apply to all forms of income. Additionally, different parts of your income can be taxed at different rates.

For tax years of 2025 and 2026, there are seven different tax brackets. These brackets are 10%, 12%, 22%, 24%, 32%, 35%, and 37%. The IRS provides annual inflation adjustments within each bracket.

Photo Credit: IRS

2025 FEDERAL TAX BRACKETS

Broken down by tax rate and filing status.
These income brackets apply to tax returns due **April 15, 2026:**

TAX RATE	SINGLE	HEADS OF HOUSEHOLD	MARRIED FILING JOINTLY	MARRIED FILING SEPARATELY
10%	Taxable income up to \$11,925	Taxable income up to \$17,000	Taxable income up to \$23,850	Taxable income up to \$11,925
12%	\$11,926- \$48,475	\$17,000- \$64,850	\$23,851- \$96,950	\$11,926- \$48,475
22%	\$48,476- \$103,350	\$64,851- \$103,350	\$96,951- \$206,700	\$48,476- \$103,350
24%	\$103,351- \$197,300	\$103,351- \$197,300	\$206,701- \$394,600	\$103,351- \$197,300
32%	\$197,301- \$243,725	\$197,301- \$250,500	\$394,601- \$501,050	\$197,301- \$250,500
35%	\$250,525- \$626,350	\$250,501- \$626,350	\$501,050- \$751,600	\$250,501- \$375,800
37%	\$626,351 and higher	\$626,351 and higher	\$751,601 and higher	\$375,801 and higher

2026 FEDERAL TAX BRACKETS

Broken down by tax rate and filing status.
These income brackets apply to tax returns due **April 15, 2027:**

TAX RATE	SINGLE	HEAD OF HOUSEHOLD	MARRIED FILING JOINTLY
10%	Taxable income up to \$12,400	Taxable income up to \$17,700	Taxable income up to \$24,800
12%	\$12,401- \$50,400	\$17,701- \$67,450	\$24,801- \$100,800
22%	\$50,401- \$105,700	\$67,451- \$105,700	\$100,801- \$211,400
24%	\$105,701- \$201,775	\$105,701- \$201,775	\$211,401- \$403,550
32%	\$201,776- \$256,225	\$201,776- \$256,200	\$403,551- \$512,450
35%	\$256,226- \$640,600	\$256,201- \$640,600	\$512,451- \$768,700
37%	\$640,601 and higher	\$640,601 and higher	\$768,701 and higher

Wegovy Approved by the FDA to Treat Liver Disorder

Darien Esposito
Staff Writer

In August of 2025, Wegovy (semaglutide), was given an accelerated form of approval for the treatment of a liver condition called MASH, also known as Metabolic Dysfunction Associated Steatohepatitis. While this approval is not currently complete, it is likely that they will achieve full approval as more trial data is collected. Until this accelerated approval of Wegovy to treat MASH, there were limited FDA approved medications available for treatment. Rezdiffra (resmetirom) was the only FDA approved treatment for MASH. This is a huge milestone in the treatment of this liver disease.

Before we dive into more about the medication itself, what is Metabolic Dysfunction Associated Steatohepatitis (MASH)? MASH is a liver condition that can be very serious for individuals affected. It is caused by fat buildup/inflammation on the liver. Common causes and conditions linked with MASH are diabetes, hyperlipidemia (high cholesterol), and obesity. The condition used to have the name "Nonalcoholic Steatohepatitis", as it is not linked with alcohol use. This chronic inflammation of the liver leads to scarring on the liver (fibrosis) and eventually, liver failure (if left untreated).

The decision for rapid approval was made based on results and data obtained from the Phase Three ESSENCE Trial. This trial showed that 63% of patients that were treated for MASH with the Wegovy had seen improvements in their liver inflammation, and their fibrosis scarring did not get- *CONTINUED*....

worse. Only 34% of the placebo group saw the same. On the flip side of the coin, 37% of the trial group had improvement in the fibrosis scarring without worsening inflammation, as compared to only 22% of the control group.

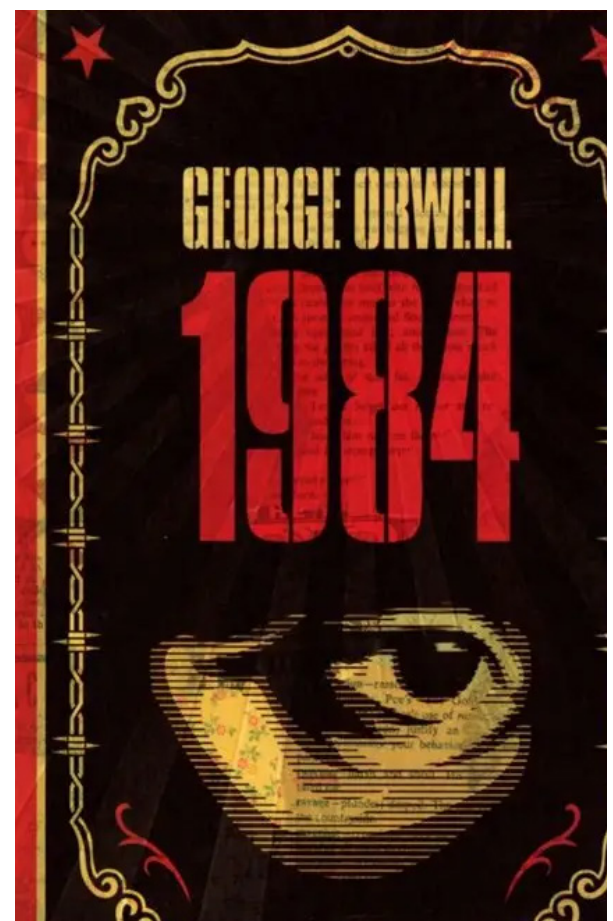
This trial and FDA approval makes Wegovy (semaglutide) the first medication in the GLP-1 class to be used for this treatment, making it no longer just a weight management drug. Other factors must be done in conjunction with semaglutide treatment, including a reduced-calorie diet and an increase in daily physical activity. Some gastrointestinal side (nausea and vomiting) effects were noted, similar to when Wegovy is used for weight loss.

D. Esposito

Banned Books Week

Samarun Suhana
Copy Editor

The week of the 5th-11th of October is Banned Books Week. Year after year books are being banned or are in the process of being banned from schools, libraries, bookstores, etc. Books such as 1984 by George Orwell, The Handmaid's Tale by Margaret Atwood, Fahrenheit 451 by Ray Bradbury, and many more have been challenged or banned. To find out more about which books "they" don't want you to read, Barnes & Noble has an extensive 35 page list. These books are challenged or banned because they explore ideas and concepts like race, gender, and sexuality. Other books are censored because they are dystopian and it seems "they" don't like that because it may be too similar to reality.



Japan's First-Ever Female Prime Minister

Sanae Takaichi

Timeline of women in Japanese politics

No.1

Tokyo, Japan

October 6, 2025

Former Economic Security Minister Sanae Takaichi, an unwavering conservative is now on track to becoming Japan's first female prime minister at 64.

Her first actions gain quick recognition as she must deliver a strategy that will keep her Liberal Democratic Party to remain in power, all whilst tackling the country's inflation and international difficulties such as those of the United States, and President Trump.

Immediate Uprising

Takaichi is facing tension with her party's long-term coalition partner. An ultra-conservative politician, Komeito who seeks to revision Japan's wartime history and pay regular visits to the Yasukuni Shrine, an act of worship and militarism by dovish-inspired leaders.

Takaichi's party holds the most seats in Japan's parliament. Meaning she was chosen by her own party members to lead. Against all odds, she was not elected personally by Japanese voters in a national election. She then has to face the risk of losing her fans if she adheres to her ideology or alter her militarist politics.

Due to the LDP's considerations regarding the formal election of the prime minister, Takaichi sits at the top of the list, soon to be elected even without a majority. With opposing groups severed, her chances are even greater.

According to CBS News, Saturday marks her first press conference as LDP leader. Takaichi's mission to strengthen the Japan-U.S. alliance is key to her country's



Sanae Takaichi, parliamentary speech. Tokyo, Japan.

security and future diplomatic treaties. Partnerships include Australia, South Korea, and the Philippines.

An urgent task she must fulfill is ensuring the cooperation of the opposition. Takaichi is looking to further expand the current coalition with some of the key opposition parties.

However, she is on the verge of losing a long-term partner, Komeito, who is a critical asset to maintaining stricter enforcement against the increasing foreign population in Japan.

Takaichi is expected to overcome the hurdles that may be opposing her and lead Japan. A country that is experiencing

political turmoil due to its sudden changes in aspects of economic and social. endeavours such as stagnant wages, rising food prices, and the threats created by Japan's aging population that may face future trouble if not restabilized, ultimately leading in their decline.

Another big test is underway as Takaichi is planning on hosting a possible summit with President Trump during his trip to Asia to attend international conferences.

Takaichi's Vision For Japan

Before entering the political field, Takaichi worked as a television host, building up her social skills and presentations that may come in handy to her when assuming the position of the prime minister.

Takaichi noticed Americans confusing asian cuisine, not being able to determine the culture of Japanese person from a Chinese, or even a Korean. Seeing how Japan was always grouped together with China and South Korea, she sought to end this confusion when first running for a parliamentary election in 1992 but ended up losing. However with persistence, she was able to gain a seat in the year 1996 and join the LDP. Her only loss out of ten, made her build a reputation as one of the party's most outspoken conservative voices.

"My goal is to become the Iron Lady," said Takaichi, to a group of school children during her recent campaign.

Ezzulddin A. Mousa
Hudsonian is the sponsor of this club.

Iceland the most peaceful country of 2025

Zeshan khan
Staff Writer

Since 2008 Iceland has been the most peaceful country in the world according to the global peace Index(GPI) a remarkable feat considering the ongoing wars in the world it still has its title for being the most peaceful country for 18 consecutive years straight. The reason for being a peaceful country is not accidental but because of its country's unique societal safety and security, this is the primary factor contributing to its top ranking and outstanding performance and it also has the lowest crime rates globally which is supported by a strong community bonds, a robust welfare system, and by a high social trust . Even though they don't have a standing army, navy, or airforce, emphasizing diplomacy and neutrality they still do well because

of Icelandic coast guards and a bilateral defense agreement with the United States and they chose this to demilitarize reflect a core national value which means they want a civilian-led governance and the rule over the militarism and violence unlike many other nations who all have demilitarized zones throughout the countries. Iceland also have a pioneering commitment to gender equality which make them first in ranking globally for closing the gender gap, this equality let mandatory parental leave for both parents which promotes a more inclusive and equitable society by challenging traditional gender roles and this improves family well being, reduces gender inequality, and foster workplace inclusivity and they actually helps widespread access to affordable and high quality education which help them escape poverty, and increases their earnings and also boosts economic growth, narrow achievement gaps, increased civic engagement. This is a very short summary but if you do more research on it you will find it more amazing not just the place but you will also find that the people who live there are amazing too.

10 Commandments Displayed in Texas Classrooms... Following traditions or forcing reli-

Isabella Holt
Managing Editor

Texas made a law, known as Senate Bill 10, which requires public schools to display a version of the Ten Commandments in every classroom. This law was passed by the 89th Texas Legislature, this year, also being signed by the governor. A federal judge issued an injunction that blocked the law, alongside multiple lawsuits being filed, however the Attorney General's office has appealed the decision and directed schools to follow the law.

Senate Bill 10 essentially mandates that public elementary and secondary schools display a 'durable poster or framed copy of The Ten Commandments in a conspicuous place in each classroom.' The law also requires displays to be at least 16 inches wide and 20 inches tall. Schools are not compelled to be the one purchasing the displays, and must accept and display the privately donated posters.

In terms of legal challenges, a federal judge blocked the law this August. There have also been multiple lawsuits that were filed by groups such as the American Civil Liberties Union of Texas. Despite these efforts, the Texas Attorney General has appealed the injunction, which means that schools are instructed to comply with this law.

Families, communities, and students of Texas who are directly affected by this law are split between the argument that this action is a tribute to tradition or 'classic ways,' and that it overrides a basic freedom which is that of religion. Of course, the religious posters may not be forcing students to convert or abide by the specific religion or ways, but the principle of the matter is really that religion is a protected freedom. To implement putting the 10 Commandments in schools isn't going to be the final straw on the camel's back, but it will certainly go on the list of reasons why citizens of the US are certainly not as free as they seem to be.

Why promise freedom of religion, when there is no guarantee?

Home owned by judge in South Carolina caught ablaze

Carmello McLaughlin
Staff Writer

There is currently an ongoing investigation on a house in South Carolina that caught ablaze this past weekend. South Carolina judge (Diane Goldstein) house was set ablaze on Oct 4 during the afternoon. The house is located on an island that's connected to Edisto beach in South Carolina. Diane herself was not at the house at the time it caught fire, but her husband (A former state senator), and their son were inside at the moment. The two managed to escape the burning house by jumping from the first story of the house and then were quickly rescued by kayak from paramedics , they were then quickly rushed to the hospital with serious injuries. Leading up to this horrific Goldstein had been receiving a ton of death threats. It's speculated this could be a political attack because last month Goldstein put an order to temporarily

block all voter files for the state of South Carolina. The temporary hold was due to the fact a South Carolina voter sued the state pleading that giving out such sensitive information was a violation of state law and her constitutional rights. It meant that Goldstein stopped information like names, addresses, driver license numbers, and social securities from being sent to the DOJ (Department of Justice). This idea was heavily criticized because it withheld the information of over 3 million voters, and the ruling was overturned by the supreme court later that same month. The court of South Carolina said they will not be releasing a statement until the police are done with their investigation.

AI in Disaster Management

Clark Crouse
Web Design

You can feel a sudden strong vibration at your feet. You look around you, and all of the loose objects are falling from their shelves. You can hear the smashing of glass and the thudding of heavy books. You reach for your phone and see the alarm—it's an earthquake. Every month, a significant earthquake with a magnitude of 7.0 or higher can occur as frequently as once a month, meaning that disaster management and prevention are paramount for the safety and well-being of millions worldwide. What is disaster management, you may ask? Well, for starters, disaster management and prevention are widely regarded as a cycle.

Traditionally, governmental agencies and non-profit organizations are typically reactive, and most of their efforts are geared toward humanitarian aid and rapid response, as technology has not yet been developed enough to become proactive. Until now, because with the introduction of artificial intelligence, natural and human-made disasters can be prevented before they happen.

The beginning of the cycle starts with prevention and mitigation. It is of the utmost importance

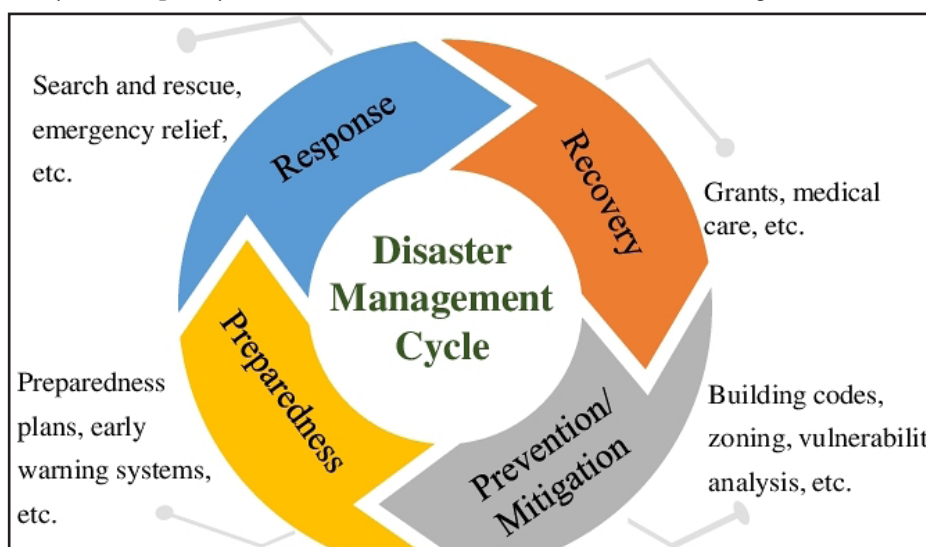
that all buildings are up to code with their local construction codes, and that any vulnerabilities be documented and removed. With these improvements, the dangers of natural disasters can be reduced or even entirely mitigated, and the risks of human-made disasters and industrial hazards be decreased. The next step is preparedness. This is where artificial intelligence shines, because with machine learning, deep learning, and natural language processing, they can be used as an essential tool in simulation, prediction, and even post-disaster response. The third step is response. When a natural or human-made disaster does occur, it is vital to immediately respond to reduce the amount of injury or death. This includes emergency response units and search and rescue. However, just because someone is safe does not mean that they are completely fine in terms of finances or mental health, leading

to the fourth and final step, recovery. Usually, governmental agencies and non-profit organizations provide financial grants and medical care for people who have lost their property during a disaster, mitigating many of the struggles people may have after a large-scale tragedy.

As stated before, artificial intelligence can make governmental agencies and non-profit organizations more efficient and effective at prevention and preparedness. Using data from previous disasters, artificial intelligence models can be trained to look out for potential signs or warnings for incoming natural events. For example, an artificial intelligence model could be trained on previous seismic data and, with the use of machine learning, predict the strength of the earthquake and the patterns of its aftershocks. A

simulation of earthquake-induced building damage can be used to generate warnings and evacuation plans for any person remaining in the building, preventing potential loss of life.

Artificial intelligence is an amazing tool, and can be used for many great purposes, such as disaster management, to save hundreds of lives.



Annual Autumn Fest - Stuyvesant Plaza

Darien Esposito
Staff Writer

This year, the Autumn Festival will be back for its third year in a row at Stuyvesant Plaza in Albany, New York. It is scheduled to be held on October 11th, from 11:00am to 2:00pm. The event will feature sidewalk sales from favorite local businesses, fall treats from the food places in the plaza, family friendly (and fun) activities like facepainting, and even a visit from the Sanderson Sisters!

The event is free for anyone to attend, and you can RSVP on the Stuyvesant Plaza website (but you do not have to RSVP to attend).

Here is a list of shops in Stuyvesant Plaza that you can expect to see at the festival!

- Peaches Cafe - A local favorite for breakfast, lunch, dinner, and sweet treats! It is a very cozy spot to grab a bite to eat with family or friends.
- Anthropologie - A new addition to the plaza! Anthropologie is full of unique pieces, and is a great place to shop for home decor, clothing, accessories, and gifts.
- Uncommon Grounds - Specialty coffees and delicious breakfast food. They make their bagels (and other delicious food) in-house!
- Rad Soap Co. - These boutique soaps are all natural and come in all different kinds of ingredient combinations. They also sell all natural deodorant, lotion, and detergent.
- The Pottery Place - A paint you own ceramics studio where you can paint a variety of objects from little trinkets, to full sets of plates!
- Silver Parrot - Gorgeous sterling silver jewelry that is sure to catch your eye. Personally curated jewelry pieces that will look gorgeous in any collection.
- Oliva! - A family-owned business that sells freshly made, extra virgin olive oils, balsamic vinegars, and other luxury goods.
- Sur La Table - High quality culinary tools that are perfect for anyone who loves cooking. They also host routine events, like placemat decorating.



Source: Stuyvesant Plaza Instagram, All Events

This week In History

Darien Esposito
Staff Writer

October 14th

In 1926, the original Winnie-The-Pooh was published by A.A. Milne.

October 15th

In 1951, CBS premiered, "I Love Lucy", which became one of its most popular sitcoms.

October 16th

In 1984, Desmond Tutu won the Nobel Peace Prize for his courageous fight against apartheid in South Africa.

October 17th

In 1931, Al Capone was sentenced to 11 years in prison after being found guilty of tax evasion.

October 18th

In 1867, the United States claimed possession of what is now known as the state of Alaska.

October 19th

In 1987, the (global) stock market saw a huge crash, which went down in history as "Black Monday."

October 20th

In 1973, the Sydney Opera House officially opened.



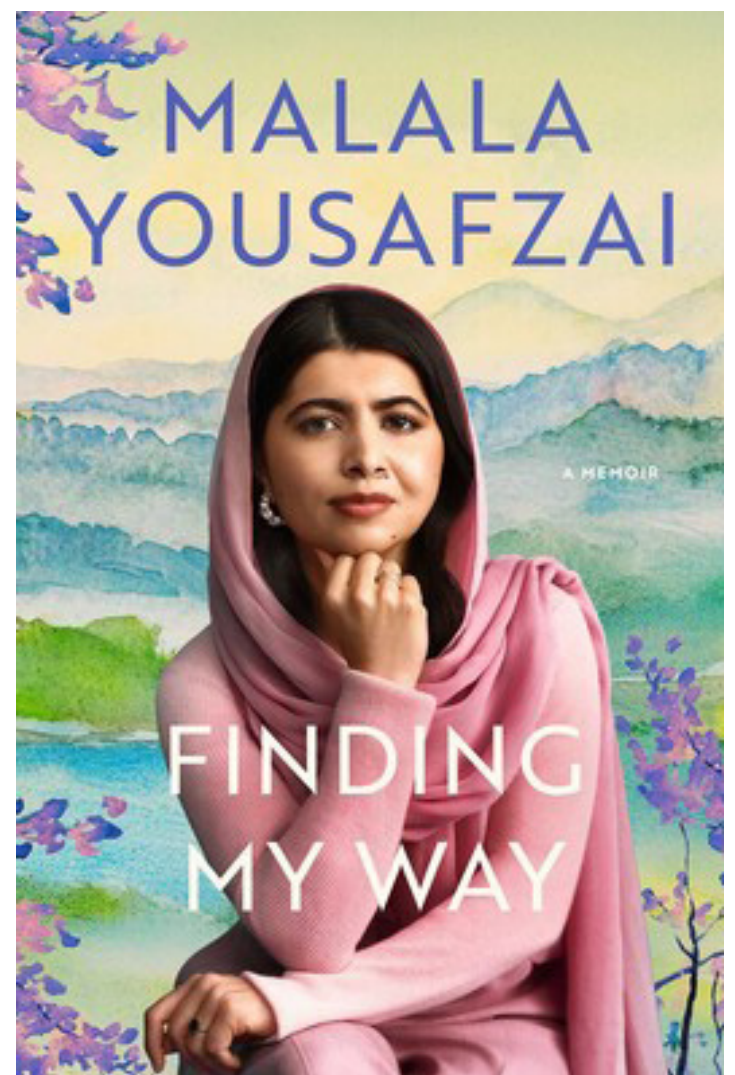
Malala Yousafzai is Set to Speak at Local Libraries

Darien Esposito
Staff Writer

Nobel Peace Prize winner, Malala Yousafzai, is scheduled to speak virtually at local libraries in the Capital Region on October 22nd. The talks she is giving are based around her newest memoir, Finding My Way, which will be released the day prior, on October 21st. In this book, Malala Yousafzai re-introduces herself and tells the story of her lifelong journey. The talk will begin at 7:00pm. Individuals who wish to attend should register on the libraries website, where they will also have the opportunity to submit questions for Malala.

Below is a list of the libraries that will be showing the virtual meeting:

- Bethlehem Public Library
- Caldwell-Lake George Public Library
- Clifton Park-Halfmoon Public Library
- Crandall Public Library
- Guilderland Public Library
- Menands Public Library
- Red Hook Public Library
- Saugerties Public Library
- Schenectady County Public Library



This Year's Nobel Prize Winners in Physiology or Medicine.

Darien Esposito
Staff Writer

In 1895, Alfred Nobel, a Swedish chemist, wrote the idea of the Nobel Prizes in his will. He wanted his fortune to go to prizes for individuals that made large impacts on mankind. He listed five categories... Physics, chemistry, physiology or medicine, literature, and peace.

Each year, the Nobel Prize in Physiology or Medicine is awarded to one to three individuals, called Laureates. Every year, the Nobel Committee sends out private invitations to individuals that they have deemed qualified to nominate possible laureates. Nominations are due by January 31st. Once the nominations are in, the Committee then has other experts write up evaluations on the chosen candidates. In September, the Committee then submits its top candidates to the 50 members of the Nobel Assembly at Karolinska Institutet, in Sweden. A majority decision decides the winner, and the Laureate(s) are announced in the beginning of October. The formal award ceremony is held on December 10th, in Stockholm.

This year, the Nobel Prize in Physiology or Medicine was awarded to Mary Brunkow, Fred Ramsdell, and Shimon Sakaguchi. They were given the Nobel Prize "...for their discoveries concerning peripheral immune tolerance." The three conducted research that helped to identify the 'security guards' of the immune system, also known as regulatory T cells. This discovery sets the stage for a whole new genre of research. Now there are more opportunities for the development of new medical treatments. There is now a larger chance that medicine will be able to treat or cure autoimmune diseases. This includes cancer treatments, and making them both more effective and accessible.

D. Esposito



Pope Leo XIV says that the United States' treatment of immigrants is inhumane, not "pro-life"

Darien Esposito
Staff Writer

On October 1st, Pope Leo gave an address in the Vatican City and commented on politics in the United States. He suggested that he believes the country's treatment of illegal immigrants is not pro-life, but instead, he believes it is inhumane. He goes on to say that Catholic politicians should rethink their policies. How can the Catholic politicians be against abortion, but in favor of this kind of treatment against the illegal immigrants. This was Pope Leo XIV's re- the questions.

He went on to urge those respect for one another, and that Church are "very clear", especially simply would not treat other Remaining faithful includes beings of the Bible, not just some.

White House press secretary commented back on what the tunity to state that she did not ment of illegal immigrants was they are only trying to enforce on his previous statements, the

Catholic readings teach that migrate to sustain their lives. countries can decide how to reg- Catholic teaching states that it is mercy. The main idea being that, life and treat other human beings they're migrants.

D. Esposito



How can they be against abor- death penalty. That is not pro- sponse to reporters who asked

tening. He reminds us to have the teachings of the Catholic ly on issues like these. Catho- human beings so heartlessly. ing faithful to all of the teach-

Karoline Leavitt has already Pope said, she took the oppor- believe the United States' treat- inhumane. She claims that the laws of the country. Based Pope does not agree.

individuals have the right to There is consideration that ulate their own borders, but to be done so with justice and you can't say that you're pro- in such horrible ways because

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Opinion

Wuthering Heights Trailer:

Will this be the century drama chick-flick we all need?

Anguish. Obsession. Love that poses a refusal to die quietly.

The new *Wuthering Heights* trailer features Margot Robbie, as Catherine Earnshaw, and Jacob Elordi, as Heathcliff.

As the frames of the trailer start to flip through, Charli XCX sings to us *Everything is Romantic*. The repeated lyrics, increasing pace. Louder, stronger, faster. The same lyric, 'Fall in love again and again,' throbs faster as the trailer progresses. This music pops with the scenes flashing, feeling slightly-sultry?

Each frame playing feels nostalgic, like a memory that is deep in your brain. Maybe

a dream you can't quite clutch? The trailer cuts violently back and forth, between close-ups of Robbie's face (which is pale, haunted, and fiercely alive), to Elordi's (his expression shows his hunger to torment to devotion). Their eyes lock. Breathing stops.

We see a glimpse of Catherine in her wedding dress, trapped in a gaze. Heathcliff with his shirt open, muscles under skin, veins taut. There are hands kneading dough, yolks dripping, bodices torn, fingers plunged into mouths. Each image is a texture of eroticism, sometimes brutal, sometimes fragile. The surreal montage strings tension, which is like a taut wire between the two characters. A bodice is cut; a horse's reins brush across skin. We sense both cruelty and worship in the same breath.

Most importantly there is dialogue.



"Do you want me to stop?" he asks, his voice low. "No," she whispers, barely audible. It's visceral. It's consensual refusal. It feels elemental.

Isabella Holt
Managing Editor

'Democracy Dies in Darkness,' & We are turning of the lights

Isabella Holt
Managing Editor

It begins not with a bang, but a quiet flicker. A law pushed to be passed in haste, a journalist that was silenced with others in ridicule, a truth someone labeled as inconvenient. A lie repeated, over and over, until it hardens into memory. A roomful of people seemingly too afraid, or possibly too tired, to speak. That's how darkness begins to settle as a blanket over us. Slowly, comfortably, until it becomes our new normal. Until we forget the light we once found ourselves surrounded by, was ever even there.

"Democracy Dies in Darkness" is more than a slogan of The Washington Post. It's a warning, a declaration, a final flare sent into a progressively blackening sky. When The Washington Post adopted those words, they were not just branding themselves. They were prophecies, reminders that the freedoms we have, we take for granted: speech, vote, dissent, truth; are not permanent fixtures. They are fragile constructs, held together by our collective willingness to defend them. When that willingness fades, so does the light.

We are closer to that darkness now, closer than we have been in many generations. This is not because of a singular villain, administration, or event, but because of the erosion, which is quiet, steady, and constant. We've allowed the truth to become negotiable, allowing rage to replace reason. We have treated democratic norms as inconveniences, instead of foundations. In doing all of this, we've dimmed the light that democracy needs to survive.

Every time we scroll past a lie and don't challenge it, the shadows deepen further. Every time we let injustice pass in the name of convenience or neutrality, the light weakens. Every time a whistleblower is punished, a reporter dismissed, a peaceful protest silenced, the darkness tightens its grip upon democracy's throat. It doesn't arrive all at once. It comes in increments, disguised as order, safety, loyalty. It whispers that freedom is messy, that dissent is dangerous, that unity requires silence. And we, being tired, afraid, or simply numb, let it in.



But we forget what the dark really is. It is the realm where corruption thrives, where power goes

unchecked, where history is rewritten by those who write it last. In the dark, the truth has no defenders, in the darkness, the vulnerable vanish first. In the dark, democracy doesn't get to scream or yell, it simply stops breathing at all.

This does not have to be the fate we end up with, just as the darkness spreads in our silence, light spreads alongside courage. Each voice we raise against injustice is a candle, and every truth spoken, no matter how small, is a match struck. Every act of resistance we choose to perform, like voting, marching, questioning, believing; is our refusal to surrender to the void. We are certainly not powerless, but we are responsible.

Democracy is not a gift handed to us, in fact it's a fire we must tend to. A fragile, flickering flame, we can easily extinguish by having apathy or fear. If we do not guard it, or do not speak for it, fight for it, protect it, then it will die. And when it does, the world that replaces it will not announce itself as tyranny. It will look like an order, sounding like safety, feeling like peace. But it will be silent.

We now live in a moment where the light is still burning, but only faintly. It is ours to shield, or ours to abandon. The choice is still in our hands, but it's not for long. Let this be the moment we remember that slogan not as a line beneath a masthead, but as a mirror held to our time.

Democracy dies in darkness.

Failing those we ask to die for us?

Isabella Holt
Managing Editor

As the federal government spirals deeper into shutdown, the United States confronts a moral crisis far greater than partisan politics or budgetary disputes. It is now entirely possible that over one million active-duty service members, the very backbone of national defense, will go without pay. Not because the nation lacks money. Not because of unforeseen catastrophe. But because its leaders, elected to govern, have abandoned even the most basic responsibilities in favor of petty power plays. And at the center of this disgrace stands our president, holding the levers of Congress in a clenched fist: Donald J. Trump.



The situation is no longer just alarming, indeed it is now apocalyptic. Soldiers will continue to report for duty, standing watch on military bases, navigating conflict zones, and preparing for the next global emergency. They will train, deploy, command, and if necessary, die. But they may do so without being paid. That singular betrayal, a government denying its warriors their livelihood, is not simply a policy failure. It is a national disgrace. It is the clearest sign yet that America, in its current state, is eating itself from the inside.

This is not a budget crisis. It is a hostage situation, engineered by a faction of political actors who have lost all reverence for the sacred duty of governance. The House of Representatives, under the control of a GOP leadership still loyal to Trump, has refused to pass a stand-alone bill to ensure troop pay during the shutdown. Why? Because chaos serves Trump. Every missed paycheck, every anxious military spouse, every moment of uncertainty becomes a tool in his arsenal. Soldiers' livelihoods are being used not as collateral damage, but as deliberate leverage. This is not neglect. It is cruelty dressed as strategy.

The Senate, for its part, remains paralyzed. Caught between procedural gridlock and fear of political fallout, it has chosen inaction. The President, nominally the commander-in-chief, has thus far refused to step outside of political convention to protect those who protect the nation. That silence is deafening. But louder still is the influence of Trump himself, who has turned America's governing institutions into stages for his personal vengeance. The fact that Congress waits for his blessing before acting reveals something far more dangerous than dysfunction, it reveals decay.

The moral abyss into which this country is falling cannot be overstated. The idea that military families, people who have sacrificed birthdays, marriages, mental health, and in many cases, life itself, should now also sacrifice their financial stability is grotesque. Picture a Marine deployed in the Pacific, discovering his wife cannot make rent. Picture an Army sergeant watching his bank account empty while Congress breaks for recess. Picture a Navy medic telling his child they can't afford groceries. These are not theoretical tragedies. They are real, and they are imminent.

A nation that exploits its warriors for political theater has already forfeited its right to global leadership. We cannot demand loyalty from the uniformed when our government betrays them at home. What message does this send to the next generation of recruits? Is that service to the country conditional? Are promises made by the state negotiable? That they may be asked to give their lives, but not guaranteed a paycheck?

This is not just about military pay. This is a symptom of something much more profound: a government that can no longer govern, a system hijacked by extremists, and a populace too exhausted or distracted to stop it. The Constitution may have been written with checks and balances, but it never accounted for mass complicity. It never imagined a political class so beholden to a single man that they would willingly let the military go unpaid just to avoid his wrath.

If this is the new normal, the American experiment is in its death throes. There is still time to pull it back from the edge, but not much. The people must act. Not just with outrage, but with action. They must demand immediate, unconditional protection of military pay, not through half-measures or political theater, but through binding legislation. They must demand resignations from those who enabled this disgrace. They must demand that the presidency serve the people, not the ambitions of a man who sees chaos as a ladder.

Make no mistake: America is at war with itself. The enemy is not foreign this time. It is the cowardice that infects Congress. The silence that infects the White House. The corruption that wears a red tie and speaks in slogans while letting soldiers starve. And until the people reclaim their voice, their vote, and their spine, no citizen in this country, not even those in uniform, can be certain of protection.

This is not politics as usual. This is the betrayal of the social contract. And unless we rise to confront it now, history will not look back in confusion. It will look back in condemnation.

Let this be the moment that we the American people say: enough.

How can we refuse the people we ask to die for us, of their pay? Has the republic already fallen?

Why Mental Health Days Should be Counted as Sick Days

Darien Esposito
Staff Writer

It is both common and acceptable to take a day off from school or work if you have a cold, or even a migraine. On the other hand, mental health is not accommodated the same, and taking days off for mental health reasons, like anxiety and depression, is looked down upon and often not allowed. This is an unfortunate reality, and it has a large negative impact on college students. Mental health can affect how well students learn, study, retain, and recall information. Mental health problems on top of tedious school work can lead to burnout both in the academic world and in the students' personal lives. According to the Mayo Clinic, mental health days offer individuals to destress and reset before their stress spirals into something more serious.

Treating mental health days as legitimate sick days will remove the stigma around mental health, and prove that mental well-being is just as real as physical health. When colleges recognize that emotional exhaustion is just as debilitating as the physical illnesses like the flu, it encourages early intervention and healthier coping habits. Recently, there have been more universities that have started updating their policies to explicitly include mental

health in sick leave guidelines. This makes it against guidelines for professors to dock students points due to taking a mental health day.

Mental health problems and disorders are becoming more common and being diagnosed more frequently. It is time that policies in schools and the workforce adapt to meet this growing need. They are serious, and can morph into worse problems very quickly. Allowing and supporting the use of mental health days will help end the stigma, and more people will feel comfortable getting the help they need.

D. Esposito



Photo Credit: dreamstimes.com

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

Turning Point at HVCC

A.S.
Guest Contributor

It appears some students want to make a Turning Point chapter here at HVCC. Let's talk about it. Founded by the late Charlie Kirk, Turning Point is an organization that advocates for traditional, conservative views in high schools and colleges. There are tons of things to say about what they strive for but one thing is clear: this chapter at HVCC will spark lots of issues. If I'm being honest, not many people here were open about knowing or liking Turning Point but the minute Kirk died, suddenly everyone had an opinion.

Let's talk about what Charlie strived for. He did not like the increasing acceptance of the LGBTQ community and encouraged students and parents to report professors who advocated for it. He has said that if his daughter were assaulted and pregnant as a result, he'd want her to still give birth to her abuser's child and endure trauma, stating that abortion is murder. He said in order to reduce gun violence, you must put a gun into everybody's hands, and yes, that goes for



children, too. He believed that the Civil Rights Act of 1964 was a "mistake," and that George Floyd was a "scumbag." He believed in "replacement theory" which states that Jewish people are trying to replace white Americans with nonwhite immigrants. Kirk often showed his support for Israel. He stated that "America has freedom of religion," but Islam is a threat to the country. He has tried to sue universities using the First Amendment, or Freedom of Speech. He did not believe that climate change was real and had said many times that there is no scientific evidence to back up its existence.

If I'm being honest, writing this was really hard because I have never encountered someone whose logic is so backwards. He was mostly known for going to college or university campuses and debating with students. Turning Point is meant to be a debate sort of club or organization, if they go in his footsteps. I wonder how this will go.



Values for Vikings: Boo Books!

Molly Graiff
Staff Writer

Looking for a chilly treat this Halloween season? Wendy's located right across the street from HVCC at 77 Vandenberg Ave, Troy, NY 12180 is offering their Boo Books promotion again this year. What's a Boo Book? A Boo Book is a coupon book of 5 free Junior Frosties and a \$1.99 Kids Meal. It costs only \$1!

With many ice cream shops closed for the season, you can still get a sweet treat at Wendy's. 1 Junior Frost sells for about \$1.50 so the Boo Books is a steal for sure. A kid's meal is around \$5 without the coupon making the \$1.99 coupon a great deal for a snack in between classes. The coupons don't expire until December 31st making them a great gift!

It's important to note that the coupons are only valid for classic frosties and not specialty flavors. With about 14 new speciality flavors including Raven's Blood and Oreo Brownie there are lots to choose from on a day you don't use a coupon. Be on the lookout for \$3 Wendy Frosty Key Tags available in December that are the best Frosty deal yet! With free Junior Frosty's for a year, this key tag is worth \$3.

Where do proceeds go towards? 90 cents of every dollar from the Boo Books goes to the Dave Thomas Foundation for Adoption supporting youth in Foster Care. Your purchase goes towards supporting the community! Be sure to grab your Boo Book today! This offer is valid all October long.



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Sports

Volleyball Senior Night

Isabella Holt
Managing Editor

Women's volleyball celebrated senior night on Thursday October 9th, continuing their successful season. The game improved their streak to a perfect 18-0 for the season.

The team started their evening by honoring their seniors Gabriella Kholstinin, Emily Coffey, and Brooke Poutre, alongside their team manager Cali Buchholz. These individuals have had a lasting impact on the team, creating memories and helping everyone grow and learn in their athletic career.

According to HVCC athletics, "Captain and setter Gabriella Kholstinin had a historic night, recording 27 assists to become the first player in Hudson Valley volleyball history to reach 1,000 career assists. With that milestone, she also becomes the program's All-Time Career Assist Leader, cementing her legacy as one of the most accomplished Vikings to take the court."

Congratulations to all seniors and the team for a successful season and memorable senior night!

Photo Credit: Isabella Holt



Upcoming Games This Week

BE ON THE LOOKOUT!!

Darrien Esposito
Staff Writer

Wednesday, October 15th:

- Women's Soccer vs Herkimer College (4:00pm at HVCC)
- Men's Soccer vs Clinton Community College (7:00pm at Clinton Community College)

Saturday, October 18th:

- Women's Cross Country (10:00am at Mountain Valley Conference Meet)
- Men's Cross Country (10:00am at Mountain Valley Conference Meet)
- Women's Volleyball vs SUNY Adirondack (12:00pm at SUNY Adirondack)
- Football vs Erie Community College (2:00pm at Erie Community College)
- Women's Volleyball vs SUNY Broome Community College (2:00pm at SUNY Adirondack)

Monday, October 20th:

- Men's Soccer vs Mohawk Valley Community College (4:00pm at Mohawk Valley Community College)
- Women's Soccer vs Mohawk Valley Community College (7:00pm at Mohawk Valley Community College)



Time	Event
4:00 PM	 Men's Soccer at Mohawk Valley Community College *
7:00 PM	 Women's Soccer at Mohawk Valley Community College *

NFL Week 3 Recap

Darrien Esposito
Staff Writer

Thursday, October 2nd.

San Francisco 49ers vs Los Angeles Rams
The 49ers beat the Rams 26 to 23 in overtime.

Sunday, October 5th.

Minnesota Vikings vs Cleveland Browns
The Vikings beat the Browns 21 to 17.

Houston Texans vs Baltimore Ravens
The Texans win 44 to 10! The Texans were favored to win, but this margin is shocking.

Miami Dolphins vs Carolina Panthers
The Panthers beat the Dolphins 27-24.

Las Vegas Raiders vs Indianapolis Colts
The Colts crushed the Raiders 40 to 6.

New York Giants vs New Orleans Saints
The Saints win 26 to 14. This leaves both teams with a record of 1-4.

Dallas Cowboys vs New York Jets
The Cowboys win 37 to 22. This leaves the Jets with the unfortunate record of 0-5 for the season so far.

Denver Broncos vs Philadelphia Eagles
The Broncos beat the Eagles 21 to 17. This was unexpected,

and left the Eagles with their first loss of the season.

Tennessee Titans vs Arizona Cardinals
Close game! The Titans beat the Cardinals 22 to 21. The Titans had a ten game losing streak before pulling off this win.

Tampa Bay Buccaneers vs Seattle Seahawks
The Buccaneers win 38 to 35.

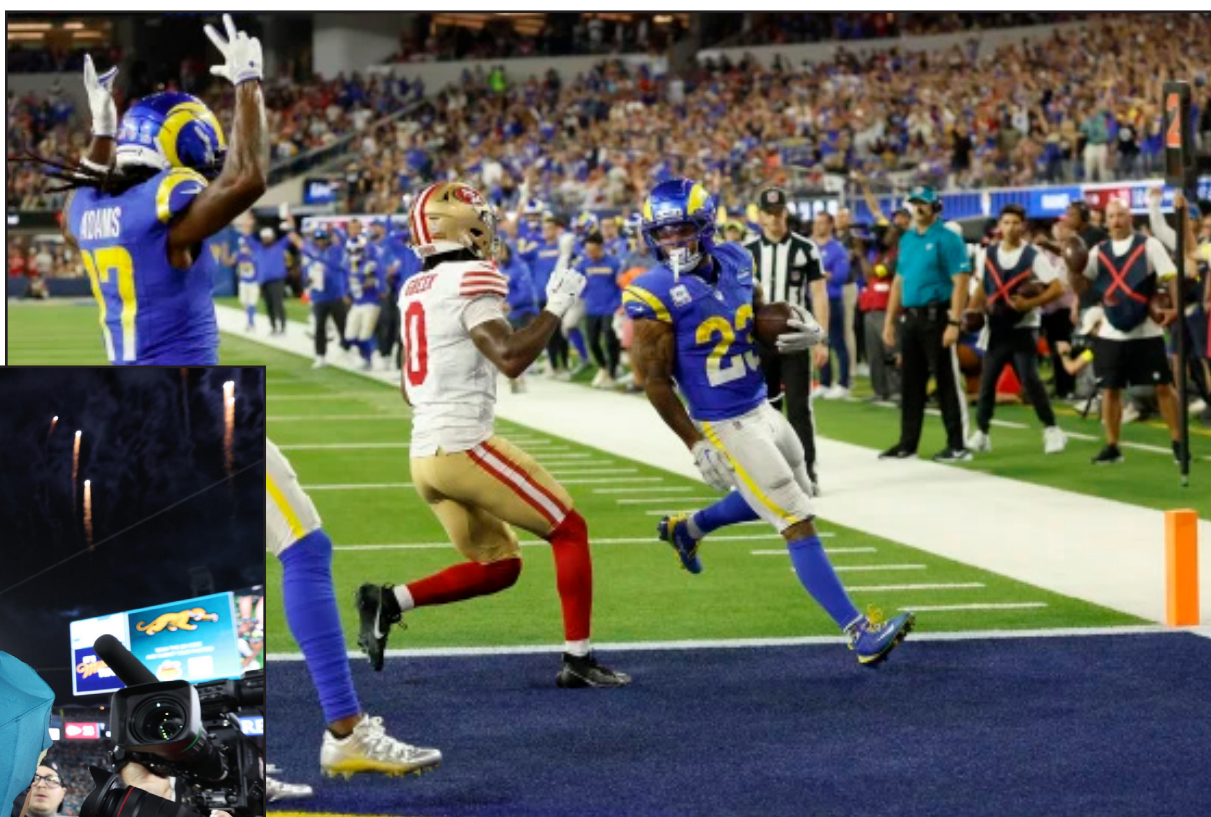
Detroit Lions vs Cincinnati Bengals
The Lions win 37 to 24.

Washington Commanders vs Los Angeles Chargers
The Commanders win, 27 to 10.

New England Patriots vs Buffalo Bills
The Patriots beat the Bills 23 to 20. This is the Bills' first loss of the season.

Monday, October 6th.

Kansas City Chiefs vs Jacksonville Jaguars
The Jaguars win 31 to 28! This was a major upset for the week.



LA LIGA: FC Barcelona loses their chance on an “Invincible” season.

Rhyme Anwar
Staff Writer

As FC Barcelona had kept their unbeaten streak in La Liga, their match against Sevilla FC had stumped them completely out of their mission towards the “Invincible” season as they faced a stunning defeat of 4 goals scored on them while they were only able to score one in response. While FC Barcelona kept most of the ball possession, being at 65%, they were unable to take advantage of the opportunity and had their chances dissolved against Sevilla FC’s outstanding defense. While FC Barcelona did have a chance equalizing earlier in the match by a penalty, the shot was missed by Robert Lewandowski leading to Sevilla FC having scored 3 more goals after. There were many factors to why the results of the match were what they were such as many of FC Barcelona’s key players being unable to take part of the match such as their star player; Lamine Yamal, Raphinha, and Gavi at the time due to current injuries while Sevilla FC were able to gain points from their last 3 fixtures but it was really just a subpar performance from the same FC Barcelona that had won La Liga just last year with 88 total points. Marcus Rashford’s late goal in the game started to show a creeping trend within FC Barcelona’s current season as they have grown heavily reliant on stoppage-time tallies (the system a soccer referee uses to track time lost during a half and add it back to the end, compensating for stoppages like goals, substitutions, injuries, and time-wasting), shown in their recent fixtures against Real Sociedad (2-1) and Oviedo (3-1), where they found the net either past the 40th minute mark or following half-time. Real Madrid’s 1-5 loss to Atlético Madrid had created the chance for FC Barcelona to emerge as frontrunners in the race for La Liga, but them having dropped points to Sevilla FC have only intensified the contest for the league title.



Arts & Life

Woven Roots: A Look Into Traditional Hispanic Garments

Olivia William
Staff Writer

October is dubbed as Hispanic heritage month, so what better way to pay tribute than to explore some traditional garments? These garments are a vibrant reflection of the rich and beautiful cultural heritage. Traditional Hispanic clothing is colorful and beautiful but also meaningful, reflecting the history, identity, and creativity of the people. Some pieces are highly practical while others are more symbolic and decorative.

For many traditional garments they are usually made of cotton, wool, and silk. Typically incorporating bright colors and lots of hand embroidery. One of the most recognizable garments is the huipil. It is a handwoven tunic richly embroi-

dered with regional motifs and symbolic patterns. Primarily they are decorated with flowers but diamonds and zig zags are also very prominent. In many of her paintings Frida Kahlo wore a traditional huipil. The rebozo is a multipurpose garment. It functions as a shawl, baby carrier, and as a ceremonial veil. It's woven using many varied techniques. There are also outer garments like the serape and woolen poncho which provide practical warmth and bold graphic patterns, usually worn in highland climates. However, the bold and elaborate garments also rightfully deserve their time to shine. The charro suit is a fitted, ornamented suit associated with Mexican horsemanship and ceremonies. It is characterized by silver trim, a tailored cut, and a wide-brimmed sombrero. Finally one of the most iconic traditional garments is the china poblana. It is a dress with layered skirts, ribbon-work, and sequined embroidery designed for dancing and festivals. That is just a



tip of the traditional clothing iceberg and I hope it makes you curious to take a peak at some of them. But at times like these cultures deserve to be celebrated and admired, not scrubbed away to make things more “uniform”. Culture is something that defines who we are and it should never be something frowned upon. I want to wish everyone a wonderful Hispanic heritage month!

MEMORIES OF A CHAIR: HUMAN STORIES THROUGH OBJECTS

Hamide Ak
Staff Writer

A chair does not merely carry the weight of our bodies; it bears our memories, our silences, and the invisible traces of life.

At first glance, a chair appears to be a simple object. Yet what makes it meaningful is not its wood or design, it is the stories of those who have sat upon it. In a home, the wooden chair where an old grandfather drinks his tea every morning remembers his quiet patience and the days filled with accumulated stories. In a café, the metal chair where a university student studies captures the hours suspended between anxiety and hope. Though chairs are physically still, they are in constant spiritual motion. In the home, the classroom, the café, or the park every chair is a witness, a confidant, a vessel of memory. When a person sits down, they leave behind not only their body but also their memories. Some chairs carry laughter, some bear tears, and others preserve thoughts that have lasted for years.

From a sociological perspective, chairs serve as subtle but significant indicators of human relationships. The old wooden chair in a family home recalls meals where generations gathered. The office swivel chair stands as a silent witness to both achievement and stress. The wooden bench in the park becomes the stage for solitude, observation, and social reflection. Socially, chairs also signify status and belonging. The leather seat in a conference room symbolizes power and prestige, while the simple stool in a village home embodies sincerity and togetherness. Social hierarchy, belonging, and individual identity are quietly encoded within these small objects. The relationship between humans and objects mirrors the unspoken dynamics of social bonds and personal psychology.

Psychologically, sitting on a chair is not merely a physical act, it is a ritual. While seated, a person may relax, reflect, plan, or confront their past. Sitting can at times feel like a conscious form of therapy. Psychologists note that preferring a specific chair in one's daily routine contributes to emotional stability. Chairs, in their quiet way, help individuals recognize themselves and regain emotional balance. They carry the weight of time and remind us of the connection between past, present, and future. The chairs we sit on are small yet meaningful pauses in life's journey.

A chair also reveals human fragility. An old, cracked, or bent chair may symbolize pain, loss, and forgotten memories. Yet if it still serves its purpose, it reminds us of human resilience and the courage to begin again.

Sometimes a chair's paint has faded, or one leg is broken but if it still supports someone, it stands as a symbol of endurance and renewal. Throughout history, many leaders, artists, and writers have rediscovered their inner strength while sitting in simple chairs. Chairs are quiet symbols of persistence and continuity silent witnesses to our psychological endurance.

In everyday life, these objects often go unnoticed, yet they carry the invisible narratives woven through our existence. During a friendly conversation, a teacher's lecture, or a quiet evening with a loved one, chairs are always there, recording each gesture and emotion in their memory. Perhaps without realizing it, through these silent witnesses we come to understand our own emotions and lives more deeply. The chair shared in a friend's conversation, the one used by a teacher in class, or the one left beside a lover all capture the inner journeys, emotional shifts, and subtle nuances of human relationships. Chairs hold the invisible psychological maps of daily life and quietly bring us back to ourselves.

Hamide Ak

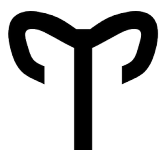


The Hudoscope

Your weekly astrological insight by Darien Esposito



Graphic by Olivia Williams



Aries

You will be full of energy this week! Take the time to tackle a challenge you have been contemplating.



Taurus

4/20 to 5/20

Leave your comfort zone. Staying comfortable is what is holding you back from a good change



Gemini

5/21 to 6/20

Communication will be abundant this week. A recent misunderstanding will be smoothed over, stop worrying!

3/21 to 4/19



Cancer

Do not be so concerned about finances this week. The more time you spend thinking about them, the less time you have to live.



Leo

7/23 to 8/22

You are going to have a very confident week this week! Trust yourself, but don't overwork yourself.



Virgo

8/23 to 9/22

One of your long term goals will come to an end this week. It will be bitter-sweet, but you did it! Congrats!

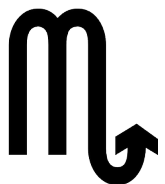
6/21 to 7/22



Libra

9/23 to 10/22

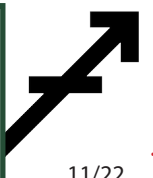
A new opportunity will come into play this week. New relationships will be made, but be patient and keep an open mind.



Scorpio

10/23 to 11/21

There will be obstacles this week, but you will be able to overcome them. Remember to keep a good work/life balance.



Sagittarius

11/22 to 12/21

Go on an adventure this week. Maybe a hike before it gets too cold out? It will uplift your spirits and provide peacefulness.



Capricorn

12/22 to 1/19

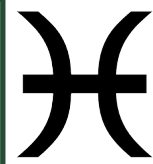
Keep your family and homelife as your priority this week. Take time to rest at home without any distractions.



Aquarius

1/20 to 2/18

This week will be hard, but a conversation will have a huge impact on you and open the door for new opportunities.



Pisces

2/19 to 3/20

Creativity will be your best outlet this week. A burden that has been causing stress will be lifted this week.

EVERY END IS A BEGINNING: THE WHISPER OF THE SEED

Hamide Ak
Staff Writer

Planting a seed in the soil marks the first day of a new life. It is the moment when hope and dreams come to life, when an inanimate entity is bestowed with vitality, and when existence is granted. It is the dream of reaching tomorrow. In other words, when a seed falls into the soil, it is not a disappearance but the first step of a transformation. The journey of hope begins as the seed is placed in the earth, moving from the light into a narrow and dense pit. It is terrifying, cold, and painful. It cracks, bursts, and seemingly perishes. The hard shell of the seed, which appears to be a shield against hardships, actually serves to protect its core. However, nothing that is preserved can remain safe forever, for the law of life is built not upon stagnation but upon change. As the earth embraces the seed, it introduces it to darkness and uncertainty for the first time. What seems like a closed door is, in fact, the herald of a new beginning.

At the end of this journey, a seed that cannot foresee its transformation will meet its fate in death and oblivion. Yet, seeing the light beyond darkness requires foresight. The same principle applies to human life: difficult times, losses, and dark periods often stand at the threshold of the greatest transformations. Darkness is merely the prelude to light.

To sprout, a seed must first break through its shell. This rupture is painful. Fragmentation is unsettling. However, it paves the way for a new existence. Darkness is an inevitable stage of growth. When a seed falls into the soil, it loses itself, yet a new being emerges from it. This is, in fact, the fundamental cycle of all existence. Human life mirrors this process: old thoughts perish, new understandings are born. Sometimes, what we lose becomes the foundation of our greatest gains. A seed is not merely the beginning of a plant; it is also a symbol of the continuity of existence. Perhaps this is why nature itself serves as the greatest teacher. One who understands the journey of a seed takes a step closer to grasping the essence of life.

Likewise, the moments when a person plunges into deep contemplation, questions themselves, and reconstructs their being often coincide with the darkest times. Hence, hardships are not adversaries to be avoided but stepping stones that foster growth. Those who can perceive darkness as a temporary phase can be reborn into life with a renewed sense of self. However, just as a seed requires more than soil to sprout, human transformation also demands essential elements. A seed needs

water, sunlight, and time to take root. Similarly, human development does not occur solely through suffering but also through experiencing love, seeking knowledge, and practicing patience. A farmer who is impatient cannot force a seed to bloom prematurely, for nature speaks the language of patience. Likewise, a person must cultivate their inner potential with patience. Hardships, deficiencies, and waiting are the water, sun, and soil of personal growth.

An uncertain journey can be daunting and intimidating, but faith is the enemy of fear. If you believe, you give yourself the chance to be reborn and to reclaim hope. For sometimes, breaking apart is necessary to bloom into something entirely new. This is not an end but rather an emergence, a recognition, and a revival. If we consider that, like a seed, the darkness, weight, and confinement of certain moments in time can ultimately transport us to a vast and illuminated realm, then we must inevitably count such moments as blessings. Sometimes, fullness necessitates emptiness. The final breath is merely the prelude to a fresh and untainted atmosphere. A person must cherish the present moment, nurture it, water it, and nourish it—this fleeting instant is the only true treasure we possess. We must grasp it without hesitation, recognize its value, and allow it to flourish once more.

Indeed, the greatest transformations often begin in the deepest darkness. Do not fear breaking apart within yourself, for only through the shattering of old shells can new life emerge.

This moment is all there is... this instant is now... do not wait—awaken!



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 Carmello. He was listening to Breakout by N.E.R.D. This song is for when things go awry and all you want to do is scream, crash out, and be on your own. It’s about being yourself for who you are and embracing your bad moments. Lyrics like “But they’re all laughing, what’s up,” are questioning why many people believe that being yourself is such a foreign idea, which could also tie in to the lyric “Everythings plastic, nothings real.” The people that criticize you probably live a plastic life, and are jealous that you are yourself.

In the song, they say “Sh*t happens, just blow it off,” and tons of people sometimes “dwell on the bad things that happen to them and don’t try to push past it”, Carmello said. When something doesn’t go your way, like doing bad on an exam, or just not having a good day, it is not the end of the world because it does not define you as a person. He said “What does is how you will bounce back from it,” and I believe that is a good motto to live by. With midterms coming in soon, I wish you all the best, and just remember sh*t happens, but you’ll come back.



Artwork by Olivia Williams

THE SOUL THAT GROWS IN SOLITUDE...

Hamide Ak
Staff Writer

Solitude is not emptiness; it is a doorway that opens to the hidden garden within us. There, we hear both ourselves and the truth whispered by our Creator.

Have you ever felt utterly alone, even in the midst of a crowd?

Have you ever found a moment that felt like the quietest corner of the loudest street?

Do you remember that instant in the night when you realized the only voice that could truly understand you was your own?

When you were alone, did you feel smaller — or did you sense your inner voice growing larger?

And have you ever wondered... Perhaps solitude is not what you flee from, but what truly defines you?

Some emotions can only bloom in silence. Solitude may appear as an empty space, but it holds a secret garden within. The inner voice, lost amid the noise of crowds, echoes clearly only in the stillness of being alone. A person often grows the most in moments they believe they have diminished. Perhaps genuine closeness begins not with others, but with the bond we form within ourselves.

Solitude is rarely a scream; it is a delicate whisper — a fragile threshold where one becomes both closest to and farthest from oneself. When you step away from the noise of the world, what you begin to hear are not sounds, but the echoes of your own silences. These echoes may carry a memory from the past or a hope whispered toward the future.

In solitude, the physical world seems to shrink while the inner world expands. Amid smaller cities and quieter streets, the soul grows vast. Every solitary moment that probes the heart is like an invisible hand reaching deep within — sometimes drawing out pain, sometimes forgotten words, sometimes an unknown part of oneself. Picture an old man sitting for hours on a park bench, watching the crowd pass by yet meeting no one’s eyes. He is not truly alone; he is with the times that live within him.

Though solitude may feel like a burden, it is, in truth, a teacher that nurtures the soul. We think we carry it on our back

Hamide Ak



Scary Movie Word Search

Y T E V R F C Z E A G E T O U T M T C Z
 P J N Z E V I L D E A D M M D O B E K D
 J O P U K W Y G Z H A R K M L H E R D T
 W B L G E X U G Z U O G E X I M M R K T
 M I H T R A L I E N D C E T T M Q I E T
 J S M Z E F U V K Z R Y U S H G N F W S
 V T I T C R A U E J A M T S U H F I R A
 H F J Y V I G U G Z C V N M P T U E C D
 A K A U Y G C E Y F U B S F N O L R F U
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 L T A A Q T Q H F S A P W W F U A U M I
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 W W D Y H I J E U H G N K U Y R F Q V I
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 C B N G O G Y K X K M P H A X F B C D R
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 X Y B E E T L E J U I C E F S W Z Y L M
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|--------------|-------------|--------------|-------|
| Ghostbusters | Beetlejuice | Fright Night | Alien |
| Poltergeist | Hocus Pocus | Midsommar | Saw |
| Candyman | Terrifier | Evil dead | It |
| Halloween | Dracula | Get Out | Us |
| Scream | Sinister | | |