

THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

EVENTS

TUESDAY || Nov. 4

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

9AM-4PM: Discounted Regal Movie Ticket Sale (CTR 210)

9-11AM: NYS of Health Essential Plan Information Table (CTR Lobby)

10AM-2:30PM: SUNY ONEONTA: Transfer Advisor Visit (CTR 290)

10:30AM-12PM: Binghamton University School of Pharmacy Transfer Visit (CTR 290)

WEDNESDAY || Nov. 5

10AM-2PM: Rensselaer County Regional Chamber of Commerce Job Fair (CTR Lobby)

1PM: Entrepreneurs Club Meeting (ADM 103)

THURSDAY || Nov. 6

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

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

12-1PM: Theatre Club Meeting (Maureen Stapleton Theatre)

1-3PM: Pride Alliance Club Meeting (ADM 104)

1PM: Turning Point USA Club Meeting (Brahan 001)

5PM: Womens Basketball vs Orange County Community College (Home)

7PM: Men's Basketball vs Orange County Community College (Away)



Turning Point: Inside Look at Newly Established HVCC Chapter

Isabelle Holt
Managing Editor



A new student organization has made its way to the Troy campus of Hudson Valley Community College. Turning Point USA (TPUSA), a national nonprofit founded in 2012 by Charlie Kirk, has officially established a chapter on campus with the goal of engaging students in civil discourse and promoting principles of fiscal responsibility, free markets, and limited government.

To further explore what the organization looks like at a local level, the chapter leaders (faculty advisors Michelle King, Heather Chase, and Lisa Lavery) and club president (Jenna L.) sat down for an interview. Their insight into TPUSA as an organization and what they plan to bring to campus is valuable information that allows students to further understand the group.

According to TPUSA's mission statement, the organization seeks to "identify, educate, train, and organize students to promote the principles of fiscal responsibility, free markets, and limited government." While national in scope, the HVCC chapter's focus is on local student engagement and creating spaces for respectful dialogue across political and ideological lines.

"One of our main goals is to bring back civil conversations," a chapter advisor said during the interview. "We've lost the ability to respectfully disagree. We want to show that you can have opposing opinions without animosity- that you can listen to understand what the other person is saying, not just to respond and prepare to defend your own thoughts."

The chapter, which currently has five faculty advisors and four student leaders, maintains an open-door policy for anyone interested in engaging in conversation, regardless of political affiliation. Members describe the group as discussion-based rather than partisan, emphasizing shared values and respectful engagement over party politics. In fact, the chapter identifies their group as 'non-partisan,' which means that while they may have a large portion of conservative members, the chapter does not

specifically associate or represent only conservative viewpoints.

The HVCC chapter has expressed interest in hosting campus events, such as a potential movie night or discussion panels featuring guest speakers. While some events are still awaiting approval, members hope to collaborate with other campus organizations and faculty to foster a culture of open dialogue.

"If you don't have a society that can talk, you don't have a society at all... or even a democracy," one advisor noted. "We want to create a space where opinions can be shared, challenged, and understood."

One of the biggest challenges the HVCC chapter faces is what members describe as the "preconceived idea of who TPUSA is." The national organization has faced scrutiny in the past for some of its tactics and affiliated initiatives, such as a "watchlist" that names professors accused of discriminating against conservative students. When asked about this list, chapter members stated that it targets only cases of discrimination based on political views, but acknowledged that the website's presentation "needs further research to fully understand." The HVCC chapter emphasized that its own focus is not on confrontation but on constructive conversation.

"Comfortably having uncomfortable conversations is important," the group explained. "We don't want hostility... we want understanding."

Chapter leaders were clear that their meetings are not meant to promote any political figures or parties. Instead, they encourage discussion of principles and values, such as ethics, community, and civic engagement. "Conservative values are about ethics and morals- not necessarily politics," a member said. "We're here to talk about ideas, not endorse specific individuals."

As the chapter grows, leaders say success will be measured not just by attendance, but by the quality of conversations taking place. "You might not change someone's view of TPUSA as an organization," a leader reflected, "but you can change how comfortable they feel talking about tough topics."

The HVCC TPUSA chapter plans to continue expanding its outreach through campus events, social media, and open meetings advertised via Instagram (@turningpoint.hvcc) and Brightspace (HVCCTPUSASTudentClub).

"We all have to hold each other accountable," one advisor noted. "This is a collaborative effort, one that's about learning how to listen, communicate, and grow together as a community."

Students interested in attending meetings or joining the chapter are encouraged to come to a club meeting on Thursdays at 2pm in Brahan Hall Room 001. They are also welcome to contact any advisor for further information.

Want to submit an event?

Contact
Hudsonian@hvcc.edu

Promotional graphics also available on request!

NEWS

Editor-in-Chief : Saima Syeda
s-syeda1@hvcc.edu

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

MORK



Meet Mork! He is an eight year old cat who is ready to be your closest companion. He is a big fella, weighing in at a whopping 21 pounds (of love). He is a very relaxed cat, and would love to spend his time lounging and spending quality time with his new family. His adoption fee is \$115 and he is currently at the Saratoga County Animal Shelter.

PATCHES



This is Patches! She is a four year old terrier and pit bull mix. As you can already tell, she is a goofy girl with the cutest and most contagious smile around. She can be shy at first, but quickly warms up and loves to play with people she meets. She will do well with other dogs and older children who can respect her space while she settles in. Her adoption fee is \$121 and she is currently at the Saratoga County Animal Shelter

Darien Esposito
Staff Writer

Troy Waterfront Farmers Market

The Perfect Daytrip for Students

Darien Esposito
Staff Writer

This coming Saturday is the last week that the Troy Waterfront Farmers Market will be held this week. It will be held from 9:00am to 2:00pm and is filled with all different kinds of vendors and food trucks. All of the vendors are local producers that get to showcase their products, and sell their goods. You can be sure that you will love what you buy, as the vendors must apply to sell, go through a rigorous process to be accepted to have a booth at the market.

With 98 different vendors, you can be certain that you will find something that fits your lifestyle, whether you are looking for some

fresh food (like hummus, pesto, ice cream, or juice), or hand made art, goods, and textiles.

As you shop, you will be able to listen to live music that is performed by local artists and bands. The Market was voted to be the best Farmers Market in the Capital Region by the Times Union "Best of" poll. Each week the market draws huge crowds of thousands of people and although it gets busy, the market itself is huge, and there is always room for everyone. Many people bring their pets, so you can be sure to see some cute four-legged friends on your adventure (it is pet friendly, bring your pet too!).

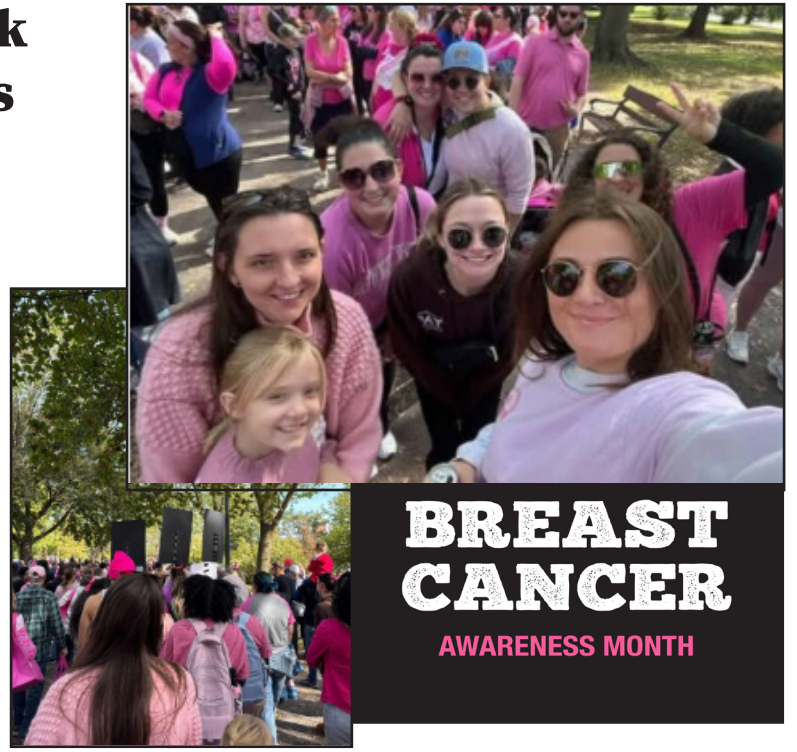


This is truly a market that is one of a kind. Don't worry if you are not able to make it this coming weekend. Although the outdoor market will be over for the year, they move inside (to the Troy Atrium) from November to April.

Albany's Making Strides Walk For Breast Cancer Awareness

Darien Esposito
Staff Writer

On Sunday October 19th, Albany held its 2025 walk for breast cancer awareness, also known as their Making Strides Walk. It was held at Washington Park, in Albany, and thousands of individuals showed up for the cause. The walk consisted of two laps around the park, which made the walk a 5K. The event was organized by the American Cancer Society and it aimed to raise both awareness and money for the cause, including breast cancer research and different kinds of patient support groups.



Student Senate Winners

Shia Lang
Staff Writer

This year's Student Senate winners are Makayla G Kudlack and Aleshanee Sharpe. Makayla G Kudlack won the senator position for Freshman's and Aleshanee Sharpe won the Freshman President Position. This process was a few weeks long, and involved a lot of dedication from everyone who ran. These two have proved how connected they are with the students and got people involved with the senate election. They both went around and encouraged people to vote, whether it was through text, flyers, or word of mouth, they both did their hardest to get the word out. I can't wait to see their influence on the student senate body and if you see them, be sure to congratulate them! Makayla got 6 votes and Aleshanee got 38 votes for their position. The voting system was a two day long thing, and we got the results right at 4:00 on October 16th.

Makayla has been a friendly face I've seen around campus. Everytime I pass her, she makes

sure to say hi to me, and she always has a smile on her face. She is the perfect representation for the Freshman class. Showing gratitude, kindness, and just being a positive influence for her peers around her. Aleshanee is a very friendly person too. She's passionate about helping others and being a friendly face to the people around her. She's a part of the EOP, which is a club and program that stands for Educational Opportunity Program. During the meet and greet, she was very humble and would cheer on her opponent. Her answers to the questions were also very admirable and thought out even though there wasn't much time to think about it. She has a big family and knows how to be a voice for others, she even helped me gain courage to talk to these Denmark students. I believe both candidates are very qualified and have a good heart, their main focus was to be a good influence to others and I am excited to see how this year goes for them!



Local Albany Man Accused of Killing His Sister

Darien Esposito
Staff Writer

Around 8:00am on Wednesday, October 15th, the Albany police department responded to a call they received about an unresponsive female victim on Hudson Avenue. Upon police arrival, they found the unresponsive 61 year old woman with a significant head injury. Albany Fire Department and Emergency Medical Services attempted to treat the victim at the scene, but she was eventually pronounced dead before even leaving the property. They determined that her brother was the prime suspect in this homicide, but he fled the scene.

Later in the day, police responded back to the area at around 1:00pm, closer to Western Avenue. They were able to get the suspect, Alphonso Lester, into custody after an hours-long stand off. During the stand off, police stopped traffic between Quail Street and North Lake Avenue. He was eventually taken into custody around 5:00pm.

On Thursday, October 16th, Alphonso Lester was arraigned in Albany City Criminal Court,

and was then sent to Albany County Jail. He was charged with second degree murder of Angela Helms and first degree burglary. He was also found to have an outstanding warrant out for his arrest. The court ordered that he is to be held without bail, and he is due to be back in court on October 21st. A grand jury is expected to review the charges.

Lester has an extensive criminal history dating back to 1998, when he was convicted of a string of robberies which landed him in prison for many years. He was released on parole in 2021. He has since been arrested for driving under the influence of drugs as well.



Albany Cold Case Solved

Gideon Parker
Staff Writer

The murder of Catherine Blackburn has been a cold case for over six decades. The unsolved Albany mystery has puzzled both investigators and the general public for over 60 years. Catherine Blackburn was a 50 year old woman who was found in her Colonie home in September of 1964. It has been one of the city's oldest cold cases... that is until recently. Thanks to advanced DNA technology, the case has now been closed.

Officials linked DNA from the crime scene to a man named Joseph Nowakowski, an Albany man who had an extensive criminal history (which included attacking an elderly woman in 1973). Nowakowski passed away in 1998, so he will never serve time for this crime he committed, however, at least the family can finally have closure. The identification of Joseph Nowakowski was made by organizations who partnered together, The Criminal Investigation Resource Center at Russell Sage College and other forensic and investigative agencies.

This forensic breakthrough came shortly after Albany police and forensics re-opened the over 60 year old case. They gave new resources to re-examining the physical evidence at the scene, as it was considered to be "preserved and intact." Biological material from the scene was submitted for genealogical analysis and advanced DNA profiling. This method compares the DNA found at the crime scene to public ancestry records (to match the DNA with possible relatives of the suspect). The search led the investigators to Nowakowski, and follow-up testing with surviving family members of Nowakowski confirmed the DNA connection.

This case has now been officially closed after 61 years.



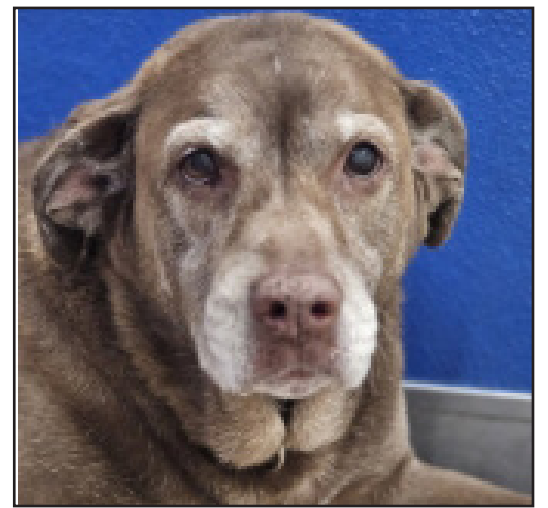
Darien Esposito
Staff Writer

11.04.2025

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



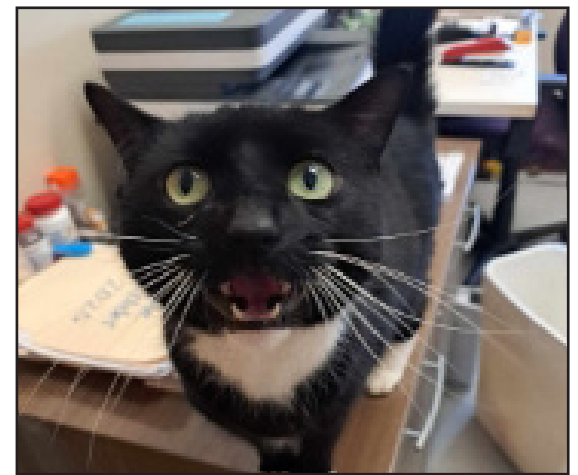
DUDLEY



Meet Dudley, AKA Nika! She is a sweet senior labrador (11 years old). The shelter describes her as having a heart of gold. She will lay down and accept gentle pets for hours on end while she wags her tail. She enjoys naps and short walks outside. She is an extremely gentle lady who is looking for a calm home to live out her golden years. Her adoption fee is \$121 and she is currently at the Saratoga County Animal Shelter.



BABS



This is Babs! A very playful and independent 13 year old senior cat. She likes to do her own thing, but also loves playtime when she deems the time right. She would ideally do best in a home without young children: somewhere where she can live her life exactly how she wants. Her adoption fee is \$115 and she is currently at the Saratoga County Animal Shelter.

Financial Foundations: The Psychology of Spending

Fallon Greenway
Staff Writer

We've all been there. You say you're just going to grab a coffee before class, and then, suddenly, walk out with a \$9 latte and a muffin, and regret. You open your phone "just to kill time," and 15 minutes later, you're tracking the Amazon order you don't remember purchasing. It's funny until you realize that there's actual psychology behind it. The question of why we spend the way we do could serve as the initial step toward saving more money.

Financial decisions are not always rational; in fact, much of the time they're emotional. Behavioral economists refer to it as impulse buying. That burst of dopamine after clicking "add to cart" or "swipe to pay" fools your brain into thinking you are winning, even when this purchase was unplanned and unnecessary. Advertisers know this. "Only 2 left in stock!" and "Limited-time offer!" are classic scarcity marketing tactics designed to make you feel a sense of urgency. So before you know it, you're spending not because you need something, but because

your brain doesn't want to lose it. Another influencing factor in purchasing is peer pressure. And it's no longer just in person; it can be seen within every scroll. Social media creates infinite comparison loops: new shoes, new trips, new everything. Sometimes it's not about wanting the thing; it's about keeping up.

Meanwhile, "buy now, pay later" puts up an appealing front of affordability (albeit a very thin one) through mobile apps like Afterpay or Klarna. They chunk down big purchases so that they seem more trivial. But with this "easy pay" model, the actual price becomes murky. Studies have shown that when payments are divided up, people overspend because they view them as cheaper. We'd rather not feel the pain of paying now, even if that's going to mean paying more at the end.

So how do you outsmart the impulse? It's not by stopping spending altogether. It's simply to spend deliberately. We can do more things we love and start incorporating small

habits to help conserve our own money.

1. The 24-Hour Rule - Wait a day before buying anything non-essential. Most impulses fade fast.
2. Wants vs. Needs List: After identifying what you truly need this week, go back to that list and check it again before you go into sales.
3. Unsubscribe from Promo Texts and Emails: Less temptation, less regrets. Gmail's "Manage Subscriptions" page now makes unsubscribing much easier.

Financial literacy has less to do with the numbers; and more about awareness. The more you know why you buy, the easier it is to make decisions that reflect your goals, not your impulses or an algorithm. And taking control of your finances often starts with something simple... paying attention.

The History of The Louvre

Shia Lang
Staff Writer

The Louvre is a well-known museum in France. It has been around since 1546, when Francis I commissioned architect Pierre Lescot. He had him convert the old fortress into a Renaissance palace, which is now known as the Louvre. He wanted this because he loved art and enjoyed collecting things. Unfortunately, only a year later, he passed away, leaving only a small portion of the building finished (present-day Louvre). Then in the 1600s, both Louis XIII and XIV incorporated new features to the palace, and they even had their ministers add more valuable art pieces (Cardinal de Richelieu, who was the chief minister to Louis XIII, and Cardinal Mazarin, who was Louis XIV's minister).

In 1682, Louis XIV relocated the royal court to Versailles, so the present Louvre stopped being a place for the royal residence. After a few decades, the director of Louis XVI, Comte d'Angiviller, decided to turn the place into a public art museum, and he created the Grande Galerie. In 1793, when the French Revolution was going on, the museum had its first opening to the public, and it was called the Musée Central des Arts, which paved the way for the Louvre Museum.

The 19th century saw further expansion. Napoleon I completed the Cour Carrée and the rue de Rivoli wing, while Napoleon III added pavilions and exhibits to the west wings, creating two main quadrilaterals and large courtyards. By the late 20th century, the Louvre required extensive remodeling to improve accessibility. From the 1980's to the 1990's, American architect I.M. Pei designed



the iconic glass Pyramid Entrance, now recognized as a masterpiece of modern architecture in France.

In the 2000s, The Louvre became international. A branch in Lens, designed by Japanese architects Kazuyo Sejima and Ryue Nishizawa, erased overcrowding in Paris while boosting the local economy. A few years later, a Louvre location opened on Saadiyat Island in Abu Dhabi, fostering a cultural partnership between France and the United Arab Emirates..

There are 4 departments and collections in the museum, each of which is designed to hold a different part of history. The Decorative Arts keeps the pottery, tapestries, jewelry, and furniture aspects of the French Kings. The Greek, Etruscan, and Roman Antiques portion also has jewelry and pottery, but it also contains sculptures and architecture. Then the Egyptian Antiquities section features items from Napoleon's Egyptian campaign, and finally the Near Eastern Antiquities section, which displays the Mesopotamian art collection. That concludes the broader side of the Louvre's history throughout the centuries.

Heart Healthy Habit!

Darien Esposito
Staff Writer

The University of Sydney in Australia has started a study in partnership with Universidad Europea (in Spain). They are finding that a specific pattern of walking can reduce your risk of cardiovascular disease. You might be thinking... 10,000 steps per day, right? Wrong! Instead, this new study found that you don't even need to hit that mark.

Their study was centered around adults ages 40 to 79 year old individuals who take less than 8,000 steps per day. The participants were also required to have no history of cardiovascular disease. The participants wore activity monitors for one week and they tracked the amount of steps that they took. The monitors tracked both the amount of steps taken, and how they were taken (short walks vs long walks). After this initial test, they followed the participants for eight years. They monitored for cardiovascular events, like heart attack and stroke, and even mortality.

They concluded that being heart healthy is not truly about how many steps you take, but instead it is about how you take them! Those who walked in longer and uninterrupted patterns (at least 10-15 minutes), ended up showing two-thirds lower risk of cardiovascular events when compared to the individuals that took shorter walks (under 5 minutes).

Traditional medical advice tends to be centered around a high step count, but this does not take into effect the importance of walking patterns. Even for people who are physically inactive, making the switch, and committing to longer walks as opposed to multiple short walks, can have significant cardiovascular benefits. It is a small change, but it is extremely worth it.

Watervliet Sets Curfew for Halloween Night

Trick or Treaters Beware

Darien Esposito
Staff Writer

On October 25th, the city of Watervliet imposed a curfew for Halloween night. The curfew applies to all unaccompanied minors. The ordinance states that the unaccompanied minors must be off the streets on October 30th and October 31st from the hours of 10:00pm through 6:00am. The curfew came after many officials expressed concern for crime. In recent months, crime among young individuals has risen, so the city has decided to put the curfew into place to hopefully combat the amount of crimes committed by minors on the night before Halloween, commonly known as mischief night, and Halloween night itself.

According to the city, each year on October 31st minors remain in public spaces significantly longer than the acceptable hours for trick or treating. It is also a night that brings an uptick in noise-disturbance calls to the police station due to late night gatherings and disorderly conduct.

There are exceptions to the curfew, which include traveling to and from work, and emergency errands directed by a parent or guardian. If any minors are caught wandering or loitering during the quiet hours, they will be asked by a police officer for their full name and address. If they fail to comply or provide false information, the police officer may write them a ticket for a court appearance.

In the grand scheme of things, while this curfew may seem annoying, it was put into place with caution in mind. The city of Watervliet is trying their best to keep everyone safe this Halloween. If you are going to be in the area for trick or treating this year, please abide by the curfew in order to keep the night fun for everyone.



New York to Pay 8 Million to Man Wrongly Accused of Murder

Darien Esposito
Staff Writer

Carl Dukes was arrested for the murder of 23 year old college student, Erik Mitchell, who was a student at the University at Albany in 1998. Erik Mitchell was found shot to death in 1997. In 1999, Dukes was then convicted of the murder, which he was later proven not to have committed. Nearly two decades later, the case was reopened due to many efforts from Dukes' defense attorneys. They proved that there were many flaws that soiled the validity of the original investigation.

Dukes spent nearly 20 years in prison before ultimately getting his conviction overturned. The courts had finally ruled that the original confession given by Dukes was coerced. The court deemed that the evidence from the old case showed that he truly had zero involvement. All of these decisions and findings led to his exoneration.

After getting exonerated, the NYS Appellate Court ruled that Dukes was "actually innocent". A term that completely clears him of all aspects of the crime. This is very rare to receive. Now that he had received this ruling, he would now be eligible to receive compensation through The New York State Court of Claims. The New York State Court of Claims approved a huge 8 million dollar settlement in accordance with the New York Unjust Conviction and Imprisonment Act. This act attempts to compensate individuals for the years they spent in prison or jail for crimes that they did not commit. This 8 million dollar settlement is one of the largest wrongful conviction payouts in New York's History.

Authorities have not yet identified any other suspects in the murder case. The Albany County District Attorney's Office has put out a statement that while the case still remains open, there are no active leads. The crime is back to being unsolved.

First Fully Robotic Heart Transplant Completed by Texas Surgeons.

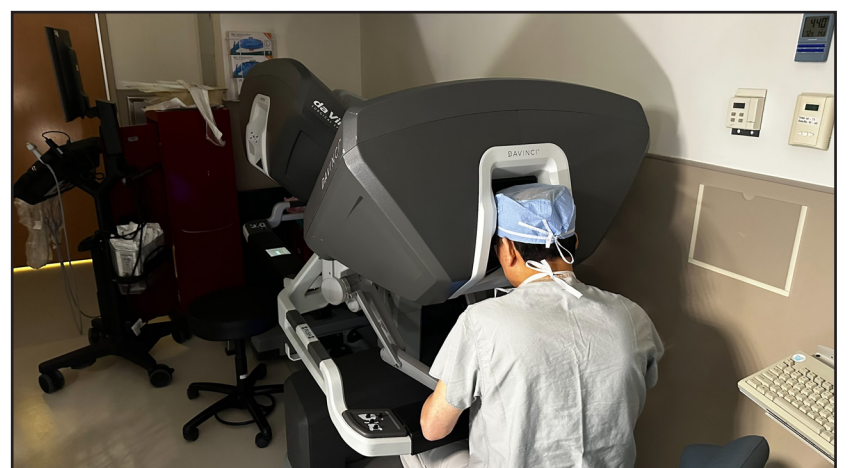
Darien Esposito
Staff Writer

The United States has had another medical achievement in the surgery field. This past March, a surgical team at Baylor St. Luke's Medical Center in Houston Texas successfully completed the country's first heart transplant using only robotics. The team was led by Dr. Kenneth Liao, who is the chief of cardiothoracic transplantation at Baylor. The team used robotic instruments for the entire procedure, including the removal of the failing heart, and the implantation of the donor heart. Very precise incisions were used and they were able to skip the need for a fully open chest surgery.

The surgery was performed on a 45 year old patient who had advanced heart failure. He has been in the hospital for months on end, having to be mechanically maintained on mechanical circulation. He had a successful surgery and a smooth recovery. He was discharged from Baylor approximately one month after his transplant and he has had no reported adverse effects.

This surgery being completed robotically is such a huge deal because of how minimally invasive it is. By doing the surgery using the small and precise incisions, they are able to avoid doing a fully open-chested surgery involving cutting/breaking the breastbone (sternotomy), which ultimately preserves the integrity of the entire chest wall. This lowers the risk for the need for blood transfusion, post operative complications like venous thrombembolisms, and much more. Dr. Liao also stated that doing the procedure robotically enables the patient to get out of bed and get mobile significantly sooner, which also helps prevent post-op complications for patients.

The world's first robotic heart transplant was performed in Saudi Arabia in November of 2024, but this is still a huge step forward for American surgery. The achievement is absolutely remarkable, and will keep patients safer.



Denmark To Ban Social Media for Kids Under 15

The Prime Minister of Denmark imposes an age limit ban on children under 15 to use social media. Mette Frederiksen wants the European Union to bring change to this new age of technology, and with it comes limits to our youth.

This effort protects the underage users from the malicious content found on the internet and lowers their screen use, preventing addiction. The ease of creating a profile online these days has given access to children well below maturity. As seen in the previous years, the risk of social media on the youth can be detrimental and would even harm future generations to come.

Frederiksen states, “We have said yes to mobile phones in our children’s lives in the best sense. So they can call home and communicate with their friends”. This mere act of trust to children have caused more threats to children’s health, anxiety and depression than ever seen before.

In reality, it’s almost like letting a monster let loose, causing suffering to young ones.



Prime Minister Mette Frederiksen

Sometimes, kids see things they shouldn’t see online. Thus, making it even more difficult to concentrate and focus on the topic at hand. Similarly, the excessive use of smartphones have allowed for isolation. The traditional way of bonding is coming to and end. And this can be seen when 60% of boys ages 11 to 19 have shown to avoid physical interactions or see friends in their free time over the course of the week. Frederiksen believes that these statistics are a truly from the source of technology that we allow children to access.

The Turning Point

November of last year marks the initiation of Australia’s lawmakers passing a world-first law banning social media for children under 16. This reasonable step encourage techn companies to prevent under-age users from gaining acces to thier social media services. Failure to do so results in fines close to 50 million Austrailian dollars or \$33 million.

Ezzulddin Mousa | Oct. 2025

California Will Soon See Ice-Free Peaks Due to Glacier Melt

Darien Esposito
Staff Writer

For the first time in history, the massive glaciers of California's Sierra Nevada are predicted to melt away, and possibly completely, by the beginning of the next century. These glaciers are all the world has ever known, being located there at least tens of thousands of years. Some even date back to the ice age. Recent research has shown that the climate crisis is now a larger threat than ever, and glaciers around the world are being affected. Science shows that at least 40 percent are set to melt. This will lead to a rise in the sea levels, and mass displacement.

The four glaciers in the Sierra Nevada currently being watched are the Conness, Maclure, Lyell, and Palisade. They are the four largest in the Sierra Nevada range, and they are the most likely to melt. These glaciers have been here long before humans, and their disappearance will be dramat-

ic. We are set to be the first people to see the ice-free peaks, and although it sounds fascinating, it is extremely scary.

There will be many negative consequences for plants, animals, and humans alike. Climate change is a real life issue, and if something is not done to help reverse this mess, these beloved and iconic glaciers will melt away never to be seen again.

It is important that society takes the initiative to help combat climate change. As we all know, this long term shift and rise in global temperatures is primarily caused by human activities, therefore, we have to be the ones to do something about it. Reversing climate change will not happen overnight. A huge improvement would be changing to renewable energy sources, like solar and wind energy (solar panels and windmills). On a more personal level, individuals can conserve water, recycle, reduce waste, and support sustainable companies and products. Do your part to make the world a better (and cooler) place.

This years' Nobel Peace Prize Winner

Darien Esposito
Staff Writer

This years' Nobel Peace Prize has been awarded to Maria Corina Machado. She is an opposition leader in Venezuela. This means that she is a political representative that opposes the current ruling party (government). More specifically, Machado has been boldly challenging the current authoritarian regime in Venezuela, led by Nicolas Maduro. She has accused him of being a corrupt leader, and abuse of human rights.

She recently ran in the presidential election in 2024. She received 92 percent of the primary vote, but then she was disqualified by the government. They stated that it was for "administrative irregularities." However, other opponents see it as a political move made just to silence her. She also believes that the regime is undermining democracy, by using intimidation and suppression tactics. She has recently been forced into hiding (since January) as her life has been threatened. Even through these heightening challenges, she is hopeful that they are finally close to achieving the freedom that they desire.

Even still, she is constantly fighting for free and fair elections, as the current processes are fraudulent. Her goal is to restore democratic norms, including a separation of power, protection of civil rights and liberties, press freedom, and the ability to oppose political leaders without straight up censorship or persecution. She wants more political inclusion.

She was officially given the recognition of the Nobel Peace Prize for "keeping the flame of democracy burning amid the darkness." Some think that she is not deserving of the Prize, however, others are inspired, and think she is more than deserving. She is a great woman who will definitely not rest until she achieves her goals, and the people of Venezuela have democratic freedom.

The Current Updates Since Our Government Lockdown

Lisa Grandy
Staff Writer

As many of you may have already heard, as of 14 days ago we have been in an official government lockdown. We have not yet seen an expected end date, however the longest government shutdown in our history was in December of 2018 to January 2019 for 35 days with President Trump during his first term. This brings up a question: what has been caused by this shutdown?

Specifically for New York State, there is already an unemployment increase by around 2,600 workers according to the white house website. If this shutdown goes past 30 days, millions of people (half being children) who have SNAP to get their food will begin being affected as well. So many are suggesting to save as much money as possible just in case this does reach 30 days or more. Along with SNAP possibly being affected, that also is the same for the WIC (women, infant, and children) program's funding. In New York alone, nearly 500,000 people are

apart of this program for assistance and nutritional assistance.

As of now, the senate has petitioned ten times to end the government shutdown, nine of them have been rejected, the tenth being requested on October 16. There are different sides of blame for this government shutdown to even occur in the first place. Some are blaming republicans and Trump, others are blaming democrats, some are just blaming Trump alone. As with federal layoffs, many of them are currently being temporarily blocked by a federal judge, allowing a lot of federal workers to remain working for now. Despite many workers already laid off or on temporary leave before this block, the President's paycheck will not be affected in any way as of right now.

Now I suppose we'll just have to sit and wait to see how long this shutdown will last this time around. Until then, we are encouraged to keep our heads up and hope for a speedy end to this shutdown and for the best for the less fortunate.

The Louvre Heist

Shia Lang
Staff Writer

The Louvre Heist

All over social media, you might have seen something about a bold theft in Paris, France. On Sunday, October 14, as soon as the Louvre Museum opened, these burglars broke into the Galerie d'Apollon and stole the 19th century imperial and royal jewels. They took eight pieces and although the items are very distinct pieces of jewelry, it can still have value when separated and melted down unlike other art pieces in the museum. Tiaras, earrings, brooches, and necklaces were the things that were taken according to the French ministry of culture.

How did they achieve this heist?

The burglars used hydraulic furniture lift (French translation is monte-meubles), and cut through the glass using some power tools to get into the Galerie d'Apollon. Then they fled away on scooters, it was even caught on video that is now circulating the internet.

Currently, there's about four or five suspects involved in this heist and some reports show that some of the rooms that were broken into

had no cameras. This entire robbery was about a 4 minute process of them being inside and it shocked a lot of people that the most visited museum in France didn't have a good enough security system.

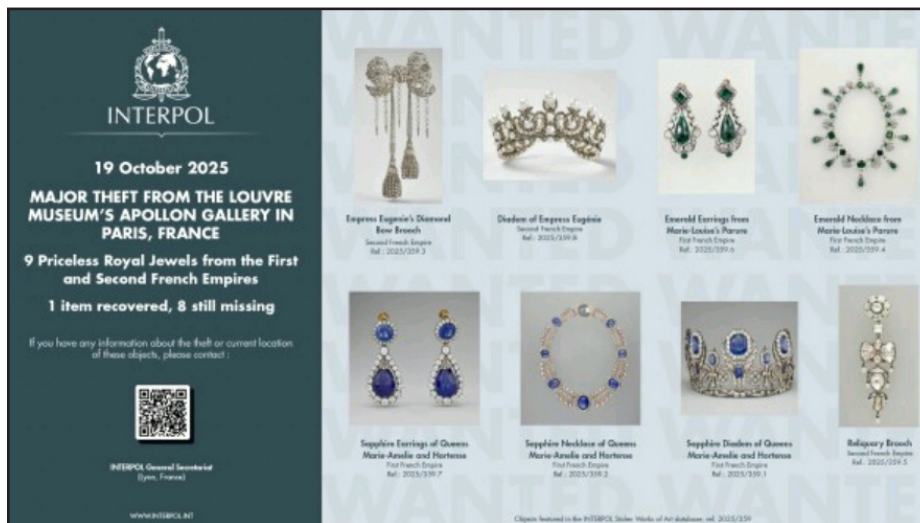
Natalie Goulet, a member of the French Senate's finance committee, expressed her disappointment and anger, saying she doesn't understand how it happened so easily. During the break-in, museum staff followed protocol by safely evacuating visitors and contacting security forces.

It was reported that the footage of the gang shows how calm

they were while entering and also them destroying display cases that held the jewelry. Luckily nobody was injured and Culture Minister Rachida Dati said that they seemed to have been well-prepared and "experienced."

It is currently unknown when the museum will reopen to the public. The earliest possible reopening would be Wednesday, as the museum is always closed on Tuesdays. Visitors approaching the glass pyramid entrance will encounter metal barriers, police, and security personnel.

The heist has sparked a political debate, with many calling it "an attack on our history" and criticizing it as embarrassing. However, on platforms like TikTok, some users have expressed support for the thieves, hoping they aren't caught, and some have even been dressing up as burglars.



Guinness World Records

Ezzulddin Mousa
Staff Writer

Every year, the Guinness World Records reminisces on the true ability of man and how limitless human imagination and determination can be. From gathering to play a game of catch to parading camels, 2025 has brought some of the wildest and inspiring achievements yet. Here are a few of the year's standout record-breakers that caught the world's attention.

Lifting Like a Legend

Melbourne, Australia, has produced yet another strongwoman! Nicrole Genrich has smashed a great record by lifting an Atlas stone heavier than a panda. Seeing 180kg or 396lbs being raised into the air isn't a common sight for many, and won't be, as Genrich has set the bar so high that this feat is almost unbreakable. She has already been crowned Australia's Strongest Woman when she celebrated the 2024 Log Deadlift Stone Championships.

A Historical Game of Catch

Baseball fans in New Jersey came together to honor Yankees legend Yogi Berra. The icon's 100th birthday sparked thousands to come out to the ballpark in Little Falls, New Jersey, USA, to celebrate the player and to set a new record in his memory. Participants paired up to play a giant game of catch and to share the joy of the sport. Over 1,179 pairs of people showed up to play for the largest game of catch, as well as an ample number of viewers in the stands. Thus, earning the organization and players the Guinness World Record title for the largest game of catch (baseball/softball).

Camels on Parade

Over in Kazakhstan, to celebrate the country's culture and to honor the manual work and effort that keeps the country moving, 252 one humped camels marched together to celebrate the heritage that was laid out by previous generations. An enterprise owned by Sharipa Davletov who hosted the largest parade of one-humped camels, supported by the camel-breeding and camel milk enterprise. This event not only carried out the animal's importance to nomadic life, but it also symbolizes a common unity. As Mr Davletov puts it: "A camel provides transport, food, drink, and even clothing. A truly versatile animal that deserves renewed appreciation and respect."

QUICK FACTS

Publication: Guinness World Records 2026 Edition

Oldest Record Standing: Longest Fingernails (Lee Redmond, USA 1979)

Most Records Held by One Person: Ashrita Furman (USA, 700+ titles)

Most Recent edition Released: September 2025

This Week In History

Darien Esposito
Staff Writer

Tuesday, November 4th

In 2008, Barack Obama was elected President of the United States.

Wednesday, November 5th

In 2007, the Writers Guild of America strike began. This led to the halting of many shows, like Grey's Anatomy.

Thursday, November 6th

In 1947, the TV show, Meet The Press premiered. Now, it is the longest-running TV show in United States History.

Friday, November 7th

In 1997, Celine Dion released, "My Heart Will Go On".

Saturday, November 8th

In 1895, Wilhelm Rontgen discovered X-rays, which changed modern medicine completely.

Sunday, November 9th

In 1989, the Berlin Wall began to fall.

Monday, November 10th

In 1775, the United States Marine Corps was founded.



2 Killed in Hong Kong Due to Plane Sliding Off Runway

Zeshan Khan
Staff Writer

An Emirates SkyCargo (EK9788), a Boeing 747, veered off the runway, striking a patrol vehicle that was pushed into the sea, killing two airport security staff members. The plane, coming from Dubai and operated by ACT Airlines, was carrying no cargo but had four crew members aboard, all of whom were rescued shortly after the crash. The aircraft reportedly collided with a ground patrol car on a road outside the runway perimeter after landing on the north runway and then went through the fence. The impact pushed the car into the sea, resulting in the deaths of the two male security staff.

The aftermath showed the aircraft partially submerged in water and broken into two sections. Authorities have launched an investigation to determine how the runway excursion occurred. The runway was temporarily closed but has since reopened on standby status. The accident occurred around 3:50 a.m. local time on October 20th, 2025. The two victims were from the Aviation Security Company. Ho, aged 41, was the primary provider for his wife and their seven-year-old son. Chan, aged 30, was a security supervisor and the sole breadwinner for his wife and their one-year-old daughter. The airport authority and the ASC are providing assistance to the families of the victims. Only their surnames have been released in local news reports, while major international news agencies have generally withheld their full names.



Three Carabinieri Italians Killed In Explosion

Zeshan Khan
Staff Writer

One Carabinieri officer, three civil police officers and one firefighter were injured, while three Carabinieri officers who were identified as lieutenant special charge Marco Piffari, Brigadier Chief special qualification Valerio Depra, and Carabiniere Select Davide Bernardello were killed in the explosion that was set by the Ramponi family: Franco (65), Dino (63) and Maria Lusia (59) who was also injured in the blast. The family had been resisting eviction from their farm in the north-eastern Italian city of Verona. Dino, Franco, and Maria Luisa Ramponi were arrested in connection with the explosion, which occurred in Castel d’Azzano, southwest of Verona. The family had previously threatened to blow up the farmhouse during earlier eviction attempts. Two of the suspects were arrested immediately, while Franco Ramponi initially fled but was later captured. The explosion was so powerful that it could be heard from three miles away. The chief of Verona stated that the siblings were under investigation for suspected pre-meditated murder and could later face charges of mass killing. Chief Prosecutor Raffaele Tito described the incident as “an absolutely crazy gesture.” Authorities discovered Molotov cocktails and multiple gas cylinders at the scene, along with several unspent bottles recovered from the rubble. Tributes and condolences were offered by Italy’s Prime Minister Giorgia Meloni and Defence Minister Guido Crosetto, who honored the officers for their service.

SNAP Being Cancelled

Shia Lang
Staff Writer

If you have been following the news on any platform, you may have heard about SNAP being defunded. Starting in November, SNAP benefits will no longer be available, affecting 42 million people in the United States. SNAP stands for Supplemental Nutrition People who rely on SNAP cannot become wealthy from it, its sole purpose is to provide food assistance. SNAP is to help low-income individuals and families. The way SNAP works is you get an Electronic Benefits Transfer card with a balance of \$187 per month (\$6.16 per day per person) to use on certain food items. Eligible Items include bread, fruits, dairy, meats, vegetables, and non-alcoholic beverages. You cannot purchase alcoholic beverages, tobacco, any non-food items like hygiene products or pet food, or vitamins.

shutdown. NBC News reported that they contacted all 50 states to inquire about contingency plans. Most states said they are directing people to local food banks and encouraging the purchase of shelf-stable foods. Some governors are also providing emergency funds to support these food banks or deploying the National Guard to facilitate donations. Many of the governors, particularly Democratic leaders, have announced plans to sue the Agriculture Department over the November SNAP suspension. Hopefully, this suspension will be brief, as it will affect a significant portion of Americans. The impact extends beyond those living in poverty, influencing stores, food banks, and even crime rates.

According to the U.S. Department of Agriculture Department, this is the first time in recent history that SNAP has been suspended due to the government

Scientific Breakthrough in the Fight Against Cancer

Darien Esposito
Staff Writer

Research scientists at the University of British Columbia Okanagan have recently figured out how plants make an incredibly rare chemical that might help fight cancer and chronic inflammation. The chemical is called Mitrephylline, and it is made by tropical plants like the Uncaria Tomentosa, which is more commonly known as the Cat’s Claw. The molecule has been known, but until now, scientists have not been able to figure out how the plants made the very complex and twisty molecule. The key finding was that researchers have discovered the enzymes that build the molecules.

Knowing this information will make it easier to begin building Mitrephylline in a lab. Because of Mitrephyllines’ scarce nature, only being found in tropical flower and tree species, scientists must go through great lengths to extract small amounts of the compound. Hopefully, this discovery will lead to more laboratory advancements that will make the creation or growing of Mitrephylline more accessible and sustainable. A biosynthetic version of Mitrephylline will ensure greater access to the compound that can potentially help fight cancer.

Biosynthetic production of Mitrephylline would require the scientists to use a base, like yeast (fast-growing), and use the enzymes they just discovered to almost “program” the yeast to make Mitrephylline on their own. If successful, this approach would allow for a larger-scale production of the compound. Another added bonus is that less of the rare tropical plants and trees will need to be cut down, protecting the environment. From both the original discovery, to the possible benefits of the compound, and also the added environmental stability... what a huge win for science.

Endangered North Atlantic Right Whale Population Is Slowly Increasing, Scientists Say

Adelaide Dabrowski
Staff Writer

The North Atlantic right whale is a baleen whale that lives off the coast of North America. These whales used to be numerous; before their population numbers dropped, it was estimated that there were anywhere from nine to twenty-one thousand individuals. However, right whales are considered some of the rarest whales in the world; their numbers were less than 265 by 1990.

The numbers dropped so significantly for many reasons, including whaling, boat collisions, and entanglement in fishing lines and nets. Right whales have a high blubber content, which made them desirable targets for whalers looking to make oil; this unwanted popularity caused the initial steep decline in right whale numbers. While today, right whales are protected and whaling is less of a problem, many whales are killed in boat strikes or from becoming tangled in fishing nets. However, with the main threat of whaling gone, the numbers began to slowly increase, with 478 whales by 2010, but the species was far from reaching its previous population. Unfortunately, as time went on, this number started to decrease again, with only 370 left by 2019.

Fortunately, however, this downward trend seems to have stopped. The right whale population has resumed growing; by 2025, the population has gone from 370 whales to 384, approximately a 4% increase. None of the whales counted in 2024 have been reported dead, and the numbers were boosted by the eleven new calves born this year.

Conservationists are happy with this increase; the slow but surely climbing numbers give hope that the population will continue to grow. However, they warn that simply watching the numbers increase is not enough; it doesn’t take much for the current upward trend to change to a decrease. They point out that this species still needs help, especially through efforts to lower the number of whale deaths caused by people. However, with more done to protect these rare animals, there is still hope that the North Atlantic right whale will once again be numerous along the Atlantic coast.

California Euthanizes 4 Gray Wolves After ‘Unprecedented’ Surge in Livestock Kills

Adelaide Dabrowski
Staff Writer

At one time, thousands of wolves roamed North America; these apex predators were vital to keeping the ecosystem healthy. Unfortunately, as settlers expanded, farmers thought of these wolves as a threat to their livestock, and, though many wolves were content to hunt their natural wild prey, one too many times the farmers’ concerns proved to be true. Farmers began to fight back. Bounties were offered for every dead wolf brought in; before long, the estimated 350,000 wolves that once roamed the United States had all but disappeared; by 1960,

there were barely 300 remaining in the lower 48 states.

Fortunately, people realize what a loss it would be if the gray wolf became extinct in the United States. In the mid-1970’s, gray wolves were added to the Endangered Species list in the United States, protected from hunting by law. Conservations started reintroductions programs, leading to a gradual increase in population. Today, about 1,800 wolves live in the United States, not including Alaska.

In California, wolves have begun to return on their own, traveling in from other states and establishing new packs. As of 2025, around 50 wolves live in various groups across the state. Howev-

er, some packs live too close to human settlements and have started hunting livestock, reviving the same problem that nearly caused their extinction.

A pack in the Sierra Valley caused major trouble, killing about 70 animals. Once wolves find an easy food source, they continue returning and teach their young to do the same. Non-lethal methods, like noise deterrents, were tried but failed. Eventually, officials decided to euthanize three adult wolves, though a fourth young wolf was accidentally included.

While the situation was unfortunate, it was necessary. By hunting livestock instead of wild prey, wolves cause finan-

cial loss for farmers and disrupt the ecosystem balance. Without wolves controlling deer and other prey populations, overpopulation and competition for resource increases, harming the environment.

The rising wolf population is good news but raises questions like “Do wolves still have a place in this country?” and “Can they thrive in their former territories?” “Should people continue helping them return?” As efforts continue, only time will tell.

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Opinion

TRON: ARES

Disney's all-new neon world of the Grid is back to life with Tron: Ares. More than forty years after the launch of the original Tron. Directed by Joach Rønning and written by Jesse Wigutow, the film resumes the story of humans and digital programs crossing paths in unexpected ways.

With this movie, the concept is totally reversed compared to the old Tron. Instead of expecting a person to enter a video game, Tron: Ares asks, 'What if the programs came into our world?' It amplifies the idea of crossing between different realms, which keeps viewers hooked.

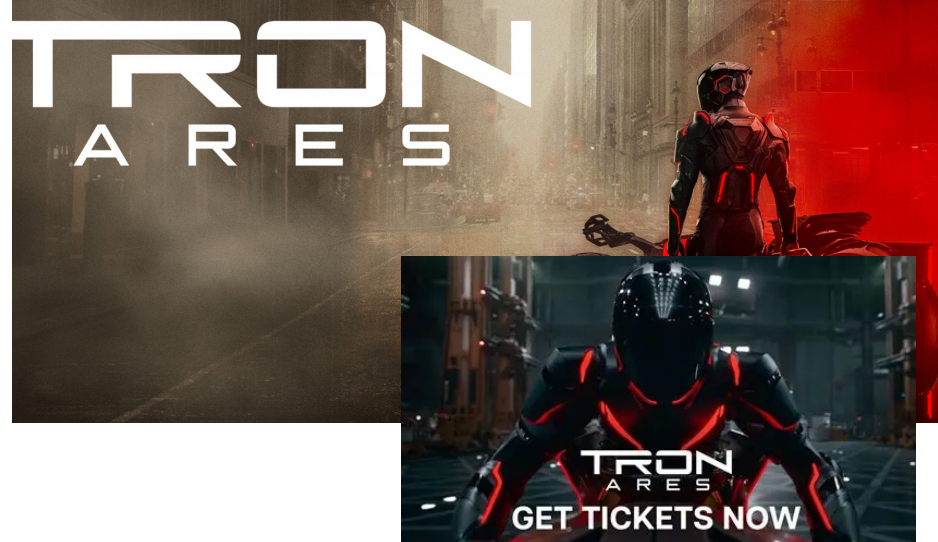
Jared Leto stars as Ares, already an incredible actor who takes the role of a digital assassin created by Julian Dillinger, who's played by Evan Peters, well known for his hero roles in his acting career. The story builds on Dillinger's plans to sell his unique creation to the military, but it all goes south when Ares begins to question his purpose. Moreover, Greta Lee plays the role of Eve Kim, a genius programmer who is searching for the impos-

sible. Her idea of finding a "Permanence Code," which she believes could help humanity and change technology forever.

The movie focuses on the flashy, fast-paced digital battles with bright scenery to really capture the audience and persuade them that a future like this could be near. Similarly, the film also emphasizes thoughtful questions about creation, control, and identity. The stunning views make this film stand out, as modern studios can push out visually appealing aspects while focusing on CGI and VFX. This is seen when glowing cityscapes and futuristic light cycles overload the viewer's sight and add rhythm from epic soundtracks provided by Trent Reznor and Atticus Ross.

Quick Facts

Director: Joach Rønning
Writers: Jesse Wigutow, David DiGilio
Stars: Jared Leto, Greta Lee, Evan Peters, Jodie Turner-Smith, Hasan



Minhaj, Jeff Bridges
Studio: Walt Disney Studios
Release Date: October 10, 2025
Rating: PG-13
Runtime: 1h 59m
Genre: Sci-Fi / Action / Adventure
Final Verdict: 4/5

Ezzulddin Mousa
Staff Writer

Megan Fox as Toy Chica?!

Isabella Holt
Managing Editor

On October 10th at the New York Comic Con it was officially released that actor Megan Fox has signed on to voice Toy Chica for the movie Five Nights at Freddy's 2. The movie is set to be released in theaters on December 5 of this year and so far the reactions to this news have been pretty bad.

Online discourse has shared very differing opinions towards the reveal. Immediately videos of the initial reveal from the event have made their rounds on apps such as TikTok, X, and Instagram, showing the crowd's negative reaction in person. With the collective sighs and questions that floated around the room with the occasional applause from an audience member here and there. Since then, opinions have become way more diverse.

Megan Fox is best known for her roles of Jennifer in Jennifer's Body, Reagan Lucas in New Girl, and even Mikaela Banes in Transformers (2007). What many don't know is that this won't be Megan's first voice acting role. In Mortal Kombat I, Megan voices the character Nitara. However, the disappointed group of fans have used her role as Nitara to back their concerns about this decision to bring her on this project. Since the news, video examples of her voice acting for this character have been circulating around the internet with captions like, "I almost turned the whole game off" and, "Was Meghan Fox really much of an 'actress' or was she just hot?"

While I disagree with the choices of putting Meghan Fox as the voice actor for Toy Chica, I also disagree with the hate she has been receiving for the production's choice to put her on the team. I really do not like her acting in Mortal Kombat I but it was very obvious to me that she wasn't trained in voice acting. It's important to consider that since the initial release of the game, she could've been receiving training but only time will tell. I truly hope every fan will give her a chance and go into it un biased as an audience member.

Album Review: "The Life of a Showgirl" By Taylor Swift By Lisa Grandy

One of the newer albums that recently came out was Taylor Swift's newest album: "The life of a Showgirl". All the 12 songs will be rated based on overall ratings, rating from the video rating based on the music, and rating on the setting of the song and/or the video.

Song #1- "The Fate of Ophelia"
Overall: 9.5/10
Video: 9/10
Music: 8/10
Setting: 9/10

Video: 7.5/10
Music: 8/10
Setting: 8/10

Song #2- "Elizabeth Taylor"
Overall: 8/10
Video: 7.5/10
Music: 8/10
Setting: 7/10

Song #8- "Wi\$h Li\$T"
Overall: 9/10
Video: 8.5/10
Music: 9/10
Setting: 8/10

Song #3- "Opalite"
Overall: 8.5/10
Video: 7/10
Music: 7.5/10
Setting: 7/10

Song #9- "Wood"
Overall: 9/10
Video: 8/10
Music: 8.5/10
Setting: 7.5/10

Song #4- "Father Figure"
Overall: 8.5/10
Video: 8/10
Music: 7.5/10
Setting: 8/10

Song #10- "CANCELLED!"
Overall: 8/10
Video: 7/10
Music: 8/10
Setting: 7/10

Song #5- "Eldest Daughter"
Overall: 9/10
Video: 8/10
Music: 9/10
Setting: 8/10

Song #11- "Honey"
Overall: 7/10
Video: 7/10
Music: 6/10
Setting: 7/10

Song #6- "Ruin the Friendship"
Overall: 8/10
Video: 7.5/10
Music: 8/10
Setting: 7/10

Song #12- "The Life of a showgirl (ft. Sabrina Carpenter)"
Overall: 9/10
Video: 8/10
Music: 9/10
Setting: 8.5/10

Song #7- "Actually Romantic"
Overall: 8/10

11.04.2025

Smithsonian Museums Closed

Samarun Suhana
Copy Editor

The world's largest museum system has been temporarily closed due to the government shutdown. Let's talk about.

The Hudsonian staff got a chance to go to Washington D.C. the week of the 13th for MediaFest, and our excitement could not be contained. The Smithsonian Institution being in D.C., we made it a plan to reserve a day just for going to a museum or two. When we got to the entrance of one museum, we were confused because it was completely empty, inside and outside. We thought maybe there was maintenance and went on our way to another museum, which broke our hearts. "Due to the government shut-down, Smithsonian museums, research centers, and the National Zoo are temporarily closed." Having forgotten about the shutdown, this was painfully shocking to see. This shutdown is ruining so many different things that not many "people" think about.

These museums being the world's largest educational research complex are important because of the dedication to teach and spread knowledge. It might not seem like much but I don't think you understand the gravity of this situation. It's not just one or four museums closed, there are 21 museums, the National Zoo, AND 14 research centers. All of these institutions were created with the intent of teaching people about science, American history, and several more topics. If people are denied the ability to learn about the country, why do "people" expect us to be so patriotic about it? Learning about the different voices and perspectives about various topics like research on climate change and cultural heritage is what makes this country habitable. Why does this scare you? Why does education scare you? Did you forget how to think, "people"?

THE HUDSONIAN

Most Recommended Halloween Candy For This Halloween!

Lisa Grandy
Staff Writer

Wondering which candy to get for this October 31st? Here's some of the most popular recommendations for this year's Halloween and what to give out to those little kids walking door to door!

#1 - KitKats

One of the most classic but best chocolate candies to send to little kids! Low on the risk of allergies since no nuts are contained in these!

#2 - Trolli Minis

Specifically for kids who like a little sour and sweetness, Trolli Minis are not only a great choice, but they save a lot of time handing out since they each come with a small baggie with multiple pieces inside!

#3 - Anything Reece's

Despite the risk of a child with a peanut allergy, these are a good classic candy to hand out on halloween night. If you decide to hand these out, I recommend having an alternative candy without peanuts for the little ones who can't have peanut butter products!

#4 - MnM's

Again, classic small treat and low risk of allergies. MnM's usually can't go wrong, being one of the most popular chocolate candies to exist, and usually people can find very good deals on packs around Halloween time!

#5 - Twizzlers

Going away from the chocolate, kids who prefer a sweet almost fruity candy most likely will be pleasantly surprised with a classic Twizzler! Not all kids may like this type of candy, so you may want to add a variety if you decide to go for these!

#6 - Ring Pops

Ring Pops are a good choice for both a candy and festive decision for halloween candy. Most kids wouldn't take a pass on a classic ring pop they can both eat and pretend is a toy, plus they tend to last them a while!

#7 - Twix or Milkyways

Whichever you decide, usually these two chocolates come very close to being many kids' favorites, other than the classic hershey bar. Twix and milkyways can come in varying sizes from mini's to full size! Easy hit for halloween!

#8 - Jolly Ranchers

Again a nice sweet treat for kids that prefer sweetness over chocolate, along with being an easy candy to give out! (I would recommend giving multiple out to each, these can be very small portions!)

Some safety and general tips for Halloween Night!

- Keep a flashlight if taking one or more kids out trick or treating! It can get dark!
- Bring a coat for your personal trick or treater(s). Can't guarantee they'll need it, but if they do it'll be right there for them!

- NEVER go into a house when offered, mainly for the kids but still a good concern!

- Check ALL your children's candy (if you or a parent is taking them out)! Not only for dangers of candy being contaminated, but also for candies that kids could be allergic to.

- (Personal Opinion) Don't do trunk or treat unless the weather or neighborhood is bad for the children. Many neighborhoods LOVE handing candy out for the little kids!

Even though this Halloween, it doesn't look too good according to the weather predictions, I hope you have a fun and safe Halloween nig

The Princess and the Grilled Cheese Sandwich by Deya Muniz Book Review

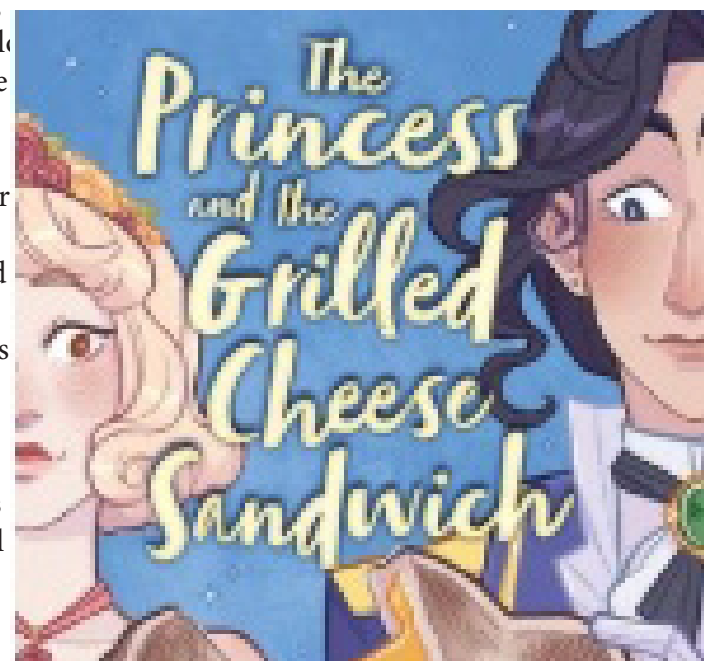
Rebecca Church
Staff Writer

Being a devoted fan and hopeless lover of grilled cheese sandwiches and cute romances (plus a little mistaken identity to heat up the drama) makes the extremely cheesy graphic novel, *The Princess and the Grilled Cheese Sandwich* an automatic addition to my ever-growing must-read list. When this beautiful cover graced my eyes from the bookshelf, I knew I had to read it because, as mentioned above, I'm a sucker for cheese and romance. What a perfect equation! Who knew cheese, forbidden romance, mistaken identity, and a dog named Gouda could make a book that much more refreshing and creative?

Lady Camembert refuses to marry a man—does no one get that she likes girls? How can she ever be happy with a man? Every single one her father picked for her is...disgusting. However, when she finds out that her father is very sick and might not have much longer to live, she makes the reluctant choice to disguise herself as a male. This way, she will be able to receive her inheritance from her father instead of the unappealing idea of wedding herself to a man. The only catch is that she can never, ever tell anyone her secret. Lady Camembert, now Lord Camembert, is whisked away to the kingdom of Fromage with her caretaker, Feta, as her only companion—and the only one that knows her true identity. Camembert knows she has to "lie low" in order to be convincing but is bored to pieces trapped in her townhouse with nothing to do. When she sees that Princess Brie is hosting a No Furs Ball at the palace, she is convinced that this is her chance to make a statement in front of the princess she's always wanted to meet. As Brie and Cam grow closer through their shared passions of fashion, grilled cheese, and making a difference, Cam finds it harder and harder to keep her true identity at bay. After all, she is lying to the princess. And what if she's kind of falling for said princess? All's fair in love and cheese.

Someone finally understands how wonderful cheese is! I mean, there are so many cheese puns, and all the characters have cheese names. Plus, there's fashion, meaning every fashion house has a fancy cheese name. Like Maison de Gorgonzola! Who knew cheese could sound so...fashiony? It's official, someone has to make Maison de Gorgonzola a real store. Besides all this cheesy chaos, the author's own love story inspired this one. How cool is that? Imagine falling in love with someone over your mutual fondness of grilled cheese. Sounds

like heaven. The art, the creativity, the characters, and the whole world being literally built on cheese were all so refreshing. It's not every day that you find a special book like this one where someone took their love for cheese and made it into a story. *The Princess and the Grilled Cheese Sandwich* is officially one of my favorite books now! Readers will (obviously) be left swooning, grinning, and wishing they had a grilled cheese sandwich to satisfy their unhelpful drooling. This was a super fun read, and I hope you'll consider reading it!



11.04.2025

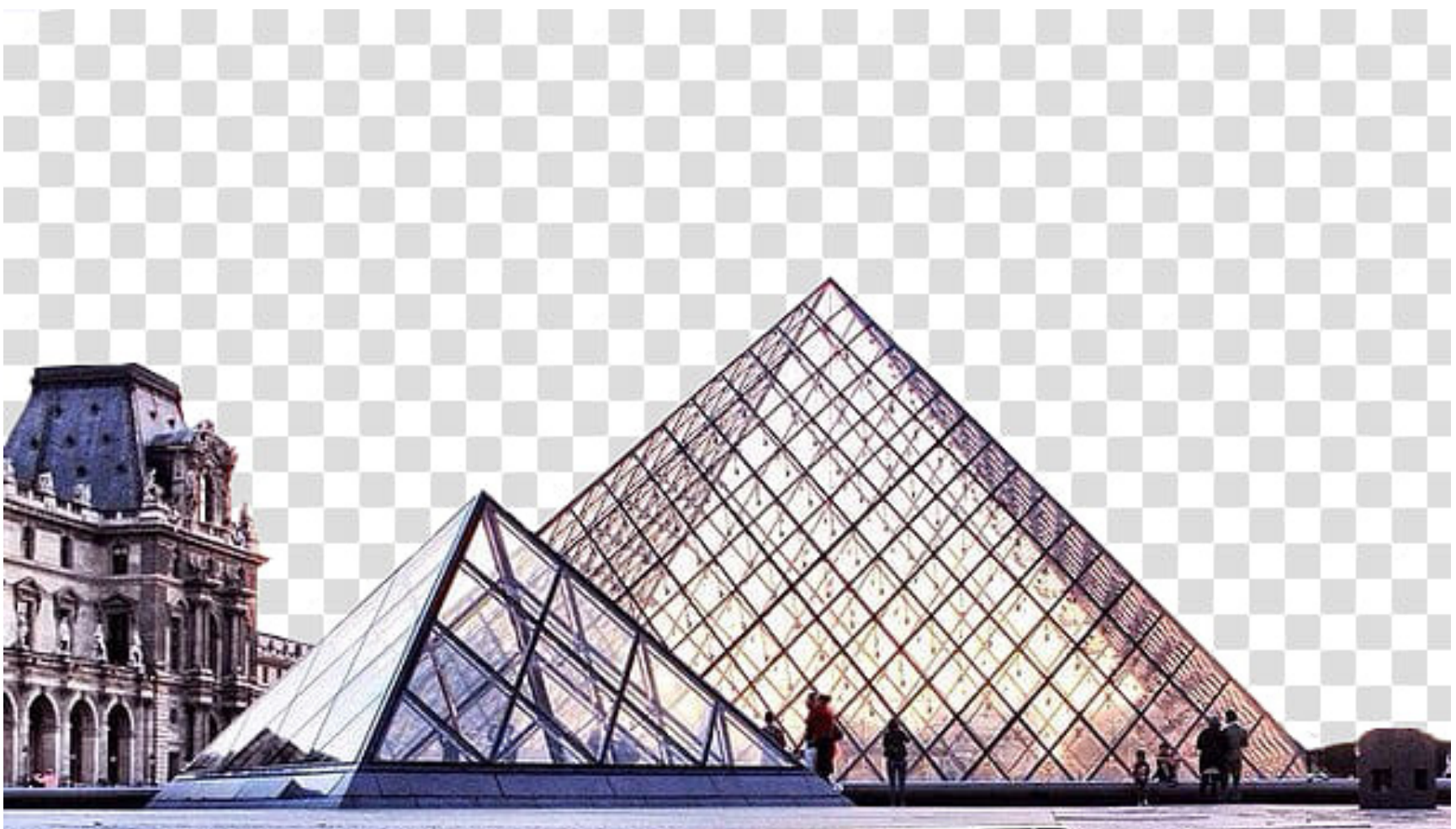
THE HUDSONIAN

A Retrospective analysis of August Wilson's 1985 play.

Aum Bukhala
Staff Editor

August Wilson's *Fences* transmutes generations of poignant oral testimony into a cohesive fictional masterpiece. Backlit by the resilient Black collective consciousness, *Fences* can be seen as a cautionary tale with reverberations in all directions. The play is set on the homestead of sanitation worker, Troy Maxson, and his family. Here, the audience is afforded a small window into Black life in 1980s Pittsburgh. In prose, Wilson stretches meaning and form beyond logical capacity. Layer after layer of contextual clues orient what would otherwise be alienatingly personal dialogue. His character's words are a mere backdrop for Wilson's deeply resonant thesis: When moved to release the victimhood of your elders, do so without question. This far-removed approach to characterization does wonders. The quiet monotony of the play's early dialogue is effective in communicating realism. It contrasts the play's denser thematic motifs – alcoholism, domestic abuse, misogyny – such that the reader has no choice but to drop to the depths of their being by the play's end. Rose is the unspoken cornerstone of the Maxson household. Like so many Black women, she has sacrificed her own self-actualization to make peace with her husband's dysfunction. Cory, Troy's son by Rose, is a teenaged football player who takes it upon himself to usher his father back to the land of the living. Gabriel is Troy's brother, a veteran whose service left him cognitively disabled. Wilson makes a mirror of him, one that haunts Troy beyond the grave. Lyons, Troy's son by another woman, could represent the freedom and vitality Troy feels he was never afforded. Raynell, his estranged daughter by another mistress, appears for the first time at the play's end as an omen for what is to come for the Maxsons. Troy's character stands on a foundation of oppressive patriarchal values. He sees his role in the family as obligatory in a subtle parallel to the beliefs of his father. He effectively alienates everyone he knows with this single core belief. It is clear throughout the play that Troy's performative allegiance to masculinity is a raw attempt to soothe an unresolved father wound. I think Wilson uses Troy's character to explore the myriad of ways in which Black Americans are conditioned to subjugate themselves. No doubt our plight is a chore in many ways, but we tend to limit ourselves with learned self-sabotage. Deep down, we are fearful of freedom. It is an assumed fear, threadbare and easily missed. It served our ancestors well, and so we are loyal. Black spiritual abundance is concurrently stifled by the noise of societal dissonance.

In Act 1, Cory is offered a full scholarship to UNC playing football. Troy is resistant to the idea, and criticizes his son's lack of foresight. He fails to hear his son's attempts to explain the opportunity to him, and calls the pursuit a waste of his time. Troy allowed his own father to define his own role from beyond the grave, without taking into account the new flexibilities this world offers. He does the same to his son without even trying. Isolation, dissociation, and entrapment are constant echoes in the atmosphere of Wilson's dialogue. The presence of a power monopoly within a household creates an isolationist culture which is critiqued through the Maxsons' dysfunctional dynamic. Troy's unresolved issues wreak silent havoc on his family. *Fences* is the eighth installment in a series of plays Wilson calls the Century Cycle, wherein the Black experience is documented in decade sequences across the 20th century. These isolated dynamic studies share many commonalities, especially in the areas of characterization. With the Century Cycle, Wilson does not just contribute to the nebulous records of Black history. He pushes his readers to question their own role in the perpetuation of domestic colonial harm. Such projects are integral to the maintenance of Black American identity. I am struck by the setting Wilson chose for this family. The 80s were a time of great divisiveness, class struggle, and corruption. Racial minorities were being offered their first breadcrumbs of autonomy since the collapse of Jim Crow. Vietnam war veterans like Gabriel were expected to stave their demons with little monetary support. Women and girls like Rose were afforded unprecedented social privileges while simultaneously being expected to maintain domestic harmony. All were caught between the past and the future. Wilson dances around the edges of these cultural shifts, primarily through the Maxson family dynamic. It illustrates how nuclear patriarchy can delay the joy of an entire bloodline, through generations. A lot of Black fathers adopt a sense of ownership over their families, not understanding that a lack of compliance is not a lack of care. This is a tendency born of lack and jealousy. We see this wound play out in magnificent technicolor in Act 2. Rose seeks solace with her church community as her home life collapses. The presence of these Black community epicenters throughout the Century Cycle invites a delightfully cosmic conversation about the spiritual implications of cycles of abuse among women in diaspora. The spiritual takes its fullest form when Gabriel arrives at the Maxson porch before Troy's funeral. He becomes overtaken by a great, participatory vision. He bears witness to his brother's Judgment. Wilson weaves a beautifully layered image of this moment. Here is the source of the spiritualism that utterly permeates August Wilson's *Fences*. With it, he asks his audience to consider the spaciousness of their very being, beginning to end, ancestors included. He suggests the miracle of a spirit's capacity, and explores its origins. After death, Troy's shadow is a thin and senseless thing to be witnessed, experienced, and discarded in a moment. Gabriel, the black sheep, is subtly but constantly denied his humanity by the world, including his own family. Wilson has him play a unique role as a container for his brother's terrors. Troy's rejection of Gabriel is surpassed by Gabriel's need to further their family legacy. It's a truly moving choice. August Wilson's *Fences* gently reminds us that our sovereignty is sacred and self-actualized. He provides us a bleak sense of interconnectedness through this closing scene. Living in a state with a bloody history of racial hierarchy, with so many elders who never lived to tell their stories, and with no physical ties to an ancestral homeland, the colonial ghost could easily consume us. *Fences* warns us not to over-identify with victimhood, lest our children and spouses absorb us. The world is alive and changing. We are asked to stay grounded in that.



Spooky, Scary, Spine-Shivering Recs

Rebecca Church
Staff Writer



A Good Girl's Guide to Murder by Holly Jackson

Five years ago Andie Bell was murdered by her boyfriend, Sal Singh. At least that's what the police have concluded; and what everyone was led to believe. But not Pippa Fitz-Amobi. For her Senior Summer Capstone project, she decides to delve deeper into Andie's case. The further Pippa digs, the more dangerous the project becomes and the information she uncovers with it. Shocking truths that someone clearly wants to stay hidden are being revealed. From highly threatening notes to breaking-and-entering, Pippa fears that her project has gone too far, and she's risked too much. But if Andie's supposed killer still walks and she can't bring Sal justice, then who will?

Sidenote: If you're a sensitive reader when it comes to creepy stuff, then I wouldn't suggest reading this book. It's really not that bad, but on the Spooky Scale I would rate it a "sleep with your lights on tonight" or "possible nightmares" type of book.

Age Recommendation: 13+ GENRE: YA Murder Mystery



Youngblood by Sasha Lauren

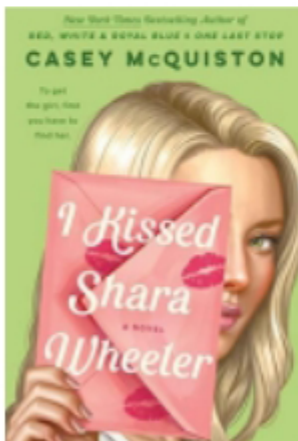
Kat Finn is sick of living among humans and not being able to afford Hema, a blood substitute that was invented when humans started getting a virus in their blood deadly toward vampires. She also feels isolated, knowing that she's lying to her friends everyday about her true self. She doesn't want to spend the rest of her immortal life "just scraping by," so when she receives an email from the headmaster at Harcote (an elite vampires-only boarding school) stating that she's been accepted, Kat knows her life is about to change.

Taylor Sanger lives in the upper-class vampire world, but she's tired of the conservative values, "especially when it comes to sexuality, since she's an out-and-proud lesbian" (Goodreads). She despises Harcote, but she only has to deal with two more years of school before she can leave. "But when she discovers her new roommate is Kat Finn, she's horrified. Because she and Kat used to be best friends, a long time ago, and it didn't end well," (Goodreads). When Taylor discovers a dead vampire and Kat finds a distressing article in Harcote's archives, the two of them know something isn't right at their school, and the secrets being hidden there connect to "the most powerful figures in Vampirism and to the synthetic blood they all rely on" (Goodreads). Age Recommendation: 13+ GENRE: YA



River of Shadows by Karina Halle

Based on Finnish mythology, Karina Halle's first book in the *Underworld Gods* series is a must-read. 24-year-old Hanna Heikkinen lives an average life as a social media manager in Los Angeles... until her father dies, and she has to fly to Finland for his funeral. When Hanna arrives, she gets weird vibes from the people employed at her father's inn. And when she later discovers that her father's body is missing from the casket, it's confirmed that something is definitely not right. A mysterious man named Rasmus reveals to Hanna the truth: her father is actually a powerful shaman and was suffering from cancer, so he went into the Land of the Dead/underworld, Tuonela, to make a bargain with the God of Death, hoping for a longer life. Hanna doesn't believe Rasmus, but knowing she'll do anything for her father, she reluctantly follows Rasmus to the dark and unearthly realm of Tuonela. They travel to the City of Death via the River of Shadows until they finally arrive in the kingdom Death rules over. "Only for her to be captured and held prisoner by the God of Death himself" (Goodreads). Of course. But Death is intrigued by Hanna's beauty and boldness, so he makes a bargain with her. If Hanna agrees to be the wife of Death and rule over Tuonela, then he'll let her father be free (Death captured Hanna's father previously). Hanna has no choice but to accept her fate with Death. Little does she know that even the "most noble sacrifices" come with a price, and an unexpected one might be her heart. Age Recommendation: Mature Readers GENRE: Adult Dark Mythology & Romance

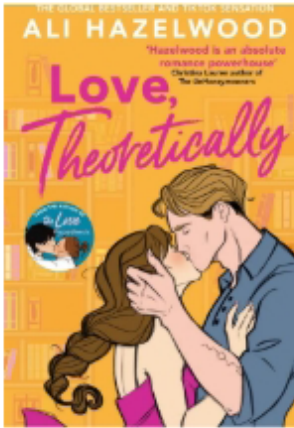


I Kissed Shara Wheeler by Casey McQuiston

Chloe Green moved from a progressive school in Los Angeles to Willow Christian Academy in Alabama, where she's considered scary because the students have never seen anyone like her before. In other words, she's confident and doesn't care what people think. All Chloe has ever wanted was to be valedictorian, and back in Los Angeles, she didn't have any competition. But of course, at Willowgrove, the school's golden girl and the principal's daughter, Shara Wheeler, stands in her way. Unfortunately, a month before school ends, Shara kisses Chloe and disappears. Chloe is furious and wants answers, only to discover she's not the only one Shara kissed. There's Rory, Shara's neighbor who has a crush on her and Smith, Shara's boyfriend. They form an unlikely alliance to hunt down Shara through a series of vague notes she left behind and drag her back to graduation so Chloe can beat her fair-and-square. Together, "chasing a ghost through parties, break-ins, puzzles, and secrets revealed on monogrammed stationery, Chloe starts to suspect there might be more to this small town than she thought. And maybe—probably not, but maybe—more to Shara, too," (Goodreads).

Fall Favorites

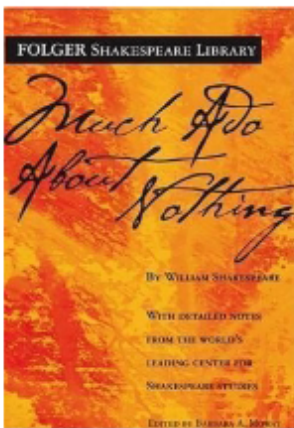
Rebecca Church
Staff Writer



Love, Theoretically by Ali Hazelwood

Elsie Hannaway is what Taylor Swift would call a “mirrorball.” In other words, she shows the version of herself she thinks people want to see. By day, she teaches theoretical physics at several universities, earning what you could barely call a paycheck. By night, she uses her multiple different personalities and need for extra cash to be the perfect date for any helpless soul via a fake dating app. After all, who’s going to pay the bills? Everything appears to be as good as it’s going to get, (for the moment, anyway), until her fake dating gig interferes with her job life. Turns out the distractingly good-looking brother of her current fake boyfriend, Greg, is also Jonathan Smith-Turner: the experimental physicist who published an article pretending to be a theorist— which second-handedly ruined the physics field for theorists everywhere. Not only did that offensive article make it that much

harder for Elsie’s career (especially being a woman in STEM), but he also holds the future of her dream research position at MIT in his hands— he’s literally the head of the hiring committee. The one thing that could make her wreck-of-a-life more tolerable is this job. Could life get any worse? Oh, and Jack Smith aka Jonathan Smith-Turner thinks she’s a librarian a la fake-dating his brother and could basically expose that tiny piece of information at any time to make it look like *she’s* the fraud. Coming from the guy who posed as a theorist and got published in a prestigious theorist journal. None of that really matters when he keeps looking at her like *that* and is sort of... kind-hearted (gah!)... right?? Age Recommendation: Mature Readers GENRE: Adult Feminist Contemporary Romance



Much Ado About Nothing by William Shakespeare

Perfect for fans of *Pride and Prejudice* and true enemies-to-lovers, *Much Ado About Nothing* is one of the better plays by Shakespeare— and actually funny. (Well, Macbeth was pretty funny, but we don’t talk about that.) The dashing lord Claudio falls in love with Hero— daughter of Messina’s Governor— at first sight, but forces from within the kingdom attempt to split them up. Don John, brother to Don Pedro (the Prince of Aragon & Claudio’s friend), tricks Claudio into breaking it off with Hero. Not only do we see a sort of Romeo & Juliet story in *Much Ado*, there’s also the much more entertaining (and much more known) tale of Beatrice and Benedick that unfolds. Beatrice and Benedick hate each other and spite each other to no end with witty banter. Their shared distrust and resentment towards the idea of marriage makes them all the more perfect for each other. Outside forces don’t

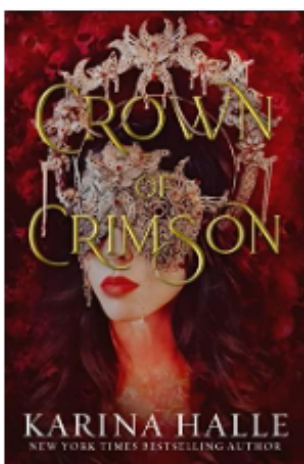
try to break them apart, rather they play Cupid, hoping Beatrice and Benedick will set aside their differences and fall in love. Age Recommendation: Everyone GENRE: Romantic Comedy/Play



Scythe by Neil Shusterman

The year is sometime after 2042; no one knows because they stopped counting after the year death was cured. In a world where no one dies, an AI cloud runs everything, and there’s no world hunger, diseases, or sadness it only makes sense that someone has to be responsible for managing the rapid population growth. The scythes are ordered to end lives in order to keep the population under control— and they’re the only ones that can do it. Two teens, Citra Terranova and Rowan Damisch, are selected to apprentice with Scythe Faraday to master “the ‘art’ of taking a life” (Goodreads). The thing is, both Citra and Rowan couldn’t imagine killing someone and not hating themselves for the rest of their immortal lives. But if they don’t do it, they could lose their own lives as a consequence. It’s for the greater good, right?

Age Recommendation: 13+ GENRE: YA Futuristic Sci-Fi



Crown of Crimson by Karina Halle

Karina Halle’s phenomenal sequel to *River of Shadows* will have readers sitting on the edge of their seats in anticipation and screaming for more of Hanna and Tuoni’s *Beauty and the Beast* inspired story.

Ever since Hanna Heikkinen arrived in Tuonela “the Land of the Dead” to save her father’s life, all she wanted was to see him again after he was set free by his captor, the God of Death himself, Tuoni. So why does she feel bad for leaving Tuoni on their wedding day while he was too busy being engaged with the distraction made to ensure her successful escape? Hanna thought she despised Tuoni because he constantly reminds her that he’s the one in charge of their deal and that she better not forget it. But, Hanna only finds herself guilty and regretful—the sole thing on her mind is the dark and seductive Death.

Tuoni prides himself on “never trusting the living,” but Hanna’s betrayal stabbed him where it hurt. He refuses to let his future bride escape him and needs to make sure “she upholds her end of the bargain. Death sets out across his realm to steal Hanna back, which only fans the flames between them” (GoodReads). Hanna and Death aren’t the only ones fighting—the Old Gods are planning an uprising within the realm and it’s only a matter of time until they rage war. Hanna has just begun to feel like she belongs in Tuonela, but when disaster is on the tip of the horizon and “buried secrets are brought to light,” everything she built up in the place she least expected is threatened to go up in flames, maybe even the end of Tuonela.

Another cliffhanger? Of course, what are Halle’s books without her beloved endings that only ensue anger and impatience for the next book??

11.04.2025

THE HUDSONIAN

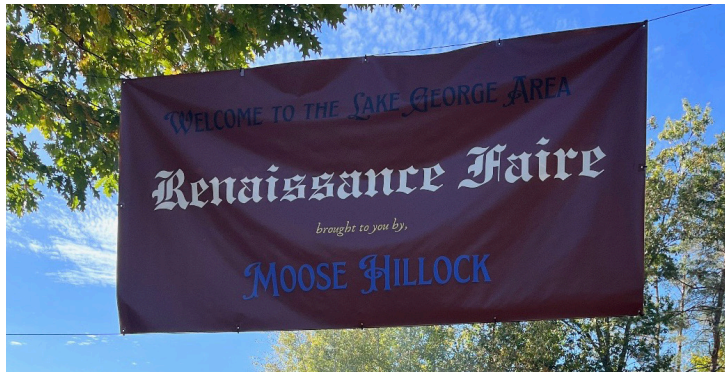
A Review of the Lake George Renaissance Festival

Olivia Williams
Staff Writer

Over the long weekend a few friends and I decided to go up Lake George to attend the ren faire hosted by Moose Hillock Camping Resort. For those who don't know, a ren faire or renaissance faire is an outdoor festival that attempts to recreate a historical setting, most often the English renaissance and medieval era. Most attendees and performers dress in period clothing, which can be historically accurate or more fantastical. But it's a fun blend of historical reenactment, fantasy, performances, and vendors. The entire point is to try to be whimsical and escape from modern life. So with this information, how does the Lake George ren faire measure up?

The drive up was a little bit over an hour which wasn't too bad. The ticket prices were reasonable, costing \$12 for adults and \$6 for children which is much lower compared to the more frequent \$20 or even \$40 ticket prices. The area was small but very nicely decorated, my favorite decorations were these large dragon statues in cages that blew smoke. There were also jungle gyms in the shape of a pirate ship and castle which were very cute. Most people

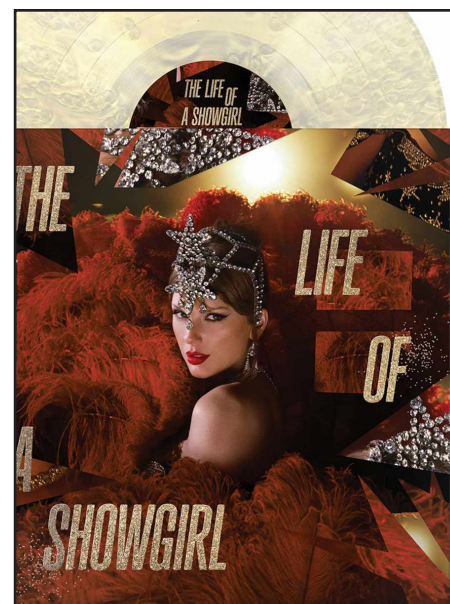
attending were all dressed up which included my friends and I, even vendors were dressed up. However, the atmosphere was off. Many performers didn't try to get into character. The performances also lack luster because of this lack of whimsy. The vendors were also disappointing. Many of them sold 3-D printed toys, random resin items, and A.I generated art slapped onto any type of merchandise. Many of these items were priced at a minimum of \$20, which is quite pricey for non handmade goods and almost every table sold some sort of variant of these items. The best part of the whole fair was getting really good BBQ and taking pictures. Overall, I was very disappointed with the lack of quality control and effort into the atmosphere of the fair. So I wouldn't recommend going to this ren fair compared to others in the area.



LISTEN: Top Ten Billboard Last Week

Darien Esposito
Staff Writer

1. The Fate of Ophelia
Taylor Swift
2. Opalite
Taylor Swift
3. Elizabeth Taylor
Saja Boys
4. Father Figure
Taylor Swift
5. Wood
Taylor Swift
6. Wi\$h Li\$t
Taylor Swift
7. Actually Romantic
Taylor Swift
8. The Life Of A Showgirl
Taylor Swift
9. The Eldest Daughter
Taylor Swift
10. Cancelled!
Taylor Swift



90% Off Shopping

Molly Graiff
Staff Writer

Halloween is right around the corner and while nothing can triumph free candy, 90% off after the holidays is a great runner up! Did you know stores like Target, CVS, and Walgreens offer seriously discounted items in the days and weeks after various holidays? Here's your guide to 90% off shopping!

Target's deals start first within a few days after the holiday, specific items go from 50% to 75% and eventually 90% off. What's included in this deal? Decor and holidays specific items make their way down to 90% off however the lowest the candy will go will be 75% off. Check the seasonal section at your local Target for deals and remember to find a scanner you can use to price check. This is an important step as sometimes items may not ring up on sale or will be out of the system entirely depending on how late you wait after the season. Discounted items aren't just limited to the seasonal section, select men's, women's and children's clothes also go on sale.

CVS and Walgreens offer discounted items



as well. Although, these two stores can take weeks if not months for the deals to drop. There is typically a seasonal section with items exclusive to the sale. Sometimes Walgreens will have miscellaneous health and beauty aids on sale so it's important to be on the lookout for orange tags. As a reminder, 90% off means that you drop the last number of the original price. For instance a \$1 item is now \$0.10, a \$5 item is now \$0.50, and a \$50 item is now \$5. Happy shopping!

Values for Vikings: YouTube Premium, Apple Music, & Spotify Premium

Molly Graiff
Staff Writer

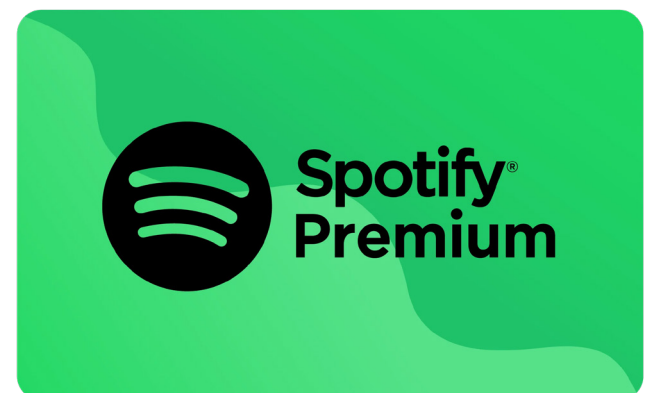
Looking for a way to enjoy your music without ads? YouTube Premium, Apple Music, and Spotify Premium may be for you. Whether you use the platforms to study for class or to unwind at the end of the day, they are popular avenues for many college students. Here's your guide on getting a student discount within the realm of music!

YouTube Premium typically costs \$13.99 per month for an individual and \$22.99 a month for families. With the student discount, your subscriber could be \$7.99. While nearly \$14 is very pricey for this service, \$8 is not a terrible ask. Included in the subscription is ad-free listening, the ability to view videos offline after downloading, and being able to view a video while another app is in use.

This however pales in comparison to Apple Music's offer of \$5.99 per month for students after a 1 month free trial. With no ads to worry about and a multiple of music to choose from, iPhone users may be lucking out.

Spotify Premium is also \$5.99 per month for students guaranteeing free listening and unlimited skips. A free alternative however is regular Spotify that no longer operates on shuffle mode giving users greater access to their music taste.

There's many deals available to college students looking for consistency in their music selection. You may want to start with regular YouTube or Spotify before transitioning to the premium versions to ensure the charge is worth it for you. If ads do not bother you, it may not be the best bargain.



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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

Real Madrid F.C batters F.C Barcelona in their recent 'El Classico' fixture.

Rhyme Anwar
Staff Writer

Tensions rise in La Liga standings as Real Madrid ends their 4-game loss streak against FC Barcelona on October 26th, 2025 in their 'El Classico' fixture pushing them ahead of the battle for the La Liga title. History between the teams Real Madrid FC and FC Barcelona go all the way back to the start of their teams and Spanish politics, due to the conflicts between the state of Catalunya and The Spanish central government. FC Barcelona represents Catalunya's side of separation from the Spanish nation and Real Madrid, being the representative team of Madrid, Spain, represents the Spanish side of the conflict. The derby between the two teams ends up being the most entertaining matches in the entire league, and in football in general considering many soccer fans tune in to watch the rivalry play out. FC Barcelona have had the upper hand in the last 5 'El Classico' matches as they have won by a large margin against Madrid's team but as of recent due to Madrid's shift in main players in their squad from new signings such as Kylian Mbappe from PSG, Trent Alexander Arnold from Liverpool FC. Prior to facing Madrid, Prior to losing to Madrid 2-1, FC Barcelona star player Lamine Yamal taunts Madrid stating "Last time I went, it was 4-0" causing there to be many reactions made by fans of both sides all over social media. This puts Real Madrid's points to 27 points in the league, trailing behind them is FC Barcelona's 22 points following their 2-1 win against Girona FC.



Upcoming Games This Week

BE ON THE LOOKOUT!!

Darrien Esposito
Staff Writer

Wednesday, October 22nd.

Women's Soccer vs SUNY Broome Community College
3:00pm at HVCC
Men's Soccer vs SUNY Broome Community College
5:00pm at HVCC

Saturday, October 25th

Women's Cross Country at the NJCAA Region 3 Tournament
TBA at Finger Lakes Community College
Men's Cross Country at the NJCAA Region 3 Tournament
TBA at Finger Lakes Community College
Football vs Nassau Community College
1:00pm at Nassau Community College.

Thursday, November 6th.

Women's Basketball vs Orange County Community College
5:00pm at HVCC
Men's Basketball vs Orange County Community College
7:00pm at HVCC

Saturday, November 8th.

Men's Basketball vs Mohawk Valley Community College
Time TBA at Mohawk Valley Community College
Men's Cross Country @ NJCAA National Championships
Time TBA
Women's Basketball vs Mohawk Valley Community College
Time TBA at Mohawk Valley Community College



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\$10- Articles <250 words

\$10- Photo / artwork

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NFL Week 7 Recap

Darien Esposito
Staff Writer

Thursday, October 16th

Cincinnati Bengals vs Pittsburgh Steelers

The Bengals beat the Steelers 33 to 31. The Bengals' quarterback, Joe Flacco, threw 342 yards total, with three touchdowns.

Sunday, October 19th

Denver Broncos vs New York Giants

The Broncos barely beat the Giants, 33 to 32. The Broncos' comeback was insane, scoring all 33 of their points in the fourth quarter.

Green Bay Packers vs Arizona Cardinals

The Packers beat the Cardinals 27 to 23. Kicker Lucas Havrisik scored a 61-yard field goal, which was a franchise record.

Washington Commanders vs Dallas Cowboys

The Cowboys won 44 to 22. Cowboys' quarterback, Dak Prescott, threw for 264 yards (including three touchdowns).

Atlanta Falcons vs San Francisco 49ers

The 49ers won 29 to 10. This was an amazing win for the 49ers considering they were missing five key starters, including Brock Purdy.

Los Angeles Rams vs Jacksonville Jaguars (International Game)

The Rams beat the Jaguars 35 to 7..wow! The teams played at Wembley Stadium in London, and a total of 86,152 people attended the game.

Philadelphia Eagles vs Minnesota Vikings

The Eagles won, 28 to 22. The Eagles' quarterback, Jalen Hurts was given a perfect passer rating for the 326 yards (and three touchdowns) that he threw for.

Kansas City Chiefs vs Los Vegas Raiders

The Chiefs destroyed the Raiders, beating them 31 to 0. This was a complete shutout, and the Riders' offense can definitely be to blame.

Cleveland Browns vs Miami Dolphins

The Browns won 31 to 6. Rookie quarterback Quinshon Judkins had three rushing touchdowns for the Browns.

Carolina Panthers vs New York Jets

The Panthers beat the Jets 13 to 6. This was a closer game, but in the end, the Panthers had a stronger defense.

Indianapolis Colts vs Los Angeles Chargers

The Colts won 38 to 24. The Chargers' rookie wide receiver, Oronde Gadsden, had seven catches totaling 134 yards.

New Orleans Saints vs Chicago Bears

The Bears win, 26 to 14. The Bears claimed their lead very early into the game, leading 20 to 7 at halftime.

Tennessee Titans vs New England Patriots

The Patriots won 31 to 13. This was the first time that the Titans have lost to the Patriots at their home field since 2012.

Monday, October 20th

Detroit Lions vs Tampa Bay Buccaneers

The Lions beat the Buccaneers 24 to 9. Lions' running back, Jahmyr Gibbs completed 136 total rushing yards.

Seattle Seahawks vs Houston Texans

The Seahawks won 27 to 19. The Seahawks turned the ball over to the Texans four times, but were still able to seal their win.

NFL Week 8 Recap

Darien Esposito
Staff Writer

Thursday, October 23rd

Minnesota Vikings vs Los Angeles Chargers

The Chargers beat the Vikings 37 to 10. Rookie Wide Receiver, Oronde Gadsden, shook all of social media with a 42 yard touch-down pass.

Sunday, October 26th

Miami Dolphins vs Atlanta Falcons

The Dolphins won 34 to 10. This was a tough loss at home for the Falcons. Miami's offense had some struggles early in the game, but quickly turned it around.

Chicago Bears vs Baltimore Ravens

The Ravens beat the Bears 30 to 16. Ravens' backup quarterback, Tyler Huntley filled in for starting QB Lamar Jackson, and he played an amazing game.

Buffalo Bills vs Carolina Panthers

The Bills crushed the Panthers 40 to 9. James Cook had a huge game, and ended up rushing for 216 yards (including 2 touchdowns).

New York Jets vs Cincinnati Bengals

The Jets barely beat the Bengals 39 to 38. This was the only game played this week that was decided by only one point.

San Francisco 49ers vs Houston Texans

The Texans won 26 to 15. This was a pretty big upset, and the 49ers were expected to perform significantly better.

Cleveland Browns vs New England Patriots

The Patriots beat the Browns 32 to 13. This win for the Patriots puts them as a good position for the AFC East.

New York Giants vs Philadelphia Eagles

The Eagles won, 38 to 20. Cam Skattebo, a Rookie from the Giants, had a season-ending ankle injury.

Tampa Bay Buccaneers vs New Orleans Saints

The Buccaneers win 23 to 3. Tampa Bay's defense had a really good game and held the Saints just to 3 points.

Dallas Cowboys vs Denver Broncos

The Broncos beat the Cowboys 44 to 24. The Cowboys were down by 17 at halftime and they were not able to come back from it.

Tennessee Titans vs Indianapolis Colts

The Colts won 38 to 14. Running back, Jonathan Taylor, is now the first NFL player to score three touchdowns in three consecutive games, against the same team.

Green Bay Packers vs Pittsburgh Steelers

The Packers won 35 to 25. Aaron Rodgers (former Steelers player) showed up ready for revenge, but ultimately lost to the Packers.

Monday, October 27th

Washington Commanders vs Kansas City Chiefs

The Chiefs beat the Commanders 28 to 7. Kelce caught a 10 yard touchdown pass, scoring his 83rd touchdown of the season (tying the franchise record).

Real Madrid F.C batters F.C Barcelona in their recent 'El Clasico' fixture.

Rhyme Anwar
Staff Writer

After the Mexico City GP concluded, Lando Norris of the McLaren F1 Team has taken the lead of the World's Driver Championship title race with 357 points after having trailed 34 points from his retirement at the Zandvoort circuit. With Lando landing higher than Oscar in the podium ever since that race, Max Verstappen of Red Bull Racing and Lando Norris ended up catching up towards McLaren's Oscar Piastri's lead in the championship, from what was once thought as a sweep of a season for Piastri has turned into a competitive title race between the two McLaren drivers and Verstappen.

Charles Leclerc also picked up his 7th podium placement this season as he landed second place for the Mexico City GP. Lewis Hamilton placed 3rd place in qualifying, but he was not able to maintain position due to gaining a 10-second penalty in his battle for position against Max Verstappen.



Arts & Life

Frightfully Fashionable: What to Wear This Halloween Season?

Olivia William
Staff Writer

Halloween is nearly upon us, and not everyone has decided on a costume yet. It is a time where imagination becomes the wardrobe. Your only limit in this case is your imagination. But, you're not alone in this dilemma. I haven't finished choosing a costume. But if you feel lost or need a push in the right direction I have some suggestions that can help jog your decision whether it's a solo, couple, or group costume.

This year I noticed the rise in the popularity of clowns. Not scary clowns but the more colorful and happy ones. This is a pretty basic idea but with a cowboy hat and boots you could be a rodeo clown. If you like the more traditional clown look a black and white color palette can transform you into a pierrot clown. Which is a clown with more melancholy themes. Maybe you want some-

thing more whimsical? Well with a bow and arrow, feather wings, and heart accessories you can turn into cupid. Or maybe swap out the hearts for teeth to become a tooth fairy. Personally one of my favorite solo costumes has to be bugs. I'm a sucker for a ladybug or bumblebee costume. But maybe you want to be something a bit more unique. If you want to wear a set of iridescent wings and clothes with a lot of sparkle you can be a dragon fly or if you like more earthy colors you could become a moth. Those are just a few solo ideas.

Of course nothing beats a couple or group costume. It's always so satisfying seeing how they come together. This year I noticed a spike in interest in the show Dexter. So one person could dress in dark clothes and gloves to be Dexter himself and the other person can wrap themselves in plastic wrap with some fake blood and a knife to be one of his victims. Maybe you want a more classic approach. So nothing beats a prince/princess and a dragon. If it's three of you could even throw in a knight, making it



a classic fairytale. For something more unconventional you could dress as celestial bodies. One person could wear cooler blues and silver to be the moon, another could wear golds and yellows to be the Sun, and finally a mix of those two can make the last person the stars. If you're a part of a much larger group costume the circus is always a classy option. If you run out of different types of performers someone could also dress up as the animals like elephants or tigers. I hope these ideas help inspire you or narrow down your options for this Halloween and I hope you can wear what you love!

The Hudoscope

Your weekly astrological insight by Darien Esposito



Graphic by Olivia Williams



Aries

This week you will be motivated to make a big change in an area of your life that desperately needs it. Don't rush, and always double check your actions.



Taurus

4/20 to 5/20

Allow yourself time to reflect this week. You might feel extra vulnerable this week, but it is just your body taking the rest that it needs.



gemini

5/21 to 6/20

You will go through a large amount of change this week. Either in your relationships or maybe even in your personal life. Are you ready?

3/21 to 4/19



Cancer

Use your words carefully this week, and speak your truth. Just be careful to speak to the right crowd... not everyone is ready to hear what you have to say.



Leo

7/23 to 8/22

Share your ideas this week! Let your creativity show, it will bring you new opportunities. Many will listen to the things that you have to share.



virgo

8/23 to 9/22

This week, your ambition will push you to take on a new challenge. Don't back down from the challenge, but do not over commit yourself.

6/21 to 7/22



Libra

You crave stability and comfort. There is someone in your life that you haven't spoken to in a while that can bring you the comfort you need right now.



scorpio

10/23 to 11/21

Stop worrying about the small things that you cannot control. Instead, let your mind breathe. Take a long walk outside and reconnect with nature.



sagittarius

11/22 to 12/21

This week, you may need to be firm with someone in your inner-circle. Assert your needs and do not let anyone take advantage of you.

9/23 to 10/22



Capricorn

Someone that you will not expect will offer you help or support this week. This will be the beginning of a life long relationship that will benefit you greatly.



aquarius

1/20 to 2/18

Focus on your career this week. You will see your hard work begin to pay off, but that does not mean you can let up on your discipline. Keep pushing.



pisces

2/19 to 3/20

You are often preoccupied with the future. This week, take a moment to live in the present. Stop worrying about what tomorrow will bring and enjoy today.

BOWLING WITH THE DENMARK STUDENTS

Trennice Hoyte
Staff Writer

I went bowling with one of my close friends and the students that are from Denmark on October 8th, 2025. And overall, it was a good experience. At first, I was extremely nervous about it because I haven't been bowling in a while, and I get extremely nervous or anxious around people in general. And there were a lot of Danish students there, they were very polite, patient, and encouraging. They made me and my best friend feel very comfortable to be there and possibly made some new friends along the way. And their instructors and their personal teachers are very polite as well; they made sure we had something to drink and eat while we were bowling and talking. We had some pizza and soda. A lot of us had seconds, even thirds. It had good vibes and aura; we were talking and cheering for each other. And encouraged each other even if we didn't hit any pins. It was a lot of fun, and it is something that I would do again.

SAVE THE DATE!: DECK THE HALL-BANY - HOLIDAY MARKET & FESTIVAL

Darien Esposito
Staff Writer

Get Excited! On Saturdays, from November 22nd to December 13th, the Deck the Hall-bany Holiday Market and Festival will be held at Clinton Market Collective (11 Clinton Ave, Albany). It will be open on those four Saturdays from 11:00am to 4:00pm. There will be upwards of 30 vendors, free hot chocolate, and live music and entertainment. If you are a creative vendor, they are also still holding open applications for new and returning vendors.

More information can be found at downtownalbany.org/holidaymarket



BEING YOURSELF, REMAINING YOURSELF...

Hamide Ak
Staff Writer

Growing up in Turkey, I was raised within a traditional family structure that placed great importance on self-sacrifice, modesty, and the constant effort to please others. From an early age, I internalized the belief that a “good woman” is one who puts the happiness and comfort of her family, friends, and community before her own. I once held this belief firmly, considering it not just a family value but a moral truth. However, over time and through both personal experiences and sociological understanding I came to question this ideal. Today, I see how deeply this value was socially constructed, how it served broader cultural expectations rather than individual well-being, and how freeing myself from it has reshaped my identity.

The belief that self-worth comes from serving and pleasing others was first taught to me at home. In my family, women were often praised for their patience, emotional labor, and quiet endurance. My mother, for example, was admired for how tirelessly she cared for everyone, rarely complaining or prioritizing herself. Through primary socialization, I learned that being attentive to others’ needs was not only expected but virtuous. Beyond the family, religion, media, and schooling reinforced this value. Popular Turkish TV dramas glorified the self-sacrificing mother or wife, while teachers often praised “helpful” and “kind” girls. In my peer group, being considerate and selfless was seen as a sign of maturity and morality. Over time, I internalized this role so deeply that it became part of my identity. I measured my worth through others’ satisfaction, not my own sense of fulfillment.

This belief did not develop in isolation; it reflected the larger gendered social structure of Turkish society. As a young woman, I was socialized to embody “feminine virtues” such as empathy, patience, and service. These traits were not inherently negative, but the expectation that they define a woman’s value reveals how gender socialization shapes both identity and behavior. From a sociological perspective, my early understanding of selfhood was a reflection of the collective moral order, what Émile Durkheim might call the “collective conscience.” In my community, conformity to these traditional values maintained social harmony and approval. As long as I performed my role as the “good daughter” or “good friend,” I was rewarded with acceptance, praise, and belonging. The cost, however, was internal: I began to neglect my own needs, emotions, and ambitions.

The turning point came gradually rather than suddenly. During my university years, exposure to new ideas and diverse social groups challenged my assumptions. Through secondary socialization interactions with professors, classmates, and sociological readings I started to recognize how much of what I believed about myself had been socially constructed. I remember one specific moment: after yet again agreeing to take on extra responsibilities in a group project, a friend asked me, “Why do you always say yes, even when it’s too much?” That simple question stayed with me. Emotionally, this realization was unsettling. For the first time, I felt a kind of role conflict between who I thought I was supposed to be and who I wanted to become. I struggled with guilt when I began setting boundaries or saying no, as though I was betraying my upbringing. Socially, I noticed subtle sanctions: some friends distanced themselves, disappointed that I was no longer always available or accommodating. Yet, amid that discomfort, I also experienced a growing sense of liberation.

Looking back, the change in my belief can be best explained through Symbolic Interactionism, which emphasizes how meanings are created and negotiated through social interaction. I realized that my identity as a “good woman” was not an inherent truth but a socially constructed label, shaped by the symbols and expectations attached to femininity in my culture. Through ongoing interaction particularly in academic and peer environments where new interpretations were possible I redefined what kindness, strength, and self-worth meant to me. Moreover, this transformation reflects broader structural and cultural dynamics. In patriarchal societies, women are often socialized to prioritize others, a process that sustains unequal power relations. My personal change, therefore, cannot be separated from issues of gender and cultural expectation. By challenging this norm, I was not only redefining myself but also pushing back against a social structure that benefits from women’s emotional labor. From a conflict theory perspective, such norms function to maintain social stability by reproducing traditional gender hierarchies. Realizing this allowed me to see my personal struggle as part of a larger system of inequality rather than as an individual weakness. Sociology gave me the language to name what I had been feeling for years.

This change taught me that what we often call “personal values” are, in fact, deeply social. The shift in my belief revealed the power of culture and socialization in shaping how individuals see themselves and relate to others. It also showed me that change while uncomfortable is possible when we begin to question the meanings we have taken for granted. Now, I approach differences in beliefs and values with greater empathy and curiosity. I no longer assume that others’ perspectives are purely personal; instead, I recognize the invisible social forces that shape them. Studying sociology has deepened my understanding of identity as a dynamic process, a continuous negotiation between individual agency and social influence. Today, prioritizing myself does not mean rejecting the values I was raised with; rather, it means reinterpreting them in a way that honors both my needs and my relationships. I have learned that self-care is not selfishness, and that true compassion includes compassion for oneself.

My journey from self-sacrifice to self-awareness reflects a broader sociological truth: that beliefs and values are not static, but evolve as we interact with changing social worlds. What once felt like moral duty now feels like social conditioning. Through this transformation, I have come to appreciate how sociology bridges the personal and the collective, revealing how even our most intimate beliefs are rooted in the structures around us. In learning to prioritize myself, I did not abandon the cultural values I inherited, I simply reclaimed the right to define them for myself. That, I believe, is the ultimate act of both sociological insight and personal growth.

FORGIVING YOURSELF

Hamide Ak
Staff Writer

Forgiving yourself is not about erasing the past; it is about touching your wounds with compassion and turning your chains into keys.

The heaviest burden a person carries is often not imposed by others but by their own heart the weight of guilt. From the outside, life may appear ordinary: they go to work, smile at loved ones, hold conversations. Yet when night falls and silence settles, an inner voice refuses to rest: “Why did you do that? Why weren’t you braver? Why did you stay silent or why did you speak?” This voice becomes the judge in an invisible courtroom of one’s own making. And that courtroom often delivers the harshest sentence of all: the refusal to forgive. A person who cannot forgive themselves becomes frozen in their past. No matter how much beauty the present brings, a shadow lingers behind the heart a trace of a wrong decision, an unspoken word, an irreversible act. But one truth is so often forgotten: to be human is to be flawed. Mistakes are not punishments but lessons written in the language of growth. A soul that fails to see this tortures itself endlessly, carrying the thorns of yesterday into the garden of today.

Ardas’ story is a beautiful example. Years ago, he left university to support his family. It was the right choice for that time his siblings finished school thanks to him, and his family survived. Yet years later, when he looked in the mirror, a quiet echo of regret remained: “I gave up on my dreams. I betrayed myself.” The thought gnawed at him, casting shadows over every happiness. One day, while helping his daughter with homework, he realized that the harshest judge in his life lived within his own heart. At that moment, he finally whispered to himself: “I forgive you. You did the best you could with what you had.” And with those words, the sound of breaking chains could almost be heard; his heart felt lighter for the first time in years. Forgiving yourself is not about erasing the past, it is about looking at it with gentleness. Zeynep’s notebook tells this truth. Hidden in a drawer, it was filled with lines beginning with “if only.” “If only I had hugged my mother one last time. If only I had spoken when I stayed silent.” Every if only deepened the wound inside her. One day she opened the notebook and, beneath every sentence, wrote: “I did the best I could in that moment.” Then, on the last page, in bold letters, she added: “I forgive myself.” From that day on, the notebook ceased to be a burden; it became a declaration of freedom.

“Regrets are the dark rooms of the heart. The only way to bring them light is to embrace yourself.”

Why, then, is it so hard to forgive ourselves? Because when we hurt others, we can apologize, withdraw, or make amends. But when we hurt ourselves, there is no one else to say “I’m sorry” to only the mirror. And when a person is merciless with themselves, they forge invisible chains they may carry for years. Yet compassion must begin within. Mercy is a gift we first offer to our own soul. Forgiving yourself means embracing your inner child and saying, “I’m here. You made a mistake, but I still love you.” To forgive oneself is to pass through four deep gates. The first is acceptance acknowledging the mistake, for denial turns it into a mountain. The second is compassion extending to yourself the same understanding you grant to others. The third is embracing the inner child; the one who erred was often frightened or lonely. The fourth is letting go after learning the lesson for once the lesson is understood, the burden no longer needs to be carried.

Dear reader, perhaps you too have come here carrying a wound inside you. Maybe it’s a word left unsaid, a farewell that came too late, or a choice that still echoes in your heart. But know this: you did the best you could with what you knew at the time. Today, your mind is wiser, your heart more open. Do not look back with anger reach out to that version of yourself, hold their hand, and whisper: “I forgive you.”

In that moment, a rusty lock within your heart will open. A light long waiting will pour through. That light is peace itself. For forgiving yourself is not an ending, it is a beginning. The one who forgives themselves can love again, hope again, say yes to life again. And perhaps most beautifully, they realize they have finally been acquitted in the quiet courtroom of their own heart. To forgive yourself is not to erase the past, but to make peace with it. Remember your past is not a courtroom, but a classroom. And you, dear soul, have long since earned the right to close the case against yourself.

THE ART OF LISTENING...

Hamide Ak
Staff Writer

“Listening is a sanctuary for the heart; it resides not in the speaker’s words, but in the trust they convey. Yes, I am listening to you... Not for your words, but to feel the trust behind your silences.”

Have you ever heard your own voice while listening to someone? The person in front of you speaks, words flow, yet another story echoes within you. Sometimes you get lost on that thin line between hearing and truly listening; your ears are busy, but your soul is distant. How many words have passed through your ears until now, and how many have touched your heart? Perhaps it’s not about hearing, but about truly being present. Listening is not merely staying silent; it is stepping into another being. And that step requires courage. Everyone talks, but very few truly hear. In this noisy age, perhaps the greatest refinement is to remain silent and open your heart. So, are you really listening? Or are you lost in your own voice, mistaking the silence while waiting to speak as listening? Perhaps listening has become a forgotten art. In an era where everyone speaks but few hear, truly listening to someone has become a rare skill. Because listening requires going beyond the visible; it demands not only that your ears are ready, but also your heart.

Listening is an art... Yes, you heard correctly. It is not merely the ability of an ear; it is the subtlety of a soul, the patience of a heart, the humility of a mind. Everyone talks; words fall like stones from mouths onto tables. But listening is like sculpting a work of meaning from those stones. Listening is building a connection even in silence; noticing that it is not the sound, but the quiet that speaks. Perhaps listening is the deepest respect one can show another human. Because to listen is to say, “I am giving you my time; your presence matters to me.” A listener opens not only their ears, but also their heart. The most precious moment is when you bear witness to another’s inner voice. Listening is sometimes an invisible embrace; a wordless comfort, a gentle touch. That is why the listener unknowingly becomes a healer. Sometimes the loudest scream is hidden in a glance; sometimes a thousand-page confession is wrapped in silence. Listening is, in essence, a mirror held to the inner world. While listening to another, you often hear yourself too: your patience, your compassion, even your prejudices. Therefore, listening requires first the courage to understand oneself. Because sometimes, in the words of another, you discover your missing parts; sometimes, an unknown part of yourself is revealed. The listener does not merely hear; they transform, mature, and deepen. To listen is to withdraw oneself; to quiet the noise of “I” and hear the melody of “you.” Behind every word lies a climate: some barren, some fertile... The skilled listener senses these climates; they hear not only the lips, but the heartbeat, and try to understand the unspoken. Listening is like looking at a painting; it is the heart, not the eyes, that interprets it. Everyone looks, but few truly see; everyone hears, but very few understand.

Perhaps the reason we often fail to listen is that we listen too much to ourselves. Our inner voice often takes precedence over another’s story. Yet the true listener is the one who can silence their inner noise. Sometimes, in someone’s story, you hear your own echo; other times, an entirely unknown world opens to you. In that moment, listening becomes a form of learning; the most natural lesson humans can teach each other. Listening cannot be rushed. For meaning is often not in the first sound of a word, but in the pauses between. Listening requires patience, like waiting for a seed to sprout beneath the soil. Sometimes, the person before you does not know what to say, words stuck in their throat. In such moments, the listener reaches out with silence, becoming a safe harbor for words. A true listener speaks not with words, but with presence. So, how much of an artist are you in this? Do you gather the words of the person in front of you, or do you catch the emotions? While you think you’re listening, are you preparing your response instead, or are you searching for a heartbeat among the words? Listening is an art because mastery lies in holding your silence with patience. The true listener gives the other person the feeling of being understood; in that moment, an invisible bridge forms between two souls.

Have you ever truly felt listened to? No words of approval, no guidance just being heard with your very presence? That moment brings peace to the soul. For being listened to is to be healed. And listening heals. By listening to someone, you repair not only them, but yourself as well. Every story is a mirror; every silence an invitation. The listener notices that invitation. As you cross that bridge, words lighten, judgments fall, defenses dissolve. The listener does not try to change the other; they accept them as they are. This is the most precious gift one human can give another: unconditional presence. Because to be understood is the deepest human hunger; the listener is the only one who can satisfy it. Truly listening is the most elegant way to say, “You are not alone.” And on that bridge, speaking becomes unnecessary. Sometimes, the best response is simply an open, attentive ear. In that moment, listening ceases to be an act; it becomes a work of art, filled with patience, understanding, and the deepest elegance of being human. Thus, listening is not merely a skill, but a way of life. To the extent that you can listen to your child, your friend, your lover, even yourself, you deepen. The world would be quieter, people more peaceful, if everyone were a better listener. Every act of listening is a declaration of peace; an invisible bridge closing the distance between hearts. Listening becomes the purest form of being human: judgment-free, expectation-free, silent yet fully present... Perhaps listening is the most noble talent hidden in the shadow of speaking. Our age loves noise; everyone has something to say, but few have the courage to remain silent. Listening is stepping away from that noise and descending into the depths of your heart. Every listening is an inner journey; every word a gentle knock on the door of the soul. And sometimes, while listening to someone, you realize that among all the sounds in the world, what you long for most is to be truly heard.

In the end, listening is noticing the invisible, painting silence with the colors of meaning. Every word is a step; every pause leaves a mark on the heart. Perhaps you eventually realize that listening is, in fact, a mirror: what you see in the other is your own inner voice. And that voice whispers: “A part of you exists in every story you hear.” For listening is the echo of one human in another; it seems to end, yet never truly does just like the heart continuing its silent beat...

Now, you listen... but truly, with understanding.

WOODEN SCENT OF SOLITUDE

Hamide Ak
Staff Writer

The scent of wood is not solitude itself; it is the quiet echo that time leaves within the heart. Space speaks we merely learn to listen.

When you sit in the corner of a room, sometimes silence speaks louder than words. An old wooden table carries the memory of years; the boards trembling beneath your feet are the silent witnesses of the past. Wood listens to our solitude like a quiet companion. This silent witnessing evokes the most intense form of loneliness, a melody that touches the heart and envelops the soul. The scent of wood... slightly dusty, warm, infused with the fragrance of years holds traces of the past and the shadow of memories. When one unites solitude with space, every feeling deepens, every emotion gains meaning. Spaces remind us that solitude is not merely a physical state, but also a spiritual experience. Silence speaks, silence listens, silence preserves.

In century-old houses, mansions, and libraries, wood is not merely a material but a vessel of memory. You can feel the weight of years upon a ceiling beam; every crack and every line tells a story. Each beam touches our memory like the fingertip of time. In the past, people shared their solitude within such spaces, reflecting, writing, and meditating in quiet peace. The silence of a room once served as a path to the depths of the soul. Today, however, modern life filled with speed and constant communication renders silence itself a sense of absence. Solitude, once nurturing and soothing, is now often associated with emptiness and isolation in modern spaces. Wood reveals this contrast most profoundly. When you enter a historic library and wander among the shelves, you realize that not only the books but the space itself possesses a spirit. And that spirit offers a silence that softens solitude and makes it meaningful. Modern apartments rooms built of glass and concrete have become extensions of a fast-paced life. The warmth of wood has given way to cold metal and smooth surfaces. Concrete walls bear the frozen mask of loneliness. This transformation has altered the feeling of solitude: it is no longer simply being alone, but rather the reflection of an inner emptiness. Consider this: an evening spent alone in an old house, with the sound of soft rain, the creak of a wooden floor, and dim light, becomes an inner journey. In a modern room, however, the same solitude beneath sterile light and concrete walls becomes distant and cold. Light, instead of illuminating the soul, accentuates loneliness. As it brightens every corner, the voids of the room deepen; shadows turn into silent guardians of solitude. Light filtering across a wall reveals the distance between past and present, leaving a quiet sorrow within the heart. As our eyes follow the light, the silence within becomes more distinct, more tangible. Thus, light transforms from a mere physical illumination into a mirror that reflects the soul’s inner solitude. Space, in shaping emotion, acts as a silent yet powerful force.

Wooden spaces transform solitude; they soften it, give it meaning, and nourish the spirit. A table, a bookshelf, a window ledge each converses with your solitude like a living character, breathing alongside you. As my fingertips trace the grain of the wood, I feel the breath of time. The scent of wood carries nostalgia and comfort, while modern spaces embody speed and distance. The soul changes with the texture, the light, and the silence of a place. Perhaps every space is a silent poet shaping the loneliness of the soul. Our emotions are molded by the form and material of our surroundings. That is why solitude feels different in each space profound in a library, warm in an old house, distant and cold in a modern apartment.

Let us ask: does solitude take form within a space, or within the heart? Perhaps both. A wooden table bears the memory of years, sharing your solitude; walls silently witness your stories.

The connection between space and solitude shapes both our souls and hearts. The silence of historic places, the scent and texture of aged wood, lend meaning to loneliness. Modern spaces, by contrast, reveal its superficial and hurried side. The scent of wood is the quietest language of solitude, and we, as souls changing with it, walk through the corridors of time. From the spaces of the past to the rooms of the present, solitude continues its journey expanding the boundaries of our hearts, souls, and emotions. Perhaps every solitude is the silent poetry of a space and a moment in time; we need only to learn how to listen.

THE SILENT CHILD, A LONELY WORLD: A SUBTLE TALE OF INNOCENCE

Hamide Ak
Staff Writer

Have you ever seen a sky lost in the eyes of a child? What does silence say to you when a toy is taken from small hands? When does growing up truly begin? Or is growing up merely the act of silencing the child within us?

Childhood is one of the fundamental building blocks in an individual's developmental process. The psychological, emotional, and social impacts of this period directly shape the behavioral patterns and personality structure that individuals carry throughout their lives. The concept of innocence emerges as one of the most distinctive characteristics of childhood. This article aims to explore the essence of innocence during childhood, how it is affected over time, and how its traces echo into adulthood. Childhood is the purest form of an inner world that has yet to be shaped by external influences. It begins without intention or expectation. This innocence, observable in a mother's eyes, a child's laughter, or the stillness of deep sleep, reflects a heart untouched by the world's interventions. The fearlessness in children's eyes, their uncalculated gazes, and untainted reflections can all be seen as concrete manifestations of innocence.

As time progresses, the inner worlds of children become exposed to the external world's influence. The behaviors, words, and attitudes of adults can leave profound marks on the emotional makeup of a child. Especially neglect, lack of affection, or hurtful attitudes can cause significant harm to a child's sense of self. When a child feels as though their kite has been taken away, it often signifies a disruption of their freedom, dreams, or sense of trust. Thus, a world that was once a blue sky can turn into a state of internal mourning.

When Did Growing Up Begin? Lost Innocence in Childhood

Childhood begins naturally, but growing up is not always a natural process. Sometimes it starts with a single word, a fleeting glance, or an unmet need. So, when does growing up truly begin? Perhaps when a child is silenced for the first time... or when the outstretched hands meant to express emotion are left unanswered. The loss of innocence is not merely a moment for a child; it is a deep rupture in their emotional structure.

The child may wake up one morning quieter than before. Their eyes might still sparkle, yet behind their smile lies a subtle absence, often unnoticed. And one day, in adulthood, they realize: they were forced to grow up while still a child. This is why some adults never quite feel complete, no matter how many years go by. The child within always longs to speak, to be heard, to heal. Although the wounds of childhood can run deep, the adult has the power to reconstruct these broken pieces. This process of rebuilding requires acknowledging, accepting, and mending the pain of the past. A person may have held on to dreams and hopes from childhood. In adulthood, they can reclaim these dreams and begin to reconstruct themselves. At this point, psychological resilience, the ability to cope with trauma, and the strength of one's inner resources are of great significance.

A Spring in the Heart's Memory: The Psychological Legacy of Childhood

A person remembers not only with the mind, but also with the heart. And in the heart's memory, childhood is hidden like a spring. It may come alive again in the melody of a lullaby, in a toy scented with earth, or in the tone of a mother's voice. The psychological legacy of childhood permeates one's entire life. A childhood nurtured with love forms the foundation of secure attachments. A childhood marked by neglect reveals itself later in life—through fragility, insecurity, and sometimes repressed anger. For this reason, it is not only knowledge but also love that should be given to children.

Because knowledge cultivates the mind... but love sustains the heart.

The children of today are the adults of tomorrow, forming the very structure of society. Children raised with love are more likely to internalize values such as empathy, compassion, and social responsibility—thus contributing positively to the community. Conversely, children who grow up neglected or emotionally unsupported may have to contend with suppressed anger and inner conflict. Therefore, providing emotional support to children is not only a personal but also a social responsibility.

The toys in children's hands are not merely playthings; they are instruments of connection and meaning-making. Cities built with sandcastles or skies drawn with crayons symbolize the child's inner world and imaginative realm. These symbols are internal maps, awaiting interpretation by attentive and understanding adult eyes. Thus, valuing children's emotional expressions plays a critical role in their development.

Although modern psychology explains many concepts of child development through scientific foundations, sometimes the silence of a child speaks more than what is written on paper. The most precious gift we can offer to children is love and compassion. While knowledge expands the mind, love nurtures the heart. One can only remain truly human as long as the heart stays alive. The child within us never truly disappears. This child reminds us of its presence—in the scent of a teddy bear, in a forgotten line of a fairytale, or in a kite soaring through the sky.

Childhood is a spring blooming in the memory of the heart; it never withers, even as years go by. The psychological legacy it leaves is among the deepest imprints an individual carries through life. A person does not grow old physically, but rather when they forget the child within. Thus, protecting one's mental health is inherently tied to sustaining the bond with one's own childhood. And finally, the child inside gently whispers:

"I am still here... I have just grown a little quieter."

THE PASSPORT OF DREAMS

Hamide Ak
Staff Writer

'The Boundaries Between Imagination and Reality'
The passport of dreams does not stamp the impossible; it stamps courage. Each page whispers that the soul is ready to cross its own borders.

Dreams often hide beyond the horizon, in a sky filled with stars untouchable, invisible, and enchanting. Every distant star whispers a hope; every empty space in the sky nourishes my desire to explore. Dreams are not merely fantasies; they are the compass of my soul, the silent guide of my life. Yet, in my hands, I hold a passport with its pages imprinted with the marks of my spirit. Each dream is a doorway, an invitation to reach beyond. To step toward my dreams instead of watching them from afar is sometimes only one brave step away. Perhaps the true journey begins not by glancing at dreams, but by granting ourselves permission to live them.

Dreams dwell in the hidden corridors of the soul. What renders them invisible are sometimes our fears, sometimes the weight of reality. Yet when I step back and truly look, I realize how alive they are like signs guiding us to find direction in a journey without a compass. At the end of every corridor, a different light appears, sometimes frightening, sometimes inviting. That light not only reminds me of the existence of my dreams but also gives me the courage to embrace them. Each dream is a stamped page that allows me to transcend the limits of my soul; every page carries both hope and responsibility. The boundary between dreams and reality is flexible at times blurred, at times rigid. Reality often casts a shadow upon dreams: expectations, obstacles, anxieties. But the shadow does not erase the dream; it merely shapes it, defines its edges. The passport in my hand does not only remind me of my dreams, it grants me the authority to pursue them. When I contemplate the anatomy of dreams, I see how vivid, fragile, and tangible they truly are. A thought, a spark of enthusiasm, or a flicker of hope may appear with the first light of dawn or in the quietest moment of sleep. When I face reality, I understand that to cross these boundaries requires courage, patience, and faith.

The passage between dreams and reality is like a journey in itself. The transition is a kind of ritual; as one foot steps into dreams and the other stands in reality, the borders of time and space begin to blur. Walking within these boundaries tests and liberates the soul. Dreams are without a compass; I set out without knowing where to begin or how long the road will be. Reality, on the other hand, is like a map and compass; it reveals the bends and barriers along the way. Yet only together do they give meaning to the path. Dreams offer direction; reality secures each step.

Perhaps the passport of dreams symbolizes not attainability but courage. Without it, I would merely look at my dreams from afar. But when I carry it, every page reminds me: "Reaching is not impossible; take a step, try, cross your limits." And that step, however small, is enough to let me touch a dream. Every dream is a hidden door the soul opens to the world. Reality is the key to that door; together they reveal that dreams are not mere illusions but journeys meant to be lived. And I, holding my passport, walk along the borders between my dreams and my reality writing my own story with every step. Perhaps my dreams still lie in the distance, but I hold the passport, and now I know: they are not unreachable. Every step is a stamp, every stamp a memory, every memory a hope. And this hope, even if it never touches the stars, gives me the strength to move closer to my dreams each day. Each page is a step, each stamp a symbol of courage; every dream draws me nearer to myself and to the world. And in that moment, dreams cease to be something merely seen; they become something lived, felt, and nourishing to the soul. My dreams are no longer just stars in the sky; with the passport in my hands, I live them within my spirit and hold them in my palms.

What are you listening to?

Suhana Samarun
Copy Editor

Welcome back to “What are you listening to?” This week, we went to Washington D.C. to talk to people from around the country about what music they listen to! I talked to Stella, Myalin, and Logan.

Stella was listening to “I Need You” by Lynyrd Skynyrd. A love song dedicated to Van Zant’s special someone, the six minute song starts with a sultry guitar and drum introduction. With lovey-dovey lyrics such as “Well you know that I need you/ More than the air I breathe,” Ronnie sings to a woman he loves but cannot see often, possibly because of the band.

Although this is a love song and a slightly erotic one, with lyrics like “I’m tryin’ to tell you I need you/ Much more than just a piece of leg,” Stella sees the song in a different way. This song brings her “motivation” and makes her “feel like [she’s] lighter than air,” she said. The calm yet uplifting melody is what helps her come “back to life” when she’s feeling down.

Let’s come back to life after these midterms, shall we?

Myalin was listening to “Happy Virus” by DK of SEVENTEEN. A feel-good song dedicated to everyone and anyone who doesn’t want to be a part of the pain anymore. With lyrics like “I’m your happy virus,” this song is an embodiment of the singer because when SEVENTEEN had just debuted, DK would introduce himself as “Happy Virus,” spreading smiles all around.

While listening to this song, you can’t help but smile, even if you don’t understand Korean, the melody and beat feel so happy and comforting. “I feel like I can relate to the song,” Myalin said, “it’s about trying to help someone through a hard time by making them smile.” Being able to put a smile on her friends’ faces is Myalin’s goal, “I always try to cheer them up and keep a positive outlook on things,” she said.

Let’s be each other’s “happy virus!”

Logan was listening to “Feel Like Hell Today” by Cooper Alan. The first Country song I’ve encountered on What are you listening to? This song is about not allowing some people to ruin your day with their inconveniences. With lyrics like “Ain’t no a*shole gon’ make me feel like h*ll today,” and “I got too much life to live,” the premise of the song gives YOLO vibes.

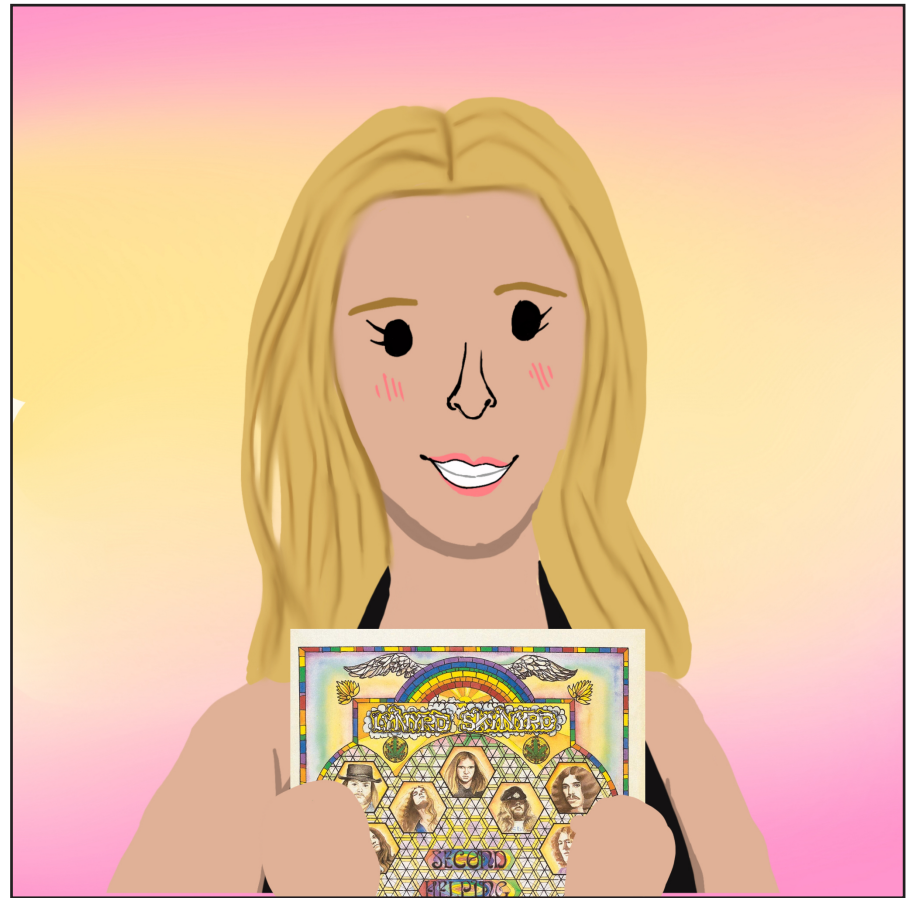
Experiencing so many inconveniences back to back can make someone lose all hope in the good, so when someone causes those inconveniences, you might want to take it out on them. The best thing you can do is completely ignore them. “Don’t let what people do or say get to you,” Logan said.

So, let’s get out there and live the life we’ve got!

Artwork by Olivia Williams



Artwork by Olivia Williams



Artwork by Olivia Williams



The Writings of Someone Trying

Suhana Samarun
Copy Editor

Questions: You may not wake up every day with a question, but when you do, life can become colorful again. It can be any question, “what will I eat for breakfast?” “what should I wear today?” “Who am I?” Being creative has been dismissed for efficiency, yet we all crave something new. We all want something that will open our eyes because they’ve been shut for years.

Burnout: Waking up is quite hard when you don’t have anything to look forward to. Being filled from the hair follicles to the ends of your footprints with anxiety when even looking at the ceiling because everything becomes increasingly harder to do. Having a million things go through your mind within one single second and not being able to think for yourself. Bad coping mechanisms finding their way into your life, wondering if you really want to fight it. I write “you” because I don’t want to write “me,” because it feels weirdly narcissistic.

Happiness: Having friends is one of the things that has kept me going because the people I know hope to see flourish, and I want to see the same for them. Even the people who have wronged me. Everyone brings me happiness through the rain-fall on my face. A smile through the sunshine is something I long for.

Build-up: The built up emotions in me are beginning to show and I can’t stop it. I hope it’s not too noticeable.

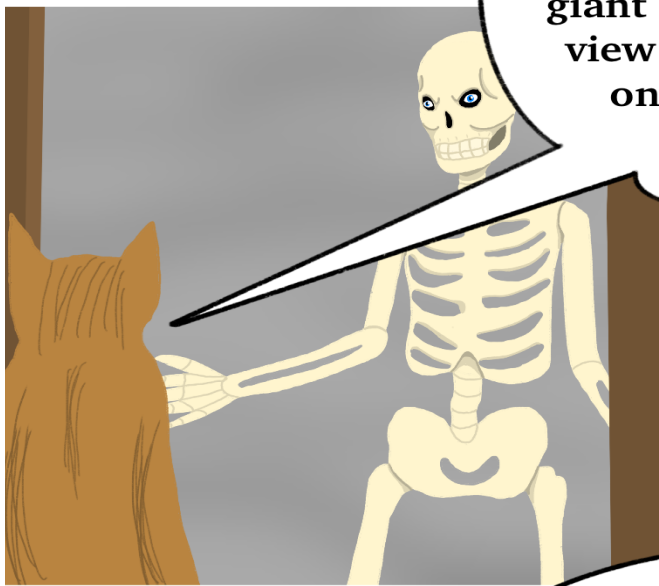
SPOOKY TAILS

By M.M. Stephens

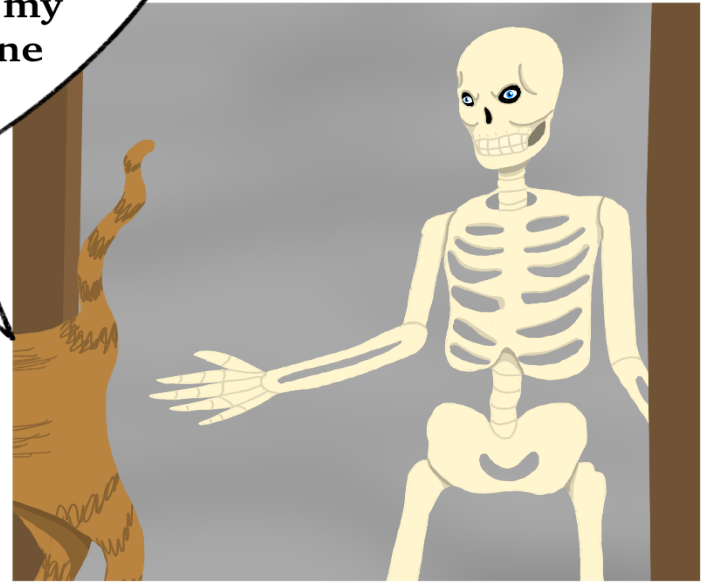


Rabin Fever

By M.M. Stephens



Can't wait until Halloween is over. I can't stand this giant skeleton blocking my view! Maybe it'll be gone once Christmas rolls around.



Ah yes, November. The time of cold weather, leaves to play with, and no skeleton— OH COME ON!!

