

THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

EVENTS

TUESDAY || Nov. 18

8AM-5PM: Student Development ON-POINT November Coat Drive (CTR 230)

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

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

12PM- Yoga (CTR 270)

1PM-2PM: Let's Taco 'Bout it: Practicing Gratitude (CTR 204)

6:30-8PM: SUNY Reconnect Information Session (Virtual)

ALL WEEK: Nursing Club Thanksgiving Food Drive (FTZ 245)

WEDNESDAY || Nov. 19

8AM-5PM: Student Development On-POINT November Coat Drive (CTR 230)

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

10AM-2PM: NYS Dept. Corrections and Community Supervision table (CTR Lobby)

10AM-12PM: Utica University: Transfer Informaigon Table (CTR Lobby)

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

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

6OM: Men's Basketball vs Clinton Community College-NY (Home)

THURSDAY || Nov. 20

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

11AM-1PM: Wellness Table: The Great American Smokeout (CTR Lobby)

11AM-12:30: Civil Discourse Workshop (Marvin Library Room 235)

12-1PM: The McKrells (BTC Auditorium)

4:30-6PM: Thanksgiving Dinner (CTR Second Floor)

Want to submit an event?

Contact
Hudsonian@hvcc.edu

Promotional graphics also available on request!

OPINION: Cold War II?
pg.11



MOVIE REVIEW:
The Lighthouse
pg. 8



The 2025 Rockefeller Tree Has Been Chosen- And It Is From Right Around The Corner.

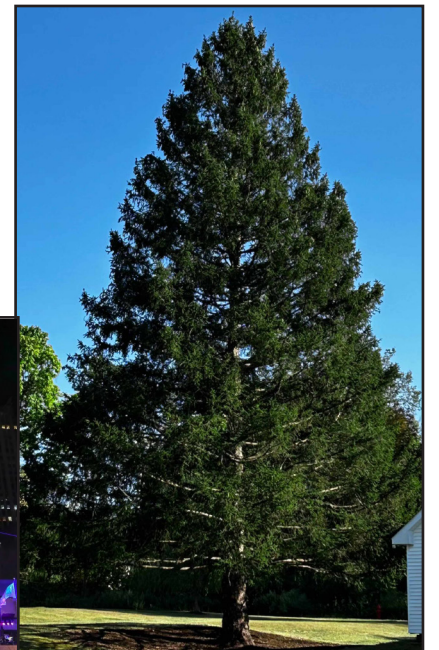
D. Esposito
Staff Contributor

As we quickly approach the holiday season and it is getting colder and colder every day, the official choice for this year's Rockefeller Christmas tree has been made. The coolest part you may ask? The tree that was selected has been growing right around the corner from our school for decades. The tree is coming from East Greenbush, and it was cut down on Thursday, November 6th. The tree will make its way down to Manhattan very carefully, and soon be adorned with many lights, ornaments, and other jewels for many to see. The tree is gorgeous, stands at a very tall 75 feet, and weighs about 11 tons... that's roughly 22,000 pounds! The tree will get over 50,000 lights, and it will be topped with a shiny Swarovski star topper.

Like stated above, the tree is coming from the next neighborhood over. The tree is a donation from the Russ family right on Old Red Mill Road. The once

farm-living tree will soon be the centerpiece of New York City. Annually, it is estimated that 125 million people go to see the Rockefeller Christmas Tree. Whether they are local or travel from far, people wait in extremely large crowds for a chance to see and take a picture with the tree. The Christmas tree will be put up in mid November, and it will be lit on Wednesday, December 3rd. It will most likely be displayed until mid January. If you are looking to plan a fun weekend trip, or even a day trip to New York City to see the tree, you should definitely consider taking a

skate on The Rink at Rockefeller Center. It is an ice rink that is roughly the size of a standard hockey rink that is open during the end of fall through winter.



Troy Launches Specialized Mental Health Court Supports Treatment Over Punishment

Isabelle Holt
Managing-Editor

The Troy City Court has officially launched a specialized part that is specifically dedicated to assisting individuals with mental health needs. The Alternative Treatment Court aims to focus on treatment and support, instead of incarceration.

“According to the New York State Unified Court System, the court will work with several Rensselaer County government offices and organizations, including Unity House, Joseph’s House, the Mental Health Empowerment Project and more. Together, they aim to provide the comprehensive support needed by those dealing with mental illness,” said News10ABC, in regards to the new launch of this program.

Troy City Court Judge Christopher Maier, who played a primary role in helping lead the development of this initiative, stated that ““By helping participants manage their mental health conditions through proper treatment, this court will enable individuals with mental illness to lead more stable, productive lives, ensuring accountability and enhancing public safety.”

This alternative court is not the first of its kind, with others being launched in Albany, Schenectady, and Hudson, who have also established and utilized their own mental health specific courts.

Having an alternative court allows the root of the problem to be addressed, not just the crime. It is hopeful that with the continued implementation of this court and the focus on mental health issues, people can be medically treated as humans and perhaps not just as criminals.



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NEWS

Editor-in-Chief: Saima Syeda
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Animals up for Adoption:

Could you give a furry friend a forever home?

D. Esposito
Staff Writer



MR. MUSHROOM



This is Mr. Mushroom. He is a three year old dog who is full of nothing but love. He is very friendly, and has a lot of energy to spend playing with you! He enjoys adventurous lifestyle activities, like hiking. If you are interested in meeting Mr. Mushroom, he is located at the Saratoga County Animal Shelter. His adoption fee is \$121.

TOUCAN



This is Toucan! He is a 2 year old short haired cat that is looking for his forever home. He is both laid back and energetic depending on the time of day, so he can fit in with a lot of different styles of families. He is a bonded pair with his brother Captain, so they must be adopted together, but they are sure to brighten any house they move into. They are currently at Saratoga County Animal Shelter.

New Fda Approved Drug!

OmvoH Hits the Market

Darien Esposito
Staff Writer

In October of 2023, the FDA approved a drug called Omvoh for the treatment of moderate to severe Ulcerative Colitis for adults over the age of 18. In January of 2025, the FDA extended the approval to the treatment of moderate to severe Crohn's Disease in adults. Since its approval, it has shown major long term success. Omvoh is typically prescribed after other, more traditional methods fail to work.

Studies show that in individuals who were in remission after taking Omvoh for one whole year consistently, 78% of them were still in remission (corticosteroid free) after 4 years of treatment. 81% of participants had healing of the bowel lining that was seen by using endoscopic scope. This is all huge news, proving significant effectiveness of the drug.

Ulcerative Colitis is a chronic inflammatory condition that causes inflammation and sores on the lining of the colon and rectum. It currently does not have a cure. It is challenging for individuals with the disease to manage it as it takes a lot of trial and error, and effort over the years. Crohn's Disease is another chronic inflammatory disease that can affect any part of the gastro-intestinal tract. It also does not have a cure, and living with it

omvoh
(mirikizumab-mrkz)

A Lilly Medicine

is incredibly difficult.

Omvoh is a Monoclonal Antibody that blocks a specific protein (Interleukin 23), which in turn helps the immune system and lessen inflammation caused by Ulcerative Colitis and Crohn's Disease. When the drug blocks this specific protein, the colon's lining has time to heal, thus improving symptoms. The drug is administered as either an infusion or an injection by a medical professional.

What If The Key To College Success Is Not Just About The Hard Work, But Also Having a Good Support System Behind You?

Elena Nino
Staff Writer



Hudson Valley Community College and over 55 local SUNY schools offer an Educational Opportunity Program known as EOP. EOP is much more than just financial help; it also offers academic help.

Michelle Calaveri is the academic counselor of the EOP programs on campus, to join the EOP program, you must apply right on the Hudson Valley website (<https://www.hvcc.edu/admissions/eop/apply.html>) The EOP application is not the same as filing for financial aid. After applying, you may be accepted into the EOP program, however, you must meet the financial requirements. Those requirements are also listed on the Hudson Valley website.

Students in the EOP program will always be a part of the program. They will not need to apply at the beginning of every school year, "Once you're in you're in" said Calaveri.

When accepted, EOP requires students to complete a summer program. Calaveri said this is a new re-

quirement. The summer program gets students acclimated to college life, and all the resources will be available to them. The summer program consists of a four week course that runs during the hours of 9 a.m. to 4 p.m. The summer program is a state mandate for all incoming freshman EOP students.

EOP also offers many academic workshops. These workshops are for test prep, stress management, study skills, and literacy work. During school hours tutoring is also available for these students as well as a room where students can meet up, study, relax, and even grab a snack. Post covid, The EOP program has allowed students to meet one on one in person as well as maintain online resources.

Do you have a friend that is part of the EOP program? You can also have them join you without being a part of the program. However, not all resources may be available to them.

Born out of the civil rights era, Dr. Allen Ballard, who is a professor from SUNY Albany, established the vision for the SEEK (Search for Education, Elevation and Knowledge) program in 1966. SEEK was designed to assist disadvantaged students who may not have the opportunity to study at a college or University. In 1967, the EOP program was applied to SUNY schools EOP expanded on the SEEK program and was implemented to SUNY schools by assembly member Arthur O. Eve.

The EOP room is located on the lower floor of the Siek Campus Center, room 120. EOP is just one of many programs helping to assist college students in furthering their education. With programs like this, students are able to receive the help they need to achieve their career goal, with additional support. To get more information on the EOP program you can stop in and set up an appointment or reach out to Michelle Calaveri (m.cavaleri@hvcc.edu).

The master plan of the state university, 1964 said "Every student capable of completing a program of higher education should have the opportunity to do so."

HVCC's ASU Goes Viral on Instagram

School Club Garners Millions of Views!

Samarun Suhana
Copy Editor

The Asian Student Union went viral on Instagram recently with a funny reel, including members of the ASU's E-Board. The video has garnered 18.4M views and 1.7M likes as of November 5, 2025. They currently have just under 7K followers, and are only continuing to grow. This came as a huge shock because no one could have anticipated such statistics, but they appreciate all the love and support. Their Instagram handle is @hvcc_asu and their next meeting will involve Among Us on November 20th, in BRN 002 from 2 to 3 p.m. They meet every other Thursday



This Week In History!

Darien Esposito
Staff Writer

November 11

In 1938, The United States' Congress officially made November 11th the national holiday Veterans Day.

November 12

In 1954, Immigration at Ellis Island officially closed.

November 13

In 1940, the movie Fantasia by Walt Dinsey premiered.

November 14

In 2001, November 14th was made an unofficial holiday... National Pickle Day.

November 15

In 2001, the Xbox game console was released.

November 16

In 2012, Call of Duty, Black Ops II was released and made over 500 million in its first 24 hours.

November 17

In 1973, President Richard Nixon gave his famous speech where he quotes "I'm not a crook".

Stranded Astronauts

Space Crew awaits Emergency Retrieval

Adelaide Dabrowski
Staff Writer

This past Wednesday, November fifth, three astronauts, Wang Jie, Chen Zhongrui and Chen Dong, were preparing to return to Earth from the Chinese space station. When a bit of space debris hit the ship they were going to return in, the astronauts were forced to change their plans. Instead of the November return the astronauts had anticipated, it seems that they may be stuck on the space station for a while, or need to use the other crew's return ship for their journey home.

The astronauts arrived at the space station in the spring of this year, planning to remain there for a few months before switching places with a fresh crew of astronauts and returning home. However, the hit from the piece of space debris seems to have halted this plan. While there has yet to be any confirmed damage to the return ship, it has been decided to delay the return until the spaceship can be properly examined. Only after it is ensured that the ship is not damaged and the astronauts can use it safely will the astronauts' journey home resume.

If it is determined that the ship is unfit for space travel, it is possible that the three stranded astronauts could use the replacement



crew's return ship to get back to Earth. If this happens, then the astronauts could potentially return in November. However, using the other return ship might not be a viable option; it is also possible that the three astronauts will just need to remain aboard the space station until arrangements to get them back to Earth safely can be made. If this is the case, these astronauts could potentially be looking at a much longer stay in space...

Foundations Gala

Shia Lang
Staff Writer

The Student Senate went to the Foundations Gala hosted by Hudson Valley Community College. The gala was hosted at the Franklin Plaza Ballroom in Troy NY. This event was to Reward Regeneron Pharmaceutical Inc. Regeneron received a Foundation Leadership award and the gala was a formal Black Tie event with piano jazz, a photo booth, catering, and a live band. After everyone settled in, the ceremony began. Neil Kelleher, Chair of HVCC's Board of Trustees, and Dr. Michael Brophy, President of HVCC gave the opening greetings. Awards were then presented by Frank Sarratori, Chair of the Foundations Board of Directors, and Dan Van Plew, Senior Vice President and General Manager at Regeneron. Dr. Donna Barron, Coordinator of the Biotechnology Programs, and Nathanael Robertson, a Biotechnology student also gave remarks before Frank Sarratori delivered the closing statement.

lowed by tiramisu for dessert. Guests took photos with a professional photographer, and as the gala came to an end, dancing began and a conga line formed. The night was fun and exciting, giving students a great opportunity to make connections and see how Hudson Valley supports the community.



After the ceremony, dinner was served, fol-

Foundations Gala Live Performance Pictured by Shia Lang

Albany Med Health System's \$25 Million Dollar Renovation

Darien Esposito
Staff Writer

The Albany Medical Health System has officially begun a \$25 million dollar project aimed at renovating their Greene Medical Arts Building. The building is a part of Columbia Memorial Health and it is located in Catskill, New York. Columbia Memorial Health formally affiliated with the Albany Medical Health System back in 2016, and it ended up being a very beneficial decision for both parties (especially for Columbia Memorial Health System). Once the renovations are finished, it will become Columbia Memorial Health's first same-day surgery center. This means that patients will not have to travel all the way to Columbia Memorial Hospital or Albany Medical Center for a surgery that they will not have to stay overnight for.

The facility is set to be complete in 2027, and it will consist of four operating rooms, a handful of general simple procedure rooms, laboratory services, and more specialty services (including cardiac, women's health, orthopedics, and more). This project's main goal is to expand access to medical care in the area. Now, patients in the area will have specialty services much closer to home.

Other than expanding access to medical care in the area, it also opens up a lot of opportunities for medical and nursing students, new graduates, and established medical professionals including education, training, and employment. This has high potential to attract new graduates in the area, which will also help boost the economy. Another benefit would be that students in the area, living away from home and



their general primary care physicians, can have access to closer care when they need it. Less travel in times of emergencies is huge, especially for specialty and surgical services. Overall, this will be a huge benefit to the area for students, professionals, and patients alike.

Leonid Meteor Shower

Adelaide Dabrowski
Staff Writer

This week, the Leonid meteor shower continues. This meteor shower, so named for the constellation Leo, from which the meteors appear to originate, occurs most years during November and can last for quite a few weeks. This year, the first Leonid meteors appeared on November 6th, and the shower is expected to continue until the 30th. While the best time to see these meteors is the late evening of Sunday, November 16th, to the early mornings of the 17th and 18th, the meteor shower will still be visible throughout this week, providing an incredible light show to anyone willing to go out and look.

The Leonid meteor shower forms from the debris that comes from the Tempel Tuttle comet. This comet orbits the sun every 33 years, leaving trails of rock and icy; this leftover material burns up as it travels through our atmosphere, forming the Leonid meteor showers. This meteor shower occurs on a fairly reliable basis each year; occasionally, when the Tempel-Tuttle comet completes its 33-year orbit, the material left behind is so dense it causes a massive meteor shower, called a meteor storm, in which thousands of meteors per hour are seen, creating a spectacular



show. However, even in regular meteor showers, when only 10 to 15 meteors per hour is expected, the display is still impressive, as these meteors are bright and colorful, and move very fast.

For viewers of this year's Leonid meteor shower, the ideal time for viewing is late at night or very early in the morning. Even if you miss the peak viewing times, you can still expect to see a few meteors each night until the meteor shower ends at the end of November. When going out to see the meteor shower, there are some things to note: First, you need to choose a place that is as far away from light pollution as you can get and turn off any outdoor lights, as light can obscure the meteors. Second, be patient; it may take some time to see any meteors, so choose a comfortable viewing place and be prepared to wait. Your persistence will pay off when you see this amazing night sky display.



Affordable Housing Legislature Passes in Albany

New Measures aim to Expand Access

Darien Esposito
Staff Writer

This past week, on November 10th, Albany County Legislature passed a law that recognizes affordable housing unanimously by a vote of 37 to 0. This vote will give more of a purpose to affordable housing in the area. The law that passed was called Local Law G. In addition to this law, Joanne Cunningham (Chairwoman) also introduced another law, Local Law L, which will dedicate money specifically for supporting housing development projects. While still currently under review, Local Law L, seems very promising. The law would create a 1.6 million dollar fund to support the housing projects. Both of these laws together will make housing in Albany county significantly more accessible.

Local Law L, if passed, will be overseen by a committee of 5 members. This committee's main purpose will be to evaluate applications and review the projects in order to make sure the housing development projects meet the criteria to receive the funding. Local Law L is set to be put to a vote this coming February.

If passed, these laws combined can mean huge things for college students, especially those seeking to live off campus in student housing, or even regular apartments. More affordable housing options will open up that students (and alumni staying in the area) can take advantage of. There are many colleges in the area that have students that can benefit, including Siena University, University at Albany, Russell Sage College, Albany Medical College, Albany College of Pharmacy and Health Sciences, and our very own Hudson Valley Community College. Between this long list of colleges, there are thousands of students that seek off-campus housing each semester. Many of these students are also more likely to stay in the area after graduation if there are more affordable options, keeping the talent close by.

The County is currently looking for partners, including student groups, to advocate for the housing. This could be your chance to step up and make your voice heard for the things you believe in (and the things that would benefit you, too).



Drilling in Arctic National Wildlife Refuge (ANWR)

Adelaide Dabrowski
Staff Writer

On October 23, 2025, the Trump administration re-opened the Arctic National Wildlife Refuge for drilling, allowing companies to access the significant amount of oil located in the refuge. This decision is very controversial; the opposition over drilling in ANWR was so great that this plan has been stopped and re-started several times: During 2021, rights to drill in the wildlife refuge were leased to oil companies. Then, the next administration paused all drilling in the reserve, effectively stopping the progression of the plans. Now, the plans have been resumed; the ANWR was officially re-opened for drilling. This decision could have some effects, both bad and good, on Alaska and our country.

Drilling the ANWR could prove damaging to the local wildlife. The ANWR is important for hundreds of plants and animals, providing a home for everything from snowy owls to caribou to wolves. Drilling in the ANWR

could disrupt these animals, potentially damaging their populations there or force them to find a new home. Another environmental concern is that opening the reserve for drilling might make it easier for other people to get permission to use other protected areas for drilling or other such activities.

However, drilling does have some benefits. Drilling in the refuge could increase the number of jobs available in Alaska, helping people in that state make money and improving the economy. The estimated amount of oil recoverable in the ANWR is substantial; by drilling for oil in Alaska, America would significantly decrease its dependence on other countries for oil.

The question of whether to drill or not can be presented in very different lights; is the question should we risk harming our environment for mere monetary gain? Or should we be asking if we should sacrifice helping our country and improving the livelihood of citizens just to not risk damaging one ecosystem? The debate over this decision has not been concluded, and it is unlikely that it will be resolved anytime soon. Whatever

Darien Esposito
Staff Writer

11.18.2025

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

CAPTAIN 



This is Captain, Toucan's brother! The pair must be adopted together. Captain is the more shy brother, who is all about the snuggles. He is very gentle and gets along with other cats and dogs. Both him and Toucan are available for meet and greets at Saratoga County Animal Shelter. Captain's adoption fee is \$115.

 **BELLA**



Meet Bella! She is a 7 year old Weimaraner. She has a whole lot of energy and loves spending time with her people. She loves playing, going for walks, and simply staying in and hanging on the couch. She does well with children, but would need to be the only dog in the house (and no cats). Her adoption fee is \$121, and she is available for adoption at Saratoga County Animal Shelter.

the results of this decision will be, however, ANWR is open for drilling, for better or worse.

US Senate Advances Bill to End Federal Shutdown

Samarun Suhana
Copy Editor

The government shutdown that started October 1, 2025 came to a finish as the United States Senate pushed forth a bill to end the shutdown.

On Sunday, November 9th, the US Senate moved forward to end the 43 day federal shutdown. The final and official version of the bill states that government funding will be extended to January 2026. For eight Democratic votes, Republicans agreed to holding a voting about healthcare taxing by mid-December.

After 43 days, government agencies are being reopened and many are waiting for back pay from having lost their jobs during the shutdown. SNAP recipients should expect full November benefits by Monday the 17th. With the government coming back into full swing, the Epstein Files could possibly be released as supporters are pushing for a “veto-proof majority.”



Internal Investigation Within Albany Police

Zeshan Khan
Staff Writer

An internal investigation is going on within the (APD) Albany police department due to a following claim of excessive force used by Police officers during an incident. This inquiry is managed by the Albany police department Office of professional standards (OPS) which is monitored by the community police review Board (CPRB).

These investigations take place when officers take actions which allegedly violate the police department policy.

The incident gained many people’s attention due to the eyewitness accounts and video footage capturing this portion of the confrontation. The video shows an APD officer engaged in a struggle with a woman who was resisting being handcuffed.

The controversy was amplified by statements from a bystander which also included Chey Ann Mitchell and as she noted that she was initially drawn to the scene by the women acting erratically outside of the library and prior to the officers arrival Mitchell overheard a security guard addressing the women. Mitchell also quoted “ I heard him tell the lady that he called enforcement over and that they were coming” and this detail shows that the police response was initiated due to the women’s behavior which led to the confrontation and the subsequent Use of force allegation.

This incident has immediately triggered public debate about police accountability and training in Albany and also with many citizens, like Mitchell, expressing a shock at witnessing such an event which make her say “I’ve seen a lot of stuff like this on social media and on the news, but to witness it myself was just, wow.”

Humpback Whales

Adelaide Dabrowski
Staff Writer

Humpback whales roam the world’s oceans. Averaging fifteen meters long and thirty-eight meters in weight, these massive marine mammals have little to fear from other animals. Their natural predators, mainly orcas and whales, may go after young or sick individuals, but very few whales are killed by these hunters. However, the threat whales face doesn’t come from another animal, but from people.

While things like boat collisions and hunting cause problems for the whales, fishing lines and nets are especially dangerous. If a whale becomes entangled in fishing gear, the lines can cut off circulation, cause serious injuries, or impede their movement, while hooks and other metal parts can cause injuries that get infected. If it is tangled enough, the whale may be unable to surface for air; because it is too tangled to swim to the surface or the net they are stuck in caught on something underwater, trapped whales could run out of air and die. Thousands of cetaceans, including a number of humpback whales, are killed each year by entanglement.

In 2023, conservationists, concerned about the number of whales that become caught in fishing gear, made a move to protect whales along the west coast of the United States. After some debate, the National Marine Fisheries Services (NMFS) agreed to establish a group that would focus on lowering the chance of marine animals, specifically the humpback whale, getting caught in nets or gear. This new group was officially established early this November, and they will hold their first meeting later this month. They plan to protect the whales by improving gear to use for fishing so it is less dangerous and by establishing new rules and regulations to keep whales safer in these coastal fishing areas.

The humpback whale is not an endangered species...yet. However, if nothing is done to protect them, it won’t be long before their population starts to decrease. Hopefully, this new task force will lead others to do something to help the humpback whales; perhaps it will inspire new conservation efforts to protect this amazing animal.

Seasonal Affective Disorder - What Is It?

Darien Esposito
Staff Writer

Now that we are approaching the winter season, it is important to learn about and talk about Seasonal Affective Disorder, also known as SAD. Seasonal Affective Disorder is a form of clinical depression. As most individuals know, depression is a mood disorder that can cause an individual to experience persistent feelings of sadness, loss of interest in their daily activities, and even loss of hope or want to live. While quite similar, Seasonal Affective Disorder is different in that it is depression that typically follows a seasonal pattern. Most individuals experience onset or exacerbation of their depression symptoms in the winter months. While less common, some individuals can also suffer from Seasonal Affective Disorder in the summer months.

Seasonal Affective Disorder typically begins in young adulthood. It is more common in women than in men, and it affects more people who live further from the equator (due to the fact that they experience colder temperatures in the winter. Researchers do not know what causes Seasonal Affective

Disorder, but there are some theories that suggest that it might have a genetic tie, and other theories that lean towards a difference in brain chemistry.

Seasonal Affective Disorder can bring many different symptoms, and it can look different for each individual experiencing it. Some of the more common symptoms include persistent sad mood, irritability, feelings of hopelessness, body aches, decreased energy, difficulties concentrating, and appetite changes. All of the symptoms mirror depression, but they resolve (either mostly or all the way) after the season is over.

Treatment for Seasonal Affective Disorder also looks similar to that of depression. Talk therapy, cognitive behavioral therapy, and pharmacologic interventions such as antidepressant medications have all been shown to have positive effects on those experiencing symptoms. If you feel like you are suffering from Seasonal Affective Disorder, it is important to talk to someone you trust, or seek help from a medical professional.

www.scrippsnews.com

Seasonal depression: How to beat the winter blues

Political Update: Ground-breaking Happenings

Isabelle Holt
Managing Editor

In a couple of weeks defined by historic firsts and renewed optimism, America's political landscape feels as though it's turning a page. Across the country, voters have elected leaders who not only represent progress in policy but also embody the changing face of the nation itself. It's a moment that feels alive with possibility, there is a reminder that democracy, at its best, evolves with its people.

In New York City, Zohran Mamdani has been elected as the city's first Muslim mayor, a milestone that resonates far beyond the five boroughs. A former community organizer and state assemblyman, Mamdani's victory symbolizes a generational shift, one rooted in working-class struggles, immigrant experiences, and a belief in inclusive governance. His campaign, grounded in issues like affordable housing, public transit, and social equity, captured the hopes of a city that has long defined America's political and cultural pulse. His election is more than a win; it's a statement about who belongs in power and whose voices are finally being heard.

In Virginia, voters also made history. Ghazala Hashmi was elected lieutenant governor, becoming the first Muslim woman and first South Asian American to hold statewide office there. Alongside her, Jay Jones's election as attorney general marks another breakthrough, as he becomes the first Black person to hold the role in the state's history. These victories together reflect a new generation of leadership, one that looks more like the people it represents and speaks to the full spectrum of the American experience.

New Jersey added its own chapter to this story of change. Mikie Sherrill, a former Navy helicopter pilot and congresswoman, became the state's first Democratic woman governor. Her victory was decisive, signaling a desire among New Jersey voters for pragmatic leadership focused on unity and progress. And in neighboring Virginia, Abigail Spanberger made history as the state's first woman to be elected governor, continuing a night that redefined what leadership in America looks like.

Taken together, these elections represent far more than a series of isolated wins. They reflect a shift in the nation's spirit, one where voters are prioritizing empathy, competence, and representation over division and cynicism. For years, many Americans have felt that politics was something happening to them, rather than something they could shape. But this new wave of leaders, diverse in background and bold in vision, offers a different story: one where people can once again see themselves in the fabric of government.

Of course, celebration comes with responsibility. These leaders now face the daunting task of transforming hope into action. They will inherit systems resistant to change and must govern amid a nation still deeply divided. Yet, in their victories lies the promise that politics can still be a force for good, and that representation can lead to results, that inclusion can inspire progress.

Across America, there's a feeling that something is shifting—slowly, but unmistakably. For the first time in a long time, the headlines feel less like endings and more like beginnings. Communities that have long been told to wait their turn are finally being called forward. From New York to Virginia to New Jersey, the story of this election season is one of possibility: that perhaps the old ways of doing politics are fading, and something more hopeful is taking their place.

It's not naïve to call this a moment of hope. It's realistic, and hard-earned. The leaders elected this week did not rise through the easy pathways of power but instead they built movements, not machines. And in doing so, they've reminded America of something essential: that the promise of democracy is not just in who wins, but in who gets the chance to lead.

Across city halls and statehouses, a new chapter begins. This one feels, at long last, like the future arriving.

Edmontosaurus annectens

Adelaide Dabrowski
Staff Writer

In late October of this year, some new findings on the *Edmontosaurus annectens*, or the duck-billed dinosaur, were published. The paper detailed discoveries on how this dinosaur looked; this new insight into the duck-billed dinosaurs' appearance came not from freshly uncovered fossils, but from two dinosaur mummies.

In certain areas in Wyoming, there have been several uncovered dinosaur mummies, the majority of which were *Edmontosaurus annectens*. These mummies show details of the dinosaur unable to be seen from fossils, including skin and scales, and enable scientists to better understand how the dinosaur looked. Like fossils, these mummies are not the actual, preserved remains of a dinosaur: in fossils, as bones decayed, minerals or sediment took their place. Similarly, the mummies do not contain the actual skin of the dinosaur, only a thin layer of clay that covered the body of the animal, preserving details as it hardened. While these mummies may not be perfectly preserved remains of some prehistoric creature, they still provide some incredible insight into the past.

For instance, the two most recently uncovered dinosaur mummies—nicknamed Ed Sr. and Ed Jr.—helped complete the picture of the duck-billed dinosaur. The specimens showed how the scales looked on the dinosaur and had crests on their backs; perhaps the most intriguing discovery was the fact that the duck-billed dinosaur actually had hooves, similar to those of a rhino, making it the only known reptile with hooves. Of course, it is difficult to say for sure how a dinosaur looked; however, these new findings make scientists feel quite confident that they know what the *Edmontosaurus annectens* looked like.

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Opinion

The Lighthouse

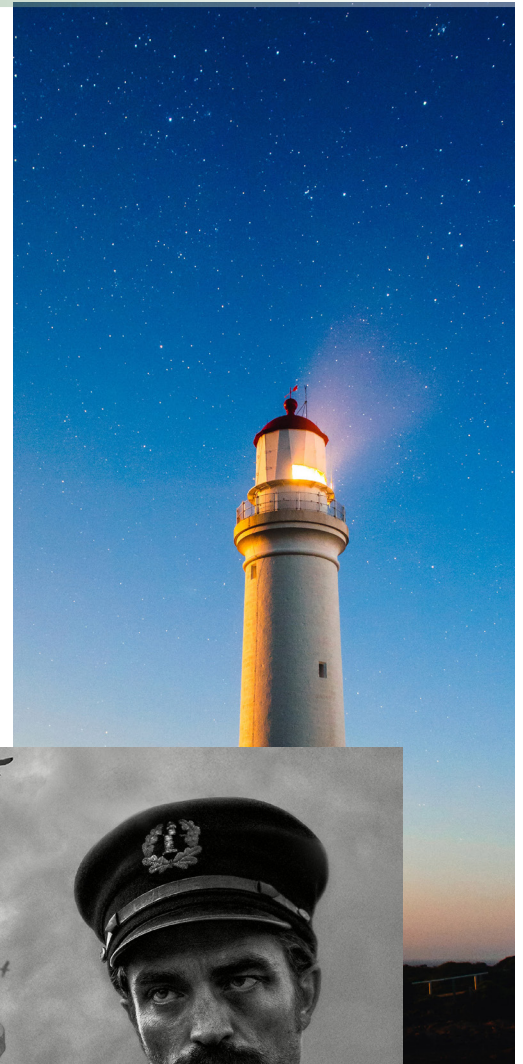
Movie Review

Carmello McLaughlin
Staff Writer

The Lighthouse (2019) is an A24 film that is based on some real-life stories that happened in the early 1800s. The film follows two characters, Thomas Wake, who is played by the great Willem Dafoe, and Thomas Howard (also known as Winslow) is played by Robert Pattinson. The two are on an isolated peninsula somewhere on the coastline of Wales with nothing but a tiny cottage and a lighthouse overlooking the sea. Winslow goes on to do his daily chores but ends up getting harassed by seagulls, but Wake warns him by saying, "It's bad luck to kill a sea bird. They hold the soul of every seaman that has been lost to the sea". Winslow thinks the old man is just speaking crazy nonsense. Later that night

Winslow sees a figure at the top of the lighthouse. This intrigues him to go see who it could be even though he is not allowed at the top to see the light. When he reaches the top, the door is locked, but he looks through the grate and sees some kind of creature, frightened by what he just saw, he runs to the cottage to sleep. The next morning, he wakes to find the water is contaminated as he goes to check he gets attacked by the seagulls again, but this time he attacks back. I see this as the real turning point of the movie. A storm starts to conjure in the distance, so Winslow hurries inside. Wake and Winslow sit down to have supper and some alcohol. They both tell their stories of why they are here, but when Wake is telling him Winslow begins to become furious with him asking how come he can never see the light. They both begin to get into a fight, during the scuffle Winslow reaches for an axe and chops into Wake killing him. The movie ends with Winslow walking slowly up to the top of the lighthouse, staring into

the light while laughing manically while doing so. The last shot shows Winslow being eaten by seagulls for the rest of eternity. The movie really draws on the type of thing mankind will do when they are so infatuated with something they can't have. There are also some connections that I see with Winslow and the Greek god Prometheus, especially on how both deceived someone to get what they want, and the punishment that they received for it. The cinematography that this movie displays is amazing. I really love how the film is in black and white compared to the color we are used to. It really gives it that authenticity of an old time film. I give this movie an 8/10.



What is Rebecca Reading?

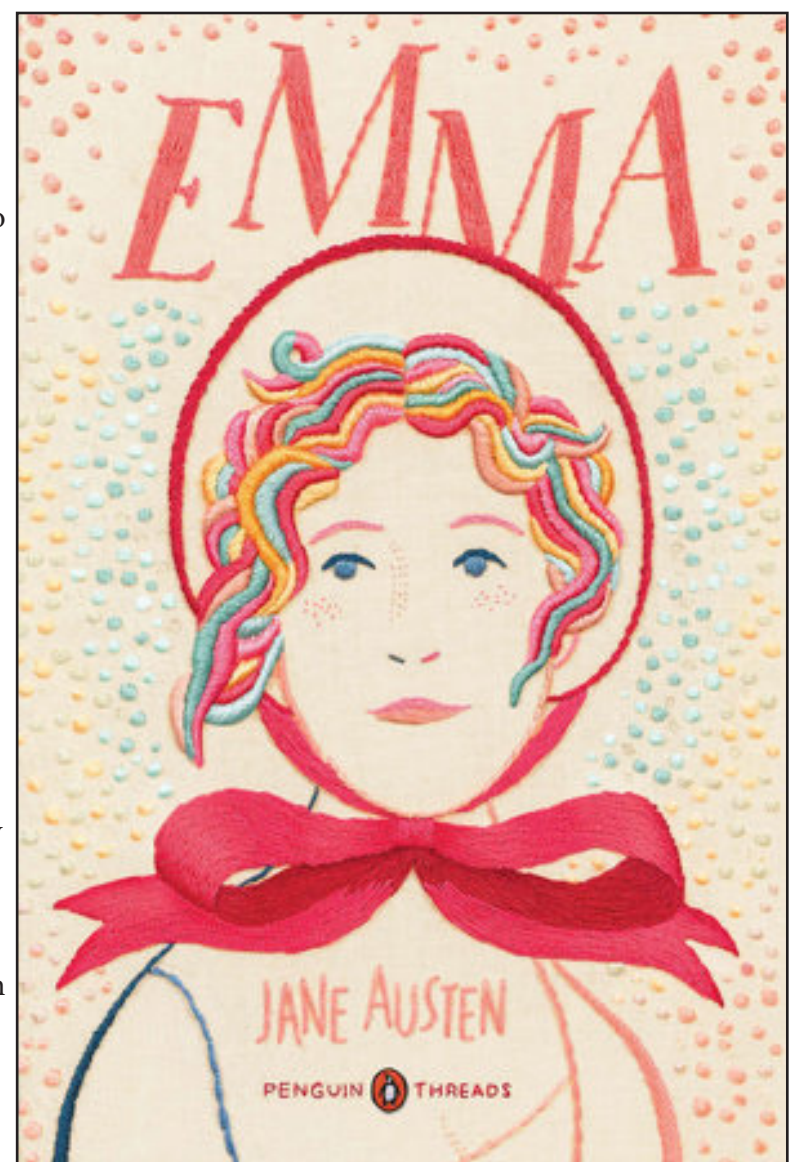
Staff Writer: Rebecca Church

Being an ultra-busy college student has its downsides— one of which is limited reading time. Because I do not really have any books to review or recommend this week, I am going to instead write about which book(s) I am reading this week.

First off, I am currently involved with three books: When Women Were Dragons by Kelly Barnhill, Funny Story by Emily Henry, and Emma by Jane Austen. You may be wondering, why so many? The first is for Book Club, though I really have not managed to read past the first page, but don't tell anyone. Emily Henry's best-seller is my main read— basically my pleasure read; the book I actually want to indulge in. And, lastly, a classic by the 19th century British feminist; romantic; and satirical writer, Jane Austen (for one of my final projects). Essentially mixing business with pleasure.

I am currently focusing on Emma, as it is due for one of my upcoming final projects. To be honest, I have only read the first couple chapters, but it is very good, because of course it is. Emma by Jane Austen follows Emma Woodhouse, a stuck-up; spoiled; and well-off young woman in 19th century Britain. Emma likes to think of herself as a notorious matchmaker, having "manifested" the marriage between her governess/companion and a widowed, retired soldier by the name of Mr. Weston. However, longtime family friend Mr. Knightley constantly disagrees with Emma's high views of herself, exclaiming that her supposed skills in romantic set-ups are by pure chance and luck, not particularly anything Emma did herself to make the marriage happen. Obviously, Emma and Mr. Knightley fall in love, though the age gap is a little concerning. Emma is yet another famous Austen work that features witty banter, slow burn romance, and themes of maturing and shying away from preconceived notions and presumptions about others.

My current thoughts: Despite loving regency-era literature— most importantly, Pride and Prejudice— I find it hard to read more than thirty pages of Jane Austen without needing a brain break. The language is easy to understand, yet reading classic literature requires a lot of focus and time. Overall, not as strong of a start as P & P but nonetheless hilarious. Emma's egotistical personality is definitely apparent through Austen's language. Additionally, there are obvious parallels between the book and Clueless, which was loosely based on Emma, and also arguably one of the best rom-coms of all time (a non-negotiable opinion). So, if there's anything you get from reading this article, it is either me telling you to go read Jane Austen (read Pride and Prejudice!) or watch Clueless, or both!



11.18.2025

Trump & Melania: Are we having a Great Gatsby moment rn?

Isabelle Holt
Managing Editor

THE HUDSONIAN

LISTEN: Top Ten Billboard Last Week

Darien Esposito
Staff Writer

1. The Fate of Ophelia
Taylor Swift
2. Golden
HUNTR/X: EJAE, Audrey Nuna & REI AMI
3. Ordinary
Alex Warren
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!
Leon Thomas

In F. Scott Fitzgerald’s *The Great Gatsby*, Tom and Daisy Buchanan drift through their glittering world, leaving chaos in their wake. Fitzgerald wrote, “They were careless people, Tom and Daisy- they smashed up things and creatures and then retreated back into their money or their vast carelessness, or whatever it was that kept them together, and let other people clean up the mess they had made.” Nearly a century later, that line feels less like literary nostalgia and more like a headline about modern America, one where Donald and Melania Trump seem to embody the same polished indifference and destructive privilege that Fitzgerald condemned.

Donald Trump’s presidency was built on spectacle, the gold-plated promises, the grandiose gestures, the endless performance of power. But behind the shine lay wreckage: institutions undermined, norms shattered, and a public left bitterly divided. When it was over, the Trumps, like Tom and Daisy, didn’t stay to pick up the pieces. They retreated into their world of private clubs and luxury estates, their wealth insulating them from the consequences of their chaos. For those outside the gilded gates, the cleanup continues- in our politics, our discourse, and our faith in what leadership should mean.

Melania, meanwhile, mirrors Daisy’s quiet complicity. The poise, the detachment, the preference for beauty over accountability. Like Daisy watching the world burn from behind silk curtains, Melania stood by as her husband stoked fires of anger and division, occasionally stepping forward to offer grace or mystery, then vanishing again into a designer fog. She is both participant and bystander, just as Fitzgerald’s Daisy was, drawn to power’s glitter and unmoved by its cost.

To see the Trumps as modern Buchanans isn’t mere literary flair. It’s a warning. When power and privilege shield the powerful from consequence, when leaders wield recklessness as charisma, the burden always falls on ordinary people. The citizens who must live in the mess left behind. America deserves better than to keep playing the part of the cleanup crew for those who mistake chaos for greatness.

In the end, the story of Tom and Daisy, and perhaps the Trumps, is not just about carelessness. It’s about what happens when a nation confuses wealth for worth, spectacle for strength, and noise for vision. And as long as that confusion endures, we’ll keep waking up in the wreckage, wondering who will sweep up next.

Values for Vikings: Smoothie King

Nothing is quite as refreshing as a smoothie after a long day of studying. Smoothie King located down Route 4 at 307 Troy Rd, Rensselaer, NY 12144 offers delicious beverages and snacks. When’s the best time to go and what discounts are open to students?

Smoothie King offers a variety of promotions weekly with Free Upsize Fridays being a highlight. Each Friday you can order a 32 oz smoothie for the price of a 20oz giving you a nice treat going into the weekend. You can also try the \$9.99 deal that includes a 20oz smoothie and a toast bundle.

up for their rewards system as you can constantly earn points and cash in on the latest offers. The system is free and does not require a joiners fee. The Healthy Rewards program issues you a \$2 off coupon when you join plus a free 32 oz smoothie. It’s also not uncommon for Smoothie King to send out free 12oz coupons in select flavors, allowing you to taste test a different kind.

you’ll receive a coupon for a free 20 oz smoothie for your special day. Flavor options are expansive with protein, fit, and slim options. There’s also seasonal flavors that get updated frequently.

Smoothie King is worth a try for HVCC students as it’s close to campus and offers many discounts depending on the day of the week! Make sure to add it to your go-to list for energy pick-me-ups.

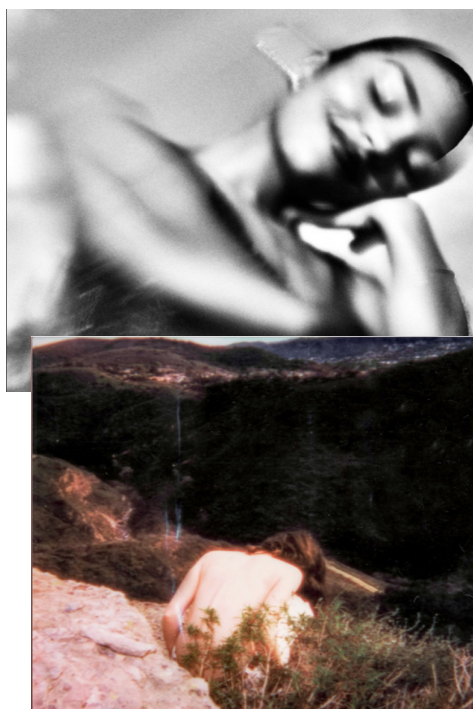
Have an upcoming birthday? Make sure you’re in the Healthy Rewards program as

Molly Graiff
Staff Writer

November Playlist

Isabelle Holt
Managing Editor

- 1 - ohmygod - Ha Vay
- 2 - Feminine Feelings - Chrissy
- 3 - Some Protector - ROLEMODEL
- 4 - Spring into Summer - Lizzy McAlpine
- 5 - Cool About It - boygenius
- 6 - Easy Love - West 22nd
- 7 - All I Ever Asked - Rachel Chynouriri
- 8 - A Couple Minutes - Olivia Dean
- 9 - Back To Me - The Marias



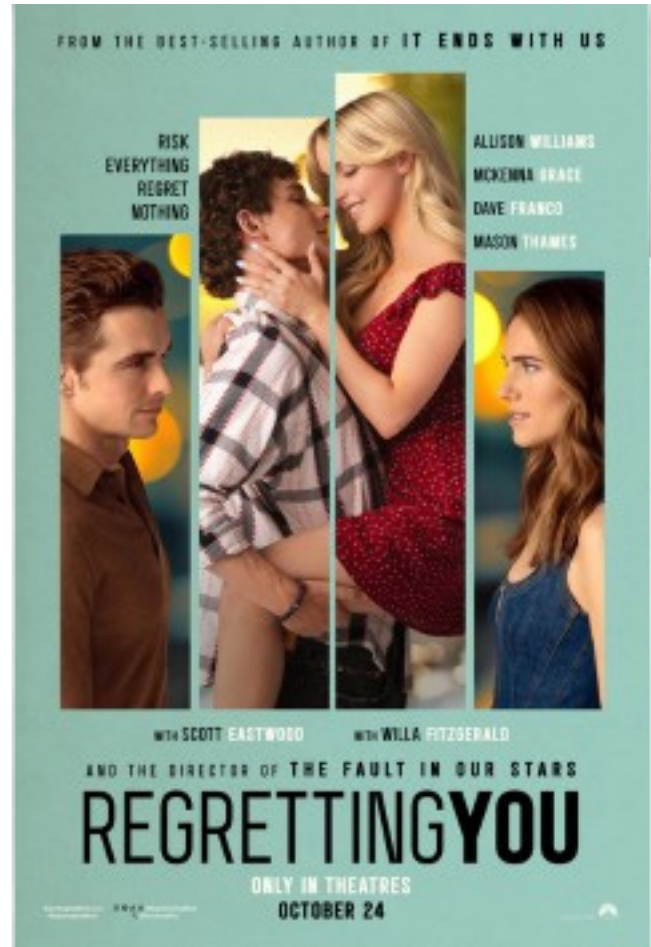
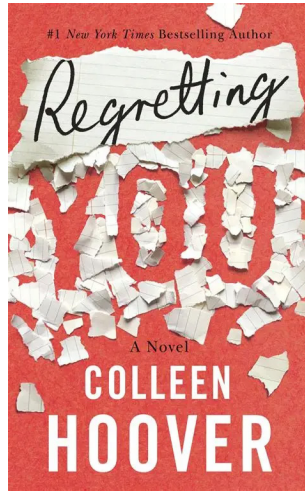
Regretting You

The movie *Regretting You* by Colleen Hoover was originally a book that was made into a movie. It brings you through a life before having a child and after, all the ups and downs in life, an affair, death of people and bad communication. The movie is about a mom and daughter having a hard relationship because they have bad communication. Also their relationship gets even worse after a fatal car crash of the Dad and aunt of Clara (the mom's husband and sister), who is the daughter. After the death of them, the Mom, Morgan, and her friend who was the aunt's love interest, Jonah, figures out about the affair but she doesn't tell her daughter because she didn't want to ruin the image that Clara had of them.

Clara is seen with a boy named Miller Adams who comes from a tough family and lives with his grandpa. Since the mom knows Miller's dad, she doesn't like Clara hanging out with him, but she doesn't listen to her mom and as their relationship

goes stronger, her mom and her grows weaker. However in the end of the movie they start to talk it out and their relationship gets better, they both agree that one another should be happy and accept each other's own love life.

Throughout the movie, you can get a sense of happiness, but also sadness depending on the scene. The actors do a very good job, displaying heartache, confusion, anger, and joy. This author shields salt in theaters and she would rate it an 8 out of 10.



Mini Album Review: SPAGHETTI by LE SSERAFIM

Samarun Suhana
Copy Editor

that's SSERAFIM," and "SPAGHETTI stuck between your teeth / Want to remove it? Bon appétit." The melody also leaves a lasting impression with its iconic funky beat.

Pearlies (My oyster is the world): A song dedicated to LE SSERAFIM's fans, FEARNOTS, Pearlies is a very cute sounding song that reminds me of a cold night on the beach. The addictive harmonies in the pre-chorus and chorus combined with the lyrics "You saw right through them," and "I'ma be real, I think you're all I need," create a sort of comforting atmosphere.

With LE SSERAFIM having just come out with this album, it is unclear when their next album will be coming, but I am waiting

K-Pop girl group, LE SSERAFIM, debuted March 2022, released a mini album on October 24, 2025. Titled "SPAGHETTI," there are two songs in this mini album: SPAGHETTI and Pearlies (My oyster is the world). The tracklist, completed with a cookbook concept, caters to the newer generations because of its creativity. The songs' atmospheres focus on spaghetti and pearls, each theme of each track, showcasing the splatter of spaghetti sauce and the elegance of pearls. The physical album itself is shaped like a spaghetti box and you can even buy a kit to make LE SSERAFIM's spaghetti. In the single CD version of the album, each CD with their respective member is a different ingredient: spaghetti, sauce, mushrooms, cheese, and bacon.

SPAGHETTI: A song boasting about LE SSERAFIM's success and comparing their earworm effect on the world to getting spaghetti stuck in your teeth, with lyrics like "Stuck in your mind,



Arbor Hill Elementary Schooler Loses life to TikTok Challenge

By Opinions Editor, Matthias Mojallali

Tragedy struck the capital region recently as an Arbor Hill elementary schooler died due to terrible circumstances. While the school district didn't divulge how the young girl died, and for good reason, the death was confirmed to be tied to a dangerous TikTok challenge.

Many details of this case are still unknown, and that's for the best. The family doesn't need to suffer anymore tragedy and nobody else should be tempted to try the same thing that this child died from. The sad part about mankind is if they see something dangerous, rather than stay away from it, they go all in on trying it. It's truly scary to see how many grown adults with better developed brains than children are teaching children online new and unique ways to harm themselves, only to label it as "challenges."

The fact they're even called "challenges" just goes to show that they're making it look fun to inflict damage upon their bodies. Some of these challenges include, but aren't limited to, the Blackout Challenge (forcing yourself to pass out through choking yourself or holding your breath), the Benadryl Challenge (a "fun" challenge to overdose on Benadryl), and the Skull Breaker Challenge (pranking someone by two people tripping them).

Cont... [Club Guide](#)

Children, unsupervised or not, shouldn't be exposed to these sorts of suicide-labeled-fun challenges. They especially shouldn't be labeled as just a statistic in many other children who have harmed themselves, either fatally or permanently, because of TikTok and YouTube shorts. It takes a special kind of evil to come up with something like this to have a laugh at the negative fates of young people who had their whole lives ahead of them.



11.18.2025

THE HUDSONIAN

Spotify Singles: Somebody Else by ROLE MODEL



Lately, I've had "Somebody Else" by ROLE MODEL on repeat. It's part of the Spotify Singles series, where artists record a one-off cover of a song that isn't their own.

The original track, "Somebody Else" by The 1975, is known for its thoughtful lyrics, cohesive structure, and infectious rhythm. ROLE MODEL's rendition takes a different approach. It is stripped down and acoustic, with a softer, more intimate atmosphere. It feels like a raw, unfiltered version of the original, yet remains polished and emotionally grounded.

Whether you're on a late-night drive, lost in thought, or setting the mood for a relaxed get-together, this cover is well worth a listen.

Cold War II on the Horizon

Matthias Mojallali
Opinions Editor



If the world didn't have enough to fear already, Russia successfully tested its Burevestnik cruise missile on October 21st. Said missile is a nuclear-capable weapon that Russian president, Vladimir Putin, brags can evade any defense system.

This is once again a dangerous example of our world leaders comparing military capabilities in a similar fashion to people comparing who had the bigger car. While some believe Putin is just fear mongering, such as George Barros from the Washington-based Institute for the Study of War, the fear is very much being spread.

"They want to stop the West from supporting Ukraine out of fear using this cruise missile," says George Barros. "This is something Americans shouldn't lose sleep over."

If Barros is right on his claim, then that further lets us know of the incredibly sad truth about our world. The sad truth is the parallels between now and the Cold War is beginning to show its ugly face.

Spring into Summer, Lizzy McAlpine



A song to give a listen to this week is "Spring Into Summer" by Lizzy McAlpine. It's one of those songs that quietly gets under your skin: being soft, honest, and beautifully written.

The song feels like a reflection on a season of change. There is a bittersweet moment when something ends, but something new begins. Lizzy's lyrics capture that feeling of trying to hold on while time keeps moving forward. There's a sense of nostalgia in her voice, but also acceptance, like she's learning to let go without losing what matters most.

Musically, it's simple and warm. The production is gentle, with her vocals front and center, making it feel personal, in a way that she is almost singing right to you.

It's the perfect song for a quiet drive or a slow morning when you just want to think. "Spring Into Summer" doesn't try too hard; it just feels real and that's what makes it so good.

CHEMISTRY ORNAMENT CONTEST



- The HVCC Chemistry Club is holding its annual ornament contest.
- Any student enrolled in a Fall 2025 chemistry class may submit a chemistry-themed (non-perishable) ornament to hang on the club's "Chemist-tree."
- The submission period runs from Monday, November 24th, 2025 to Friday, December 12th, 2025 at **12 noon**.
- The student with the winning ornament receives a periodic table throw.
- Submit ornaments to either Dr. Keese (SCI 363) or Dr. Nowosielski (SCI 367). Both of their offices are found in Suite 359 of the Science Center.
- The winning ornament will be decided by a panel of judges and announced at the Chemistry Club Meeting Monday, December 15th, 2025.



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Sports

Bungee Fitness

Darien Esposito
Staff Writer

Bungee fitness is a motion based, resistance training program that allows the needed buoyancy, provided by the bungee cord and harness attached at your hip, to perform exercises that you may not be able to do without assistance, which means no pain on the joints! We use a combination of fitness training and a full body cardio workout that is high intensity all while you float weightlessly. Each class is led by a professional trainer and consists of three different work out blocks. The Instructors give a modification for every workout done during the class, which means that all fitness levels are welcome to participate. Do you have a sore arm? No problem! There will be alternatives for you so that you can still work out and not cause yourself any unnecessary pain. Many different classes are offered.

Bungee 101: A beginner friendly introductory class. It is 45 minutes and is packed with core workouts and cardio. New individuals can learn and veteran



clients can come and enjoy a calmer workout.

Tabata Bungee: A 30 minute, high intensity class done to classic Tabata remix music. It is a cycle of 20 seconds of intense workout, followed by 10 seconds of rest. The class consists of 8 rounds of workouts (4 workouts each), with one minute of rest in between each set.

Toning Bungee: A conditioning class

that is also strength based. It is very similar to Bungee 101, but it adds weights to help tone your muscles as you work out. It is a fun way to tone and firm your body.

Step Class: A step-style aerobics class that is taught out of the bungee. It uses a low, raised platform to complete a routine of movements.

TRX: TRX is also taught out of the bungee. It is suspension training, where you use your own body weight to work out. It develops strength and core stability.

HVCC Sports Recap

Darien Esposito
Staff Writer

Thursday October 30th
Baltimore Ravens vs Miami Dolphins
The Ravens win 28 to 6. Lamar Jackson had 4 touchdown passes, absolutely smoking Miami.

Sunday, November 2nd
Chicago Bears vs Cincinnati Bengals
The Bears beat the Bengals 47 to 42. This was an extremely high-scoring game, with the Bears scoring their last touchdown in the final minute.

Minnesota Vikings vs Detroit Lions
The Vikings won 27 to 24. J.J McCarthy threw for two touchdowns, and even ran to score a touchdown.

Carolina Panthers vs Green Bay Packers
The Panthers beat the Packers 16 to 13. This was a low-scoring game, and not one point was scored until the second quarter.

Los Angeles Chargers vs Tennessee Titans
The Chargers beat the Titans 27 to 20. At the close of the first quarter, the Titans were actually beating the Chargers, doubling their score (14-7).

Atlanta Falcons vs New England Patriots
It was a close game, but the Patriots beat the Falcons 24 to 23. Late in the game, the Falcons missed an extra point, but were still able to squeeze in the win.

San Francisco 49ers vs New York Giants
The 49ers win 34 to 24. The Giants fell behind in the second quarter, scoring zero points while the 49ers scored 10.

Indianapolis Colts vs Pittsburgh Steelers
The Steelers win 27 to 20. Over the course of the game, the Steelers forced six turnovers, leading them to victory.

Denver Broncos vs Houston Texans
The Broncos win 18 to 15. They ended up sealing their win with a last minute field goal.

Jacksonville Jaguars vs Las Vegas Raiders
It was another close game, but the Jaguars did end up beating the Raiders 30 to 29. The game went into overtime.

New Orleans Saints vs Los Angeles Rams
The Rams destroyed the Saints, 34 to 10. This was an expected outcome unfortunately for the Saints.

Darien Esposito
Staff Writer

Upcoming Games This Week

November 12th
Women's Basketball vs Herkimer College
5:00pm at HVCC
Men's Basketball vs Herkimer College
7:00pm at HVCC

November 13th
Women's Volleyball vs Dallas College Brookhaven
12:00pm at Cedar Rapids, IA.

November 15th
Men's Basketball vs Tompkins Cortland Community College
1:00pm at Tompkins Cortland Community College
Women's Basketball vs Tompkins Cortland Community College
3:00pm at Tompkins Cortland Community College

November 16th
Men's Basketball vs SUNY Broome Community College
12:00pm at HVCC
Women's Basketball vs SUNY Broome Community College
2:00pm at HVCC

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\$25- Articles >250 words

\$10- Articles <250 words

\$10- Photo / artwork

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Boost your resume,
better our campus,
make your voice heard.

NFL Week 10 Recap

Thursday, November 6th

Las Vegas Raiders vs Denver Broncos
The Broncos won, 10 to 7. During this low scoring game, both teams had more penalties than first downs.

Sunday, November 9th

Atlanta Falcons vs Indianapolis Colts
The Colts beat the Falcons 31 to 25. This was the international game this week, and it was held at the Olympic Stadium in Berlin.
New Orleans Saints vs Carolina Panthers
The Saints won 17 to 7. At halftime, the Panthers were actually winning, but they lost their lead in the third quarter and could not get their lead back.
New York Giants vs Chicago Bears
The Bears beat the Giants 24 to 20. The Giants were winning until the middle of the fourth quarter. This seems to be a theme this week.
Jacksonville Jaguars vs Houston Texans
The Texans won 36 to 29. This was one of the higher-scoring games of the week, with the Texans scoring 26 of their points in the fourth quarter.

Buffalo Bills vs Miami Dolphins
This was a huge upset this week, and the Bills lost to the Dolphins by 17 points. The Dolphins won 30 to 13.
Baltimore Ravens vs Minnesota Vikings
The Ravens won 27 to 19. The Ravens' defense made two interceptions that really sealed the win for them.
Cleveland Browns vs New York Jets
The Jets beat the Browns 27 to 20. Neither team scored any points in the third quarter.
New England Patriots vs Tampa Bay Buccaneers.
The Patriots won 28 to 23. The teams were tied after the first quarter, but then the Patriots began to pull ahead in the second quarter.
Arizona Cardinals vs Seattle Seahawks
The Seahawks doubled the Cardinals' score, beating them 44 to 22. The Cardinals did not score in the first quarter and ultimately could not catch up.
Los Angeles Rams vs San Francisco 49ers
The Rams won, 42 to 26. The Los Angeles Rams keep their first place position in the NFC West.
Detroit Lions vs Washington Commanders
The Lions also doubled the Commanders' score, beating them 44 to 22. The Lions started off the game strong and were winning through every quarter.
Pittsburgh Steelers vs Los Angeles Chargers
The Chargers won 25 to 10. The Chargers were

predicted to win, but not by 15 points, so this was a shock!

Monday, November 10th

Philadelphia Eagles vs Green Bay Packers
The Eagles beat the Packers 10 to 7. At halftime, neither team had scored any points, and Green Bay did not score any until the last quarter.

Puppy Yoga

Darien Esposito
Staff Writer

Mark your calendars! Puppy yoga (and puppy pilates) are back! Next month, two dates have been added for puppy yoga at Fly to Fit Bungee Fitness in Colonie. Meet some adorable baby labradors from Sunset Hill Labrador Retrievers. Yoga is on December 13th, and Pilates is on December 20th. Book on the website above!

Arts & Life

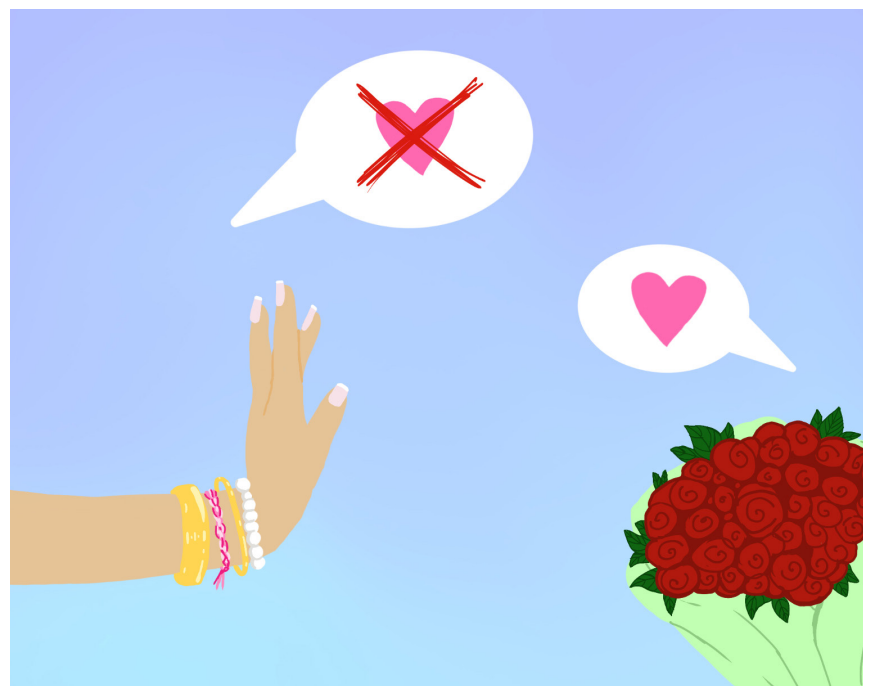
Is Single the New Statement Piece? A Look Into Vogue's Viral Take on Relationships.

Olivia William
Staff Writer

For many years having a partner, specifically a boyfriend, was the epitome of style. Practically a necessity for women socially. But in 2025, the cultural cachet of being coupled is fading fast. As British Vogue's Chanté Joseph provocatively asked, "Is having a boyfriend embarrassing now?" This question isn't rhetorical, it's a part of a growing sentiment among women. In her piece, Joseph writes, "There's a growing sense that being in a relationship with a man is no longer aspirational—it's a bit cringe." In this case she isn't wrong. Many creators find themselves making "jokes" about those who curate their content to be about their partner and nothing more.

This shift isn't just about romance, it's about identity. In the same way that fashion trends have moved from logo-heavy maximalism to a more quiet luxury, the modern woman is

embracing a subtler, more self-contained aesthetic. She's not dressing for the male gaze. She's dressing for the mirror, the moodboard, the moment. So in this age of hypercuration a boyfriend can feel more like a brand liability. Joseph notes that "women are increasingly wary of centering men in their narratives," especially when those men don't align with their values, aesthetics, or ambitions. It's not just about bad behavior, it's also about bad optics. In a world where there are cameras everywhere capturing bad treatment or embarrassing moments is not hard. So showing a partner who forgets your birthday or refusing to help with domestic labor can reflect badly on you. It poses the question of why you put up with it, or allow this kind of treatment. It's a sign of weakness. Fashion influencer @styledbyliv told her 300k followers, "I used to post my boyfriend all the time. Now I treat him like a vintage piece loved, but not for public display." This isn't to say love is out of style. But performative coupledness—the kind that dominated the 2010s with matching outfits is being replaced by something



Artwork done by: Olivia William

more nuanced, more private, and frankly, more chic. And maybe that's the point. In a world where visibility is currency, choosing solitude or at least discretion feels like the ultimate win.

So, is having a partner embarrassing now? No, not necessarily. But centering your identity around one might be. So in 2025, the most fashionable thing a person can wear is their autonomy and sense of self. This is something that can never go out of style.

LONELINESS AND IDENTITY: CONFRONTING THE SILENCE

Hamide Ak
Staff Writer

Loneliness often manifests as a void intangible, invisible, yet profoundly felt. When a person is alone, they are compelled to confront themselves; the masks fall, the roles assigned by society dissolve, and what remains is a single essence: a silent self. Silence, though at first appearing as a frightening emptiness, is in truth a doorway into the innermost chambers of the soul. Every creak, every breath, allows us to hear our inner voice more clearly. When I am alone, I find myself drawn into a moment where sounds fade and movements cease. I am left face-to-face with my own thoughts, my own breath. This moment can feel like imprisonment at times; at others, it becomes a realm of liberation, a laboratory for the soul's self-discovery. In solitude, one perceives both one's limitations and a profound sense of nourishment. Every encounter with one's shadow is an act of self-recognition, a rediscovery of the self.

Loneliness acts as a mirror: it reveals both the aspects of ourselves we dislike and those we admire. The masks we wear in society fall away here. Perhaps in shame, perhaps in captivating honesty, we see ourselves for the first time in full exposure. Silence is at once a companion and a teacher; it does not judge but merely waits and asks, "Who is the real self?" At times, loneliness descends like a nourishing rain upon the soul watering our thoughts, nurturing our growth, and drawing us inward. Each drop reminds us of our forgotten parts, tending to our fragility and transforming it into strength. Yet at other times, loneliness stands as a wall limiting our steps, amplifying our fears, making the inner storm visible. In solitude, the human being is both fragile and strong, both fearful and brave. The relationship between loneliness and identity resembles a journey. At its outset lies uncertainty; our steps are tentative, our direction unclear. But as the path unfolds, silence begins to shape us, to mature our spirit, and to introduce us to our authentic selves. In this journey, the most valuable guide is the silence we learn to listen to with care. Silence is the map of the soul: it reveals the lost directions and opens rooms that await discovery. In a sense, loneliness is the laboratory, while identity is the experiment itself.

The outcome of this experiment remains uncertain, sometimes astonishing, sometimes unsettling but each attempt discloses a secret about our innermost being. Silence is the only teacher that whispers these truths. And perhaps the greatest secret is this: we attain freedom only to the extent that we can confront our own silence. When we learn to embrace our solitude, we become capable of navigating the chaos of life. In silence, the self is both lost and found; it is the story of a soul where fear and courage resonate together. Loneliness neither wholly confines nor entirely liberates; rather, it acts as a scale, balancing the weight and lightness of the soul. As we learn to find this balance, we come to feel the essence of who we are more profoundly. The self within silence is not merely a name it is a journey, a discovery, a way of being. And perhaps the deepest truth is this: loneliness sings the silent song of identity, and only when we learn to listen to it do we truly become ourselves.

TAYLOR SWIFT IS BREAKING MORE RECORDS!

Darien Esposito
Staff Writer

Taylor Swift's newest album, *The Life of a Showgirl*, was released on October 3rd, 2025, and it has done remarkably well. The album debuted at number one on the Billboard top 200. Even before the album was released, it had the most pre-saves on Spotify... ever!

BREAD PUDDING RECIPE

Darien Esposito
Staff Writer

Bread Pudding Recipe

Ingredients:

2 large eggs
2 cups whole milk
¼ cup cubed butter
¾ cup sugar
¼ tsp salt
1 tsp cinnamon
½ tsp nutmeg
1 tsp vanilla extract
About 5 cups bread, cubed
½ cup raisins (optional)

Ingredients for vanilla sauce:

⅓ cup sugar
2 tbs cornstarch
¼ tsp salt
1 ⅔ cup cold water
3 tbs butter
2 tsp vanilla extract
¼ tsp nutmeg

Directions:

In a large bowl, lightly beat eggs. Combine milk and butter; add to eggs along with sugar, salt, spices and vanilla. Add bread cubes and, if desired, raisins; stir gently.

Pour into a 11x7-in. baking dish. Bake at 350° for about 40-45 minutes.

To make the vanilla sauce, combine the sugar, cornstarch and salt in a saucepan. Stir in water until smooth. Bring to a boil over medium heat; cook and stir until thickened, about 2 minutes. Remove from the heat. Stir in the butter, vanilla and nutmeg. Serve with warm pudding.

THE BIRD AFRAID OF ITS ASHES "THE FEAR OF BEGINNING ANEW"

Hamide Ak
Staff Writer

Every new beginning is a step into the unknown. The paths unfolding before our eyes, the streets yet to be walked, and the moments we cannot yet name all are marked by uncertainty. Fear often hides within the unpredictability of the future; yet at times, it is the weight of the past, the shadow of former mistakes, that prevents us from spreading our wings. Humans frequently wish to begin again, but a voice persistently asks, "What if I fall?" Consider the first hesitant steps taken when moving to a new city: how they are filled with both anxiety and wonder. The unknown is both terrifying and captivating. Yet we must remember: to fall is to lay the first stone of a new path. Every stumble, every misstep, is not merely a test but also an experience, a source of strength, and a moment of awareness. When one begins to overcome fear, one learns not only to forgive oneself but also to extend compassion toward the past. For behind every mistake lies a lesson, and at the end of every pain resides knowledge. Our ashes are not the remnants of what has burned away, but the very platform from which we may rise again.

To begin anew is to be courageous. Only the courageous can confront their own fragility and embrace it. Only the courageous can take the weight of the past beneath their wings and dare to rise. And when a person finally spreads their wings, they realize that most fears exist only within the mind; the real world takes shape only as one dares to step forward. As Lao Tzu said, "A journey of a thousand miles begins with a single step." Courage is hidden within that first step. Each morning offers a new opportunity. You are not bound to remain where you stopped yesterday. You may have lost yourself in the shadows of your dreams, yet the sun still rises in the same sky. Every breath is an invitation to begin again. Listen to your inner voice, recall your courage, and start with small steps. Every beginning, like the first beat of a wing, may be frightening; but each movement brings you closer to freedom. A person who goes for a morning run and makes a promise to themselves, or who fills a notebook with thoughts, performs the tangible rituals of rebirth. The bird that fears its ashes hides its greatest strength for only what has burned can rise again, and only what has been broken can truly know its power. Every rebirth is the courage of the soul to write its own story. And remember, beginning anew is not a luxury, but a necessity not merely for survival, but for truly living. Just as a forest greens again after a fire, and the sky clears after a storm, fear itself is the preface to growth.

You, the reader of these words, do not stop now. Look upon your own ashes and realize: your wings are ready, the sky is vast, and time is on your side. Leave your fears behind, for beginning again is not merely an act it is the journey through which your soul discovers its own light. With every beat of your wings, you grow freer, stronger, and closer to conquering your own sky. Spread your wings; remember, your ashes will lift you toward the heavens, and every new beginning will reveal the brightest feathers of your spirit.



THE LEDGER OF PATIENCE’S WORTH

Hamide Ak
Staff Writer

There exist certain emotions in life that cannot be expressed, and certain trials that can only be experienced. In the quiet journey a person undertakes toward the depths of their own being, patience is the only true companion. It is invisible, inaudible, and often unappreciated, yet it touches the shores of the soul like a secret that builds a person from within. This text stands as a testimony to that unseen labor to the endurance hidden within silence, to the prayers whispered without witness. For every person who endures, whether they realize it or not, keeps an inner record a ledger of patience’s worth. And what is written in that ledger, one day, becomes their destiny. Patience is often silent so silent that only the one who endures can hear it. From the outside, it may appear to be nothing more than composure, but within, it is a battle, a plea, a test of endurance. That is why patience requires a strength far greater than it seems, and its true value is often understood only in retrospect. Throughout life, one keeps many ledgers: a ledger of memories, of regrets, of dreams. But there is one that is written not with ink but with tears; its pages are turned by sorrow, its words are formed out of silence. This is the ledger of patience’s worth. It is never shown to anyone, for patience is not lived to be displayed. It flows from heart to heart, carries the unseen, and leaves traces without ever making itself known.

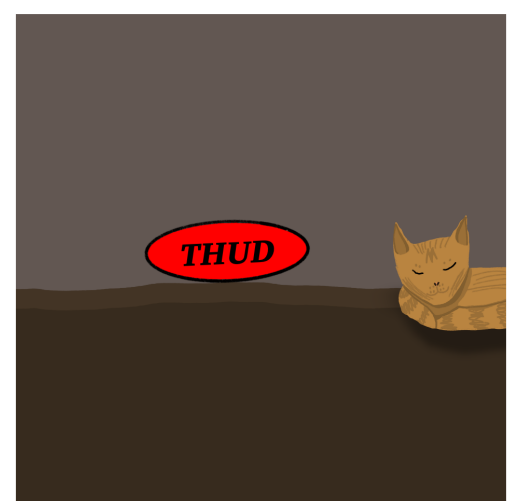
Nothing is written in this ledger in a single day, for patience unfolds through time it is a long process of inner construction. It is the path through which a person reshapes themselves, breaks and rebuilds, falls yet weaves themselves whole again. Outwardly, it may look like quiet acceptance; inwardly, it holds battles fought, sacrifices made, nights filled with prayer, and cries swallowed into silence. The ledger of patience is a deeply private dialogue between a person and their own soul. Within it lie decisions made without surrendering to anger, moments when one chose to stay instead of leaving, words unsaid for the sake of peace. There, in those invisible pages, rest the quiet acts of heroism no one else will ever acknowledge. Patience, because it is lived away from the gaze of others, is rarely understood and yet precisely for that reason, it is the most genuine kind. Sometimes, what is written in this ledger are the smallest, almost imperceptible moments: the bitterness behind a smile, the silence following a sacrifice, the dignity shown after abandonment. Often, the only witness to these entries is one’s own conscience. No one else knows or understands, and perhaps no one ever will. But when a person faces what has passed through their heart, they know: this waiting has not been in vain. Patience does not always bring resolution, but it transforms the one who endures it deepens, matures, and refines them. Over time, the patient comes to realize that waiting was never merely about an outcome; it was also a process of self-discipline, of learning to guide emotion away from anger and toward serenity. The ledger of patience’s worth is not a record of debts or wrongs. It holds no bitterness, no reckoning with others. It is a place of reckoning only with oneself of seeing how long one has endured, how often one wished to give up but did not, and why one chose to remain.

This ledger is never shown to others, yet one day, every act of patience finds its return. Sometimes it comes as peace, sometimes as a prayer fulfilled, and sometimes simply as calmness upon one’s face. And the one who has endured will one day realize that the most precious line written in that hidden book is the simple truth: “I am glad I was patient.” The ledger of patience’s worth is written throughout a lifetime. There are times when one lives through much yet cannot add a single word to it, for patience grows not only with time but also with will. Every line in that book becomes a trace engraved into the character of the person. Others may never know the depths you have walked through or the long waits you have borne but you will. And one day, when that ledger opens only before you, it will hold the value of all that was unseen: the silence no one heard, the patience no one witnessed. To understand the worth of patience is to learn to weigh both time and heart on the same scale. For patience is not merely a stance toward the outer world it is a stilling of the inner world. This stillness does not only refine a person; it matures them. Life, in the heart of one who endures, blossoms like a quiet flower without noise or display, but with roots deep in the soul. And the reward of patience is rarely something it is a state: a peace that settles in the heart, a calm that lingers in the eyes, a silence that rests upon the lips.

Remember this: the more silently patience is lived, the more deeply its worth is inscribed in the ledger. And often, the ledger of patience is filled long before the pen of destiny begins to write. That is why within every waiting, every silence, every inward withdrawal, there lies a prayer. And every prayer, in its time, finds an echo perhaps in another person, perhaps in another moment, or perhaps only within yourself. Yet one truth remains unchanging, even if no one else knows the worth of patience, the one who has endured always does.

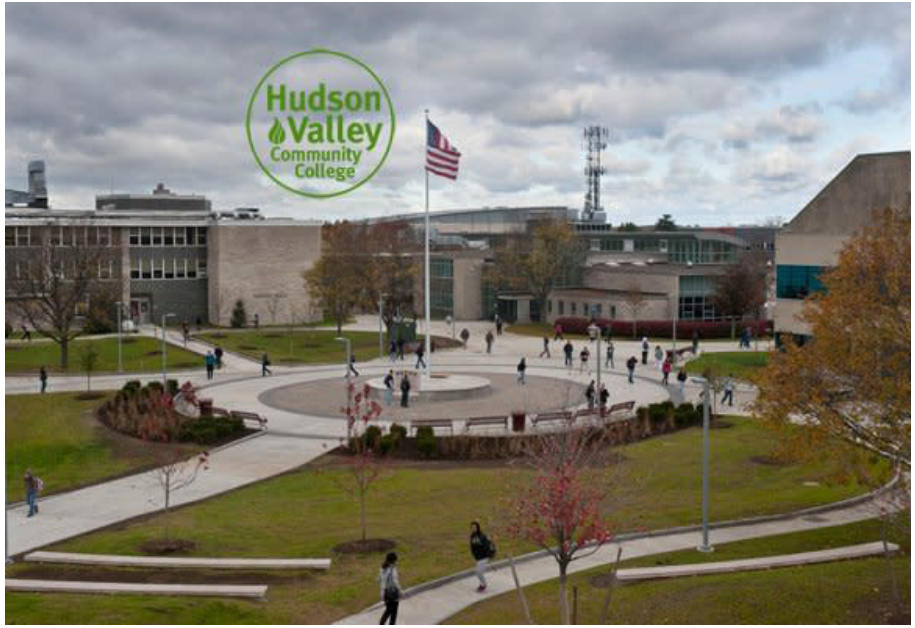
Cabin Fever

By M.M. Stephens



Bus Rides, Coffee, and Controlled Chaos: A Day at Hudson Valley

By: Staff Writer, Kabita Karki



College life builds character, they say. But what they don't tell you is that it also builds eye bags, caffeine addiction, and a special kind of chaos that becomes your new normal.

Living in Albany, working on campus, and still somehow trying to pass my classes without losing my mind as a Hudson Valley student, days are nothing short of a comedy show. Every morning starts arguing with my alarm as if it owed me money. I always tell myself that I'm going to wake up early, be productive, maybe eat breakfast. Five snoozes later, I'm running for the CDTA bus as if my life depended on it.

That bus is an experience within itself. It's two hours of unpredictable energy each day. Some mornings, it's quiet; other times, it feels like a reality TV show I didn't sign up for. There's always someone on the phone oversharing their life story, someone eating something suspiciously crunchy at 8 a.m., and me, trying to remember if I actually brought my homework. By the time I get to campus, I already feel like I've survived a full day's worth of drama.

Once I arrive, I switch roles from "sleep-deprived commuter" to "enthusiastic tour guide." Yes, that's me, the person leading groups of wide-eyed future students around campus with the energy of someone who has definitely had too much coffee. I love showing people around Hudson Valley and seeing them get excited about their new beginning. Every tour has its own funny moment, like when I accidentally walk backward into a trash can or when a student asks if attendance is really mandatory.

Classes are a kind of chaos in and of themselves. I sit down, open my laptop, and instantly forget what subject I'm in. The professor starts talking, and my brain goes into buffering mode, like some bad YouTube video. But then, things click, and I remember why I'm here. There is a certain sense of comfort to be found when I look around and see everybody else is in the same boat: tired, broke, running on caffeine, but here.

Being an international student adds another layer of excitement to all this. Back home, I imagined American college life would be all fun, sunshine, and freedom. In reality, it's me shivering at the bus stop, clutching my coffee like a life raft, wondering if the CDTA driver can feel my desperation from across the street. Still, I wouldn't trade this for anything. Every long commute, every assignment, and every late-night study session is part of a journey that makes me stronger and a little funnier every day.

Lunch is generally a gamble. If I'm lucky, I get something from the café. If not, a granola bar becomes my gourmet meal. Then back to work, back to class, and on to pretend I'll study when I get home. I'm so exhausted by the evening ride home, I only stare out the window in silence, awed that somehow another day got by.

It isn't quite as glamorous as it's made out to be in movies, but, sure, college can be an experience one will always remember. It is messy, unpredictable, and exhausting, yet full of laughter and memories you'll never forget. Hudson Valley has become more than just a campus to me; it's a place where I've learned how to juggle life, work, and deadlines while finding moments to laugh through the madness.

So, whenever you see me power walking around campus with a coffee in one hand, my phone in the other, and confusion all over my face, don't be alarmed. I am not lost. I am just trying to make it through this adult thing one bus ride at a time. Because at Hudson Valley, we don't just learn about life, we live it. And if you ever need motivation, just remember this: if I can survive the 6 a.m. CDTA commute without crying, you can do anything.

The Hudoscope

Your weekly astrological insight by Darien Esposito



Graphic by Olivia Williams



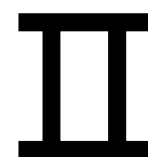
3/21 to 4/19
aries

You are unstoppable this week. Tackle a new challenge that you have been putting off this week.



4/20 to 5/20
Taurus

This week you are craving calmness. Take time for yourself this week to just rest. You will burn yourself out if you don't.



5/21 to 6/20
gemini

Be curious this week and try a new hobby. You know... the one that you saved to your pinterest board six months ago?!



6/21 to 7/22
Cancer

Show off your hard work this week. Be proud of what you created. Others are ready to listen to what you have to say.



7/23 to 8/22
Leo

Have a cozy night-in this week. Do some extra self care. This will boost your confidence.



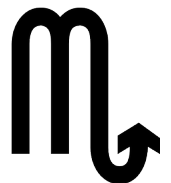
8/23 to 9/22
virgo

Try to organize your schedule this week. Maybe getting a planner will help you get it in order.



9/23 to 10/22
Libra

Things might feel a little off this week. Doing something you loved in childhood might help you feel better.



10/23 to 11/21
scorpio

You are focused this week. Use this to your advantage and complete the task you've been putting off.



11/22 to 12/21
sagittarius

Go on an adventure this week. Let yourself feel free. Maybe you should go skydiving?



12/22 to 1/19
Capricorn

Do not forget about your long term goals this week. While living in the present is fun, keep a look out for your future.



1/20 to 2/18
aquarius

You'll have so many unique ideas this week. Use your creativity for benefit this week.



2/19 to 3/20
pisces

Emotions might be up and down this week, but it will get better next week. Set boundaries where it matters.