

09.11.2023

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THE
HUDSONIAN

THE INDEPENDENT MULTIMEDIA STUDENT PRESS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE



HUDSONIAN'S HVCC SURVIVAL GUIDE
PAGE 4 YOU FRIEND FOR CAMPUS RESOURCES

CTDA ROUTE IMPROVEMENTS
PAGE 6 CHANGES MADE FOR STUDENT RIDERS

SOMETHING IS LURKING...
PAGE 9 CRYPTIDS SPOTTED ON CAMPUS!

COVER PHOTO BY VINCENT GIORDANO

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MISSION STATEMENT

The Hudsonian is Hudson Valley Community College's multimedia student news organization. Since 1961, The Hudsonian has been the voice of the student body, written and produced entirely by students for students.

The intent of our publication is to inform and entertain HVCC's student body, staff, and faculty. We serve as a forum for HVCC's campus, providing a space for viewpoints as diverse as our student body. We believe that freedom of speech is of utmost importance to intellectual growth, and in doing so publish stories that are fair, accurate, and relevant to our campus. Here you will find opinions and content from students, as well as from faculty and staff when applicable. Because of this, you will find things in our publication that you may agree and/or disagree with. If that is the case, we're doing exactly what we're meant to do.

Regardless of major, The Hudsonian is a valuable asset to strengthening written and verbal communication, teamwork, leadership, truth seeking, photography, graphic design, reporting, interviewing skills, and more. We strive to connect the skills we apply to real world career paths, and set our staff up for success as they advance through their educational journey at HVCC.

Staff editorials do not necessarily represent HVCC's administration, student government, faculty, or staff.

When errors occur, we will make every effort to correct it in the following publication as well as on our website (www.thehudsonian.org).

Your input is valuable. Please send any questions, comments, or concerns to hudsonian@hvcc.edu.

ADDITIONAL INFO

Hudson Valley Community College
80 Vandenberg Ave.
Troy, NY 12180
Phone: 518-629-7568
Email: hudsonian@hvcc.edu

Editorial Policy
All views expressed in this paper are those of the author, and not necessarily those of the *The Hudsonian* or the College.

Letters to the Editor
Letters can be delivered to CTR 291 or emailed to hudsonian@hvcc.edu. Letters will be edited for grammar, style, libel and length.
To join *The Hudsonian*, attend our weekly meeting on Mondays at 2 p.m. in ADM 105 or by Zoom. Check out our webpage at thehudsonian.org for information.

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Share Your Work, Get Featured!!

The Hudsonian is always look for student-made submissions to include and feature in our publication.

To share your work, send an email to Hudsonian@HVCC.edu

EVENTS

MONDAY | 9/11

8:30a: Wreath Memorial Presentation (Vets Memorial Quad)

5p: Homeschool Family Event

TUESDAY | 9/12

10a-3p: Movie Ticket Sales (CTR 210)

10a: Employment Tables

11a: Transfer Tables

11a: Yoga (CTR 260)

WEDNESDAY | 9/13

10a: Transfer Tables (CTR)

10a: Mini Part-Time Job Fair (CTR)

11:30a: Pizza Time

2p: Foreign Language and Culture Club Meeting

THURSDAY | 9/14

10a: Hodorowski Group: Employment Recruitment Table

10a: Keller Williams: Employer Recruitment Table

FRIDAY | 9/15

9a: University at Albany: Transfer Advisor Visit

Want To Submit An Event?

Contact the Editor at HUDSONIAN@HVCC.EDU

From the Desk of the Editor...

When I first became Editor in Chief, I wasn't expecting my tenure to include two welcome back letters, but here we are! It's with a bright heart and a questionably chipper attitude that I wish you a very warm return – or welcome! – to Hudson Valley Community College for the Fall of 2023.

For those who have not met me yet, my name is Marie, and I have been Editor in Chief of The Hudsonian since Spring of 2023. Outside of the newspaper, I am a woman of many hobbies! Off campus, I'm a dog and cat groomer, a local cosplayer, writer, and photographer! I'm very passionate about journalism and have poured my heart into our club and college community, and look forward to meeting you!

Notably, this summer has offered me time to implement many new procedures and projects here at the Hudsonian, and my staff and I look forward to another year of bringing you your campus news. We have had many new and dedicated readers since Spring 2023, and I am so very grateful to each and every one of you. Whether you're a regular reader or an occasional submitter, you're what keeps our publication thriving! Thank you for your continued support and contributions.

I would like to take this opportunity to share with you all of the projects we have in store for The Hudsonian this semester, and so, I ask that you please consider this letter an invitation to our "Open House" event! This event will take place on September 18th, 2023, during our regular club meeting time from 2:00pm to 3:00pm in Admin 105. Regular reminders will be posted on our social media (@the_hudsonian on Instagram)



MARIE W. || PHOTO || **BACK:** SHAWN BROWN, AMEERA AFTAB, DOMINIC CACCHIONE. **FRONT:** MARIE WILLIAMS, NIAMH CLARKE

as well as in our physical papers (located all across campus) and our website (thehudsonian.org). During our open house, you can visit our organization and visualize our process in providing our campus' relevant news, tour the newsroom, and get answers to any questions you may have. Hard hitting questions such as "Who's running this thing?", "What do you even do on your podcast?", "How do I get involved with the paper? Why should I get involved in the paper?", and "Why is this lady asking me if I'll come to her club meetings every week? Doesn't she have better things to do?"

If your curiosity gets the better of you, we'd love to see you there! And if you aren't able to make it to our event, you are still more than welcome to pop in to our regular meetings every Monday at 2:00pm in Admin 105.

Lastly, I would like to give a huge thank you as well to some former Editorial Board members who have since moved on to bigger and brighter ventures; Ameera Aftab, our former Web Editor, and Niamh Clarke, our

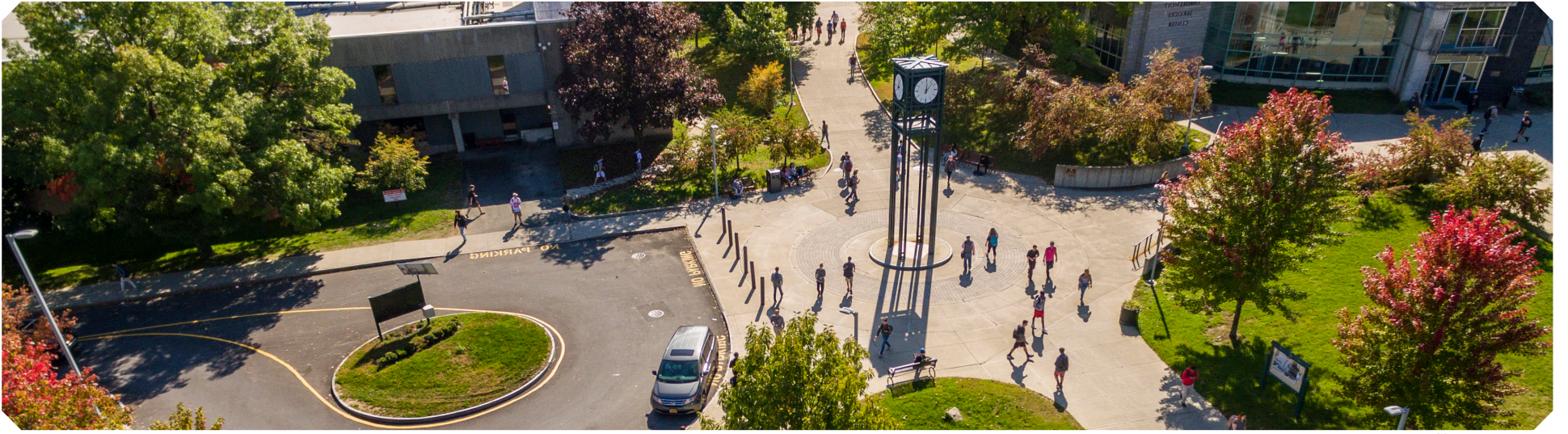
former Opinions Editor. Both of these girls have been an absolute joy to work with and have on our team, and I have seen them accomplish so much in the short times I have known them. Ameera, with her unwavering drive, enthusiastic attitude, and kind heart, and Niamh, with her bright ideas, down-to-earth attitude, and intelligent, open mind. I know that these two will continue to accomplish great things far beyond our publication. We are so happy to have had them alongside us as long as we did, and we hope they know that wherever their journeys take them that we will always be cheering them on!

Once more, I want to personally wish all of our fellow students a happy Fall, and the best of luck with your academic endeavors at HVCC. Be safe, have fun, stay cool.

Yours,

Marie Williams
Editor in Chief





VINCENT GIORDANO HVCC || PHOTO

HOW TO SUCCEED DURING YOUR TIME AT HVCC

The Hudsonian's quick, one-stop guide to your campus resources, plus tips for academic success.

Marie Williams

Editor in Chief

Many students arriving at Hudson Valley Community College this Fall are stepping into a new chapter of their academic journeys. While they navigate the exciting and challenging

journey of college life, they'll find it can be both exhilarating and overwhelming.

For those new to college, or perhaps returning from an academic hiatus, the start of the semester can be incredibly daunting. Despite this, acing your academics and fostering

meaningful connections can make your time at HVCC a fulfilling experience.

This Fall, The Hudsonian has compiled a list of tips that will help you land on your feet. These essential pointers will not only ease your transition, but also lay the groundwork for

an unforgettable college experience. So buckle up, and prepare to embark on a journey of self-discovery and growth as you embrace the opportunities that HVCC has in store for you.

USING YOUR RESOURCES

Your tuition at Hudson Valley Community College opens you up to countless avenues of assistance and support. Many students find themselves overwhelmed with their workload, and get bogged down with stress, uncertainty, and confusion. To remedy this, HVCC has many designated centers for you to visit for assistance.

STUDENT SUPPORT SERVICES

CAAT Center (CTR 130) – At the Center for Access and Assistive Technology, faculty assist students with disabilities to meet their academic objectives based on their individual needs. If you need additional time on tests, someone to take your notes for you, or mobility aids - then the CAAT office is here to support you in the Siek Campus Center.

LAC (MRV Lower Level) – The Learning Assistance Center, located in the lower level of the Marvin Library, is the go-to spot for math-based help. Staffed by education specialists, professional tutors, and peer tutors, the LAC provides small group and one-on-one instruction in math, learning strategies and other areas, such as general learning strategies and study skills. In-Person and Remote Support are available.

Writing and Research Center (MRV Upper Level) – Functioning similarly to the LAC, the Writing and Research Center is located on the upper floor of the Marvin Library. In the Writing and Research Center, students receive help in every step of

the writing process, from planning out your essay and finding sources to citations and proofreading. The WRC also conducts instructional workshops on various topics related to writing. In-person and remote support are available.

Center for Academic Engagement (CTR 230) – If you're having a hard time keeping yourself on track with your studies, the Center for Academic Engagement is the place to go. The CAE provides personalized academic coaching and support to ensure the success of students here at HVCC. The CAE is located in the Siek Campus Center adjacent to the Campus Café.

Counseling and Wellness Services (CTR 260) – At HVCC, our campus provides a kind and welcoming approach to mental health. The counseling faculty and staff provide a safe space for students to speak on their problems, as well as offer other avenues of support by putting them in touch with other mental health programs and services outside of campus. The Wellness Center also offers ac-



VINCENT GIORDANO HVCC || PHOTO

tivities for students to participate in throughout the week, such as yoga sessions and meditation spaces. The Counseling and Wellness Center is located in the Siek Campus Center adjacent to the Campus Café, opposite of the CAE.

Viking Cupboard Food Pantry (CTR 210)– For students experiencing food insecurity, the Viking Cupboard Food Pantry can

be accessed through Student Activities. Students are required to present their active student ID before accessing the Viking Cupboard. If you want to donate, Student Activities can accept donations of non-perishable foods such as: spaghetti, sauce, tuna, soups, Ramen noodles, macaroni and cheese, pop tarts, baby formula, granola bars, and small boxes of cereal and snacks.



VINCENT GIORDANO HVCC || PHOTO

AVOIDING BURNOUT

For many students, it's tempting to take as many courses as you can to either get into your preferred program or get ahead of the curve. In doing this, many students experience burnout or overload. By taking on more than you can handle, you can easily fall behind trying to manage all of your other courses, especially during midterms and finals week.

To avoid this, it's recommended to be realistic about your academic goals, and encourage speaking with your ac-

ademic advisor from your program and finding what's going to be best for you. Academic advisors are almost always available both online and in person.

If you feel as though you may not be able to handle your course load, be aware of the add/drop periods during the semester and speak with your academic advisor about what is the best course of action for you, and don't forget to use your resources if you would prefer not to drop a course.



VINCENT GIORDANO HVCC || PHOTO



VINCENT GIORDANO HVCC || PHOTO

GETTING INVOLVED WITH CLUBS

HVCC is an incredibly friendly and diverse college. Looking to find your niche? Our college has over 50 active clubs that cover a wide range of interests and commonalities. From tabletop gaming to biology study groups, and cosplay to table tennis, you're bound to find a circle that's happy to have you join. And if you don't, you could always consider joining the Hudsonian (yes, we're a club too!) or starting your own.

"Aside from having open outdoor areas for students to enjoy all over campus, we have two large game rooms in the Campus Center where you can hang out and get to know one another," says Natalia Zehner, a campus tour guide in HVCC's Admissions department. "Students have access to two TVs and often bring in their consoles to hook up and play with one another. We also have a computer café for students to work at, foosball, ping pong, and even air hockey. It's the perfect space to get to know other students."

As a diverse student body, it's important to encourage students to expand their worldviews, but it never hurts to have a like-minded friend circle as well! HVCC has many student groups that seek to uplift each other and promote equality, awareness, and acceptance. The American Sign Language Club, The Black and Latino Student Union, Foreign Language and Culture Club, International Students Club, The Jewish Student Union, The Muslim Student Association, and The Pride Alliance are just a few of the many clubs where you can find new perspectives and a sense of community all in the same spot.

Student Activities also offers \$5 Regal Cinemas tickets for students to encourage students to enjoy their time off campus. Active students may purchase up to two movie tickets each Tuesday from 10 a.m. - 3 p.m., and 4 - 5:30 p.m. for evening students. Students must present their validated, college-issued student ID to purchase tickets.

EXERCISE YOUR MIND & BODY

To be at peak performance, you need to make sure all of your needs are being met. When you're trying to focus too much on one thing, such as classwork, you're more likely to fall behind in other aspects. It's important to keep yourself physically, mentally, and emotionally balanced to ensure your college experience goes as smoothly as possible.

HVCC has both indoor and outdoor tracks, with one being located in the McDonough Sports Complex, and the other next to the Williams automotive building on the back end of campus. Students are encouraged to use these as well as consider a gym class to help keep their bodies and minds energized. There are also plenty of sports teams you can consider joining;

for men's sports, HVCC offers baseball, basketball, bowling, cross country/track and field, esports, football, golf, lacrosse, and soccer. For women's sports, they offer basketball, bowling, cross country/track and field, esports, golf, soccer, softball, tennis, and volleyball.

While HVCC has an incredibly helpful Wellness Center, as previously mentioned, some students find peace at home to be a more comfortable option. Making sure that you're allowing yourself the space to breathe and relax is incredibly important to finding balance in your home and school life. If you're constantly on the go, burnout is going to hit hard. Set aside time to make sure you're checking in with yourself, your mental health is important.



VINCENT GIORDANO HVCC || PHOTO

We hope this guide will be helpful for all of our fellow students here at HVCC! For further information, check out the college's directories at hvcc.edu.



SCHOLARSHIP ENROLLMENT BEGINS SEPTEMBER 14TH

HVCC alumni & community come together to help students who need additional financial help.



JUSTIN HURLEY || PHOTO

Gigi Ben-Ami, Technical Assistant for the Office of Institutional Advancement & Foundation.



JUSTIN HURLEY || PHOTO

Amy Peterson, Assistant Director for the Center for Access and Assistive Technology.

Justin Hurley

News Editor

From September 13th, 2023, until October 11th, 2023, students can apply for scholarships through the HVCC website.

Nina Chamlou, a writer for Forbes, explained in her article, "Why is College so Expensive", that "Student loan debt increased 76% since the class of 2000, exceeding the inflation rate by 41%."

With fears of debt being at the forefront of most college student's minds, scholarships can help ease the future financial burden students face.

Alumni who have previously struggled during their college tenure are now contributing their own funds to help ease the burden current students are dealing with. In doing so, they hope to foster a community of understanding and outreach that follows even after you've graduated. This kindness and sense of community is also shared by parents of students as well as faculty, who also contribute to the scholarship funding when possible.

By going to the Hudson Valley website, students can find the HVCC Foundation page under the "About Us" tab. It will lead to a portal where students

can enter their information, and search for scholarships that are available to them.

"All applications are reviewed by a committee of reviewers... Students are rated by their applications and the records that we have here, and then final awards are determined." Explained Amy Peterson, Assistant Director for the Center for Access and Assistive Technology.

Gigi Ben-Ami, a Technical Assistant for the Office of Institutional Advancement & Foundation, offered advice for students looking to apply: "We want it to be legitimate and not a sob story, but at the same time

talk about your feelings however you are processing them, showing us how you overcame an issue and are working hard for your future."

It is important to include detail when filling out an application. Some things students consider minor details, such as the high school a student attended, can actually lead to a scholarship.

Peterson states: "Be as clear and concise on your applications as possible, and look

CONT: SCHOLARSHIPS
PAGE 7

UNLIMITED RIDERSHIP AND ROUTE ALTERATIONS FOR HVCC

Route changes to the CDTA bus system take effect this week to better serve college students



CDTA || PHOTO

Cal Martin

Guest Writer

Per Hudson Valley Community College's website, "Nine out of ten Hudson Valley students live within the areas serviced by CDTA" and all have

access to unlimited ridership during semesters registered with paid tuition bills. With the Universal Access partnership between CDTA and nearly a dozen local colleges, it's as simple as swiping your student ID to cover the fare.

CDTA's official announce-

ment states: "The changes [being made] are designed to improve services and to make the route network easier to understand and use". Minor route adjustments and increased trip frequencies seek to "welcome students back to campuses throughout the region".

While neither the 85 or 224, which directly service HVCC, will be altered, a few nearby connections

that are affected include the 87 from Hoosick Street to RPI and the 182 which brings riders from Troy to Albany via Cohoes & Latham. In addition, the 522 Express which follows

a similar route to 182 will be eliminated due to low ridership.

Both CDTA and HVCC emphasize that public trans-

port is an environmentally friendly and cost friendly option. Students are encouraged to reach out to the

Faculty Student Association for any questions

regarding the Universal Access pro-

gram, and visit

the CDTA website www.cda.org for more on these service changes and real-time updates.



CONT: SCHOLARSHIP


for all applications that apply to you. Take advantage of all the opportunities that are there.”

The impact of extracurricular or volunteer work can make a difference in the decision of who would receive a scholarship. “Always show that you are involved with the college and that you give back to


the community. Anything that shows you as a person.” Ben-Ami explained.

If you have any questions about the scholarships available to you, please visit <https://www.hvcc.edu/about/foundation/index.html> or visit the Foundation office in FTZ Room 131.

> STUDENTS! <



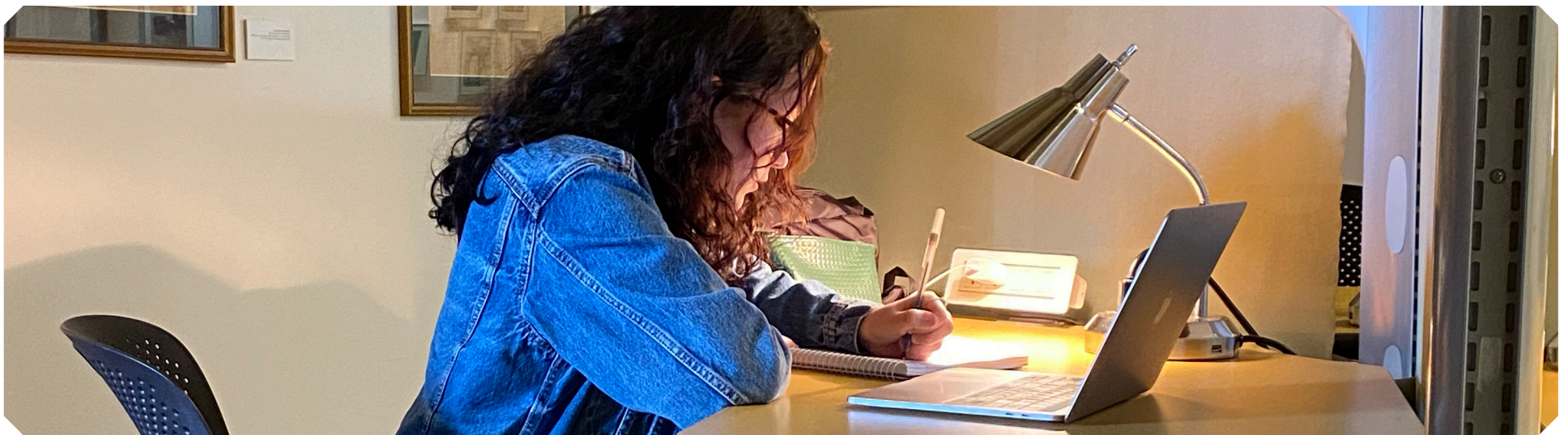
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Contact The Editor at HUDSONIAN@HVCC.EDU today!

OPINIONS

MARIE WILLIAMS, EDITOR IN CHIEF || M-WILLIAMS123@HVCC.EDU



HVCC Student Baylee Terry studying in the middle floor of the Marvin Library.

W. DRAKE || PHOTO

YOUR GUIDE TO THE BEST STUDY SPOTS ON CAMPUS

Looking for a quiet spot to study? We’ve got your back.

W. Drake

Staff Writer

Studying on campus is a great way to be productive between classes. Returning students will know there are excellent study-spaces in the basement of the library, but both new and old students may want to become familiar with the other great places to study on campus. I find it useful to scope out study spots in the nearest place to my next class to ensure I’m not late.

Here are my top picks for study spaces across campus. BTC 1124 is located on the bottom floor of Bulmer, down the hall on

the right. This is a great study space for digital media students, sporting three printers and an array of Macs. At times, this space will also have a digital media tutor.

On the bottom floor of Administration (ADM), in front of the stairs on the side nearest to the parking lot, is a table and several chairs. The multitude of seats also makes this a great space to chill with your friends while studying between classes. There is also a table on the middle floor, and a table at the end of the hall on the top floor. The top one has a great view and lots of sunlight, but is very often in use. I recommend looking through the front window of the top story on your way to Administration to

avoid climbing the stairs unnecessarily.

The tables on the bottom floor of Guenther are also an excellent pick for sunlight and view. Only a few of these tables are within reaching distance of an outlet, but this is one of my favorite places to drink caffeine and read. It’s a busy building, but it’s usually quiet, making for a nice, ambient feeling of human presence.

The basement of the library has an abundance of nice study spaces, separated into quiet, silent, and group. The top floor also has some. These are both great options if you’re looking to reserve a study room to work with a group, or for privacy; or if you need access to

school computers.

The sweet spot for solo studying is the middle floor. There’s a cafeteria so you can sip some coffee while trudging through textbooks that can not be taken out of the library, as well as a set of cozy semi-enclosed spaces resembling booths at a diner.

There’s a similar such cafeteria that’s great for studying on the bottom floor of the science center. On the top floor at the end of the hall there’s a space with a table, an

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W. DRAKE || PHOTO

A study spot just inside the main doors of the Haas Manufacturing Building, located behind Lang and Higbee.



W. DRAKE || PHOTO


Another study spot in the lower level of the Administration building.


THE HUDOSCOPE





Something not quite right? Look for your horoscopes for your Rising and Moon signs!


Your weekly astrological insight by Marie Williams, Editor in Chief and long-time tarot reader



3/21 to 4/19
This week, you'll have the energy to tackle any challenge that comes your way. Use this vitality wisely to make progress in your personal and professional life.



4/20 to 5/20
It's a good day for financial planning and investments. Take some time to review your budget and consider long-term goals.



5/21 to 6/20
Communication is key today. Express your thoughts and feelings clearly, and you'll find that your relationships and collaborations flourish.



6/21 to 7/22
Focus on self-care and well-being today. Take a break from your usual routine to relax and rejuvenate.



7/23 to 8/22
Your creativity is at its peak. Use this energy to work on projects that allow you to express yourself and shine.



8/23 to 9/22
Your attention to detail will be your strength today. Use your analytical skills to solve problems and make informed decisions.



9/23 to 10/22
Relationships are highlighted today. Spend quality time with loved ones and work on building stronger connections.


10/23 to 11/21
It's a good day to focus on your career and ambitions. Take steps toward your goals, and you'll make significant progress.


11/22 to 12/21
Explore new horizons today. Whether it's through travel or learning, broaden your perspective and embrace new experiences.


12/22 to 1/19
Your practicality and determination will serve you well today. Tackle tasks that require discipline and perseverance.


1/20 to 2/18
Your innovative ideas are in demand. Share your unique perspective and collaborate with like-minded individuals.


2/19 to 3/20
Focus on your intuition and spirituality today. Trust your inner guidance to navigate life's challenges.

CREATIVE

FRIENDLY NEIGHBORHOOD SPIDERMAN

Photography Submitted by Marie Williams

"Hold that pose"? I can't believe you said that! What were you going to do, take my picture?" —Amazing Spider-Man

When I'm not editing papers, I'm usually found swinging around the Capital Region with my best friend and favorite spider-person, Frank Gillen.

These photos were two I took during a quick session at the New York State Museum in downtown Albany when we were out scouting for some nighttime shoot locations.

Camera & lens used: EOS Rebel T6, EF-18mm-55mm.





Fig 1. Automobeast hiding behind tree.

W. DRAKE || PHOTO

CAPUMUS CRYPTIDS: ENTRY 1: THE AUTOMOBEAST

Short Story submitted by W. Drake.

You think you know everything about campus life here at HVCC, but you're wrong! There's more than meets the eye between these walls, and with this journal as my medium, I intend to serve as your tour host through it all. I implore you, read on, my friend, for this copy of The Hudsonian will serve as your practical field guide for our whimsical multifaceted school!

Caught up with school work, clubs, (or social lives for those of us with an indulgent side); students may not have noticed the cars sitting stationary on campus. Keep an eye out though, and you just might see one. It's a strange occurrence given that much of the area is only accessible by stair, the cars are almost never seen going Vandenberg Ave's speed limit on the walkway, and they appear in greater frequency after hours.

So how can we explain this phenomenon? That's where yours truly comes in. After taking notes and discussing with experts, I may have finally reached

an understanding. These are no ordinary cars. Allow me to introduce you, my curious friend, to your very first campus cryptid: The automobeast!

Here's what the experts had to say when I interviewed their representative:

A: Thanks for meeting with me. We last spoke almost a week ago when I tasked you with researching the new species of cryptid sighted on campus. What have you been able to find about these motorized metal menaces since we last spoke?"

Doctor: "Glad to help, Ms. Mandrake. The automobeast is an intriguing creature, but by all accounts it seems to be a benevolent species, or at least to be passively disinterested in students. No reports of hostile behavior; it's hardly scientific to classify it as a menace. With that aside, here are my findings: rarely ever seen moving, except late at night, I am led to believe the creature is nocturnal. Reports of increased numbers at night when it is active, may suggest it is uncom-

mon for automobeasts to rest so close to humans. There is a nest where most of them go to sleep off the day. So many cross campus at night, however, that a few stragglers sometimes fall behind when they return to their nest each morning. The most we've ever seen at once - is still likely a very small percentage of how many are out there. It's unclear to me why the automobeasts are drawn to HVCC. I have ideas, but anything I could say as of yet would be blatant speculation."

A: "Thanks again for taking the time, Doctor."

Dr: "Of course."

Now, the experts may be opposed to speculating -- but I, my friends, am no expert! I snuck into the Doctor's office and I found her notebook open on her desk. She's exploring the possibility that there are more nests of automobeasts residing near other campuses around New York. If she was able to confirm this, she would possibly suppose they feed off of some substance or energy found only at educational insti-

tutions. She notes the addition of massage chairs on campus at roughly the same time the automobeasts started garnering the attention of observant students and faculty, and is keeping an eye out for evidence of correlation. Finally, she notes what appear to be ancient records of a giant forme of automobeast - she dubs the "automobus." It's pictured on color faded scrolls displayed on campus, with such esoteric writings as "RIDE FREE," and "www.hvcc.edu/cdta." The expert thinks this may be a nest queen, similar to ants or bees.

What's next? I will explore other campuses for evidence of nearby nests. I will continue to research mysterious happenings on campus, related to or unrelated to the automobeasts. I will investigate whether the massage chairs are related to the automobeasts. Pass along this copy to keep your friends informed, and pick up next weeks to keep yourself informed.

Yours truly,
Amanda Mandrake

FALL FEELINGS WORD-SEARCH

How many fall-related words can you find?
Find the solution in the next issue!

AUTUMN
LEAVES
SCARECROW
PUMPKINS
HAYRIDE
CIDER
PLAID


CANDLES
HALLOWEEN
THANKSGIVING
BANQUET
THANKFUL
CROWS
EQUINOX

B	A	N	Q	U	E	T	L	R	K	F	O	T	E
H	G	T	W	I	N	D	Y	E	L	Q	W	H	Q
C	A	C	O	B	W	E	B	S	A	R	L	A	U
A	G	L	D	T	T	S	O	W	Z	V	S	N	I
N	U	O	L	U	G	C	N	E	P	G	E	K	N
D	X	T	U	O	T	A	F	A	U	V	Z	S	O
L	C	P	U	R	W	R	I	T	M	T	U	G	X
E	I	B	B	M	D	E	R	E	P	H	C	I	H
S	D	A	A	Q	N	C	E	R	K	A	R	V	A
L	E	C	P	G	Q	R	K	N	I	N	O	I	Y
L	R	O	P	F	Q	O	S	D	N	K	W	N	R
B	J	Z	L	M	G	W	O	X	S	F	S	G	I
Q	A	Y	E	C	H	E	S	T	N	U	T	S	D
A	Y	H	S	M	P	L	A	I	D	L	S	Y	E

A LOOK AHEAD: GAMES & SPORTS INTEREST SCHEDULES

TUESDAY 9/13	WEDNESDAY 9/14	SATURDAY 9/17
6p- Women's Volleyball vs Herkimer College	4p- Men's Soccer @ Tompkins Cortland CC 6:30p- Women's Soccer @ Tompkins Cortland CC	9a- W's Volleyball @ Adirondack CC POD vs Fulton Montgomery CC 10a- W's XC at RPI Harvest Classic 11a- W's Volleyball @ Adirondack CC 1p- Football vs Nassau CC





SPORTS RECAPS

AUGUST 26TH - SEPTEMBER 6TH























- 
WOMENS @ DUCHESS CC || 3-1

- 
WOMENS VS MONROE COLLEGE || 3-0

- 
HVCC VS CASTLETON UNI (JV) || 21-3

- 
WOMENS XC | SHORT COURSE | 3RD OF 9
- 
MENS XC | SHORT COURSE | 3RD OF 9
- 
MENS VS FINGER LAKES CC || 4-2

- 
HVCC @ THADDEUS STEVENS || 30-29

- 
WOMENS HVCC VS FINGER LAKES CC || 9-0

- 
WOMENS @ MONROE CC || 3-0

- 
WOMEN'S @ FINGER LAKES CC || 0-3

- 
WOMENS VS JEFFERSON CC || 3-0

- 
MEN VS JEFFERSON CC || 0-2


PHOTO BY ETHAN THOMPSON



WOMENS SOCCER RECAP

Recap & Photos by Evan Bonesteel, Staff Writer

Hudson Valley Women's Soccer had a strong start to the season with a high scoring win over Finger Lakes Community College (9-0).

The first half was all Hudson Valley, with Abigayle Yetto Scoring her first of four goals at

the 4-minute mark with two more goals in the first half at minute twenty-three and twenty-seven.

Lauren Foglia had her first goal at minute nineteeh with another goal at minute twenty-six.

Finger Lakes couldn't keep up with HVCC's speed and

ball control, with six goals being scored in the first half. The final of the goals in the first half was Trinity Cutler-Mujju, scoring her goal of the game on a penalty kick at minute thirty-seven.

During the second half the pace slowed, but the Vikings maintained control of the game. Kyleigh Pearson brought back the goals, scoring two in quick succession at minute eighty-one and eighty-two.

Abigayle Yetto finished off her phenomenal outing with the final goal of the game at the eighty-fourth minute.

Hudson Valley's Defense was strong, allowing only one shot on goal with Josephine O'Hare coming away with the save to maintain the shut out.