# THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE



## LIBRARY EXHIBIT

PAGE 2

12th annual Pride of our Nation...Pride of our College exhibit now on display.



## **BRAINROT ON DEMAND**

PAGE 4

Are short form videos a help or a hinderance in the current year?



## **EVENTS**

## TUESDAY | NOV. 14

10a-3p: Discount Regal Tickets (CTR 210)

10a: Counseling Services Nature Trail Walk (Meet at Putting Green)

11a-2p: SUNY Empire Transfer Table (CTR Lobby)

11a-12p: Yoga (CTR 260)

12p-1p: Falconry / Rescue & Rehab Seminar (BTC Auditorium)

## WEDNESDAY | NOV. 15

8:30a-9:30a: Coffee with President Ramsammy (MCD Lobby)

10a-12p: Rensselaer County Heroin Coalition Meeting (BTC Auditorium)

10a-1:30p: The College of Saint Rose: Transfer Advisor Visit (CTR 290)

12p: Trivia (CTR Lobby)

## THURSDAY || NOV. 16

10a-2p: Transfer Advisement Table: Albany College of Pharmacy and Health Sciences, Russell Sage College (CTR Lobby)

12p-1p: Festival of Nations (CTR Lobby)

12p-1p: The McKrells Concert (BTC Auditorium)

**4p-6p**: Thanksgiving Dinner (CTR Cafe)

## FRIDAY || NOV. 17

**9a-2p**: University at Albany: Transfer Advisor Visit (CTR 290)

5p: Pride Ball (CTR Cafe)

Last Day To Withdraw From Class

Want to submit an event? Contact Hudsonian@hvcc.edu

## **VET-ROC: HVCC'S SUPPORT SYSTEM FOR STUDENT VETERANS**

JEREMIAH CHOUDHURY, GWENDOLYN WILLIAMS

Jr News Editor, Editor-in-Chief

70 years ago, the Veterans Vocational Institute – what would later become Hudson Valley Community College – was founded with the goal of providing career training for veterans returning from World War II and the Korean War. Since then, HVCC has aimed to offer services, scholarships, and educational opportunities for active-duty military members and student veterans.

In 2021, the Veterans Resource and Outreach Center (VET-ROC) at Hudson Valley Community College was created adjacent to the Public Safety office to provide a space for veterans to connect with like-minded individuals.

"We operate as a place for student veterans who are on campus to come and get help with their educational benefits," said Veteran Peer Mentor Stephen Onley. "We are funded by the PFC Dwyer Veterans' Support Program, a veteran peer support program that is open to any veteran, whether they are a student or not. We are actually [more] like a county resource.



Left to right: Ethan E. (Student), Stephen Onley (Veteran Peer Mentor), Daniel Wargo (VET-ROC Coordinator) Photo by J. Choudhury

That's what a lot of people don't know – you don't have to be a student here at Hudson Valley to come and use our services."

The PFC Joseph P. Dwyer Peer Support Program, initially founded by the State of New York during the 2012-2013 legislative session, is designed to alleviate Veteran isolation and related mental health challenges. By overseeing meetings between Veteran community members in secure, welcoming environments, the program aids them through VET-ROC in dealing with emotional struggles arising from their military service and experiences.

"We have a ton of resources for anything under the sun: education, outdoor recreation programs for veterans, and even adaptive sports programs for vets. Maybe there's a vet who doesn't have their VA benefits – we can be that first stop to get that info and make that happen for them," said Onley. "I've done the whole process of trying to get from Hudson Valley to something different, so I can sit them with them and

GO TO... VET-ROC PAGE 2

## **CENTER FOR ACADEMIC ENGAGEMENT CELEBRATES 10 YEARS**

JUSTIN HURLEY News Editor

For the past decade, the Center for Academic Engagement (CAE) has provided Hudson Valley students with the tools and support to improve their academic performance.

"A lot of people on campus doubted how well this center could succeed," said Jane Meek, the Interim Associate Director of the Center for Academic Engagement. "Seeing it serve so many students is just a testament to our staff, and the fact that we are student centered".

The CAE staff primarily use academic coaching to teach their visitors better time management so students can develop better studying, homework, and test-taking habits. The engagement between staff and students opens a pathway for the staff to learn about outside factors that might also affect students' academic performance – mental health, home life, or work for example – and find ways to come up with solutions as a team.

Since the pandemic, mental



Jane Meek, Interim Associate Director, Center for Academic Engagement Photo by J. Hurley

health has had a major impact on college students across the country. According to a study conducted by the Healthy Minds Network, of the 96,000 college students from 133 different campuses that were surveyed, 41% had signs of depression, and 36% had signs of anxiety. These two stressors were reported to be major factors in academic difficulties.

"I want to encourage students to disclose stuff to me. I don't want to go digging necessarily, but if anything is getting in the way of doing well with your schoolwork, it falls under the 'umbrella' of what we should talk about here," said Meek. She shared that sometimes it's beneficial to talk about mental health with students and point them in the right direction if necessary, whether towards a short term solution like the coun-

GO TO... CAE
PAGE 2

11.14.23 THE HUDSONIAN

79.6

NOVEMBER 14TH, 2023



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## LONG STORY SHORT

## Student Senate to Host Festival of Nations

Gwen Williams

Thursday Nov. 16, HVCC's Student Senate will be hosting their first Festival of Nations event.

From 12:00 p.m. to 1:00 p.m. in the Siek Campus Center lobby, students can share their cultures with one another. Plans include sharing a buffet with diverse foods, playing games, giveaways, and mingling with other attendees.

"We want to give international students and students from other backgrounds an opportunity to share their cultures," said Sean Sampler, Vice President of the Student Senate.

For those interested in participating or representing a country, email Sean at s-sampler@hvcc.edu.

### Student Senate pledges \$250,000 to construction of A-TEC facility

Cal Martin

The Student Senate has tentatively promised a donation to the Applied-Technology Education Center [A-TEC] as an end-of-year class gift.

The project, set to replace Williams Hall, will break ground in summer of 2024. Phase I will see the completion of the Technology Skills portion of the building by May 1st, 2025. Phase II will follow a year later with the demolition and remodeling of Williams and Cogan Halls.

The return on investment comes in the form of a projected 200% increase in HVCC's enrollment capacity for these in-demand programs, anticipating 5,000 graduates in this sector by 2030.

Student Senate President Ameera Aftab views the certificate programs that will be introduced with A-TEC as a promising avenue to provide job security for the influx of migrants in New York State.

#### New Library Director Arrives This Week

W. Drake

HVCC's previous library director of 15 years, Brenda Hazard, has retired. With a new director taking over this week, the library remains in good hands.

"[I'm] very excited! I've been very impressed with the vibrancy on campus," said Mister Jean-Paul Orgeron, Hazard's successor.

Orgeron has a Ph.D in philosophy, and has worked in several positions within higher education including at Tulane University and ona curriculum committee for multiple years in another SUNY school.

We would like extend a warm welcome to our new library director. Welcome to HVCC, Mr. Orgeron.

## REFLECTING ON HVCC'S MILITARY SERVICE MEMBERS

12TH ANNUAL PRIDE OF OUR NATION...PRIDE OF OUR COLLEGE DISPLAY RETURNS

GWEN WILLIAMS Editor-in-Chief

Saturday, Nov. 11, the 12th annual Pride of Our Nation... Pride of Our College exhibition was put on display in the Marvin Library Cafe.

The exhibition includes photographs and memorabilia of veterans and active military service members with a connection to Hudson Valley Community College, and allows students the opportunity to reflect with those who have served and continue to serve our country.

In 2007, the Veterans Club held a flag raising ceremony, and at the time only three pictures were on the flag pole. Yet from there, the premise for the exhibition was formed. Two years later, it grew into a small room with only 13 photographs, with large portraits and borrowed decorations. While it was a simple ceremony, it was a school-wide display of respect and reverence for the veterans and their families.

Come 2010, the once handful of photographs grew to include more than 100 images and keepsakes, and eventually the exhibit was gifted charitable donations; first through W.W. Norton, a publishing company, and most recently through the Derrick Farley Memorial Fund.

Today, current students, faculty and staff submit photos and loan objects – items such as dog tags or medals, or even historic documents and full uniforms – that pertain to the military career of a relative or themselves. The exhibition includes items from as far back as the Civil War to the present



Flags representing different branches of the military Photo by Jas Bauer

day. This year, a new addition has been added in the form of a story shared by a student about his great-grandparents who were part of the French resistance, and who assisted U.S. airmen during WWII.

According to Alice Malvasic, a professor in the Education and Social Sciences Department and organizer for the first exhibit, it serves as a collaborative effort between employees of multiple departments as well as students; every military member on display is a loved one of someone on campus.

Pride of our Nation...Pride of our College is on view for free in the Troy Savings Bank Charitable Foundation Atrium on the first floor of the Marvin Library through Friday, Dec. 15.



**Uniforms on display at the exhibit** Photo by Jas Bauer

## CONTINUED... VET-ROC

can walk them through the process of getting to their next step."

Even with the resources that VET-ROC has to offer, of the 150 students disclosed their veteran status, only 15% of them use their services. The reason for this is likely that Veterans are often not aware of the resources that they are able to use, especially in college settings.

Elizabeth Espinosa, a student who frequents the VET-ROC, shared that while the center has a plethora of supportive benefits such as dedicated workspaces, support networks, and peer mentoring, there is certainly room for improvement.

According to military.com, in 2021 alone, sexual assaults against

female troops were at an all time high – 8.4% were assaulted while on duty, totalling around 35,900 total service members. With this factor in mind, it can be difficult for women, especially those who have served, to share spaces with people that remind them of their trauma and perpetrators. Because of this, VET-ROC tries to offer as many support avenues as possible, but it can still be intimidating to many victims. Espinosa hopes that over time, more women will grow to feel just as safe and supported as their male peers.

"One of the things we're asking for help for that has affected a lot of people here is handicap parking," said Espinosa, explaining how the once accessible handicap parking was recently removed, and while vets were told there was another nearby area, many found it to be insufficient, if not impossible. "We shouldn't have to reach out to the [Veterans Association] Center. Why is the [college] not helping people with disabilities?" Espinosa added.

With all that VET-ROC offers and the potential that it has to grow and improve, it is important to spread the word about its resources so those connections can be fostered and changes can be made to benefit those who need it. The sacrifice that the individuals who have served in our military have taken on is immeasurable, and by getting to know fellow student veterans, sharing resources, and offering support systems, conversation can spark changes and make for a better campus community.

## CONTINUED... CAE

seling center, or a longer-term solution off-campus.

Academic coaches at the CAE also help students in dealing with other stressful aspects of academia, like "self-advocacy" or speaking up for oneself when it comes to talking to professors.

"[When] they really need to communicate more with their professors, they're a little bit intimidated to do that," said Meek. "I do think bonding with an academic coach can break down intimidation factors with professionals. We talk about their profes-

sor and their classes, and it helps them take it more seriously."

With finals on the horizon, students looking to do better in their classes are encouraged to visit the center.

Thank you to the CAE faculty and staff for their admirable efforts in continuing to help our peers accomplish their goals for the past ten years.

THE HUDSONIAN 11.14.23

## CLUB HUB

### PSYCHOLOGY CLUB'S FAVE PSYCH-HORROR FILMS FOR THE FALL



Owen Warner, Celeste Scott (VP), and Nate Schwarzmer at a recent Club Showcase, where they made bracelets for students based of the psychological meaning behind colors. Photo by Gwen Williams.

#### GWEN WILLIAMS Editor-in-Chief

|| CLUB HUB

For those interested in the ins and outs of the mind, Hudson Valley's Psychology Club is a welcoming space for students to step into the niche, even if they aren't in a psychology class.

The previously dormant club was reinstated this semester, which club President Eduard Horanlli hopes will provide them a fresh start. He notes that while he and his fellow officers are still polishing their vision for the club's future, the hope students will still take interest is at the forefront.

"Our goal is to widen the already large reach of psychology without diluting it in any way," said Eduard Horanlli, the club's President. "But we also want to look into the more entertaining sides of psychology. For example, to see how the effects of an environment can affect a person's mind, or



Psycho is a 1960 horror film by Alfred Hitchcock. The plot focuses on an encounter between an on-the-run embezzler and a shy motel proprietor, and its aftermath, in which a private investigator, Marion's lover Sam Loomis, and her sister Lila investigate her disappearance. The club recommends it due to it being a classic horror with a clever psychological twist. how a single word spoken to them as a child can influence a thousand decisions as an adult."

Joining a club in a subject you're not majoring in or have experience with can be quite intimidating, but the Psychology club aims to make their club as accessible as possible. For those hoping for a more laid back approach, the club plans on also hosting movie nights and workshopping ideas to make psychology seem fun rather than stressful.

"We plan on watching movies that encapsulate [ideas in psychology], with characters [that have] visible psychological transformations so we can see how they change, and why they experience those symptoms instead of different ones."

The club shares that they have a variety of events in the works, including inviting guest speakers to discuss what they have done with their



Silence of the Lambs follows Clarice Starling, a young FBI trainee who is hunting a serial killer. To catch him, she seeks the advice of the imprisoned Dr. Hannibal Lecter, a brilliant psychiatrist and cannibalistic serial killer. The club recommends this film for its incredible performances and an emphasis on criminology.

psychology degrees, and volunteer opportunities for members who want a more interactive and educational experience.

"[We want] to have fun while teaching people the ins and outs of the fun side of psych, without having to worry about a grade every week," said Nate Schwarzmer, one of the club's members.

Horanlli stated that he hopes that fellow students will take advantage of the potential to socialize, learn, and potentially shape an entire club by joining them, and he looks forward to meeting future members.

The Psychology Club meets Tuesdays at 1:00 pm in AMZ 216. For additional information, students are encouraged to reach out to the club President at e-horanlli@hvcc.edu, or to their advisor, Doctor Miller at s.miller4@hvcc.edu.



Us is a 2019 psychological horror film written and directed by Jordan Peele. The film follows Adelaide Wilson and her family, who are attacked by a group of menacing doppelgängers. The club recommends this movie as it explores the theoretical psychological effects of those entirely isolated from society.

# CHEMISTRY CLUB TO HOLD ANNUAL OR-NAMENT CONTEST

DR. DANICA NOWOSIELSKI Guest Writer

The HVCC Chemistry Club is pleased to announce that it is once again holding its annual Chemistry Ornament Contest!

Any student enrolled in a Fall 2023 chemistry class may submit a chemistry-themed (non-perishable) ornament to hang on the club's "Chemist-tree."

The submission period runs from Monday Nov. 20 to Friday Dec. 8th at 12:00 p.m.

The winning ornament will be decided by a panel of judges and announced at the Chemistry Club Meeting Monday Dec. 11. The student with the winning ornament receives a periodic table throw.

Ornaments should be submitted to either Dr. Keesee (SCI 363) or Dr. Nowosielski (SCI 367). Both of their offices can be found in Suite 359 of the Science Center.

### **ENTRY EXAMPLES:**



11.14.23 THE HUDSONIAN



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OPINION ||

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## 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 meetings on Mondays at 2 p.m. in ADM 105 and Thursdays at 2:00pm in CTR 291 (Hudsonian Newsroom).

## THE HUDSONIAN— THE CAPITAL'S CONTINUOUS PEARL-CLUTCHING AT THE HOMELESS

#### OUR THOUGHTS ON ALBANY'S ANTI-PANHANDLING RESOLUTION

**EDITORIAL BOARD** The Hudsonian

After classes on Tuesday Oct. 3 one of our staff members went grocery shopping. A woman approached them as they stepped off the bus, asking if they had money to spare so she could feed herself. They stood on the aisle between freeway directions, waiting to

24 hours prior to this, the City of Albany's Common Council saw a proposal urging the public that "For the safety of the community, refrain from giving money directly to individuals."

In spite of this, our staff member handed her the remainder of their bus fare.

Withdrawn from the meeting's agenda after advocates spoke out, anti-panhandling Resolution 88.82.23R sparked a teach-in and public discussion on the rise of financial need and visibility in the Capital District.

When it comes down to it, this and

the anti-loitering resolution - which was passed shortly after - are First Amendment issues.

Freedom of expression protections in public space weigh heavier than potential discomfort while witnessing the poor exercise their rights.

Restrictions on begging have historically, and still are, based on the 'unsightliness' of the poor and marginalized: members of the public who have been denied recognition as such, and their access to it.

Concern on potential traffic incidents, as was cited in the resolution, cannot be overshadowed by the fact that in pursuing this legislation, Albany upholds a legacy of loose laws laws that for centuries have left room for interpretation for authorities to discriminate.

We cannot let fearful voices from a handful of bad personal experiences overshadow the negatives of implementing anti-panhandling legislation. Evidence points to mutual-aid as more effective in servicing the underprivileged than public services, and rulings on cases involving similar legislation elsewhere in North America have found issues of constitutionality. Evidence must come first.

In the name of public safety policy, it is the responsibility of our leaders to hear all sides of an issue and make a ruling that aligns with established precedence, or to challenge that precedence if found unjust. Would we like Albany Common Council to implement laws with a sordid history yet extremely current implications, or to ensure each resident's right to freedom of speech and expression are protected?

Our responsibility to ensure legislation of this form does not pass continues. The Hudsonian encourage all to remain aware of the agenda issues moving forward. The HVCC community has a direct line to voice your opinion in the form of EOP & Student Life Director Alfredo Balarin, who serves on Albany's Common Council representing the 11th Ward.

## THE RISE OF "TIKTOK BRAINROT"

### THE SHORT-FORM CONTENT APOCALYPSE

DOMINIC CACCHIONE Managing Editor

Right now, we're battling for our brains in an attention span economy.

In the modern day, TikTok is arguably the dominant force in short-form content, and it is destroying the attention spans of today's younger generations at a rapid rate. This type of content has become the new norm, and most other social media platforms have hopped on this trend, resulting in the rise of YouTube Shorts and Instagram Reels. Moderating your exposure to types of content like this could prove to be beneficial in the long term.

There are a few key factors that set short-form content apart from traditional social media. Short-form engages with its audience through quick bursts of thrills - it condenses long stories into bite-sized videos. This typically caters to the younger generation due to its easy use and accessibility.

This new content model is incredibly addictive, encouraging constant consumption of these tiny videos to feed that dopamine loop that keeps many coming back to social media.

A cross-national study conducted by Guizhou University of Finance and Economics in China and The University of Western Michigan found that it didn't take long for college students to form addictive behaviors surrounding short-form content. Interestingly, the Wall Street Journal reported something similar, claiming that apps like TikTok impede upon the development of children's prefrontal cortex and their ability of "directed attention" the ability to inhibit distractions and sustain attention and to shift attention appropriately.

The prefrontal cortex doesn't finish fully developing until age 25, so young kids often struggle using directed attention in the first place. TikTok's infinite scroll, paired with its constantly changing visuals and endless stream of bite-sized content only worsens this issue. The current generation of children is expected to have increased difficulty focusing on slower-paced, non-digital tasks.

From AI-generated brain slop to "skibidi toilet," another concern found in short-form content is childrens' dependence on content that inhibits their mental enrichment. Few people realize that this extends far beyond children, though. Much of the short-form content you encounter on Instagram Reels is designed to make

> **GO TO... TIKTOK** PAGE 5

## AFFORDABLE MEALS

To the Editor,

We all know the importance of nutrition for humans; it provides the energy they need for their day. This applies to students. They need food at college, so they can concentrate and increase their ability to obtain information.

Unfortunately, some students cannot afford even one meal per day, due to the unreasonable price of meals on campus. These prices are not suitable

Many of my friends at HVCC complain about the unaffordable prices. For example, drinks and food are sold

for many times [the price they would cost] outside of college. For instance, it is absurd for a small plate of frozen French fries to cost \$5 at the college restaurant, while a 4-pound bag at the market costs about \$4.

I suggest standardizing and reducing meal prices, or opening franchises at the college that are required to provide healthy meals at low prices. This can be achieved through financial support for these restaurants from the college administration, so that healthy, affordable food will be accessible to all students.

-- Imene Faroukhi, Albany

## INTERNATIONAL COLLEGE CREDITS

Dear Editor,

As an international student, I believe it is essential for Hudson Valley Community College to re-evaluate its policies regarding the recognition of credits earned by international students.

Despite academic degrees earned in their home country or

abroad, many international students face obstacles in the transfer and credit recognition process. This not only places [unnecessary] stress on these students, but also prolongs their academic journey, [which can create] financial burdens.

By [having] a more transparent and equitable evaluation process that considers the academic rigor and content of courses taken by international students, the college can ensure that hard-earned credits from other educational institutions are properly recognized and applied to degree programs. This would provide significant relief [for international students], especially in terms of financial constraints and the duration of [their] education.

I urge the administration of Hudson Valley Community College to review its current policies and procedures. The examination and revision of its policies will create a more streamlined and equitable credit recognition process for international students.

-- Boukari Ouedraogo

11.14.23 THE HUDSONIAN

### *'REDUX'* & *'RE*:' - OCTOBER'S RELEASE REFLECTIONS

#### PARAMORE EMBRACES DARK SIDE; ROGER WATERS DISCOVERS 'THIS IS WHY' NEW ALT-ROCKERS PREVAIL

**CAL MARTIN** Opinions Editor

|| OPINION

Two rehashed albums, released October 6th by musical giants, epitomize the failures and impactful revitalizations of old albums- with a clear champion of the craft emerging.

Both albums see a central figure grappling with disconnection from the times, causing a restless race to discover meaning within an ever-changing landscape, before their emotions consume everything. Both indirectly reference Ukrainian conflict. Neither find a solid resolution, neatly tying everything up in a bow by the album's end.

Yet Paramore comes out on top.

What makes a revamped album good? Let's talk about vision, direction and history for Paramore's 'Re: This Is Why".

'This Is Why' surfaced as a monologue on the times. A collection of revelations from the pandemic and global unrest in which the band (and the main character) feel helpless to impact in any meaningful way.

In Re:, this figure, as "both the killer and the final girl", takes the impact of these events to heart-they may not be

## Re: This is Why



"Re:' throws a fresh musical group or artist on each song, giving them the freedom to reinterpret still and keep cohesion

Cal's Rating:



able to change the world, but the world has clearly changed them. The question remains: how do we cope with the unstoppable nature of outside forces? At what point are we no longer who we were? How do we love the new person whose skin we are living in?

Throughout their discography, Paramore mastered the "I" experience, despite having several members. Then on Re:, took it a step further, throwing a fresh musical group or artist on each song, giving them the freedom to reinterpret still and keep cohesion. Roger Waters, in contrast, creates a severely disjointed album. Where does his failure come from?

The quality and vision of the original albums is far from the issue. These

## Dark Side: Redux



"In an attempt to fill shoes too big for one man, he stuffed Redux with hollow fluff around the heels and toes.

Cal's Rating:



two releases are the timeless ideal of an emotional journey in a concept album. Rather, it's Waters' insistence on stepping in the imprints of footprints made by Pink Floyd all those years ago. In an attempt to fill shoes too big for one man, he stuffed Redux with hollow fluff around the heels and toes.

Paramore achieved a masterful angle, a clear progression from the voice we hear in the original album to the follow-up, which Waters missed. Waters needs to decide what the original Dark Side means to him in the present. His spoken word approach drags the now into the past. A complete 180 from how meaningful dialogue is created: by drawing in history when we discuss the

Whereas, Paramore honors the small army of shoes it takes to create intentional dissonance on an album. Inviting collaborators to remix separate songs on the same album sparks areas of divergence that reflect the theme of Re:'s release- how we cannot find stability in places we have outgrown, and the journey to find a new understanding is worth it. Waters could benefit from the lesson.



JEREMIAH CHOUDHURY Junior News Editor

A bleak atmosphere devoid of color and joy, The Lighthouse takes the dark and unusual and masterfully crafts an isolated, character-driven story sure to entice any viewer.

Ephraim Winslow (Robert Pattinson) has just started his first day as the assistant to the lighthouse keeper. While not his ideal position, he is satisfied with the benefits that his isolated career will bring. Thomas Wake (Willem Dafoe) meanwhile has been stationed as the lighthouse keeper for years. Everything in his life has stayed the same except for one aspect: his as-

The two men find that they are vastly different in their personalities and behaviors. Wake is loud, crude, and authoritative, while Winslow tends to be more timid, quiet, and reserved.

With only four weeks of work remaining before they are free of the island, Winslow decides to force himself to get along with Wake and enjoy the weeks ahead. But as the chaotic nature of isolation begins to finally rear its head, Winslow finds that surviving the lighthouse may be harder than he thought.

Revelations of secrets, the odd behavior of the animal life, his employer, and the ever-alluring question of what lurks in the top of the lighthouse all prove to be tests of Winslow's already failing sanity.

The Lighthouse is one of those movies I will never forget. The choice to have the entire movie shot in black and white works wonders in its favor, and compliments the mood perfectly. It takes the film to an entirely different level of melancholic misery. The bleak, noir-esque environment thoroughly adds to the feeling of desperation and isolation that both main characters experience throughout the film.

Speaking of characters, Robert Pattinson and Willem Dafoe turn in the best performances of their respective careers. Pattinson truly reflects the damaging effects that extreme isolation can have on the human psyche. Dafoe's character goes through a storm of emotion, and he manages to portray each one perfectly. Dafoe shows the anger and ferocity that Wake has within, while also beautifully playing out his more gentle and tender moments.

I had expected a lot from this movie, due to not only direction but the actors behind the two main characters. Luckily, The Lighthouse lived up to the fanfare it has received within the cinephile community. Using unique story-telling, moving visuals, and unreal performances, this film will truly satisfy anyone looking for an eerily disturbing movie this season.

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### **CONTINUED... TIKTOK**

the viewer angry: inciting pointless conflicts such as gender debates, and contributing to the larger American culture war. Other short-form content you'll find on Instagram or YouTube shorts often promotes ideas of toxic masculinity via clips from interviews with Andrew Tate, Sneako, etc. These

kinds of videos are heavily proliferated through short-form content, and all it takes is one good look at one of their comments sections to prove that it's working. More people arguing in your comments means more engagement, and more engagement inevitably means more money.

While there are many benefits to short-form content, such as being able to consume news/informative content in a bite-sized, less overwhelming fashion, there are many aspects involved that are detrimental to mental health, especially in those under 25. The direction that social media is moving in is rather frightening, but hopefully, it's not too late to change.

As people who live in the digital age, it's our duty to ensure that our youth are exposed to the right kind of information, and the biggest social media companies stand in the way of that goal solely to line their pockets.

To combat this, consider limiting your exposure to short-form content. Furthermore, do your children, younger siblings, little cousins, and so on a favor - don't raise them as an "iPad kid". Raise them to seek the truth on their own, to be compassionate, and to be intelligent.

11.14.23 THE HUDSONIAN

## ARTS & LIFE

## THE HUDOSCOPE

Your weekly astrological insight by Gwen Williams, Editor-in-Chief



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



3/21 TO 4/19 Your adventurous spirit is in full swing, Aries. Embrace the unexpected today – who knows, a spontaneous dance-off might be just what you need to conquer challenges and impress both friends and foes.



**4/20** TO **5/20** 

Today, Taurus, your stubborn side takes a nap, allowing your charming charisma to shine. Embrace change with open arms, and you might find yourself in a delightful tête-à-tête with a captivating stranger or a plate of exotic cuisine.



**5/21** TO **6/20** 

Your dual nature is in high gear, Gemini, making you the life of the party. Expect a day filled with laughter and intriguing conversations. Just remember, not everything has to be a debate – sometimes, agreeing to disagree can be liberating.



6/21 TO 7/22 Your nurturing instincts are on overdrive, Cancer. Channel that energy into pampering yourself or those you care about. A cozy night in with comfort food and a good movie is just what the celestial chef orders for your soul.



**7/23** TO **8/22**  Your natural charisma is on display, Leo, drawing admirers like moths to a flame. Seize the spotlight and showcase your talents – whether it's a karaoke solo or an impromptu stand-up routine, the universe applauds your performance.



**8/23** TO **9/22** 

Your analytical mind is on point, Virgo, making it the perfect time to tackle that to-do list. Efficiency is your superpower today, so go ahead and organize your sock drawer – you might discover the missing sock's long-lost twin.



**9/23** TO **10/22**  Balance is your mantra, Libra, and today is no exception. Find equilibrium between work and play, and you'll navigate the cosmic dance floor with grace. Remember, even in a waltz, it's okay to break into an occasional moonwalk.



10/23 TO 11/21 Your mysterious aura is captivating, Scorpio, creating an air of intrigue around you. Dive deep into your passions, and you might uncover hidden treasures. Just be mindful – not every mystery needs to be solved today.



11/22 TO 12/21 Adventure beckons, Sagittarius, so don your metaphorical explorer hat and venture into the unknown. Whether it's a new cuisine or a foreign film, embrace the unfamiliar – your cosmic compass is set on discovery.



12/22 TO 1/19 Your disciplined nature is your guiding star, Capricorn, leading you to accomplish great feats today. Tackle that project you've been putting off, and success will be your loyal companion. Just don't forget to take a well-deserved victory lap.



1/20 TO 2/18 Unleash your inner rebel, Aquarius, and challenge the status quo. Your unique perspective can spark innovation and open minds. Today, you're not just swimming against the current – you're creating a cosmic wave of change.



**2/19** TO **3/20** 

Your dreamy nature takes center stage, Pisces, making it the perfect time to explore your creative side. Whether it's through art, music, or poetry, let your imagination run wild – the cosmos applauds your whimsical journey.

## **HWACHAE RECIPE**

RYNECIA POLLYDORE Staff Writer

Hwachae (also spelled "hwa chae") is a traditional Korean fruit punch. It's usually made by mixing various fruits, flowers, and herbs with sugar and sometimes honey or other sweeteners. Then it is mixed with cold water or a carbonated beverage like sparkling water.

The ingredients used in hwachae are based on personal preferences and regional differences, but typical ingredients include fruits such as strawberries, watermelon, pineapples, and Korean pear, as well as edible flowers like chrysanthemums or omija berries.

Some recipes may also include herbs like mint or traditional Korean rice cakes called "tteok."

Here is a quick and easy hwachae recipe to stay refreshed and keep a pep in your step this winter.

### **Ingredients:**

- A bowl of ice
- Fruits of your choice (we recommend berries, watermelon, or even peaches!)
  - acnes: Milk
  - Condensed milk, honey, or sugar
- Bottle of lemon-lime soda (make sure it's very cold!

All you have to do is chop up your fruits, combine everything in a bowl and you're good to go! Enjoy!



Photo: Cookist.com

## STRAWBERRY TANGHULU RECIPE

RYNECIA POLLYDORE Staff Writer

Tanghulu or Tang hulu, also called bingtang hulu, is a traditional Chinese snack with several rock sugar-coated fruits of Chinese hawthorn on a bamboo skewer. It is named for its calabash-like shape.

This take on Tanghulu is a sweet crunchy shell on the outside and ripe strawberries on the inside. It's easy to make and perfect for a treat!

### **Ingredients:**

- Strawberries
- Skewer

- 2 cups of sugar
- 1 cup water
- Bowl of ice water

Wash your strawberries, then put them on the end of the skewer and place them to the side.

On medium heat, pour water and sugar into a small saucepan, but be sure not to stir it or touch it! Allow it to reach 300 degrees fahrenheit, or when the sugary mix is just beginning to yellow. Coat the strawberries in the syrup and immediately dip them into the ice bath. From there, they should be immediately cooled and ready to eat!



Photo: Maya Kitchenette

|| ARTS & LIFE

THE HUDSONIAN 11.14.23

## SILENT OCEAN A POEM & PHOTOGRAPH BY MOJSILDA CINARI Even though the ocean is a poem without words Even though the mind is calm in its waves. These are the same waves that leave the shore every time But always come back. Ehh, it is indeed difficult to swim in an ocean full of cro odiles, But it is even more difficult to walk And travel in a land populated by beasts Because these beasts only talk about what they themselves want to understand And not how she really is Ehh, if what was needed was understood, Then the silence that would dominate the world Would be loud and unbearable.





What have you been up to this semester? Share your travels, events, and experiences with your friends right here in The Hudsonian!







Submit your photos and a brief caption to hudsonian@hvcc.edu

Photos approved following guidelines

GAMES | 8

11.14.23 THE HUDSONIAN

## Cabin Fever

By M.M. Stephens





## GAMES

## (M)AD-LIBS

THANKSGIVING FESTIVITIES
In, President
YEAR FAMOUS PERSON
declared the 4th Thursday of MONTH
as a national day of thanks to celebrate PLURAL NOUN and PLURAL NOUN
Traditionally, families gather on this day to express their gratitude for, and share a PLURAL NOUN ADJECTIVE with their loved ones.  NOUN  Modern Thanksgiving celebrations usually include cooking a
meal, such as a
ADJECTIVE ADJECTIVE ANIMAL
with sauce. NOUN
For dessert, pie is a classic favorite, and NOUN are always a big hit too!  PLURAL NOUN
Everyone finishes up the day by playing and GAME watching their favorite teams play games on NOUN

television. What a \_\_\_\_\_ day!

ADJECTIVE

## **WORD SEARCH**

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I	0	Е	I	Н	Α	R	V	E	S	Т	Α	Р	W
G	R	Α	R	Α	I	N	Υ	Р	0	Т	E	0	E
S	В	F	R	Α	С	S	С	0	Α	Т	F	K	Α
K	Н	N	S	0	Н	0	Т	С	0	С	0	Α	Т
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RAINY VETERANS NOVEMBER HARVEST CRANBERRIES RAKING PIE SCARF **GLOVES** NATURE OCTOBER SWEATER HOT COCOA PUMPKIN THANKFUL FEAST DECORATE THANKSGIVING COAT **LEAVES** 

## **SUDOKU**

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