Find Yourself In *The Anchor*

THE ANCHOR

The Student Newspaper of Hendrick Hudson High School

VOL. 3 MMXXIII | MONTROSE, NEW YORK | MONDAY, MARCH 27, 2023 | FREE

HEN HUD'S ANNUAL SENIOR CLASS FASHION SHOW RETURNS WITH A BANG

Fashionable Seniors Followed the Theme: Time Warp

On March 10th, senior class students showed off looks inspired by different cinematic eras in this year's fashion show.

By QUINN MULLER

MONTROSE, New York -- The Class of 2023's Fashion Show was held on March 10th at 7 pm in the gym at Hendrick Hudson High School. The event showcased a variety of themed outfits, and hosted a number of raffle prizes. The annual event, with the help of the PTSA, returned for the second year since COVID's forced hiatus.

Members of the senior class voted between two themes: Destinations and Time Warp. Time Warp won, giving up the segments seen at the show. The theme was inspired from significant movies of varying genres, which added an artsy touch to the show as clips from each movie were presented between segments. The first group to step out was dressed in 'school days' inspired looks from the '80s blockbuster, *The Breakfast Club*. Following this was the futuristic, all boys segment: *The Matrix*. Back to a co-ed theme, seniors wore '70s-esque outfits taken from *Saturday Night Fever*. *Moulin Rouge* followed, where senior gals dressed in risque outfits from the 1800s. *Almost Famous* and *Grease*, inspired by '60s rock and roll and the '50s era carnival scene respectively, ended the Time Warp theme. As usual, the Prom segment wrapped up the show, with seniors getting to show off their formalwear prior to senior prom.

An interest meeting for the fashion show was held by the Class of 2023 club,

Continued on Page 4



MADDIE FIGUEROA FOR THE ANCHOR

Senior models waiting in the science hallway before the Prom segment of the fashion show.

Mamma Mia

A Story of Sisterhood

By ELAINE CLARKE

Warning: This article includes spoilers!

MONTROSE, New York -- On March 17th, 18th, and 19th, Hendrick Hudson High School's theater department put on Benny Andersson and Bjorn Ulvaeus' *Mamma Mia*. This was the first production put on this year in the theater and the second show put on in the new theater.

The play follows Donna (played by sophomore Nava Minichino) as she is reunited with the three possible fathers of her daughter, Sophie (played by junior Mia O'Malley) just before her daughter's wedding. Chaos then ensues in this jukebox musical classic as Sophie desperately tries to find her real father before her wedding takes place.

Mamma Mia, at its heart, is a campy feminist musical about love and sisterhood. Along with passing the Bechdel test (a criteria in film that determines if a movie portrays women fairly), the story has several strong female characters that each support and love each other through life. Donna is a single mother with a close relationship with her daughter. She has two loving lifelong friends, Rosie (Ally McManus, Senior) and Tanya (Amy Wilkinson, Senior)-- each with distinct personalities that showcase female love and independence through their individuality. Sophie's own friends, while not playing as large of a role as Donna's, exemplify sisterhood just the same.

The show leans into the idea of choice. Sophie has a lot of power over her life

Continued on Page 3



QUINN MULLER FOR THE ANCHOR

Fit of the Season

Hendrick Hudson's top fits were voted on by the student body. Read about the nominees on page 5.

SCHOOL & COMMUNITY 3

A Pillar of Hen Hud
Barbara LaFemina wins an award for her work in education.

CURRENT EVENTS 7

Turkey Earthquake
A 7.8 on the Richter scale, the quake left over 40,000 dead in Syria and Turkey.

SPORTS 12

Hen Hud Wrestling
This profile on our wrestling program highlights athletes in states and sectionals.

SCIENCE & TECHNOLOGY 13

NYS Climate Change
New York is seeing the effects of global warming with its unpredictable weather.

ARTS & ENTERTAINMENT 16

Riot Grrrl & Feminism
This third-wave punk movement gives autonomy to women in the music industry.

SAVE_WESTCHESTER

LOOKING TO MAKE A CHANGE WITHIN YOUR COMMUNITY?

SAVE WESTCHESTER

JOIN SAVE!

JOIN CHESS CLUB

MEETINGS EVERY MONDAY IN ROOM 126

BRING YOUR ART TO LIFE AT LITMAG



THE LIT MAG HAS FINISHED SELECTING PIECES FROM THE WRITTEN SUBMISSIONS AND WILL SOON BEGIN LAYOUT FOR THIS YEAR'S ISSUE. WE ARE ALWAYS LOOKING FOR ARTWORK TO ACCOMPANY THE LITERARY WORKS IN THE MAGAZINE, SO PLEASE SUBMIT YOUR ART TO LITMAG@HENHUDSCHOOLS.ORG!

Clothing & Housewares SWAP
Saturday, April 29, 2023
Item drop off: 9am - Noon
"Shopping": 10am - 2pm
Located indoors at The NeighborhoodHouse
43 Wildey St, Tarrytown, NY 10591
For more info, visit fromthefuturevintage.com

FROM THE FUTURE VINTAGE
Neighborhood House of the Tarrytowns
Tarrytown Environmental Advisory Council
www.TarrytownEnvironmental.org

THE ANCHOR

MATTHEW CODNER
Advisor

HAYDEN BOUZA
Editor-in-Chief

QUINN MULLER
Editor-in-Chief

EDITORS

SIMON EICHENHOLTZ *Current Events Editor*
CASTALIA LITOS *School & Community Editor*
AIDAN SCHNEIDER *Opinion Editor*
KACIE BURNS *Arts & Entertainment Editor*
VERA MONTALBANO *Sports Editor*

LAYOUT

FRANCISCO AGUIRRE-GHISO
KACIE BURNS
QUINN MULLER

WRITERS

FRANCISCO AGUIRRE-GHISO
HAYDEN BOUZA
KACIE BURNS
MAX CANNON
ELAINE CLARKE
CASTALIA LITOS
JOHN MAY
TYLER MCGUIGAN
QUINN MULLER
SARAH NABI
BIXBY PICCOLO-HILL
AIDAN SCHNEIDER
ZACHARY ZALAMEA

The Advisor's Desk

THE STORY BEHIND THE STORY

Journalism Wants You!

By MR. CODNER

If you've ever read anything in *The Anchor,* online or in print, you've seen articles from dozens of students who are just like you. Every student has an interest --be it clubs, politics, sports, video games, fashion, movies, books, or even staring into a cell phone. The only difference between you and the writers of *The Anchor* is that they either attended a club meeting or signed up for the Journalism elective, with no prior experience. By doing so, they joined a welcoming community that encouraged them to write manageable stories and supported them with editing and layout to make their writing shine.

This year brought a trove of new student journalists, as Max Cannon, Mikhael Mani, and Tyler McGuigan reviewed video games. Vera Montalbano broke a front-page sports story. Quinn Muller highlighted a new fit every week. Zach Zalamea covered the World Cup and international news. Ethan Bromley argued with himself about hot dogs and the wetness of water. Justin Corado covered music. Emily McGrath predicted fashion. Francisco Aguirre-Ghiso got hundreds of views for his movie reviews. John May, Sarah Nabi, Aidan Schneider, Simon Eichenholtz and Hayden Bouza wrote about everything under the sun.

Many of the above-mentioned first-timers took leadership positions starting on day one, and were aided and inspired by veteran reporters like Kacie Burns, Castalia Litos, Elaine Clarke, and Bixby Piccolo-Hill, who churned out high-quality content while encouraging first-year writers to do the same.

These students not only got their name in print and online for posterity, but will also include their published articles in their college applications, showing admissions officers their best, polished writing and involvement in the school community.

As *The Anchor* builds momentum, I'm excited to see new faces at each club meeting, and to speak with rising seniors and juniors who have signed up for next year's Journalism class. If you haven't signed up for the Journalism class, I encourage you to do so. Not only will your work end up in print, but you'll also learn how to write like a reporter about the things you want to write about-- and that's much more fun than a literary analysis essay. If you're reading this, consider attending one of our meetings on the first or third Thursday of the month. I think you'll dig the vibe.



STEPHEN RAGUSO FOR THE ANCHOR

From left to right: Max Cannon, Bixby Piccolo-Hill, Hamster, Francisco Aguirre-Ghiso, Aidan Schneider, Kacie Burns, Castalia Litos, Sarah Nabi, Elia Lezlinger, Elaine Clarke, Jericho Shea, Hayden Bouza, Zach Zalamea, Miles Eichenholtz, Simon Eichenholtz, John May, Mikhael Mani, Santa Claus, Tyler McGuigan

Contact the *Anchor* Staff

hendrickhudsonanchor@gmail.com

Submit a Letter to the Editor

The Anchor staff appreciate a variety of viewpoints and ideas. Readers may respond to any article in *The Anchor* and letters may be published in the next print issue.

To submit a Letter to the Editor for the next edition, send an email of up to 175 words to:

hendrickhudsonanchor@gmail.com

@HENHUDANCHOR

henhudanchor

Scan QR code to follow account

TikTok

Facts of Interest

About 7.1 million children are in need after a 7.8 earthquake in Turkiye.

George Latimer banned plastic utensils for take out orders unless requested.

For the first time, Wrestling Coach Turrone sent four players to sectionals.

"Everything Everywhere All At Once" won seven Oscars.



4 COMMUNITY SPOTLIGHT

Lights, Camera, Action?
Regal UA Cortlandt Town Center will remain open for the time being.

5 CLUBS

BAM!
Hen Hud's musical club gets a spotlight.



6 STUDENT SPOTLIGHT

Omar Saleh
Check out this story of adaptation highlighting Omar's move to the US.

School & Community
THE ANCHOR

BARBARA LAFEMINA: A PILLAR OF HEN HUD

By HAYDEN BOUZA

WESTCHESTER, New York -- After 24 years of working in the district, or as some might say, being a community mom, Barbara LaFemina received two awards for being a Hero in Education: one from Senator Shelley B. Mayer and the other from the Westchester-East Putnam Region PTSA.

Mrs. LaFemina has been a staple member of Hud Hud and the surrounding community for over 20 years. Growing up in Yonkers and attending Roosevelt High School, LaFemina enrolled in the Berkeley College of Business. After graduating and receiving her degree, she worked for a machinery business in Scarsdale. Mrs. LaFemina also found love in the years following. She married her now husband and had two boys: Steven and David. Shortly after her boys were born, LaFemina made the decision to stay home to raise them while they were young. This commitment continued when her youngest started first grade at Buchanan-Verplanck Elementary, and she made the transition from home to working in the school to stay close and continue to aid in the development of her children. She worked in the building for 20 years, specializing in the reading department and as a teaching assistant in second grade.

While Mrs. LaFemina loved the time she spent there, she needed a change and transitioned to the high school about four years ago. She is employed at Hen Hud as a Teaching Assistant, but her job

"It's very fulfilling, and I love working with the students... I love helping people, that's how I was raised."

Barbara LaFemina
Hen Hud Teaching Assistant

description extends far beyond what the title suggests. Barb spends her days at the high school assisting students every period of the day, whether it is for help on an assignment, or comfort on a hard day.

Each student she works with, and even those she doesn't, appreciate and love LaFemina and her warmth. "No one has as big of a heart as Barbara LaFemina," Amelia MacNeil, a student of Mrs. LaFemina, expressed. "She's truly a second mother to all of the students."

In addition to working one-on-one with the students, she is constantly communicating with the teachers to help them in whatever way possible.

Beyond being in constant communication with teachers, Barb connects with parents as well, all made possible by her residence within the close-knit community. "I live in the community, I love the community, and I know all the parents." By being in contact with the parents, her influence reaches beyond the walls of the school.

The incredible effect LaFemina has had on the students at the school is beyond admirable. Just last year, ten students who were at risk of being unable to graduate due to their academic performances were able to do so with the help of Mrs. LaFemina. When asked how she managed to do it, she responded warmly with a famous Barb smile and said, "All you need is encouragement."

LaFemina's warm, approachable personality makes her the perfect person for her job, and her overflowing positivity is what puts her above and beyond. "I absolutely love this job," Mrs. LaFemina stated, emphasizing her embodiment of the common saying, "If you love what you do, you'll never work a day in your life." There is no one more deserving of these awards, and our community could not be prouder of our incredible hero in education.



HAYDEN BOUZA FOR THE ANCHOR

Barbara LaFemina with her award certificate.

Chess Club: Back from COVID

By BIXBY PICCOLO-HILL

MONTROSE, New York -- Like many other clubs and activities, Chess Club disappeared into the fog of COVID in early 2020. After the club advisor, Mr. Small, retired at the end of the 2020-2021 school year, the program closed down. This year, that changed when Tony Mills and Bixby Piccolo Hill set out to resurrect the club.

The first item of business was to acquire a club advisor, ideally someone with plenty of time on their hands. Naturally, we chose the overworked yet constantly willing Mr. Lupien, already the head of two clubs. The paperwork was submitted around the second week of the school year, and with the club application form on its way to the district office, all that was left to do was wait.

Once the club was approved, the next order of business was attracting players. The hope was to create a relaxed, friendly environment for students to come in, get a board, and play with a friend.

Meetings are every Monday from after school up until three and no commitment is required. Anyone can come to just stay a while and play a match. We have some regular attendees who can offer a decent match for experienced players, while also teaching those with little to no chess experience. Chess Club meetings are overseen by Mr. Lupien every other week, but when he's not available, the presidents of the club run the meetings.

Although we started with only a few attendees, our meetings now garner a regular crowd of ten or more. Chess Club is a great place to hang out to either watch or play a match, so feel free to drop by anytime you like to see what's up!



BIXBY PICCOLO-HILL FOR THE ANCHOR

Mamma Mia

A Story of Sisterhood

CONTINUED FROM FRONT PAGE

and many people, namely women, in her life that will support her no matter what she chooses to do. Whether it's getting married to Sky, her finances, focusing on exploring herself, or traveling the world, Sophie is supported and loved.

Donna and Sophie are essentially mirrors of each other. Donna was not given chances and opportunities like the ones she gives to her daughter. She was pregnant and kicked out by her own unsupportive family, but still able to start and run a successful business. She fights against her family's lack of support by giving Sophie the life she always wanted. They both have deep, female friendships, and a young Donna and her friends is demonstrated through Sophie and her own friends.

At no point in the show are the three potential father's of Sophie treated as something shameful. It is merely something that happened as a part of Donna's spirited youth. Sophie focuses on finding her true father, rather than the circumstances that led to her having three potential fathers. In the end, when (SPOILER) Sophie chooses to have Donna walk her down the aisle rather than one of the men, Sophie goes against the traditional idea of family. Her family, rather than being a father and mother, is made up of those who love her. Whether it be her dear mom, Rosie or Tanya, one of her fathers, or her own close friends, she has people who support and love her through thick and thin.

Throughout this musical, Donna and Sophie show in their love for each other that feminist writing can be found anywhere.



PHOTO CREDIT: HENNEPIN THEATER TRUST

Lights, Camera, Action?

Cortlandt Theater to Remain Open for the Time Being

By SARAH NABI

MOHEGAN LAKE, New York -- There has been much confusion over the situation surrounding the local Regal UA theater in the Cortlandt Town Center, as it was slated to close along with 38 other Regal locations. To clear that confusion, new developments by Regal and associated companies mean that the theater is not to close for the foreseeable future. Locals have been preemptively mourning the closing of the beloved theater for many weeks now as it was expected to close sometime in early February of this year. However, it is now late-March and the theater has yet to show signs of closing or stop posting show times on their website.

Regal Cinemas is owned by Cineworld, the second largest theater company in America, who unfortunately was forced to file for bankruptcy due to huge losses in revenue and increases of debt as a result of the COVID pandemic. Due to this, the company had to close 39 of their theaters down and planned to begin closings in late January, and early February. The list included theaters in Buffalo, Ithaca, Rochester, New York, and Williamsville, and Cortlandt.

According to court documents filed in the US Bankruptcy Court for the Southern District of Texas, 30 theaters have been removed from the list of locations to be closed. Instead, Cineworld is attempting to negotiate with landlords to try and keep them permanently open. This means that these theaters, including the theater at Cortlandt Town Center, will remain open for some time.

According to the filing, Cineworld can still authorize a lease rejection for any of the 30 removed locations "at a later date," according to the Yorktown Daily Voice, which leaves the future of Cortlandt Town Center's theater uncertain. Still, this means that locals will be able to take in a movie without driving thirty minutes, and hopefully will be able to do so for a long time.



PHOTO CREDIT: GOOGLE MAPS

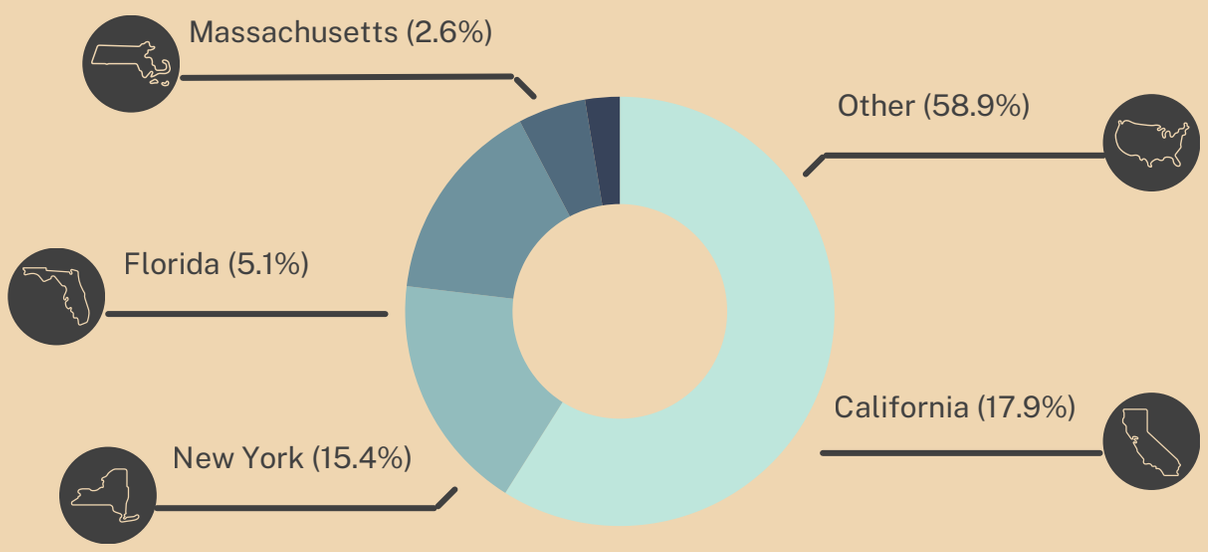
CORTLANDT TOWN CENTER

Regal Cinema

Cineworld's bankruptcy claims initially led to the proposed closings of Regal Cinemas across the country.

NATIONWIDE

Regal Cinema theaters across the country originally slated to close.



CLOSURES

Regal planned closing theaters at various locations.

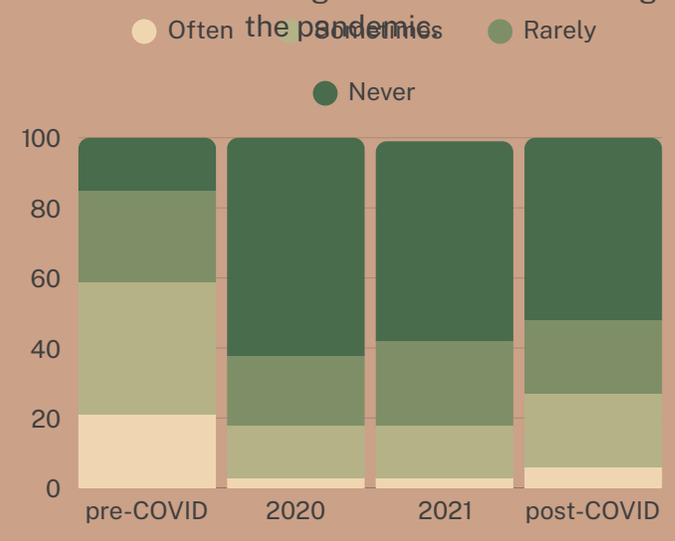


39

LOCATIONS

POPULARITY

Moviegoers were surveyed on how often they go to the theaters through different times during the pandemic.



LOSSES

The COVID-19 pandemic led to losses for theaters everywhere. Revenue has decreased with the increase of streaming services.



General Revenue (1 = 1 billion)

2019

2022

General Losses (1 = 100 million)

2020

2022

QUINN MULLER FOR THE ANCHOR

Hen Hud's Annual Senior Class Fashion Show Returns with a Bang

CONTINUED FROM FRONT PAGE

advised by Mr. Lupien, on Thursday, January 26th. Students signed up to model, photograph, DJ, and more. Senior models were also allowed to stylize free outfits, funded by the PTSA, with the help of Hen Hud art teacher, Mrs. Nash. The weeks following the initial interest meeting were filled with a sort of dry spell, until about three weeks before the show. All senior models had to schedule fitting appointments with the Fashion Committee, where they tried on and picked various outfits for their respective segments.

With the help of the PTSA, students obtained all of their outfits from their own closets, from donations from local stores, and from the wardrobes of the volunteering PTSA members. Diane Weidenbaum headed much of the fashion decisions, being so generous as to host fittings out of her house. All of the members of the PTSA were largely communicative with the senior class, and the entire event wouldn't have been able to function without their help. Many came to volunteer in several ways, with some selling tickets, organizing the raffles, and others helping students get ready for their segments.

The day prior to the show, all seniors involved in the presentation attended a practice session immediately after school in the cafeteria. The PTSA addressed any problems that arose during the week and directed students through the next night's events. Long lines were seen throughout the hour-long rehearsal as students piled on to strut down the runway and pose with their friends. The highlight of the meeting was the release of partners for the Prom segment. The talk of the day was who was walking with whom and the chaos of switching partners and poses ensued.

The night of the show, seniors arrived at the school at 4:15 to prepare for the show. The halls by the gym were filled with models practicing poses and walks, picking partners, and talking about their outfits. Once everyone went out to practice their walks on the night's stage, everyone was sent to the cafeteria for a pizza dinner in the cafeteria, courtesy of the PTSA.

Models then started the exhilarating process of getting ready. The nearly two hour period resembled every teen makeover movie montage: clothes strewn everywhere, makeup transformations, music blaring, and last minute outfit alterations. High end jewelry was given out to models, while other accessories were laid out in the science wing hallway for models to wear.

Excitement loomed in every corner, but once it was time to go on, everything seemed to calm down. Students lined up for the first segment, *The Breakfast Club*, in '80s inspired school outfits. First out in the show were Michael Gagliardi and Alec Tangredi, who started off the show with a successful bottle-flip trick that was practiced for a solid half hour prior to their debut. The rest of the models followed, showing off quirky dance moves, confident struts, and several creative handshakes. Fake photos were taken by the models of their companions, and a number of seniors were carried all the way down the runway.

The Class of 2023 set a creative precedent for the recently returned Senior Fashion Show, with on point looks, and an unmatched energy that anyone in the audience could notice. Good luck Class of '24.

Full-color fashion show photos on page 11.



MR. FREDMAN FOR THE ANCHOR

BAM! A Music Sensation, Ear Invasion, Rockin' Revelation That's Sweepin' the Nation

By ELAINE CLARKE

MONTROSE, New York -- BAM, aka Band of Ambitious Musicians, is a rocking music club here at Hendrick Hudson. At BAM, students are able to write music, play one of the many instruments offered (such as guitar, bass, keyboard, and drums), and just jam! The club is run by Bradley Fredman, one of the gym teachers at our school.

Fredman was inspired by a music program in a previous school he had worked in, Hawthorne Country Day School, to start his own music-focused club here at Hendrick Hudson. He wanted a space at our school where students could pursue their own musical interests outside the traditional music classes offered here. The goal of BAM, Fredman says, is to foster a musician's unique connection with their instrument and give students an outlet to express their musical passions.

When Fredman first started the club in 2012, he simply put up flyers around the school and many students flocked to the first meeting.

"The first year I had so many musicians," Fredman stated in an interview, "like- 25 ... We had every genre."

Mr. Fredman

The club at the time had two full metal bands as well as numerous other genres like folk, jazz, or acapella. That year, the club was able to create their own album that every student collaborated on with around 20 songs.

Today, students in BAM still love the club and the musical opportunities it provides them.

Mia O'Malley, a junior at Hen Hud, finds BAM to be a comfortable environment that gives her a great outlet to express herself through music. Eloise Dyer, a junior, believes that the best part of BAM is the people, stating, "My favorite part of BAM is the fantastic people I get to see and how I get to learn so much from their incredible minds."

BAM club is all about flexibility and so when it comes to a meeting schedule, there isn't one. If you are interested in participating in BAM, all you have to do is email Mr. Bradley Fredman (bradley.fredman@henhudschools.org) to see what day works best. If you are interested in jamming, grooving, and having a good time, BAM is the place for you.

Don't forget to follow the 'bamstagram': @henhudbamgram



MR. FREDMAN FOR THE ANCHOR

Hen Hud's Fit of the Season

By QUINN MULLER

MONTROSE, New York -- Every week, the student body votes on the best fits worn at Hendrick Hudson. The winners are put into a pool for Fit of the Season. Here are your nominees:



QUINN MULLER FOR THE ANCHOR

1/03-01/08: Rexx Kohan stood out this week with his Mets inspired look. The fit consisted of a black, long-sleeved top reading QUEENS in classic Mets colors, royal blue and bright orange. On the bottom, he wore a pair of black cargo pants with a subtle orange and blue tab below the waist. The best part of the look has to be how Rexx accessorized it. A simple chain was added, as well as a pair of blocky black sunglasses. Some contrast was added with a pair of white Adidas Originals XPLRs. The highlight accessory is Rexx's bag. Crafted by his older brother Ben, the bag has a bright orange strap, and is composed of deep blue leather with a Mets patch front and center.

01/09-01/17: Mohamed Mbareck caught our eyes this week with his bright blue dress pants. The pants were contrasted with a deep brown belt. Blue elements continued down to his sneakers and details on his button down. The fit was toned down by a short-sleeve, neutral-colored button down. The top was decorated with a natural print in blue, brown, forest green, and pale purple. Put together, the fit gives an air of professionalism while still maintaining a stylish flair.



QUINN MULLER FOR THE ANCHOR



VERA MONTALBANO FOR THE ANCHOR

01/18-01/22: Lamar Gill showed off a matching set in red and white. The set was a pair of matching sweats with a splatter pattern. The look incorporated white and coral colored splatters on a deep red fabric. The outfit was from Under Armour, specifically a hoodie over sweats. The look was accessorized with a pair of basic black leather sneakers.



VERA MONTALBANO FOR THE ANCHOR

01/30-02/05: Victor Delgado sported a baggy-styled outfit, representative of casual streetwear. On the top, he wore an oversized, cream-colored t-shirt that peeked out from under an oversized, pale blue Lacoste V-neck sweater. This paired nicely with a pair of tan, loose-style cargo pants that complemented the color of his top. Victor sported a classic pair of Chuck Taylors, high tops that were partially covered by the bottom hem of his cargos. The color scheme adds a subtle pop to a seemingly neutral outfit, adding some personality to his outfit.



MADDIE FIGUEROA FOR THE ANCHOR

02/06-02/12: Valentina stayed on trend with an oversize-styled outfit, representative of casual streetwear. On the top, she wore a black and red striped, baggy sweater, hinting at some '90s flair. The oversized silhouette was carried throughout, seen with her wide fit black jeans and Air Force 1s. The muted, dark colors paired nicely in a grungy winter fit. The look was subtly accessorized with a simple necklace with a round, golden pendant.

02/13-02/19: Owen won with a simple, slightly oversized black t-shirt. This was matched over trendy navy cargo pants. The shoe game was kept simple with a pair of plain black Nikes. In a very current style, Owen also matched his headphones, an accessory on the rise, to his t-shirt, black on black. Though it is a simple fit, it was very well received by the student body, representative of popular teen trends.



PASQUALINO CARBONE FOR THE ANCHOR

Hen Hud had some amazing wardrobes this season, but we'd like to congratulate the winner for Fit of the Season: Mohamed Mbareck. Keep serving great fits!

To submit photos for the Fit of the Week, DM us on Instagram @henhudanchor, or contact any of our photographers: Maddie Figueroa, Vera Montalbano, Sam Gatto, Hayden Bouza, and Pasqualino Carbone.

Student Spotlight: Omar Saleh

By QUINN MULLER

MONTROSE, New York -- Hendrick Hudson High School is home to students from all walks of life, and Omar Saleh is the perfect example of this. Omar, a senior originally from Yemen, aspires to take on the digital world, intending to pursue a career in Computer Science.

Omar is extremely vocal about his love for technology, promoting Hen Hud's STEAM Day to anyone who will listen. STEAM Day was held on March 25th in the cafeteria, where people presented their club's achievements as a showcase to promote public funding. The public got to see how innovation has followed students from the early ages of school through the assistive implementation of technology. Omar's role in the event was to interview guests. With the help of Mrs. Vineetha Joy--the district's Director of Technology-- and the STEAM Club, advised by Mr. Zollner, Omar acquired a green screen to present a newscast-esque interview segment.

Omar's expertise in all things technological will allow him to film and edit the videos from this presentation. Omar uses these complex interfaces, including Adobe After Effects and Sony VEGAS, for both personal and professional projects, including ones like the STEAM event.

Omar's start to technology began at just nine years old. He grew up watching his uncle back in Yemen using 3D modeling for animation and was instantly fascinated by the technology. While he cites this uncle as an inspiration for his interests now, he has yet to see him since he first moved to the United States.



OMAR SALEH FOR THE ANCHOR

Omar first moved to the US back in 2016, and has yet to return. His journey to the States is one that many might not know. Omar grew up in Ussum, Yemen before taking this extensive move to the states. The move was for the same reason many immigrants do: for opportunity. The trip took eighteen days. The first step was the bus to get to the coast of the Red Sea. Seemingly enough, that was the easy part.

Next, was the boat ride across the Bab-el-Mandeb strait. One boat, two floors, eighteen miles. The trip from Yemen to the African country of Djibouti was highly dangerous, with the boat almost sinking twice. Upon arriving in Djibouti, Omar and his family lived in a hotel for fifteen days. Omar noted that the heat was unbearable, even with his experience in Yemen, where temperatures easily pass 90 degrees on a regular basis. After staying in Djibouti, the Salehs were able to travel from Djibouti Ambouli International Airport to Doha, Qatar by plane on a layover that got them to LaGuardia. The roundabout journey in the Middle East was largely a result of a lack of an airport, as Yemen's only airport had been bombed, and was no longer in use.

Upon arriving in the States, Omar soon began attending sixth grade at Blue Mountain Middle School. The struggle was immediate, with the language barrier posing a serious boundary. The immersion quickly helped Omar learn the English language, and gave him his good friend Mohamed Mbareck, who knew some Arabic and was able to help.

"I was born and raised in Yemen. We're a wartorn country. I saw airplane strikes. Thankfully they weren't dangerous to me, but it's something I'll never forget."

Omar Saleh
Senior at Hendrick Hudson High School

The American high school experience has been a notable one for Omar. He won Homecoming Court in both freshman and junior year. Many claim he would have won all four years if it weren't for COVID's forced hiatus, and the recent end to the tradition. Even now, Omar has found his way at Hen Hud, and in Westchester. He is very involved in school events and club activities, and even works at Buchanan's local deli, Da-Ro's, which is owned by his father.

Omar remarked on some notable changes from his experiences in schooling from Yemen to the States. He describes the drastic change as a sort of culture shock. Back in Yemen, you were physically punished if you fooled around in class or if you didn't do well. Once that fear was gone, thanks to the American educational system, he realized how unmotivated he had become. Omar soon realized he still had to work hard, and finding that motivation, without the threat of physical consequence, was difficult. Omar recommends that anyone who is feeling unmotivated--which many of his fellow seniors can likely relate to–need to "change their perspective, and see things as a challenge for themselves."

Omar has taken this advice and has built himself up from his lackadaisical days at Blue Mountain. Now, Omar plans to go to college, majoring in Computer Programming and Mathematics, and start his own company to program computers. He is not yet sure of where he will go, but he's leaning towards local options: Pace University, in Pleasantville and Mercy College, in Dobbs Ferry.

Omar's journey from the war-torn Middle East to the US has presented him with the sought out American Dream of opportunity, that he's taken advantage of to the fullest extent. His future is without a doubt bright, and his innovative tendencies are sure to take him further than he ever could have imagined.

Club Spotlight: Hen Hud's Mock Trial Team Ready to Start their Season Strong

By CASTALIA LITOS

MONTROSE, New York -- One of the high school's newest extracurriculars, Mock Trial Club, hopes to inspire students in the world of law and civics in a laid back, exciting environment, and involves dedicated, hardworking students putting their heads together on simulated trials and cases.

The club was started last year by Chantal Fernandez-Tineo, now a senior, who was interested in bringing Mock Trial to the school. Chantal remarks, "Last year we built a strong sense of community not only within ourselves as students but our advisors as well."

While the club does focus on shadowing the roles of an attorney, jury, and additional components of a real-life trial, the collaborative aspects are not pushed aside. Just as a real law team would, the Mock Trial Club works long, hard hours together, and the time spent working is also time spent bonding and creating new friendships.

"A lot of late night pizza," said Mrs. Cabral Marrero, the club's advisor, when asked about these long hours spent in the weeks before the competitions. Mrs. Cabral Marrero was ecstatic when approached by Chantal last year about starting the club. An attorney herself, she doubles the role of both the advisor and the expert in the field.

"I hope the club will help students build their inner confidence and show them that academic clubs can be fun and aren't nerdy or boring but something you can take pride in."

Chantal Fernandez-Tineo
Mock Trial Club founder

The club hosts several different types of students: those interested in law take on the more technical roles, those hoping to just sit and watch occupy jobs like timekeeper, and then there are the actors. The trial is completely covered, therefore all the roles, like the jury and witnesses, are played by students. With this year's fall play canceled, Mock Trial offered an opportunity to have the actor's showcase their talents in a different medium.

Mock Trial meets on Mondays, and is always looking for new members. Earlier in the year, the club received the topic of the trial, a Ponzi-scheme case on security fraud, where new members joined the club as the competition approached.

A club focused on "helping students build their inner confidence, cooperation and responsibility" is a recipe for success, and Mock Trial has certainly mastered these qualities. Join Mock Trial and stay updated on what fellow peers are achieving in this inspiring club.

For more information on the club and the details, reach out to Linda Cabral Marrero or Chantal Fernandez-Tineo.



PASQUALINO CARBONE VIA HAYDEN BOUZA FOR THE ANCHOR

The Mock Trial team on their way to their first competition against Eastchester High School at the White Plains Courthouse.

MUSIC IS ALL OF
MARCH IS
MUSIC IN OUR SCHOOLS MONTH®
name

JOIN HEN HUD'S CHESS CLUB TODAY

ALL ARE WELCOME

PLAY CHESS AT MEETINGS EVERY MONDAY IN ROOM 126

REACH OUT TO BIXBY PICCOLO-HILL, TONY MILLS, OR RYAN LEE OR DM @HENHUDCHESSCLUB FOR MORE INFORMATION

Current Events

THE ANCHOR

DEVASTATING EARTHQUAKE HITS TURKEY AND SYRIA

By FRANCISCO AGUIRRE-GHISO

GAZIANTEP, Turkye -- One of the 21st century's strongest earthquakes hit Turkey and parts of Northern Syria about a week ago, causing extensive devastation in an area already scarred by war and turmoil. It was a staggering 7.8 on the Richter scale. Poor infrastructure, especially in apartment buildings, as well as inadequate federal aid and lack of resources, have led to a staggering death toll of 40,000 in just over a week.

In both Syria and Turkey, humanitarian crises have emerged due to millions of people becoming displaced by the destruction of the quakes. At least a million people have been left homeless by the earthquake. Furthermore, UNICEF stated that an estimated 4.6 million children live in the affected regions of Turkey, as well as another estimated 2.5 million children in Syria. These children are in need of urgent humanitarian aid.

Although both countries faced a lack of resources for rescuers trying to save people trapped underneath the rubble, Syria's upended government and history of conflict with neighboring countries like Turkey made it difficult for aid to arrive in time. In natural disasters, time is of the utmost importance when trying to save people, and in Syria's case, the international response was simply not fast enough. In a joint statement from 35 international and Syrian aid groups, it was stated that only 5 percent of the affected area could be searched for survivors, since the rescuers were left with no additional equipment to help find survivors. This means that 95 percent of the affected area, full of potential survivors, was left unsurveyed by rescuers. The death toll in Syria could be much higher than estimated right now.

Many contractors have been arrested throughout Turkey in relation to collapsed buildings that should have withstood the quakes, but fell due to shabby construction and violation of building codes. Turkey's justice minister, Bekir Bozdag, stated on Sunday that lawsuits would be filed to about 130 people over these issues.

Not all is bleak though– miraculous rescues, like the one of two brothers trapped under rubble for 200 hours, have occurred multiple times in Turkey. The UN announced a $397 million humanitarian aid package for Syria, and it has been reported that a similar package is in the works for Turkey. International aid reached Syria from Saudi Arabia, where a plane carrying 35 tons of food and resources landed at Aleppo International Airport. Stories of hope and perseverance shine on through one of the world's worst natural disaster crises in the last 10 years.

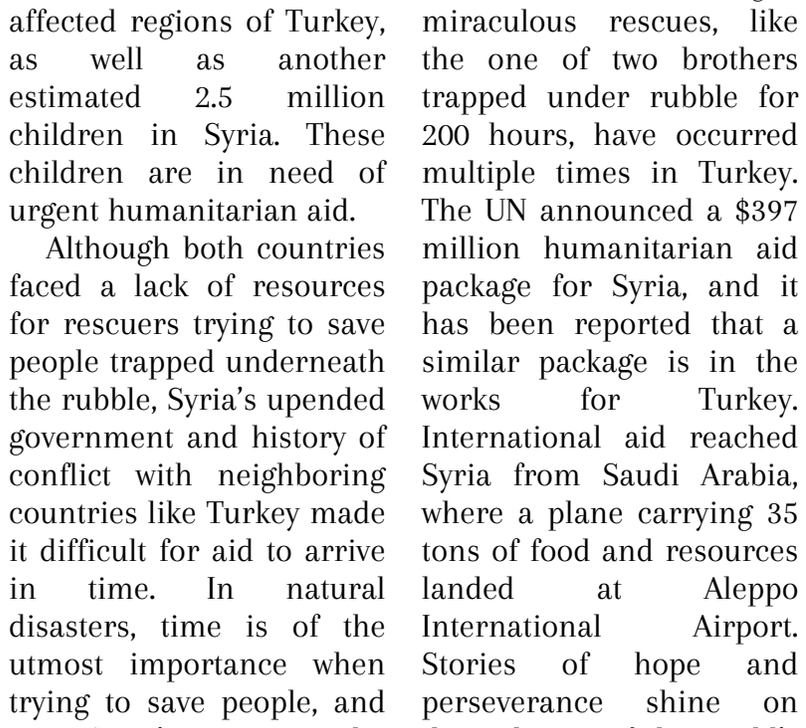


PHOTO CREDIT: THE ECONOMIST

A man sits among the wreckage caused by the 7.8 magnitude earthquake.



SERGEY PONOMAREV FOR THE NEW YORK TIMES

Destruction caused by the quake in Kahramanmaras, Turkey.

Biden's Surprise Visit to Ukraine

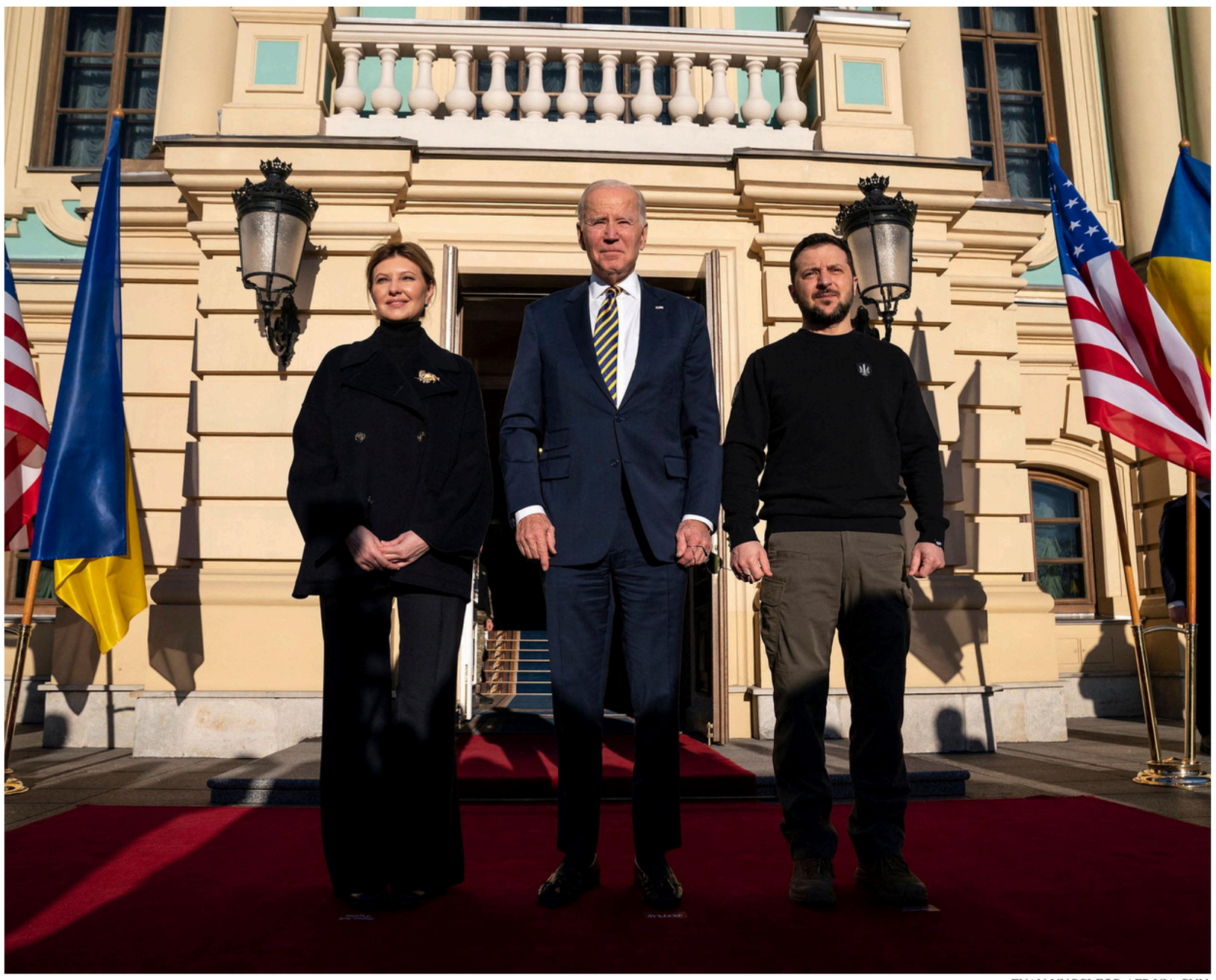
By ELAINE CLARKE

KYIV, Ukraine -- On February 20th, President Joe Biden made a surprise visit to the Ukrainian capital Kyiv to meet with President Volodymyr Zelenskyy. The symbolic trip continues the American support of Ukraine in the Russian-Ukrainian conflict.

This visit was done with extreme secrecy, only allowing a small team of his closest aides, medical, and security officers to travel with him. The official White House schedule was inaccurate to his actual visit, with the itinerary showing different information than what actually happened. Only two journalists were allowed to travel with the President, however they were not permitted to report on the visit until after the President arrived in the capital. Russia was notified of this visit for deconfliction purposes.

However, the trip still stands as a symbolic gesture against Russia in the conflict. President Biden spent a 10 hour train ride in order to get to Kyiv, his first visit to the war zone as president. During the trip, both Biden and Zelenskyy laid wreaths to honor soldiers at the Wall of Remembrance amidst air raid sirens.

Biden announced continued assistance of Ukraine during the trip, demonstrating America's determination to stick with Ukraine in this conflict.



EVAN VUCCI FOR AFP VIA CNN

Norfolk Southern Train Derailment in East Palestine, Ohio, Causes Chemical Spill and Fire

On February 3rd, 38 train cars derailed in East Palestine, Ohio, resulting in an inferno and immediate evacuation of the surrounding areas.



GENE J. PUSKAR FOR AP

By AIDAN SCHNEIDER

EAST PALESTINE, Ohio -- On Friday, February 3rd, a freight train operated by Norfolk Southern derailed near the Pennsylvania-Ohio border. Several of the derailed train cars contained hazardous chemicals which spilled into local waterways and raised concerns of an environmental disaster.

Current reports strongly suggest that the derailment was caused by a wheel bearing on the 23rd car that overheated and broke just before 9:00 PM. Sensors alerted the operators that the bearing had reached 253 degrees above the ambient temperature of 10 degrees Fahrenheit, forcing operators to stop the train as per Norfolk Southern guidelines. Upon slowing down, the bearing failed, causing the derailment.

When crews exited the train to assess the situation, they noticed a fire, and alerted authorities. Ultimately, it was discovered that 38 cars had derailed, 11 of which were carrying toxic chemicals. The fires burned for 2 days before crews were able to safely contain the flames. Reports stated that the train was traveling within the speed limit and there was no evidence the crew was at fault.

The event triggered an emergency response from over 70 different authorities from Ohio, West Virginia, and Pennsylvania in an effort to contain the fire and mitigate environmental harm. Most concerning to officials was the possibility of an explosion within 5 intact cars containing vinyl chloride, a carcinogenic and highly flammable gas. The temperature within the tanks began rising as a result of the fire, and a release valve on one of the tanks intended to prevent an explosion malfunctioned.

Norfolk Southern conducted a controlled burn of the vinyl chloride within all 5 cars; a total of 115,580 US gallons were burned. Plumes of black smoke rose above the burn, releasing phosgene and hydrogen chloride (hydrochloric acid) into the atmosphere. Despite air quality reports from the Environmental Protection Agency (EPA) showing no threat to public safety, residents in the surrounding region and counties reported a chemical odor. Evacuated residents were allowed to return on February 8th.

Officials discovered that chemicals carried by the train began to seep into soil and nearby creeks; dams and containment devices were immediately deployed to prevent further leakage. An estimate from the Ohio Department of Natural Resources stated that 43,000 fish and other aquatic animals, including birds, were killed by the pollutants. Testing has demonstrated that drinking water resources remained safe and free of contamination, though residents have remained skeptical with many refusing to consume or use tap water.

Misinformation has spread rapidly on social media outlets, claiming that the federal government has covered-up the accident and many journalists attempting to investigate have been swiftly arrested. Though, one journalist was arrested for trespassing on a government investigation but released promptly.

Social media content has exploded regarding the derailment with videos showing alleged unsafe tap water and acid rain falling across the Northeast. These claims have been debunked by numerous reports. The EPA has stated

Norfolk Southern was ordered by the EPA to clean the contaminated soil and water and pay for resources used to assist in protection efforts.

that the company may be fined $70,000 per day if the clean-up is found to be subpar. The company pledged $2.5 million to the clean-up effort, though critics have claimed that the scale of the damage has yet to come to fruition. Extensive litigation is expected towards Norfolk Southern as lawsuits continue to pile up as several class action lawsuits have been filed by surrounding residents, seeking reparations for costs associated with evacuation and claimed health issues.

Collapse of Silicon Valley Bank

By ZACHARY ZALAMEA

SANTA CLARA, California -- The collapse of the Silicon Valley Bank on March 10 is among the most notable crises in the banking history of America since the global recession in 2008, when Lehman Brothers, a financial services firm and the fourth-largest investment bank in the United States filed for bankruptcy. Silicon Valley Bank's business focused largely on US technology startups. Established four decades ago, its clients included brands such as Shopify, ZipRecruiter, and Andreessen Horowitz--a venture capital firm. The California Department of Financial Protection and Innovation closed Silicon Valley Bank headquarters in Santa Clara, California.

During the COVID-19 pandemic, there was a surge in the deposits from tech companies who profited from providing delivery services and entertainment to people at home. Silicon Valley Bank invested much of their cash deposits in US government bonds-traditionally considered to be one of the safest types of investment. Their troubles started last year when the US Federal Reserve started raising interest rates due to soaring inflation which caused the value of the bonds to fall. It's the latest way the interest rates have hit the tech sector. Tech companies and the ecosystem created are highly sensitive to increases in interest rates because many of the startup companies operate on high levels of debt.

As the economic conditions for the tech sector became more confined following the pandemic crisis, many of Silicon Valley Bank's customers began to withdraw their deposits to keep above water. Now short on cash, SVB was forced to sell its bonds at big losses, prompting financial concerns. And within 48 hours, panicked depositors had withdrawn enough funds to cause the bank's collapse. SVB's failure left some tech chief executives tussling to switch banks and exploring options for paying their staff, fearing that they would not be able to access appointed receiver of the bank, which means that the FDIC took control of the their funds at SVB. Since SVB is insured by the Federal Deposit Insurance Corporation (FDIC), the FDIC was appointed as a receiver, meaning it took control of the bank's assets and liabilities. The FDIC transferred all deposits and substantial assets of SVB to a newly created full-service FDIC "bridge bank" to protect all SVB depositors. Depositors have full access to their money and new and existing deposits are all protected. The FDIC is an independent agency created by Congress to maintain stability and public confidence in the nation's financial system. It insures deposits, examines and supervises financial institutions for safety, soundness, and consumer protection; makes large and complex financial institutions resolvable, and manages receiverships. Although SVB is FDIC insured, more than 93% of the $161 billion deposited at SVB is not insured by the FDIC, according to Bloomberg News analysis.



BRITTANY HOSEA-SMALL FOR REUTERS

Outside the **Silicon Valley Bank** headquarters in Santa Clara in California on March 13.

The closure will have further impacts on the tech world and is presenting additional concerns for banks. Wedbush (private investment firm) analyst Dan Ives called it a "nightmare situation". "This will have a massive ripple impact across the tech ecosystem and Silicon Valley private company artery. SVB is a foundational piece of the tech startup community and will have a constrained impact on funding for tech startups going forward," Ives said in an email. Silicon Valley Bank was the largest bank collapse since the 2008 financial crisis and its meltdown drove concerns of a broader decline across the sector.

Deadly Train Accident in Greece Leaves 57 Dead and Communities in Uproar

By AIDAN SCHNEIDER



VAGGELIS KOUSIORAS FOR ASSOCIATED PRESS

On February 28th, a **head-on collision** between a passenger train and a freight train resulted in calls for reform of the decrepit Greek rail transit system and prompted investigation from EU authorities.

TEMPI, Greece -- On Tuesday, February 28th, a passenger train providing service from Athens to Thessaloniki collided with a freight train just before midnight between the towns of Tempi and Evangelismos, killing 57 and injuring 80. The front cars of both trains burst into flames, requiring over 150 fire trucks to quell the inferno. The passenger train, believed to be traveling between 87 and 99 miles per hour, was exiting a tunnel where it was directed onto a track headed towards the freight train traveling in the opposing direction. Passengers in the front three railcars of the passenger train were killed instantly while passengers in rear cars of the train were forced to flee through broken windows.

Investigators have revealed that the passenger train bypassed red signals that indicated the train needed to stop and allow an approaching train to pass. More troubling is that the station manager for the stretch of railroad where the crash occurred admitted to allowing the train to continue despite its failure to stop. Instead, the station manager intended to redirect the passenger train to an adjacent track and allow both trains to continue without disruption. Unfortunately, the switch to redirect the train failed to function at the time of the accident. The operators of both trains were unable to react in time as a result of the dark conditions. The station manager was charged with manslaughter and negligence for failure to properly act.

The accident prompted outrage from railway employees and citizens across Greece. For years, there has been growing concern over the state of Greece's rail system. Train operators have reported an epidemic of failed maintenance and lack-luster safety equipment for decades, so much so that Greece is noted for having the worst railway safety of any European Union country. Implementation of the European Train Control System (a standardized network used to create uniform signaling and equipment requirements between European nations) in Greece has been sluggish as a result of lacking capital investment, and stalled legislation. Equipment required in the European Train Control System would have prevented an accident as such by automatically stopping both trains before the collision. Rail workers across the nation began striking on March 2nd, demanding improved working conditions and the modernization of the rail network. Tens of thousands of protestors took to the streets across Greece to call for reform and greater investment in the Greek rail system. Violence broke out in Athens as citizens hurled stones at riot police, leading to police firing tear gas into crowds.

Greek officials have pledged to modernize the rails system following the accident, planning to request additional funding from the EU to speed-up safety equipment installation. Prime Minister Kyriakos Mitsotakis asked for forgiveness from the nation for the chronic failures of the rail system. The accident comes only two weeks following an inquiry from the European Commission (a branch of the EU government that draws-up and enforces legislation) over Greece's failure to comply with EU rail safety regulations. The commission ordered Greece to immediately act to correct deficiencies within its rail system or face heavy fines. The accident is expected to deepen Greece's conflict with the European Commision and will likely place the nation in European courts.

New Law Bans Plastic Utensils for Takeout in Westchester

By ZACHARY ZALAMEA

WESTCHESTER, New York -- Most people love to eat out. Every restaurant in the city is full of diners. Not only on weekends, but also all throughout the weekdays. They eat out not only in restaurants, but also at food stalls, markets, and food trucks. Many do not feel like cooking, especially coming home from a long hectic day at work. Rather than spending an hour in the kitchen, it's much easier to order food for takeout: where plastic utensils and single-use condiment packets are included with the meals.

New legislation, signed into law by County Executive George Latimer on March 6 after being passed unanimously by the Board of Legislators bans the "giveaway" of plastic utensils and single-condiment plastic packets with the ordered takeout food in Westchester, unless the customer asks for them. This is aimed to reduce the amount of plastic that enters the county's waste stream, according to county officials.

The law summarizes the following: no restaurant can provide single-use utensils or condiment-packets to takeout or dine-in customers unless they are specifically asked for. Further, single-use plastic beverage stirrers or "splash sticks" are no longer allowed, although retail stores can still sell packages of them to customers. In the circumstances that single-use plastic utensils or condiment packets are requested, they must be provided individually and not in a package containing multiple items, so as to reduce more waste. Latimer called the law a "commonsense measure." Officials say the legislation will not only help the environment but also reduce the costs for local businesses.



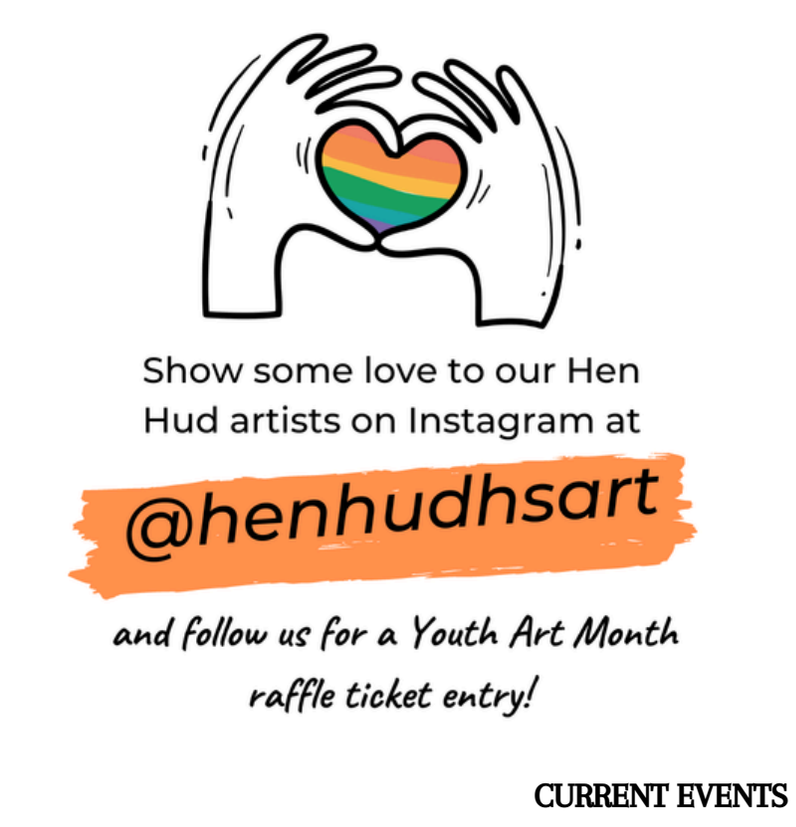
PHOTO CREDIT: SHUTTERSTOCK

"As we have highlighted time and time again, Westchester County is reducing what we are putting into our waste stream...Westchester County is leading the way on reducing waste and I am proud to sign this measure into law."

George Latimer
County Executive of Westchester County

In addition to this new law, Westchester is increasing recycling and reducing waste. While the environmental benefits of waste reduction and recycling are well known, it also makes great sense economically. In 2022, 74,456 tons of curbside recyclables collected by municipalities within the County's Refuse Disposal District were delivered to the Daniel P. Thomas Material Recovery Facility (MRF). Earnings from the sale of these recyclables amounted to $7,006,704.59, a 95% increase from 2020. Aside from strengthening our economy and conserving our natural resources, recycling makes our environment more habitable.





Sailor Snapshots

THE ANCHOR





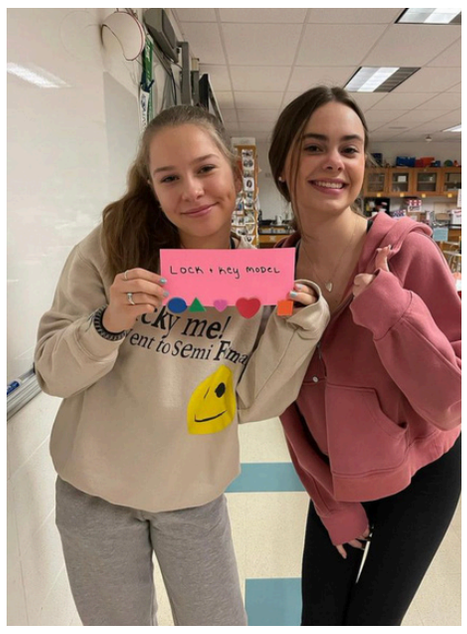






















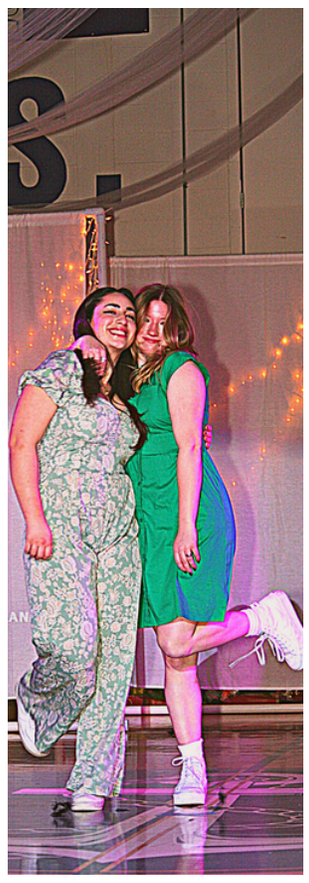


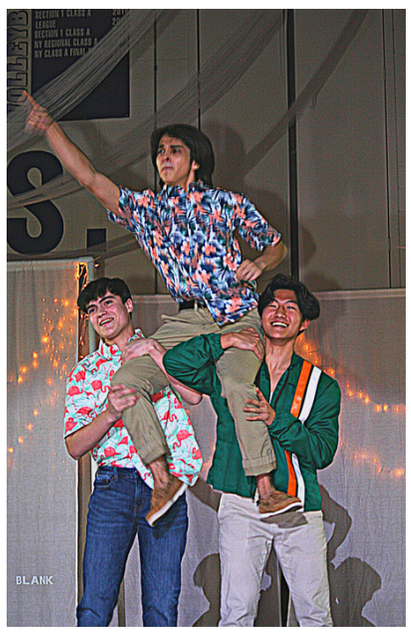


Image credits: Kyle Peske | Hannah Quigley | Jenna DiLoreto
Photos via Instagram: @henhudbiomed | @henhudwrestling | @henhudleos | @henhudhsart | @henhudchessclub | @hhhsxctf | @henhudschools

SENIOR SPOTLIGHT

All photos courtesy of Anthony Ciampi, Jadon Seenjan and Maddie Figueroa







Sports

THE ANCHOR

KYLE PESKE AND MASON DIETZ TAKE HOME BIG WINS AT HISTORIC WRESTLING CHAMPIONSHIP

By FRANCISCO AGUIRRE-GHISO



FRANK BECERRA JR. FOR THE JOURNAL NEWS

MONTROSE, New York -- The Section 1 Division 2 Wrestling Championships were held at Hen Hud on February 11th, where an energetic crowd from all over Westchester came to cheer on the competing athletes. The section title was taken by Nanuet, while second was taken by Pearl River and third was taken by Putnam Valley. Hen Hud made it in fourth, only 4 points behind Putnam (187 to 191).

Kyle Peske and Mason Dietz took home wins for Hen Hud in their respective 189 and 285 pound weight groups. Peske and Dietz both faced Putnam athletes, with Peske defeating Alex Gecaj and Dietz defeating Jason Tesher. Peske was thrilled to win his championship match, stating that he knew he "was gonna work [his] heart out" to win this section title. Dietz dedicated his championship match to his late grandmother, a deep-rooted member of the Hen Hud community. When asked by Lohud what being Section 1 champion meant to him, Dietz responded by saying that, "It means a lot to me, because I lost my grandma over the past year, so this is all for her, and it feels great to be able to win it at home, too."

Coach Shane Turrone saw this championship as a resounding success for Hen Hud. Turrone has been coaching for 7 seasons as head coach, and this is the first year he was able to send 4 athletes to the finals of the sectional tournament. On top of that, Kyle Peske and Mason Deitz were his first two sectional champions as head coach, making this championship "pretty special and something I will always remember." When asked what a sectional championship means for a wrestling team, Coach Turrone stated that "[a] sectional championship is what most wrestlers work for and for us to have two of them this season is fantastic and something we can really build on in the future."

In total, Hen Hud had 15 athletes competing in the section 1 championships, with 10 out of the 15 being place finishers. At 126 lbs freshman Shawn O'mara took 2nd and junior George Wright took 5th. At 138 lbs, junior captain Giovanni Gioio had an upset when he defeated the number 2 seed Grant Kelly from Pleasantville, and rose all the way to the final. He lost to number 1 seed Bobby Hardwick from Nanuet. At 145 lbs, senior captain Kevin Skelly finished his wrestling career with a victory against Putnam Valley's Nick DeMichele to secure 3rd place. At 158 lbs, Ismael Andrade also took 3rd place. 160 lbs Senior Mohamed Mbareck took 6th, 215 lbs sophomore Gabriel Sotomayor placed 5th and lastly 285 Junior David Perez took 5th. 4 Hen Hud students, Shawn O'Mara Jr, Giovanni Gioio, Kyle Peske, and Mason Dietz all earned all-section.

Sectional champions Nanuet had a rocky start, but finished strong in a season that saw them accumulate a total of 269.5 points, the second most in their school's history. The icing on the cake is that this was Nanuet's first sectional team title in ten years, breaking a decade of stagnation for the "Golden Knights."

Putnam Valley coach Will Carano set a historic record by becoming the coach with the most Section 1 champions, surpassing the previous record holder, Joe Amuso Sr. of Fox Lane High School. Carano has now trained 35 Section 1 champs with this championship, edging out Amuso Sr. 's 34 Section 1 champions.



FRANK BECERRA JR. FOR THE JOURNAL NEWS

Science & Technology

THE ANCHOR

OH NO! NO MORE SNOW

CLIMATE CHANGE IN NEW YORK

By ELAINE CLARKE

NEW YORK -- Our globe's climate naturally shifts and changes over time. Earth has gone through periods of freezing cold temperatures or rocky volcanic landscapes that affected temperatures as well as the ecosystems of our past. However, the difference between changes in climate in the past and the ever looming threat of global warming is us.

Humans have rapidly shifted the climate on our planet, causing higher temperatures, rising sea levels and sea temperatures, and more frequent storms. As global emissions and temperatures increase, so

The statewide average temperature has risen by 3° Fahrenheit since 1970, and is projected to rise another 3° by 2080.

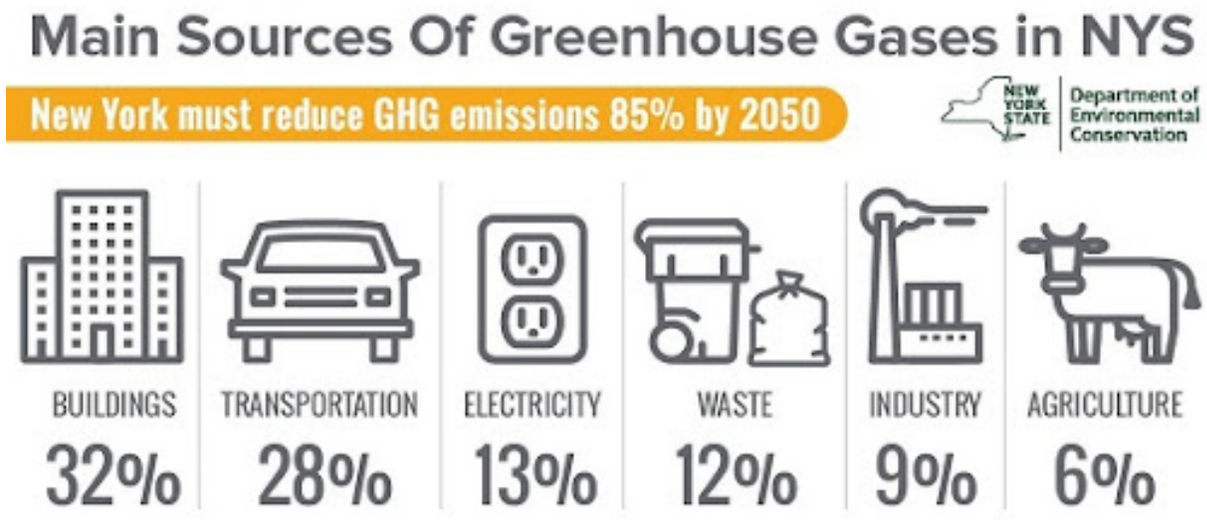
will the impacts of climate change.

As shown in a graph from the New State Summary by the National Oceanic and Atmospheric Administration (NOAA), these impacts can be seen in New York today. This change in temperature has greatly impacted New York's ecosystem, which may no longer be able to support species of plants and animals in New York.

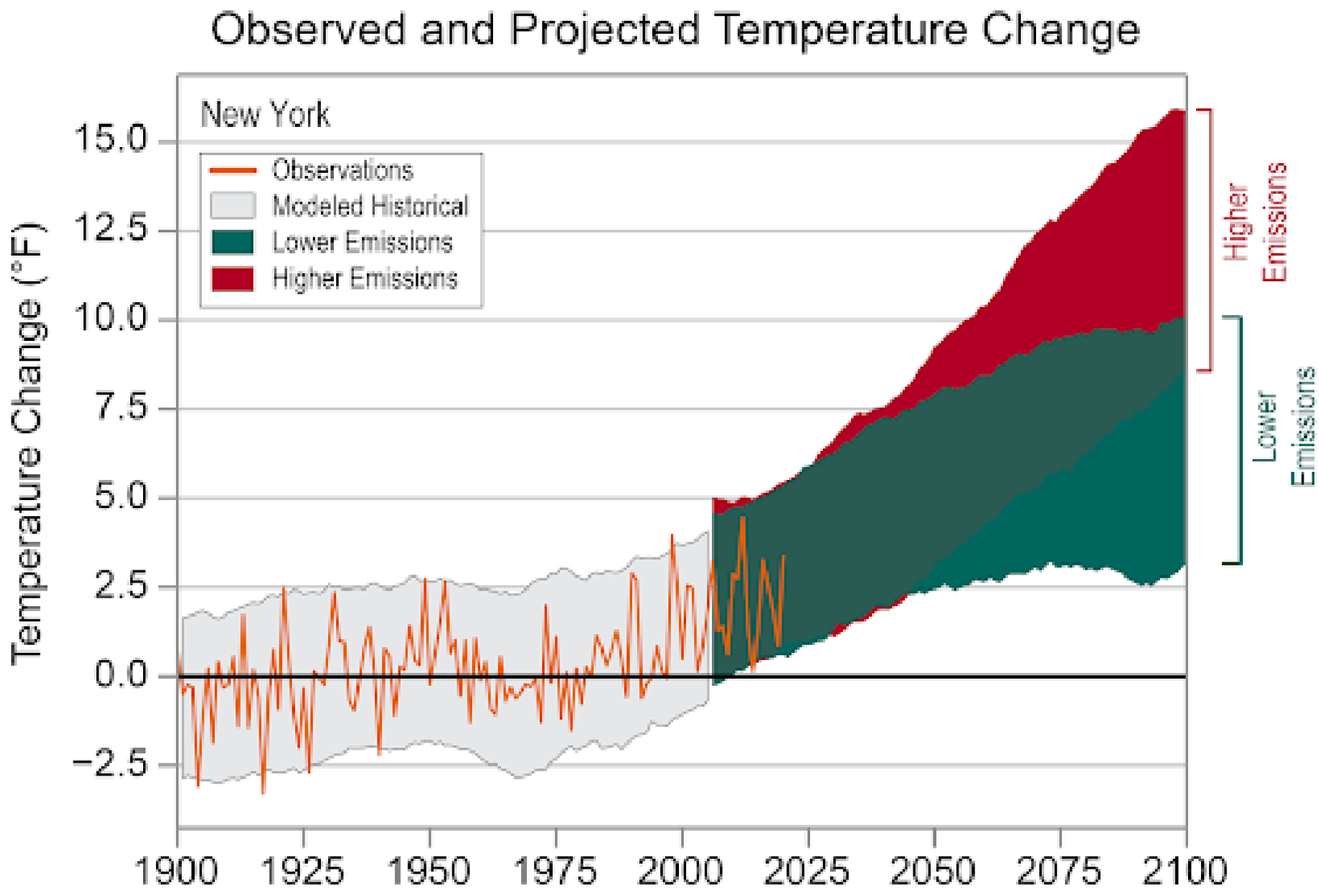
New York winters are beginning to no longer support snowfall, a change that is best demonstrated through the lack of snow days at Hendrick Hudson and surrounding High Schools. Winters in New York have less days below freezing, causing more rain, less snow, and earlier snowmelt. This is seen in graphs below by the NOAA on New York temperature and precipitation. Reduced snow has a great impact on plants that depend on snow for insulation when growing or wildlife that depend on snow for winter.

In order to address the current climate situation reducing and eliminating greenhouse gasses will not be enough. Proper adaptations and resilience measures are important for reducing risks and vulnerabilities caused by our changing temperatures protection during the and ecosystem in New York. By improving our ability to understand and prepare for further impacts due to climate change, the risk of worsening climate impacts in the future is significantly decreased.

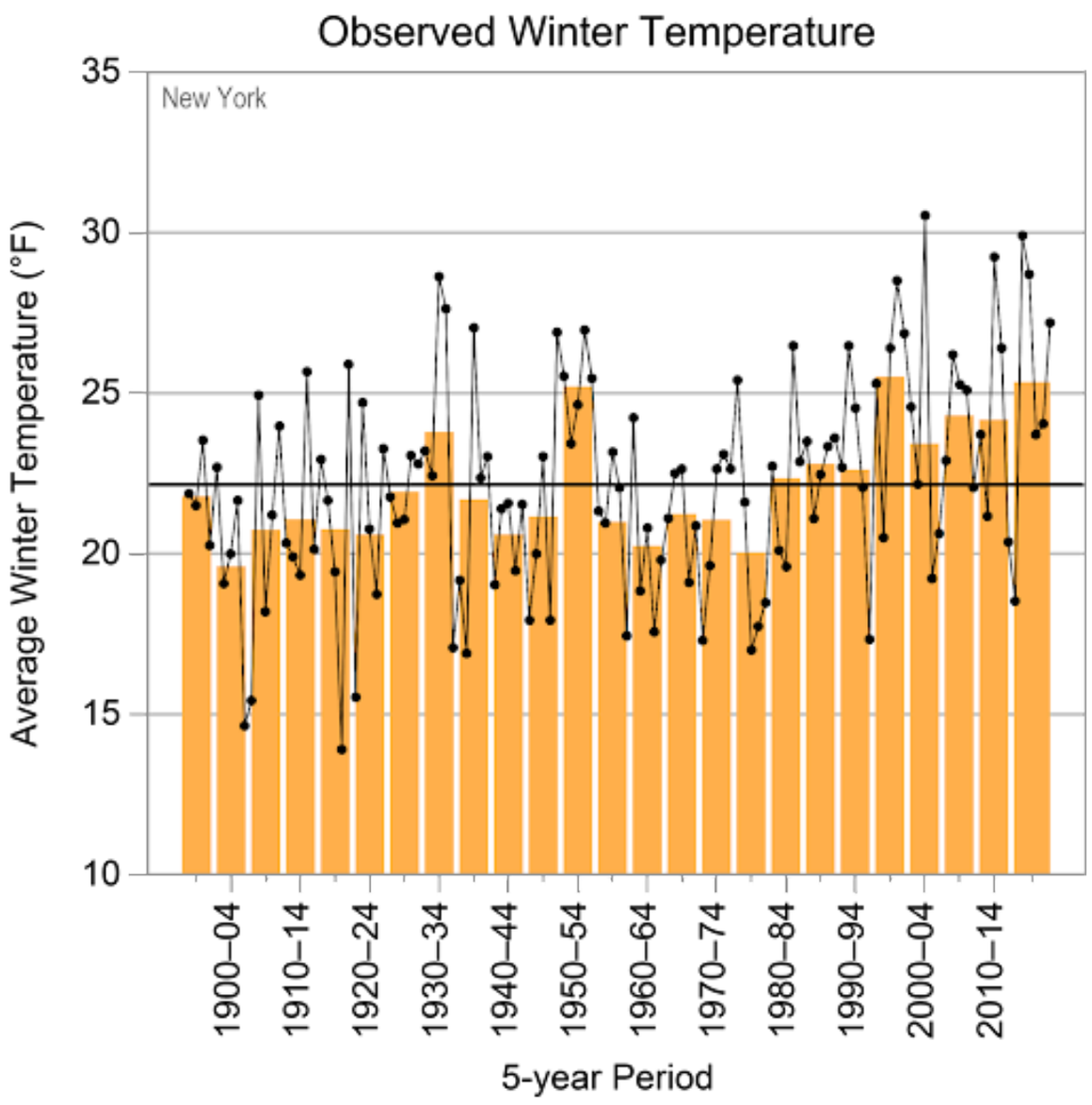
Other measures can be taken locally to reduce your own impact on climate change. Obvious solutions like carpooling or public transportation to reduce your carbon footprint as well as habitually turning off lights and unused electronic devices can help in small ways. However the most vital measure you can take to combat climate change is through voting. By voting in New York state representatives in local or state elections that support green solutions to global warming and our changing climate, you can greatly impact our future.



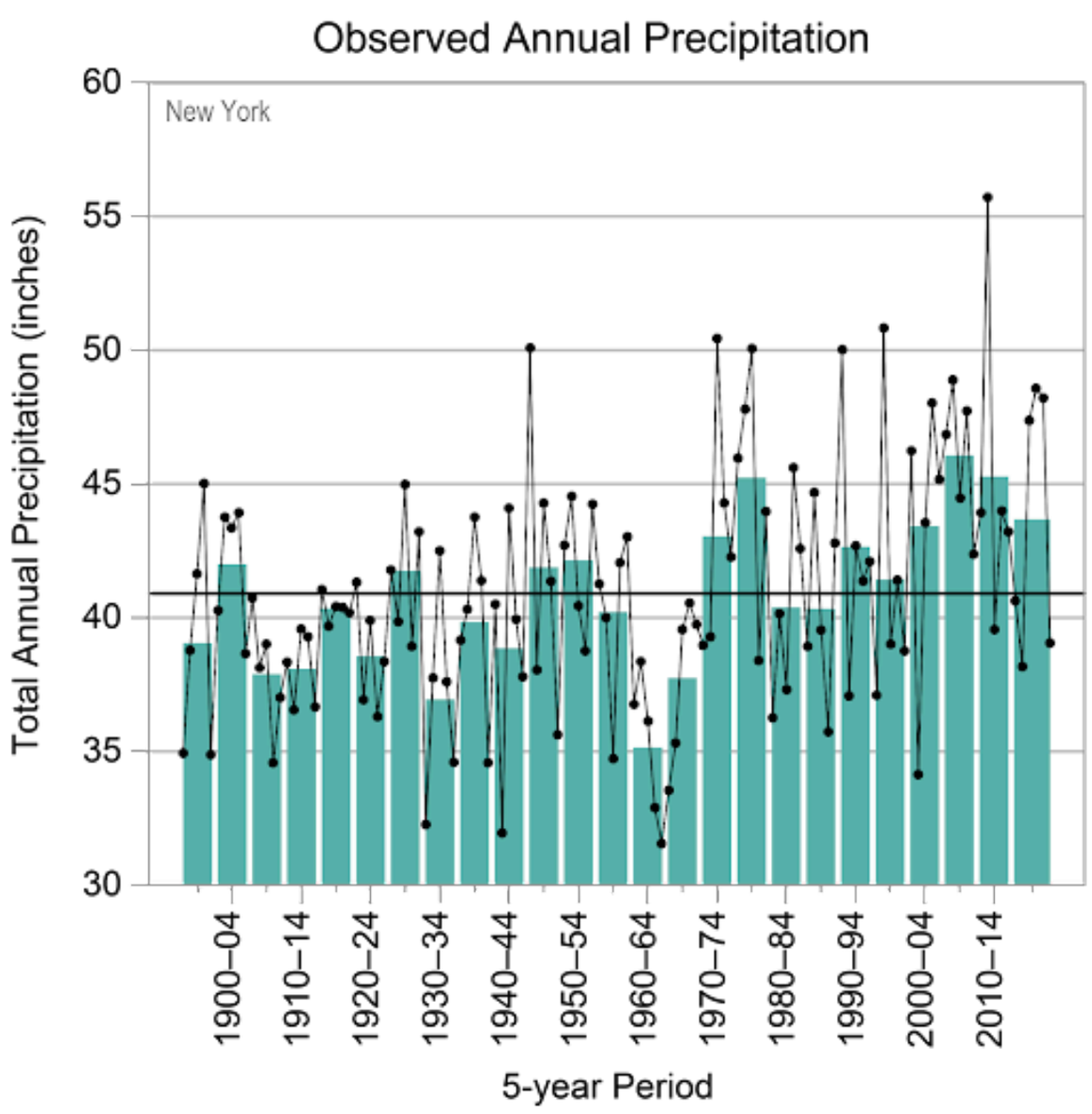
INFOGRAPHIC CREDIT: NEW YORK STATE DEPARTMENT OF ENVIRONMENTAL CONSERVATION



GRAPH CREDIT: NOAA NATIONAL CENTERS FOR ENVIRONMENTAL INFORMATION



GRAPH CREDIT: NOAA NATIONAL CENTERS FOR ENVIRONMENTAL INFORMATION



GRAPH CREDIT: NOAA NATIONAL CENTERS FOR ENVIRONMENTAL INFORMATION

Why You Should Play: *Psychonauts 2*

By MAX CANNON

Psychonauts 2 is an action-adventure 3d platformer that was released in the year 2021 by Double Fine Productions. An action-adventure game is normally a fast paced, epic, and storyful game with elements that enhance the intensity of the action you partake in. A 3d (3 dimensional) platformer is a type of game where the player character jumps from one surface to the next with a variety of ways to get there. These two genres collide with a product that has as much merit and enjoyment as *Psychonauts 2*.

Like most sequels to games, *Psychonauts 2* explains what happened in the first game so newcomers can catch-up with the series so far. The simple premise is that you are a 10-year-old boy who works as an intern for the Psychonauts, a group of psychic superspies that have a goal of ridding the world from evil psychic influence. After the effects of the first game, they find out that the villain of the first game, Dr. Loboto, was working for someone else on the inside. Your job is to find out who the mole is and save the world (again). To achieve this goal, you must enlist the aid of other psychics to complete certain areas that you couldn't otherwise, like getting help from a plant expert psychic to clear vines from an important zone or a bee expert to deal with a similar problem with the local insects.

However, team ups aren't the main medium of progression. Throughout the game you will obtain and use psychic powers that aid in combat and platforming. For instance, the ability "Psi-shot" lets you fire a piece of psychokinesis at either enemies for ranged damage or at certain walls to break them mid-air for platforming. The nine abilities that you obtain throughout the game can be equally effective in combat and in platforming and all of them are fun to use. The only exception of usefulness is the ability "Clairvoyance". This ability allows you to see through the eyes of others. The first game uses this ability to acquire access codes and use security cameras to see in the dark whilst the second game only makes it useful with one enemy and one enemy alone.



RJD1922 FOR WIKI FANDOM

On the topic of enemies, there are plenty to fight against. From the flying, weight-carrying "Regrets" to the rapid-moving "panic attacks", the enemies all beautifully depict the issues one would find in their mind. The reason for this is because the minds of others is where the game's levels take place. Once you help the person with their problems whilst in the mindscape, they will aid in your quest in some way. All of the game's levels range from at the least an "eh" to at the most considered "Woah!" with some levels having such an impact that can shape how you see levels and worlds in other games.

On a whole, *Psychonauts* is a unique game that any gamer should try or complete.

Sonic Frontiers Review

By TYLER MCGUIGAN



PHOTO CREDIT: SEGA

With every new *Sonic The Hedgehog* game, the public shows skepticism toward the franchise, since many other entries in the series have received negativity. However, *Sonic Frontiers* is the first Sonic game in a while to defy the skepticism from its predecessors. Everything from the controls, the writing, the open-world, the CyberSpace levels; it's giving people a hard time critiquing it. The story follows Sonic, Tails, and Amy seeking out the Chaos Emeralds, mystical emeralds that are imbued with the power of chaos energy. Unfortunately for our heroes, the evil Dr. Eggman has done something with CyberSpace and has trapped Amy, Tails, and even Knuckles as well.

Sonic is the only one that can move freely in and out of CyberSpace and in doing so he must free his friends, but it's not an easy challenge. Sonic must fight against robotic-like enemies and eventually battle a titan he encounters on each island he goes on.

This is the first open-world Sonic game and a majority of the game will have the player make use of Sonic's movement in the open-world. This is also the second Sonic game to have a combat system. Although it is very basic, it does what it needs to do considering it's Sonic, a franchise marketed towards children. Everything looks outstanding too, this is one of those Sonic games to have little to no glitches, although there may be a little bug at some times this doesn't make the game unplayable. The biggest issue for the game is that some structures are induced by a pop in effect, some may have trouble with this as some structures will not properly load until Sonic collides with said structures, others have not had issues with the effect and can clearly see objects from a distance. Otherwise, this game is extremely consistent, even the soundtrack is phenomenal.

Every piece of music fits so well, from the regular open-world songs to the intense boss battles. Every character feels different from previous entries in a good way and feel like each of these characters have grown and are committed to their change.

For my final verdict, I will give this game a 9/10 as it does what it tries to do very well and only is held back slightly due to some minor technical issues. *Sonic Frontier*s is currently available on Xbox Series X|S, Xbox One, Playstation 4, Playstation 5, Nintendo Switch, and PC.

Eli Lilly Caps Insulin Cost at $35 a Month, Providing Relief for Millions with Type 1 Diabetes

By ZACHARY ZALAMEA

INDIANAPOLIS, Indiana -- After years of pressure, the drug manufacturer Eli Lilly will cap the cost of insulin at $35 a month for most customers in line with a provision in the Inflation Reduction Act of 2022. In January, this act imposed a $35 monthly cap on the out-of-pocket cost of insulin for seniors enrolled in the Medicare program. The Inflation Reduction Act is a landmark United States federal law which aims to curb inflation by reducing the deficit, lowering prescription drug prices, and investing into domestic energy production while promoting clean energy. This includes Humulin and Humalog insulin as part of the program.

President Joe Biden focused on the cost of insulin during his State of the Union speech last month. Insulin manufacturers have been pressured by members of Congress and advocacy groups to lower the cost of this life saving medication for patients with Type 1 Diabetes, also known as Juvenile or Insulin Dependent Diabetes Mellitus: a chronic condition in which the pancreas produces very little insulin or not producing insulin at all. Insulin is a hormone responsible for lowering blood sugar levels. The cost of insulin in the United States is significantly higher compared to the costs in other countries. The Rand Corporation, a public policy think tank, estimated that in 2018, the average list price for one vial of insulin in the United States was $98.70. The US ranks highest on the cost of insulin per country, while the second highest, Chile, prices a vial at $21.48.

"Patients should have a consistent and lower cost experience at the pharmacy counter."

David Ricks
CEO and Chairman of Eli Lilly & Co.

The $35 cap automatically applies to those with private insurances. People without insurance are also eligible as long as they sign up for Eli Lilly's copay assistance program, which began providing insulin to patients for no more than $35 a month in 2020 due to the pandemic, regardless of their insurance statuses.

About 8.4 million people in the United States with diabetes rely on insulin, according to the American Diabetes Association. There are three drug manufacturing companies - Eli Lilly, Novo Nordisk, and Sanofi dominating the insulin market. And 3 out of 10 people with Type 1 Diabetes who are insulin dependent use a product from Eli Lilly according to Kelly Smith, a spokesperson for the company. The move by Eli Lilly which takes place immediately, experts say, could give rise to other insulin makers in the United States to follow suit.

The American Diabetes Association (ADA) applauds Eli Lilly for taking the important step to limit cost-sharing for its insulin and encourages other manufacturers to do the same. The American Diabetes Association is the nation's leading voluntary health organization fighting to bend the curve on diabetes epidemic and help people living with diabetes thrive. For 83 years, the ADA has driven discovery and research to treat, manage, and prevent diabetes while working relentlessly for a cure. Through advocacy, program development, and education ADA aims to improve the quality of life for over 133 million Americans living with diabetes or prediabetes.



PHOTO CREDIT: GETTY IMAGES

Opinions & Editorials

THE ANCHOR

Technology's Impacts on Students

By HAYDEN BOUZA

As the digital age progresses and becomes increasingly integrated into our lives, school systems and students are trying to navigate technology in education. In recent years school systems have integrated technology into their curriculum with mixed results.

When the pandemic hit in 2019, teachers and students adjusted rapidly to an online school system that lasted for two years. When schools transitioned back to in-person learning, many of the technological adaptations carried over. In the past four years, students' daily screen time has tripled, and negative impacts increased alongside it, according to a study by the National Institutes of Health.

Kids' attention and learning abilities are decreasing due to the amount of technology frequently at their fingertips. School is supposed to be a safe learning environment that promotes thoughtful, insightful, and profound thinking and conversations. These conversations and thoughts are cut off and prevented from occurring by way of technology. "Students exist in a bubble, never taking social risks," Mr. James Rogulski, an English teacher at Hendrick Hudson, observes, "students hide in their phones, not socializing– their true reality is now in the digital realm."

Technology in schools has brought on more than just engagement issues. In a study conducted by Microsoft, the average attention span of teens and young adults in the year 2000 was 12 seconds. In 2016, the time was reduced to eight seconds, lower than a goldfish's. The bombardment of images and information from the internet and social media has particularly contributed to this. Making technology so easily accessible to students is only worsening this effect.

In a school day, students should be able to make their way through their classes learning what is being taught to them, period by period; instead, on top of the information they are getting through their classes, they are receiving a constant influx of distractions from their handheld digital universe. The torpedo of emails filled with news, advertisements, college information, and beyond fill a student's mind with a myriad of other topics, good and bad, drawing their attention away from the task at hand.

A study created by the George Lucas Educational Foundation has linked teens' distracted phone use to lower, failing grades. With 54 percent of students using their phones in class, the inability to focus on one task harms retention or information recall later for tests. With the inclusion of technology and the rise of the digital revolution has also come a rise in dropout rates and negative academic performance.

This issue has not only presented itself as a decrease in attention span but also in a decrease in quality of work. Students can sometimes find themselves rushing to meet their deadlines because the internet distracted them when they attempted to get it done in the days prior. Even when they crunch down to meet their deadline, their phones, TVs, and computers constantly act as distractions that grab and pull their attention everywhere but what they are trying to complete; as they reel their focus back in, they find that they lose their train of thought, or flow, that kept the work going before, making it even harder to complete now. The inclusion of technology in school systems aids in this effect: if a student's learning environment constantly involves the inclusion of technology, why would they do anything different at home?

The internet provides countless resources and can help students and teachers deepen their understanding of something or enable them to learn more about a topic. This also presents a problem, as in recent years plagiarism as a result of the internet has increased. Instead of using the internet as a positive source, students are directly paraphrasing or copying the information they find without citation, leaving little to no room for further learning and understanding and inducing an illegal act.

Trip Gabriel, a reporter for the *New York Times*, spoke to several educators and students at colleges across the US about plagiarism. His findings suggest that students who have (and have mostly always had) easy and accessible internet access may not take plagiarism as seriously as those before them. As Turnitin.com, a submission website that detects plagiarism in papers, claims, "today's digital culture has blurred the lines of originality and authorship."

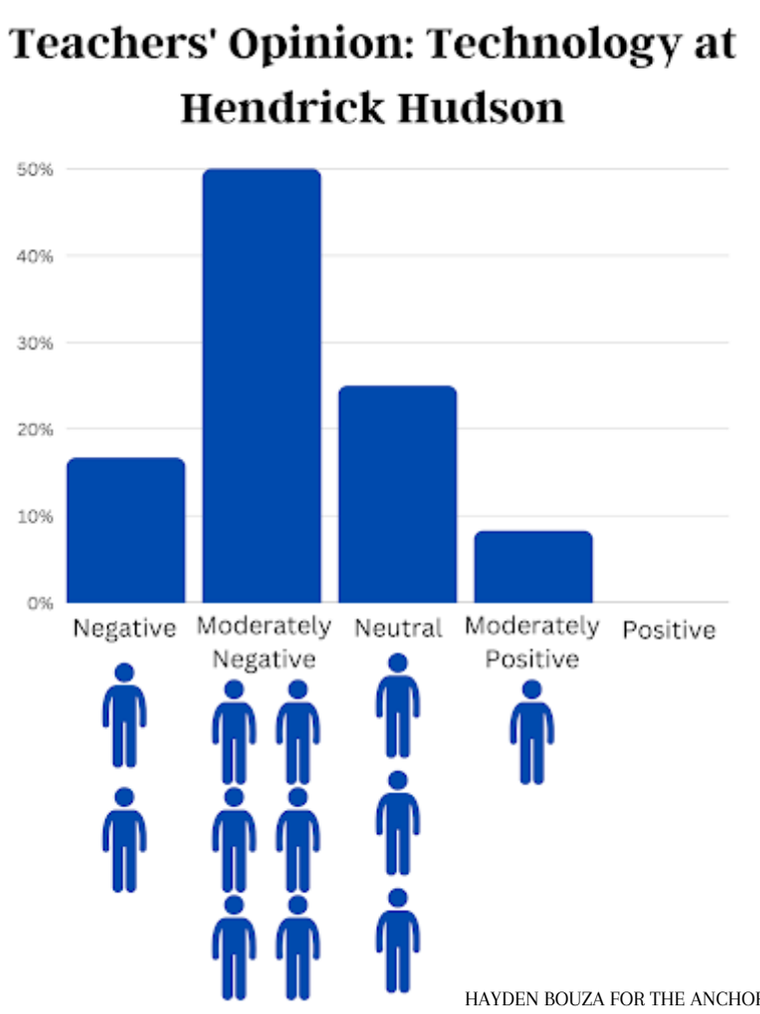
Alternatively, note-taking on paper has also proven to help students retain greater amounts of information. According to research by Ibanez, several studies show that although computers allow for quicker note-taking, handwriting notes improve students' recognition and retention of information. Moreover, reading and writing on physical paper improve conceptual understanding.

Physical health is also impacted by technology. A vision study by the National Eye Institute proved that over time, consistent exposure to blue light radiation (the light emitted from most digital screens) can cause or contribute to damage to the retinal cells, vision problems such as age-related macular degeneration, cataracts, eye cancer, and growths on the clear covering over the white part of the eye. The study also showed that children are more at risk of damage caused by blue light because their eyes tend to absorb more of it. Moreover, researcher Strom indicated that the rise of technology has also led to an increase in obesity and a decrease in aerobic fitness. It is recommended that children spend less than two hours of screen time per day, but that time is easily exceeded with schoolwork alone, without even considering personal digital usage.

As a student growing up in an overwhelmingly digital environment, I am constantly facing the issues technology has aroused, specifically within my education. As I write this, the paper is riddled with hypocrisy, as many of the issues I critique I partake in on a daily basis. That being said, students need a clear, concise separation from the digital realm when they enter an educational environment. I speak strongly on the damage that electronic devices create, yet I find myself checking my phone every few minutes in class: why is this? Because nothing is stopping me. Growing up with technology has affected my ability to enact self-control. To battle this phenomenon, clear and firm parameters must be implemented; this will encourage the most successful and effective learning and reverse the damage that the digital world has produced in students. The solution is not to abolish technology entirely but to integrate it more appropriately.

Cell phone use should be limited in educational environments for teachers and students. The use of technology to teach should be limited, and instruction should be provided to teachers who choose to use it to become savvy and avoid excessive stress. Schools should not strive to keep up with the latest technological advances and instead spend the time and money to improve school programs, materials, and student learning assistance. Students should be held to high expectations for the quality of their work instead of digital completion. Once students begin reaching the expectations, not only will their work improve, but their overall satisfaction, motivation, and courage will as well.

The digital age we are growing up in is destroying the quality of education and our future. We must fight to resist the overtaking of technology and integrate it in more positive ways than have been tried before. The journey to understanding technology has been a long, hard one, and it is far from over; however, with the information we have now, schools have the opportunity to reverse the damage inflicted by the digital revolution, and the change starts when we do.



HAYDEN BOUZA FOR THE ANCHOR


MICHAEL APPLETON FOR THE NEW YORK TIMES

TAKE A BOOK JOURNEY IN FRIDAY'S READING CLUB



COME AND RELAX NEXT FRIDAY (OR ANY FRIDAY) AT READING CLUB IN ROOM 202! BRING YOUR CURRENT FUN READ OR CHOOSE A BOOK FROM THE CLUB LIBRARY. AND BRING A FRIEND! WE ARE ACTIVELY RECRUITING NEW MEMBER AND ALL ARE WELCOME! :)



17 REVIEW

"Avatar: The Way of Water"
James Cameron's sequel to the high-grossing film *Avatar* debuts.

18 TOP PICKS

Recommendations of the Season
The Anchor staff's picks of recommended works of media.



19 CELEBRITIES

The Oscars
A photo gallery and review of the best Academy Awards red carpet looks.

Arts & Entertainment

THE ANCHOR

"ALL GIRLS TO THE FRONT!": RIOT GRRRL AND THE FEMINIST MOVEMENT

By KACIE BURNS



Bikini Kill performing in 1995.

ALICE WHEELER FOR THE GUARDIAN



Photos of **Bratmobile.**

MICHAEL GALINSKY FOR THE GUARDIAN

"All Girls to the Front!" echoed throughout underground punk shows when bands like Bikini Kill and Bratmobile took the stage. This call to action defined the Riot Grrrl movement, a third-wave feminist collective in the underground punk scene. The community fought against the chauvinism and marginalization that women suffered in counterculture spaces, but also against the gender norms in a conservative society. This "girl riot" sought to find validation in a society that invalidated female experiences. Women found community with each other by bonding over the violence and oppression they suffered. Even the spelling of "grrrl" displays this anger, twisting the femininity of "girl" into a growl and snarl. Rockers channeled their rage into a raw and emotional sound that emulated the counterculture agenda.

The movement picked up steam with the distribution of "zines." Zines were DIY, small-print "fanzines" created in the punk scene to discuss and comment on the counterculture aesthetic. Girls started making their own zines to talk about problems and experiences specific to women. They encouraged girls to set up their own Riot Grrrl chapters and stated their reasons behind action. Kathleen Hanna writes in Bikini Kill Issue 2, "I believe with my wholeheart-mindbody that girls constitute a revolutionary soul force that can, and will change the world for real," in a series of statements that began knows as the Riot Grrrl Manifesto. These zines began early conversations about violence and eating disorders and even racism that built a community around fighting these societal problems. Bands were then formed around giving girls another means

"We are unwilling to let our real and valid anger be diffused and/or turned against us via the internalization of sexism as witnessed in girl/girl jealousism and self defeating girltype behaviors."

Riot Grrrl Manifesto

to vent about these very topics.

Although all punk, these bands didn't sound the same: Bikini Kill and Le Tigre utilized a dance-rock sound while L7 and Babes in Toyland focused on heavy hard-metal sounds. Instead of focusing on an inauthentic "girl power" message, women like Kathleen Hanna, Corin Tucker, and Allison Wolfe used straightforward, sometimes satirical lyrics to critique societal norms. In the song "Terrorist" by Heavens to Betsy, the opening line mentions the fear of violence women live in: "you follow me on the street/you make me feel like a piece of meat." The song then shifts to represent the fed-up attitude of being treated inferior: "I'm not your prey I'll make you die." Bikini Kill reminds the listener of the unfair beauty standards girls are held to and how they are "taught to be hungry" and how "women are well-acquainted with thirst." Some bands took a political approach with songs like "George Bush is a Pig."

The movement was short lived, but it was the catalyst for a feminist music movement. With the onset of the '90s, rockers like PJ Harvey, Fiona Apple, Veruca Salt, and Alanis Morissette voiced their anger and experiences through their poetic lyrics. Riot Grrrl made a space in the music industry, but also society, for women to express themselves in ways that made sense to them.

Rockers channeled their rage into a raw and emotional sound that emulated the counterculture agenda.

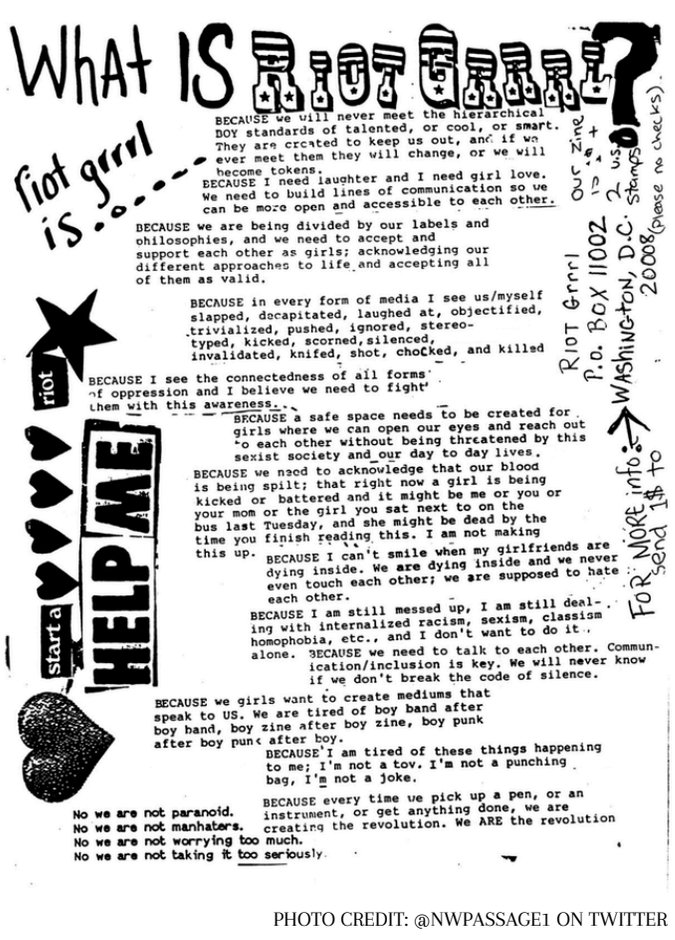


PHOTO CREDIT: @NWPASSAGE1 ON TWITTER

Recommended Songs:

I'd Rather Eat Glass by Excuse 17

Deceptacon by Le Tigre

Pretend We're Dead by L7

Are You a Lady? by Bratmobile

Rebel Girl by Bikini Kill

Complicated by Heavens to Betsy

Pretty On the Inside by Hole

Bruise Violet by Babes in Toyland

I Wanna Be Your Joey Ramone by Sleater-Kinney

Avatar: The Way of Water Review

By ELAINE CLARKE



SOUNDERFALL541 FOR TMDB

Avatar: The Way of Water follows Jake Sully (Sam Worthington) and his family as they again fight off the military forces trying to destroy the home they love. This time, Jake and Neytiri (Zoe Saldana), his wife, must take their family and leave their forest home to protect the ones they love. We follow their lives as they resettle in the oceanic regions of Pandora, welcomed (somewhat) by their neighboring tribes of coastal Na'vi. Despite their great escape, the Sullys are forced to face old threats when the military chases them down and threatens their new home.

A long awaited sequel, *Avatar: The Way of Water* had high standards. Whether or not these standards are lived up to depends on who you ask. Some applaud the storytelling and beautiful graphic effects, however there's more to a movie than how pretty it looks.

Although not quite as revolutionary as the first movie in terms of CGI, *Avatar: The Way of Water* boasts enchanting graphics and shows definite improvement from the first movie. The visuals only enhanced the world-building of the land of Pandora.

However, not much else good can be said about the movies. The dialogue was dry and lacked character, along with haphazardly placed slang in order to make the teenage Na'vi more "relatable." The story itself was repetitive, so much so that the villains were reincarnated versions of the soldiers in the first movie. The three hour movie felt much more like an eternity, with some scenes drawn out far too long while others were too short, or just plain unnecessary. The plot fell to its own clichés, with many of the conflicts being a result of the kids not listening to their parents and getting themselves into all sorts of trouble. The characters themselves were two-dimensional and despite the long running time had very little development and felt dull.

The thinly veiled analogies such as the destruction of the environment or colonization became only more cheesy in this movie, especially with the addition of Sigourney Weaver's character Kiri, a girl whose only purpose is seemingly to frolic in nature and be somewhat magical. Other metaphors, like the overlying comparison of Na'vi to Native Americans during the colonization period of the Americas, in the movie were distasteful at times and only furthered the white-savior narrative that Jake Sully portrayed.

James Cameron, the director of the *Avatar* movies, attempted to have strong female characters in *The Way of Water*. However, the majority female Na'vi in the movie were demoted strictly into the "strong-mother" type and even then Zoe Saldana's character spent too much of her time screaming or crying instead of taking action. Even with this message of the strength of women, Jake Sully throughout the movie laments on the importance of his role as a father in protecting his family. These remarks came with little contradiction from his wife, despite her "female strength."

Overall, the movie did boast incredible scenery and CGI, despite its lacking plot, and although the characters were poorly written and developed throughout the movie, they were likable. *Avatar: The Way of Water* was exactly what one would expect to come from a sequel to a decade-old movie that was known only for its visuals but is not something worth a watch.


PHOTO CREDIT: THE NEW YORK TIMES


PHOTO CREDIT: EMPIRE

2023 Oscar Winners

By FRANCISCO AGUIRRE-GHISO

LOS ANGELES, California -- On Sunday, March 12th, the Oscars were held at the historic Dolby Theatre in Los Angeles. Art-film studio, A24, won awards in almost every large category this year, with their film *Everything Everywhere All at Once* winning 7 awards, including Best Picture. They also produced *The Whale*, with its star Brendan Fraser winning Best Actor. This year's Oscars were also a big year for diversity, with Asians and Asian-Americans winning in many different categories. To win an Oscar is the honor of a lifetime, and many deserving actors, actresses and filmmakers won this year.

Below is the list of nominees. Highlighted in **bold** are the winners:

Best Picture:
"All Quiet on the Western Front"
"Avatar: The Way of Water"
"The Banshees of Insherin"
"Elvis"
"Everything Everywhere All at Once"
"The Fablemans"
"Tár"
"Top Gun: Maverick"
"Triangle of Sadness"

Best Director:
Martin McDonagh, "The Banshees of Inisherin"
Daniel Kwan and Daniel Scheinert, "Everything Everywhere All at Once"
Steven Spielberg, "The Fabelmans"
Todd Field, "Tár"
Ruben Ostlund, "Triangle of Sadness"

Best Actress:
Cate Blanchett, "Tár"
Ana de Armas, "Blonde"
Andrea Riseborough, "To Leslie"
Michelle Williams, "The Fabelmans"
Michelle Yeoh, "Everything Everywhere All at Once"

Best Actor:
Austin Butler, "Elvis"
Colin Farrell, "The Banshees of Inisherin"
Brendan Fraser, "The Whale"
Paul Mescal, "Aftersun"
Bill Nighy, "Living"

Best Supporting Actress:
Angela Bassett, "Black Panther: Wakanda Forever"
Hong Chau, "The Whale"
Kerry Condon, "The Banshees of Inisherin"
Jamie Lee Curtis, "Everything Everywhere All at Once"
Stephanie Hsu, "Everything Everywhere All at Once"

Best Supporting Actor:
Brendan Gleeson, "The Banshees of Inisherin"
Brian Tyree Henry, "Causeway"
Judd Hirsch, "The Fabelmans"
Barry Keoghan, "The Banshees of Inisherin"
Ke Huy Quan, "Everything Everywhere All at Once"

Live-Action Short:
"An Irish Goodbye"
"Ivalu"
"Le Pupille"
"Night Ride"
"The Red Suitcase"

Cinematography:
"All Quiet on the Western Front"
"Bardo, False Chronicle of a Handful of Truths"
"Elvis"
"Empire of Light"
"Tár"

Editing:
"The Banshees of Inisherin"
"Elvis"
"Everything Everywhere All at Once"
"Tár"
"Top Gun: Maverick"

Original Screenplay:
"The Banshees of Inisherin"
"Everything Everywhere All at Once"
"The Fabelmans"
"Tár"
"Triangle of Sadness"

Adapted Screenplay:
"All Quiet on the Western Front"
"Glass Onion: A Knives Out Mystery"
"Living"
"Top Gun: Maverick"
"Women Talking"

Production Design:
"All Quiet on the Western Front"
"Avatar: The Way of Water"
"Babylon"
"Elvis"
"The Fabelmans"

International Feature:
"All Quiet on the Western Front," Germany
"Argentina, 1985," Argentina
"Close," Belgium
"EO," Poland
"The Quiet Girl," Ireland

Animated Feature:
"Guillermo del Toro's Pinocchio"
"Marcel the Shell With Shoes On"
"Puss in Boots: The Last Wish"
"The Sea Beast"
"Turning Red"

Costume Design:
"Babylon"
"Black Panther: Wakanda Forever"
"Elvis"
"Everything Everywhere All at Once"
"Mrs. Harris Goes to Paris"

Animated Short:
"The Boy, the Mole, the Fox and the Horse"
"The Flying Sailor"
"Ice Merchants"
"An Ostrich Told Me the World Is Fake and I Think I Believe It"

Documentary Feature:
"All That Breathes"
"All the Beauty and the Bloodshed"
"Fire of Love"
"A House Made of Splinters"
"Navalny"

Documentary Short:
"The Elephant Whisperers"
"Haulout"
"How Do You Measure a Year?"
"The Martha Mitchell Effect"
"Stranger at the Gate"

Visual Effects:
"All Quiet on the Western Front"
"Avatar: The Way of Water"
"The Batman"
"Black Panther: Wakanda Forever"
"Top Gun: Maverick"

Original Song:
"Applause" ("Tell It Like a Woman")
"Hold My Hand" ("Top Gun: Maverick")
"Lift Me Up" ("Black Panther: Wakanda Forever")
"Naatu Naatu" ("RRR")
"This Is a Life" ("Everything Everywhere All at Once")

Original Score:
"All Quiet on the Western Front"
"Babylon"
"The Banshees of Inisherin"
"Everything Everywhere All at Once"
"The Fabelmans"

Makeup and Hairstyling:
"All Quiet on the Western Front"
"The Batman"
"Black Panther: Wakanda Forever"
"Elvis"
"The Whale"

Sound:
"All Quiet on the Western Front"
"Avatar: The Way of Water"
"The Batman"
"Elvis"
"Top Gun: Maverick"

Puss in Boots: The Last Wish Review

By KACIE BURNS



PHOTO CREDIT: UNIVERSAL PICTURES

One of the most memorable children's movies of our generation is Shrek-- it's been quoted, memed, and has shaped the comedic minds of thousands of kids. The Shrek saga introduced unforgettable characters like Donkey, the Gingerbread Man, and Puss in Boots. *Puss in Boots: The Last Wish* follows the cocky and adventurous tabby through the last of his nine lives. The film uses a videogame-style plot, with a map detailing our heroine's journey through different challenges.

For the first time in his life, Puss runs away from a fight after the Wolf, a physical manifestation of death, appears with a haunting whistling and two sharp scythes. Puss begins to look for the Last Wish, a magical star to grant him more lives. This fear of death makes this movie much deeper than it lets on; the absurd Puss in Boots universe still has this real element to it. Puss's anxiety and fear over not only death but also vulnerability feel so human in its attempt to teach the viewer to cherish life and the people in it. The Last Wish also introduces an upbeat and adorably positive dog named Perro. His genuine happiness and good heart stand out in a world of overly complex characters.

Produced by Dreamworks Animation, the film's style takes inspiration from the hand-drawn, comic-book qualities of *Spider-Man: Into the Spider-Verse* and Netflix's *Arcane*. Its bright and appealing colors are just downright fun to look at. Its bubbliness contrasts from the sometimes crude and semi-realistic Shrek universe that gives it an enjoyable facelift. The battle scenes use immersive angles to place the viewer right into the action. Also, the jokes were genuinely funny. John Mulaney's deadpan delivery as the greedy pie-mogul Jack Horner had the theater of young and old viewers laughing. Performances by Antonio Banderas, Olivia Coleman, Florence Pugh, and Selma Hayek give the characters so much personality and color. Overall, *The Last Wish* was extremely entertaining and didn't have an overly childish message. Its focus on selflessness and teamwork, but also family are messages that transcend generations.

Recommendations of the Season

By FRANCISCO AGUIRRE-GHISO and SARAH NABI

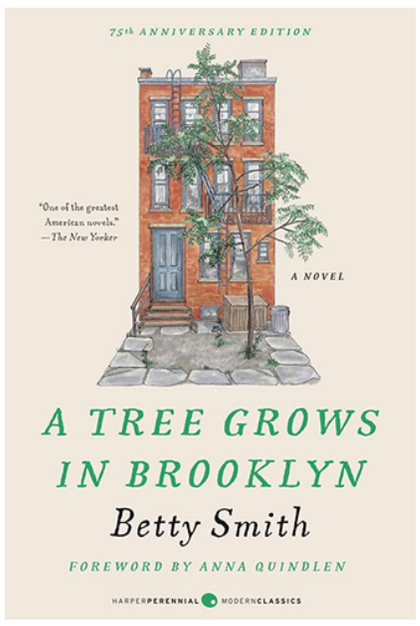


PHOTO CREDIT: AMAZON

Book: *A Tree Grows in Brooklyn* by Betty Smith

A Tree Grows in Brooklyn is the heartfelt story of Francie Nolan, a young girl growing up in the slums of Williams, Brooklyn in 1912. The novel is semi-autobiographical and as such is written from a place of profound earnesty. As we grow with Francie from the ages of 11 to 17, we are given the opportunity to experience the endless joy and sorrow that comes with being a poor immigrant family in early 20th century America in a way that only the lens of childhood innocence can provide. From the ritual of collecting junk to sell for penny candy on "junk day," to the joys of young love, there is endless happiness Francie can find in the simplicity of her day to day life. However, Smith weaves the golden thread of youth right alongside the dark thread of a painful upbringing. While we find ourselves smiling alongside the Nolans, we're also tied down by the fear and unbearable weight that comes with poverty. Endlessly human and always insightful, *A Tree Grows in Brooklyn* is a triumph of literature.



PHOTO CREDIT: WIKIPEDIA

Album: *Mama's Gun* by Erykah Badu

Erykah Badu is the type of artist whose confidence can be heard through her music. Each song glistens with the understanding that Badu knows how good she is– because, to be honest, she is that good. *Mama's Gun*, a record that has inspired musical giants like Tyler, The Creator, is an album almost entirely without flaw. Every second of every song is groovy, funky, soulful or innovative in some way. From the killer production off of "Didn't Cha Know" (courtesy of the legendary J Dilla), to the soulful ending of "Bag Lady," to Badu's contemplative 10 minute odyssey "Green Eyes," this album is proof Badu can be as confident as she pleases. Neo Soul, Badu's main genre, was simultaneously a resurgence of the past and an integration of the present, and no album proves that more than *Mama's Gun*. It is a celebration of all the groove Black music had to offer in the past, and a pathway to what Black music could be in the future.



PHOTO CREDIT: WIKIPEDIA

Film: *Blade Runner* by Ridley Scott

Few sci-fis have been as influential to the course of cinema than Ridley Scott's *Blade Runner*. Upon release, it was battered by the box office and critics alike. Today, it is a cult classic and cited as a main source of the Cyberpunk genre. In a near-future world, a dirty, labyrinthian Los Angeles has a robot problem on its hands. Sullen ex-cop Deckard, played by the great Harrison Ford, is brought back into work to pursue these humanlike robots who will get blood on their hands for their freedom. Sounds like a classic film noir no? It even has all the classic tropes too. The constant rain, the nonchalant, melancholy detective, the cool (robo) femme fatale; it's all there. But *Blade Runner* is so much more than that. It is cryptic and examines humanity in a way that scarcely had been done in film up to this point– through science fiction. Usually, sci-fi's main goals were to demonstrate a future of fantastical proportions, with advanced tech and usually some type of aliens. *Blade Runner* offers none of those luxuries. It's dark, dirty and undoubtedly human. Robots are no longer just high-tech creations of humanity– in *Blade Runner* they are turned into reflections of what it means to be human in the first place. In a not-so-distant world where that answer won't be so clear, *Blade Runner* is a film that can spark thought on the true criteria what "being human" means, making it a film for times to come.

To submit your own recommendations, contact Francisco Aguirre-Ghiso at fraguirreghiso@students.henhudschools.org

Fashion at the Golden Globes

By QUINN MULLER and JOHN MAY

BEVERLY HILLS, California -- After a scandal resulted in the cancellation of last year's Golden Globes, the event returned this year on Tuesday, January 10th. This is the 80th annual award show, and is a looser commemorative special, comparable to the Oscars.

Many red carpet looks stood out this year, with many adding a tinge of disappointment to the experience. The red carpet, which was gray this year, is a symbol for fashion everywhere, but also serves as a reminder that money does not equate to style.

Laverne Cox

In a flash of blue and silver, Cox turned heads with a cinched maxi dress. The look modestly displays the aspirations of many designers, combining art with fabric to conjure something amazing.



PHOTO CREDIT: YAHOO! NEWS



PHOTO CREDIT: INSIDER

Al Reynolds

Shorts. Really? Props to Reynolds for being bold, but there's a blatant difference between the shock factor and the wow factor. The look is a complicated mess of black tie attire gone wrong.

Selena Gomez

Known for her role in the TV show Only Murders in the Building, Gomez showed up to the Golden Globes in a jaw-droppingly sleek dress. From the color to her hairstyle, Gomez pulls off her look perfectly. The dress itself provides the perfect amount of balance, from texture to color, and even to the shape and cut of the dress.



PHOTO CREDIT: YAHOO! NEWS



PHOTO CREDIT: YAHOO! NEWS

Billy Porter

A continuous fashion icon, Porter brought on an androgynous hot pink look consisting of statement after statement. Not pictured are a pair of bedazzled silver platform heels.

AI 'Art' Isn't Art

By KACIE BURNS

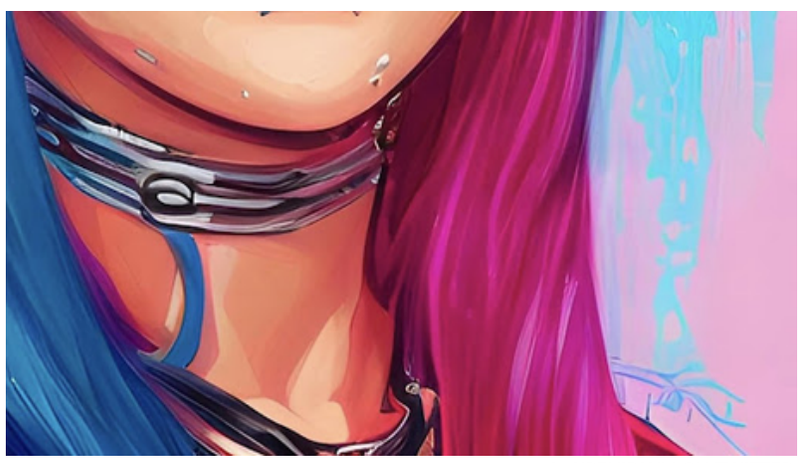
In recent years (and even months), the public's notion of what AI can do has stretched drastically. From the writings of ChatGPT to Deepfakes of our favorite celebrities, artificial intelligence is now in the hands of anyone who simply Google searches for it. Over the past couple of months, AI art programs like Lensa, Stable Diffusion, and DALL-E 2 have blown up in popularity. These programs easily produce images in response to the prompt they've been fed. Seems simple enough, so what's the problem?

With any type of AI, the program has to be "trained" and fed images, texts, and pretty much everything it can get its hands on so it can recognize the prompts asked of it. By using datasets, such as LAION-5B, programs are trained with billions of images and files from all corners of the internet. But some of these programs contain copyrighted artworks and artwork without the artists' consent or knowledge. When creating an image, a person can specifically create a product in the style of an artist if the person tags the artist's name. This exact case happened to fantasy illustrator Greg Rutkowski, whose name was included in over 93,000 prompts in Stable Diffusion. Getty Images and numerous independent artists have filed lawsuits against companies like Stable Diffusion, Prisma Labs (the parent company of Lensa), and DeviantArt for copyright infringement.

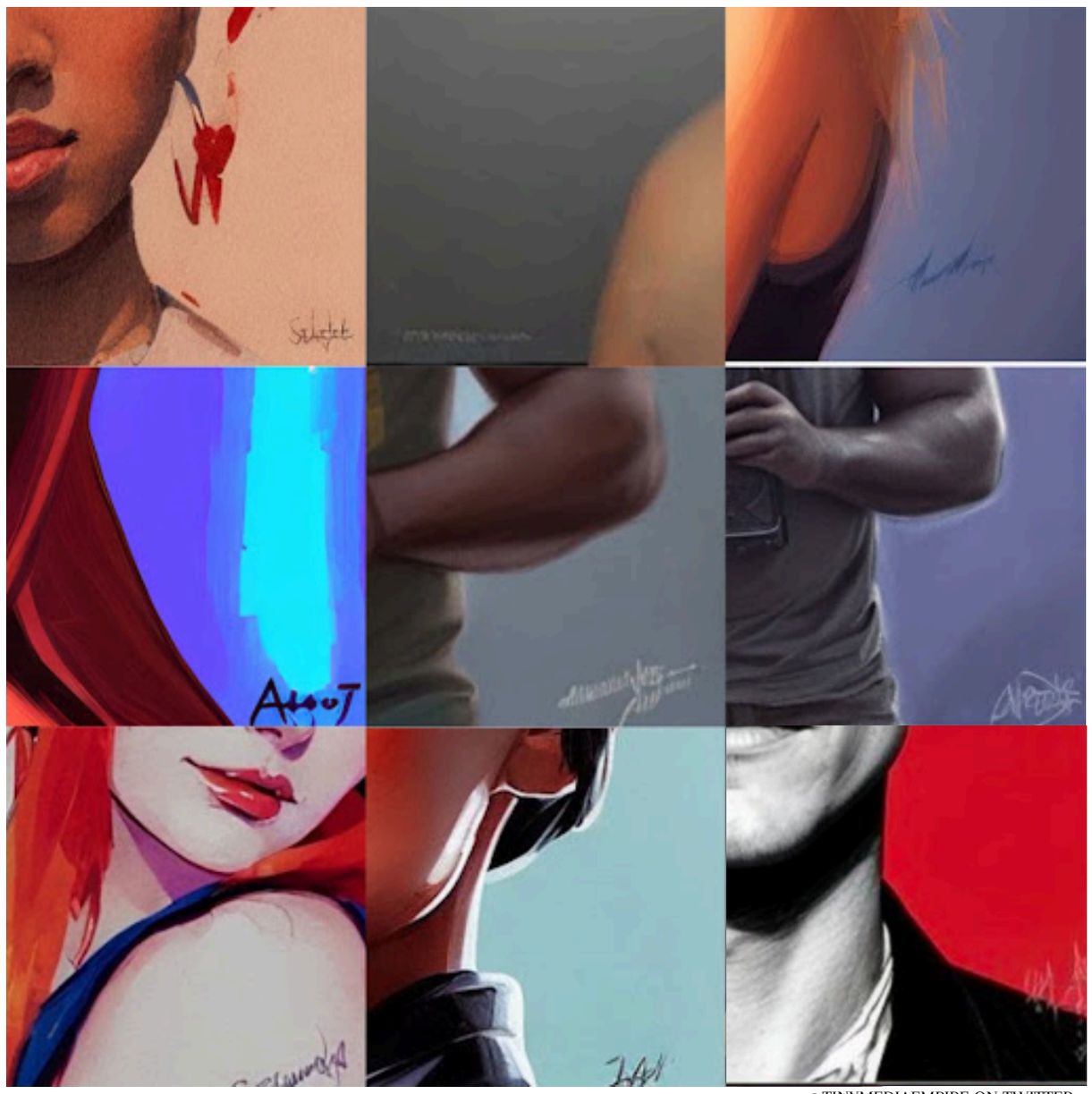
These programs also pose a threat of alteration and the creation of explicit images. Oliva Snow from Wired Magazine found that Lensa distorted her childhood photographs into "fully nude photos of an adolescent and sometimes childlike face but a distinctly adult body." The app's beautify option also tends to whiten women of color.

Also, AI art generators aren't subject to content moderation to detect child sexual exploitation material (CSEM). These programs aren't required to report any CSEM content to the National Center for Missing and Exploited Children. Lack of enforcement of their policies against graphic and sexual images will place women and children at an unnecessary risk of harm.

There's also a moral aspect to the debate over AI art. Creating art is a form of human expression, but it's also a craft people study for their entire lives — having a robot copy the artful expression of other artists takes away from the joy and experience that art creates. For example, asking a robot to generate a portrait of yourself or someone else is inherently devoid of human expression. The image may look stunning and human made, but it's not; it's made by copying artistic styles, especially those of digital artists. These mass-produced images cheapen the idea of supporting small artists and their work. Supporters of AI claim that these programs take "influence" from other artists in the same way that humans do. The future of AI (and our future with it) is definitely uncertain. But at the moment, let's celebrate works by true artists and be mindful of how we use AI.



@LAURENIPSUM ON TWITTER



@TINYMEDIAEMPIRE ON TWITTER

Images created by Lensa that shows artists' signatures in the corner.

Best Looks of the 2023 Academy Awards

By SARAH NABI

LOS ANGELES, California -- On Sunday, March 12th, a celebrated ensemble walked the red carpet - or rather the champagne carpet - in their very best evening wear. Here are the best looks of this Oscars season.

A comeback for film lovers everywhere, the 95th Academy Awards was also a refreshing change in the world of fashion. The past couple of years have seen few exciting looks, most often, suits were a simple black and white tux and dresses sported typical silhouettes; form-fitting tops and flowy, but not exaggerated, bottoms. These years were usually only punctuated by a handful of new or exciting outfits.

This year though, attendees didn't seem to stick to the usual stiff tuxedo and boring dress, instead, there was much more individuality. There were few common concepts or designs, so this year's Oscars fashion couldn't be generalized by a single overarching category (like "ball gowns" or "black and white"). Instead, there were varied styles and colors, which created more vibrant awards season.



PHOTO CREDIT: E! ONLINE



PHOTO CREDIT: E! ONLINE



PHOTO CREDIT: E! ONLINE



PHOTO CREDIT: POPBUZZ

Florence Pugh

The star of 2022's *Don't Worry Darling* and a presenter for this year's Best Adapted Screenplay and Best Original Screenplay, Florence Pugh stunned in Valentino couture and a simple but effective Tiffany necklace. She made a bold move with her unassuming black shorts and platform heels, paired with what is actually an elaborate off-the-shoulder cape, not a dress. The look divided critics, but its melodrama makes it one of the best of the evening.

Cara Delevingne

Cara Delevingne was undoubtedly elegant in her vivid red Eli Saab couture and matching heels. The dress sported a large collection of fabric on the shoulder, which balanced out the very high thigh slit on her right. Her outfit was paired with a matching set of Bulgari jewelry, consisting of earrings, a necklace, and bracelet. Delevingne's look was perfectly balanced between daring and traditional.

Pedro Pascal

Pedro Pascal was quite debonair in his relaxed Zegna suit and Bulgari rings. There to present an award and support his Oscar nominated sister, Javiera Balmaceda, he did not disappoint. His loose fitting pants, fully buttoned shirt, black leather dress shoes, and well tailored jacket fit under the label of a traditional suit, but paired together they were chicly unstuffy.

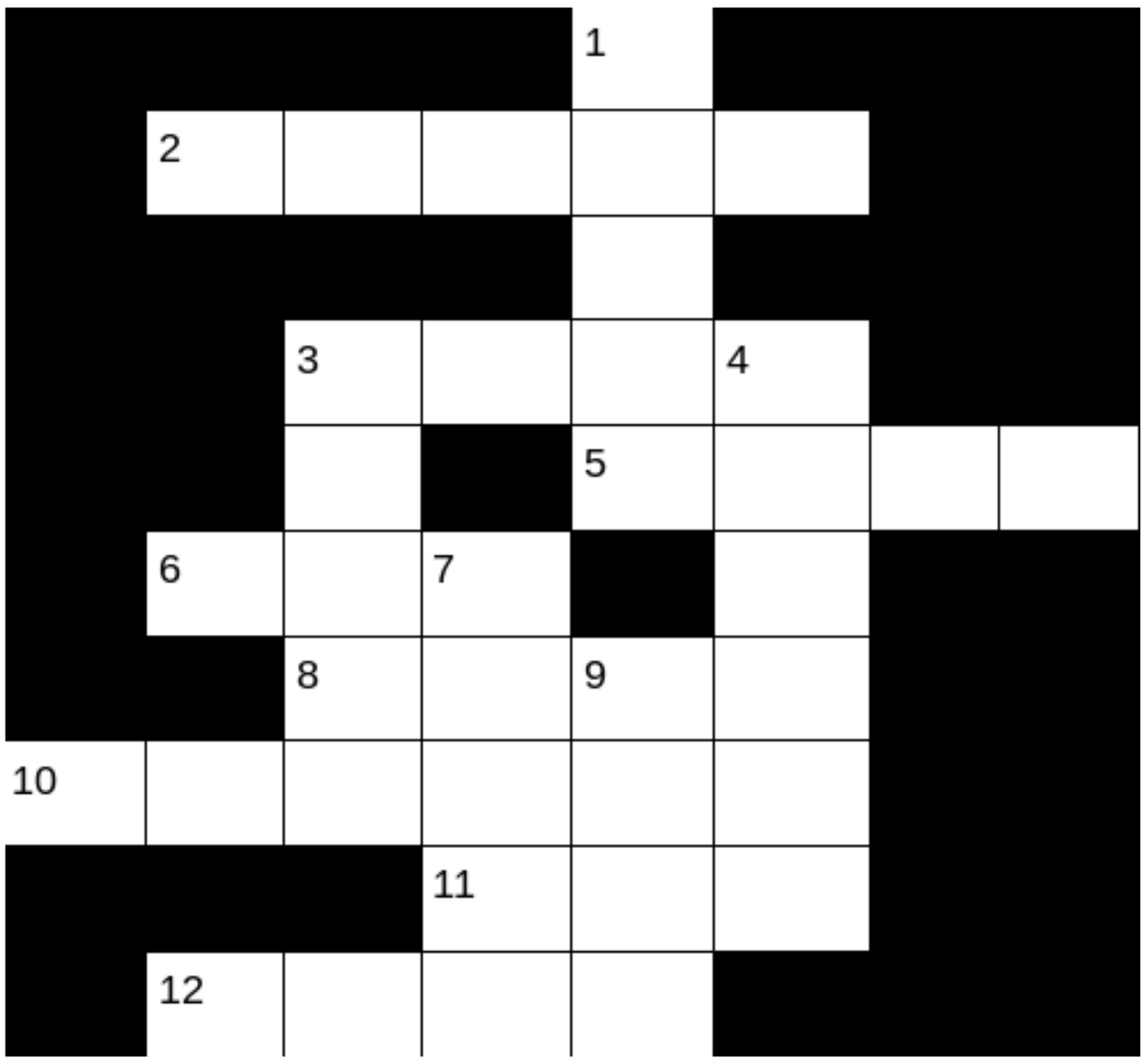
Harry Shum Jr.

Harry Shum Jr. did a great job of switching things up with his Adeam suit. Wearing a striking white kimono-esque jacket with an oversized navy belt and silk navy pants, Shum pushed traditional menswear boundaries in style.

Fun & Games

THE ANCHOR

Spring has Sprung! Crossword



Across

2. Common color of a plant
3. Where to store gardening tools; Both the album title and name of second track released by rock band, Title Fight, in 2011
5. Along with the sun; makes the grass greener and flowers grow
6. A spider's cruel trick
8. Like Mitski in 2012, Snail Mail in 2018, or an alternative band from the 90s; (Adj.) Dense and green foliage
10. Powdery substance carried by the wind or by 11 across
11. A helpful pollinator
12. See 11 across; Pest during the warmer weather

Down

1.The pull of a spring will make this simple machine work!
3. What flowers do to communicate
4. Nymph of springs; ⅕ of Mystery Inc.
7. The foundations of flowers
9. A type of spring that occurs at lower elevations

ALL RISE!
Like to argue, Love winning?
Then you belong here!
Beyond the Bar
Hendrick Hudson's first Mock Trial Team

Spring Word Search

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

BLOOM
BREEZY
BUNNY
FAWN
FLOWERS
FROGS
GARDEN
NATURE
PLANTS
POLLEN
RAIN
SNAILS
SPRING
SUNNY

Spring Sudoku

	9	1	6					
		3				6		
4	7				8			2
	3					7	8	
6	4	2						3
				9		2		6
			3		6	5		9
	2	9	7		5	4		
				4	9		1	

Applying to college? Impress admissions officers by joining *The Anchor* news team.