Find yourself in *The Anchor!*

THE ANCHOR

The Student Newspaper of Hendrick Hudson High School

VOL. 9 MMXXV | MONTROSE, NEW YORK | MONDAY, JUNE 9TH 2025 | FREE

FROM OUR HALLS TO LINCOLN CENTER: STUDENT MUSICIANS TAKE THE STAGE

By MAY BAR & LEXI CORCORAN



PHOTO CREDIT: MAY BAR, 2025

Senior Sophia Jimdar and freshman Cailyn Robinson who attend the Greater Westchester Youth Orchestra Association took the stage at Lincoln Center this past weekend. The Greater Westchester Youth Orchestra Association (GWYOA), is a non-profit organization which brings student musicians from all over Westchester County together in order to form many orchestras.

Sophia played for the Youth Symphony orchestra with grades ten to twelve while Cailyn played in the Junior Strings orchestra with grades seven through ninth. Both Sophia and Cailyn took on leadership roles in their orchestra groups with both of them being assistant principals in their sections. Cailyn even went as far as to say "Playing at Lincoln Center was such a fun experience! It was so nice to meet musicians from other schools and make new friends! The music was challenging and the preparation was difficult, but in the end we sounded fantastic! I'm so grateful to have had this opportunity". Proving that her experience was nothing short of extraordinary.



PHOTO CREDIT: LINCOLNCENTER, 2019

Cailyn was lucky enough to play the Holberg Suite by Edvard Greig, Folk Tune and Fiddle Dance by Percy Fletcher, Lands Ancient and Modern by Telemann, and Apocalyptic by Bruckner (arranged by kirk moss).

As you can see the Hendrick Hudson music program is one to be proud of, producing incredibly talented musicians like Sophia Jimdar and Cailyn Robinson.

A Different Frame: Mr. Frey's Life Before Teaching

By MAY BAR



PHOTO CREDIT: MATTHEW FREY, 2025

Mr. Frey is the math teacher that will always be remembered for his eccentric personality and dad jokes, but some may not know that before teaching, Mr. Frey was a photographer. He went to the University of Illinois at Urbana Champaign for his undergraduate degree, and then worked as a freelance photographer's assistant for around 9 years in New York City. After this, Mr. Frey moved to Chicago and attended graduate school to earn his math degree, which led to his employment at HenHud, where he has been for the past 12 years.

Continued on Page 3

Behind the scenes of *Hello, Dolly!*

By CAILYN ROBINSON



PHOTO CREDIT: PHOTO PICCOLO, 2025

On March 14th, 15th, and 16th, Hen Hud's Theater Department put on the 1964 classic musical, *Hello, Dolly!* The show is about a widowed matchmaker, Dolly Levi, who travels to Yonkers, New York, to find a partner for the half-millionaire, Horace Vandergelder. The show explores themes of love, wealth, early feminism, and the pursuit of happiness. The theater department describes the amount of effort into this show, with actors, pit musicians, and backstage have all made this show a success. Additionally, the support from teachers, community members, and family members contributed along the way. Of course, a very important part of making a successful musical is the actors on stage. One such actress was senior Nava Minichino, who looked back on her role as the titular Dolly Levi fondly; "Hello, Dolly was incredible after being in over 8 productions in the

Continued on Page 3

ARTS & ENTERTAINMENT 3, 4, 11

Recommendations & Reviews
See what the *Anchor* staff think of music, movies and fashion.

CURRENT EVENTS 5

RFK Jr Takes Covid-19 off Vaccine List
The nation watches as the Secretary of Health makes impactful decisions.

PHOTOS 6 & 7

Sailor Snapshots
See what Hen Hud students and athletes have been up to. Find your photo!

OPINION 8, 9

Phone Ban In Schools
Students' opinions on the NY State phone ban.

FUN & GAMES 12

Summer Activities
Take a crack at some crazy conundrums like a Sudoku, crossword, and word search.





THE ANCHOR

MR. MATTHEW CODNER
Advisor

MAY BAR
Editor-in-Chief

EDITORS

NOAH EICHENHOLTZ *Arts & Entertainment*

ELLA HENDERSON *Current Events*

CAILYN ROBINSON *School & Community*

ADELINE CONROY & ZOOEY SMITH *Fun & Games*

MAY BAR *Layout*

CONTRIBUTING WRITERS

MAY BAR
MAX CANNON
LEXI CORCORAN
MAIDA DAPCEVIC
SIMON EICHENHOLTZ
NOAH EICHENHOLTZ
ALEC ELKIN
CASTALIA LITOS
MIKHAEL MANI
OLIVIA MCGRATH
CAILYN ROBINSON
BIBI VELE

The Advisor's Desk: *Cheers to the Class of 2028!*

By MR. CODNER

While the end of the school year brings lots of well-deserved attention to the Senior Class in the form of Prom, Awards, Commencement, Graduation, and other events, I'd like to use this space to heap some praise on the class that's often overlooked and sometimes scorned - the freshman class.

These accolades are well-deserved in the case of this edition of *The Anchor*. Take a minute to glance at the masthead above, and you'll notice that this issue was written, edited, and arranged under the leadership of freshmen.

Taking over the production of a school newspaper is daunting. First, there's the challenge of getting fellow students to write enough worthwhile stories to fill twelve or more pages. This writing is all completely voluntary - students don't receive a grade or payment, and simply do this writing for the intrinsic joy that it brings them. It takes leadership from fellow students to keep volunteer writers motivated.

Next, there's layout, which requires a combination of artistry and technical skills. The layout team needs to show attention to detail and confidence to create a finished product that a thousand eyes will scrutinize.

Then, there's editing - editors need to not only have a strong command of the conventions of writing, but also have the willpower and tact to critique and correct the work of others.

May Bar, a freshman, rose to the challenge this semester to lead the production of this paper. She motivated and choreographed the work of other students to create what you're now holding.

Noah Eichenoltz, a freshman, took over the Arts and Entertainment desk. Ella Henderson, a freshman, now leads Current Events. Cailyn Robinson, a freshman, runs School and Community. Last, but not least, Adeline Conroy and Zooey Smith, both freshmen, created the most popular page – Fun and Games.

I'm beyond excited to see how these students continue to develop this paper. The hardest thing about the job is the very first issue, and now that they've completed it, they have three more years to improve on each subsequent edition. Will you join them?


MAY BAR


CAILYN ROBINSON


ELLA HENDERSON


NOAH EICHENHOLTZ


ZOOEY SMITH


ADELINE CONROY

Check Out Our Website!

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

Contact the *Anchor* Staff

hendrickhudsonanchor@gmail.com



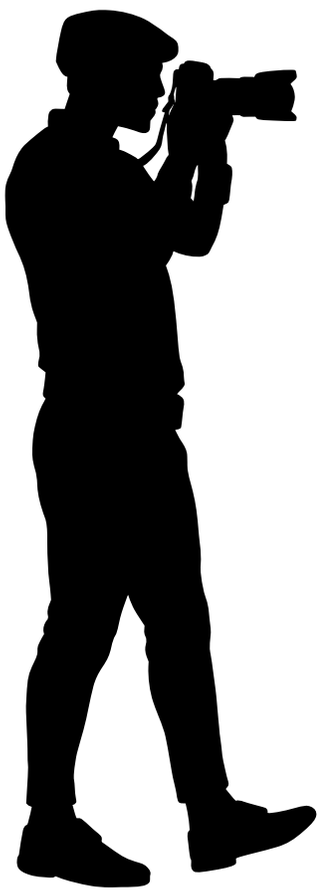
School & Community

A DIFFERENT FRAME: MR. FREY'S LIFE BEFORE TEACHING

CONTINUED FROM FRONT PAGE

To start off the interview, Mr. Frey was asked what inspired him to pursue photography, and he had said that photography actually was not his first major that he chose to pursue. First, Mr. Frey tried to pursue a business major. "After one semester being a business major, I realized I didn't like it at all," he said, as well as describing his interest in photography class during high school. This interest in photography during high school was the reason that Mr. Frey decided to choose a photography major in his second semester of college.

Mr. Frey's career as a photographer's assistant required him to travel many places. "I got to go to Europe a few times, I went to the Caribbean a lot, I would go to California all the time, and I would go to Florida all the time." Mr. Frey enjoyed this part of photography because of all the places that he went that he otherwise wouldn't have. Eventually, Mr. Frey's job wasn't sustainable anymore: "when the economy crashed in 2008," Frey explained, "everybody in the freelance photography world had no work anymore. I was thinking of what else I could do." This is what led him to search for a new career path. Since Mr. Frey enjoyed math in high school, his thought was, "maybe I'll be a math teacher in a high school," and that is how Mr. Frey got into his teaching career.



While going for a career in the art industry may seem like a risk, it is always okay to change your major if you end up changing your mind. Mr. Frey had the chance to do both an artistic career as well as his teaching career. Artistic careers take lots of determination and work ethic to be successful. When asked for his advice for any seniors and fellow HenHud students attempting to figure out the rest of their lives, Mr Frey responded simply with the following: "Follow your interests and just be willing to work really, really hard."

BEHIND THE SCENES OF *HELLO, DOLLY!*

CONTINUED FROM FRONT PAGE

high school no show has ever felt so put together in the time we had. As someone going into theatre I couldn't have asked for a better way to leave the stage before going on to perform professionally."

Alec Elkin, her lead costar who played Horace Vandergelder, also spoke highly about his experience "I had a great time rehearsing for and performing in Hello Dolly. This was my fourth and final year in the show—very bittersweet—and I enjoyed guiding the underclassmen in the drama club. I highly recommend joining the show, as a cast member or as a crew volunteer."

Providing the instrumental music for the show was the pit musicians., and was the first pit the department has used since their performance of Mamma Mia two years ago. Violinist Sophia Jimdar offers some insight on the perspective of the pit:"Hello, Dolly! was one of the best performance experiences of my life! From the first rehearsal to the last show I had a blast and I was so impressed with my fellow classmates' talent and hard work. It truly paid off and it was such a good experience. Go Hen Hud!" The only freshman in the pit, Niamh Gormley on cello, echoed Jimdar's remarks and spoke about the preparation for this event:"This experience was exciting and was a big challenge to commit to. But overall it was a great experience."

The backstage department, which controls things like lights, props, microphones, and more, is very crucial for a successful show such as this. Castalia Litos spoke about the work of the backstage crew:

"For the past four years I've been working in the lighting department for the plays and musicals; the first two years I was a spotlight operator, and then moved to the lighting board for my junior and senior year. The backstage and AV crew, despite not being on the stage and in the spotlight, do so much for the production and are extremely dedicated. I've really enjoyed learning all of the coding and technical skills of the light board, as well as the community of people and friends I've made within the drama department."

One of the stage managers, Cecilia Salazar, also spoke about her experience. "Being stage manager with my friend Sophia was a fun experience. Although it was challenging it was all the more rewarding."

Last but not least, teachers are very important for the development of a show like this. Mrs. Denler, the director of this show, spoke a bit about her experience. She states, "Working as the director of Hello, Dolly! was a monumental undertaking! I have been the music director for the musicals here at Hen Hud for 20 years, but this was the first time I was the stage director as well as the musical director. It was a lot of work, but with the support of my colleagues, like Mrs. Morabito (conductor), Mrs. Jandrasits (producer), our new choreographer, Gerard Salvador, Clare Carey (tech director and an incredible mentor) and especially the brilliant, hardworking, and dedicated cast, made the experience a complete joy! I can not wait to do it again next year!"

Overall, the actors, crew, musicians, and support of Hen Hud's production regards the show as a success! The show proves the importance of community and of coming together as a family of talented actors, musicians, teachers, and community members to create a great production.

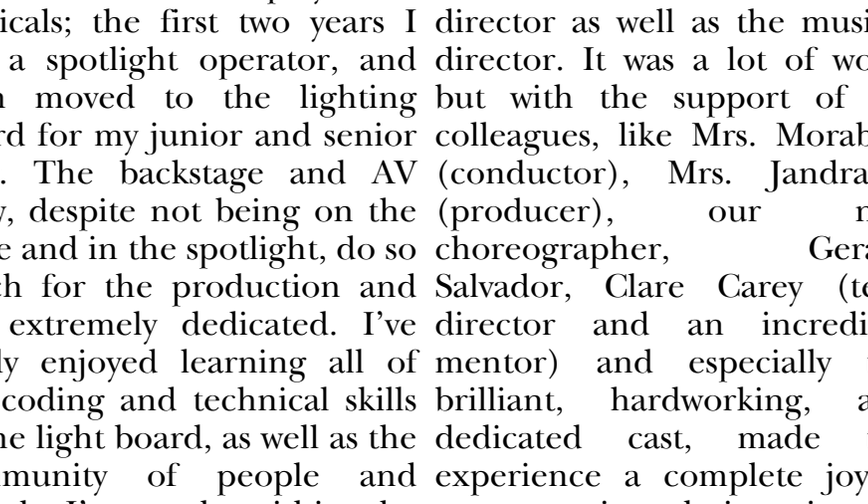


PHOTO CREDIT: PHOTO PICCOLO, 2025

ARTS AND ENTERTAINMENT

HOLDING ON OR LETTING GO: MEMORY IN *ETERNAL SUNSHINE OF THE SPOTLESS MIND*

By MAY BAR

Eternal Sunshine of the Spotless Mind is a cult classic sci-fi movie that depicts technology that can erase anyone from your mind within one night. While this might seem like a great idea, when you look at how memory makes up who we are, it might not seem as great anymore.

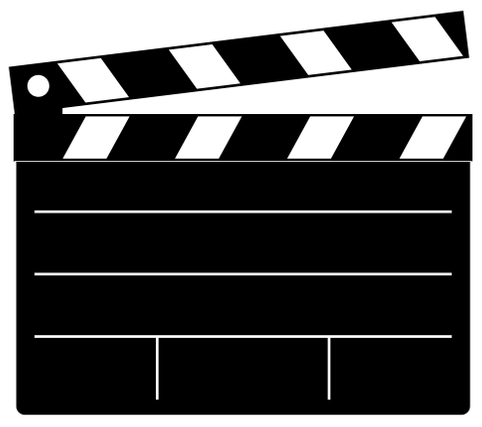
In Eternal Sunshine of the Spotless Mind, Clementine, Joel's girlfriend, erases her entire memory of him after a big fight they had. By doing this, she essentially erased an entire part of herself. Since they were very important to each other, this caused hurt and confusion in Joel's life when he didn't understand why his girlfriend didn't remember him suddenly. After learning the truth, he immediately went to erase her from his mind due to hurt.

While his memories are being erased, viewers see Joel grasping onto them, realizing he made a huge mistake by taking away a part of himself he loved so much. He went to extremes to try and find ways to stop the procedure.

The quote "Eternal Sunshine of the Spotless Mind," said by Alexander Pope, has a deeper meaning than most people think just by reading it; the quote means that when one has no memory, one's life is forever unharmed by the truth of the world. Being naive and not having any memory makes one's life unmeaningful because, what brings meaning in one's life is not only good memories, but bad memories as well. This quote perfectly explains the main idea of the movie in a sentence.



PHOTO CREDIT: PLUGGED IN



Overall, Eternal Sunshine of the Spotless Mind depicts the harmful nature of regret, and specifically, wishing to have never known someone. Even though many think their memories of some people are insignificant, they aren't, and it is one's memories that create the individuality and character of every person.



PHOTO CREDIT: WORDPRESS.COM

Arts & Entertainment

THE TRUMAN SHOW: A PSYCHOLOGICAL BREAKDOWN OF A MANUFACTURED LIFE

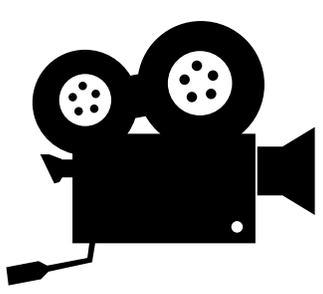
By MAY BAR



PHOTO CREDIT: AMERICAN CINEMATOGRAPHERS, 2023

Have you ever wished that you grew up somewhere other than where you live? The Truman Show takes this idea to the extreme. The Truman Show is a movie that shows us how people develop perspectives on the world based on what they have been exposed to all their life, even if that place happens to be a fake town on a movie set.

In The Truman Show, Truman was born and raised on a show without ever knowing. To us, his life seemed unreal, with Truman being the only person who really believed this was his life. This is because all of his friends, family, and peers were all paid actors. While this may seem obvious to us, it's because we grew up around real people. But if we had grown up around actors, this would have seemed normal. The psychological concept being explored here is perception, and how the mind is formed at a young age: what one is told as a child likely carries over for the rest of their life, and effectively forms their reality. This is why certain people have views that you would never understand since you were told something different. The movie artfully explains how every little thing in life plays a role in the development of one's views on how they see the world. After watching The Truman Show, the viewer is left to ponder whether or not they would believe someone if they were told their world is all a fabricated lie.



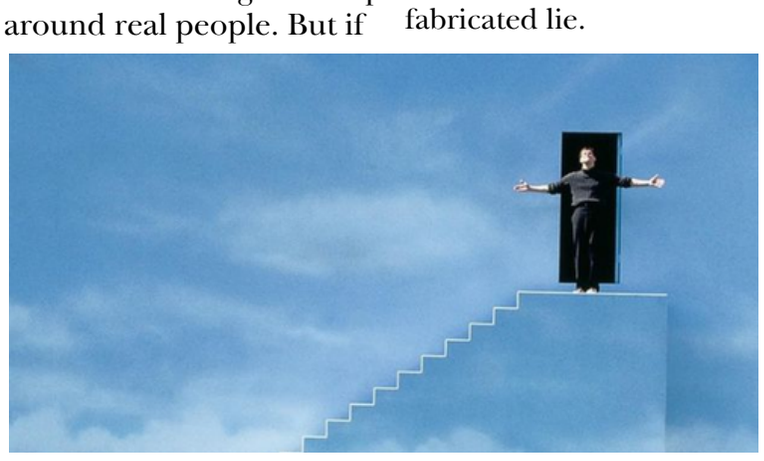


PHOTO CREDIT: AMERICAN CINEMATHEQUE, 2023

IS *MUSIC* WORTH THE HYPE?

By NOAH EICHENHOLTZ

MUSIC is PlayBoi Carti's fourth studio album. During the five year wait between his last album Whole Lotta Red and now an insane amount of hype has been built for this project. After Carti misled us for years with release dates that were untrue and constant fit pics being posted, the album is finally here. At 30 songs and 1 hour and 16 minutes this album has been met with a bit of love, but a lot of criticism too.

One of the best songs off Music is "RATHER LIE". This is yet another Weeknd and Carti collaboration and just like their other joint tracks this is another banger. Their chemistry is amazing being shown through the weeknd's catchy chorus and Carti's fantastic flow.



PHOTO CREDIT: SPOTIFY, 2025

One of the best songs off Music is "RATHER LIE". This is yet another Weeknd and Carti collaboration and just like their other joint tracks this is another banger. Their chemistry is amazing being shown through the weeknd's catchy chorus and Carti's fantastic flow. This is just another example of a rapper and singer coming together to make amazing music together.

A surprising yet welcome feature on Music is Kendrick Lamar. Kendrick is featured on "MOJO JOJO" "BACKDOOR" as well as "GOOD CREDIT". Kendrick delivered great verses on both "BACKDOOR" and "GOOD CREDIT" though his ad libs on "MOJO JOJO" were somewhat out of place. The vibes of his ad libs didn't Match the energy of carti's verse.



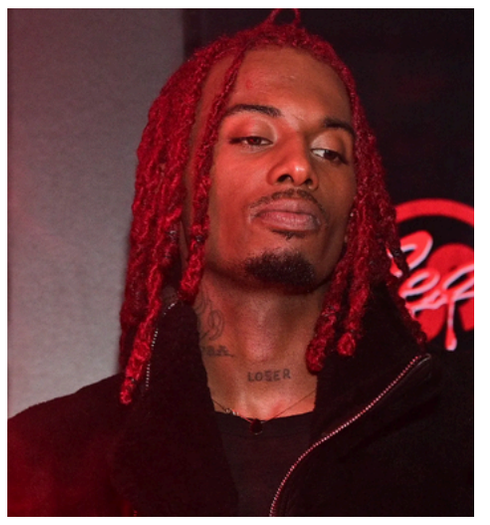


PHOTO CREDIT: PITCHFORK, 2025

Another collab song between Carti, Young Thug, and Ty Dolla $ign is "WE NEED ALL DA VIBES." This large collaboration is very energetic and delivers great verses from each of the artists. Ty Dolla $ign and Thug had an especially catchy chorus that is complimented by Carti's performance.

Overall MUSIC is a very full album with many highs but a few too many lows. Many fans expected better from Carti and this 30 track long LP did not live up to their expectations. With such a long time he delivered an over bloated album with too many misses and not enough hits.

HIP-HOP THEN AND NOW: FROM STREET STRUGGLES TO GLOBAL INFLUENCE

By MAY BAR

Roots of Hip-Hop:

Hip-Hop originally started during the Harlem renaissance. This was when Black artists such as poets and musicians started embracing their culture and weren't afraid to share their art with the world even though the world was extremely cruel to them at this time. There are many famous artists from this time period such as Langston Hughs and Charles McKay. This poetry would later go on to influence hip-hop and rap to what it is today.

Early Rise of Hip-Hop:

Hip-Hop started to become popular in the late 1980s-1990s. At this time, Rap was thought to be mostly gang-related. This was an accurate assumption though because most rappers were gang-affiliated. This made being in the Rap industry dangerous to many rappers having real-life conflicts. Some rappers would even die due to these conflicts, the most famous ones being Tupac and Notorious B.I.G. Most rappers at this time would also only rap about girls, guns, and drugs but eventually, in the early 2000s hip-hop became less gang and violence related as it became more mainstream and popular.

Hip-Hop Now:

Hip-Hop has become extremely popular over the years and now is the most popular genre of music. While some rappers still have the older hip-hop style, most do not, and instead produce more modern sounding music. Rappers now make music about world issues, such as Kendrick Lamar, Tupac, and Nas. Hip-Hop as a genre has changed so much over the years and will continue to. Who knows how different it will sound in the future years to come?



PHOTO CREDIT: MAY BAR, 2025

Got something to say? Join *The Anchor.*

Current Events

RFK JR: TRUMP'S SECRETARY OF HEALTH AND HUMAN SERVICES

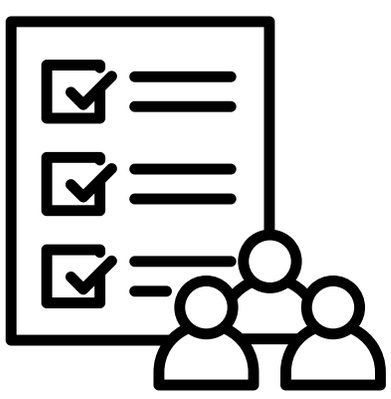
By NOAH EICHENHOLTZ



PHOTO CREDIT: ABC NEWS, 2025

RFK Jr is the nephew of 35th US president JFK. RFK Jr was an environmental lawyer for many years and despite having no medical degree, he finds himself serving as the secretary of health for the United States of America. Despite this high position RFK Jr seems to lack certain knowledge and awareness to run the department of health.

Over the years RFK Jr has continued to espouse fringe theories about vaccines. He has said that vaccines cause autism, a claim for which there is no real scientific evidence. When asked by a senator if he would give his kids the measles vaccine, RFK Jr responded with "My opinions about vaccines are irrelevant." This makes one wonder how someone with "irrelevant" opinions could run such an important government agency. This gap in knowledge is a glaring issue that needs to be solved.



RFK Jr believes many fringe theories about autism. He believes that we are in an "Autism epidemic" and that autism is plaguing our nation. According to a recent study from the CDC(Centers for Disease Control and Prevention) one in every thirty one children aged eight years has a Autistic Spectrum Disorder. This may seem like a large number but people forget that there are varying degrees of autism. Autism does not have to be life altering and many people with autism can lead completely normal lives. RFK Jr has also been credited saying "These are children who will never pay taxes, they'll never hold a job, they'll never play baseball, they'll never write a poem, they'll never go out on a date, Many of them will never use a toilet unassisted…We are doing this to our children." RFK Jr's unsupported statements about the inability of autistic people to do basic things is so unfounded that it makes one wonder if he has ever met someone with autism? Plenty of people who have autism do pay taxes, hold down jobs, go on dates, write poems, play baseball, and use toilets without help. As to RFK Jr's claim that we are giving our kids autism. RFK Jr has the odd belief that autism is something that can be developed, This is completely false. Autism is a condition. This condition cannot be developed over time. These claims can be detrimental to our society's acceptance of people suffering from Autism and must be refuted.

After the global catastrophe that was the covid 19 pandemic, and the resulting death of 1.2 million Americans RFK Jr has taken the covid vaccine off the recommended vaccination list. This decision serves no positive value. According to the National Library of Medicine ,those who don't have a vaccine are far more likely to get sick compared to somebody with a vaccination. If this is the case then why would RFK Jr stop recommending the covid vaccine?

Despite the bad RFK Jr has done there is some good. He is devoted to making America healthy again and wants to ban harmful chemicals from food in America. However, this goodness should not blind us to the harm RFK Jr's misinformation has caused. The next three and a half years will surely not be easy and we must wait to see if RFK Jr can rise to the challenges he is faced with.



U.S SECRETARY OF STATE CHALLENGES CHINESE STUDENT VISAS

By BIBI VELE



PHOTO CREDIT: AXINOS, 2025

On May 28, 2025, U.S. Secretary of State Marco Rubio announced that the Trump Administration would continue revoking student visas, primarily targeting Chinese students who have ties to the Chinese Communist Party. This move reflects the administration's broader crackdown on international students and elite universities. One of the most prominent institutions under scrutiny is Harvard University. The Trump administration has accused Harvard of defying its directives to revoke certain student visas. As a result, the university now faces legal battles with the federal government.

The president of Wesleyan University criticized the administration's stance, stating, "I think it's terribly misguided, counterproductive, and another way in which we are shooting ourselves in the foot."It remains unclear how the State Department and the Department of Homeland Security plan to cancel the affected visas. It's also uncertain whether China will retaliate by expelling some of the relatively few American students studying there.

Rubio has also announced that the State Department will deny visas to foreign officials that are involved in censoring the speech of American citizens. As of right now, the announcement has caused heavy criticism from many profiling Chinese American lawmakers and leaders, especially involving the concern of the former U.S ambassador to China and the chair of the Chinese American non profit organization of 100 and the Congressional Asian Pacific American Caucus.



Sailor Snapshots





















Sailor Snapshots







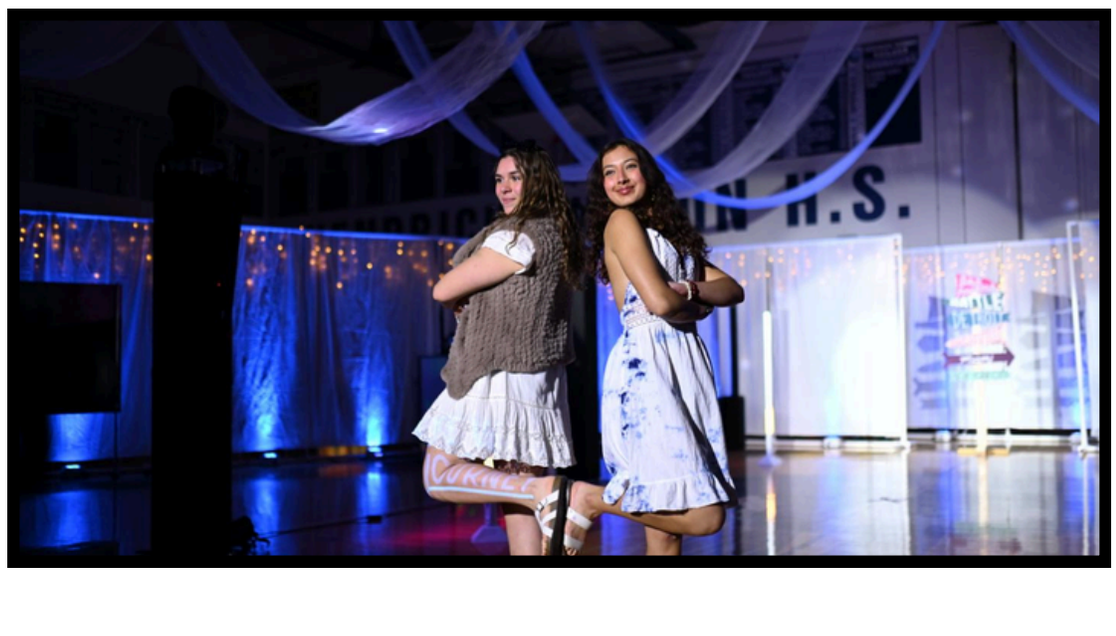


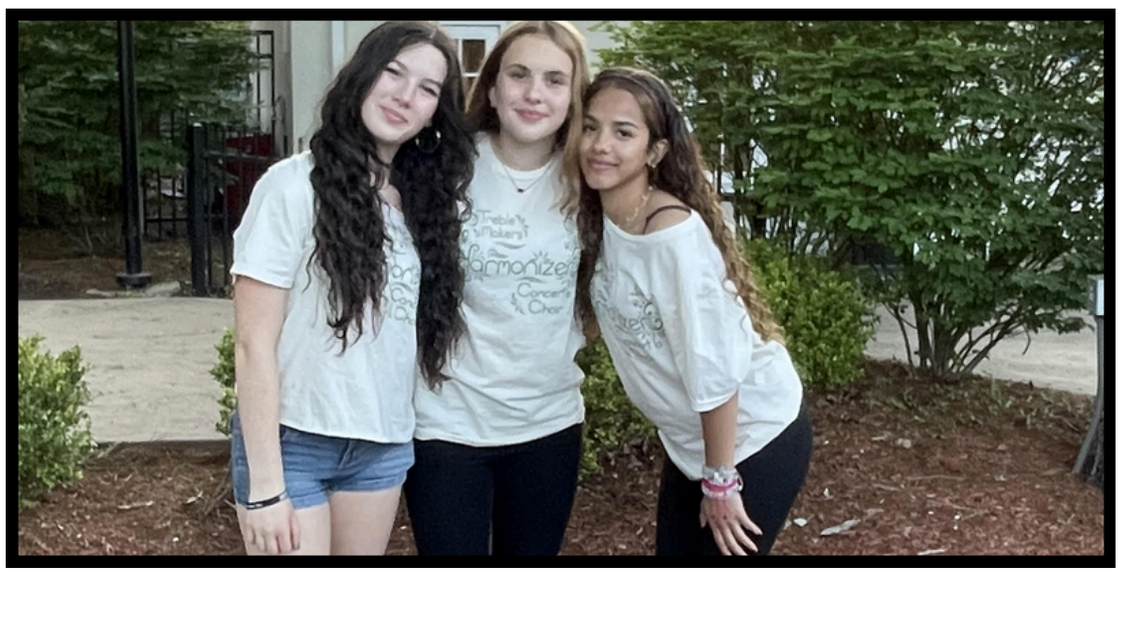












OPINION

The Plan to Ban Phones in all NYS Schools: Students' Opinions

The Phone Ban: the Key to Students Success

By ELLA HENDERSON

The United States surgeon general issued an advisory warning that social media can carry "a profound risk of harm to the mental health and well-being of children and adolescents." So, this raises the question: should cellphones be allowed in school?

Allowing cell phones in pockets at school is simply hindering academic performance. The London School of Economics found that students without access to cellphones perform 13-20% better than those with access. Humans over the age of 25 have a fully developed prefrontal cortex, which gives them the ability to resist temptations to the exciting commotion that is the internet and the vibration of a new message at your fingertips. But kids in school are much younger than 25, possessing undeveloped prefrontal cortices that makes it harder to resist the temptation of a cell phone.

According to pmc.ncbi.nlm.nih.gov. "Students who used their phones in class took fewer notes and had poorer overall academic performance, compared to those who did not" so if part of the objective of school is to grow academically why should we allow students to distract themselves?

Some may be wondering why can't I just divide my attention and keep the phone? Dr. Arnold Glass, a professor of psychology at Rutgers University, ran an experiment where during half the lectures students had access to phones, while during the other half of the lectures phones were prohibited. When the end of term exam rolled around the study found that devices lowered the grade by at least 5%, depicting a negative correlation between dividing attention in class and long term retention. Giving students the ability to pick up their cellphones during the middle of class is practically giving them a tool to hinder their academic performance.

Allowing cellphones in school allows for another 7 hours a day where students have access to cyberspace to commit acts of cyberbullying. A 2011 survey in the *Journal Children and Society* discovered that "frequent internet users are more likely to perpetrate acts of cyberbullying." Out of a survey of 500 teens sponsored by the Telecom firm *Openet*, 42% of heavy cell phone users have engaged in negative and inappropriate behavior, while only 18% of light cellphone users have engaged in inappropriate behavior. *The Sun Journal* reported after the death of two teenagers students posted cruel and false comments online. These comments were posted during the school day.

The thought that the kids just engage in inappropriate behavior outside of school is invalid as 7 hours is just too much ground to cover. Without the phone ban students will have ample opportunity to make a damaging comment.

Cell phones in school are destructive to students' growth as intellectuals and can create more opportunities for cyberbullying! Why would any administration want these devices coming through classroom doors?

Keeping Phones in School Can Help Our Students

By CAILYN ROBINSON

On January 22nd, 2025, Governor Hochul proposed a statewide ban for all cell phone usage in an educational environment for grades K-12 in New York State. She strives for all New York schools to achieve "Distraction-Free" learning without cell phones in the classroom. Hochul will use $13.5 million dollars in funding to support schools in purchasing "storage solutions" for students to keep their devices in during school hours. While this potential law has some upsides, it has also sparked controversy for students and parents in NY.

As a high school student, Hochul's proposal to ban all cellular devices in NYS schools is hard to agree with. The school day is long and exhausting, and breaks are short. During a day of sitting through nine 40 minute classes, reading lengthy novels, solving math problems, and much more, students should have the opportunity to use their devices as a way to relax during, for most students consider, a difficult day.

I believe there are ways around reducing cell phone usage in schools other than implementing a statewide ban. A good solution, in my opinion, would be for the decision of cell phone usage in classrooms to be up to the teachers; with this approach, each teacher can create their own rules, and students can still use them whenever the time is appropriate, such as during breaks, lunch, or even during class time, for educational activities such as *Kahoot!* or *Blooket*, when chromebooks are not available.

Another reason why I disagree with Hochul is because I feel that phones provide a sense of safety. In the event of an active shooter, a fire, or any other emergency event, students will want to have their phones as a way to contact their parents or 911. According to *CBS news*, Hochul states, "Police officers, sheriffs, law enforcement told me if there is a shooter in the building, the last thing you want your child to be doing is fumbling for their cellphone, texting their friends, maybe videoing it, contacting you. They need to be laser focused on the adult in the room to lead them to safety. And when I heard that, and if more parents heard that, they would understand." While I understand her concern about students being more focused on their phones in the situation of a shooter, I believe that phones should be easily accessible for students to contact their parents. Once the news gets out that there is a shooter in the school, parents will panic and text their kids. Parents should have the right to know their child's status in a state of an emergency.

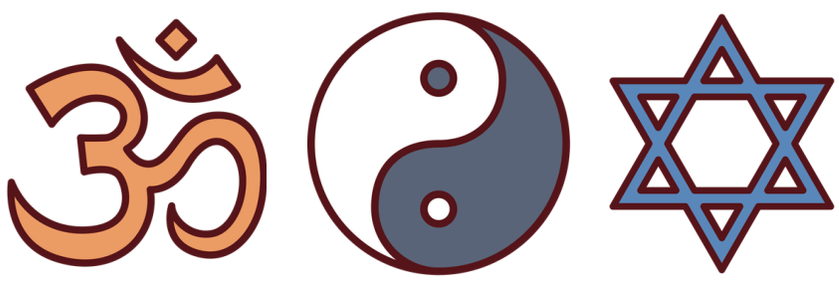
Overall, Hochul's proposal has ups and downs. While the ban of all cellular devices within schools can offer a more focused environment, students (at least those who are in high school), should have the ability to make their own decisions regarding if they would like to use their devices or not. Phones can provide entertainment, educational websites, and even be a tool to contact people in the event of an emergency. The plan to ban phones will be a controversial one, and I hope the Governor will look at all contributing aspects before going through with it.

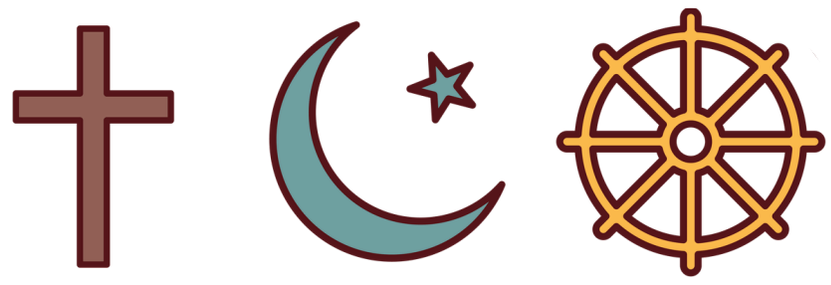


Be Seen. Join *The Anchor.*

OPINION

IS RELIGION DYING?





By ELLA HENDERSON

Religion is steadily declining in America. With all faiths seeing a decrease in weekly service attendance; nearly two decades ago 42% of U.S adults attend weekly religious services a decade ago the number dropped to 38% and now the number has dropped to 30%. The number of people who now identify as atheist has gone from 2% to 4% since 2013. In 2013, 72% of Americans said that religion was the most important thing in their life. A later poll in 2023, said only 53% of Americans say that religion is the most important thing in their life.

As a ninth grader taking honors global it is very apparent that religion shaped the lives of human beings since the first river valley civilizations. Religion has been the cause of exiles, genocides, discrimination, and war, but at the same time religion has brought people together, sparked innovation, and gave people a sense of belonging and community that wouldn't have been if not for their religious involvement.

We know according to numbers that there has been a decline in religion, but I took it upon myself to interview the next generation of Americans that I see everyday at Hendrick Hudson High School. To see what their thoughts are on religion and if they plan on keeping it apart (or making it apart) of their lives or will they continue with the trend of no longer keeping these traditions in their lives and ditching these ancient beliefs.

To begin my interviews, I reached out to freshman Zach Devito, and inquired about his ethnicity and religion. Zach explained his Thai, Chinese, and White background, and his practice of Buddhism. When I went on to ask Zach about his experience with religion, Zach said he "doesn't go to temples in America, but when [he's] in Thailand [he does] go to temples and send food offerings to passed relatives." My final question was "what are your future plans, do you plan on practicing the religion, more or less." Zach explained that he isn't sure to what extent he will practice the religion, but assumed that he "won't practice it to [Buddhism] to the fullest extent."

My second interview was Ethan Crook, who identifies as "caucasian and agnostic." Beginning with asking for his family background, he described that his mom was "raised Jewish," while his father is Christian. I asked Ethan what his experience with either religion was, and the extent to which he practiced, to which he replied, "when I'm with my Grandma I go to temple and celebrate Chanukah, but when I'm with my dad's family I celebrate Christmas my parents don't really care [about religion]."

When I asked Ethan the million dollar question if he believed in any religion he said, "it's not that I don't believe in it, I really don't know." I asked him what his plans for the future were in terms of believing in a religion or practicing. "Sometimes I feel like I'm missing out when I go to my cousin's Bar Mitzvahs," he remarked, and as someone with a Jewish mom and Christian father, I empathize with sometimes feeling like I'm missing out on cultural and religious customs. Though Ethan does not want to practice religion, it was clear during the interview that he does acknowledge that religion gives a sense of community.

My third interviewee, Mackenzie DePrado, comes from European descent and belongs to a non-denominational church that she frequents, but not consistently. She also attends youth groups alongside going to church. When I asked about the extent of her belief in religion or a higher power, Mackenzie replied that she believes in God and Jesus. She explained, "I believe in science, but it's not enough of an explanation." When I asked about Mackenzie's future plans for her religious practices, she replied, "I'm not sure how often I'll go to church, but the community is important. The Bible study part is something I would look into".

Noah Eichenholtz was my last interview. He is an Ashkanazi Jew with Eastern European heritage, and had a bar mitzvah a few years back. During our interview, he described how he does celebrate major Jewish holidays, along with participating in Shabbat every once in a while. I asked him how much he believed in the religion, and although he remarked that he "doesn't believe in every Jewish story", he still does not "deny that there's a Jewish god."

Noah added that he will continue to practice Judaism and that it is "part of my culture and identity" and his will be "making my kids have a Bar/Bat mitzvah." As a friend of Noah's since the sixth grade, I always admired his pride in the Jewish faith, and the way he honors his heritage.

After these four interviews, it seems that none of my interviewees were harshly opposed to religion or their beliefs. I found that the community and traditions were of the same, if not greater, importance than the actual beliefs themselves. None of the students seems to be longing to rid themselves of it, but no one also seemed to be desperate to add religion to their life. With my interviews only representing a small sample of Hendrick Hudson, and an even smaller sample of US teens as a whole, it seems that only time can tell how religion will play out amongst their lives and continue to evolve in our world today.

*Please note that though I tried to get representation from different races, ethnicities, and religions but I do recognize that it isn't the case and for that I apologize. Also, please understand that I am not trying to push an agenda that I am simply just trying to take the pulse of those I am interviewing.





COOKING

MAY'S BROWNIE RECIPE

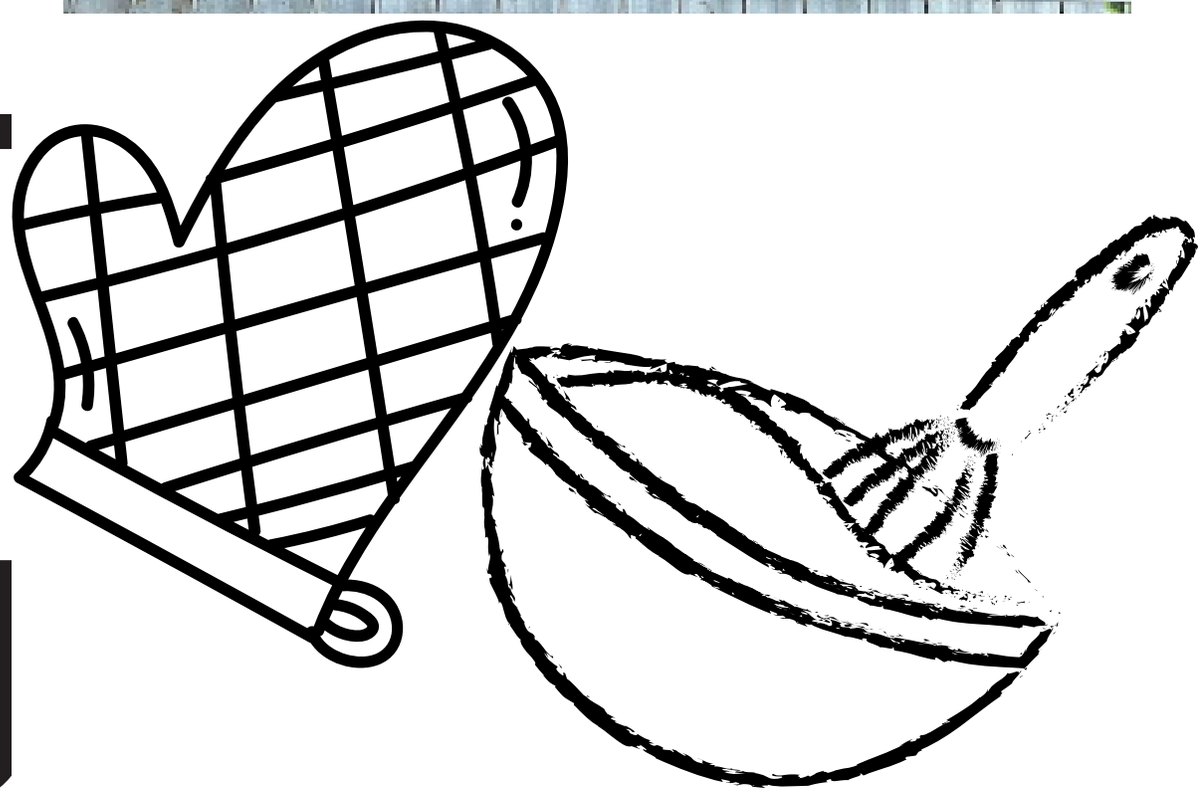
Ingredients:

- 1 ½ sticks of butter(12 Tablespoons)
- ¾ cup of cocoa powder
- 1 ¾ cups of brown sugar
- ¾ cups of flour
- 3 eggs
- 1 Tablespoon of vanilla extract
- pinch of salt
- ½ cup of chocolate chips (either semi-sweet or dark)

Instructions:

- Preheat the oven to 350 degrees.
- Toast butter in a pot until golden brown on low heat. This takes a few minutes and you have to watch it the whole time to not overcook it.
- Pour the toasted butter into a bowl and add cocoa powder. Whisk until fully combined.
- In a separate bowl, add eggs and brown sugar. Whisk until fully combined.
- Pour the chocolate mixture into the bowl with the eggs and sugar and mix until combined.
- Add Flour, salt, and vanilla extract and mix until combined.
- Add and mix the chocolate chips into the batter.
- Pour the brownie batter into a greased pan and cook for 20-25 minutes.





FUN & GAMES

HOW MANY SPONGEBOBS DOES IT TAKE TO ABSORB THE OCEAN?

By MICHAEL MANNARINO

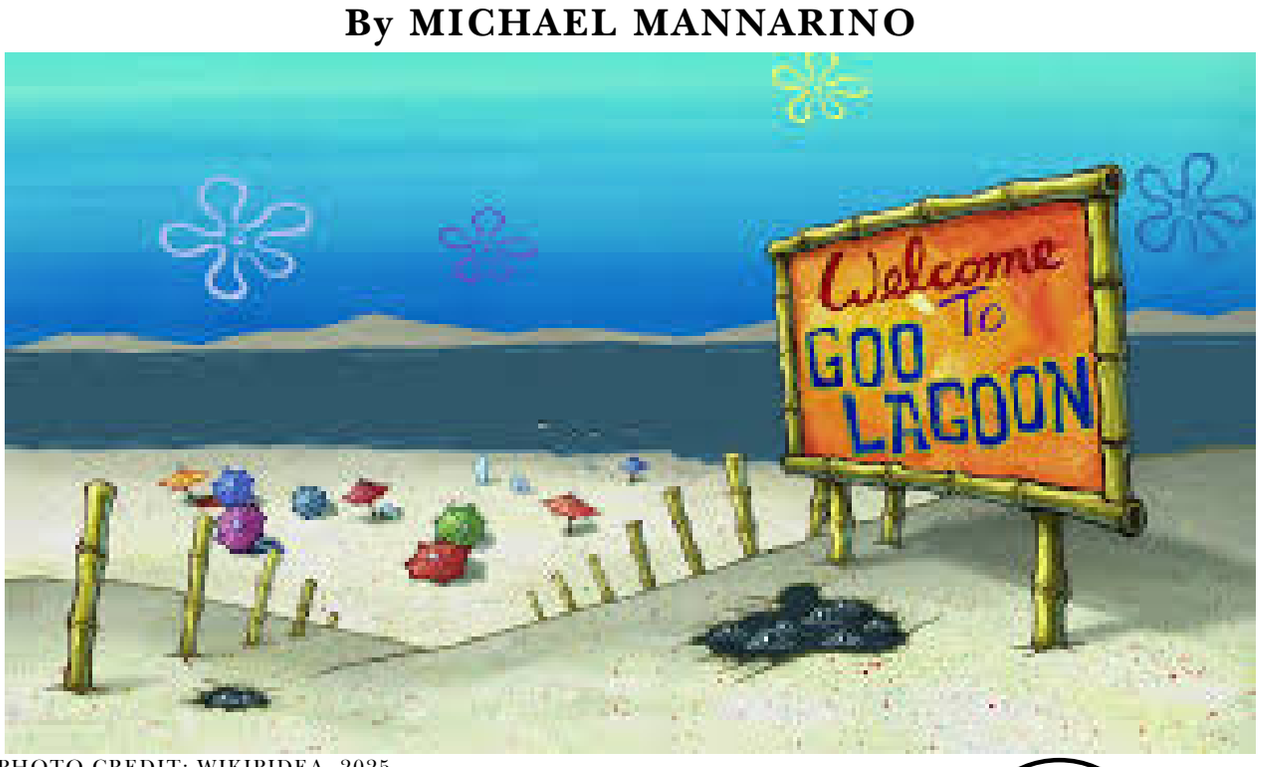


PHOTO CREDIT: WIKIPIDEA, 2025

Spongebob is one of the most famous cartoon characters of all time, and he is seen doing things that are unfathomably mind blowing. Sometimes, these feats can raise more questions. For example, in Season 9, Episode 7, "It Came From Goo Lagoon," Spongebob absorbs the entirety of Goo Lagoon. Although the exact dimensions of Goo Lagoon are unknown, we know that it is a brine pool. Brine pools can range anywhere from 11 square meters to 46 square miles. In contrast, the volume of the ocean is about 139,000,000 square miles. The smallest brine pool at 11 square meters is about 0.011 square miles. Knowing this, we can determine that it will take anywhere from 3,021,740 to 12,636,363,637 Spongebobs to fill the entire ocean.



JOIN SEED CLUB!

SEEKING EDUCATIONAL EQUITY & DIVERSITY

The Seeking Educational Equity and Diversity Club seeks to collectively explore pop culture in order to achieve a greater sense of equality while maintaining our diversity. This year's charity is the Red Cross for hurricane relief.

Events include: Bake-Off Competitions, Hepcat Café, Movie Screenings, Battle of the Bands, Haunted High School, etc

MEETINGS - 1ST & 3RD WEDNESDAYS

Recommendations by *The Anchor Staff*

Books:

Ella H.:

***Becoming* by Michelle Obama (2018)**

Becoming is Michelle Obama's raw account of what life was like growing up in a modest neighborhood in the South side of Chicago. Michelle Obama takes us through her early days of Sunday driving in her dad's Buick and a Piano recital disaster to her time at Princeton and eventually what it's like trying to parent children in the White House. Mrs. Obama isn't like most women who hold prestigious roles like First Lady; her book offers an inside look of what White House life is like through the lens of a down to earth woman. Between these pages you will find stories of sadness, grief, triumph, romance and ultimately overcoming diversity. Readers learn a multitude of lessons but one of the biggest themes is Mrs. Obama's tagline of "when they go low, we go high." This book contains lessons for everyone, regardless of what side of the political fence they fall on.



PHOTO CREDIT: OBAMA, 2018

May B.:

***The Hitchhiker's Guide to the Galaxy* by Douglas Adams (1979)**

The Hitchhikers' Guide to the Galaxy is an adventure that shows us the story of Arthur, who is a human that barely escaped into space before Earth was destroyed, and Ford, who is Arthur's best friend that is from space but lived on Earth. Arthur and Ford travel around space looking for the answer to the "ultimate question." They search for this withtheir crew that consists of Trillian, Zaphod, and Marvin on a stolen ship called the "Heart of Gold." Together, they search for the computer that has the answer to the "ultimate question" and on this journey, they escape death multiple times. This book is very exciting, adventurous and is a perfect read for those who love science fiction.

Castalia L.:

***Franny and Zooey* by J.D. Salinger (1961)**

After reading The Catcher in the Rye, and frankly, not enjoying it as much as I thought I would, I was excited to give Salinger another try with *Franny and Zooey*. The book did not disappoint: the character development and narrative style of the novel has definitely entered it into my list of all-time favorites. The story follows siblings Franny and Zooey Glass, toldin third person, as they navigate young adulthood, their relationships (with religion and with family) and battle with what it means to be alive and living. Though the language is outdated to the 21st century reader, its message is not. The same struggles the Glass siblings were enduring as they became adults are the same problems plaguing American youth today. While The Catcher in the Rye focused on adolescence, Franny and Zooey moves forward and invites a more mature, and in my opinion sophisticated, conversation on not only what it means to be an adult, but what it means to be a human being. The book is a short and easy read, and though few in pages, it is filled with detail in powerful deliverance of Salinger, who I cannot wait to read more of.

Movies:

Lexi C.:

***Father of the Bride* directed by Charles Shyer (1991)**

Father of the Bride is a feel good comedy about a young bride named Annie who's been a daddy's girl her whole life. Now that it's time for her to leave the nest, her father George, although supportive of her plans, is feeling uneasy about his little girl leaving home. The film takes the viewer through the entire wedding planning process, depicting a fathers love and attachment with his only daughter. Father of the Bride is a comedic, tear jerking, feel-good film for all. After watching the viewer is left with the feeling of unconditional love between George and his daughter Annie. The sequel also does not disappoint. Before watching the movie you may think, how could they make a sequel to such a film? Annie cant be divorced that would give the viewer a poor taste in their mouth, so the writers took an alternative approach. In this film the viewer is not only shocked by Annies pregnancy but also her mothers. Within this comedy instead of planning for a wedding, George Banks is planning for a grandchild and another child of his own. Just like the first film, *Father of the Bride 2* depicts the idea that a strong family bond can overcome any challenge.

May B.:

***Tropic Thunder* directed by Ben Stiller (2008)**

War movies are usually very intense and serious, but the movie *Tropic Thunder* is a parody of those usual war movies. *Tropic Thunder* is about the production of a war movie, showing the actors making it while many things go wrong. Eventually, they are sent into the actual woods to make the movie look authentic. This leads to a turn of events where they are stuck and get actually attacked by a group. *Tropic Thunder* is a great comedic movie to watch with friends and family.



PHOTO CREDIT: STILLER, 2008

May B.:

***The Big Lebowski* directed by Ethan and Joel Coen (1998)**

The Big Lebowski is a movie directed by Ethan and Joel Coen and is about a guy who goes by "The Dude." The Dude is very poor but has the same last name, Lebowski, as someone in his area who is extremely rich. These two people have no relation to each other, but one time, criminals got confused and robbed The Dude's house to threaten him and ruin his rug. This led The Dude to find Lebowski to get compensation for his rug being ruined. Lebowski gets The Dude involved with a crime by sending him to find Lebowski's wife, who has been kidnapped. This movie is amazing for those who enjoy comedy movies.

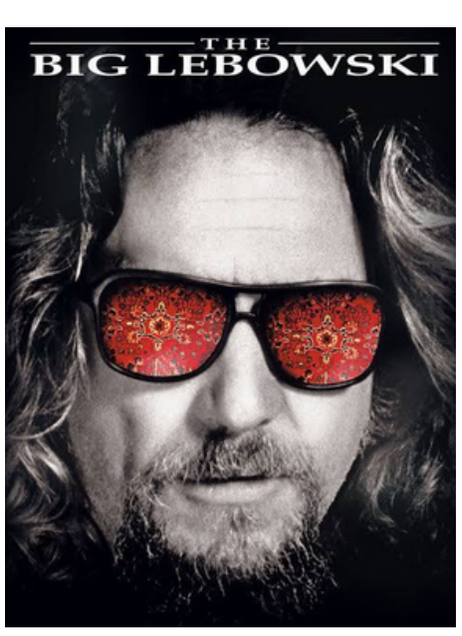


PHOTO CREDIT: COEN, 1998



PHOTO CREDIT: LAMAR, 2012

Albums:

May B.:

***good kid, m.A.A.d city* by Kendrick Lamar (2012)**

The album *good kid, m.A.A.d city* captivates listeners in its amazing and complex storytelling about Kendrick Lamar's life as a teenager living in Compton, CA. This was Kendrick's second studio album and was the album that made Kendrick extremely popular among the rap genre. The first song on the album, Sherane a.k.a Master Splinter's Daughter, introduces us to Kendrick as a 17 year old chasing after a girl named Shereane. This girl will eventually cause Kendrick to be involved in the crime scene of Compton as well as experiencing loss through his friend's death. After his loss, Kendrick resorts to religion and converts to christianity. Overall, *good kid, m.A.A.d city* is a great listen for those who enjoy storytelling in rap.



PHOTO CREDIT: OKONMA, 2021

May B.:

***Call Me If You Get Lost* by Tyler, The Creator (2021)**

Call Me If You Get Lost is about Tyler, The Creator's persona, Tyler Baudelaire. Tyler Baudelaire is a version of Tyler that is extremely rich and is traveling the world. On this trip, Tyler meets a girl and they hit it off very quickly. He soon realizes that this girl is not only in a relationship, but that he is friends with her boyfriend. In the song "SWEET/I THOUGHT YOU WANTED TO DANCE" we see the girl's perspective of how they met at a bad time in their lives and that she wants to be with him though she can't. This is expanded upon in the song "WILSHIRE" where we listen to the entire story through Tyler's perspective in this eight minute song. *Call Me If You Get Lost* is an amazing album for those who enjoy Tyler's other albums as well as those who listen to rap.

Simon E.:

***Somewhere in Time* by Iron Maiden (1986)**

Somewhere In Time is the sixth studio album by the English heavy metal band Iron Maiden. The album utilizes new musical technologies, such as guitar synthesizes, as the band entered their more experimental era. When compared to their previous work, *Somewhere In Time* seems to focus more on the melodic sound and the musicality behind each track. The album contains a prevalent theme of time, going back to ancient times with the song "Alexander The Great," while regarding themes of homesickness and alienation with "Wastes Years." *Somewhere In Time* is a classic heavy rock/metal album, and a great introduction for those who want to begin listening to metal.



PHOTO CREDIT: IRON MAIDEN, 1986

May B.:

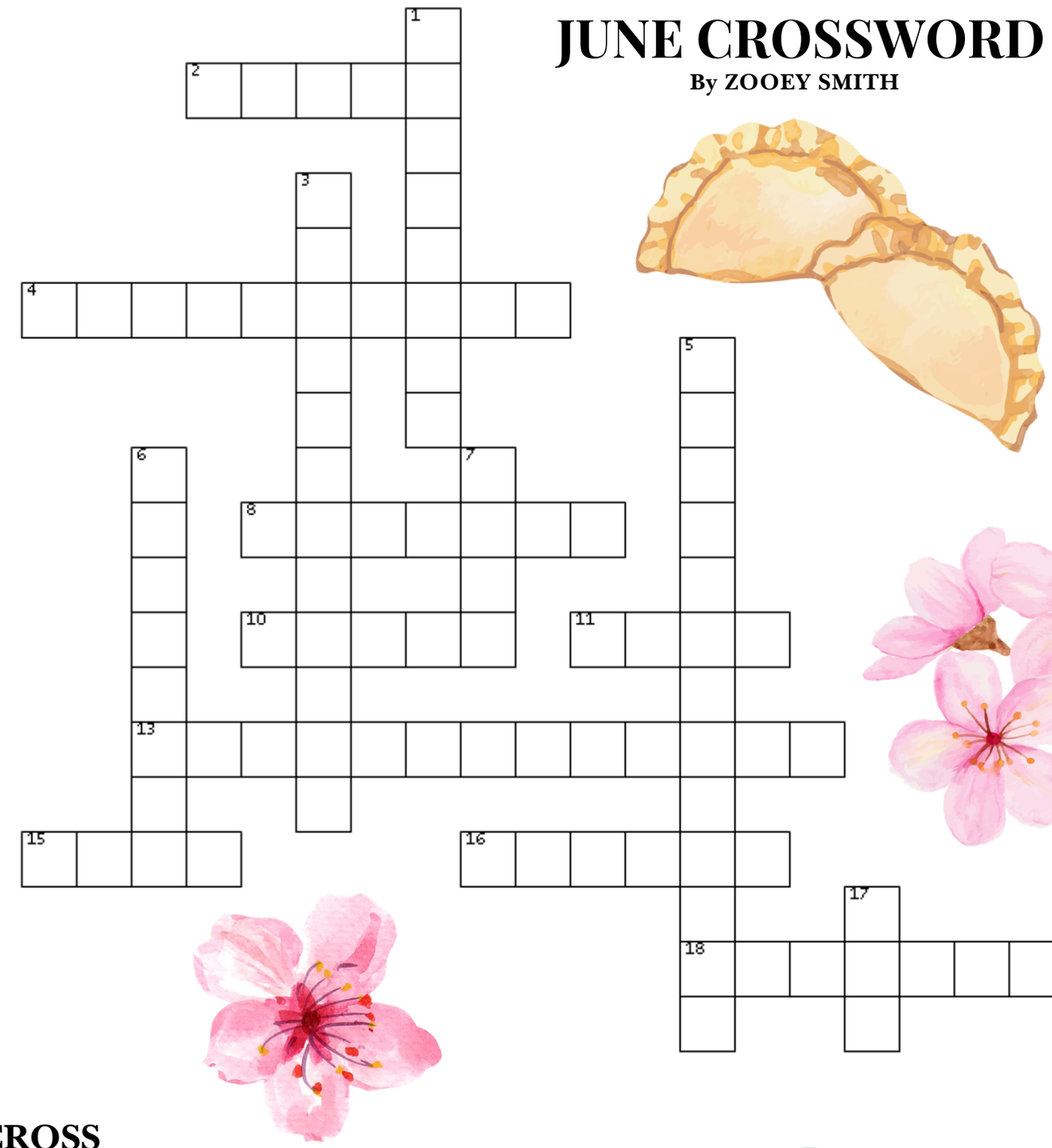
***Wolf* by Tyler, The Creator (2013)**

The story in *Wolf* shows lots of emotion and the struggle of familial and romantic love as well as hate as it follows Wolf Haley, Sam and his girlfriend Salem in Camp Flog Gnaw; Wolf and Sam both being Tyler the Creator's alter egos. Wolf is Tyler's third studio album and was released April 2nd, 2013. This album shows Wolf's hate for his father due to his absence in Wolf's life and Sam's hate for Wolf as soon as he arrived at Camp Flog Gnaw. While in the beginning Sam didn't hate Wolf for any particular reason, Sam came to loathe him after he fell in love with Salem. Tyler the Creator makes albums that reflect his life through the characters as well as adding onto it to create a different story. This helps the listener actually understand Tyler as he reveals more about his life story throughout every album. While *Wolf* may not be Tyler's best album, it was definitely the start to his new music style that we know now.

Fun & Games

JUNE CROSSWORD

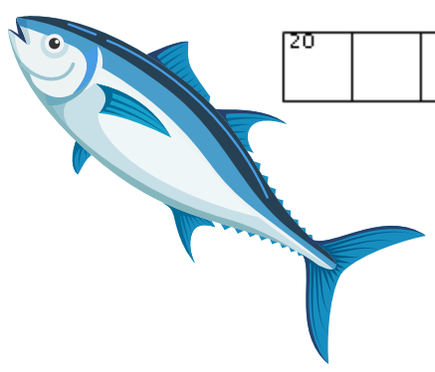
By ZOOEY SMITH





ACROSS

2. "_____ Pascal", plays Joel in the *Last of Us* TV adaptation
4. The driving force behind someone's actions
8. Polish dumpling
10. Italian poet, famous for his Divine Comedy
11. A type of fish that rhymes with the feminine translation of the spanish word for "a"
13. The petals on a tree that typically bloom in the spring, around late march or early may
14. H2O
15. State which hosted the Olympics in 2002
16. Capital of Germany
18. Newest album from Tyler, the creator
19. "The _____ Boys", with hit singles like "Good Vibrations" or "Surfin' U.S.A."
20. A type of fish that rhymes with the word that means to have a lack of uncertainty



DOWN

1. Famous painting by Leonardo da Vinci
3. Singer of "My Way"
5. A Disney movie that has recently been given a live action adaptation
6. Fermented tea that comes in many different flavors and varieties
7. "Got your _____!"
9. To run away
12. This country is home to the Pope
17. The name of the protagonist in "The Wild Robot"

June Word Search

By Adeline Conroy

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

Anchor Lincoln Students
Community Phone Track
Fish Religion Women
June Sailor Writer



SUDOKU

By ZOOEY SMITH

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