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THE ANCHOR

The Student Newspaper of Hendrick Hudson High School

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HENDRICK HUDSON CHOIR STUDENTS ATTEND ALL-STATE MUSIC FESTIVAL

By CAILYN ROBINSON



AYDAN AKHTAR (LEFT), MS. DENLER (RIGHT)
PHOTO CREDIT: HEN HUD WEBSITE, 2025

From December 4th-7th, three Hendrick Hudson students attended the New York State School Music Association (NYSSMA) All-State festival in Rochester. Junior Aydan Akhtar and Senior Alexandra Numeroff participated in the Mixed Choir, and Junior Addison Valentino was in the Treble Choir. This festival is extremely prestigious and requires a perfect score on the highest level of a NYSSMA solo - level 6. Out of 2,709 choir students who auditioned for All-State, only 344 got invited, along with 137 alternates.

This distinguished ensemble requires a lot of time commitment. During this festival, students rehearsed 12 hours each day under the direction of various renowned conductors, and then had a final performance at the University of Rochester's Eastman Kodak Theater. The All-State festival is an important festival for talented musical students to have an opportunity to perform on a big stage with students all over New York. NYSSMA's school news music editor Dan Bilawsky says, "NYSSMA's Winter Conference — an educational summit, firstrate concert series, music expo and family reunion rolled into one — is something to be treasured. Many may have taken it for granted prior to the pandemic, but the COVID pause and subsequent path toward its full return opened an avenue for reflection, to truly appreciate such a grand gathering on so many levels."

The students that attended this festival look back very fondly on their experiences. Junior Addison Valentino says "I loved my experience at All-State. Getting to be surrounded by people who love everything about music was so encouraging. It was such a wonderful experience! I left with a new drive for music and performing with others."

Junior Aydan Akhtar echoes Valentino's remarks, "All State was a fantastic experience! The audition process was very selective, and I was truly honoured to have been selected for All-State. It provided an opportunity to connect with other students and share our love for music, as well as singing challenging music that required experienced musical understanding and precision! I would definitely audition again next year. Furthermore, I learned the importance of having a unified choir, especially when being attentive to the conductor for dynamics, consonant placement, expression, vowel shape, and intensity."

Overall, All-State is an important and distinguished festival for young musicians all over the state to show their talent. The students get to work under renowned conductors, and perform in an acclaimed concert hall. These students are incredibly talented and represent the best of Hendrick Hudson's music program.



ADDISON VALENTINO (LEFT), MS. DENLER (RIGHT)
PHOTO CREDIT: HEN HUD WEBSITE, 2025

WHY ARE SHORT-FORM VIDEOS SO ADDICTIVE?

By XAVIER HENDERSON

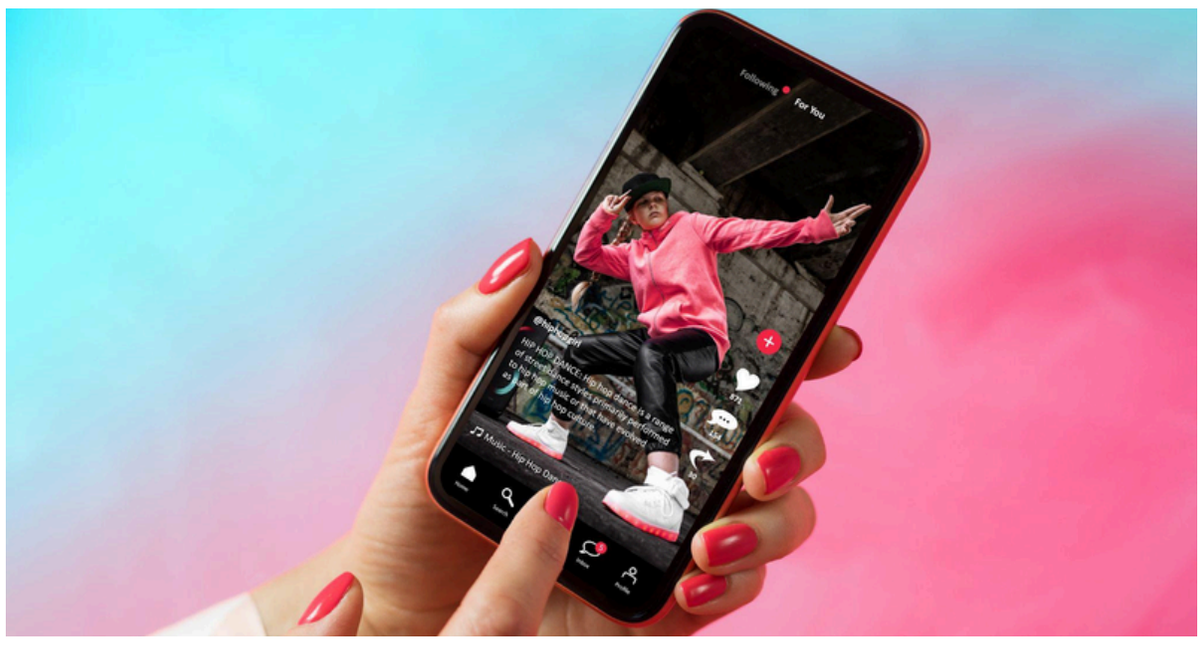


PHOTO CREDIT: TRIBU, 2025

Short-form videos dominate almost every major social media platform today, and this is no accident. These clips are engineered to capture attention within seconds. They often open with a fast hook, loud audio, or surprising visuals because the brain reacts quickest to sudden or novel information. When something grabs attention that quickly, curiosity kicks in before any real decision making happens. Since each clip lasts only a few seconds, it feels harmless to watch "just one more," which easily turns into a long, unplanned scrolling session.

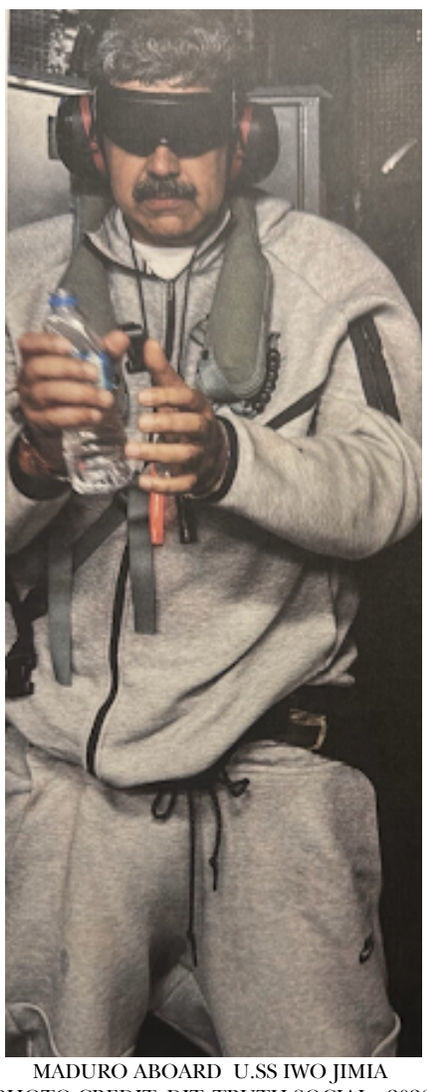
A 2022 study in Frontiers in Psychology found that platforms such as TikTok and Instagram Reels are purposely designed to push viewers into a flow state. This is a mental zone where time fades and awareness narrows to the activity at hand. The steady stream of new videos, fast loading, and endless feed keep the brain focused on whatever pops up next.

VENEZUELAN PRESIDENT REMOVED FROM POWER BY TRUMP

By NOAH EICHENHOLTZ

Late on January 2 and into the early morning of January 3, U.S. military forces, acting under orders from President Donald Trump, entered Caracas, Venezuela, and detained Venezuelan President Nicolás Maduro and his wife, Cilia Flores, in a coordinated operation aimed at removing Maduro from power and bringing him to the United States to face criminal charges, according to U.S. officials.

At a press briefing on January 3, Chairman of the Joint Chiefs of Staff Dan "Raizin" Caine outlined the details of the operation. He stated that months ago, U.S. intelligence agencies began to monitor and learn Maduro's habits. They learned where he lived, what he wore, what he ate, and where he traveled. In early December, American troops were ready to strike; however, officials delayed the operation to ensure favorable weather conditions, minimizing civilian casualties while maximizing the element of surprise. At 10:46 PM EST on January 2, President Trump authorized the mission, remarking, "Good luck, and Godspeed." The U.S. forces arrived at Maduro's compound at 1:01 AM EST. After arrival in the target area, American forces encountered resistance and returned fire in what officials described as self-defense. Once in the compound, Maduro and his wife gave up and were quickly taken into custody. While leaving, the U.S. forces participated in multiple self-defense engagements.



MADURO ABOARD U.SS IWO JIMIA
PHOTO CREDIT: DJT, TRUTH SOCIAL, 2026

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The Advisor's Desk: Informed Citizens

By Mr. CODNER

There's a lot going on in the world. Domestically and internationally, events are happening that will impact the futures of Hen Hud students.

The way we receive information about these events is rapidly changing.

Based on classroom surveys, I've learned that most (actually, ***all*** of those recently surveyed) students get their news from TikTok. Meanwhile, traditional news, which is generally considered more reliable, remains hidden behind paywalls, accessible only to those who can afford it and care enough to spend money on it.

It comes as no surprise, then, that a Gallup poll conducted last October found that only 28% of Americans trust "newspapers, television, and radio to report the news fully, accurately, and fairly."

So, there's a lot to know, but 72% of us don't trust the messengers.

Increasingly, many of those messengers are no longer human as Artificial Intelligence pumps out misinformation, disinformation, and propaganda at an alarming rate.

Yet, there is an objective reality on the other side.

This is where Media Literacy comes in. And it's key to becoming the informed citizens on whom our future depends.

Media Literacy is the ability to analyze and understand the media. In times like these, comprehending the viewpoints, motivations, and funding from multiple sources is the best way to get a sense of what's going on.

Whether you intend to vote, buy stocks, go to college, make informed life decisions, or be an interesting human, knowing what's going on in the world is important.

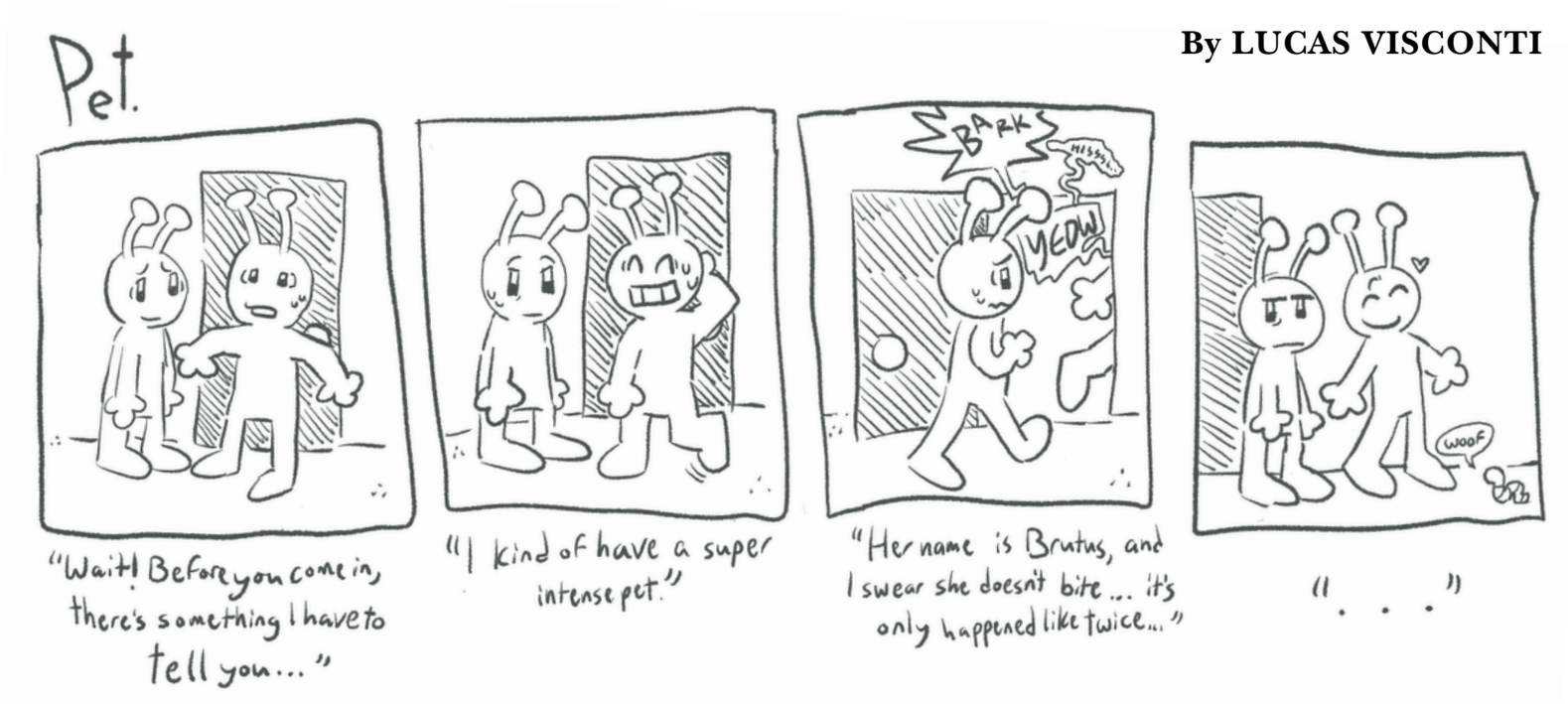
Understanding how the news gets made and who pays for it can help a citizen determine what the news actually is, even when you're getting it from unreliable narrators.

The best way to understand the media is to study it. So take Journalism.

The Journalism Elective is available to all rising Sophomores through rising Seniors. Here, you will not only learn how to responsibly consume media to understand the world and your role in it, but you will also acquire skills to investigate, write, film, and edit the news.

Talk to your guidance counselor to sign up for the Journalism Elective in the 2026-2027 school year and take charge of your world.

By LUCAS VISCONTI



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



Current Events

WHY ARE SHORT-FORM VIDEOS SO ADDICTIVE?

CONTINUED FROM FRONT PAGE

Once someone slips into this state, time becomes very easy to lose. To understand this on a more personal level, I spoke with Gregory Jordan, a student at Hendrick Hudson High School, who says the humor alone keeps him caught in long scrolling streaks. “Honestly, with how funny they are,” Gregory said. “I just laugh so hard, and the next video is always funnier.” Gregory’s reaction lines up with what researchers describe. The brain naturally pays attention to anything rewarding, and humor creates a strong emotional pull.

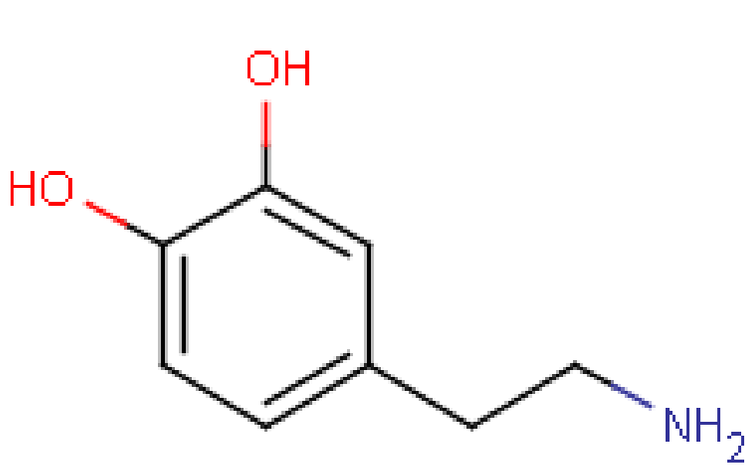


IMAGE CREDIT: WIKIMEDIA COMMONS

Dopamine, a brain chemical that creates feelings of pleasure and motivates you to seek rewards, plays a major role in why short-form content feels so addictive. Each new video gives a small burst of dopamine, not enough to overwhelm, but enough for the brain to think, “That felt good, let’s watch another.” Because the next clip is always unpredictable, the brain treats each swipe like a tiny gamble. When a possible reward is expected, dopamine rises even before the reward appears, which makes stopping even harder. This “maybe the next one will be good” effect is one of the strongest parts of the cycle. Neuroscientists call it variable reinforcement, the same principle used in casinos. Gregory described it clearly: “Yeah, all the time. I spend so much time on it, and I realize it’s such an easy time waster because of how much I’m enjoying it.” That mix of entertainment plus uncertainty keeps many people watching far longer than intended. Science reveals the effects go beyond the apps themselves. A 2024 study in BMC Psychology linked heavy short-form video use to worse sleep quality and higher social anxiety in teens. When the brain gets used to fast and highly stimulating content, slower activities like homework, reading, or studying start to feel more difficult. Gregory agreed that these apps interfere with concentration: “I’m going to say yeah… I’m so distracted. If I never had TikTok, I would be way more focused on my work.” This reflects a pattern researchers point out: the more time spent on fast, high-reward content, the harder it becomes to adjust to tasks that require patience or deeper thought. Short-form videos also fit neatly into busy daily routines. They can be watched in line, on the bus, or between classes. They require almost no mental effort, and algorithms rapidly learn each person’s preferences. Once the algorithm gets it right, the feed turns into a personalized highlight reel, with only the funniest, most exciting, or most interesting videos, one after another. With statistics from The World Data, the numbers show how strong the habit can be: the average TikTok user spends around 95 minutes per day on the app, more than one billion videos are watched on TikTok each day, and the average user checks the app 20 times per day. These statistics highlight that this is more than casual entertainment. For many, it becomes a powerful routine. Still, cutting back is possible. When asked if he ever tried to reduce his use, Gregory said: “I have, and it was not that difficult. You just gotta find something entertaining, something that you like.” This suggests that breaking the habit is easier when replaced with something that fills the same need—whether that’s longer videos, hobbies, or other activities that give the brain a different kind of reward.Though the videos are short, the time spent on them adds up quickly. Ten minutes becomes thirty. Thirty minutes becomes an hour. Because each clip feels small, the total time often goes unnoticed until everything stops. Understanding why short-form videos feel so addictive, and hearing students such as Gregory describe their own experiences, helps show how these apps shape daily behavior. Even though they are designed to hold attention, becoming aware of their effects makes it easier to stay in control of personal time and attention, instead of letting the scroll dictate the day.

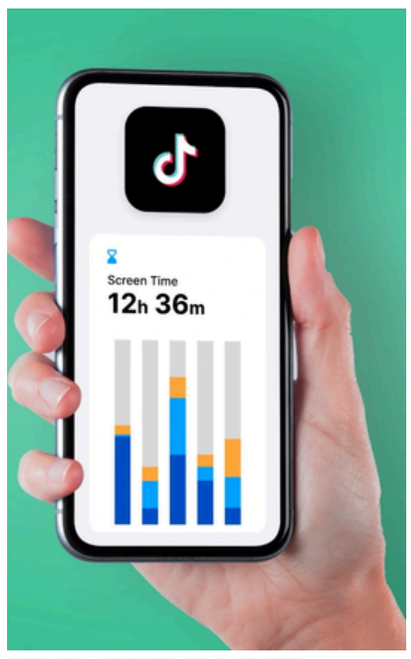
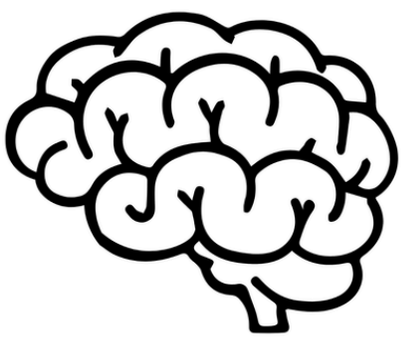


PHOTO CREDIT: BLOCKSITE



VENEZUELAN PRESIDENT REMOVED FROM POWER BY TRUMP

CONTINUED FROM FRONT PAGE



PHOTO CREDIT: BROOKINGS, 2026

These engagements, however, resulted in no loss of American life. U.S. aircraft left the area at 3:29 a.m. EST, returning home with both detainees aboard the USS Iwo Jima.

During the same briefing, Trump stated that the removal of Maduro from power would give the Venezuelan people independence and freedom. He also claimed that Venezuela’s oil infrastructure was “run-down” and said U.S. oil companies would help repair it. “In addition, Venezuela unilaterally seized and sold American oil, American assets, and American platforms, costing us billions and billions of dollars,” the president says, and he promises to take back our property and make sure that “American dominance in the Western Hemisphere will never be questioned again.”

Nicolás Maduro, 63 years of age, is a member of the “United Socialist Party of Venezuela,” and has served for more than two terms as president. First elected in April of 2013, then reelected in 2018, Maduro oversaw numerous economic and humanitarian crises, along with repeated nationwide protests that led to a sharp decline in popularity. In 2024, despite accusations of falsifying election results, Maduro was sworn in for a brief third term, which ended after one year due to his indictment and capture by United States forces.

After being captured, Maduro and his wife arrived in New York on Saturday, January 3. They are expected to stand trial on charges of narco-terrorism conspiracy, cocaine-importation conspiracy, and possession of, and conspiracy to possess, machine guns. Maduro’s vice president, Delcy Rodríguez, is currently serving as Venezuela’s interim president. However, Donald Trump stated at a press briefing that “We [America] are going to run the country until such time that we can do a safe, proper, and judicious transition.” Maduro’s removal marks a significant escalation in U.S. involvement in Venezuela, raising questions about international law, regional stability, and the country’s political future as Venezuelans and global leaders await what comes next.



PHOTO CREDIT: UNKNOWN AUTHOR, INSTAGRAM, VIA WIKIMEDIA COMMONS, 2025

Current Events

NEED OF RECIPE FOR TROUBLE? TURN TO CAMPBELL

By EMMA ROCHELLE



PHOTO CREDIT: CAMPBELL SOUP, 2025

As soup season approaches, Campbell's is facing a storm of controversy after two high-profile lawsuits were made public. In September 2025, the company admitted to violating the Clean Water Act over 5,000 times at its plant in Napoleon, Ohio, contaminating the Maumee river. Then, in November, a wrongful termination lawsuit from former cybersecurity analyst Robert Garza led to a leaked audio recording of Campbell's vice president making racist remarks about employees, revealing how atrocious their quality truly is, and offensive comments against the demographic of their consumers.

According to the news publication the *Detroit Free Press*, on November 21, 2025, Robert Garza filed a lawsuit through the Michigan court system after he claimed Campbell wrongfully terminated his employment on January 30, 2025, for filing a complaint against the Vice President Martin Ballay only 20 days prior.

The complaint brought up to Garza's Manager, J.R Aupperle, entailed that Ballay made vulgar comments about Indian employees, the poor, and the quality of their products during a meeting about salary. In the leaked recording he said, without any provocation: "[Redacted] Indians don't know a [Redacted] thing, they couldn't think for their [Redacted] selves." He also claimed that their products are "[Redacted] for [Redacted] poor people."

USA Today revealed the leaked audio that plays a crucial evidential role in this case is sourced from a television news channel: Local 4 WDIV Detroit. In the hour-long audio, the company's vice president states he no longer purchases Campbell's products not only because he believes it's only for people in poverty, but also due to quality concerns. "It's unhealthy now that I know what the [redacted] in it… you can eat bioengineered meat" and "I don't want to eat a [redacted] piece of chicken that came from a 3D printer."

Campbell's released an official statement on their website in response to the controversy where they declared the termination of Martin Ballay, insisted that they had no knowledge of the audio, and affirmed that their products are United States Department of Agriculture (USDA) approved with high standards.

However, wrongful termination lawsuits and problematic vice presidents are not the only scandal the company encountered.

Back on September 15th, Campbell Soup admitted guilt to court records that were obtained by USA Today. The records disclose the company violating the Clean Water Act at their Napoleon, Ohio facility 5,468 times from April 2018 till December 2024.

The United States Environmental Protection Agency (EPA) defines the Clean Water Act as "the basic structure for regulating discharges of pollutants into the waters of the United States and regulating quality standards for surface waters," the act prohibits the dumping of polluted materials without proper permits and limits of how much waste can be discharged with said permits, Campbell's is guilty of not meeting either of those guidelines.

The National Environmental Law Center reported Campbell's breach of the Clean Water Act led to E. coil, ammonia, oil, grease, and chlorine entering the Manumee River, which directly flows into the western section of Lake Erie. Campbell was not only ordered to take care of the damages, but forced to comply with environmental regulation laws after a lawsuit was filed in March of 2024.

Despite Campbell's public apologies, placing Mark Ballay on leave, and complying with the EPA, disappointed consumers have called for a boycott against all Campbell's products. Tiktok content creator, Dr. Jessica Knurick made a post on November 25th to spread awareness regarding the company's scandals. Dr. Knurick is a registered Dietitian with a PhD in nutrition who makes content regarding public health, Her post in response to Campbell's targets more than just the quality of the products but the quality of the company. She wrote "Everyone is spiraling over the wrong part of this Campbell's soup story…if you want to be outraged, be outraged at the system that makes racism, classism, and disregard for public health profitable."

Her post is a reminder that Campbell's isn't the only company that has troublesome business practices, they are just the one who got caught: "… push for policies and regulations that make it harder for corporations to profit by cutting corners, exploiting workers, and demeaning their own customers."



IMAGE CREDIT: WARHOL, 1962



Got something to say? Join *The Anchor.*

Current Events

HOW SOUTH PARK PUSHES POLITICAL BOUNDARIES

By MAY BAR



IMAGE CREDIT: COMEDY CENTRAL, 2025

Although South Park is a cartoon comedy, it's always been a large influence on politics because of how often it uses satire to talk about real issues. The newest season reflects and jokes about the presidency, the rise of Artificial Intelligence, crypto culture, and other major things happening right now. Even though the show can be ridiculous, it allows people to pay attention to the way it represents what's going on in the world. So, how does South Park get away using political figures?

South Park can get away with showing political figures because of the First Amendment, giving the right to freedom of speech. Another law that gives South Park protection is the Parody Law, which gives creators the right to use copyrighted material without permission as a form of criticism. This gives Matt Stone and Trey Parker, the creators of South Park, the right to parody without having serious backlash. Since this show is a known satire by many and is not taken seriously by their viewers; lawsuits, especially for defamation, are very unlikely to happen. South Park's depiction of people using exaggerated voices, personalities, and faces usually public figures, like presidents or celebrities. Public figures have less protection under defamation laws, according to the first amendment, because they are already talked about in the media. This makes it harder to prove that shows like South Park are hurting their reputation on purpose. So when the show makes an extreme version or impression of someone like Trump, who is very small and portrayed as weak, the exaggeration helps protect the creators legally.

South Park has been doing satirical humor for years, so people expect this from them. The show comes out with episodes quicker than other cartoons usually do, in a matter of six days, which lets them talk about current events very soon after they happen due to the simple art style which is easy to animate. This makes their political commentary feel more relevant.



IMAGE CREDIT: COMEDY CENTRAL, 2025

Arts & Entertainment

2014 FOREST HILL DRIVE ALBUM REVIEW

By NOAH EICHENHOLTZ



PHOTO CREDIT: COLE, 2014

On December 9, 2014, J. Cole dropped his third studio album, 2014 Forest Hill Drive. This album has gone 6x platinum and has spent over 550 weeks on the top 200 chart. This is considered not only a classic, but one of Cole's best albums.

The second track on this album is "January 28th" This date is significant as it is J. Cole's birthday, and allows him to begin the LP named after his childhood home, off at the beginning of his life. This song features an impressive rhyme scheme accompanied by a catchy and addicting beat. This strong track comes early on in the album and sets a great tone for the songs to come.

"03' Adolescence" is the fourth song on 2014 FHD. In this track Cole showcases a slower and more methodical flow, complimenting the storytelling and message of the song. The story of "03' Adolescence" is of a conversation between J. Cole and one of his childhood friends. Cole is jealous of the money his friend makes despite it being through illegal activities. After his friend points out how stupid that is and that he is jealous that Cole gets to go to college Cole is now more appreciative of what he has and where he is going The ninth track on 2014 FHD is the smash hit "No Role Modelz" This 14x platinum song features a catchy chorus, with impressive rhyme schemes from Cole and a beat that truly pops. This song famously sampled president George W. Bush, who publicly misquoted the phrase "fool me once, shame on you, fool me twice, shame on me" by saying "fool me once shame on, shame on you. Fool me you can't get fooled again."

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The second to last song on this album is "Love Yourz" As J. Cole said in an interview the words "love yours " "sums up the entire album." This song is all about appreciating what you have. Cole talks about there always being people with nicer cars, cooler clothes, bigger houses, and there always being prettier girls, but you can't be comparing yourself to others because until you stop doing that, you won't ever truly love yourself and your own life

2014 Forest Hill Drive was the album that truly launched J. Cole into stardom. Through this album however, he learned and taught us that it doesn't matter the money or status you have. It doesn't matter what other people have as you have to love your own.

Want to see your name in print? Join *The Anchor.*

Sailor Snapshots

















Sailor Snapshots

















Travel

ALASKA: THE LAST FRONTIER

By ETHAN CROOK

Alaska is an expansive region of the United States where you can do anything from picking blueberries on the scenic K'esugi Ridge Trail to watching glaciers sparkle under endless daylight. I visited this past summer, when the sun hardly dipped below the horizon and everything felt alive.

During those long summer days, Alaska transformed into a landscape of color and movement. Wildflowers had replaced the snow in shades of pink, yellow, and purple, and the crisp air made every trail feel fresh. The warm weather made hiking surprisingly comfortable, and the mountains, still capped with snow, stood bright against the clear sky.

One of my favorite moments happened out on the water of Resurrection Bay. As our boat moved through the calm, deep-blue water, a bald eagle drifted effortlessly above us, barely flapping its wings. It circled silently over the bay, the white of its head glowing in the sunlight. Seeing such a powerful bird in the wild felt like something out of a nature documentary.

Exploring Alaska in the summer feels like watching a massive, untouched world come alive. Even simple moments, like skipping stones along a shoreline or sitting quietly and taking in the superbly beautiful horizon, become unforgettable in a place that big and wild. It is almost impossible to not feel small in such a vast landscape. The sense of wonder Alaska induces is what makes it stand out as the Last Frontier.









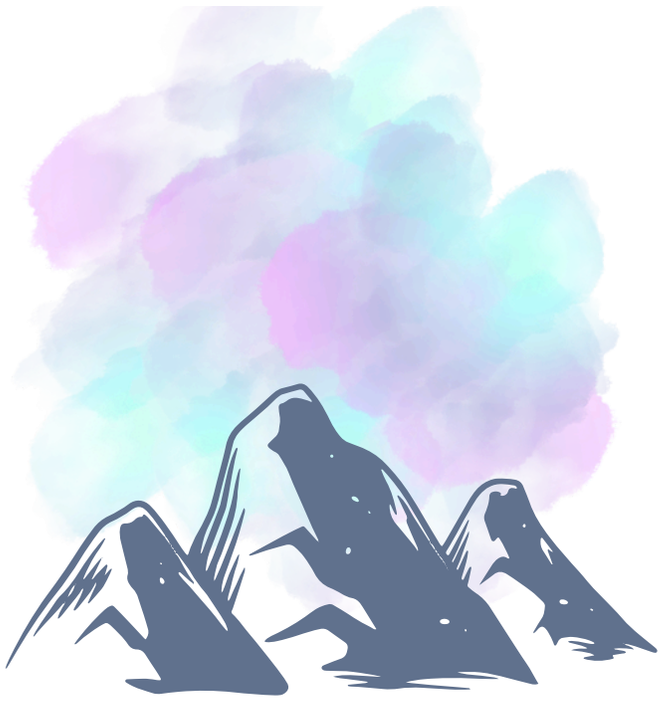






PHOTO CREDITS: Ethan Crook, 2025

Arts & Entertainment

PLURIBUS REVIEW

By XAVIER HENDERSON

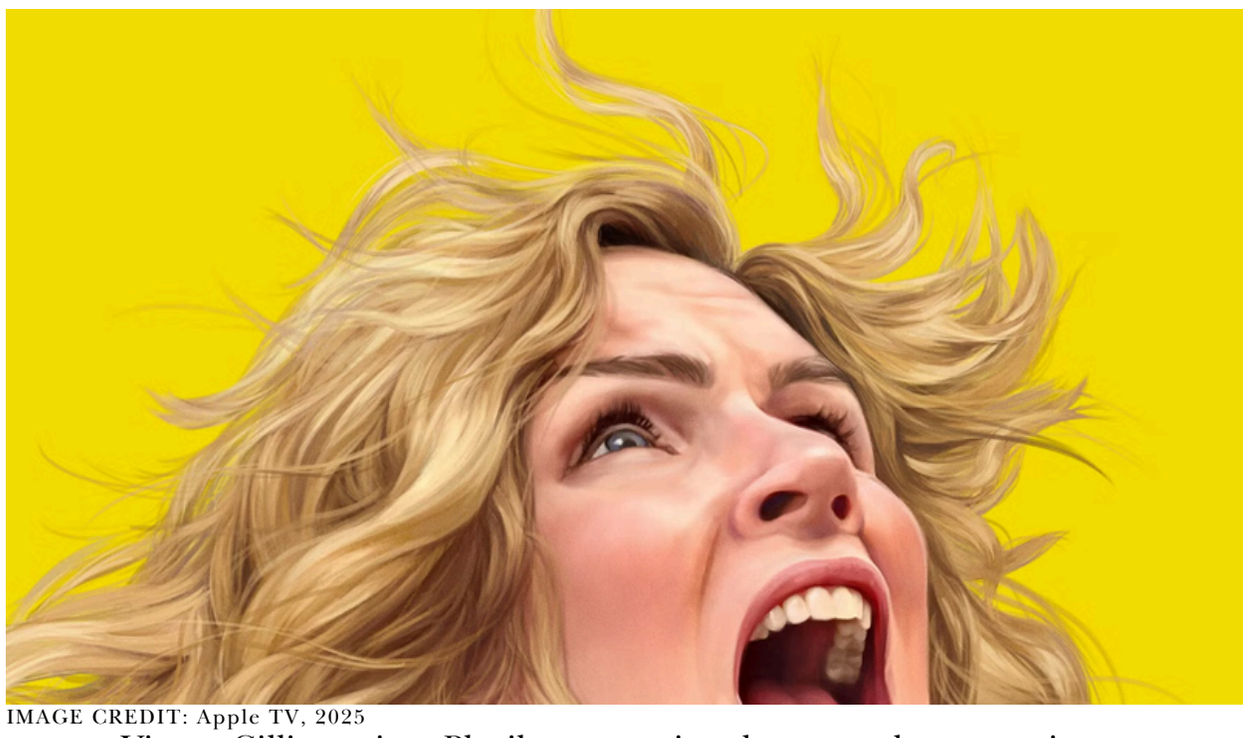


IMAGE CREDIT: Apple TV, 2025

Vince Gilligan is known for making shows that don't rush the viewer and instead force them to really pay attention. With Pluribus, he continues that style. The show is tense and clearly thought out, which makes it worth watching. That said, even though Pluribus is a strong series, it has some flaws that prevent it from reaching true greatness.

Pluribus premiered on November 7, 2025, and gained attention due to Gilligan, who is the creator of Breaking Bad and Better Call Saul, two incredibly popular series. The show fits into the drama and psychological thriller genres and focuses more on slow storytelling than fast action. Instead of big twists every episode, it builds tension gradually and expects viewers to stay focused on small details.

The plot follows several connected characters whose lives slowly start to overlap. The story doesn't move in a straight line, and it often takes time to explain what is really going on. A lot of the suspense comes from what the characters don't say and from the uncertainty of their choices. This makes the show more realistic, but it can also feel confusing at times.

One of the best parts of Pluribus is the overall mood. The show creates a quiet, uncomfortable feeling that sticks with the viewer. Even scenes where nothing major happens still feel important. The dialogue sounds natural, and the show relies more on tension and silence than constant action, which makes it stand out compared to a lot of other shows.

The characters also feel real and believable. None of them are clearly good or bad, and their motivations slowly become clearer over time. This makes their decisions feel more meaningful. The acting helps a lot with this, especially during moments where emotions are shown without much talking.

However, the slow pace can sometimes be a problem. Some episodes feel longer than they need to be, and a few scenes don't really move the story forward. This might make some viewers lose interest, especially if they prefer shows with faster plots or more action.

Another issue is that the show demands a lot of attention. Missing small details can make later episodes harder to understand. While the mystery is part of what makes Pluribus interesting, the lack of clear answers at times can feel frustrating instead of intriguing.

Even with these issues, Pluribus is still a show I would recommend. It has strong writing, good acting, and a unique style that makes it different from most shows right now. Fans of Vince Gilligan's past work will probably enjoy it, and viewers who like slower, more thoughtful shows should give it a chance. While it's not perfect, Pluribus proves that Gilligan still knows how to tell a story that sticks with you.

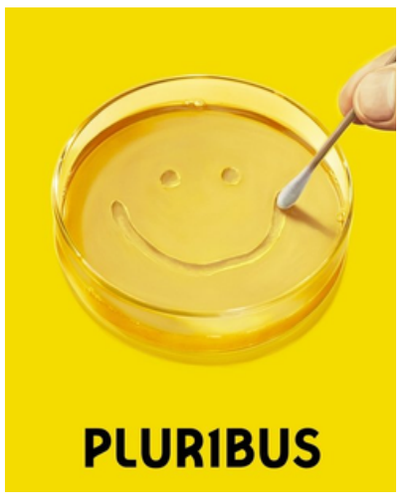


IMAGE CREDIT: Apple TV, 2025

PANCHIKO – D>E>A>T>H>M>E>T>A>L ALBUM REVIEW AND RETROSPECTIVE

By MAX CANNON



PHOTO CREDIT?

PHOTO CREDITS: PANCHIKO, 2016

In 2016, a 4chan user found an interesting CD at a secondhand store labeled "D>E>A>T>H>M>E>T>A>L". Interested to hear some hardcore tunes, the user bought it and went to play it. The strangest thing is that this wasn't a metal CD at all, it was a lo-fi album filled with hypnotic synths and dreamy drums, but the audio quality was ruined by the disc rot it had gathered for however long it festered in solidarity. After their crazy discovery they had to share the story with the world. The CD became lost media, and 4chan users searched everywhere for the creators, a band called Panchiko, as well as the original songs that they made. Eventually, in 2020, a different 4chan user found one of the members of the band and messaged him "Hello, you'll probably never read this, but are you the lead singer of Panchiko?" Panchiko would re-release the project on streaming services soon after as D>E>L>U>X>E>M>E>T>A>L, adding unreleased songs as well as the rotted versions to keep the magic alive.

As for the album itself, the tracks tell stories of people lost to time, distant relationships, and much more. The album opens with the title track D>E>A>T>H>M>E>T>A>L, a song that lives up to the expectations that the 4chan post, with high quality production and chilling vocals. The next track Stabilisers for big boys stands out with its rock inspired soundscapes and melodies, easily a highlight on the album. Then there's CUT, which sounds like you're spacing out at the edge of the galaxy, it's an easy favorite.

Between the story of D>E>A>T>H>M>E>T>A>L's release, its unique and inspired sound, and its status in internet history, it cements itself as a classic indie album in the hearts and minds of listeners everywhere.

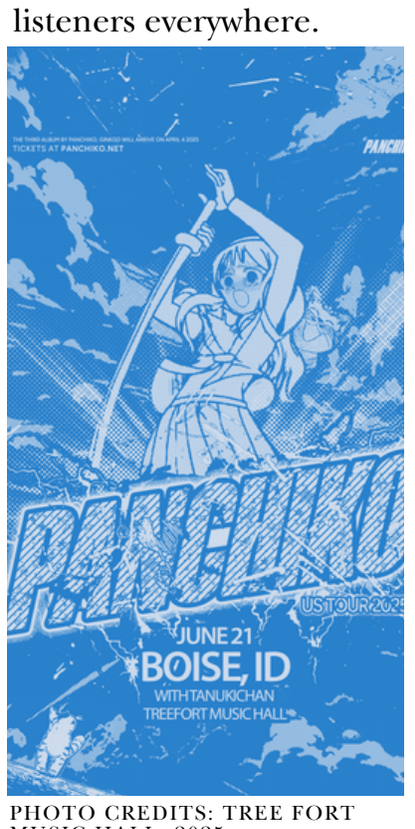


PHOTO CREDITS: TREE FORT MUSIC HALL, 2025



PHOTO CREDITS: PANCHIKO, 2024

Got something to say? Join *The Anchor.*

Cooking

HONEY MUSTARD BAKED SALMON FILLET RECIPE

By MAY BAR

This recipe is for two servings.

Instructions:

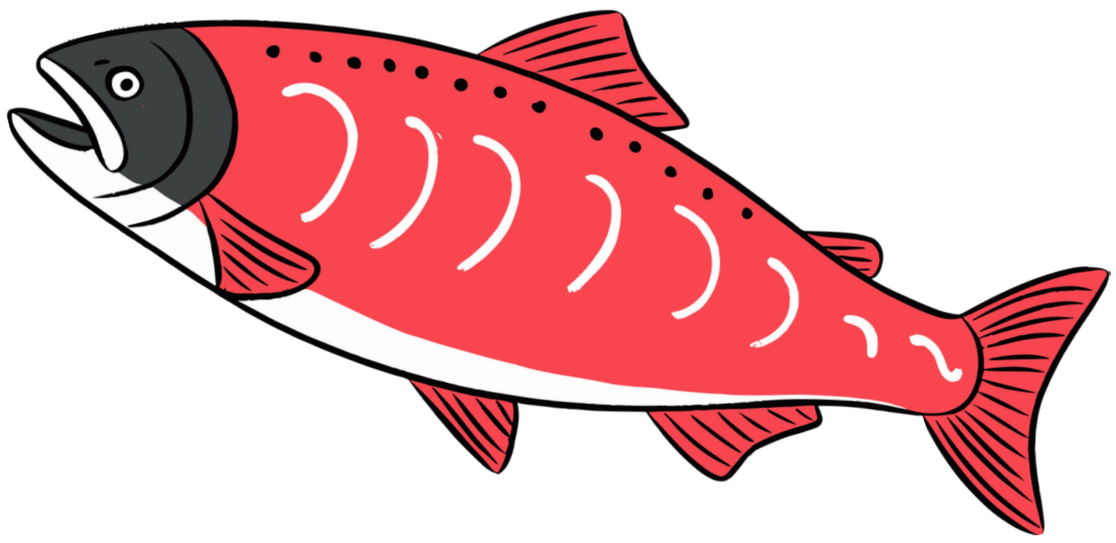
1. preheat the oven to 350°
2. put parchment paper onto your baking sheet and place the fillets on it
3. In a cup or a small bowl, mix together ⅓ cup honey with ⅓ dijon mustard until combined
4. spread the honey mustard mix onto the fillets
5. sprinkle black pepper on top
6. bake the salmon in the oven at 350° for 15-20 min
7. take out of oven, plate, and enjoy!



Ingredients:

HONEY MUSTARD BAKED SALMON FILLET

- 2 salmon fillets
- ⅓ cup honey
- ⅓ cup Dijon mustard
- black pepper



SOURDOUGH TUNA MELT RECIPE

By MAY BAR

This recipe is for two servings.

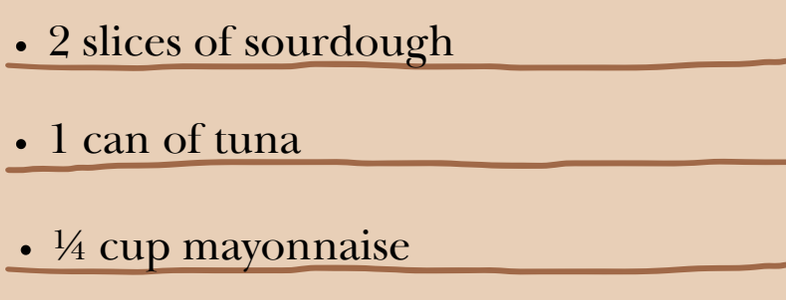
Instructions:

1. preheat toaster oven to 400°
2. drain canned tuna and scoop into bowl
3. add ¼ cup mayonnaise and mix
4. dice apple into small cubes and put into tuna bowl
5. cut avocado in half, take out pit
6. slice avocado in vertical and horizontal lines to make cubes and scoop into tuna bowl
7. slice both sticks of celery into semi-circle pieces and put into tuna bowl
8. mix together the tuna, mayo, apple, avocado, and celery with a spoon
9. toast your two slices of sourdough
10. once toasted, spread tuna mix onto both slices of bread
11. put the desired amount of shredded cheddar on top of the tuna mix
12. put tuna melt into toaster oven at 400°, add sliced tomato on top, and enjoy!

Ingredients:

SOURDOUGH TUNA MELT RECIPE

- 2 slices of sourdough
- 1 can of tuna
- ¼ cup mayonnaise
- 1 apple
- 1 avocado
- 2 celery sticks
- shredded cheddar
- tomato (optional)







Want to see your name in print? Join *The Anchor.*

Recommendations by *The Anchor Staff*

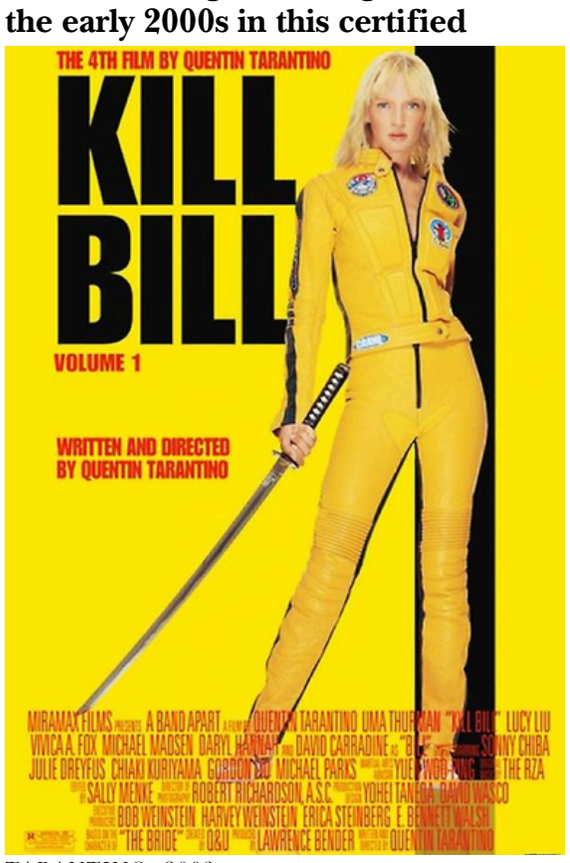
Movies:

Noah E.:

Kill Bill Volume 1&2

directed by Quentin Tarantino (2003/2004)

Kill Bill volume 1 and 2 are a masterclass of action and dialogue made by famed director Quentin Tarantino. Our protagonist "the bride," played by Uma Thurman, is a mysterious assassin who hunts down her former colleagues. As the movies progress we witness action packed sword fighting and shootouts on the bride's quest for vengeance. Discover the bride's story and watch some of the greatest fight scenes of the early 2000s in this certified



TARANTINO, 2003

Xavier H.:

Django Unchained **directed by Quentin Tarantino (2012)**

Django Unchained **is a 2010s Quentin Tarantino western-action, and is a staple of the decade. This movie has many iconic scenes like the dinner table confrontation and the "D is silent" exchange but many other incredible sequences that aren't discussed as often. Like most of Quentin Tarantino's filmography, Django has a gritty and very stylized western feel to it that will leave you with the kind of adrenaline you never knew you needed. This film can make you feel transported into this reimagined slave stricken South with its sharp dialogue and classic revenge story.**



TARANTINO, 2012



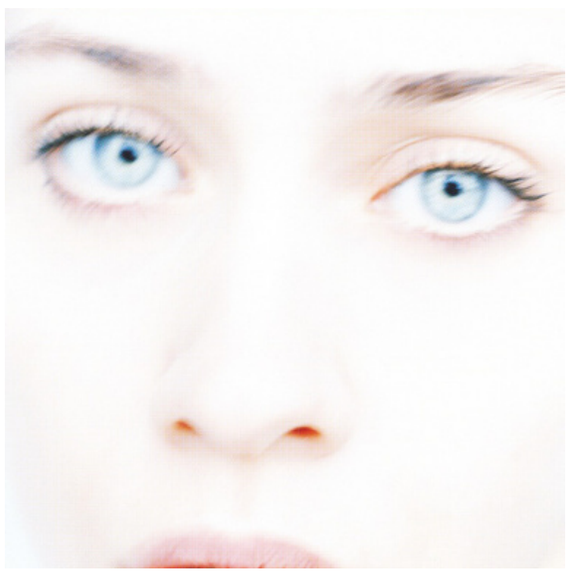
DASHBOARD CONFESSIONAL, 2001

Albums:

May B.:

The Places You Have Come to Fear the Most **by Dashboard Confessional (2001)**

Have you ever heard a classic 2000s emo song? *The Places You Have Come to Fear the Most* by Dashboard Confessional is an album full of that nostalgic feeling. This album is Dashboard's second studio album and their major label debut. Christopher Carrabba, the lead singer's, raw, real emotion in every song is what makes this album so great. The most popular song on this album, "Screaming Infidelities," shows the pain after a breakup with constant reminders throughout the song. If you like emo-rock, this album is for you.



FIONA APPLE, 1996

May B.:

Tidal **by Fiona Apple** ***(1996)***

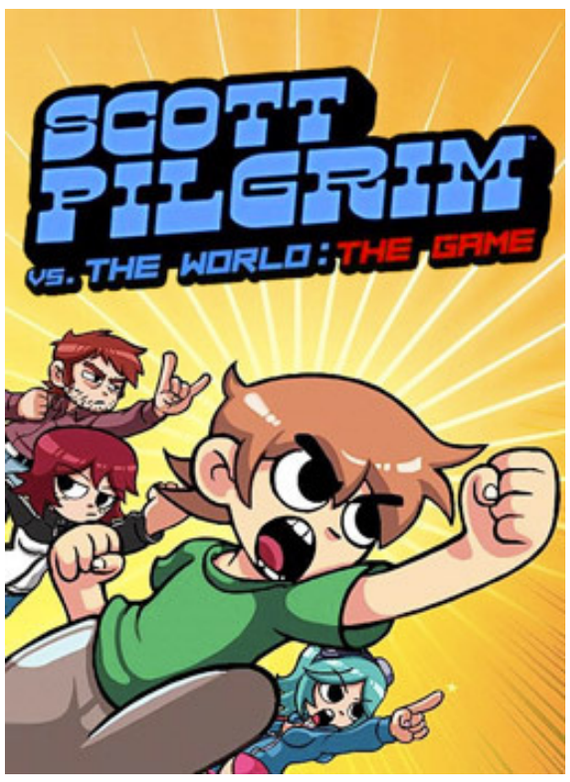
Jazz instrumentals combined with soft rock doesn't always seem like a compatible mix, but *Tidal* by Fiona Apple is an album that proves this wrong. *Tidal*, being Fiona Apple's debut album and winning a grammy for Best Female Rock Vocal Performance, is a well deserved accomplishment. Every lyric in this album has intentional meaning. Even the album name, Tidal, represents the unpredictable highs and lows that occur in every young woman's life. This album shows her own personal feelings as she wrote this album at only 18 years old. *Tidal* is an album that can only be described as feeling heavenly, especially on the first listen.

Video Games:

Max C.:

Scott Pilgrim Vs. The World: The Game **developed by Ubisoft (1998)**

Scott Pilgrim Vs. The World: The game is a sidescroller beat-em-up inspired by classic NES-era beat-em-ups such as River City Ransom or Double Dragon. The story follows the same narrative of the comics and film it's based off of, defeat the 7 evil exes to get the girl! The game is quite short, only having 7 levels to play through, but that also means that there isn't any filler, just fun, rewarding side-scrolling action. If you find any of this interesting, I suggest picking it up.



UBISOFT, 2010

Max C.:

Miitopia **developed by Nintendo (2016)**

Miitopia is a turn-based RPG (Role-playing game) exclusive to the Nintendo 3DS that was later remastered for the Nintendo Switch. Miitopia strays away from the aspects that most RPGs have used since their inception back in the late 70's, such as being able to fully control your party. Instead, your allies attack, support, and act all on their own. This leads to interesting battles where the bond you have with your party dictates the outcome, with witty dialogue that changes based on the relationship between two party members. In my opinion, the novelty makes this game a must play.



NINTENDO, 2016



SUPER HOT TEAM, 2016

Max C.:

SUPERHOT **Developed by the SUPERHOT TEAM (2016)**

Superhot (often stylized in all caps) is a first person, single player shooter that truly is "the most innovative" of the genre. The game is what you would expect from games in the first person shooter genre, fighting through different levels, attempting to wipe out all of the enemies. Superhot, however, adds a new spin on this gameplay style, the enemies only move when you do. This allows for more strategy in your gameplay, being able to stop moving at a moment's notice to take in your current surroundings and strategizing what you want to do before executing your plan. The levels are built around this feature however, enemies and obstacles are placed in a way that encourages more out of the box thinking.



ROBI STUDIOS, 2021

Max C.:

BLUE FIRE **Developed by the ROBI STUDIOS (2021)**

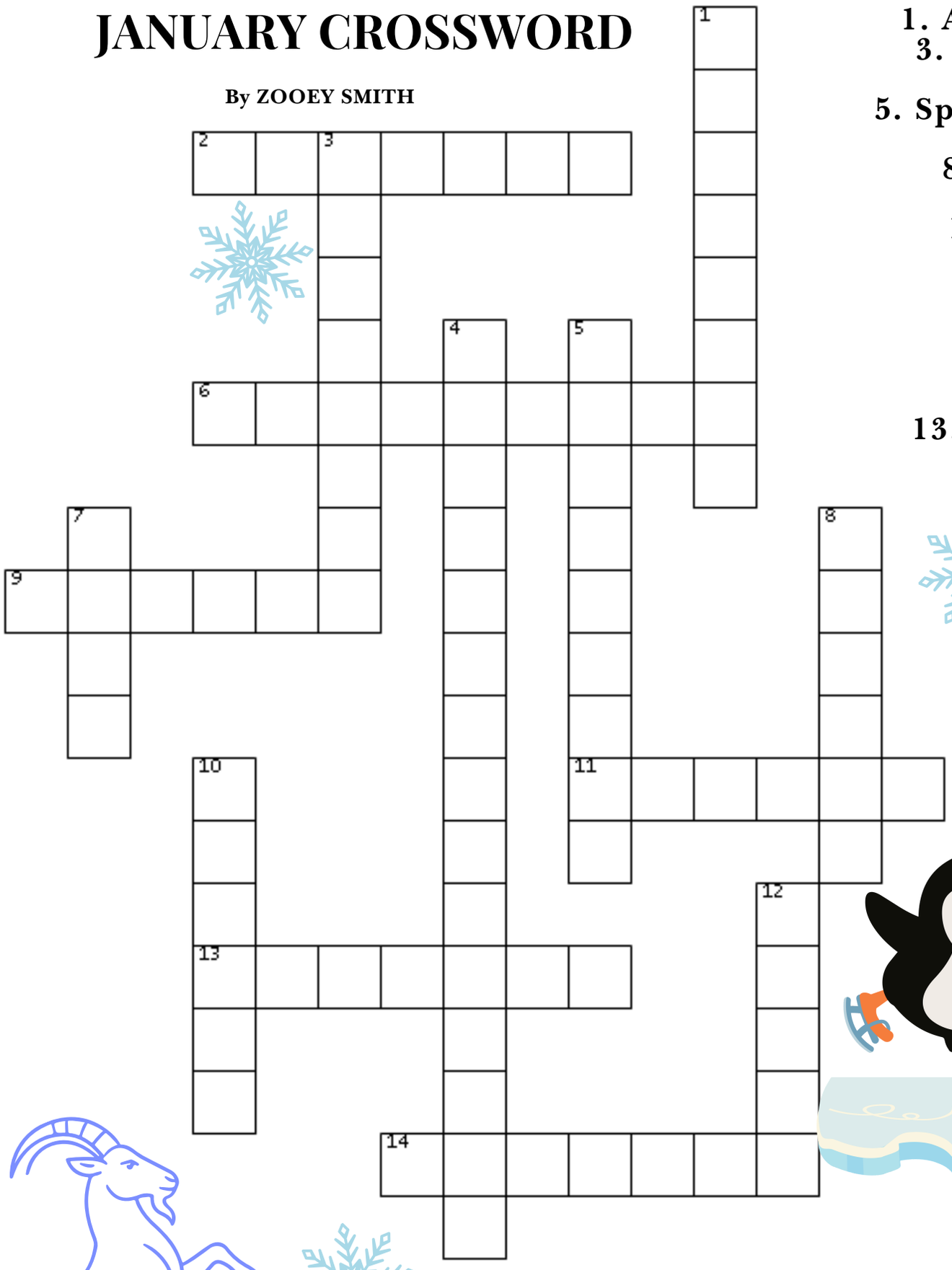
Blue fire is often regarded as the spiritual successor to Team Cherry's ever popular 2D metroidvania, Hollow Knight, and it truly lives up to the hype. You traverse a beautiful, stylized world, filled with such areas as "The Waterways" a scaling underground area filled with flowing rapids, or the towering "Stoneheart City" an ancient city with artifacts as far as the eye can see. In these areas you will battle enemies, collect abilities, and, of course, make tons of money. There's a lot to explore and experience, Blue Fire is most definitely worth your time.

Do you like stuff? You, too, could write recommendations for ***The Anchor***. Drop by room 211 any Thursday afternoon to learn more.

Fun & Games

JANUARY CROSSWORD

By ZOOEY SMITH



DOWN

1. An element you could probably find in a pool
3. Worldwide event that happens every 4 years
4. Confused, in a humorous way
5. Sport where teams of 2-4 go down a hill in a sled
7. White substance that falls from the sky
8. The french-speaking province in Canada
10. The northernmost state in the U.S.
12. City hosting the 2026 Winter Olympics

ACROSS

2. You make one when it snows
6. A goat you can find in the stars
9. New York basketball team
11. January's gemstone
13. To take something down the throat; or a bird
14. Black and white bird that can't fly

NONOGRAM

By ZOOEY SMITH

			2		2	
		2	1	1	1	2
1	1					
1	1					
	0					
1	1					
	5					

To play a nonogram, fill in the boxes based on the given numbers. the number on the side corresponds to how many boxes you should fill in for the column or row, for example a “3” would mean 3 boxes are filled in on that row. A break in the numbers means that there is a break in the boxes, for example “3, 1” would mean there are three boxes filled in, followed by one more, but they cannot touch. Have fun!

SUDOKU

By ZOOEY SMITH

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

WORD SEARCH

BY ZOOEY SMITH

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

DOPAMINE
BIG HENRY
PIZZA
PIPPIN
VALENTINE
CAMPBELL
SOUTHPARK

HOCKEY
OLYMPICS
FIGURESKATING
SKELETON
SKIING
SNOWBOARDING
SNOW