JUNE 2023 ISSUE 1

HOOFPRINTS

Sleepy Hollow High School Student Newspaper



SHHS FORMS NEW STUDENT ADVISORY COMMITTE

By Juliet Loffredo

In her first year as the principal of Sleepy Hollow High School, Dr. Deborah Brand had a vision to create a school environment that was student-centered. She set out to encourage students to share how our school's culture could be improved. At the start of the 2021-2022 school year, a conversation arose regarding the high school's dress code. Ms. Brand called upon the student government to discuss the issue and eventually a resolution was reached. Even though the student government has input to many important school issues, Dr. Brand has expanded the dialogue to more students. Her approach is to include students who are traditionally leaders in this school as well as the voices of those who are often ignored. An attempt to bring back schoolwide "town hall" meetings that had been previously successful was not very productive this year due to a lack of student participation.

Borrowing inspiration from her previous school, Dr. Brand created the student advisory committee at Sleepy Hollow High School. The student advisory committee is a forum of students that care about contributing to and improving Sleepy Hollow High School's culture. The group meets about five times a year. Discussions of pressing issues ranging from cell phone policy to sleep deprivation in students were brought to light in the first meeting. Not only did this serve to inform Dr. Brand of students' concerns, but it was also a dynamic conversation involving students from a range of grades and backgrounds. The conversation aimed to tackle common problems that, according to Dr. Brand, "started to take a life of their own". Dr. Brand was surprised by the pressing issues that are on students' radar. She admits that many of the issues brought forth were surface level, but "maybe we need to get the small things out of the way before we can discuss the bigger issues". Dr. Brand describes the foray into the Sleepy Hollow High School students advisory committee as eye opening as well as productive. With a solution-oriented approach, the committee has been able to take immediate action on fixable problems, such as regulating parking passes. She is putting an emphasis on Sleepy Hollow High being "the students' school." Ultimately, this committee is a chance for many students to have discussions sharing a common goal of making our school a place where students feel represented, included, and heard.

A MESSAGE FROM HOOFPRINTS NEW EDITORS:

Juliet Loffredo, sophomore, and Kaia White, freshman, are excited for the Sleepy Hollow community to read our first issue of Hoofprints.

This year was a learning experience. We are a brand-new staff - none of us having any prior experience running, writing, and creating a newspaper - but we never lost sight in continuing with the tradition of supplying the Hollow with student-centered, community focused journalism.

We are looking forward to next year to recruit more writers and creative minds to join our team.

Please feel free to reach out to us, Mr. Rogers or Ms. Langston for information as how to become a member of Hoofprints.

Have a great rest of the year, Sleepy!



THE ART EXHIBIT WILL BE ON DISPLAY THROUGH JUNE 30TH.





SHHS celebrated Kindness and Inclusion Month in March to include and recognize people with disabilities. Down Syndrome Awareness Day and Autism acceptance were other days that were celebrated in March by wearing crazy socks one day, and tie die the other. Everyone in the high school and middle school signed a banner to promise to spread the word and include everyone.

SHHS'S ROTATING THRIFT STORE

by Sophie Taylor

I loved playing dress-up when I was young. I would wear princess dresses to the local diner and make my parents put on music and shine flashlights towards me while I strutted in my living room. Although I eventually stopped playing dress-up in late elementary school, my love of fashion stuck with me. I had grown up thrift shopping at local Goodwills and receiving hand me downs from my older cousins. Once I started making money in my sophomore year, I consistently went thrift shopping to curate my dream wardrobe. The majority of clothes I purchased were from Goodwill stores in Wisconsin. I was shocked at the cute and stylish clothing that filled the racks at a significantly discounted price. I urged my friends to take advantage of these stores, but they refused and spoke about the stigma of wearing worn clothing.

We live in a world of excess that sustainability, especially in the fashion world, has become an important factor to my generation as we take strides to reduce waste that fill our landfills. People are sifting through their wardrobes and donating to Goodwills or clothing drop stations, which is a wonderful thing, but I had an idea to introduce a method that would benefit the community of Sleepy Hollow High School. I wanted to make sure people felt comfortable "shopping" for second-hand clothing. My vision was to provide clothing that my age group would be interested in wearing. My focus was to destigmatize thrifting by wearing second-hand clothes, promoting the rotating thrift store and sustainability.



I launched a free rotating thrift store for students in the fall of 2021. Mrs. Walsh generously took me in and allowed me to take the initiative and launched this idea. After pitching the idea to Ms. Brand, I partnered with Community Wardrobe - a local organization that focuses on destigmatizing and supplying second-hand clothing of varying styles and sizes to all people - and Sleepy Hollows High's Rotating Thrift Store was born. The launch started with sorting trending clothing styles at the community center and creating a rotating monthly campaign featuring themed weeks. What started as jeans week turned into brand new prom dresses and suits donated from well-known, international companies. As we prepared for the launch of the store, posters were designed, and announcements were made. When we opened, I tracked participation with spreadsheets and a corresponding QR code. The data was used to improve the program, resulting in increased "store" hours and clientele. The SHRTS attracted many people of varying socioeconomic backgrounds which was heartwarming to see. SHRTS has made a positive impact on our school community, and it provides a safe outlet for those struggling with clothing insecurities. This initiative, which is almost two years old, has been made possible by the students who have volunteered and supported the SHRTS in various ways as well as support from Dr. Brand and Mrs. Walsh.



HOLLOWCLIFF FIELD HOCKEY TURNS A ROUGH START INTO A WINNING SEASON

By Juliet Loffredo

The 2022 Sleepy Hollow girl's varsity field hockey season officially began on August 22, 2022. With only two field hockey players in Briarcliff High School and a small Sleepy Hollow team, the schools decided to combine the teams and Hollowcliff was born. The players arrived on Doc Rasbeck field at 8:30 AM on the 22nd greeted by fourth year Sleepy Hollow field hockey coach Michael Marchese and Jess McDonough, the coach of Briarcliff field hockey. Also on the field were five freshmen, four of whom had never picked up a field hockey stick in their life, two players from Briarcliff, and six returning varsity players from Sleepy Hollow. Co-captain Lily Shafiroff, a junior at Briarcliff noted, “Going into the season for me was a little different, Briarcliff hasn’t had a full team since my freshman year, but I was still nervous about meeting new people.” The Sleepy Hollow team was coming off of a 9-2-3 season with half of the team graduating and a key starter switching to another fall sport.

The two weeks of preseason not only challenged the 2022 squad but primed them and began their journey towards success. The girls from Briarcliff proved to mesh well with Sleepy Hollow. Regarding preseason, co-captain sophomore Evelyn Nelson recalled, “It was hard in the beginning because more than half of the team was learning to play, but we worked hard and were able to bond on and off the field”. The remaining sixteen players prepared for the first matchup against a team that Sleepy Hollow had easily beaten the previous year.



There was a noticeable difference as the season continued. Freshmen who started the season timid and uncertain in their skills began to blossom with confidence along with brand new players becoming vital on the team. This progress allowed for extreme growth. Most importantly, the team was able to implement what coach Marchese and McDonough always harped on: playing as a unit, as one. When reflecting on the beginning of the season compared to the end Shafioff stated, “We were doing the drills and the conditioning, but it was all over the place during the games as we were working hard but not playing smart. Later into the season though I thought that started to change. Everyone knew their specific position and where everyone else would be at a point based on trust and habits. That was definitely a game changer for our team as momentum and trust continued to build from there.”



As the season progressed, the girls evolved as individual players and as a team. They could see their league champion title shining in the distance, a milestone that the team in August could only dream of.

Walking arm in arm into the 2022 fall sports pep rally on Friday night of Homecoming week, the girls knew that no matter what the outcome of the season was, they had made their mark on Sleepy Hollow athletics. With a heartbreaking 1-2 loss to Nyack on Saturday, October 15, Hollowcliff lost the league title to Pearl River who they were neck and neck with.

Going into sectionals, Hollowcliff was confident in one aspect of their game: the unbeatable composure and positivity they exude. “Positivity helps drive [the journey to success] and the players on this Sleepy Hollow Field Hockey team keep finding ways to stay on that road … together … with a strong sense of composure and camaraderie that is built on a foundation of positivity,” said Coach Marchese. Creating a strong team bond with players that are brand new to the sport and don’t go to the same school is not an easy feat; turning a 0-4 season into a 6-5-3 season was not an easy feat, yet Hollowcliff field hockey was able to do both.



DUNK FOR A CAUSE

By: *Juliet Loffredo*



At the beginning of the basketball season, coach Christopher Starace made a pledge to his boys' varsity team: If one of the players dunks during a game, he would shave his head in support of muscular dystrophy. Muscular dystrophy is a group of diseases caused by gene mutations in the muscles that cause weakness and impair mobility, highly affecting young men. At the boys' much anticipated game against Rye High School at the Barclays center in Brooklyn, senior Aiden Smith made this goal come to fruition., On March 1st Mr. Starace kept his promise. As Mr. Starace said, “I’m a man of my word.” While watching the boys take turns shaving their coaches head, students exclaimed, “Cut it all off!” and “I can’t believe he’s actually doing this.” Although he has less hair, Mr. Starace raised over $800 for the Muscular Dystrophy Association, and he hopes it will “hopefully help some of those guys out.”

ONCE A HORSEMAN, ALWAYS A HORSEMAN: POLICE OFFICER BENCOSME

By Kaia White



What is your favorite Sleepy Hollow High School memory?

It has to be Spirit Week. I don't have a specific one, but definitely all four years of Spirit Week.

In which year did your grade have their best spirit week?

Senior year. We lost senior year, but it was so much fun. I have to go with that year because it was the last one, so it meant more. And Freshman year, I didn't really know spirit week, but once you get to senior year, it just means more. You've already had three tries to try and win, try to make a nice banner, hallway, you look forward to the next hallway because you're like, "Oh, that hallway was good, but this hallway will be better." So I'd say my favorite Sleepy Hollow memory absolutely has to be Spirit Week.

What is the scariest thing you've ever had to do as a police officer?

Oh man, a lot. Every day. I'd say every day. Most days are scary. I think the scariest day would have to be hearing my best friend go over the radio and say that there were shots fired, and that's probably the scariest thing.

Wow! It sounds like it. Is your best friend okay?

Yeah, he was ok.

That's good. Who was your favorite teacher when you were here? You could choose a couple, too.

I'll give you the appropriate answer: they were all great. Ms. Peltier, Ms. Adamo, Ms. McGough, Ms. Katsman. I don't want to leave anyone out. I didn't have a favorite one though. I think all the teachers that I had were great. I think they were great because they knew the potential I had and they definitely worked their best to try to get me to work to my potential as a student, in every class. I wasn't great at math. I hated math. I still do, but teachers like Ms. Hickey and Ms. Katsman were wonderful at trying to get me to like math and trying to get me to do my best in math, even though it wasn't my best subject. I felt comfortable with all my teachers. I loved U.S. History because I really enjoyed it and I did well in it.

What was your go-to place for food when you were in high school?

Easy question: The Horseman Diner. Do you remember that? It was phenomenal. And booths, like the old-school diner ones. I had two favorite dishes: the pizza was great, cut into squares, and the curly fries, by far, were the best thing. With cheese on top.

Yum, good choices. So, what do you love most about Sleepy Hollow?

What I love most is that it is a tight-knit community. I love how diverse Sleepy Hollow is. I love that everyone loves Sleepy Hollow. This community molded me into who I am today, and that was because of the community, because of all the role models I had from Sleepy Hollow High School.

What made you want to become a police officer in the first place?

I wanted to be someone that the youth could look up to and who looks like them. When I was growing up, it would've been awesome to see more officers who look like me. It gives youth a sense of being, it gives youth a sense of reality to see people who look like them in positions of "authority" or "power." But it's not really that, right? It's more like serving. I did it so I can give back to Sleepy Hollow, give back to the community that made me who I am.

How many years have you been a police officer?

I have been a police officer for five years.

Thank you for your time, I look forward to seeing you around the school and thank you for everything that you do for our community!

Sure, and don't be afraid to reach out to me with any more questions. I swear, I'm nice. Don't let the uniform fool you.

Be sure to congratulate Office Bencosme on his recent engagement when you see him!

A fond farewell to three beloved teachers



DR. ROSA ESTEVEZ



MS. CLAIRE HESKESTAD



MS. ELENA POUSADA

PARTING WORDS FROM MS. HESKESTAD

This is my twentieth year teaching at Sleepy Hollow, after many years spent in private and international schools. I began as a substitute teacher in November 2003, and then spent 2 years at SHMS teaching 8th grade social studies. During that time I started advising the SHHS Model UN Club. I went back to the High School and taught AP Euro and Global 10 classes, then moved on to Government and Contemporary Issues 12, News Trends in the Media, Freshmen Experience, and Writing Matters. I am a big advocate of stepping out of one's comfort zone and the Sleepy bubble to encourage students' experiences in a variety of events from volunteering for the local races, to attending human rights conferences, Model UN club trips to New York City, Washington DC, Baltimore and Boston, a French class trip to Belgium and France as well as an African-American Culture club trip to Egypt. This school year has been rich in first time experiences. Plans for the future? Spend time with my grandson, get back into running, maybe try a mini-triathlon or swim across the Hudson? Travel with a purpose (maybe with Teachers Across Borders again?)

PARTING WORDS FROM MS. POUSADA

It has been an honor to have been a part of this amazing school for almost 30 years. I loved it during those early years, you know, the hazing period. Well, it wasn't really hazing, but I definitely was dropped into the middle of a school year after the previous teacher retired in December, followed by three or four substitute teachers in a row, until I arrived on the scene...so you can imagine the state of mind of my new students when I showed up at the end of February! I loved it in the middle years, where I hit my stride as a teacher, and even mentored a few of the teachers still on staff here. How great it was to come to work and enjoy it so much that it felt like play! I have loved being a co-advisor to both the Foreign Language Honor Society and The Galloping Gourmets, which were, almost literally, the icing on the cake. I got to see our students in a different light, and interact with them in ways that a classroom environment simply can't provide. I am so proud of the accomplishments of both clubs, and happily open the Galloping Gourmets' kitchen to all who would like to use it. And, on the cusp of retirement, I still love it, so much so that I can't bear to take full leave of everyone here who means so much to me, students and staff alike, so I will be returning next year in the capacity of a substitute teacher. I am so grateful to have spent the better part of my life in my second home, our Sleepy, and I know that I leave it in good hands.



SENIOR SPOTLIGHT



LOTTE STEINERT

Lotte is a student athlete who plays basketball and runs track. She will be attending Maastricht university in the Netherlands next year. A fun fact about her is that she is fluent in German. Her favorite Sleepy memory is the senior spirit week win and homecoming game of 2022.



JULIETTE EADDY

Juliette is a student who loves baking elaborate cookies and cakes. She plans on attending medical school after getting a bachelor's degree in biology. Juliette hopes to continue her love for science and helping people as a cardiothoracic surgeon. She fondly recalls the anticipation leading up to the senior victory during spirit week.



SOPHIE TAYLOR

Sophie is an active member of our community with her role as the student body president and founder of the rotating thrift store being just a couple of her contributions. She fondly recalls Mrs. Renner's French class freshman and sophomore year with some of her best Sleepy memories. After graduation she will be attending Northeastern University studying Business Management and Entrepreneurship. She hopes to then live in NYC or Austin with a career involving travel. A fun fact about Sophie is that she's broken 10 bones.



JULIEN SIEGEL

Julien's favorite Sleepy memory is the senior game for soccer during this year's fall season. Julien is co-president of the Art Honor Society. He also attends the ski club, book club, and the stock market club. He plans to major in architecture in college. A fun fact about him is that he was homeschooled until fifth grade

SENIOR SPOTLIGHT

JUSTIN SOTO



Justin is member of the varsity football team and this season he was the starting running back. He is attending STAC in hopes of playing division two football and plans on majoring in criminal justice. In the future, Justin would like to pursue a career as a detective.



ALEXANDER CORREIA

Alexander Correia has played on the boys' varsity soccer team, and he is a part of the National Honor Society and the math and science honor societies. In college, he will study athletic training in with a minor in sports media. One fun fact about Alex is that he is colorblind.

ISABELLA LEVINE



Isabella is the president of the National Honor Society, the treasurer of foreign language honor society, and president of science research club. She is also a member of the math, science, and English honors societies. As an upperclassmen, Isabella has participated in the peer mentor tutoring program. She will study aerospace engineering and artificial intelligence in college and plans to pursue her PhD. A fun fact is that Isabella learned about Sally Ride in third grade and never changed her career plans.



FRANKIE CLARK

Frankie is a firefighter for the Tarrytown Fire Department. As a volunteer, he works with the engine company and marine unit. He is a member of the Sleepy Hollow Performing Arts tech crew and has been running the sound board for the past four years. Frankie has also contributed to the production of *Wake Up Sleepy* since ninth grade. A fun fact about Frankie is that on his first week as a lifeguard he had to save a young child.

CLASS OF 2023
COLLEGE COMITTMENTS



Arizona State University
Binghamton University
Boston College
Boston Conservatory at Berklee
Boston University
Bowdoin College
Bucknell University
Case Western Reserve University
Ceaderville University
Clark University
Coastal Carolina University
College of Charleston
Colorado College
CUNY City College
CUNY Hunter College
CUNY John Jay College of Criminal Justice
Dartmouth College
Delaware State
Dominican University New York
Drew University
Dutchess Community College
Elon University
Emory University
Flagler College
Fordham University
Gettysburg College
Guilford College
Hampton University
Hobart William Smith Colleges
Howard University
Indiana University-Bloomington
Iona University
Ithaca College
James Madison University
Lafayette College
Loyola Marymount University
Loyola University Maryland
Manhattan College
Marist College

CLASS OF 2023
COLLEGE COMITTMENTS



Mercy College
Mount Holyoke College
Mulhenberg College
New York Institute of Technology-Manhattan Campus
Northeastern University
Ohio State University-Main Campus
Ohio University-Main Campus
Onondega Community College
Pace University, Westchester Campus
Pennsylvania State University-Penn State Main Campus
Purdue University- Main Campus
Rensselaer Polytechnic Institute
Rice University
Rockland Community College
Sacred Heart University
San Diego State University
Siena College
St. Thomas Aquinas College
SUNY at Fredonia
SUNY at New Paltz
SUNY at Purchase College
SUNY Buffalo State
SUNY College at Brockport
SUNY College at Oswego
SUNY College of Technology at Alfred
SUNY College of Agriculture and Technology at Cobleskill
SUNY Cortland
SUNY Oneonta
SUNY Westchester Community College
Syracuse University
The City University of New York City
Texas Tech University
The College of Saint Rose



CLASS OF 2023 COLLEGE COMITTMENTS

The George Washington University- College of Arts and Sciences
The University of Tampa
Tulane University of Louisiana
United States Military Academy
Universiteit Maastricht
University at Albany, SUNY
University at Buffalo
University of Chicago
University of Connecticut
University of Delaware
University of Maryland-College Park
University of Miami
University of Nevada- Reno
University Of Mississippi
University of New England
University of Pennsylvania
University of Pittsburgh-Pittsburgh Campus
University of Rochester
University of Southern California
University of Vermont
University of Washington-Seattle Campus
Vermont State University
Wake Forest University
Wheaton College Massachusetts



