HOOFPRINTS

Sleepy Hollow High School's Student Newspaper

SLEEPY SPIRIT

A RECAP OF SPIRIT WEEK '25

By Leah Besana, Evan Bloom, Viva Chernack, Julia Ryan



Sleepy Hollow High School students celebrated their annual Spirit Week with seniors claiming the overall championship after five days of themed competitions, performances, and school pride activities. Spirit Week is an event like no other. Each year, the entire school unites in friendly competition as grades design t-shirts, banners, and dances, and decorate hallways that bring their chosen themes to life. Students participate in spirited dress-up days, compete in after-school activities like Game Night and dodgeball, and finish the week with a high-energy pep rally that showcases each grade's creativity and pride.

This year's themes brought color, imagination, and excitement to every corner of the school. The Summer Lovin' Seniors embraced *Grease*, filling their hallway with 1950s nostalgia and pops of pink. Visitors were greeted by a diner scene complete with a creative "celebrity menu" featuring teachers' photos, while a hand-built car—with working headlights and a honking horn—cemented their dedication. Their efforts earned them first place in hallway decorating and the overall Spirit Week title.

The Juniors of the Tomb followed closely behind, impressing everyone with their Egyptian-inspired theme. Their hallway transformed into a desert wonderland of pyramids, pillars, and hieroglyphics. At the pep rally, their performance stole the show—featuring music from Walk Like an Egyptian to Frank Ocean's "Pyramids." A dramatic entrance by Cleopatra on a handmade palanquin earned a standing ovation and showcased the class's talent and teamwork.

The Shipwrecked Sophomores captured the essence of the sea with their creative underwater hallway. A handmade wooden shipwreck, cascading blue streamers, and glowing light effects immersed visitors in a deep-sea adventure. Their banner, featuring two halves of a sinking ship that actually moved, was a standout element that demonstrated ingenuity and attention to detail. Rounding out the group, the Fairytale Freshmen brought magic to the halls with their enchanted kingdom theme. Dragons hung from the ceiling, and storybook scenes covered the walls, making their hallway feel like it was

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HORSEMAN WALKOUT FOR CHANGE

by Dylan Smith



We like to think that our society is perfect and that we, as a collective, are sane in all respects. However, this is unfortunately not the case. Around the globe, issues such as human rights violations, domestic violence, hunger, and more plague the Earth and burden all who inhabit it. Most places around the world share common issues with other parts of the globe, but there is one issue that is unique to America: the frequent violence in schools. In the 2025 calendar year, there have been forty-four school shootings across the country, resulting in eighteen deaths and seventy-four injuries.

On August 27, two students were killed in a shooting at the Annunciation Catholic School in Minneapolis, Minnesota. Eight-year-old Fletcher Merkel and ten-year-old Harper Moyski did not ask to be victims. Their parents did not ask to lose their children.

The Minneapolis shooting was the fifth shooting in the 2025-26 school year. As a result, Students Demand Action, a group dedicated to bringing awareness and change to gun violence, called for a nationwide walkout. “Enough is enough,” they said. We here at Sleepy Hollow joined them proudly.

On September 5, roughly one hundred fifty Horsemen joined organizers Dylan Smith, Jake Saltzman, Vera



Freeman, and Marisol Staley on the football field at 12:00 p.m. and listened to statements, speeches, and poems regarding gun violence in our schools. We successfully grabbed the attention of a local newspaper, *The Hudson Independent*, which wrote about our walkout. Local politicians were made aware of our walkout. We took a stand, and we made some waves. But we need more.

Consider joining organizations such as Everytown for Gun Safety, Sandy Hook Promise, and Students Demand Action. Get in contact with our walkout organizers here at Sleepy Hollow. Make your voice heard. President Eisenhower warned that “only an alert and knowledgeable citizenry can compel the proper meshing of the huge industrial and military machinery of defense with our peaceful methods and goals so that security and liberty may prosper together.” History may not remember your name, but it will remember those who were silent. Fight that. The people united will never be defeated.



SLEEPY HOLLOW RADIO

Would you like to host your own radio show or podcast that could be heard around the world? Are you interested in sports and learning how to broadcast live games? Or, do you just want to DJ your very own music show? There is room for you on our very own Sleepy Hollow Radio Station! Contact Mr. Frank if you are interested! mfrank@tufsd.org

cont. from cover

straight out of a fantasy tale. For many freshmen, it was their first experience with Spirit Week—a chance to join a beloved Sleepy Hollow tradition and leave their mark.

Dress-up days were equally imaginative, with themes such as Adam Sandler Day, Anything But a Backpack Day, Country vs. Country Club, Decades Day, and Class Color Day. Every grade brought energy and humor to their costumes, from seniors lugging their school supplies in wagons and baskets to juniors dressed in vintage gear for Decades Day.

Competition ran high during after-school events as well. Game Night ended in a surprise upset with the Juniors taking first place, followed by the Seniors, Freshmen, and Sophomores. Dodgeball was one of the most intense matches in Hollow history—three overtimes later, the Juniors emerged victorious once again.

The week culminated in the pep rally, where each grade presented their cheers, dances, banners, and t-shirts. Students filled the gym with excitement as they celebrated their hard work and school spirit. The Seniors ultimately earned the Spirit Week championship, but every class left with pride, laughter, and memories to last a lifetime.

Spirit Week is more than just a competition—it's a shared experience that strengthens the Sleepy Hollow community. Seniors walked away nostalgic, reflecting on four years of teamwork and tradition, while freshmen experienced their first taste of what makes Sleepy Hollow so special. Each grade entered with different goals, but they all left with the same feeling: pride in their school and gratitude for the memories made together. Spirit Week 2025 will be remembered as a celebration of creativity, camaraderie, and the unforgettable energy that makes Sleepy Hollow High School truly one of a kind.

Editor's Corner

Thank you for reading our first issue of Hoofprints! A very special thanks to our advisors Mr. Rogers, Ms. Lawrence, Dr. Brand, the TUFSD administrators, Ms. Almonte, and our Hoofprints staff. We are so proud to see this year start with so many eager writers and layout designers, both new and returning. If you're feeling inspired by our first issue, please reach out or scan the QR code below! We'll see you next issue, Hoofies!

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BREAST CANCER AWARENESS MONTH:

HOW STUDENTS CAN SUPPORT THE CAUSE

by Niva Pandya

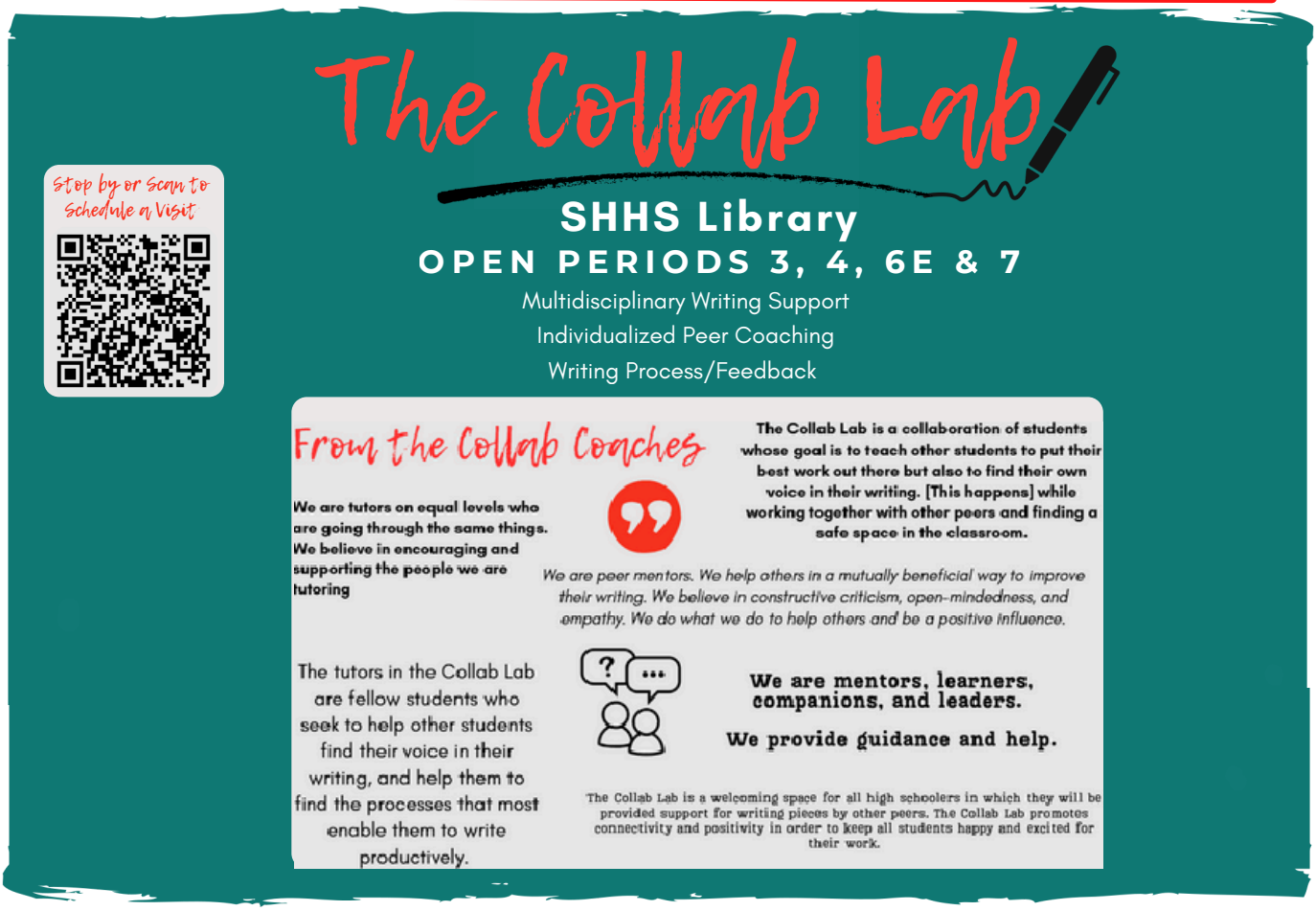
Breast Cancer Awareness Month is an annual campaign observed in October to raise awareness about breast cancer and educate the public on its risks, symptoms, and the importance of early detection through regular screening. Globally recognized, the campaign also serves as a time for advocacy, fundraising for research, and supporting those affected by the disease. Organizations and communities host events such as walks and fundraisers to promote education and show solidarity with survivors and patients. The pink ribbon is the widely recognized symbol of breast cancer awareness, representing hope and the fight against the disease.

Breast cancer is characterized by abnormal cells in the breast tissue growing and multiplying uncontrollably. These cells can invade nearby tissues and spread to other parts of the body. Death by breast cancer often occurs after metastasis, which is when cancer cells from the original tumor spread to other vital organs, disrupting function and leading to organ failure, eventually resulting in death.

While breast cancer primarily affects women, everyone can take part in supporting research institutes and hospitals, whose researchers and healthcare professionals work to help mitigate the life-altering consequences of having this disease.

Some ways to get involved and show your support for breast cancer research is by participating in a run sponsored by the Susan G. Komen group or the American Cancer Society. Another way to become informed is by being proactive and asking parents and family members about any family history of breast cancer, which may increase one's chances of having it in the future, especially as an older adult, with the median age of diagnosis being sixty-two.

There are many reputable organizations and opportunities to volunteer one's time. Moreover, the National Breast Cancer Foundation accepts monetary donations by mail and phone. Every dollar raised and every minute spent volunteering at these events can make a difference in the lives of many.



HOOFPRINTS' NEW ADVICE COLUMN:

L & C SPILL THE TEA

(by L&C)

Hi L & C,

I am a freshman at Sleepy Hollow High School, and I am getting settled into the new homework load and the busy block schedules. There seems to be so much to stay on top of, not to mention the later stress of midterms! So far, I have been just trying to stay on top of the homework, but it feels so easy to slip behind since I am already juggling being a student-athlete. In addition, sometimes when I get home late, I can't find the time to do the hours of homework that I have been assigned. Do you have any suggestions to keep me afloat?

Thanks so much,
Sickly Stressed

Dear Sickly Stressed,

Hi there! To begin, we both completely understand where you are coming from. Managing the new workload alongside sports and extracurriculars is definitely an aspect of high school that takes getting used to.

Our first tip that helps with time management and organization is to get a planner. Whether it be a website or app on your computer, or a physical paper one, having a place to put all your assignments allows you to visually see each task you must complete. Quickly jotting down your homework or an upcoming assessment after a teacher tells you in class can prevent forgetting. It also allows you to plan ahead of time and understand which tasks need to be prioritized. Utilize the block schedule to your advantage. If possible, doing your homework the day it's assigned can truly help you avoid falling behind.

Additionally, we recommend that on very busy and stressful days, you consider reaching out to your teachers. Most teachers at SHHS are here to help and support you; they wouldn't like hearing that you're staying up really late to complete your homework! Often, your instructors might give you an extension, providing you with that lifeline of an extra day. However, just be careful that you don't ask too consistently and only use them if you have a genuinely long day.

cont. page 7


FRESHMAN YEAR!
Art by Ibrahim Sarr
2 HOURS LATER
SCHOOL WORK...
HIGH SCHOOL
MIDDLE SCHOOL
7 HOURS LATER
SPORTS...
3 HOURS LATER
HOMEWORK...
2 HOURS LATER
SLEEP
HOW DO I BALANCE THIS

cont. from page 5

Although it is frequently mentioned in high school that these four years are a time to explore activities, extracurriculars, and hobbies you enjoy, this cannot be emphasized enough. Join that club that interests you, and take the classes that you'd find joy in.

Not only does participation in such activities open up new opportunities for your future in a field that you love, but it also allows you to meet new people who enjoy the same things. However, make sure to find that ideal balance between academic pursuits and extracurricular activities. Your time is in your own hands, and while trying many different things is great, do not be afraid to come to the realization that something is "too much" for you at the moment.

Everyone has experienced stressful days in high school, and we promise you that it won't always feel like this. Make sure to also reach out to friends and family who can support you if you're feeling especially overwhelmed. Sometimes it is equally important to just communicate what is on your mind. To reiterate, high school is truly a time of exploration and possibility, but also a time of challenges and pressures. Take care of yourself and don't beat yourself up when you have moments of struggle. It is a rollercoaster everyone rides.

'Til next time,
L & C





SHHS FOOD PANTRY

JOIN US EVERY MONDAY AFTER SCHOOL AT 3 PM BY THE CONCESSION STAND.

EARN VOLUNTEER HOURS, MAKE NEW FRIENDS, AND HELP SUPPORT OUR COMMUNITY!

TOURISM IN SLEEPY HOLLOW

by Brianna Almonte & Anahi Espinoza

When the calendar turns to the month of October, Sleepy Hollow and Tarrytown experience an influx of visitors. People from all over the country plan trips months ahead of time to visit the village that Washington Irving put on the map with his infamous Headless Horseman. There are a variety of events that keep the streets and sidewalks of Sleepy Hollow and Tarrytown bustling on autumn weekends.

Many visit our town because of the legend of the Headless Horseman. The two-hundred-year-old legend has been a staple in folklore and horror genres. The Legend of Sleepy Hollow was written by Washington Irving in 1820. The story follows a schoolteacher, Ichabod Crane, who has a horrifying encounter with a ghost. The ghost is later revealed to be the Headless Horseman, a spectral rider who haunts the area. This tale has become one of the most famous ghost stories in American history, and horror fans from all over the world come to Sleepy Hollow to see the famous bridge where Crane encounters the Headless Horseman.

Tourists enjoy attractions like the haunted hayride, lantern tours of the historic Sleepy Hollow Cemetery, and live performances of Irving's story, but the event that attracts the largest crowd is the annual Halloween Parade. Participants march through Sleepy Hollow and Tarrytown wearing costumes, riding floats, and passing by the jubilant crowds. Many local organizations perform in front of thousands of people at events around town. Parking is nonexistent, the streets are overcrowded, and the sound of blaring music can be heard for blocks. At the same time, these inconveniences mean profits for local businesses and a sense of pride for residents. Visitors dress in Halloween costumes, running up and down Main Street, eating overpriced funnel cakes. The parade concludes with the Headless Horseman making his long-awaited appearance.

Sleepy Hollow is not only the setting of one of the most popular ghost stories; we are also part of the legend itself. We are what makes this town so special. People come from all over to visit this small town once a year for a reason: we all want to be a part of the Halloween magic. The Headless Horseman has become a symbol of Halloween for many, and for locals, it may seem like another holiday in town. But for the thousands of visitors who come to Sleepy Hollow, it is the home of ghosts, legends, and Halloween magic.







EL FAMOSO PUEBLO DE SLEEPY HOLLOW

Por: Brianna Almonte y Anahi Espinoza



Cuando el calendario marca el mes de octubre, Sleepy Hollow y Tarrytown experimentan una gran entrada de visitantes. Personas de todos los países planean sus viajes con meses de anticipación para visitar el pueblo que Washington Irving, posicionado en el mapa con su malvado Jinete Sin Cabeza. Hay una gran variedad de eventos que mantienen las calles y aceras de Sleepy Hollow y Tarrytown llenas de vida durante los fines de semana de otoño.

Muchos visitan nuestro pueblo por la leyenda del Jinete Sin Cabeza. Esta leyenda de más de doscientos años ha sido un pilar del folclor y del género de terror. La leyenda de Sleepy Hollow fue escrita por Washington Irving en el año 1820. La historia continúa con un maestro de escuela, Ichabod Crane, quien tiene un encuentro aterrador con un fantasma. Más tarde se revela que el fantasma es el Jinete Sin Cabeza, un espectro que cabalga y atormenta la zona. Este relato se ha convertido en una de las historias de fantasmas más famosas de la historia estadounidense, y los aficionados al terror de todo el mundo vienen a Sleepy Hollow para ver el famoso puente donde Crane se encuentra con el Jinete Sin Cabeza.



Los turistas disfrutan de diferentes atracciones como el paseo en carreta embrujada, los recorridos con linternas por el histórico cementerio de Sleepy Hollow y las representaciones en vivo del cuento de Irving, pero el evento que atrae a la mayor multitud es el desfile anual de Halloween. Los participantes marchan por Sleepy Hollow y Tarrytown disfrazados, subidos en carrozas y pasando frente a las multitudes jubilosas. Muchas organizaciones locales se presentan ante miles de personas en los distintos eventos del pueblo. Lamentablemente no hay estacionamiento disponible, las calles están abarrotadas y la música estridente se escucha desde varias cuadras. Mientras tanto, estos inconvenientes significan ganancias para los negocios locales y un sentimiento de orgullo para los residentes. Los visitantes se visten con disfraces de Halloween, corren por las calles principales y comen pastelitos fritos demasiado caros. El desfile concluye con la tan esperada aparición del Jinete Sin Cabeza.

Sleepy Hollow no es solo el escenario de una de las historias de fantasmas más populares; también somos parte de la propia leyenda. Somos lo que hace que este pueblo sea tan especial. La gente viene de todas partes para visitar este pequeño pueblo una vez al año por una razón: todos queremos ser parte de la magia de Halloween. El Jinete Sin Cabeza se ha convertido en un símbolo de Halloween para muchos, y para los habitantes locales puede parecer simplemente otra festividad del pueblo. Pero para los miles de visitantes que vienen a Sleepy Hollow, este es el hogar de los fantasmas, las leyendas y la magia de Halloween.

SLEEPY 2025











"A Celebration of Creativity, Competition and Community at Sleepy Hollow High School"

- Julia Ryan, Student Government President







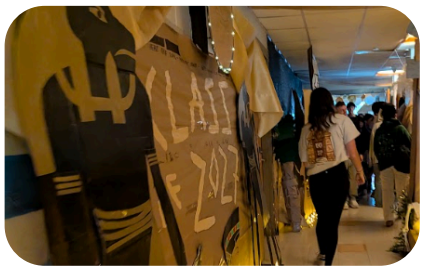












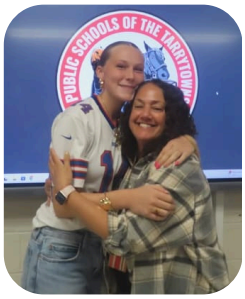


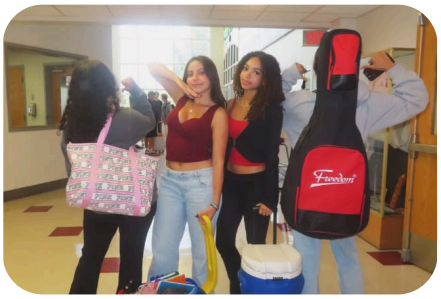




SPIRIT!




PUBLIC SCHOOLS OF THE TARRYTOWNS




DENVER
15






KIRKLAND

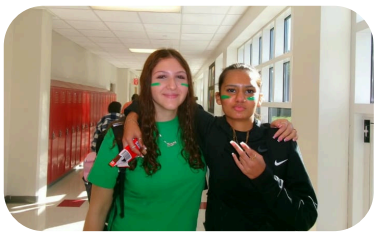



USA










BOSTON




INDIAN MOTORCYCLE
COMPANY
NEW JERSEY ATHLETIC CONFERENCE






Playboy

NEPALI TURMOIL: BURNING OF THE SINGHA DURBAR

by Samantha Taylor



On September 9th, protesters set ablaze the Singha Durbar, a palace considered the heart of Nepal's history. The Gen Z-led movement erupted when protesters broke windows, looted local businesses, and set government buildings on fire, including the Singha Durbar. Police officers opened fire into the streets of the capital city, Kathmandu, killing over twenty and injuring hundreds. Following this violence, the government enforced strict curfews and closed all schools.

The Nepali youth are dissatisfied with recent government decisions regarding the destination of their taxes and government funding. While the majority of the Nepali public works hard to benefit their country, little change is happening, further upsetting the people. The protests began with the children of politicians flaunting their wealth online. This infuriated many since the majority of the population struggles to make ends meet while watching a small percentage of Nepali people post about their most recent luxurious vacations or new designer purchases.



The Nepali government also banned many social media platforms with the intention of concealing protests. The government claims its reason for the recent ban was to force companies like Meta and Google to register in Nepal to profit from their success. Members of Gen Z came together and organized a peaceful protest to express their frustration with several issues, including economic inequality, lack of employment for Nepali youth, and the growing gap between the country's elite and the average person. The ban on many social media platforms only added to this frustration, acting as the final straw. Due to the employment crisis, many young people move abroad to find work. In doing so, they heavily rely on social media to communicate with their families. By banning social media, the Nepali government is silencing its citizens who cannot communicate without restriction.

The Nepali public is standing up to the long-standing corruption in the government. What started as a peaceful protest by the Nepali youth quickly turned violent. Instances of police brutality left protesters with no choice but to take action, revealing the true colors of the government. Corruption is not new to Nepal, but many believe the rise of social media has exacerbated the situation, revealing the weak political state of the country. The outburst of violence caused Prime Minister KP Sharma Oli to resign, further angering the populace.

The unrest continues with an interim Prime Minister and weak government control. Curfews have been lifted, protests have subsided, and official investigations have begun to provide justice for those who died. Many question what the next steps will be, whether that means more violent protests or a peaceful compromise to satisfy Gen Z.

TAPPAN HILL NATURE TRAIL PROJECT STALLED AMID COMMUNITY DEBATE

by Ginger Lidsky



As students arrive at Tappan Hill for the first time, they likely pass a trail in the woods near the school that has been the subject of much controversy and debate among Tarrytown school officials, environmental advocates, parents, and neighbors since construction began earlier this year.

In early 2025, in preparation for the opening of Tappan Hill School, concerns arose that the roads surrounding the area would be dangerous for kindergarteners to walk, even if accompanied by adults. A petition was started to build more sidewalks nearby, part of which reads, “This is not a safe walking environment for anyone, let alone children during rush hour. Furthermore, because many parents may not be comfortable with their children walking to school, we anticipate that they will opt to drive instead, further increasing local rush hour traffic.”

Local residents, led by environmental writer Elizabeth Tucker, devised a plan for a community event to build a nature trail through the woods leading to Tappan Hill. The hope was to provide a safe path to the school away from the roads and allow younger children to engage with nature every day.

By March, the project was in motion. Ms. Tucker, working with the group Liveable Tarrytowns, successfully applied for a $2,000 grant from the Greater Irvington Land Trust with approval from the Union Free School District of the Tarrytowns (TUFSD). They held volunteer days on May 31 and June 1. Ms. Tucker recalled being “deeply moved” by how many people participated. Major progress was made in terms of cleaning out the area. Before the event, they were informed by Amy Mackenzie, Urban Forester at the New York State Department of Environmental Conservation, that the area was extremely promising, ecologically speaking. It had high levels of biodiversity, a multitude of important tree species, and surprisingly few invasive species. The only thing left to do was construct stairs in a steeper area of the trail, which TUFSD had approved.

The trail was well on its way to completion. The day after the second volunteer event, Ms. Tucker and others received a phone call from a TUFSD member informing the group that neighbors had complained about the project which raised legal concerns. The neighborhood required a permit for any construction, but because the woods are on TUFSD property, it was presumed to be exempt. The group was told to halt all work immediately.

Residents near the intended exit of the trail voiced concerns that the construction violated their privacy and that those behind the project had denied them essential information. According to TUFSD, the exit of the nature trail veered too close to the road, making it unsafe. The trail was redesigned. As it currently stands, children cannot use the trail. It remains closed. If not completed by December, the trail will likely be abandoned, with the remaining grant money reclaimed by the Greater Irvington Land Trust.



In speaking to the parents of Tappan Hill students, their feelings about the trail are positive, if hesitant. Kirsten “Kiko” Bourne said, “It would be great if it [the trail] could be used by families who live near Tappan to walk to school once the bottom of the trail is made safe enough to encourage that.” Other parents are less cordial. Ross Beneš, a local author and parent of children who will be attending Tappan Hill, said, “The sensitivity of the few should not outweigh an improvement to the community benefiting the many.” Ms. Tucker calls the closure of the trail a “missed opportunity for Tappan Hill.”

MUSIC REVIEW: THE ART OF LOVING BY OLIVIA DEAN

by James Dauer



Island Records via AP

Love is an incredibly complicated part of life. It's one that is difficult to discuss, yet it ends up being the topic of most of today's music. Most songs about love cover a past relationship or ex, being in love, or pondering your future in romance in a simple way. However, Olivia Dean approaches love in a very unique and deeper way. For three months, the British singer-songwriter moved into what she called the "House of Loving" with her producers and writers, creating a deeply insightful snapshot of her time there. She adorned the home studio with warm colors and vibrant plants, creating a comfortable atmosphere for her to bare all her thoughts and feelings about love in her music. Some of the best work in an artist's career comes from curating an album in a short amount of time in a designated place from which they draw an immense amount of inspiration. For example, Maggie Rogers made her most critically acclaimed album to date, "Don't Forget Me," in five days at Electric Lady Studios. "The Art of Loving" is no exception. This concept allows an artist to become focused on their craft, working day and night to create something that represents what they've been going through. For Olivia Dean, it is clear she was experiencing a multitude of feelings about love and what it means to her. She created a story with "The Art of Loving," singing about the diverse experiences that come with romance.

Through her unique jazzy soul-pop sound, Olivia Dean envelops the listener in a world of honest lyricism and smooth vocals. Listeners can also tell that she worked with a band she loves and enjoys performing with. From horns and saxophones to strings and acoustic guitars, Dean created an album that has a timeless essence but also a modern quality to it. Each song has a unique sound and topic, but as a whole, it is incredibly cohesive, which is rare nowadays. In the more upbeat, breezy tracks "Nice To Each Other," "Man I Need," and "So Easy (To Fall In Love)," notably all singles off the album, Dean sings about the push and pull and exploration of dating, self-worth, and an ideal relationship—brighter aspects of love. The mid-tempo tracks "Lady Lady," "Close Up," and "Something In Between" explore a more jazzy aspect of her sound, with Dean singing about trusting the uncertain future, uncertainty in a relationship, and understanding the many forms of love. On "Baby Steps," a standout track that is also mid-tempo, Dean sings with a sense of hope about dipping her toes back into the pool of love, slowly returning to the idea of a relationship after a breakup. It's a simple message but a powerful one about taking the time to understand yourself as a person after a life-altering experience before putting yourself out there again. The slower tracks "Let Alone The One You Love," "Loud," and "A Couple Minutes" are some of Dean's most powerful songs in her discography. She sings about a partner changing so quickly that she feels like she doesn't know them anymore, the empty space in your heart after losing someone, and reminiscing about an old partner while knowing they're in a better place now. "I've Seen It," the piano-driven ballad and the final track, is a perfect conclusion to an album full of Dean's musings

> **"Olivia Dean's "The Art of Loving" is a Warm Soul-Pop Testament to the Ins and Outs of Love"**

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MUSIC REVIEW: THE ART OF LOVING BY OLIVIA DEAN

by James Dauer

cont. from page 14

about love. She concludes by singing about how she's seen it all—all forms of love: the growth, the death, and self-love. We all have love inside ourselves; sometimes it's just hard to find. But we all have a grand capacity to love and care for others.

"The Art of Loving" by Olivia Dean is a unique piece of art that tells a complex story about the ups and downs of love. Each type of song, tempo-wise, on the album relates to a brighter, more complex, or even darker aspect of love, making it a very smart concept album in that way. It is clear that Dean spent countless hours creating a collection of songs that include so many lessons to be learned. Olivia Dean writes with such a wise understanding of the complicated web of love that I've rarely heard another singer her age do it. Dean is sure to see her current success exponentially grow over the next year as her songs climb the charts and she embarks on a worldwide arena tour in 2026. Britain's next star clearly has an incredibly bright future as she continues to bring her unique sound and lyricism to the world. So what is the art of loving? You'll have to listen to the album to find out.

HIGHLIGHT TRACKS

1. "SO EASY (TO FALL IN LOVE)"
2. "LOUD"
3. "LET ALONE THE ONE YOU LOVE"
4. "MAN I NEED"
5. "NICE TO EACH OTHER"

THE SIGNIFICANCE OF HISPANIC HERITAGE MONTH AT SLEEPY HOLLOW

by Mia Rivera Cabrera

Hispanic. It's a term that many students identify with. However, being "Hispanic" is the first layer of many when it comes to the myriad of cultures that exist beneath it. Ecuador, Colombia, Mexico, and the Dominican Republic constitute a fraction of the roots that have enriched this country with their traditions, food, music, spirit, and way of being.

Hispanic Heritage Month recognizes how these Hispanic communities have helped better society in different yet crucial ways. During times like these, when the Hispanic community is being heavily persecuted by Immigration & Customs Enforcement, it's vital to emphasize how the presence of such cultures on this land is a catalyst for furthering America towards a diverse and more accepting future.

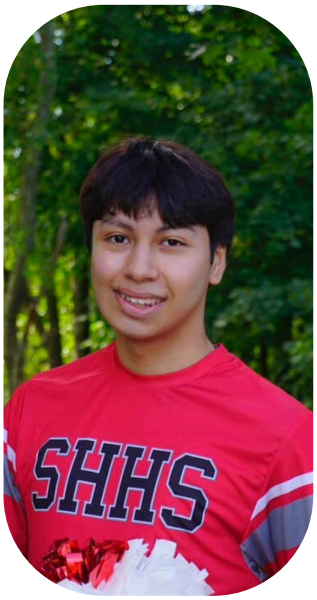
As you walk across town, you are met with English and Spanish speakers. However, if you listen closely, the Spanish speakers aren't conversing in the same way. Just like with food, each nationality brings a distinct plate to the table that is incomparable to others. Every Hispanic country has its own dialect, vocabulary, and accent. For some, corn is translated into "choclo," while for others, it is "maíz." Instead of saying "nosotros," Spaniards say "vosotros." Those who speak their ethnicity's dialect are emblematic of how their roots have paved their own path towards this united destination of what "Spanish" truly means.

Hispanics carry their pride not only within themselves and their families but also through the societal contributions made by fellow Hispanic individuals. For example, Honduran microbiologist Dr. Maria Elena Bottazzi co-created Corbevax, an affordable COVID-19 vaccine that's targeted towards developing countries that wouldn't be able to access these vaccines otherwise, and Dr. Maria Balasco, a Spanish molecular biologist who is recognized for her work with telomeres and telomerase in relation to cancer and aging, while also advocating for women in STEM.

When you see Ecuadorian women dancing El Pasillo in polleras during the town's parade, eat a churrasco from Los Andes Bakery, or even hear Bachata coming out of an apartment window, you are given a glimpse of what it means to be Hispanic. Our Hispanic roots are a foundation that will never be shaken from the grounds of Sleepy Hollow. Take a minute and notice how Hispanic heritage has found its way into your heart and daily life as well.

SENIOR SPOTLIGHT

JONATHAN POLANCO MOLINA



A favorite Sleepy Hollow memory of mine would have to be cheering for Homecoming for the first time in my junior year. I remember watching from the bleachers during my freshman and sophomore years, thinking about how great and fun it would be to be on the cheer team. Now I am, and I was right. Being on the sidelines with all my teammates and friends was so exciting. Not only that, but I was also cheering all these new, difficult cheers in front of my friends and classmates for the first time. I proved that anyone can do what their heart desires if they set their mind to it.

That leads into my goals for after high school. I plan to attend a prestigious college or university to pursue a degree in psychology. After completing my degree, I aim to pursue the necessary qualifications to become a licensed therapist. My objective is to help individuals navigate life's challenges, supporting them as they overcome their struggles, even when they doubt themselves.

Something people may not know about me is that I enjoy singing. On second thought, maybe some do, since I rarely stay quiet. I've always felt a strong connection to music. From musicals and chorus to church choir, music has always played a significant role in my life, even if I haven't openly admitted it before.



CODY CHOI

One of my favorite memories from Sleepy Hollow is participating in Spirit Week every year. It's always such a fun time, and I love seeing the creativity and enthusiasm from our grade. My favorite Spirit Week was definitely this past year because I really loved our theme and colors.

After high school, I plan to study abroad in Europe for college, most likely majoring in International Business or International Relations.

A fun fact that most people don't know about me is that I'm double-jointed in my fingers and knees, and I also enjoy painting in my free time outside of school.

ANNA PORET



There are so many favorite moments to choose from, especially during Spirit Week, which holds a lot of my favorite memories. If I had to pick one, I'd say going on roller coasters with my friends during the Philly music trip before they graduated. For an in-school memory, I'd mention practicing for my final performance with my stand partner of three years. We played a bunch of ABBA songs, and when he didn't know how "Chiquitita" went, I sang the vocals while we practiced (definitely not easy to sing and play cello at the same time)! After high school, I plan to attend a four-year university and hopefully travel abroad as much as I can. A fact most people don't know about me is that I love metal music like Metallica, System of a Down, and Avenged Sevenfold. It's more considered hard rock now, I guess, but I grew up with a mix of genres, thanks to my brothers, who are talented musicians themselves.