
THE OWLET

YOUR HOOSAC NEWS



Hello Hoosac Family, Editor in Chief here. I hope you enjoy our second and most successful edition for the spring season. I am so excited for you all to read our opinion piece on Black History Month, our scavenger hunt, and sports updates.

Lebakoe Terane

Welcome back fellow Owls! Glad to bring you the March edition filled with great pieces, including a look at the end of winter sports, a fitness challenge to stay healthy, and a look at other clubs and what they did in February. We hope you enjoy and have a great spring break!

Katie Jones

Featuring:

Spotlight on Mr. Sussman

By: Finleigh Lewis

I was able to talk to Mr. Sussman about the newest, in-progress edition for the Hoosac campus. Gipson Hall is an academic building that will have many new classrooms, and specifically, the newest location of the art center. “Hoosac is proud to announce the opening of Gipson Hall, a new state-of-the-art academic building on its campus. The building will house the school's Art Center, which will be equipped with the latest technology and resources.”

Mr. Sussman then goes on to describe the layout of his new room. “The building features vaulted ceilings, natural light streaming through the windows, and an open floor plan that encourages collaboration and creativity. The building features a gallery space for showcasing student work as well as classrooms for lectures and workshops.”

He proceeds to share his excitement about the new edition to campus, and how the opportunity the building holds. “Hoosac is committed to providing it's students with the best educational experience possible. Gipson Hall is just one example of how we are investing in our students' future successes. The school's faculty and staff are excited to welcome students into the new addition of campus.”



How to manage your stress during finals

By Lucy Lovenduski

Have you been feeling stressed about school lately? If so, you're not alone. According to Cross Rivers Therapy; 45% of students in high school admit to being stressed during midterm and finals week. According to the Anxiety and Depression Association of America; 80% of U.S. students report feeling stressed sometimes or often. This is the most important time in your life, your brain is developing faster than it ever has or will be. Feeling stressed is a part of being in high school. It may feel like a lot to handle, always having loads of work with deadlines that seem to come way too quickly. But everything you're experiencing now is going to help you later in life. It's also important to have fun, don't spend all your time stressing on school work, enjoy your life!

There are many ways to deal with stress and make it easier to handle.

Stay organized: It's important to keep your work together, you don't want to lose track of something important and not realize it's gone until you really need it. Get out a binder or notebook and a highlighter and make things easy and quick to find.

Get fresh air: You can go outside and walk around, it doesn't have to be far, just get outside and move around.

Don't procrastinate: It's easy to get sidetracked and forget to study. Set aside 30 minutes to sit down, turn your phone off and focus. Possibly during study hall or recitation, when you already are given time to do so.

Positive self-talk: I know it may sound cheesy but if you fill your head with negativity chances are you are not going to do as well as you could.

Drink water and eat: Make sure you don't forget to eat and drink. It's important to keep your body going.

Hold yourself accountable: If your grades aren't as good as you want them to be, don't blame your teacher or come up with excuses. Own up and try to do better.

Work with a study group: Group up with people from your class and work together. Quizzing each other makes the experience more fun.

Hoosac Basketball

By: Vinicius Soares

The AAA team played on Sunday, February 19th against Bridgeport Prep. The game was electric with both teams fighting for every ball and maintaining a close score the whole game. Unfortunately, the Owls ended with a loss, with a decisive shot in the last second that sadly wasn't good.

On Saturday, February 18th, the Hoosac girl's basketball team had a remarkable senior night. The girls had a great win against the MacDuffie School. The fans were amazing and the parents gave extra energy to our team. Shoutout to Maylina Santiago '23, that scored a total of 19 points, one of those was the last shot of the game that secured the win.

History club
By: Miranda Lorenz



On Thursday February 9th, we made our own flags in history club. We were given crayons and paper and we were supposed to make a flag that includes something important to us. We each made one to three flags. All of the flags are displayed in Ms. Graves classroom.

On Thursday February 16th, we had a guest in history club to teach us about metal detecting. Before we actually went out we spent a half hour talking about all the different things he had found. In the first case shown he talked about the pieces of a short sword, the buckle to the strap that would hold it, and the oval metal plate that the people who carried the short swords would wear. He next showed us a fully intact bayonet, the sparking part of the gun, and the piece they would use to remove and clean parts of the gun. The third case held lots of odds and ends. There were old buttons, buckles, bells, flattened musket balls, a stamp, and even earrings. A large amount of what was in the last tray was made of brass and copper.

We later went outside to detect metals using his lightweight metal detector that was used with a pair of headphones. On the search we found coins, a brass valve, pieces of flattened metal, and pieces to a harmonica. All of the things found, except for the coins, are displayed in Ms. Graves classroom. We walked all around campus and had lots of fun. The majority of the group couldn't stay long enough to find the cooler things, by the end, only Ms. Graves, Blayne, and I were left. There was a lot of digging in the dirt and false alarms but in the end we found some pretty cool stuff and learned something new.

Black History Month
By Lehakoe Tserane

A month for celebration and awareness for Black people across the world happens to be the shortest month. I love embracing my culture and the richness surrounding Black excellence from all around the world. I am going to share with you a few people and traditions I love from the Black community.

John Coltrane and Duke Ellington deserve their flowers indeed, I particularly enjoy their song "In a Sentimental Mood" which I highly recommend you listen to. The song was written in 1963 at the peak of the American Civil Rights movement. Brenda Fassie, Queen of African Pop, was a legendary South African artist who was a key liberator during the Apartheid regime in South Africa. Her songs "Black President" and "Weekend Special" happen to be my favorites.

It is important I highlight revolutionary Black academics who have contributed immensely in different fields.

Toni Morrison is known for her book "Beloved" which is based on a true story of an enslaved African-American woman. She has been recognized by many across the world. She has achieved the Pulitzer Prize for Fiction and more. For my aspiring Lawyers and Advocates, Thurgood Marshall was a Civil Rights Lawyer and the first African American Supreme Court Justice, and he used the courts to fight Jim Crow and eliminate segregation in the United States.

The film and theater industry has lacked representation of people of color, until recent years. Viola Davis has taken to the screens several times, she is a Grammy, Emmy, Oscar, and Tony award winner which is legendary. She has centered around groundbreaking films such as Fences, The Woman King, The Help, and Custody. Her television shows such as How to Get Away with Murder, The First Lady, and more are truly commendable.

Hockey on the Road

By: Avery Hilton



The Girl's Hockey team had much better crowds this year than last. They came out with good wins at the beginning of their season and kept it up. Senior night for the girls was a match-up against our rival, Vermont Academy. The girls had a good audience from our Hoosac students as well as faculty, with a special guest who has never watched hockey, Ms. Anber. The result wasn't what we hoped for, but it was an honorary night for our seniors. They then got back on the road, coming off of a loss, they wanted a win, and that's what they got. After an intense first period, they took hold of the game and led it to a 7-2 win against Kents Hill. They then went to Portledge School, who they had won against prior in the year, and unfortunately lost by 1-3. The girls then kept on the road to face Austin Prep, who was ranked 28 in Girls NEPSAC and kept the game close only losing 2-3.

The girl's team then had their WIHLMA playoffs. The first game was against Rye Country Day School, which the girls had played prior in the year and had an outstanding game-winning 12-0. They came out again on fire beating them 7-0 to move on to the championship game against Portlege School. The girls had come out slow and had let in two goals, but they didn't give up. They pushed themselves right up to the last minutes in the third period scoring 2 goals to make it go into overtime. The girls played through 4 playoffs, having 1-0, and 2-1 breakaway chances but were unable to score. Portlege, in the fourth overtime, had scored, beating our girls 3-2.

That wasn't the end of the season though, they still had to face Cushing, the 10th-ranked girl's team, NMH, Northfield Mount Hermon, ranked 39, and Millbrook School, ranked 29. The girls fought each game and made the other teams fight for a win. The Girl's Hockey Team lost to Cushing 3-4 showing that Hoosac wasn't ready to give up. They then went on to face NMH and lost 4-5, still keeping strong and playing as a team. Finally, their last game was against Millbrook. The girls came out hard and scored an early goal in the first period and stood strong. Unfortunately, they let up in the second and third losing 1-5.

The boy's varsity senior night had everyone on their feet anticipating the next shift, and what it has to offer. It was a great showdown against Wilbraham and Monson, stuffing two goals in their net, whilst Trey Thompkins had 24 shots on net, saving 23. It was a physical and intense game ending in a 2-1 win. The next game was on the road against Lawrenceville, ranked 18 in NEPSAC. It was their senior night with little to no one in their student section. The boy's varsity team took it to them with a 5-3 win, with Trey Thompkins at their back with 44 shots saved.

Continuing on the road, the boy's varsity team lost against NYA, North Yarmouth Academy, 9-2. They then went on to play Wilbraham and Monson again winning 4-3 with Dan Norton facing 33 shots. They then faced off against Millbrook losing 7-2. The loss only pushed the boys to do better next game against Worcester Academy during their senior night. The first period was a slow start, letting in two goals and only scoring one, but by the end of the second period, it was tied 3-3 with the third period remaining. It was anyone's game to take, but the boys came out ready and took the game winning 5-3 with Miles Mittentag facing 37 shots.

After two days of rest, the team was back on the road again facing Vermont Academy. It was a back-and-forth game with penalties being called both ways. By the end of the third period, it was tied 3-3 and was forced into a 5v5 over time leading to a tie game with Trey Thompkins in net saving 39 shots. After a heated tie against Vermont Academy, Hoosac was ready to come out hard against Austin Prep, making up for a prior loss in the season against them. Everyone came out hard in the first period, with an amazing student section. By the end of the game, we won 5-2 with Trey Thompkins playing in the net, saving 36 shots on the net. Then came the last game for Hoosac Hockey against NMH, Northfield Mount Hermon, who was ranked 15 in NEPSAC. After a struggle first and second periods, Hoosac let NMH score too many goals leading to a loss. Both Dan Norton and Trey Thompkins played during the game and faced many shots, but sadly, they lost 7-2 ending their season with a record of 6-10-1.



Tennis in Florida

By: Alissa Ushiro

As the spring break is very near, it is really great to look at the activities that will be happening with our owls. The Hoosac Tennis Team had a marvelous trip to Florida during the spring break, where our dearest coach Virginia Gilroy and Ms. Patricia Carneiro took last year's team to two tournaments as well as other fun experiences. As soon as we landed we made our way to the rented house after going through a small trouble with the rented cars. We were able to rest after our trip before the tournament ahead. We played at Star Resort in Orlando, and there we were able to win many USTA titles. In Men's U18, Nicolas Castro won the consolation draw, Lucca Nesi was runner up, and Daniel Caballeros was champion. In Men's U16 Henrique Guimarães was runner up right after the champion Carlos Calabuig. In Women U16 Alissa was runner up of the consolation. Finally but not least, Irene Garbo was champion of the Women U18.

After some days of practice in the courts of the condominium, we also had some other activities planned. We had the opportunity to go with the whole team to an Outlet where we went during a rainy day and all of the team members were able to visit and enjoy the prices and quality. We were also able to visit the Universal theme park, as it is probably one of the most famous tourist attractions in Orlando. To get some more practice in, we also had the amazing opportunity to visit the USTA complex where they hold 100 tennis courts with one of the best infrastructures in America. We practiced, and we were lucky enough to see quality college tennis players play in a national tournament. We were then ready for our last tournament, in Altamonte Springs. It was again a USTA tournament, and we had many chances for the gold but unfortunately we were close enough for all the feels but not close enough. We ended with a great team dinner at Red Lobster, and the next day we all headed home, either being back to Hoosac or our home countries to enjoy the last 10 days of Spring break.



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Fitness Challenge!!

By Avery Hilton

We have been through a lot this last month at Hoosac and we're almost done! But that doesn't mean being active won't help you through these final days until Spring Break. We will be holding a challenge for anyone here at the Hoosac School. This challenge will help ease your mind from any stress due to finals or anything else. During this challenge, all you have to do is one of the listed activities below once a day, or if you're into a challenge, do all of them!

15 Pushups

15 sit-ups

A brisk walk, or jog on the treadmill for 5 minutes

5 pull-ups

20 jumping jacks

Reach a goal of 4,000 steps each day

This fitness challenge will help us all to reach our goals of finishing this trimester in a good and positive way. It will help you ease your mind and help you get back on track with all of the big finals and tests coming up in the near future.

Red Door Scavenger Hunt

By Miranda Lorenz

A chance to win 5 points for your team. Whoever turns in the crossword puzzle to Ms. Jones first with all correct answers gets 5 points towards Antonion or Graftonion. (turn in before 3/3/23)

What building is at the top of the hill? _ _ _ _ _

How many red doors does it have? _

What building is the auditorium located in? _ _ _ _ _

How many red doors does it have? _

What building do we eat in? _ _ _ _ _

How many red doors does it have? _

What building holds a lot of books? _ _ _ _ _

How many red doors does it have? _

What building is a fairly new girls dorm? _ _ _ _ _

How many red doors does it have? _

Where is does Mr. Foster tell his jokes in the morning? _ _ _ _ _

How many red doors does it have? _

What building is across from the chapel? _ _ _ _ _

How many red doors does it have? _

Where is Mr. Foster's office located? _ _ _ _ _

How many red doors does it have? _

Where does Mr. Ward live? _ _ _ _ _

How many red doors does it have? _

Where does Mr. McDonough and Mr. Zoccolaro live? _ _ _ _ _

How many red doors does it have? _

What building is named the same as something on a pirate ship? _ _ _ _ _

How many red doors does it have? _

Where does Mr. Daft live? _ _ _ _ _

How many red doors does it have? _

What building does Mr. Sussman work in? _ _ _ _ _

How many red doors does it have? _

Where are sport events held? _ _ _ _ _

How many red doors does it have? _

Where does Mr. Foster live? _ _ _ _ _

How many red doors does it have? _

How many red doors in total? _



Get Ready for Spring Break
By: Lebakoe Tserane

Staying in North America:

Florida, USA, is the Spring Break hub of 2023, with sunny clear skies and water activities, everyone is set for an incredible vacation.

Tofino, Vancouver Island, Canada, is known for its sandy beaches, wild scenery, and nature activities (hiking, and fishing).

Staying in Europe:

Amalfi Coast, Italy, has become the Tik Tok verified Spring spot for those who delight in the aesthetics of an environment. The cuisine is commendable with complimentary sunny weather and cultural attractions.

Monte Carlo, Monaco. The French Riviera day trip including Cannes and Nice is a popular choice among visitors. The Monaco Hop on Hop off tour bus is well-known too.

Staying in Africa:

A continent that is known for its sunny weather, and inviting atmosphere. Here are three top places to visit for Spring Break.

Mauritius, located on the Indian Ocean, is the perfect place for relaxation with activities such as snorkeling, stand-up paddle boarding, and dolphin watching.

Seychelles, located in the western Indian Ocean, is known for its coral reefs and a location like no other. The cuisine is one of a kind and the rich culture is superb.

Madagascar, and no not the movie series but the precious country on the southeastern coast of the African continent. It is the fourth largest island in the world.

Staying in Asia:

Singapore, is well known for its state-of-the-art infrastructure while withholding its culture.

The Marina Bay Sands Skypark has exquisite views of Marina Bay. The Jewel Changi Airport alone is quite an appealing place to visit and explore.

Staying in South America:

Colombia, a beautiful country, has a special place called Tayrona. Tayrona is filled with spectacular beaches, coconut palms, and mountains. There are 300 species of birds to see.

Staying in Australia:

Sydney, Australia, is known for its Opera House. It's perfect to see when gliding on a cruise. The South Island, New Zealand, has amazing lakes, and green mountains, and has the steepest street according to Guinness Records.

Spring Recommendations
By Cassie Atete

TV/MOVIE:

Being Frank
Home by Spring
Piranha
Dirty Grandpa
La La Land
Eat Pray Love
Call Me By Your Name
Mama Mia
A Bug's Life
Over the Hedge

BOOK:

Negative Space
No One is Talking About This
It Had To Be You
Somebody's Daughter
With Teeth
A Special Place For Women
Things To Look Forward To
The Wind In The Windows
The Secret Garden
All Bright Places