

Exercise Today The Longer You Will Stay

— By ARIAN HOLMAN —

We all know that exercise is good for you. Staying physically active helps keep your heart healthy and your muscles strong, and in cancer patients it has been shown to prevent a relapse. Now a series of independently conducted studies on the effects of exercise in healthy older adults, published on Monday in the Archives of Internal Medicine, confirms that logging time in at the gym not only helps maintain good health, but may even prevent the onset of chronic diseases, such as heart disease, osteoarthritis and dementia.

In one surprising trial, researchers led by Teresa Liu-Ambrose at the University of British Columbia randomly assigned 155 aging women to three separate groups and directly compared the cognitive effects of two types of exercise: resistance training, done once or twice weekly, in which participants worked out with free weights and weight machines and did squats and lunges, versus toning and balance exercises, which participants did twice a week.

By the end of the year-long study, the women who weight-trained saw an improvement in their per-

formance on a cognitive test of memory and learning as well as in executive functions such as decision-making and conflict resolution. Women who trained once a week improved their scores in executive functioning by 12.6, while those who did balance and toning exercise showed no such improvement. The muscle-strengthening exercise also helped the volunteers, ages 65 to 75, boost their walking speed, a commonly used indicator of overall health status in the elderly, as faster pace has been linked with lower mortality.

In a second brain-function study, published in the same journal, scientists in Germany found that increased physical activity was associated with a lower incidence of dementia. In this study, researchers recruited 3,485 elderly residents in Bavaria and asked them about their physical activity. None of the participants had dementia at the start of the analysis, but after 2 years of follow-up, researchers found that those who exercised at least three times a week were half as likely to have developed dementia, compared with the people who reported no physical activity.



Photo from sweatcity.files.wordpress.com

"After exercising I always feel relaxed and I have more energy," said Eunice Cheong '10. "Every time I exercise I get my mind off everything," said Jory Uhlman '10.

As we can see, the important message is that doing any activity can be beneficial. And even if you start late in life, at 60 or 70, there is a benefit, for it's never too late to start exercising.

Hoosac's Yearbook Club

— By STEPHEN BURKE —



Austin McCroskie '13 (left) and Jasn Rodgers '14, two members of the 2010 Hoosac yearbook.

The yearbook club, as the name suggests, is responsible for the creation and distribution of the Hoosac yearbook. The club meets during club period (11:00 on Saturdays) in the computer lab in the library.

Ms. Roemischer is the teacher who runs the club, and it's members include: Arian Holman '11, Annie Lyons '11, Jennifer Freeman '10, Alexa McCroskie '13, Austin McCroskie '13, Jennifer Foster '11, Ryan Morash '13, Eunice Cheong '10, Jasn Rodgers '14, Sewa Egunsola '12, Naomi Whetstone '12, and yours truly.

The club has already designed the cover, and has selected the primary layout for how the yearbook will be constructed. The yearbook is free to all students, and some fund-raisers will be organized by the yearbook club.

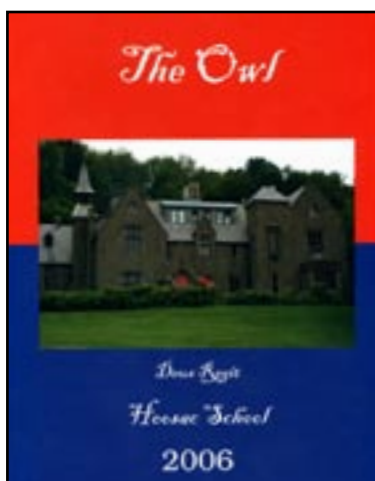
Arian Holman was asked about how the yearbook is coming. She responded: "It's coming along well, we are trying our best to make sure we don't have to rush everything in at the end of the year."

Many of the members have been busy taking pictures for the book, including dorm candid, fall

and winter sports, and more. The primary goal of the club right now is getting pictures. One of the major problems the club must face is that much of the yearbook content will take place in the 3rd trimester, and many of the pictures (such as the graduation ceremony) cannot be added until after graduation, so the club must get as much done now as possible.



Arian Holman '11 (left) and Annie Lyons '11, members of the 2010 yearbook club.



The 2006 Hoosac yearbook.

Top Stories

— By RAPHAEL LEE —

New Hockey Jacket

Hockey players in Hoosac school were not satisfied with the design of their current hockey jackets. They decided to design a new Hockey Jacket. The entire budget was sponsored by John Bragga's ('11) parents. There was to be a new design for the jacket. However, the Hockey players were not satisfied with the quality, so they sent the hockey jackets back to the company. John Bragga's parents are in charge of getting new hockey jackets. They are expecting new ones soon.

Has Twitter Peaked?

It was the upstart rock star of the Internet in early 2009, roaring out of relative obscurity to become one of the most exposed -- some would say overexposed -- services on the Web. But since the middle of last year, the number of Twitter users has flat-lined. "Compete," a Web analytics firm, says the microblogging site's number of visitors hasn't changed much since June and that its roughly 22 million visitors in December was about 770,000 fewer than its highest number, which was in August. Many other analysts paint the same picture, raising the question: Has Twitter peaked?

"Maybe Twitter was a victim of its own success," said Andrew Lipsman, an analyst at comScore, another company that tracks traffic on Internet sites. "It grew so quickly that it isn't meeting its own expectations."

But the company and some analysts say that this leveling of popularity shouldn't be viewed as a failure, because the people who use Twitter are using it more than ever. ComScore's usage numbers for Twitter are similar to Compete's. They show the site peaking with about 21.2 million visitors in July 2009, and dipping to 19.9 million in December. By contrast, during the same period, Facebook grew from about 250 million users to more than 350 million.

'Cult' of Apple hangs on Wednesday announcement.

Apple Inc., the Cupertino, California, company that's the darling of the gadget world right now, is widely expected to release a touch-screen "slate" computer on Wednesday at an invite-only event in San Francisco, California, according to blogs and news reports. Rumors say the device will have about a 10-inch screen and will look like an enormous iPhone; but Apple hasn't commented on the subject.

While cautious consumers might want details about the new device -- like whether it exists -- before stashing away money and planning to buy one, Yaffar and some other Apple fanatics say they trust the fashionable and notoriously forward-thinking maker of the iPhone and iPod so much that they'll buy whatever the company puts out, even if they're not sure why they need it.

Migraines Linked To Depression

— By ANNIE LYONS —



Photo from kerriesmyres.typepad.com

If you had headaches that were so bad they made you nauseous, landed you in bed and sometimes lasted for days, you might be depressed. There has been reason to relate these migraines to depression; Bad headaches lead to bad moods.

Recently a study in neurology found that there is a genetic predisposition for depression by people with migraines. About 25% of family members with migraines were depressed, while depression affected just 12% of relatives without migraines. Correcting for the role of chance, researchers found that, overall, relatives with migraines are 1.4 times as likely to have migraine and depression to-

gether rather than migraine alone. Those suffering from migraine with aura (the flashing lights and tunnel vision that precedes some migraine headaches) were nearly twice as likely to suffer from depression.

Here at Hoosac students were asked if their migraines were linked to being down and depressed. Adesewa Egunsola said, "whenever I get really bad headaches I am usually under stress and in a bad mood." Dino Constantine said that when he is not happy and annoyed and stressed out he sometimes gets headaches. Maybe this theory is actually true. How do you feel when you get migraines?

School Sports

- By JENNIFER FOSTER -



Photos by Austin McCroskie



Top Left (L/R): Kaci Lui '10, Sewa Egunsola '12, and Roxi Sun '13 coming off the court for half time.

Above: Girls dominate the backboards.

Below: Julian Jones '11 pushes through defence line to score two for Hoosac.



Girls' Losing Streak Over.

On January 28, Girls Basketball got their first win of the season against Emma Willard winning 23-8. Roxie Sun scored 8 points, Kaci Lui with 7 points and, Adesewa Egunsola with 11 rebounds. January 30, Girls won their second game of the season 29-15 over Winchendon. Top shooters Adesewa Egunsola with 7 points, Kaci Lui scored 11 points and Roxie Sun with 9 points

Boys Varsity Basketball

January 30 The Boys Basketball team lost 55-30 to MacDuffie. Top scorer was Julian Jones with 13 points.

Varsity Hockey

Friday January 29 Boys Hockey played Hebron and lost 5-10.

Student of the Week

ZiQi Gao

- By JENNIFER FOSTER -

Q. How are you liking Hoosac?

A. I like Hoosac so far, making lots of friends. Teachers are very kind."

Q. What are your plans for long weekend?

A."Maybe I will work hard so I can do well."

Q. What are you doing over break?

A. "Going on a home stay with Ece to the Zalinskis to improve my English."



Photo by Yunru Wang

Wacky News

- By STEPHEN BURKE -

Two burglars were trying to steal a decently large sum of money from an ATM at an empty bank early in the morning. Their plan was to set off a small explosion using dynamite in order to gain access to the safe the money was kept in. Unfortunately for the thieves however, they drastically overestimated the amount of explosives necessary, and blew up the entire building while they were still inside. One man died in the rubble, the other died from head trauma shortly after arriving at the hospital. Debit cards seem much safer. As reported on thedarwinawards.com.

In Florida, a food fight ended up putting two in the hospital. The fight was over the last grocery cart available. A 74-year-old man and a 35-year-old woman got into an argument about who had the cart first. The woman's 24-year-old brother punched the old man to the ground. As the woman, her brother, and their mother started to walk away, the old man got back on his feet, and came back with a salami which he used as a club. He only ended up fighting off the 54-year-old mother who was fighting back with a 4 lb. block of Parmesan cheese. As reported on alldeaf.com.

A man who was with his two children in a McDonald's play area passed out drunk. Employees phoned the police who arrived shortly afterwards. The man resisted arrest, and actually told his children to stop them from arresting him. At one point he literally told them to "bite the officers' faces off." He was arrested, and is now facing multiple charges. As reported on cbsnews.com.

Friday Night Speaker



Photo by Austin McCroskie

RPI's Partial Credit came to the Hoosac campus to perform for student and faculty.

Bianca's
Student Special
1 Large Cheese Pizza
12 Wings
(1) 2 Liter Soda
\$17.50
686-3000
M-Th 11am-9pm
F & Sat 11am-10pm

What would you like to see in the Owlet? Give written suggestions to Ms. Roemischer.

Sudoku - Answers

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

Sudoku

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

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SPORTS

Wed. - 2/10 @ TBA
Boys Varsity Basketball
(Away) vs. Portledge at Rye

Wed - 2/10 @ 3:30pm
Girls Varsity Basketball
(Away) vs. MacDuffie

Fri - 2/12 @ 4:30pm
Ice Hockey (Away)
vs. New Hampton

Sat. - 2/13 @TBA
Ice Hockey (Away) vs. Wooster

Sat - 2/13 @2pm
Boys Varsity Basketball
(Home) vs. Mt. Everett

Sat - 2/13 @3pm
Girls Varsity Basketball
(Away) vs. Winchendon

PEER WRITING ASSISTANCE

Every Monday & Thursday
7:00-9:00 pm
in Library Reference Room

PEER MATH ASSISTANCE

Monday through Thursday
7:00 & 8:00 pm
@ Library Reference Room
Must get a pass from dorm parents

LEADERSHIP SOCIETY

Every Thursday, 9pm-9:45pm
with Nurse Klein
in Nurse Klein's office
in Tibbits

ON DUTY

Duty Master - Mr. Lomuscio
Chaperone 1 - Ms. Stulz
Chaperone 2 - Mr. Fedor
Prefect on Duty - N/A
Open House - N/A

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