

News from the Nest

THE OFFICIAL HEBRON HIGH SCHOOL NEWSLETTER

September 30 2020

VOL. 2



CONTENT

News and Announcements	- 1
Meet: Mr. Ziants	- 2
9/11 Tribute	- 2
Elections Class	- page 3
Musical theater	- 3
Spotlight: Band class	- 4
Mental Health	- 5
Vocational	- 5
Sports	- 6
Hawk's Nest Re-Opening	- 7
Yearbook News	- 7
Yearbook Photos	- 7

News and Announcements

By Max Pastrick and Patrick Adamczyk

Picture retake day will take place on October 13. Please listen to the announcements for further information.

The Monthly E-learning day was on Wednesday September 16. October's E-learning day will take place on Wednesday the 21st.

There have been multiple call out meetings for our clubs. Some of these clubs include, BPA, Student Council, NHS, Spell Bowl and Art Club. If you are interested in any of these clubs, please contact the person running these meetings.

All students now eat free; bring your student ID with you to lunch so the line moves quicker.

Seniors, check the 2021 classroom for information on scholarships

Remembering September 11th

by Kaitlyn Baker

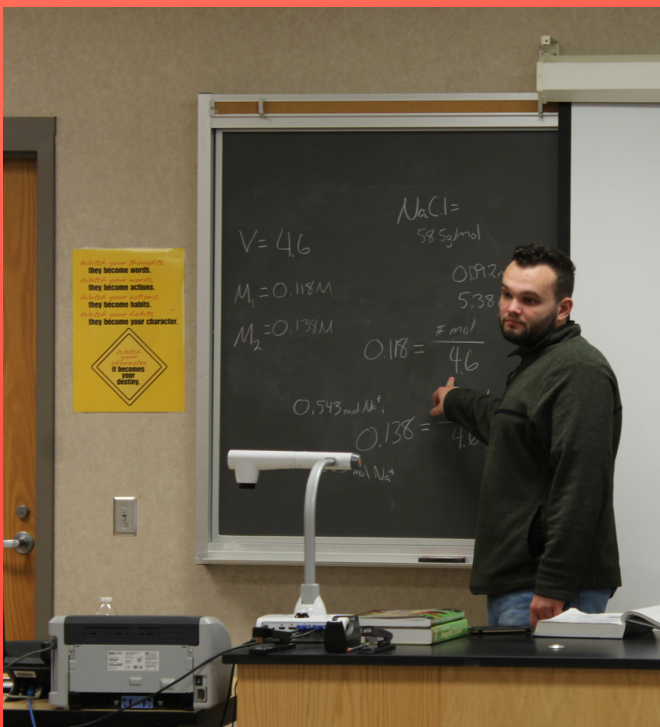
On September 11th, Hebron Schools honored the victims of the tragic events that occurred on September 11th, 2001 in New York City, Virginia and Pennsylvania with an extra moment of silence during the pledge and had discussions about them in several classes throughout the day. Our Social Studies teacher, Mr. Eriks continues the story 19 years later for those too young to remember. Uniting during times of tragedy and memoriam is a common thing we see in the Hebron community. See below for Mr. Eriks' story of the events that took place that day.

"I was supervising a middle school study hall when I found out. Mr. Yost ran over and told me since I had no TV or cell phone in the room. At first, I didn't think it was a big deal as I thought it was just a small private plane that hit the towers. When I went into Mr. Yost's room and saw it was a 767 and caused a lot of damage, I was mortified. I want people to take away that the US and the world changed after that. Safety became a number one priority and the people really unified after that. The people who sacrificed their lives should also never be forgotten. It was a life changing event that I will never forget."

- Mr. Eriks, Social Studies Teacher



SCIENCE WITH ZIANTS



There are new faces that walk the halls of Hebron High School. One face in particular is Mr. Samuel Ziants, our new Chemistry and Science Instructor. Mr. Ziants attended Hebron until his junior year. He graduated in 2016. Following graduation, Mr. Ziants went to Indiana University Northwest. He graduated in May 2020. He has a B.S. in Chemistry as well as a mathematics minor. He decided to take chemistry as his field of study, because of his experiences in class. A professor of his helped increase his interest by adding some fun to the class. His first day teaching at Hebron High School was August 31st. He said he had an excellent experience. Teachers as well as students really helped him feel at home. Mr. Ziants is excited for his AP Chemistry class as well as learning along with his students. He can't wait to see what the rest of 2020 holds, and would like to "thank you all for being very welcoming,".

Elections Class

By: Brittney Reece

Mr. Eriks has opened the opportunity of taking a class on the 2020 Presidential Elections. The class is an elections class and they have a goal. Mr. Eriks says, "The goal of the Elections class is to run a school wide election on October 29 (the real one is November 3). We are building toward recording a debate between 2 students who represent President Trump and Joe Biden. This debate will also include commercials made by the students. This will be broadcasted to the student body on October 27. The student will receive a ballot and we will be making one for virtual students, too. After the election is over, we will be looking at the data to see who voted for whom. The coolest thing is that Hebron High School has never been wrong in picking a President since the days of President Bush. Hopefully this year, we'll keep the tradition alive and pick the eventual winner. I really love this class as it really gives the student a lot of responsibility and allows them to use their creativity." The class is going to have an impact on Hebron High School this year, as there will be an actual elections.



Shrek The Musical!

By: Sophia Galetti & Kaylee Nees

As yearbook staff we are concerned about our drama club. Last year of reaching their goal of 1,000 tickets sold for a single show, the Hebron High School drama club had big plans. Sadly because of the our Covid-19 outbreaks they had to cut there practice short and postpone the show for the spring of 2021. After talking to our amazing director Mr. Jerry Foust we got some updates to share with our Hawk Nest. "However, we still don't know if the mask requirement and restrictions on crowds will be in place, or how they will affect the ability to make a professional-looking show, and sell the number of tickets we would like to sell. When we have more info, we will start making announcements at school and on our Facebook page (Hebron Theatre). There will most certainly be openings in the cast, backstage and in the booth for new people to join us!"-Jerry Foust. Yearbook would like to thank our amazing drama club kids for being so pactinet and working really hard to keep the musical spirit going.



THE BAND IS BACK TOGETHER!

New Safety Measures in the Hebron Schools Band Department

By Kaitlyn Baker

The Hebron Schools band department is seeing drastic change this year due to strict COVID-19 safety protocol. For starters, the class is now divided into two sections. The woodwind section plays either indoors or outdoors (depending on the weather) for roughly half an hour. For the remaining half hour of class, the brass section gets their turn. All mouthpiece instruments must have special protective covers on the instruments at all times while playing. Everyone plays at least six feet apart from each other. In addition to social distancing, masks are to be worn whenever they are not playing. Sophia Galetti, a Sophomore at Hebron, plays the flute. When asked about changes that have been made this year, she said, "I believe that there has been much change. Mr. Thiel has definitely taken into consideration every precaution." She hopes to eventually not have to have all the protective equipment and extra safety measures and everyone can be as close to back to normal as possible. Currently, the band is practicing patriotic pieces such as "American Flourish" and "American Heroes." Despite these new challenges, the band students are adjusting well and are sounding great!



When the weather is nice, the band can join together as a full ensemble outside and spread out to play.



Vocational Spotlight

By: Madalyn Molnar

Every year, Juniors and Seniors have an opportunity to apply for a vocational class. There are different classes for every occupation, from sports medicine, cosmetology to construction. When asking students what they like about their vocational class and why they took it, there are always different responses. Trevor Hoffman, Junior, is taking Diesel Service Technologies and he said "I would rather do things hands on than just sitting in a classroom." The students also take it because they are doing things they love and learning more and more about it. Trevor said "I am taking this class because I love big trucks." Students also take their class because they want to explore more about that career and see what else they can do in the future with their knowledge. Madi Maas, Junior, is taking ESEM which is sports marketing. She said "I took this class because I want to go into sports business and explore more than just highschool." Another amazing thing about taking a vocational class is meeting new people and having new friends. Madi said "I like how all of the people in my vocational class are so nice and we all work as a family." Fire and Rescue is another class that brings students together as a family. For this year they commemorated 9/11 by climbing the same number of stairs as the firefighters did. When doing this they had to climb the stairs with full gear on and had to get ready in less than a minute. Zach Molnar, Senior, is in Fire and Rescue and he said "I love taking this class because it feels good to know that people are risking their lives to save people." Last year Zach took the first portion of his career course which was EMS. Zach said "It was exciting to take a class that actually prepared me for the certification necessary for me to begin working as an Emergency Medical Technician." Vocational Courses provide great opportunities for students to prepare themselves for life after High School.

Hebron High Mental Health

By: Tahseen Syed and Meadow Fornuto

Mental health is a very important aspect in every high schoolers life. It is very important that students stay on task but it is just as important that they do not overburden themselves and mentally wear themselves out. Studies show that more than 75% of high schoolers say that they are "almost always feeling stressed." A lot of feedback from different students was that they were stressed about being able to academically achieve or meet the standards of the high school lifestyle. Those who are also in extracurricular activities are not only physically drained, but there is also a mental strain accompanied with that. It is crucial that students are able to give themselves the proper amount of rest they need and work to the best of their ability.

After asking the student body at Hebron High some mentioned some important things to do to destress. Most mentioned taking a nap after school or at a certain time in their schedule to assure they are not sleep deprived. Others who are not able to fit a nap in their time frame said they would spend some time doing their favorite activities or hobbies, mostly from 30-45 min to relax their brain. Some activities and hobbies were; playing video games, sewing, spending time with family, and baking. Many scientists were able to test how long it truly takes to distress, and research stated that only 10-15 min max were needed to fully relax the brain. Mental health is not something to take lightly, it is a must for students and even staff to prioritize.

SENIOR NIGHT OVERLOAD

Girls Soccer: On September 18, the lady hawks senior night was a major success from their decorations to the actual game itself. The girls faced Morgan Township with the final score of 7-1. (scorers, saves)

Those Recognized:
Kylee Babiak
Brooklyn Rhoades
Vivi Reyes
Alexys Rippe
Haylee weigman
Stephanie Hano



Boys Soccer: On 22nd of September, the boys soccer team competed against Westville with a smashing victory of 5-0. In goal with 6 saves and beating the school record in saves is Zach Molnar. The hawks also held their senior night.

Those Recognized:
Ethan Wilson
Luke torres
Noah Tillema
Kyle Layton
Owen Thomas
Kyle Sharp
Zach Molnar

Girls Volleyball: September 18th, the girls had a 3 out of 5 set win, setting their senior night as a special night to remember.

Those Recognized:
Joley Kohler
Brooklyn Brown
Rebecca Gill



Boys Volleyball: On September 18, the boys varsity volleyball team, participated in a game against Westville. Even though it was a loss, the boys put up a fight for their senior night.

Those Recognized:
Zach Molnar

Girls Cross Country: September 15, was after the second PCC meet. "Even though there were Covid restrictions, our coaches and teammates did an amazing job of making us seniors really feel loved," stated Madison Elijah, one of our senior runners.

Those Recognized:
Alex Suarez
Madison Elijah



Boys Cross Country: On Tuesday September 15, the boys Varsity Cross Country team ran in the PCC Round Robin Race. Along with a successful race, the boys also had their senior night.

Those Recognized:
Noah Weaver
Patrick Adamczyk
Jacob Stewart

Hawk's Nest Soars Again

With businesses opening back up Hebron High Schools very own Hawks Nest is also back! The grand opening was September 4th and the theme this year is "Quarantine Edition". The Hawks Nest is available throughout the whole day and is following all safety precautions to make sure students and staff are able to get what they want in the safest manner. BPA members are also working hard to ensure social distancing and other COVID safety procedures are being followed to ensure everyone's safety. It includes a variety of merchandise, from snacks and drinks to note cards and hand sanitizers. With such good prices and efficient service this is something students and staff just can't pass up on.

2020 Yearbooks are expected soon! Be ready to "flash back" to last year!

2021 Yearbooks are on sale now! For a limited time, books will sell for \$60. Snatch up the price before it goes up! The sale expires October 30th.

Not convinced? Unsure if you should buy a book? Check out our awesome photographs below! Our staffers are hard at work building a book Hebron can be proud of!

