

# THE HEBRON TIMES



Lindsay(12) and Addie(10)



Brooke, Nile, Ashley, Molly, Brynn, AT, Heidi, Kylie



Kallie(9) and Tiara(9)

Welcome back to the 2022-2023 school year. The high school has had some upgrades with new teachers, advisory schedules, and Chromebooks for all of our students. We've started our year off strong with our fall athletics as you will see on the following pages.

Teachers are back at work and students are back and ready to learn. "I thought high school was going to be hard. Especially finding my classes, but it's a lot easier than I thought," says freshman Carlos Torres. We've introduced a few new teachers and staff members to our High school: Mrs. Siwy, Mrs. Owens, Mrs. Hickey, and welcoming back Mrs. Propper. "It's going very well, the students are very kind and polite, and the staff is very welcoming. I'm enjoying it so far." Says Mrs. Owens, our new guidance secretary.

The seniors are getting ready for the year with new parking spaces. Seniors will be able to paint their very own parking space again this year. Requirements are that all paintings must be school appropriate.

"You have brains in your head, Feet in your shoes, you can steer yourself any direction you choose" -Dr. Sueus. Let's have a good year, hawks.

Pictures by Kathleen Estrada

## UPCOMING EVENTS

Labor Day - No school	Sept.5th
Midterms	Sept. 9th
Virtual Day	Sept. 28th



Aryanna (11)

# YEARBOOK CORNER

## AUGUST PHOTO OF THE MONTH

The yearbook staffers started off the school year learning about photo journalism. We learned about story telling through photos and different compositions of photos. We spent a class period out doors to practice taking different photos. All students then submitted one photo. This month our high school teachers and staff voted for this months photo of the month and the winner is Tianna Petrovski. Her picture shows detail, fills the frame, controls the background, and focuses on the center of interest. Our second place photo was taken by Vivian Mundell using selective focus. Tied for third place we had photographs by Ella Stokes with leading lines and Macey Siminski with a worms eye view.



Photo Of the Month Taken  
by Tianna Petrovski



Photo by: Vivian Mundell



Photo by: Ella Stokes



Photo by: Macey Siminski

# THE BOOK

Ordering is now open for the 2023 yearbook. The cost is currently at its cheapest rate of \$65. You can earn 4 FREE Icons when you add an \$11 name personalization. This offer is valid until September 23, 2022

Do you have a senior in the yearbook? You can order a Senior Spotlight to dedicate a 1/8, 1/4, or 1/2 page for the senior in your life.

Do you own a business? You can sponsor the yearbook by ordering a business add today! All ordering links are in the linktree below.

<https://linktr.ee/HebronHSyearbook>



# "I CAN GO THE DISTANCE"

## Boys and Girls Cross Country

Cross country is the sport to play! It has lots of great impacts on your physical and mental health. This season has many high hopes for new record breaking runners. The length of the cross country course that is ran is 5000 meters for the boys and girls. That is approximately 3.1 miles. The impact that has on your body could be good and bad. It increases muscle in your lower limbs and helps you absorb shock faster. It also takes your breath away quickly and raises your heart rate.



Ava Scheeringa  
Photo taken by Kalie Kinkade

The Hebron girls cross country team was started in the fall of 1990 and was led by coach Dave Walker. From 1990 through 2006 the girls ran 4000 meters. In 2007, the courses were lengthened to 5000 meters to match the boys. Since the mid 1980's the Porter County Conference has separate races for the boys and girls at the PCC meet. Returning 2021 girls statistics, Ava Scheeringa ran 11 meets and had a total of 119.5 points. Ava scored 1st place in 2 runs out of the 11. Sidney Elijah ran a total of 8 meets with a total score of 83.5 points. Sidney got first place 3 times out of those 8 runs.



Robert Summerville Photo taken by Tianna Petrovski

The Hebron boys cross country team has yearly statistics and the most recent is from 2021. These people are still actively running cross country and these are their statistics from 2021. Robert Summerville ran a total of 11 meets and scored 112.5 points as an individual runner. Aidan Bowgren ran the same number of meets and scored 103.5 points, his fastest time in a meet was 17.49. The fastest time during the 2021 Dave Walker Invitational was run by Cody Noel for a total time of 18:21. Aidan Bowgren had a time of 19:17 at the Terre Haute South Valley Invite. At the highland invitational Robert Summerville had a time of 18:23.

Cross country can have a very big impact on mental and emotional feelings, we asked cross country runners how it impacted them. Axiel Rodriguz said "It makes you feel motivated to do other stuff in your life." Makala Chang said "It's a very big team sport and it makes you feel included." A lot of people have different motivators in life for what they do, so we had decided to see what motivated people to run. Aidan Bowgren said "winning" encourages him to run. Makala Chang said "Winning plays a big role in encouragement and makes you feel good, less stressed, and more relaxed." Many people have a sport that they love and when they do they have lots of commitment towards it, both runners have been committed for years. Makala Chang and Aidan Bowgren have both been committed to XC for 5 years. "I think cross country is my therapy to life!" -Makala Chang

# Aces Down, Sets Up



Hebron Boys and Girls Volleyball



August 29, 2022



Taken by: Paige Hayes



Taken by: Hailey Bradt



Taken By: Lauryn Norris

Although they are playing as a team, opinions on volleyball throughout the Hebron Volleyball teams fluctuate between both gender and grade level. Whether it be a senior's last year or a freshman's first, the amount of enthusiasm is impressive. "Before a game I feel extremely nervous, but the feeling is taken away because I get so hype!" exclaims (Junior) Molly Friel.

Seniors are especially hit with many emotions throughout the season, as it is their last season in their high school career. "Volleyball is fun and I enjoy the sport, even if it is my last year and I'm leaving." says (Senior) Anthony Fortenberry.

Freshmen also have their own personal outlooks towards the sport. Being the youngest on the team class-wise isn't always the best; thankfully, this isn't the case for this year's freshmen. "I have never struggled with any of the upperclassmen, they're great to be around," says (Freshman) Josh Kenda.

Equally important, the sophomores and juniors are sometimes overlooked; being similar to the "middle children" of a family. Within the concept of the players being overlooked, the real question is why would they stick to the sport? "I stuck with volleyball because of the competition involved with the sport and the fact I had friends join me," quotes (Junior) Tate Hildebrandt.

No matter what, there will always be some things that need to be fixed. "I think passing needs to be worked on," shared Landen Hale and Tate Hildebrandt. Along with critiques in the game play, it can also be difficult for one to adjust to the sport from year to year. "I feel like high school volleyball has a faster pace and is very upbeat" says (Freshman) Riley Mowry.

Motivation from friends and family can also make a huge difference in game play. (Sophomore) Kylie Powell says, "What made me keep up was the motivation my mom gave me when I would do something good and I wanted to improve every step of the way." Undoubtedly, in the end, a team works together to secure a victory against an opponent.



# LET'S GET THE BALL ROLLING

## Boys Soccer

Pictures taken by David Centifanto



Soccer has started. Even though neither the boys or girls team have won a game yet, the season is fresh and opportunity is high. The boys are 0-4 and the girls are 0-2. The teams both have different ways they feel about the team. Senior captain Axiel Rodriguez said, "The best decision I made was to join the team." He also was very passionate about how the team feels like a family.

The boys faced Kouts on the 23rd of August. They started off the game with a lot of strong feelings after last year's catastrophe of 19-1 loss. They went out there with Hebron pride and started off strong. Throughout the game they were trying to score but the defense was strong. We were down 4-0 in their half when Quentin Lamprecht took away a passing angle and freshman Aiden R charged the Keeper, stole the ball from the keeper's feet, and scored making the score 4-1. The game was going back and forth but sadly we lost 9-1.

On the 24th of August we faced the Lowell Red Devils. The game had a lot of tension from the start. We were strong and we had many scoring opportunities but it was not until the second half that we played our best. We had the ball in our possession during their half for a good 20 minutes straight. During that 20 minutes the opposing keeper came out and took senior Mitchell D's feet out from underneath him. The officials called a penalty kick. The person to take that free kick was Stephano M. It was just down to him and the keeper; all he had to do was take his time. Finally, he got the first goal for our team. Then not even 5 minutes later we are in their half again and Stephano takes a beautiful shot and the keeper saves it- but wait he dropped it and Scotty E. just tapped it into the goal making the score 6-2 with them in the lead. After the game we asked Senior Mitchell D. how he felt after Stephano took the shot instead of him. His reply was "I don't care about taking the shot. As long as it goes in the goal and we get a point is all that matters."

Though we lost, we learned a lot of things from that game. We moved the ball very well.





# Hawk's Nest

## W.E.L.L B.E T.H.E.R.E F.O.R Y.O.U



Mrs. King

After long algebra periods or strenuous english classes with endless Shakespeare, students get a chance to stop at the school's store. The store is more commonly known as "The Hawks Nest." This wonderful shop is run by one of our fantastic business teachers Mrs. King. She has been running the store for over a decade. After wandering into the store, you will notice an amazing variety of snacks, drinks, coffee, and desserts. Mrs. King explained, "We try to have a nice variety for everyone so they can find something they like". While Mrs. King is the manager of the store, it is maintained and stocked daily by the students in Mrs. King's classes. These students stock the shelves, fill the fridge, and take care of the purchases; while also getting the experience of the workforce while still in school.

Natasha Kennedy explained what she likes about the hawks nest. "I like it, I get to get work done and help out with the B.P.A. fundraiser at the same time". The students that run the nest also decide on the theme and grand opening every year. This year's theme is "Friends," the hit TV series. Gabby Wagoner said, "We like this year's theme. It's the best theme compared to last year's Dunkin' and coffee."



Mrs. King

While the students who work the store have a lot of fun, they don't have as much fun as the people who shop there. Students in every grade love shopping from the nest because they can treat not just themselves, but they can give their friends some tasty snacks as well. "I really like the Hawks Nest because they have a lot of different snacks that everyone likes, and everyone that works there is really nice when I go in to buy stuff. I love popsicles, I get them all the time!" Tyler Adams exclaimed.

The Hawks Nest can be a great source of nutrients for sports after school. A lot of students stop by the Hawks Nest to buy treats to scarf down before they go to their practices or games. Trever Roy said "The Hawks Nest is very beneficial for games and practices because it provides energy for us to have before the game when you forget a snack or drink." The Hawks Nest uses all of the profit from sales to benefit and support the BPA team. Throughout the last couple years the Hawks Nest has helped pay for plane tickets, hotel rooms, and meals while on BPA trips. Make sure you stop in at the hawks nest to fulfill your snackin' needs.



Riley Asher (11), Gabby Wagoner (12)



# THE COMFORT CLOSET

Provided by: National Honor Society

"The closet has helped a lot of people and is very useful in the school."

- Mr. Owney  
Principal



"The closet is a very useful piece of Hebron High School."

Kylie Cole  
NHS Member

The Comfort Closet is a service that is offered to any student. Started by Mrs. Kiner, the idea was inspired by a similar idea at Laporte High School, where there were amenities available to students that were in need. Though previously run by Mrs. Kiner, the Comfort Closet is now under the leadership of Mrs. Allen with the NHS. The NHS members help supply and add new products to the closet when they seem fit. When the closet first opened many people didn't know about it, considering that Covid hit almost 2 months after it opened. The closet offers many products including Shampoo, Conditioner, Body Wash, Toothpaste, Toothbrushes, Soap, Deodorant, and other hygiene products. The products are gathered from drives and a collection bin at the salon in town. The products are offered for free so they are extremely accessible for many students. Located in the Nurse's Office, the closet is organized, clean, and available to all. The Comfort Closet is **not** set up like to the Hawks Nest in the sense that you can come in and look around to pick out what you want. Essentially, how it works, is a student would fill out a form and be given a pick up time to come and collect their item from the Nurse's Office. The Comfort Closet is open during the entire school day, with set pick up times to get your items. Make sure to schedule your appointment!

