The Stinger



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29 FEBRUARY

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"I think overall to see the program grow and see the team grow as well is a great experience" (page 16).

How are snow days decided?

By Mia Mitchell *Editor-in-Chief*

Winter Illinois in means very cold temperatures, ice, and lots of snow. With all of those conditions, a lot of schools experience snow days, or more recently, e-learning days. Here at Zion, we've already experienced e-learning days this school year. Even though students have experienced these days, they have questions on how the e-learning days are supposed to work and what leads up to having snow/e-learning day.

According to Dr. King, the Executive Director of Safety and Prevention, the things that are taken into account for snow days are "cars coming and going, students waiting for buses in negative degree weather, and the condition of roads and sidewalks." Following those guidelines, the e-learning days that have happened this year have all been a result of either

bad road conditions or extremely cold temperatures.

Dr. King also explained that even though he directs safety and prevention, Dr. Rodriguez, our Superintendent, ultimately makes the final call on whether we will have an e-learning day or not. "The ultimate question is whether or not students can get to school safely. If the answer is 'no,' then Dr. Rodriguez has everyone stay home," Dr. King stated.

Regarding restrictions on e-learning, there are legal regulations in Illinois limiting the number of days that will still count towards school. without having to make them up. According to the Illinois Board of Education, "E-learning days can only be used in lieu of a scheduled emergency day and are limited to the minimum number of emergency days in the approved school calendar (five). E-learning days exist to preserve the continuity of learning when an emergency would otherwise result in school closing. E-learning days generally cannot be declared preemptively because they are meant to be used "in lieu of a scheduled emergency day," and emergency days, by definition, can't be planned" (isbe. net). Therefore, if ZB uses more than 2 more emergency e-learning days, we will have to make them up at the end of the year.

The ISBE also states that, "Each student participating in an e-learning day must receive at least five clock hours of instruction or school work" (isbe.net). So, if another e-learning day were to happen, students need to be responsible with attendance by logging into Skyward by the required time and also need to complete their assigned work, to ensure that we don't have to make up snow days at the end of the year.

Rules and school entry changes

By Abbigail McLaughlin *Stinger Reporter*

To start off the second semester this year, our school is taking extra precautions with regard to student and staff safety. Doing everything possible to keep the building safe is the number one priority here at Zion-Benton. The new actions that are being taken are to remind students of expectations such as attendance, respect, and dress code.

We asked Dr. King, our Executive Director of Safety and Prevention, specifically what he believes are the main concerns and what the plan is to address those concerns. He shares that his personal goal is to "model consistency and to continue to ensure students take ownership and model respect towards one another in the building."

Dr. King's plan for Ži-

on-Benton is to be seen at a national level as a school that does things the right way. He hopes everyone here will help make this process smooth and keep our school as safe and functional as possible. He also asks you to do your part and work with the staff as they make slight changes to the way we run the school to make the environment here at school the best it can be.

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switches to App

By Jairo Roias-Magallon Stinger Reporter

As news buzzes around the hive, we've all heard about the switch from Dell products to Apple products starting next year. The switch of technology products include teachers receiving Apple computers and iPads and incoming freshmen receiving IPads with sturdy cases that are equipped with keyboards.

When asked about the switch to Apple products, Dr. Bridge, Director of Technology, shared, "I believe the switch to Apple technology is a highly positive step for teaching and learning. Apple's easy-touse interfaces and familiar operating systems (let's face it, most of us have used or use Apple products daily) encourage innovation, collaboration, and critical thinking. It aligns perfectly with the technology philosophy of the 6Cs: Character, Critical Thinking, Communication, Collaboration, Creativity, and Citizenship. The user-friendly environment makes it easier for teachers to teach and for students to explore, which improves the whole learning experience."

Dr. Bridge goes on to say, "For the foreseeable future, our district will have a wide range of devices, including Chromebooks, Windows laptops, and Apple iPads and laptops. This dynamic setting not only gives our users a lot of options but also lets them try out a wider range of software and tools. It's noteworthy that some of the best high schools in the country operate in an all-Apple or mixed technology landscape. ľm looking forward to seeing the innovative ways our teachers will build their instruction using the diverse

tools at their disposal. This diverse tech ecosystem is not just about variety; it's about preparing our students for the future. Being exposed to a variety of technologies will make you all better prepared for college and the job market. It will also give you valuable skills and experiences that will help you succeed in the digital world, which is always changing."

With the switch to Apple, we couldn't help but wonder if it would be a positive change for teachers. Dr Bridge commented, "I am optimistic that the transition to Apple technology will have a predominantly positive effect on teachers. The innovative tools and user-centered design give teachers the power to deliver content in dynamic ways that encourage personalized and interactive learning. Teachers may enhance the way they teach by using a wide range of educational apps and resources. This makes the classroom more engaging and interactive for everyone. The easy integration of Apple technology is expected to allow teachers

to focus on meaningful interactions and promote learner-centered proach. There may be a learning curve at first, but the long-term benefits in terms of increased productivity and new ideas are likely to be greater than any short-term problems."

Apple products are a common piece of technology, so we asked Ms. Parmacek, a teacher here in Zion-Benton, whether the switch would affect her teaching. She states, "As a younger teacher, I went to school with all apple products. I am very familiar and comfortable with them. I do not feel it affects my teaching in any way. It is very similar to the Dell, just a few different features."

The switch to Apple products will hopefully be an easy transition for students and staff, and they won't have a hard time adapting to the new changes to hardware and software. We won't be sure of its positive effect for another four and a half years (in Spring of 2028) when next year's incoming freshmen have graduated from Zion-Benton.

Photo credit: www.logitech.com



Next year's freshmen will receive iPads in hard cases with keyboards.

leap : February

By Kassie Barbanida Stinger Reporter

Rather than the usual 365 days we experience every year, we can expect an additional day this year on February 29, 2024. The last leap year took place back in 2020 and happens nearly every four years with another one coming in 2028. Though people are aware of the upcoming leap day, many do not know why it is practiced and how it came to be.

The phenomenon of a leap year was first at-

tempted in Egypt by Pharaoh Ptolemy Euergetes during the third century, but was later continued in 46 BC. by Julius Caesar. Caesar, a former Roman emperor, was inspired by the Egyptian solar calendar and adjusted the Roman calendar that was based on a lunar system with 365 days in a year. These changes introduced the Julian calendar which included a leap year to keep up with the Egyptian solar calendar. The Julian calendar was finalized into 1582 and is used by a majority of the world today.

Since the Earth takes 365.242190 days to orbit the sun once, the extra time is accounted for through leap years. If we did not, the seasons would fall out of place and summer would eventually occur in December. It is not a leap year every four years because the extra 48 minutes from a leap year could also cause changes in the seasons. An article by Smithsonian stated, "The rule is

the Gregorian calendar in that if the year is divisible by 100 and not divisible by 400, leap year is skipped. The year 2000 was a leap year, for example, but the years 1700, 1800, and 1900 were not. The next time a leap year will be skipped is the year 2100."

People born on February 29, referred to as "leaplings" or "leapers", still experience the aging process. They usually celebrate their birthday on February 28 or March 1 instead of celebrating once every 4 years or so.

By Megan Galeana & Esmeralda Vara Staff Editors

Black History Month first started in 1976. According to National Geographic Kids, "Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States."

Before we had Black History Month, in 1926, we instead had "Negro History Week," which was created by Carter G. Woodson. He was a noted African American historian, scholar, educator and publisher. Dr. Woodson selected the week of February that had included the birthdays of the two key figures for the history of Black Americans, Abraham Lincoln and Fredrick Douglas.

In 1986, congress had passed a public law 99-244, which was designated February as "National Black (Afro-American) History Month." The law

noted that February 1st of 1986 would "mark the beginning of the sixtieth annual public and private salute to Black History."

A presidential proclamation issued by President Reagan proclaimed that "the foremost purpose of Black History Month is to make all Americans aware of the struggle for freedom and equal opportunity"(law.rwu.edu) and "to honor the too often neglected accomplish-

Overview of ZB's Black History Month Events

Feb. 5-9 My Brother's Keeper lead events

Feb. 12-16 BSU lead events and spirit week

Feb. 15th Wear 80s & 90s Throwback Outfits

Feb. 16th Black Out! Black clothes & BSU Shirts

> Feb. 20-24 Sister 2 Sister lead events

Feb. 22nd - 23rd ZB Encore Players "Conversations about Race"

Feb. 24th The annual Black History Month Program in Partnership with the Zion Park District

> Feb. 26th Poetry during lunch periods!

Feb. 27th"Empowering Melanin Souls" (BSU, Sister 2 Sister, My Brother's Keeper)

Feb. 29th African & Praise Dancing during lunch periods ments of Black Americans in every area of endeavor throughout our history"(www.fordlibrarymuseum.gov). Black History Month has been celebrated in the United States every February since. "Since the first Negro History Week in 1926, other countries have joined the united states in celebrating Black people and their contribution to history and culture" (www.surfnetkids.com).

celebrates month in its own way each vear. Dr. Brown and a few clubs and activities will be hosting individual celebrations. The Groups that will be hosting Black History Month events include Sister 2 Sister, Black Student Union, and My Brother's Keeper. Dr. Brown says each group "plans to take a single week in February to help facilitate engagement with aspects of Black culture and present learning opportunities via the announcements. Notice Board, and Instagram." Dr. Brown adds, "We will also be hosting readings centered on empowering culture on February 27th, 2024."



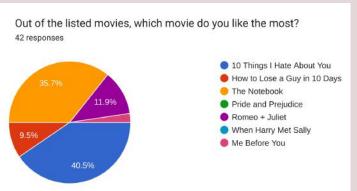
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ZBs decide best romance

By Samantha Whitlow *Stinger Reporter*

Today is Valentine's Day, and love is the topic of conversation. What better is there to talk about than romance movies?

To raise spirits, ZB students were given 7 movies to pick from. Out of each choice 10 Things I Hate About You won with a high 40.5%. In this movie, Kat Stratford, an angsty teen-



10 Things I Hate about You is a clear favorite for ZBs.

age girl, has a younger sister who can only date if she is as well. To get this to happen, the sister's love interest dares Patrick Verona, another angsty teenager, to date her. Watch to find out how it plays out. The Notebook, a movie based off of a book written by Nicholas Sparks, got a close second with 35.7%. There are many different ways to enjoy the Valentine's Day mood but romance movies are a classic, whether they leave your face tear-soaked or hurting from smiling at the end. What is your favorite way to get into the Valentine's Day spirit?

February marks heart health

By Trinity Camara *Editor-in-Chief*

The month of February is known for American Heart Month; it influences people, specifically women, to focus on their cardiovascular health. This month focuses more on women because they are most likely to have heart related illnesses, especially in the United States.

This month was chosen to bring awareness to heart health because it is in the same month as Valentine's Day. During Valentine's day, it is very common to see heart shapes all around. The visual representation of hearts everywhere could possibly draw attention to cardiovascular health although the human heart is visually different from the "love" heart displayed throughout the month of February.

The CDC states that "nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women" (www. cdc.gov). This can cause



women to be more susceptible to fatal health issues due to the lack of concern for cardiovascular health.

The website www. heart.org notes, "Throughout the month, the American Heart Association's 'Heart to Heart: Why Losing One Woman Is Too Many' campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually." Calling out the extreme numbers of heart issues in women will hopefully bring attention to these issues and subsequently save women's lives.

Common causes of future heart problems are diabetes, smoking, high cholesterol, hypertension, smoking, being overweight, alcoholism, and lack of physical activity. The best way to lower the risk of heart disease or a heart attack is to exercise regularly, eat healthy, and quit smoking and drinking. Common symptoms of a heart attack include chest, neck, jaw, arm, or shoulder pain, dizziness, shortness of breath, and nausea (cms.illinois.gov).

If you or anyone around you is experiencing these symptoms, call 911 immediately for help from medical professionals to prevent fatal outcomes. Acting fast in situations like this could save your own life and the lives of your loved ones.

By Abbigail McLaughlin Stinger Reporter

Do you ever get tired of seeing sayings like "You're Cute", "Love" and "Be Mine" on those heartshaped candies that get handed out at school or from your family as a single person on Valentines Day? Well, this year, a new and limited-edition of that candy is made just for you!

Sweethearts Company has come out with a candy for the individuals in situationships or "its complicated" relationships this Valentine's Day season. The heart candies words are messily printed, a little foggy, and a bit hard to read, just like your relationship.

For those who don't know what a situationship is, let me describe it to you. A situationship is a type of relationship you have with someone that you're interested in but possibly the other person's or your intentions are unclear. Meaning you wouldn't say you two are dating, but

may continue to stay loyal and not "date" anyone else, but just to be clear, you two are NOT dating. (this phrase tends to be popular in today's world). You two enjoy hanging out often but "can't commit to a relationship right now." This has become a well known thing nowadays amongst the Gen-Z relationships. Dating isn't the same as it used to be and this is just a small example.

Sweethearts, the candy company, has been making new designs for their candy in past years trying to stay connected to the public. Last year they made a *Friends* version with words like "LATTE", "PIV-OT", and the famous "HOW U DOIN". The year prior, they made boxes with encouraging words and phrases to spread positivity throughout the COVID vears. Sweethearts love to stay in the know and make everyone able to celebrate the holiday no matter their current relationship status.

Sweets for singles Student project helps spread love

By Maggie Mae McCarthy Stinger Reporter

Since she was in 3rd grade, sophomore Delanev McCarthy has been hosting an annual Valentine's Day drive for Cory's Project. If you're not familiar, Cory's Project is a local non-profit organization, run by Michelle Batz, that supports children in the HOT unit of the Children's Hospital in Milwaukee. Delaney collects an assortment of

valentine cards, games and other small items throughout parts of January and February. On February 9th volunteers and friends met up at North Prairie Jr. High to package individualized bags to be delivered to the hospital. This drive takes place every year, and if you didn't get a chance to donate this year, you may want to keep Delaney's project in mind and spread the word for next year.

Photo credit: D. McCarthy



Your Two Cents



"I feel as though romantic relationships in high school are sometimes a 50/50 thing depending on how serious the couple is for it to actually last."

Tony Hill

Julyan Reyna



"I think they are okay. Just don't be too weird in the hallway with it."

> How do you feel about romantic relationships in High School?

By Donnie Anilao

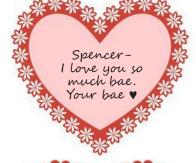




"Romantic relationships in high school can be very beneficial. You learn what you will and won't tolerate in a relationship and what kind of person you want to be with..." Alysha Pimentel

"Personally, I love high school relationships. I really do enjoy seeing all of the couples around the building! I especially love seeing all of the homecoming and prom proposals!" Carlee Sheets





Bailee Young-You are so utterly gorgeous both inside and out. Rebekah Hampton



Tia Swift-I like you as a best friend for like 7 years. Kayla Hernandezaz





Taylor Humphrey-You're such a good best friend. ILY ♥ Claire O'Brien



Tay, Leelee, Jaylin, Nigha-I love yall. You all make me happy. Kay-Kay ♥

Britany T.-You are one of a kind. Grayson R.



Lorilei Scott-Thank you for being such an amazing and beautiful person. Rebekah Hampton

Sahadi P.-Almost 6 years. Logan S.

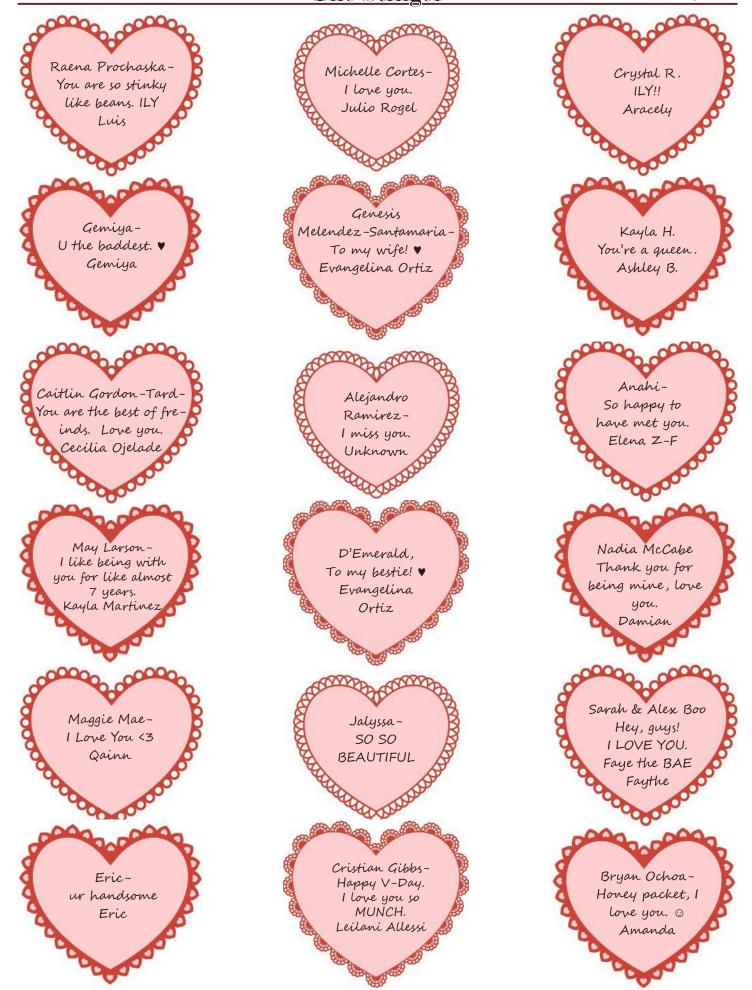
Jazzlynn Arias-Ur cute and mine and I love you. Isabella James

Michelle Cortes-Miss you! Julio Rogel

Sky-Will you be my valentine Roby

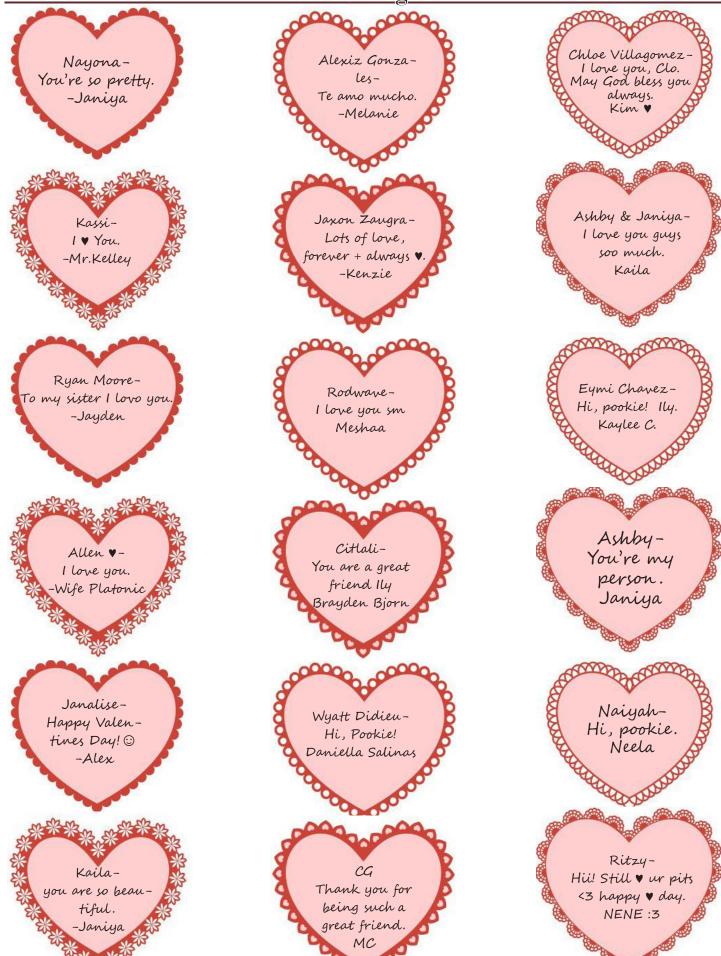
Nadia McCabe-Have a great day, beautiful. Damian



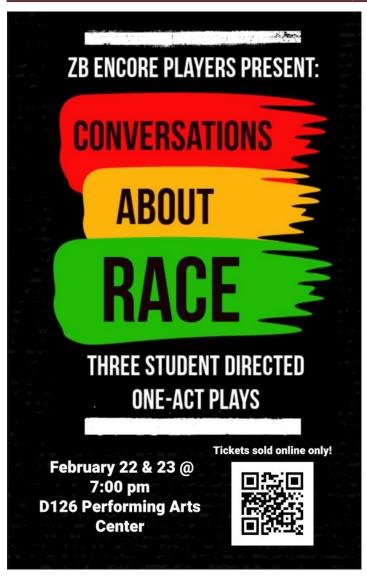














Winter Spectacular unifies arts programs

By Rebekah Hampton Stinger Reporter

The 2022-2023 school year was the first time our performing arts departments here at ZB performed together in a Winter Spectacular as a unified group. An all-in-one (choir, band, and theater) performance took place in our

PAC, with each department taking turns sharing the stage. The once unfamiliar concept developed into an annual tradition with hopefully many more Winter Spectaculars to come.

This year's performance included an original play (Santa and Me) written by our theater di-



Timothy Cooper and Sophia Demiglio hosted the evening's festivities.

Photo create: Emerald Night Photography

ZB's Choirs, bands, and Thespians perform together.

rector Mrs. Regnier. It was a heartwarming story of a little girl filled with the spirit of Christmas growing up and having a daughter of her own that takes after her own caring heart. Each year the Spectacu-

lar concludes with all the performers, whether they were involved musically or theatrically, coming together on stage and in the aisles to perform one last song, *Santa Claus Is Coming to Town*, in unison.

ZEE-BEES YOU SHOULD KNOW

Featured Staff

Mr. Baumann



My name is Eric Baumann, and this is my first year at Zion-Benton as a Dean. I knew from a very young age as a camp counselor that I wanted to be an educator. I earned a Bachelor's degree in Physical Education from NIU before going on to earn a Master's in Education. After teaching PE for over 23 years and holding many leadership positions, I earned another Master's from Northeastern Illinois University in Educational Leadership. As a former nationally ranked powerlifter, goal setting has always been important to me. One of my goals at ZBTHS is to continue to make strong relationships with the students, the staff, and the community. I believe with strong collaboration great things can happen. In my free time, I enjoy spending time with my wife and three kids. I am very fortunate to be part of the amazing Zee-Bee community!

Featured Teacher

Ms. Koss



My name is Bonnie Koss. I have 2 part time jobs. I teach ASL here at Zion periods 1-4. From here I drive to Arlington Heights where I am a school social worker with deaf and hard of hearing student's ages preschool through high school. This is my seventh-year teaching ASL at Zion. My third job is a sign language interpreter. I interpret all the shows at the Marriott Theatre and do various freelance jobs when I have time. In my free time, I enjoy the outdoors, vacations and women's basketball. I am a season ticket holder for the Chicago Sky! I have gone to many WNBA All Star games, NCAA Women's Final Fours and conference championship tournaments. I have been to 46 of the 50 states and plan to go to all of the National Parks when I retire.

ZEE-BEE F©CUS

By Donnie Anilao

"What do you think of the new security changes?"





Reese Bellei
"I think that the X-ray's are a good addition,
but from what I could see they were only added to one entrance cause the one I go through
doesn't have X-ray's and takes forever."



Kevin Morales

"If there was one word for the new security measures, then it would be "overwhelming." When you walk into the building, either come late or on time, you still have to wait in line and have your bag checked then walk through the metal detectors."



Trayvonn Foster

"I feel like it's necessary, but there could be a more efficient way to go about it to limit time as students are missing first period."



Jordan Lawrence

"I don't think these security changes are necessary. Kids still find ways around the system, and even worse, the Parapros don't always thoroughly check each bag. Realistically, you just can't. Just wasting our time."

Zee-Bee Art Showcase









Rebekah Hampton

With every art piece I make I try to say something with it. Down to the last detail there is meaning or at least some method to my madness. As beautiful as words can be, sometimes they just can't cut it when it comes to expressing a certain emotion or thought.











My art process is a bit of a mess, it's more like I get lost in designing the page. The whole page or Canvas may be partially filled or fully covered by the time I deem it finished. I usually draw pretty free-handedly and I don't really follow a process. Some of my pieces can take up to 4+ hours while others can take as little as thirty minutes, it all dependsonthemood!'minandhowmuchfocusIhave.

SW1MM **SUCCESS**

By Janalise Jimenez Stinger Reporter

Each sport has specifics you may not know from an outsider's point of view; swimming is the same. This year's boys swimming team has shared with me a few insights to how their season is going so far.

When asked what the hardest part about the sport was, they responded with "breathing control." Varsity swimmer, Ryan Schutz, mentioned, "The hardest part of swimming is breathing. You have to find what's comfortable while also staying as fast as possible." Jalen Davis agreed and said, "The hardest part about swimming is not having continuous access to air, having to control your breath, and building lung capacity."

New swimmers Orion Denton and Jalen Davis also share their improvement as Orion says he is proud "getting used to the water after learning how to swim the day before this season began." Jalen says, "I'm proud of starting out with close to zero swim experience to confidently dive off the blocks."

This year, Zion also has a dive team. Divers prepare a set of dives to compete and competitors rotate and take turns performing one before moving onto the next dive. Alex Damitz, Varsity diver, describes the difference between diving and swimming, "It's a lot different in how you compete, swimming is all

Photo credit: Emerald Night Photography



out as hard as you can, but if you have that mentality in diving, you'll get hurt. It's a lot more technical and precise." As Zion swimmers had to learn dives for the first time Alex says, "Learning new dives is super scary but also rewarding." He said his "technique improved a lot. and [his] confidence grew." He continues to say, "A lot of dives I feared before; I can do them for fun now."

Overall the boys agreed the season is going well as they each continue to grow. Braden Haske says, I am just overall proud of the team as a whole for making it this far into the season, and where they all are now." We all wish them an accomplished end of the season as they finish up late in February.

Bowler sent to state competi-

By José Zavala Stinger Reporter

This season for Zee-Bees Boys bowling has come in with notable achievements from the program. If you didn't know Zee-Bee boys bowling was added to the school last year, creating another winter sport for male students to join. The program itself is only in its second year and has accomplished great success. When asked how the season went and what he felt was his best improvement, Trayvon

Foster, a Zee-Bee bowler stated, "It was great, we had a great season. I progressed a lot during this season. The coaches were great & helped me get better." Zee-Bee bowlers competed in the IHSA regional tournament the team came in at 7th place with some of the best teams being present. The Zee-Bee boys Bowlers were led by Ean Taylor who placed 14th and racked in a total of 1200 points along with Ryan Hallgren who came in with 1175 points and finished 21st out of 90 competitors. Both boys, Ean and Ryan, qualified for the IHSA Sectionals Tournament where they competed to make it to state. One out of the two, Ryan Hallgren qualified for and competed at the state tournament, marking the first Zee-Bee boys bowler to qualify for state. When asked about the bowling team's overall success, Ryan enthusiastically says, "I think overall to see the program grow and see the team grow as well is a great experience." Hallgren enjoys his time at the lanes.





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