

The Bagpiper

December 18, 2015

Reporting Freeman's news since 2009

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15 Days of Giving makes difference in community

By Haley James
Editor

Not everyone has nice warm houses, clothing, money, and a close family. So some families have a rough time during Christmas when they don't have the extra money to spend on the holidays. 15 Days of Giving is a K-12 activity that helps community members who are struggling to have a little brighter Christmas.

During the 15 Days of Giving, students donate new or slightly used toys, clothing, blankets, coats and food to area organizations.

The first week focused on toys. All toys were donated to the Vanessa Behan Crisis

Nursery. This foundation helps many kids who are in need of some help from a bad home life. All they need is a little support, and these toys that are donated to the Vanessa Behan Crisis Nursery will put a smile on these kids' faces for Christmas.

A clothing drive was the focus of week two. Students brought in new or gently used clothing which was donated to Crosswalk, a shelter in downtown Spokane that takes in teens who need a place to stay. Crosswalk gives help to many teenagers that have been troubled, and need extra help either mentally or physically in their lives.

Finally, during the third week of December, students donated blankets and coats, which went to the charity Blessings Under

the Bridge. They serve the homeless people of Spokane by providing things like meals and clothing.

A final way that FHS got involved was by participating in the Tree of Sharing. To participate, students took a tag off the Christmas tree near the front entrance and bought the gift written on the tag. All the items brought in were used to meet the Christmas wishes of Freeman families. The leadership classes wrapped the gifts to be delivered to the families before Christmas.

"It's a nice way to help out the Freeman community," sophomore Arieanna Hoisington said.



Photo by Pia Longinotti



Photo by Haley James



Photo courtesy of Scott Moore

The HS Leadership class has collected food, toys, clothes, coats and blankets for local charities, as well as collecting presents for Freeman families.



Photo courtesy of Scott Moore

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Perkins Loans no more

By Kelly Wright
Editor

If you're even thinking about attending college, whether it be this year, next year, or the year after that, LISTEN UP!

In September 2015, The U.S. Congress voted to drop Perkins Loans. So why in the world should you care about this you ask? Well... just a few reasons.

Perkins Loans are of very low interest rates (5% fixed) and the payments are very cheap, and are probably the most student-friendly loans out there in the wild-wild world of college loans.

Perkins Loans are specifically for low-income students who need a little bit more help than most getting to higher education (college, trade school, etc.) On top of being cheap, you don't have to start paying back the loans for 6 months, often known as the grace period, as long as you were at school at least half the time.

However, the loans are not entirely eliminated, as students who are still on them can be grandfathered in and are still able to use them as long as they remain at the same institution.

So with these loans void to all upcoming students, the next best thing that would be available would be Stafford Loans, which aren't exactly the worst things in the world. While you are getting your education, The US Department of Education pays half of all of your interest, which stays at a fixed rate of 4.29%. The school also determines how much you can borrow

Also, there is an obscure type of loan called PLUS loans, which are high-interest (6.84% fixed) loans specifically for parents who need financial assistance sending their children to college, as well as providing a little bit of financial assistance for the parents themselves. PLUS loans are also available for parents or students in graduate school.

Now after going over these options, most of you would've selected the Perkins Loans, which are not going to be available any more. However, this is still a Democracy and just maybe one of you will petition the government to bring them back and possibly relieve stress from hundreds of thousands of college students across the country.

All statistics courtesy of <https://studentaid.ed.gov>

TYPES OF FEDERAL STUDENT AID		
There are three categories of federal student aid: grants, work-study, and loans.		
Grants: Money that doesn't have to be repaid. For more information on grants, visit StudentAid.gov/grants .		
Program	Eligibility and Program Details	Award Amounts (subject to change)
Federal Pell Grant	For undergraduates with financial need who have not earned bachelor's or professional degrees; in some cases, however, a student enrolled in a postbaccalaureate teacher certification program might receive a Federal Pell Grant. A student can receive a Federal Pell Grant for no more than 12 semesters or the equivalent (roughly six years).	Up to \$5,730 For details and updates, visit StudentAid.gov/pell-grant
Federal Supplemental Educational Opportunity Grant (FSEOG)	For undergraduates with exceptional financial need; Federal Pell Grant recipients take priority; funds depend on availability at school.	Up to \$4,000 For details and updates, visit StudentAid.gov/fseog
Teacher Education Assistance for College and Higher Education (TEACH) Grant	For undergraduate, postbaccalaureate, and graduate students who plan to become teachers; recipient must sign Agreement to Serve saying he or she will teach full-time in a high-need field for four complete academic years (within eight years of completing the academic program) at an elementary school, secondary school, or educational service agency serving children from low-income families. If recipient does not satisfy this requirement, all TEACH Grants must be repaid as Direct Unsubsidized Loans with interest accrued (accumulated) from date the grant was first disbursed (paid to student).	Up to \$4,000 For details and updates, visit StudentAid.gov/teach
Iraq and Afghanistan Service Grant	For students who are not Pell-eligible due only to having less financial need than is required to receive Pell funds; whose parent or guardian died as a result of military service in Iraq or Afghanistan after the events of 9/11; and who, at the time of the parent's or guardian's death, were less than 24 years old or were enrolled at least part-time at an institution of higher education. A student can receive an Iraq and Afghanistan Service Grant for no more than 12 semesters or the equivalent (roughly six years).	Up to \$5,311.71 for grants first disbursed on or after Oct. 1, 2014, and before Oct. 1, 2015. For details and updates, visit StudentAid.gov/iraq-Afghanistan
Work-Study: Money that's earned while attending school and that doesn't have to be repaid. For more information on work-study, visit StudentAid.gov/workstudy .		
Federal Work-Study	For undergraduate and graduate students; jobs can be on campus or off campus; students are paid at least federal minimum wage; funds depend on availability at school.	No annual minimum or maximum amounts For details and updates, visit StudentAid.gov/workstudy
Loans: Borrowed money for college or career school. You must repay your loans, with interest. For more information on loans, visit StudentAid.gov/loans .		
Federal Perkins Loans	For undergraduate and graduate students with exceptional financial need; must be repaid to school that made the loan; 5% interest rate.	Undergraduate students: up to \$5,500; graduate and professional students: up to \$8,000 For details and updates, visit StudentAid.gov/perkins
Direct Subsidized Loans	For undergraduate students who have financial need; U.S. Department of Education pays interest while borrower is in school and during grace and deferment periods; student must be at least half-time; 4.66% interest rate for loans first disbursed on or after July 1, 2014, and before July 1, 2015; visit StudentAid.gov/interest for latest information on interest rates. First-time borrowers may not receive this type of loan for more than 150 percent of the length of their program of study; U.S. Department of Education may stop paying interest if student who received Direct Subsidized Loans for maximum period continues enrollment.	Up to \$5,500, depending on grade level For details and updates, visit StudentAid.gov/sub-usub
Direct Unsubsidized Loans	For undergraduate and graduate students; borrower is responsible for all interest; student must be at least half-time; financial need is not required; 4.66% (undergraduate) and 6.21% (graduate or professional) interest rates for loans first disbursed on or after July 1, 2014, and before July 1, 2015; visit StudentAid.gov/interest for latest information on interest rates.	Up to \$20,500 (less any subsidized amount received for the same period), depending on grade level and dependency status For details and updates, visit StudentAid.gov/sub-usub
Direct PLUS Loans	For parents of dependent undergraduate students and for graduate or professional students; borrower is responsible for all interest; student must be enrolled at least half-time; financial need is not required; 7.21% interest rate for loans first disbursed on or after July 1, 2014, and before July 1, 2015.	Maximum amount is cost of attendance minus any other financial aid student receives For details and updates, visit StudentAid.gov/plus

For current interest rates, visit [StudentAid.gov/interest](https://studentaid.gov/interest). For more information on types of federal student aid, visit [StudentAid.gov/types](https://studentaid.gov/types).

There are many options for paying for college between grants, loans, scholarships and work study. Make sure to get your FAFSA filed by February 1 to have the best chance at a great financial aid package for your school.

For more information on applying to colleges, financial aid, and deadlines, check out the FHS counseling corner webpage at <http://www.freemansd.org/domain/62>. Mrs. Hamma has put together resources for seniors on scholarships, financial aid, and much more!

(Not so) social media

By Kelly Wright
Editor

Speaker Jerry Ackerman is a former United States Marine and a father of five, but that's not exactly what this is about. Ackerman recently gathered us into our massive blue gym to talk to us about the dangers of Social Media.

Now most of you are thinking, "Well, I'm pretty safe on my social media" and that most likely is true, but Ackerman is here to make sure you know what to look out for on the broad spectrum of social media.

The first example that Ackerman provided us was the case of "Missy Lee," who was thought of by many as an attractive young lady with a good social life on Facebook, with over 500 Facebook friends. But as it turns out, this "Missy Lee" character in fact did not even exist, and was actually a character that Ackerman made up on a bet with his children. That's just another reason to know who your real (and fake) friends are. Next up is what was essentially the "main course" of the assembly. A friend of Ackerman's conducted a social experiment in which he created a Facebook profile that imitated that of a 16-year-old boy. Then the friend asked the parents of three girls (aged 12-14) permission to conduct the experiment.

So it started off with the man masquerading as a teenager sending the girls friend requests and the girls blindly accepted them.

The 14-year-old girl began to commu-



Photo courtesy of Freeman Yearbook

The student body was all ears during the first of two assemblies Ackerman held; the second was at Freeman Middle School. His stories of being aware of the dangers of social media were eye-opening for the crowd.

nicate with him and he eventually convinced the girl to go to a party with him. So after she has a bite to eat at her house, the man (whose identity is soon to be revealed to the girl) pulls up in a white van, and rolls the window down, and at this point the girl can see that this is not in fact a 16-year old, but a 30-year old man.

"Do you *still* want to go to the party" he asks. The girl still actively wants to go to the party. So as she climbs into the front seat of the van, her parents (who were in the back of the van) lunge at her and hold her tight. Her father was nearly heartbroken that his daughter would willingly do something like that.

This experiment just goes to show just how dangerous social media can get. Ackerman quite literally sent the message to not spend all your time on it, due to the fact that there is so much more to the world than Twitter and Facebook, or whatever you use. Just get off your rear-end and do something else.



Photo courtesy of Freeman Yearbook

Ackerman spoke of three teens who didn't pass a social media experiment as their parents witnessed some poor decision making.



Photo courtesy of Freeman Yearbook

Volunteers Chase Christiansen, Kathryn O'Connor, Madi Boyd, Maridi Folsom, and Lorraine Robinson helped Ackerman demonstrate that what happens on social media affects more than just oneself, but your family and friends as well.



Photo courtesy of Freeman Yearbook

Dylan Passey, Aimee Cox and Trent Smith play a true-false game on social media facts. Smith (representing the guys) came out the big winner.

Saying goodbye to a Scottie favorite: Q & A

By JoElla King
Editor

King: Why did you become a teacher in the first place? Why a History Teacher?

Davis: I never wanted to graduate from high school, so I became a teacher to be around young adults and attempt to make a lasting impression on them either as a teacher or fan advisor. I had two outstanding history teachers in high school and both were my coaches: Mr. Lou Musso, and the late Mr. Bill Hays. The other teacher that influenced me was Dr. Mark Wendel (Biology) who I still stay in touch with.

King: Why a History Teacher?

Davis: Why history---I have always enjoyed history. I even declared it my major (history/education) my freshman year and didn't change

King: What did you enjoy most about being a Freeman Teacher?

Davis: I started here when we had 180 students within the high school and I liked the smallness of the classes and area. To think I used to know every student by their name; no, it is really hard to know all their names with 320 students here. The whole staff at Freeman has always had a vision of giving the best education possible for all students, and I believe we still want that. Making lifetime friends that you can rely on in case you need help in life.

King: What will you miss about teaching?

Davis: The staff, and students. Being able to teach my subject with passion so the students will learn and have an appreciation of history so they can enjoy learning about it for years to come.

King: What rewards have you won over your years of teaching?

Davis: All these recognition awards that I have received would not have been possible without the students and adults that I have had the privilege of being associated with. Meritorious Officials Award--given out by the Washington Officials Association for contributing to a sport (basketball) and to the youth of our state. Inland Empire Sports Writers

and Broadcasters---For 25 years of dedication to the youth of the area, and contribution to Inland Northwest Sports WIAA Coaches Hall of Fame for Volleyball---I would like to thank all of my players from Cusick and Freeman for making this possible. I would also like to thank you for your dedication and hard work ethic

King: Can you describe the situation of your retirement as detailed as possible please?

Davis: I have had a hearing impairment for many years, and my specialist wanted me to do this ten years ago. My last audio-gram didn't show great results, and it shown a downward path in my hearing. I have a 40% hearing recognition problem in both ears and my high pitch tones have decreased by 10 decibels.

So, along with my specialists, together we thought it was time to face the inevitable, and after 36 years of teaching call it a career. My specialist has always admired the way I have handled my impairment by explaining it to all the students on the first day of school, never hiding it, and being as positive as possible about it. I think it may have taught students that you don't quit because of any issue you might have to face in life.

King: How do you intend to spend your days during retirement?

Davis: Hopefully not drive my wife crazy! I enjoy golfing, and restoring not only cars but a lot of other things I can find to restore. I'm looking to join a car club that does work for charity purposes only. I would also like to travel and see some areas of the United States where I haven't been.

King: How do you feel about your sudden retirement during the school year?

Davis: Retirement comes later in September of 2016. Right now, I will be taking medical leave. This job has been 99% not a job but something I like to come to everyday. So I really don't like it. Because most people get to call their own shot as to when to stop, I didn't get that pleasure, but there is always another door and another way of doing the things in life you enjoy.



Photo courtesy of Kenny Davis

Kenny Davis shows off his Chevy at the local car show. Davis enjoys restoring old cars in his spare time and hopes to do so for charity in his retirement.

Annual Freeman Cares 4 Kids a success

By Hannah Pylant
Staff Writer

Once again FBLA has put on Freeman cares for kids. Starting at 9 parents could drop their kids off for a day of fun.

The December 12 event was a fundraiser for FBLA members who will be competing later this year.

FBLA members who volunteered to entertain the children (grades K-5) put on movies, helped them make crafts, played games,

and prepared food for them. The event has been a tradition at FHS for thirteen years.

In January, FBLA will continue to provide study nights for the members who are competing this year. Competitors can come and people with experience in their events can help them get better at what they need to work on. 40 members will be competing in their upcoming competition on February 3.

"A good chunk of them have an opportunity to make it to nationals this year," FBLA advisor Scott Moore said.



Photo courtesy of Scott Moore
FBLA member Alma Longhurst plays Candyland during this year's Freeman Cares 4 Kids.

National Art Honors Society plans fundraiser, trips

By Christina Morrison
Staff Writer

If you enjoy drawing, painting, sculpting, or just about any visual art, look no further than Ken Spiering's art class. Freeman's art program offers a variety of art opportunities and experiences, including the possibility to join the National Art Honors Society (NAHS).

NAHS was created for grade 9-12 students to teach art education to students who show interest and ability in visual arts. This year, over 49,000 students and 2,100 chapters participated in NAHS, taking on challenges and events.

"This year, we went to the Chinese Lantern Festival," Spiering said. "We also visit Seattle and Portland to go to art museums. We've been to the Cornish Art Institute, about 6 museums, a music theatre, and were involved in a 4-day art marathon."

In order to join NAHS, you can be

selected if you have a 90% in art over at least one semester, which is the national standard. This year, the school has about 15 members from last year and 15 potential members. The club is led by president junior Megan Underwood, vice-president junior Myra Crosby, secretary sophomore Marley Pratt, and junior Morgan Stokoe, who plans events/activities. Most members here have been in the club for about a year.

"We do prints, we do drawing, color and design, painting, sculpting, 3D and 2D artwork, ceramics, clay art, history, and water color," Spiering said.

This year, the NAHS is raising funds for Freeman's art program by creating holiday cards from block prints. They will be sold in bundles from individual students and at events and school games.

"We're thinking about having an activity where parents can come in and make their own holiday cards," Underwood said. "It'd be a good time to raise awareness for our fundraiser."

If you enjoy art, consider taking steps to join NAHS and participate in all of the opportunities it has to offer.



Photo courtesy of Ken Spiering

Members of NAHS have some great events ahead.

NHS helps Christmas Bureau, heads to DC

By Hope Garlick
Staff Writer

The National Honors Society (NHS) has some big plans for their members this year. Between community service and a trip to DC, it's going to be a busy year.

NHS volunteered at the Christmas Bureau on December 8. The Christmas Bureau is sponsored by Catholic Charities, and provides toys and gifts for families who can't afford Christmas gifts for their children. 32 members of the NHS helped set up the event at the Spokane Interstate Fairgrounds.

NHS also has a five day trip to Washington D.C., planned for spring break. They will tour the DC area. Advisor Pia Longinotti calls it the snapshot tour because you get a quick look at a lot of things in Washington D.C. The members will visit famous monuments, the Holocaust Museum, and they might even get to visit our congress woman's office.

As far as other future plans for the club, the NHS officers are still trying to come up with ideas.

"I love that it recognizes people's academic success as well as community service," senior president Megan Paternoster said.

NHS' goal is to encourage people to give back to their community and maintain good grades; the three main areas of the NHS are academics, leadership, and community.

In order to become a part of the NHS, you have to be a second semester sophomore or above, 60 percent of your classes must be academic, and you must have at least a 3.25 grade point average. Maintaining the club's goal of community service hours is another requirement, and because of those requirements, you are guaranteed to keep your grades up and make an impact in your community.

FFA, busy season ahead

By Kandis Hill
Staff Writer

FFA is doing a lot the next few months. They also help the community and the surrounding Freeman families. FFA encourages young people to join to help others who need help and to just have fun! They do things such as Job Interview Competitions, Greenhand Night, weekly practices for careers, and do lots for the community, such as the Freeman 15.

On December 9, they had the Job Interview Competitions. What this does is prepare students for what they will face after college. In this competition, the contestants compete in the Job Interview contest by doing a series of events that will help them later, such as resume and cover letter evaluations, interviews by a panel of Ag industry professionals, filling out job applications, and writing a thank you note on the spot. Sophomore Marly Pratt got first place in novice, and juniors Helen Foreman and Anna Gallagher placed third and fourth respectively in advanced.

"I want to say to all the people that aren't sure about joining to go for it!" Gallagher said. "I wasn't sure either but I did join and it's really fun. You will have many good experiences and you will learn a lot and you get close to a lot of people that you don't know. It's really all gain and no loss."

Greenhand Night took place on December 7. Greenhand Night is a banquet that recognizes the degree recipients of the three degrees given at the chapter level. These degrees include the discovery degree, the greensand degree, and the chapter degree.

"This year is going swell," vice-President senior Blair Brock said. "We are learning a lot of new things that we are learning and it just keeps getting better!"

They also have weekly practices for the Career Development Events. The Freeman FFA competes in several Career Development Events. There are practices for these contests every morning just like normal sports. And, just like normal sports, they are expected to be at all practices and work to improve their knowledge and skills in regards to their contests.

"FFA is awesome because we are a big family and the jackets that we wear show our club pride and they show the great history that we carry," Gallagher said.



Photo courtesy of Elizabeth Nelsen

FFA members receive their degrees at their Greenhand Night banquet.

Trap aims to win state

By Haidon Storro
Staff Writer

After a devastating loss at state last year, our trap team is much more prepared. The team consists of 5 new members and 7 returners; all of whom are determined to bring home a state title. The young group remains hopeful, but they still have much to learn with controlling their emotions. Last year at state, they were overconfident and lost their focus.

"Trap Shooting is 99% a mental sport," Sophomore co-captain Nathan Barron said "We, overall, have lots of room to improve"

Traditionally, St. John Endicott has been the hardest team in the league, but since losing several of their experienced shooters, Freeman is ready to take back the win.

"We have done it before and we will do it again," senior Kayla Figler.

One advantage Freeman has over the other teams is a strong bond. Most of the members have been shooting together for years.

"We all have a very good relationship," junior co-captain JJ Iltz explained.

Not only does the team have a good bond, but they also have a community that stands and supports them. Last season they made shotgun shell key chains as a way to raise money for the school's secretary who overall it was a huge success. Students at Freeman also

"I think it's cool," sophomore Shilo Stuart said about participating in Trap shooting.

Members of the trap team do it because they enjoy shooting, not to get recognized.

"I do it for the fun, not the fame," chuckled Sam Volves.



Photo courtesy of Elizabeth Nelsen

Trap Team after getting first place at Ritzville. Pictured in top row from left: JJ Iltz, Chase Christiansen, Kayla Figler, Sam Volves, Nathan Barron. Bottom row from left: Garrett Barnes, William Folsom, Tyler Figler.

Post-break snowshoeing opportunities

By Myra Crosby
Staff Writer

Three snowshoeing trips are planned at Mt. Spokane for Conservation Club members following Christmas Break. Only 12 people are permitted on each of the day trips, so sign up early if interested. The after-school hikes will run from 3-8:30 p.m. on January 26, February 9 and February 23.

Snowshoes will be provided if needed, but everyone going will need to bring sufficiently warm clothes for themselves including a cap, gloves, snow boots, snow pants, and a winter coat, as well as other supplies such as a headlamp, water, and snacks.

"I am *so* excited," junior Rachel Arnzen said about one of the upcoming trips. "It's absolutely amazing to get out into nature."

Not a member, but interested in the trip? Becoming a member is simple. Sign up with advisor John Hays and pay the \$12 membership fee at the office, and you will be eligible for all Conservation Club trips-- from the upcoming snowshoeing trips to future plans such as a wildflower hike in May, and rafting on the Spokane River in the summer.

"[Conservation Club] is awesome," Arnzen said. "It's to try new things and explore the world around you. A lot of people don't realize the wonders we have in our own backyard."

Shirts and sweatshirts are also sold to raise funds for the club, and anyone is welcome to purchase them at MomentumInk.com.



Photo courtesy of John Hayes

Conservation club members on a backpacking trip earlier this year. From left to right: Advisor John Hays, Bobby Landoe, Bradley Williams, Christian Goldbach, Rachel Arnzen, Ethan Viles, Mike Hays.

Hyndman's reading angels take flight

By Joey Sims
Staff Writer

Cis Hyndman has been running the library for many years and with so many news books coming out, she needs help getting them put onto her shelves. When she first started her Lit Circle club, it was a relief for Hyndman to have students help her decide which new books should be in the library.

Lit circle is a reading club- like a book club- but the students that sign up for lit circle have a bigger responsibility. Her club of 40 students read and make sure the books she puts on the shelves are respectful with a good reading quality for students.

Members not only choose the books that will go on our school library shelves, but the lit circle group also has other annual events. In the spring, the club will host its book vs. movie event, as well as their annual spring field trip to the Scholastic Warehouse and Barnes & Noble to choose even more books to have in the school library.

"Having such a big group of kids makes our reading for the library much easier," Hyndman said. "The library always has new books on its shelves because of the club finishing their reading."



Photo Credit: Jo Ella King

Hyndman's Lit Circle during one of their December meeting.

Scotties help save lives

By JoElla King
Editor

Freeman students participated in donating a pint of their blood to a worthy cause during the November 17 blood drive.

In 2013, Alumni Sheldon Maul lost his battle to osteosarcoma, a very rare and aggressive form of bone cancer. Since his passing, the blood drive has been held in honor of his memory.

“[Maul] was the type of person who always wanted to give back to the community, putting others before himself,” leadership advisor Scott Moore explained of the decision to honor Maul with our bi-annual drive.

Junior Michaela Rosenthal and senior Blair Brock were in charge of the drive for the leadership class.

“We got 44 units, registered 52; the blood drive was a huge success,” Rosenthal said.

The blood drive was put together by the Moore, Vice-Principal Brian Parisotto, and Territory Manager Jeff Darcy.

The blood drive was an overall huge success, and a great contribution to the community.

“It’s a nice thought knowing you have the ability to save someone’s life” Junior Chance Halstead expressed.

One pint of blood has the ability to save up to three lives. So a big thanks to all the students who donated they’re blood!



Photo by JoElla King



Photo by JoElla King

During the class periods student switchd in and out of this bus to donate blood.



Photo by JoElla King



Photo by JoElla King

Junior Chance Halstead patiently waiting to fill up his pint of blood.



Photo by JoElla King

Student Reactions

“The main reasosn I did the blood drive was because I enjoyed the thought of having the ability to save someone’s life,”
Chance Halstead

“At the end of the day, it’s about saving lives,” *Helen For-man*

“It isn’t as scary as it seems, and it’s for a good cause as well,” *Grace Tesch*

Paternoster racks up over 500 hours of volunteering

By Grace Tesch
Editor

“Every person can make an impact,” senior Megan Paternoster said. “You just have to make the choice to take the risk.”

Over the past 4 years, Paternoster has completed over 500 hours of community service projects. Over that time, she has learned many valuable lessons that have impacted her.

“I have learned to diversify my perspectives on life,” Paternoster explained. “I absolutely love working with people, and hearing their stories has made me reevaluate what my dreams and morals are and why they are there in the first place! It’s lead me to really appreciate what I have and the wonderful community of Spokane and Freeman.”

Paternoster is proud to say she has volunteered all over Spokane. During the summer, Paternoster does a week long service crew at Camp Spalding, and she has also got the chance to be a co-counselor for fifth grade girls. Paternoster also volunteers through Southside Christian Church doing VBS and childcare, and recently spent a Saturday at their food bank.

She also recently worked with Blessings Under the Bridge and had the opportunity to take a group of Freeman students to serve.

“Freeman is my home, and I try and help out here as much as possible—Art and Soul, Conservation Club, PTSG events, FFA wreath making, and I do a lot of fundraising for the National Art Honor Society, basically everything I can,” Paternoster said. “I volunteered at Mobius Science Center and Children’s Museum for a

while last year. For the past three years on Thanksgiving, I’ve volunteered with Meals on Wheels to provide meals for shut-ins and low income families. I love to volunteer at special Spokane events like Hoopfest, Spokefest, the Dirty Dash and Lantern Fest.”

In the end, Paternoster has had so many life changing experiences and encourages people to volunteer also.

“Take the opportunities that are in front of you,” Paternoster said. “You never have to look far to lend a hand. Freeman has many events high school students can serve at like Craft Night, or conservation club recycling! I think another good place for people to start would be at a local food bank.

You can help dozens of clients at a food bank in the amount of time it takes to watch two movies on Netflix. I’ve also met some truly amazing volunteers that inspire me to make a difference in the world.”



Photo courtesy Megan Paternoster

Paternoster attended a Lilac Royalty event at Royal Park Retirement center. She will be representing Freeman as our Lilac Princess, competing for scholarship money for college.



Photo courtesy Megan Paternoster

Paternoster volunteers with FHS at Blessings Under the Bridge

A volunteer opportunity Hyndman will never forget

By Grace Tesch
Editor

Blessings Under the Bridge’s mission statement is, “Through God’s truth, we endeavor to reach, bless, and offer unconditional love to the homeless and less fortunate by restoring hope, purpose, and dignity to the hearts and lives of those lost on the streets of our community and the communities around the world.”

Blessings Under the Bridge feeds, clothes, and helps out the homeless. Every donation given goes straight to the organization. It provides clothes to all families; they don’t turn away anybody. They also have good meals.

“The creator decided they should be fed as well as anybody that eats on their table,” said librarian Cis Hyndman, a volunteer for Blessings. “We even serve Starbucks coffee every week.”

The foundation also helps people find lodging and warm place when it is really cold, as well as help people fill out job applications. The organization basically does everything they can do to help the homeless get back on their feet.

Over the past few years, Hyndman has committed her time to Blessings Under the Bridge. Hyndman got involved through her daughter Katie.

“My family has always been active in charity, but this time it was my daughter Katie,” Hyndman explains. “She was looking for a charity she

wanted to become involved with. When stuck on the freeway, she started praying God would lead her to a new charity. When she finally looked up, the truck she had been following for 20 minutes had been a Blessings Under the Bridge truck with the number on it. Katie then had called and fell in love with the whole charity and the people who created it. She later got involved, and now she is on the board.”

Hyndman hasn’t been the only one blessing; she has also received many blessings.

“You go down there thinking you’re going to be the good person who is going to bless all the homeless people,” Hyndman said. “In the end, they end up really blessing you. They help you see blessings that other people don’t notice. They are more uplifting than you will ever know. It has totally changed my heart and my mind for the homeless I see alongside the road.”

Hyndman’s advice for future volunteers would be don’t be afraid.

“The biggest thing for people that scares them is that you go under the bridge and meet homeless,” Hyndman said. “Once you have done it and seen all the wonderful people. It is extremely fulfilling, and it is not the least bit scary.”



Photo courtesy of Julie Huotari



Photo courtesy of Julie Huotari



Photo courtesy of Julie Huotari

NHS volunteers shares Christmas with area families



Photo by Pia Longinotti

NHS members Noah Schmick, Joey Sims, and Ryan Maine have some fun while unloading trucks of toys for the Christmas Bureau.

By Haley James
Editor

“Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most.” -Ruth Carter Stapleton.

National Honor Society (NHS) volunteered for the fourth year to set up the Christmas Bureau. What is the Christmas Bureau you might wonder? The Christmas Bureau is a service ran by the Catholic Charities and Volunteers for America every year since 1945.

Volunteers spend two weeks at the Spokane Interstate Fairgrounds, providing free gifts to families who can’t afford presents for their kids or family members. The Christmas Bureau provides families with a gift and a book per child, as well as a voucher for groceries. Volunteers in the medical field also provide free checkups for families at the fairgrounds.

“The value of the Christmas Bureau is seeing the generosity of people in our community trying to help the many people in our community who can’t afford to have a Christmas for their families,” NHS advisor Pia Longinotti said. “Taking the time to help others during Christmas makes our own Christmas that much more meaningful.”

NHS members help during set-up day by unloading and setting up

semi-trucks full of gifts that will be distributed during Christmas Bureau’s run.

“To see the building go from nothing to stacked full of presents is overwhelming,” Longinotti said.

There are millions of people in our country who are just one crisis away from losing their homes, and according to spokanecares.org, there are 5,000 homeless people in Spokane County alone. Of the 5,000 homeless, just over 3,000 are children grades from kindergarten to twelfth grade. In 2014 the Christmas Bureau had \$531,164 donations from individuals and businesses. So as you can see this charity is very beneficial to many people and in fact in 2014 the Christmas Bureau served a total of 30,208 individuals. This charity makes many peoples Christmas’s just a little brighter.

“The most impactful thing about the Christmas Bureau, I thought, was how so many people provided so many gifts,” senior Kayla Figler said.



Photo by Pia Longinotti

Jenna Russell, Isabelle Ebert and Kendra Gady package dolls with strollers for parents who choose this gift for their children.



Photo by Pia Longinotti

32 members of National Honor Society volunteered for the Christmas Bureau setup day. Last year, the Charity werved 30,208 individuals making their Christmas a bit brighter.

Lantern festival inspires Freeman’s young artists

By Grace Tesch
Editor

Recently, the National Art Honor Society (NAHS) had the amazing opportunity to attend the Chinese Lantern Festival.

“The lanterns themselves were awe-inspiring and larger than life,” sophomore Shilo Stuart said, “pandas bigger than you, peacocks twice your size, and a magnificent dragon at least twice the length of a school bus.”

The craftsmen arrived 2 months before the opening of the festival to begin constructing the lanterns on September 26. Their materials were coils of wire, bolts of cloth, paint, and the light and electrical components.

Fast Facts

- These lanterns are confused by some with inflatables (like those we see during the holidays in people’s front yards), but each is individually crafted with fabric stretched over incredibly well-formed wire armatures and then painted.
- One of the craftsmen’s painted all the eyes on the tigers, dinosaurs, zebras, elephants, and the people. There was also airbrush work including creating the scales on the 20’ tall by 200’ long dragon that graces the east end of the site
- In the even included a display of antique Chinese bronzes and three life-size replicas of terracotta warriors

“Just looking at the lanterns gave us a glimpse into the hours of painstaking work put into every single detail, wire, and brushstroke,” Stuart said. “Although the lanterns were beautiful, the people were wonderful and genuine.

The weather was rainy and cold, but the NAHS members had completely forgotten about the weather when they were entertained for an hour with genuine Chinese Performances.

“There were two performances each night,” advisor Ken Spiering said, “which included dancers from differ-

ent regions in China, as well as an amazing acrobat/comedian on a balance board, the man with many faces, and a musician playing a traditional musical instrument made from a gourd.”

In the end, NAHS had an amazing experience they will never forget

“All in all, going to the festival changed my perspective,” States Stuart said.” It gave me insight into the cultures and customs around the world, and made me appreciate everything I take for granted.”



Photo courtesy of Ken Spiering



Photo courtesy of Ken Spiering

NAHS spent an evening exploring the offerings at the Lantern Festival.



Photo courtesy of Ken Spiering

The Chinese dragon was 20’ tall by 200’ long. The eyecatching piece was a focal point of the event.

Garst’s 37 Street Signs finding their place in the music scene

By Haley James
Editor

What’s it like to be young in high school, juggling grades, jobs, and then also being in a band? Five musically talented boys, come together three to four times a week to share their love of music with the world.

Guitarist Alek Browning, bassist Masson Chappell, lead singer Brendan Lutmer, guitarist Luke Garst, and drummer Jacob Miller created the band 37 Street Signs. They enjoy playing pop punk or alternative rock.

“I got into music because I was very irritated on how the music was becoming,” Browning said. “It was all going into one direction, so I wanted to change that.”

People say the golden days of rock-n-roll are gone; the creative times are over, and bands are in the shadows of the golden era picking on the dead of the magnificent history.

Bands nowadays are mixing the music that people seem to be more interested- which is more of a techno, upbeat sound- to the music they used to play- which was louder and more obnoxious with real people singing real songs.

They played real music, meaning songs that actually have a deep meaning behind them and tell a story. Songs weren’t changed by auto tuning, and real people who were popular not because of who they were related to or anything like that, but because of their music. When we listen to some of today’s music, they repeat words and sing about subjects that don’t have true meaning.

37 Street Signs plan on bringing that brand of music back. Their music comes from experience and is meant to touch the heart of their fans.

Music has affected each member in a different way; music has saved them and they want to create music

that will also save others.

“Being in a band is something I’ve always wanted to do, and it’s impacted my life by a lot,” said Lutmer.

These four boys have been in 37 Street Signs for almost four years. They normally have concerts at the Big Dipper or The Hop, which is temporarily closed. They try to get shows as often as they can. They typically have concerts three times a month, and so far they’ve had 50 shows.

“The crowd is crazy, very energetic, and messy and loud to the point where they think it’s us,” Freeman junior Garst said.

All of the boys enjoy being in a band together. They are like brothers to each other, they’ve all been friends for a very long time, and they all have an inspiring love for music.

“Hanging with my friends and playing music is what I enjoy most about being in this band,” Miller said.



Photo courtesy of Luke Garst

Wrestlers start campaign for back-to-back state championships

By Holly Smith
Staff Writer

Early in the season, coach Chad Ripke already describes the team as tough. Although injuries have already occurred and numbers are dwindling this year due to injury and lack of wrestlers, Ripke still hopes to bring home the league, district, and regional titles. And that’s not exactly a far-fetched goal.

“Kids are working hard,” Ripke said. “Teams and individuals have set the bar high.”

What they lack in numbers

they gain in quality of the wrestlers. Ripke believes that there are at least 3-4 athletes that have a shot to be state finalists. With hard work and practice, that could very well be the outcome of this wrestling season for them.

Leadership runs very strongly from senior captain Sebastian Hyta. “Sebastian is about as good as they come,” Ripke said.

Hyta started the season ranked first in the state. Hyta said that wrestling is all about, “Constantly pushing yourself and breaking figurative walls.”



Captain Sebastian Hyta plans to lead his team to a second state championship this year. They are off to a strong start already.

Boys basketball, starting the season off right

By Megan Frye
Staff Writer

With a 4-1 record, the boys’ basketball team has high standards for each player and the team. They are already off to a great start. With an undefeated start to the season, they are on their way to achieving their goal of getting to state.

Coach Marty Jessett is excited for this season.

“We have a great crew, had a good summer league team, and coming off of last season,” Jessett said. “We are pretty excited for this one.”

Seniors Jack Paukert, Nate Jacobus, and junior Ryan Maine are the captains, and have been asked to provide leadership for the team. Jessett knew that when he picked his captains, they would be perfect for the spot because of their years of experience.

The toughest competition this year for the team will be the same as last year- Medical Lake, Lakeside, and Newport. Getting through these rivals will help the Scotties achieve their goal of state.

“I think we have a good shot at winning state,” said Paukert.



Photo courtesy Jazmyne Gossett, FHS yearbook

Teamwork is key for this year’s Scotties to make the state tournament.

Girls basketball setting a new pace

By Brynn Van Orden
Staff Writer

The girls’ basketball team is taking flight under coach Chad Kimberley and co-captains seniors Sydney Sather and Avery Oja, and junior Cassidy Crosswhite. Kimberley’s planning a fast tempo style of basketball that the players and fans will love. The team is off to a 2-3 start, 1-1 in league with their faster game.

They have one ultimate goal for the team: win state. In order to do that, they have to win the league, district and compete in state.

“Lakeside and Chewelah will both be really strong in our league, and we have a very challenging non-league schedule,” Kimberley said.

There are new players, on the teams that bring a lot of potential and are getting better and better in practice.

“Practices are really good,” Sather said. “I love this group of girls because we all get along. I have high hopes for this season and I’m excited for what this season has to bring.”



Photo courtesy of FHS yearbook

The team cheers for sophomore Isabelle Miller before the game against East Valley.

Thank you Veterans!

The FMS and FHS Leadership classes put together a fantastic Veteran's Day tribute on November 6. The district choirs sang patriotic songs to honor our veterans, while selected elementary students read their thank you letters to our veterans. Freeman is proud of all its servicemen and women who have dedicated themselves to protecting the freedom of our country. Thank you for your service!

All photos by Haley James

Left: Third grader Emily Ofenloch shared her thank you letter at the assembly.

Left: ASB President Peyton Smetana welcomed our guests.

Above: Keynote speaker Commander Steve Stuart shared his military experiences with the crowd.

Above: The Freeman Encore Choir sang *Armed Forces- The Pride of America* in honor of our veterans.

Above: Second graders sang *You're a Grand Old Flag* at the morning assembly.

Right: Members of the Fairchild Air Force Base Honor Guard presented the flag for Freeman.

Right: First graders Kalyn Troup, Elizabeth Yeager and Ellie Wineinger shared their letter to the Veterans.