

The Bagpiper

June 5, 2016

Reporting Freeman's news since 2009

Volume 8, Issue 5

Congratulations Class of 2016, job well done!



Photo by Pia Longinotti



Photo by Pia Longinotti

Give blood, save lives: FHS annual blood drive

By **Kandis Nelson**
Staff Writer

Have you ever stopped and thought “What’s one way that I could help those in need?” Well I hope that you have! Well here’s one way that could help save thousands of people. The June blood drive.

The blood drive will take place in the blue gym from 8:00 am to 2:00 pm. Many of you might be wondering why it’s in the gym and not the usual van well, this is because their trying to get more people involved.

“We’re trying to get a bigger turnout this

Spring,” Vice-Principal Brian Parisotto said. “They can only accommodate so many in a van.”

To be able to donate, there are a few requirements that students have to meet. First, you have to be at least 16. If you are 16 or 17, you have to complete the INBC Minor Donor Consent Form and bring that to your donation. Second, you have to be in good health. If you are a girl, you have to be at least 110 pounds and preferably not sorter than 5’6”. And for a boy, you have to be at least 5’ tall and at least 110 pounds.

So, if you’re able to donate, please do, it’s for a really good cause.



Courtesy of inbc.saves.org

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Should we keep the Scottie Break schedule?

By Christina Morrison
Staff Writer

After spending a whole two weeks testing out a new schedule, it seems that reviews are pretty mixed. The possible schedule takes after the one from our middle school, which has one lunch, four-minute passing periods, and a "Scottie Break".

Scottie Break is a ten-minute time period between 2nd and 3rd period, intended to provide a second chance to have breakfast. As you've likely been learning since grade school, breakfast is "the most important meal of the day". The average person needs about 2,000 calories per day, but when someone only eats lunch and dinner, it's harder to be provided with all of them.

Marci McGill, our Nutrition Services Director, conducted a survey on Scottie Break for students to participate in. About 37% of students did not participate in eating during Scottie Break at all, but, at the same time, 29% of students participated every single day.

One possible complaint is the lines being too long during lunch. During the Scottie Break trial period, the lunch line would almost always flow out of the cafeteria, and it could be hard to get around the masses of people. Even so, 39% of survey participants didn't think the line was too bad.

"We're trying to align with the middle school [for the students], and it'll be easier on the staff, too," said McGill. "It's also better from a nutritional standpoint. Food is fuel."

Most of our students participate in sports, so getting all that energy from carbohydrates is even more important. "Breakfast affects our energy, in both athletics and learning."

Are we going to continue the Scottie Break schedule? Well, that's all up to the school board. Considering that 54% of survey participants liked the new schedule, and 46% did not, it's almost an even split amongst the students...we'll have to be on the lookout for news in the near future.



Photo by Kandis Nelson

One of the biggest student concerns with switching to one lunch is the size of the lines. Mrs. McGill is working with the administration and staff to find a solution to the line issue.

Healthy or not, should FHS rethink its nutrition unit?

By Hannah Pylant
Staff Writer

Ninth grade health class is filled with lots of information ranging from drugs to anatomy of the human body. Most of these topics are very informative and interesting, but there is one topic that stuck out to quite a few students, and not in a good way.

Chapters 7 and 8 in the health text book, *Making Life Choices*, are all about nutrition and weight control. Nutrition is an important topic to cover, as it might have positive or negative effects on a person's life, but it has quite a few flaws to the way it is presented. Weight control can be a very tricky topic to teach, as well, and should be taught with caution.

The weight control chapter presents a chart, the BMI or Body Mass Index chart, which can be wrongly interpreted to freshman students. The chart shows students what they are supposed to weigh for their height. For students who don't weigh what the chart says they should, it can become a self-deprecating experience.

"It's not always adequate to tell freshman students what they are supposed to weigh because they are still developing," health teacher Scott Carolan explained. "Weight is hard to judge for them right now."

Carolan is right. According to the *Making Life Choices* textbook that is used, no one under the age of 25 is included in the tables. Most students taking that class are no older than 15.

"Present healthy weight as a weight that is appropriate for an individual based on their growth curve and their genetic potential," said Stacey Trogon, a registered dietitian. "BMI is often not presented correctly and can be misinterpreted."

As far as the nutrition unit in the health class, it went well for most students, but others felt that it was presented controversially.

"The unit made me feel bad about my body even though I eat and exercise properly," explained one freshman student.

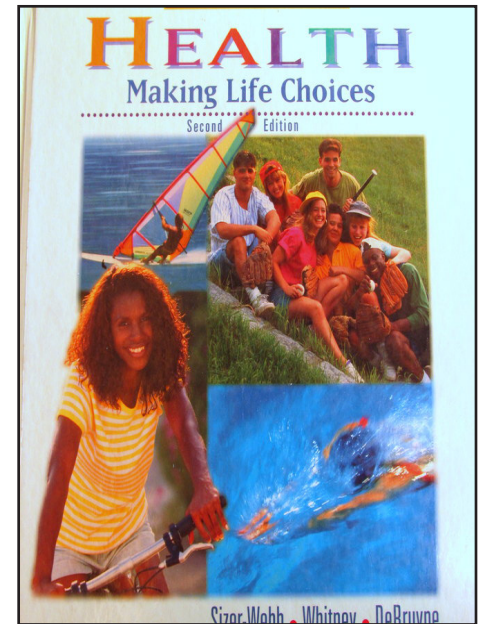
"I think the book uses some words that are cruel," explained one student. "When they described obesity they used the word 'overfatness'."

"I feel like it was kind of degrading," said another.

Another freshman student said, "It was terrible. I already knew most of it and some people were really embarrassed."

Food was presented as healthy and unhealthy, which can make students feel very insecure about their diets even though they could be eating very nutritiously.

"The best approach is to discuss the nu-

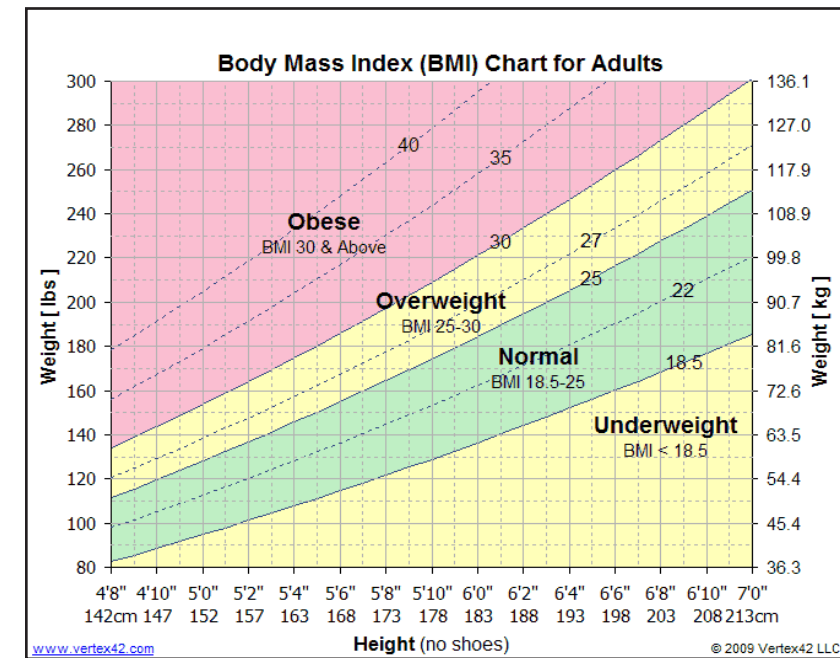


tritional attributes of food and what it can do for your body," Trogon said. "It is best to avoid talking about food as good and bad as that can lead to food judgments."

95% of people with eating disorders are between the ages of 12 and 25. Teens around this age are still developing proper self-esteem. They need to be lifted up and told how much they are valued, not about how they are eating incorrectly or are not adequate for their standards.



Dietician Stacey Trogon in her office at the Emily Program



A chart like this is used in our freshman health class here at Freeman. While most people might fall in line with what the chart says, it can be very degrading for those who don't. Freshman students should not need to worry about their weight and it should be removed from the curriculum.

Are energy drinks bad for you?

By Brynn Van Orden
Staff writer

Red Bull, Monster, 5 hour Energy and many more are very popular drinks consumed by many people to get quick, easy energy. But, when people drink energy drinks, do they really know how the drink is negatively affecting the inside of their bodies? Energy drinks are awful for you in general, but are even worse for people with heart problems and children. According to Medicalnewstoday.com it can raise some people's heart rate and blood pressure, some health care professionals advise those with heart problems to be careful.

Energy drinks are even worse for children because their bodies are still developing and drinking too much caffeine can stunt growth and ruin their bodies. According to the epilepsy.com, studies have found that high caffeinated drinks like Red Bull can cause seizures, strokes or even sudden death. DailyMail also said that young people don't realize what's in these drinks and the combinations could be serious... even deadly.

Although

energy drinks are bad for children, they still aren't recommended for adults. More than 5,000 people who were sick from energy drinks contacted poison control between 2010 and 2013 (LiveScience). In more than half of the cases reported, people didn't know what they were actually consuming. Most people aren't aware of what ingredients are in the energy drinks they are consuming which could also be because of the poor labeling on the drinks. Putting labels on energy drinks, like they do on cigarettes or alcohol, could help prevent some of the exposures to energy drinks. Caffeine overdose can cause death due to convulsions or irregular heartbeat (Healthline). Caffeine goes straight to your brain and give you headaches and you may even suffer from confusion Healthline also stated.

Overall, Red Bull may give you fast energy that makes you feel energized, but it can cause trauma to your heart or brain causing permanent damage. The next time you take a sip of an energy drink just think about the emergency room that you could be in if your body doesn't respond to it the right way.



Photo by Brynn Van Orden

The Crown: Kiera Cass

By Holly Smith
Staff Writer

The Crown, the last book of the selection series by Kiera Cass, was thrilling in the least. It will keep you guessing and on edge. Never in a million years would I have anticipated the way the book ended! Shock went to a whole new level.

The series started off with *The Selection*, followed by *The Elite*, and then *The One*. These books tell the story of Eadlyn's parents and how they fell in love using the selection system.

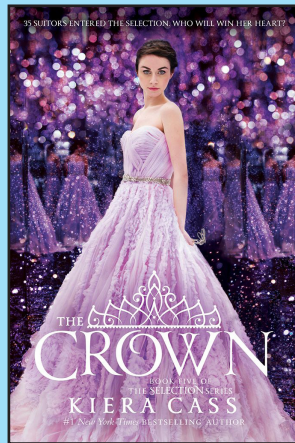
In *The Crown*, Eadlyn was given the option of a selection to find her life partner just as her parents had. She was repulsed at first, thinking that she was too young and did not need a man by her side, but since she was coming of age and was soon ascending the throne, she needed a husband. Eadlyn's people wanted someone who would better the country; Eadlyn's parents wanted someone who would better her heart. Eadlyn just wanted to get it over with.

Eadlyn was not beloved by her country the way her mother is. Though Eadlyn doesn't care much about what her people think about her, she does care about the people in general. She wants to be a great queen the way her mom, America, is, and a great ruler the way her dad, Maxon, is.

35 suitors filled her home, her palace, trying to win her over. Eadlyn never thought she could actually love any of them. Her first elimination of her suitors was cruel and cold. She mocked, embarrassed and scrutinized some of her potential suitors on camera then dismissed them from the palace. Her plan was to go through the selection and, in the end, not find a husband but ascend the throne anyway.

However, her heart had a different idea, she was shocked and mortified. Who she came to love was one of the most unexpected turn of events you could think of, but who she marries? Even more so. She breaks the rules; she loves fiercely and takes risks some wouldn't think of. Ascending the throne and ruling her country with just as much love.

I recommend this book to anyone who loves hopeless romances. You'll love it!!!



Should we be worried about Zika?

By Haley James
Editor

Zika is a disease that is caused from Aedes species mosquito bites. This disease has no treatment. Creating and testing a vaccine normally takes years and costs hundreds of millions of dollars.

Currently, Zika outbreaks have been reported in a number of countries; however, the US has not had any reports to date.

Zika spreads a number of ways, including mosquito bite, in vitro, through sexual contact, and through blood transfusions.

Zika symptoms include fever, rash, joint pain and redness in the whites of the eye. It can lead to defects in infants and neurological problems in adults.

"Official estimations saying it has infected up to 1.5m people," the CDC website said.

If you are a traveling to a country where Zika is being spread you are advised to avoid or minimize mosquito bites by staying in screened or air-conditioned rooms or sleeping under mosquito nets, wear insect repellent at all times, and wear long pants, long sleeves, shoes and hats.



Photo courtesy of www.babycenter.com.my

A solution to the transgender bathroom issue

By Grace Tesch
Editor

Over the past month our nation has been facing another huge controversial topic. Now you may be wondering what the nation is talking about? They are talking about bathrooms, yes bathrooms. More specifically what bathrooms can transgender individuals use? This issue has been a hot topic that people are emotionally tied to. The debate is not really about what bathroom people can use and why, but about how to create a solution where individuals can feel respected and safe.

In considering this, the safety of all people must be considered. Starting with people that identify as their natural gender since they are in majority. According to an NBC Washington news article, a man by the name Richard Rodriguez was arrested after police caught him, dressed as a woman peeping into a restroom stall with the intent to film a 35 year old women, a 5 year old girl, and a 65 year old women. It is safe to say that a person who identifies as a transgender is not a predator. That being said, there are predators among us, most likely out numbering the number of transgender people, who would see this as an opportunity to prey on unsuspecting people. This leaves a question to be answered, do we ignore the safety of the majority to accommodate the comfort of the few?

Although much fewer in number, we cannot minimize the safety of transgender people. The transgender persons, unlike that of a non-transgender person, can be at risk in either bathroom they choose to use. For example, a man who identifies himself as a woman using the women's restroom, risks attack because they may be mistaken as a predator to the other women. Likewise that same person using their gender born bathroom runs the risk of being bullied and ridiculed. Neither is a good solution for transgender people. Unfortunately, some issues do not have a solution that can appease both sides. It seems no matter how this issue is solved, there will be a segment of the population who is unhappy with the outcome.

One viable alternative solution is a unisex bathroom or so called a family restroom. This would solve the safety for traditional people

and transgender people. These types of bathrooms already exist in many places such as, airports, shopping centers, health and fitness centers, and etc. Transgender people are free to use these restrooms. The can go in and out of these facilities unnoticed, without putting their safety in danger or causing discomfort to non-transgender individuals.

In conclusion this issue may be less about bathroom usage and more about the agenda of the transgender rights movement to be normalized in our society. Transgender people have stated they have been using the bathroom they identify with for years, without notice. Common courtesy has always been something Americans have valued. If someone does something that makes most others feel uncomfortable common courtesy says those in the minority should be respectful of the traditions and cultures of the society in which they live, instead of attempting to change opinions of others. If there are extreme opinions on each side of this issue, however most people live in the middle. Most people may not even notice a transgender person in their bathroom. By pushing this issue into schools, media, and politics it draws attention to a segment of the population that which have no other desire then to go unnoticed. Yet it always seems that a very loud majority, even a minority within a minority wants to cry foul.



Photo courtesy of www.businessinsider.com

6 things you need to know about Freeman students

By Haidon Storro
Staff Writer

While most of us spend our free time reading, Netflixing, and surfing the web, others prefer trying new things. Here at Freeman the hobbies are unique and different.

Take sophomore Haley James for example - she boxes! She has been boxing for three years and loves it.

"I like the adrenaline rush of being in the ring," James said.

She began boxing when her dad Paul suggested she try it because he used to box. James enjoys the excitement at competitions and her goal is to someday go into the Olympics.

"When I lose I feel disappointed, but my dad inspires me to do better," James said. She has won 4



Courtesy of Haley James

Sophomore Haley James wins her first boxing tournament by knock out in 28 seconds. James holds a bout record of 6-2.

of her 6 boxing tournaments, and she hopes to win more.

Walking down the hall you may see a fellow classmate with a Rubik's Cube and think nothing of it; however, that classmate is competing this summer at Rubik's Cube Nationals in Portland, Oregon. His name is Erick Flack and on average he can solve a Rubik's Cube in under 20 seconds.

"I like solving Rubik's Cubes because it's a good hobby," Flack said, "and one that I can do wherever I am."

Flack's interest with Rubik's Cubes began when he was in 8th grade. He saw a fellow student playing with one and was a bit jealous. That jealousy sparked a unique talent. Flack, now a sophomore, has a record for himself of solving a Rubik's Cube in 14.97 seconds. The time is constantly changing and reducing as he progresses. He hopes to average less than 20 seconds at nationals this summer.

Then there's sophomore Ana Wilson, who loves rock climbing and everything else it has to offer. She has been climbing for about 2 years and began because she wanted to try something new.

"It's a good workout and it gives you a good adrenaline rush," Wilson said.

One thing Wilson loves about rock climbing is the challenge. She hopes to rock climb for the rest of her life. Wilson however is not the only Freeman student who likes trying new things.

Sophomore Grace Tesch trail rides horses 3-4 times a week. She started about 5 years ago because she wanted to try something new. Tesch has liked horses for as long as she can remember, and has grown up with them as well.

continued on page 7



Photo by Haidon Storro

Sophomore Erick Flack showing off his Rubik's Cube. He is practicing for the National Rubik's Cube tournament in Oregon which he will participate in during the summer.

6 spectacular hobbies you didn't know Freeman students had

Continued from page 6

"I like being outside in nature with the feeling of freedom," Tesch said.

On the outside she may seem like any other high schooler, but what sets her apart from others is her unique gift and passion for singing. Meet Freshman Ronni Keizer; she has a spectacular voice and a talent for singing. At age 6 she began singing because her older sister inspired her. Her biggest crowd was when she performed in New York at Carnegie Hall in front of a full house with her choir.

"I sing because it's a passion, and I think it's really fun," Keizer said.

Last, we have junior Simon Rooney. He has a YouTube channel called Roonsie, with more than 750 subscribers! His YouTube channel is centered around video games. Often, the videos are just him and his fellow gamers just having a good time while playing video games. Rooney started making videos at the end of December 2015 with a goal to make people laugh. In most of the videos Rooney gives tutorials and reviews of big name videogames such as *Modern Warfare 3* (See Picture).



Photo by Haidon Storro

Freshman Ronni Keizer loves performing with the Freeman Choir.

"I really enjoyed watching people on YouTube and they inspired me to start a channel," Rooney said. Even knowing the likelihood is low, Rooney would like to make a job from YouTube.

There you have it; Freeman is more than just a high school. Freeman is a place where people try new things and enjoy more to life than just surfing the web and Netflixing.



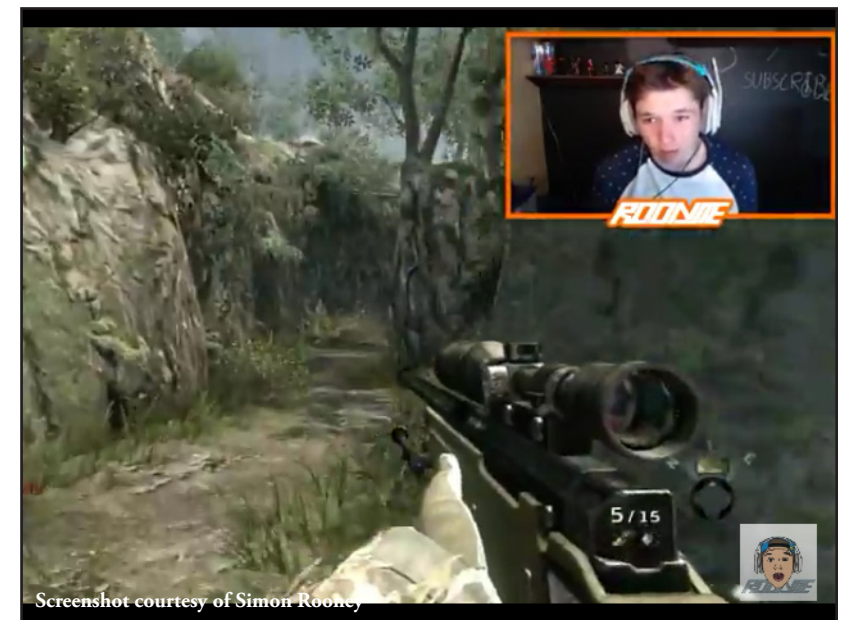
Courtesy of Ana Wilson

Sophomore Ana Wilson doing what she loves. She was rock climbing that day for fun and exercise.



Photo by Ali Tesch

Sophomore Grace Tesch showing her love to Wadi the horse. Tesch tries to go riding as often as she can with Wadi.



Screenshot courtesy of Simon Rooney

Junior Simon Rooney instructing his YouTube fans how to beat a level in the video game *Modern Warfare 3*. He has over 750 subscribers and is hoping to have a career with YouTube video tutorials.

Poetry café brings poems to life for freshmen

By Kandis Nelson
Staff Writer

Come for the snacks and stay for the poetry! On May 12, 2016, the first-ever Poetry Café took place in English teacher Pia Longinotti's classroom. Cocoa and various snacks were provided for the class as they watched their peers give wondrous presentations of the poetry they had picked.

All kinds of poetry were heard that day. From people to poetry, there was variety everywhere, no two poems were alike. From Shakespeare to Poe, the room buzzed with excitement as one by one the student went up and poured their heart out to their class. There was everything from talking to dancing and singing. The entire room was alive with activity and fun. There were poems about anything from water to death and everything in-between.

People sat at their tables and enjoyed snacks and cocoa as they watched their friends have fun with the words of amazing poets. That includes themselves. Some student wrote their own poems that they presented, including Longinotti. She wrote a poem called "Choices" that brought a few tears from even the toughest student's eyes. Her poem is one that students won't soon forget.

"It was fun and pushed people out of their comfort zones, and that's a good thing!" freshman Jordan Lang said.

Which is completely true. Students that were normally shy turned out to be amazing speakers, but they just didn't know it. This even brought many people out of their shells and helped them become better, and you can thank Longinotti for that. Hopefully, this can happen again next year.



Photo by Kandis Nelson

From left to right: Freshmen Jackson Whitaker, Stephen McNally, and Spencer Vogelmann all having fun during second period's Poetry Café.



Photo by Kandis Nelson

Taylor Howard and Camille Muslman singing for their classmates.

National Honor Society in Washington D.C

By Joey Sims
Staff Writer

The National Honor Society (NHS) Club has been planning their trip to D.C. for 2 years preparing and raising money to fly

down to see tons of exhibits. NHS prides itself on the three main points: character, leadership, scholarship and community service. Advisor Pia Longinotti traveled with 8 of her members that chose to take on the task of getting the money to go on the trip to D.C.

The 6 day trip was filled with amazing and extraordinary exhibits.

"I love seeing the history of our nation come to life in my student's eyes," Longinotti explained.

The students that went on the trip to DC included seniors Peyton Smetana, Ethan Crosby, Nick

Franz, Emily Strahan and Alisa Miller and juniors Annabelle Schweiger, Krystal Gady and Kendra Gady. All the students enjoyed the trip and were happy they went. The sites the group saw included The Smithsonian Museum, The Capital Building and the National Zoological Park.

"The places we went were awesome. We did so much in such a little amount of time" said senior Peyton Smetana. "Going to the Capital Building and getting to be on the porch, which most people don't get to do, was amazing."

"It was a really good time getting to see all the amazing sights in Washington D.C." Crosby said.

"I loved getting to see the inside of all the buildings like the capital building and museums," Strahan said.

"We got to go behind the Lincoln Memorial and we were able to see the Eternal Flame. It was fantastic," Schweiger added.



Courtesy of Peyton Smetana

From left to right, Krystal Gady, Annabelle Schweiger, Nicholas Franz, Peyton Smetana, Alisa Miller, Kendra Gady, Emily Strahan, Ethan Crosby

Looking for great places to hike this summer?

By Grace Tesch
Editor

Manito Park

If you are looking for a place with amazing scenery Manito is the place to go. Manito Park is 90 acres and is located on the south hill consisting of 5 gardens. The park also has a conservatory and a duck pond. If you are into hiking, throughout the 90 acres of park there are many hiking trails and biking paths for you to go explore with beautiful scenery and lots of wildlife. Manito is also right next to an amazing little bakery known as the Rockwood Bakery. The bakery is always filled with freshly baked goods and coffee.



Photo by Grace Tesch

One of the biking trails at Manito park.

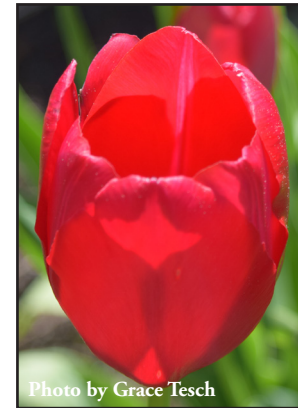


Photo by Grace Tesch

One of the many tulips at Manito Park.

Priest Lake

Priest Lake's hiking trails offer a wide variety of scenery from sandy beaches to deep cedar forests. If you are looking for an area for camping, resorts, or fishing, Priest Lake is the place to go. Looking for mackinaw lake trout? You are in luck. Mackinaw lake trout is the predominate species in the area. As priest lake.org states,

"Trophy size fish are not uncommon. The Idaho record for the Mackinaw lake trout was 57 and ½ pounds and was caught in 1971."

Priest Lake has all the necessities of a perfect summer day.



Courtesy of PriestLake.org

On top of a hill looking down at Priest Lake.

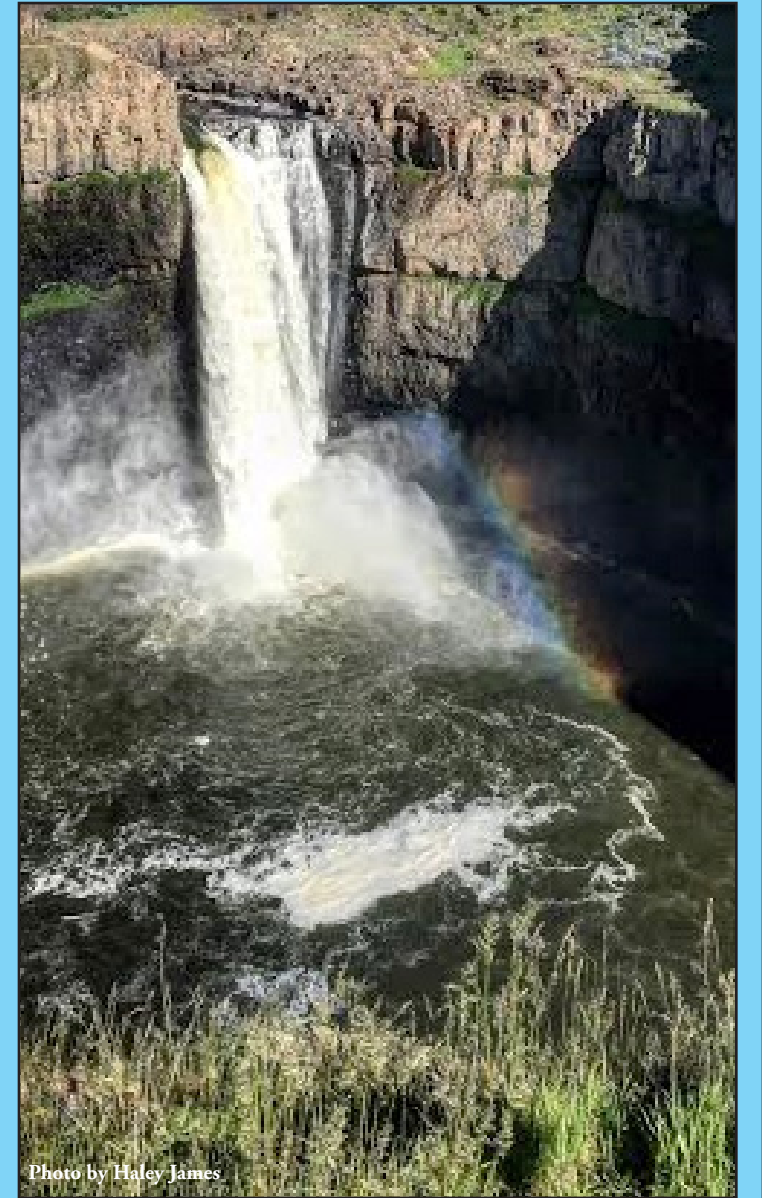


Photo by Haley James

Sophomore Haley James visited Palouse Falls this spring with her family.

Palouse Falls state park

Palouse Falls was deemed the official waterfall of Washington State, 105 acres of beautiful trails and camping areas for you and your friends to go explore. Palouse Falls was created by the Mississippi floods and is the last remaining that the flood happened. The trails give spectacular views of the waterfalls from all different angles. Palouse Falls is a place that needs to be on your bucket list.



By Holly Smith

Mr. Ripke.*Health and Fitness*

“Exercise in the mornings before your brain figures out what you’re doing.”

Mrs. Robinson.*Spanish*

“Don’t forget me.”



By Holly Smith

Ms. Longinotti.*English.*

“Make the most of the opportunities that come your way. You won’t regret the memories that you’re making.”

Mrs. Frye.*Algebra*

“Take the time you have to go travel.”



By Holly Smith

Mr. Jessett.*Math.*

“Get on a budget.”



By Holly Smith

Mr. Straw.*High school principal.*

“Be advised that the real world is quite a bit different from Freeman and we love it when you come back and visit.”



By Holly Smith

Mr. Smith.*History*

“Work like there is someone working 24 hours a day to take it all away from you.”

Mrs. Ophus.*English*

“Start saving for a house right away.”



By Holly Smith

Mr. Hays.*Science.*

“Always do what you think is right, not what everyone else does. Stay away from credit cards and get enough sleep every night so you can be prepared for the next day. Most importantly, for good health, mental and physical, get outside and take a hike once a week.”

Mrs. Wells.*Math.*

“Follow your dreams, take risks.”



By Holly Smith

Mr. Spiering.*Art*

“Always be humble and kind. Greet everyone as an opportunity to enrich your life.”

Mrs. O’Connor.*English*

“Travel, if possible.”



By Holly Smith

Mr. Jydstrup.*Band*

“Don’t be dead set on one career choice. Be open to the possibility of other careers and be willing to change.”

Ms. Nelson.*Biology & Ag. Science*

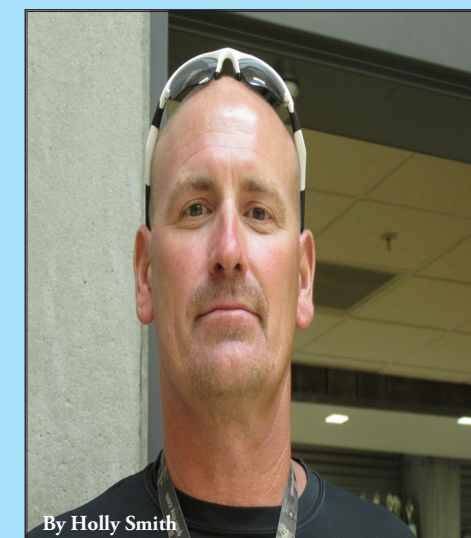
“Listen to your mom.”



By Holly Smith

Mr. Wood. Shop*Wood & Metal*

“Choose a profession that you enjoy and choose your schooling making sure a job is attached to it.”



By Holly Smith

Mr. Carolan.*Health and Fitness*

“Be true to yourself and believe in yourself and don’t let anybody tell you that you can’t do something. Reach for the stars.”

Lady Midnight is a smashing hit

Me Before You will leave you in tears

By Hannah Pylant
Staff Writer

Cassandra Clare, a #1 New York Times Bestselling Author, is back and better than ever with her new book, *Lady Midnight*. For those of you who don't know, Clare has written eleven other books including the well-known series, *The Mortal Instruments*. The six book series is about the Shadowhunters, angelic humans who fight demons, and their battle against Valentine Morgenstern and his son Sebastian.

In *City of Heavenly Fire*, the last book of the series, Emma Carstairs', a young Shadowhunter, parents are brutally murdered. The villain of the books, Sebastian Morgenstern, is assumed to have killed her parents but as time goes on, it becomes more and more apparent to her that the killer was someone else.

In *Lady Midnight*, murders like the ones that occurred when Emma's parents died are happening all over town. Most of the murders have been fey, or faeries. The Seelie Court, the court of the faeries, decides to make a deal with the Shadowhunters at the Los Angeles Institute concerning the murders, with a trade of a lost family member of Emma's best friend. They decided the Shadowhunters have thirteen days to solve the mystery of the murders, but it will be a challenge.

This book is filled with action, adventure, romance, and mystery. You will not want to put the book down until you finish it. There are so many plot twists that keep you on your toes the entire book. The only that you should take into consideration before reading this book, is whether or not you are ok with sexual content. It isn't super graphic, but it's still present. You should also read *The Mortal Instruments* series before you read this one. Those are the books that started it all.

Overall this is a great book to read, and anyone who loves fantasy and adventure will love it.

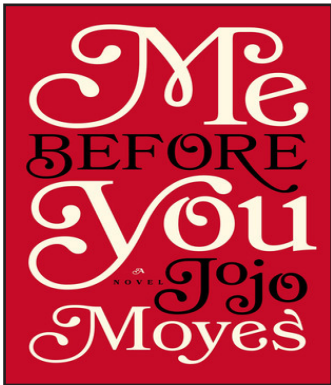


By Hope Garlick
Staff Writer

Me Before You is a wonderfully written book by Jojo Moyes. She has written many novels including *One Plus One*, *The Girl You Left Behind*, and *After You* - the sequel to *Me Before You*.

Louisa Clark, a twenty-seven year old girl who lives at home with her sister, parents, granddad, and nephew, is recently unemployed after the café she is working at suddenly closes. She must find a job to help support her family who is struggling to get by. As she is job hunting, she comes across a job opportunity to take care of a quadriplegic man.

Louisa has an interview with a tight wound woman and ends up with the job. It comes as a shock to Louisa as she finds out that she will be taking care of the son of the woman who interviewed her. The quadriplegic man is Will, a young man in his late twenties.



Louisa is forced to be around Will, a cranky, stubborn, and bitter man, five days and she has to figure out how to get along with this unbearable man, because her family is counting on her to help out with money.

Slowly Will and Louisa become used to each other, but soon Louisa discovers a shocking secret about him that will change her outlook on Will. Over the next few months, Will and Louisa will help each other to grow into people they never thought they could become or ever be again.

Me Before You, is a very well written novel and Jojo Moyes, the author, has created characters that are unique and very likeable. As you read, you become more and more attached and in love with all of the characters personalities, sayings, and quirks. There is wonderful character development and a steady plot. While reading *Me Before You*, I couldn't put the book down and when I wasn't reading it, I wanted to be.

Jojo Moyes approaches the topic of assisted suicide very well. As I read *Me Before You*, I learned a ton about the emotions of both sides of the situation. You can understand why a person would want to end their life, but also realize that it is the easy way out and you have to stick it out sometimes. Not everything will happen instantly. You become to fully understand how big actions and small actions hugely affect your friends and family whether you realize it or not.

I also became very educated about quadriplegics. I got to understand how hard it is to be stuck in a wheelchair and have people stare constantly. Whether people are staring with pity or shock or disgust, it is the same in how it makes people feel. In the novel, the quadriplegic felt most comfortable when people just looked at him as if he were just another human being. Not a person who needs pity or to be marveled at.

The subject matter in this book might be a little intense for some students. At the very least this book is a young adult book. If you are not okay with subjects such as suicide and sexual content, then this might not be the book for you.

I definitely recommend this book to high school age students and above. It is an instant classic in my bookshelf and hope you think that too.

Conley's Place: the place is barely acceptable

By Jo Ella King
Editor

Conley's Place is a well-known family restaurant that is located at 12622 E Sprague Ave, Spokane Valley, WA 99216. It is open 7am to 8pm on weekdays and 7am-2pm on Sundays. My experience while there was filled with mixed emotions. Walking into the restaurant you get a cute, vintage feeling with all of their decorations and how the entrance is laid out.

My waitress was very kind, seated me with a smile, and then I started to look through the menu. The menu had a huge variety of different types of cuisine, I had ordered the



Photo by Jo Ella King
Bowl of Chili with cheese and onions on top along with a side of garlic bread

chili bowl with garlic bread, in high hopes it would taste wonderful. Then for desert I had ordered Strawberry Rhubarb pie.

The wait for my food took 15-20 minutes, then when I received it; my food was room temperature, not hot as if it was freshly cooked. I only ate a small bit of it before I could feel my stomach getting weaker. Then I requested my pie, which was the main highlight of my night; it was perfectly baked.

If I had to rate this restaurant, I would rate it three and a half stars out of five. Because although the food wasn't good, the waitress was kind enough to not make me pay full price for not enjoying it. Another reason is because the food is also priced quite highly, My chili bowl was 8.99 and my slice of pie was 4.99. The portions are large enough to satisfy your hunger though. I would recommend this restaurant for maybe a date or a morning breakfast with the grandparents, for I did see a lot of elderly people eating at the establishment. But this restaurant was cute, cozy, and I very much so had an enjoyable time (just don't get the chili).

Nudo:the real ramen house isn't to be missed

By Jo Ella King
Editor

Yes! Spokane finally got a real ramen shop! So, Nudo is pretty good. It can mature a little bit into the flavors if it wants to earn that fifth star.

The noodles have a good texture. The tonkotsu is good, but not great. It is lacking both richness and umami. However, this place excels at their spicy ramens. The spicy miso is really good. The spicy beef tastes very clean, so if you are looking for a heavier soup stick to the spicy miso.

The real winning ingredient at Nudo is their chashu. It is so freaking good. It is melt in your mouth tender and fatty, but they grill

it to give the skin a charbroiled crispy texture too!

They need to improve on their broth. Broth is the heart and soul of ramen and it just won't be great until they find that richness. Also, they are lacking in soft boiled eggs. You'll get a chalky hardboiled egg with your soup, so Nudo is more akin to the 500 yen shops around Tokyo.

Their appetizers were wonderful, a tasty treat in the style of a Japanese/American fusion. I haven't had their Ramen burger, but I can't bring myself to order it when there is real ramen available. I really hope they work on developing some soft boiled eggs and enhance their broths. This place has a lot of potential!



Movies you might want to check out

By Megan Frye
Staff Writer

Star Trek and Beyond

Director: Justin Lin
Actors: Chris Pine, Zachary Quinto, Zoe Saldana, Simon Pegg, Karl Urban, Anton Yelchin
Rating: Not Yet Rated
Release date: Friday July 22, 2016
Plot: The third installment in Paramount’s rebooted Star Trek franchise with Chris Pine and Zachary Quinto in the lead roles.



Ghost Busters

Director: Paul Feig
Actors: Melissa McCarthy, Kristen Wiig, Erin Gilbert, Kate McKinnon, Jil-lian Holtzmann, Leslie Jones, Chris Hemsworth, Neil Casey
Rating: Not Yet Rated
Release date: Friday July 15th, 2015
Plot: Erin Gilbert (Wiig) and Abby Bergman (McCarthy) are a pair of un-heralded authors who write a book positing that ghosts are real. A few years later, Gilbert lands a prestigious teaching position at Columbia University, but her book resurfaces and she is laughed out of academia. Gilbert reunites with Bergman and others when ghosts invade Manhattan and try to save the world.

Alice: Through the Looking Glass

Director: James Bobin
Actors: Johnny Depp as the Mad Hatter, Mia Wasikowska as Alice, Helena Bonham Carter as the Red Queen—Iracebeth
Rating: PG
Release date: Friday May 27th, 2016

Plot: Alice Kingsleigh (Wasikowska) has spent the past few years following in her father’s footsteps and sailing the high seas. Upon her return to London, she comes across a magical looking glass and returns to the fantastical realm of Underland and her friends the White Rabbit (Sheen), Absolem (Rickman), the Cheshire Cat (Fry) and the Mad Hatter (Depp), who is not himself. The Hatter has lost his Muchness, so Mirana (Hathaway) sends Alice on a quest to borrow the Chronosphere, a metallic globe inside the chamber of the Grand Clock which pow-ers all time. Returning to the past, she comes across friends – and enemies – at different points in their lives, and embarks on a perilous race to save the Hatter before time runs out.



Movies you might want to check out

Finding Dory

Director: Andrew Stanton
Actors: Ellen DeGeneres, Albert Brooks, Di-ane Keaton, Eugene Levy, Ty Burrell, Willem Dafoe
Rating: Not Yet Rated
Release date: Friday June 17th, 2016
Plot: Finding Dory welcomes back to the big screen everyone’s favorite forgetful blue tang Dory (voice of Ellen DeGeneres), who’s liv-ing happily in the reef with Marlin (voice of Albert Brooks) and Nemo (voice of Hayden Rolence). When Dory suddenly remembers that she has a family out there who may be looking for her, the trio takes off on a life-changing adventure across the ocean to Cali-fornia’s prestigious Marine Life Institute, a rehabilitation center and aquarium. In an ef-fort to find her mom (voice of Diane Keaton) and dad (voice of Eugene Levy), Dory enlists the help of three of the MLI’s most intriguing residents: Hank (voice of Ed O’Neill), a can-tankerous octopus who frequently gives em-ployees the slip; Bailey (voice of Ty Burrell), a beluga whale who is convinced his biologi-cal sonar skills are on the fritz; and Destiny (voice of Kaitlin Olson), a nearsighted whale shark. Deftly navigating the complex inner workings of the MLI, Dory and her friends discover the magic within their flaws, friend-ships and family.



Secret Life of Pets

Director: Chris Renaud and Yarrow Cheney
Actors: Albert Brooks, Kevin Hart, Eric Stonestreet, Ellie Kemper, Lake Bell, Louis C.K
Rating: PG
Release date: Friday July 8th, 2016
Plot: Set in a Manhattan apartment build-ing, after the two-legged residents head for work and school, their pets gather to start their day, which consists of hanging out, trading humiliating stories about their own-ers, and helping each other work up ador-able looks that will lead to more snacks. The head hound is a quick-witted terrier rescue (voiced by Louis C.K.), whose position at the epicenter of his master’s universe is sud-denly threatened when she comes home with Duke (voiced by Eric Stonestreet), a sloppy mongrel with no polish. The two soon find themselves on the mean streets of New York, where they meet the adorable white bunny Snowball (voiced by Kevin Hart). It turns out that Snowball is the leader of an army of pets that were abandoned and are deter-mined to get back at humanity and every owner-loving pet. The dogs must thwart this plot and make it back in time for dinner.

Now You See Me 2

Director: Jon Chu
Actors: Jesse Eisenberg, Woody Harrelson, Dave Franco, Lizzy Caplan, Mark Ruffalo
Rating: PG-13
Release date: Friday, June 10th, 2016
Plot: THE FOUR HORSEMEN [Jesse Eisenberg, Woody Harrelson, Dave Franco, Lizzy Caplan] return for a second mind-bending adventure, elevating the limits of stage illusion to new heights and taking them around the globe. One year after outwitting the FBI and winning the public’s adulation with their Robin Hood-style magic spec-tacles, the illusionists resurface for a come-back performance in hopes of exposing the unethical practices of a tech magnate. The man behind their vanishing act is none other than WALTER MABRY [Daniel Radcliffe], a tech prodigy who threatens the Horsemen into pulling off their most impossible heist yet. Their only hope is to perform one last unprecedented stunt to clear their names and reveal the mastermind behind it all.



ART & SOUL, spring celebration of the arts

By Ken Spiering
Art Teacher

Watching children’s eyes light up while witnessing the magic of professional master artisans of pottery was just one of the fascinating highlights of this spring’s *ART & SOUL* festival held at the High School’s Multi-purpose Room Wednesday evening, May 18th.

Marty Jones, Ceramics instructor at University High, Chris Kelsey of Trackside Ceramic Studios and Harry Green, creator of unbelievably beautiful large white porcelain ware, all donated their time and expertise to the amazement of the large gathering of people from the Freeman Community coming together to support and celebrate our burgeoning Art program here.

Equally fascinating, and certainly as crowd-pleasing, were the contributions to this festive evening by our own Freeman Artists, Myra Crosby cutting her unbelievably delicate stencils and Johnny McGuire exhibiting his truly professional, magnificent photographs.

Delighted people in attendance were also treated to a showing and sale of student artwork, great street tacos with barbecued pulled pork, luscious desserts, and the rousing music by the very popular band, *Spare Parts*, who also donated their time reveling the crowd with beautifully crafted tunes from the 70’s and 80’s. Their contagious musical energy added festive sparkle to the evening that had people singing along, caught up in an unparalleled celebration of the arts.

Besides being an enjoyable evening art party, one of the fundamental purposes of *ART & SOUL* is to raise funds for the support of Art Programs at the High School, Middle and Elementary Schools at Freeman. To that end, both a silent and loud auction were held to the delight of those who purchased items ranging from original paintings, hanging flower baskets, a 3-day stay at an Idaho resort, one week at a Hawaiian condo, essential power shop tools, a week for 8 on the island of Mallorca, Spain, gift certificates for spas, art lessons, grass-fed beef, and literally hundreds of items that were generously donated by businesses throughout our community and Spokane at large.

As Freeman’s art teacher, I am still in a state of awe and disbelief that this, the 6th Annual *ART & SOUL Celebration*, was such an incredible success. That success can be attributed to several factors. First, I believe, is the general hunger in people to again experience creativity and the personal satisfaction

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Photo by Pia Longinotti
Guest sculptor Chris Kelsey worked on a piece throughout the evening, demonstrating working in clay for auction-goers.



Photo by Pia Longinotti
Master potter Harry Green created a number of pieces including a set of bowls that were later auctioned off.



Photo by Pia Longinotti
Freshman Johnny McGuire shows off one of four photos that he auctioned off.



Photo by Pia Longinotti
Marty Jones demonstrated throwing pots, and later helped students give it a whirl.

The Magic Lantern: an Alternative Movie-going Experience

25 W Main Ave #150, Spokane, WA 99201

By Myra Crosby
Staff Writer

Small yet charming, the Magic Lantern is a delightful alternative to the mainstream behemoth theaters that dominate the scene. Showing mostly foreign and alternative films, the Magic Lantern has a relaxing atmosphere; more like a coffee shop or living room than the bright lights and crisp lines most associate with movie theaters.

The Magic Lantern has two theaters, each very small with old-fashioned, comfortable chairs that lack cup-holders. This is truly unfortunate, as the Magic Lantern has a great selection of drinks to enjoy during movies -- far more varied than a traditional theater. Moviegoers can choose from a variety of canned soft drinks, as well as San Pellegrino fruit juice and DOMA lattes, mochas, and cappuccinos.

Water and popcorn are served a little differently at the Magic Lantern. Rather than wasting tons of paper cups, buckets, and bags,



the Magic Lantern uses non-disposable tableware for their refreshments. Popcorn comes in a lightweight metal bowl, and rather than the over-buttered, highlighter-yellow popcorn of most theatres, the Magic Lantern’s popcorn is pleasantly light in flavoring and tastes somewhat akin to kettle corn.

The small theater rooms, the use of bowls rather than bags, and the comfortable atmosphere make seeing a movie at the Magic Lantern feel like a relaxed movie night with family or friends -- as opposed to a traditional movie-going experience at a larger theater. Being in an older building has its cons, however, in that people getting up for popcorn refills cast a shadow due to the lower projector.

For those looking for a different approach to movie theaters, the Magic Lantern is an excellent choice. And though its pleasant atmosphere is worth riches, the Magic Lantern is rather inexpensive; movie tickets are a standard 8 dollars, and popcorn is a mere 4 dollars with unlimited



Art & Soul brings local artists to FHS

Continued from page 16

that making art brings to their lives which have become dulled with too much shallow “virtual experience”. The second contributing factor to this year’s success is the inextinguishable desire in the good people of our community to personally invest in our children’s well-rounded education, including especially Visual Art. Undeniably, none of this success would have been realized without the huge effort tirelessly given by the directors and volunteer staff of *ART & SOUL* to acquiring donations, and to arranging all the different activities, food, and details that an event of this scope requires.

Over the past 6 years, students of the Freeman Art Program have benefited from the proceeds of this annual fundraiser by being able to learn to throw on two new potter’s wheels, as well as having a large state-of-the-art electric kiln in which to fire their pottery. The Art Department has also acquired drying racks for editions of prints students produce on a beautifully machined printing press, and this year, has been able to purchase a poster printer to produce large reproductions of their artwork in order to integrate it into the fabric of the daily lives of all of us here at school.

A HUGE THANK YOU goes to all of you readers who came to our event, volunteered, gave of your time, donated and/or purchased items for the auctions, participated in the activities and made this the



Photo by Pia Longinotti
The band Spare Parts kept guests entertained with great music all evening!

best ART & SOUL Celebration of the Arts ever! Blessed to be part of an actively involved community, we are truly witnessing a renaissance in the Visual Arts here at Freeman!

Schweiger state champ, 4x400 team falls short

By Myra Crosby
Staff Writer

FHS track had successful seasons this year. The girl's team did especially well with a 6-1 record, finishing as both league and district champions.

In the 300 meter hurdles, freshman Hannah Watts placed second, and junior Annabelle Schweiger was crowned champion in both district and state. Freshman Lindsay



Courtesy of John Hays

Alyssa Zimmerman, Hannah Watts, Tessa Gilbert, Madison Rubright and AnnaBelle Schweiger brought home 2nd place at stae.

relay races – breaking school records along the way. The group's 1600 time of 4:04.67, gave them a 2nd place finish at state.

Balkenbush was district champion in javelin and 2nd team all-league in the 100 meter hurdles, qualifying for state in both events. The relay team (Schweiger, Watts, and juniors Madison Rubright, Tessa Gilbert, and Alyssa Zimmerman) also qualified for state in both the 1600 meter relay races and the 800 meter

Zimmerman was also voted the League MVP in the sprint category. The boy's team consisted of some younger players, and finished league with 4 wins and 3 losses. Sophomore Conner Black finished 2nd in the 400m dash, making him 2nd team all district and league. He went on to run in the prelims of the state meet. Riley Langston, a junior, ranked as one of the top 8 discus throwers in the state, and Bobby Landoe, also a junior, made the top ten in pole-vaulting, with a height of 13 feet. Freshman Spencer Vogelmann was ranked top 15 in the entire state in the 110 meter hurdles. Overall, the boys had a successful season, breaking over 200 personal records.

Baseball finishes third in state, ties record best

By Chad Ripke
Baseball Coach

The baseball team had a very successful postseason. After winning their third consecutive league title, the team also claimed their second consecutive district title. With a 4-0 win at districts in which sophomore McKabe Cottrell pitched a complete game 1 hitter with 12 strikeouts and sophomore Desmond Parisotto was 2 for 3 with 2 RBIs. This advanced the team to Moses Lake as the #1 seed in the first round of state, where they faced Zillah in a loser out game. Down 1-0 and being no hit till the 7th inning and down to their last 3 outs of the season, the boys grinded like they have all year and found a way to tie the game on a sac fly by junior Simon Rooney. McKabe pitched 10 innings in the game and had 22 strikeouts. The team had opportunities to win it multiple times before the 13th inning but just didn't get a clutch hit. Then in the bottom of the 13th, junior JT Neely led off with a walk and sophomore Keegan Cottrell laid down a perfect bunt, which the Zillah catcher threw into right field and Neely scored the game winning run to win 2-1 in 13 innings. Rooney came in to pitch the 11th, 12th and 13th innings for the victory. The team then faced Cashmere 45 minutes later for a berth to the final four, loser goes home. The team took an early 1-0 lead on a throwing error that allowed senior Jack Paukert to score. Then down 2-1 in the 5th, Keegan hit a line drive single to LF that plated senior Sebastian Hyta



Courtesy of Chad Ripke

to tie it at 2. Then in the top of the 6th, Paukert took advantage of a throwing error to 2nd base to score the game winning run, and the Scotties won 3-2 to advance to their second consecutive final four. Parisotto pitched a complete game 5 hitter giving up 2 runs, both of which were unearned, with 8 strikeouts.

In Yakima we faced Hoquiam, the same team that beat us in the exact same game. This year we were hoping for a different outcome, but didn't take advantage of hitting with runners in scoring position. The boys lost 3-1 in a hard fought game in which McKabe pitched a complete game with 9 k's and he also had 2 of the teams 3 base hits, Paukert had the other.

With the loss, Freeman dropped to the 3rd/4th place game against Overlake. The boys played well and we hit a lot of hard balls, to which Overlake made some great plays, but the boys did enough to get a 3-2 win in 8 innings. Parisotto started and pitched 5 innings, and then Rooney came in relief and pitched 3 innings to get the win. The third place finish tied the best finish in Freeman history set by the 2008 team. The team finished 22-4

on the season and returns the bulk of the roster for next year. Big thanks to seniors Jack Paukert, Sebastian Hyta and Ian Johnston for their great work and contributions over the last 4 years. These seniors finished with 71 wins during their 4 years and only 25 losses.

Freeman golf team excels at state tournament

By Ryan Maine
Freeman Golfer

Golf season went very well. We won league and the district title, also we finished 5th at state. The players improved greatly. Ryan Crosswhite placed 33rd, as I ended up placing 2nd. Many of our players qualified for state, as well as many first year golfers improving greatly such as Jimmy Sells and Chance Halstead. Rhea Jansen



Courtesy of Kay Crist



Courtesy of Kay Crist

placed 7th in state for the girls. Scores were dropping fast and we are very excited for next year. 5 out of our top 6 golfers are returning, and they are all committed to practicing and improving this summer and early next spring, so we think we have a good shot at winning state next year. We worked a lot on 100 yards and in this year I think our scores were dropping fast because of that practice. Next year we will continue to work on that, and if the players improve just a little bit more, we can be competing for a state title.

Tennis is growing at Freeman!

By Cathy Lee
Tennis Coach

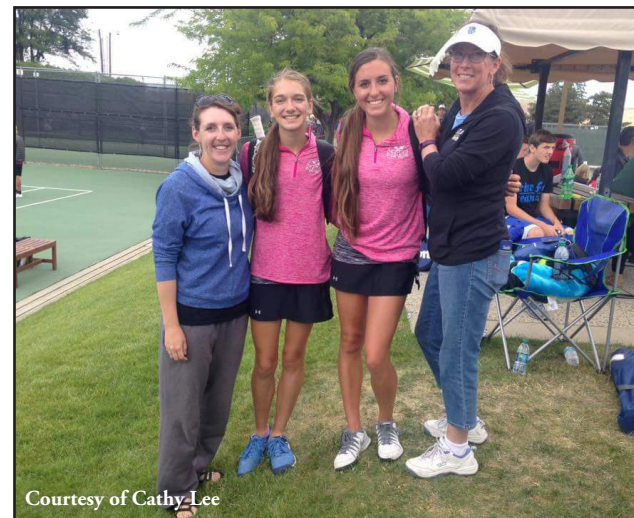
Thanks to the Freeman School Board and help from parents and the community, the tennis courts have had a partial makeover and will be getting the rest of the upgrade over the summer. What that means is no more cracks and better ball performance for those playing on the new surfaces. Over the past 8 years, the program has seen a steady growth in not only the number of players, but in quality as well. Freeman's teams have improved overall and the girls team tied for 3rd in the league. We are still working to grow the boys team, and have had much success in the past few years in that department.

We had 5 players advance from districts to regionals. From there, two players, doubles partners Kendra & Krystal Gady, made it to State playoffs. Nicholas Franz had a good showing this season and was alternate to State. Krystal Gady & Nicholas Franz

were voted "MVP" by the team and Kendra Gady and Mitchell Panzeri received the coaches "Ace Award". There are many players deserving of special recognition and I hope they understand they all can't be mentioned in this short update.

I was very pleased with the talented group of players this year. They worked hard and played hard. We had 11 freshmen, all new to the sport. Three of them made the varsity teams and performed admirably. We will be losing two 4-year players, Nick Franz and Alyssa Axtell. They have been strong players and were vital assets to the team on and off the court. I believe we set the record for the most 3 set matches in the league, showing Freeman arrived to compete.

This summer there will be open play on the 2 lower courts only. I will be available for coaching during the second week in July (11th – 15th) between 11 am & 1pm. If you are interested in tennis, I would encourage you to take a class at the Spokane Racquet Club. Freeman tennis players receive a 20% discount if you mention you attend FHS. GO SCOTTIES!



Courtesy of Cathy Lee

Coach Jenna Lee, juniors Kendra Gady and Krystal Gade, and coach Cathy Lee at the tennis state.

Young softball team achieves goal of playoffs

By Scott Carolan
Softball Coach

The softball season had a lot of excitement this year going 6-13 reaching the first round of the playoffs but losing to Chewelah in the end. The team had great effort all season and it was fun to watch them grow as a team. We say good-bye to four wonderful seniors: Avery Oja, Kayla Figler, Kelsie Fricke, and Triston Peery who built the foundation for the future. The future is bright with players such as Hannah Brock, Lexi Johnson, Justis Wells, Olivia Nees, Madison Shock, Shayna Nickerson, Tori Kestell, and Hanna Hansen all who contributed to the success of this season. The team and I would like to thank all who were able to come watch us play and we can't wait to get started on next season.



Courtesy of Freeman Yearbook

Group of seniors strive for more

By Kelly Wright
Editor

What are you doing after graduation? Hopping right in to the work force? Jetting off to college? Dedicating your life to your country? For a small chunk of you seniors, the answer to that fourth question was yes.

"It's better than going to college and you get to serve your country," senior Kyle Roche said. "It's a double whammy"

On October 3, Roche will ship off to Great Lakes, Illinois to begin basic training for the U.S. Navy, where he hopes to have a career as an aviation electrician/mechanic, or AE for short. If everything goes to plan, Roche will retire after 20 years of working on various aircraft in the navy and gladly receive military benefits, which does include a free college education.

On the flipside, fellow senior Aidan Macdonald will join the U.S. Air Force for similar reasons.

"I'm joining the Air Force because I want to make money doing neat stuff," Macdonald said, "not spend loads of money learning pointless crap."

The part of the force Macdonald is joining is what he jokingly calls "The Chair Force," or the task of being an Unmanned Aerospace Sensor (UAS) operator, a fancy way of saying that he's going to be on radar duty, most likely sitting in a chair.

Ian Johnston however, will not be sitting in a chair when he joins the U.S. Army this summer.

"You aim small, you miss small," Johnston quipped.

Additionally, seniors Waylon Dashiell will be joining the Air National Guard, Mitchell Panzeri will be joining the Army Reserves, and Christian Goldbach will join the Army ROTC program at Eastern Washington University.

To wrap it up, no matter what branch it might be, we should all salute these seniors and wish them the best of luck in all of their future endeavors.



The U.S. Naval base in Great Lakes, Illinois, where senior Kyle Roche will be headed come the start of October.