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Reporting Freeman's news since 2009

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He isn't going anywhere

By Kelly Wright

Editor

Yes, you heard right. "He" isn't going anywhere. Now you might be wondering, "Who is 'He'?" Well, you're about to find out.

You see, our Principal Jim Straw has been continually struggling with Hodgkin Lymphoma for almost a year now, and there has been some natural speculation as to whether or not he will return to his position.

"We want to give Mr. Straw more time to get healthy," Superintendent Randy Russell said. "One of his major goals is to be back on graduation day of this year. No one has been selected to replace him because the plan is to have him back next year."

With that said, it's probably safe to say that that speculation has been laid to rest. However, that doesn't mean he has an easy path back.

"He still has a long road to recovery," Russell said. "There was a point when Mr. Straw was the sickest patient in all of St. Luke's. They call him the miracle man over there just because of the fact that he's at St. Luke's Rehab Center."

And as with everyone associated with our school district, we are all in support of our princi-



the miracle man over there just because of the fact that he's at St. Luke's Rehab Center."

Jim Straw, accompanied by daughter Alisha, visited FHS to accept a check for \$2,930.55 raised the student body. Straw recieved a standing ovation as he walked in on his own.

pal, but we're not the only district behind him.

"When Medical Lake came out here to play us in basketball [Jan. 6] everyone on their team had Mr. Straw's initials written on their uniforms, and the whole district has voiced their support," Russell explained.

All that's great, but it obviously hasn't been 100% peaches n' cream for the man fighting for his life.

"I was with Mr. Straw the day he almost died," Russell said. "He was fading in and out."

But thankfully, something or someone up in the sky gave him another chance. According to Russell, Straw has said that he has been given a second chance on life.

And with Straw currently on the sidelines, the only remaining question left is whom will be in action for the time being.

"Mr. [Harry] Amend will be the acting principal for the remainder of the year," Russell said. "He and Mr. Parisotto will each do it a couple days a week."

Russell has also stated that Amend is open to returning for a part of next year at the same position if Straw takes a bit more time to return than his expected goal of graduation day.



The boys basketball team dedicated their West Valley district win to Jim Straw who was healthy enough to join them there, and went to Yakima to cheer them onto their 2nd place finish in state.





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A little reminder for the year

By Savannah Sousa Staff Writer

This past year, we have struggled as a country to realize what really matters in life. We have been caught up in the politics of the world and not really focusing on what truly matters. In the coming year, we all need to step back and stop being so politically correct and look at what really matters. Which is love and happiness.

I know that some of our leaders today aren't showing us the best example of this, but we need to look to ourselves to help a change come.

A lot of people know that I support Trump and his opinion on a lot of things. But, I don't always agree with the way he treats people in general. Last year at one of the Republican debates, he called all Latinos rapists, murders and criminals. This is definitely not true. I know a lot of very nice Latinos that do nothing of the sort. This sort of thing can stop right here with us. We need to stop stereotyping people and races into certain boxes just because we've seen a few do something wrong or unjust.

We also need to stop saying that all people of the Muslim religion are Islamic radicals or ISIS members that are going to bomb our country. Even though we have seen a lot of cases over the past couple of years of radicals blowing up our world, it doesn't mean all of them are

Also on the other side of that, we need to stop putting everyone in metaphorical baskets. We are all not the same. Last year, when Hilary Clinton called half of President Trump's supporters "deplorable," a lot of people were really offended. Even though she later said that she regretted making the comment, she still needed to stop speaking without thinking.

We need to show each other love and peace, not violence. We need to stop hurting each other and being disgusting human beings just because someone else has a different viewpoint, ethnicity or religion. We need to start being more loving and kind towards each other.

We also need to stop hating on refugees. They come to America with nothing, and we treat them like the scum of the earth. We need to welcome them with open arms. Last year, I went to the National Refugee Day downtown. All of these refugees from Spokane came and showed us their culture and some of the food that comes from their country. It was amazing seeing that, although they came from horrible situations, they were able to share their culture with us. We need to extend the same love that they give us towards them.

We can help them out, too. If you have any new or gently used clothing that you'd like to donate, it can be used to help refugees in Spokane during their adjustment to life in America. If you would like to volunteer to work with refugees (or just check it out), you can go to www. WorldReliefspokane.org.

It doesn't matter who our leaders are, we all need to follow the golden rule. Whenever we see or hear someone being nasty or rude to someone else, please stop them and tell them to knock it off because that isn't how we should be treating each other. This year — especially this year — we need to be more loving, kind and positive towards each other. Remember to always treat people the way you would want to be treated.



President Donald Trump and Secretary of Education Betsey DeVos pose with two students from Saint Andrews Catholic school on Friday, March 3.





All-State Choir was a success for the Scotties

By Mariah Lindsley
Staff Writer

The Washington Music Educators Association or WMEA holds All-State, a large group choir opportunity for High School who audition and are accepted into the program. Choir teacher Renee Honn, through a lot of preparation, was able to bring seniors Tori Wagner (for her fourth time) and Jaron Cantrell (for his first time) to All-State in February. Overall, both Wagner and Cantrell performed beautifully.

Tori Wagner

Lindsley: When did you first start singing?

Wagner: When I was in the 2nd or 3rd grade. I had my very first solo and it was adorable.

Lindsley: Where did you get the idea for All-State?

Wagner: My freshman year, Mrs. Garcia thought I would enjoy it.

Lindsley: What was your favorite year to compete?

Wagner: My sophomore year. The instructor had a composer friend who wrote us a song to perform, then they autographed it.

Lindsley: What were you looking forward to this year?

Wagner: I'm looking forward to performing with all of the other talented stu-

dents.

Lindsley: What did you have to do to prepare?

Wagner: I listened to part tracks everywhere and all the time.

Lindsley: How do you believe the choir did as a whole this year?

Wagner: I believe we did really good. The performance went really well and the songs sounded beautiful.

Jaron Cantrell

Lindsley: When did you first start singing?

Cantrell: When I was little. Either 4 or 5 years

Lindsley: Did you think that you would be accepted into the All-State Competition?

Cantrell: At the time I was sick with Bronchitis. So, I was really unsure about my audition.

Lindsley: How did you prepare?

Cantrell: I practiced every night from the All-State website.

Lindsley: What are some of your expectations for this year?

Cantrell: I hope first just to have fun. I also expect to learn how to perform in front of a large audience and to learn good stage presence.

Lindsley: Were you nervous or excited for the competition?

Cantrell: I was kind of nervous. All the family from my dad's side was there to watch it. But other than that, I'm excited.

Freeman's Got Talent - the choir ensemble sings around town

By Riley Mcluskie Staff Writer

Freeman's very own Choir Ensemble consists of seniors Hailey Conklin, Tori Wagner and Mariah Lindsley, junior Hannah Vetter, and sophomores Melanie Fagan, Makayla Bjornstad, Kaitlyn Strahl and Loryn Wagner.

Saturday, January 28, they competed against other ensemble groups at West Valley HS and were critiqued by judges.

"We started on the Veteran's Day assembly in October and the first time we performed was in November," senior Hailey Conklin.

The group went to the Solo and Ensemble competition where they competed in the large group category, because they had more than six people. They performed *Seal Lullaby* by Eric Whitacre.

Monday, February 13, the group went to the Lions Club event and sang *Stars*.

"We have rehearsal every morning at 7:30 for the small group just in case Mrs. Honn finds anything that we can perform at," Lindsley said.



Tori Wagner, Hailey Conklin, Kaitlyn Strahl, Brianna Miller, Mariah Lindsley, Melanie Fagan, Makayla Bjornstad and Hannah Vetter have been competing this spring as part of the Choir Ensemble group. (Not pictured: Loryn Wagner)

Change to the one lunch schedule popular with student body



One lunch has created longer lunch lines, but students have learned how to get through them fairly quickly. The trade-off of getting to have a Scottie Break and having lunch with their friends seems to be worth the extra time in line.

By Riley McLuskie Staff Writer

Traditionally, the high school has had two lunches, but this year it has tried out the new one lunch schedule. Having one lunch allows a Scottie Break in the schedule. The change has been positive for many students.

"I like it, because I can eat with all my friends," senior Maridi Folsom said. "The lunch lines are a lot longer though."

There have been some good outcomes from only having one lunch, such as everyone is able to eat with all of their friends.

"I didn't like having three classes after lunch, and so I like the new schedule," senior Stacy Johnson said.

Most students like having a Scottie Break as well.

"I love having Scottie Break because I like having a break after every two periods," junior Emma Stevens said.

Director of Nutrition Marci McGill said that she likes having the one lunch schedule better than two.

"I like the one lunch schedule because it allows students to have a mid-morning refueling break so that they can focus better in their classes and do better in sports," McGill said. "Having the one lunch schedule more than doubled the breakfast participa-

Some movies are corny on purpose, but La La Land is in all the wrong places.

By Heather Bykerk Staff Writer

Mia (Emma Stone), a wanna-be actress, meets Sebastian (Ryan Gosling), a jazz musician, in the city that kills dreams- modern day Los Angeles.

Mia has been in LA for six years trying to follow her dream of being an actress. One day, her friends convince her to come along with them to a party where she meets Sebastian. Sebastian is a jazz musician who has dreams of opening his own jazz-themed café.

The movie takes us through the year of their once-in-a-lifetime relationship. Then, randomly, jumps five years forward to show where the two ended up after Mia got a role in a movie filming in Paris.

All in all, I found the plot line to be very confusing and a little strange. The plot line skips all over the place through the course of the movie. This movie was really corny and seemed like something a child dreamed up in the night. Mia and Sebastian were flying in a science museum, and tap-dancing in the road. It just seemed a little too childlike.



Mia (Stone) and Sebastian (Gosling) break into a dance number overlooking LA while he helps her find her car after a party.

Books to watch out for in spring 2017

By Savannah Sousa Staff Writer

The good news: there is almost no way 2017 can be as bad as 2016. The even better news: new books are popping out everywhere. Book nerds get ready to plunge back into some of your favorite book worlds! So maybe if your life isn't at its best moments right now, you can escape into someone else's

There are tons of new books out this spring. We do have some series ending and some new ones beginning, which are always fun. I would strongly suggest binge reading (or listening to) some of the past books to some of the series featured here because they are HIGHLY addictive. Here are five handpicked releases to look out for in the spring.

1. *Carve the Mark* by Veronica Roth (author

CARVE

of the *Divergent* series): This book is already out on the shelves, but it is sure to be a good read for sci-fi lovers.

Synopsis (BN.com): On a planet where violence and vengeance rule, in a galaxy where some are favored by fate, every-

one develops a current gift, a unique power meant to shape the future. While most benefit from their current gifts, Akos and Cyra do not—their gifts make them vulnerable to others' control. Can they reclaim their gifts, their fates, and their lives, and reset the balance of power in this world?

Recommendation: This book just came out and I have not come across anyone that has read the book but its supposed to be very good.

2. Lord of Shadows by Cassandra Clare

(book #2 in the Dark Artifices Series):

Synopsis: Emma Carstairs has finally avenged her parents. She thought she'd be at peace. But, she is anything but calm. Torn between her desire for her parabatai Julian and her desire



to protect him from the brutal consequences of a boy she once loved, of parabatai relationships, she has begun dating his brother Mark. But Mark has spent the past five years trapped in Faerie; can he ever truly be a Shadowhunter again?

Recommendation: "I've been waiting for this book for a whole year, I just love Clare's books," said sophomore Hannah Pylant, a member of the Literature Circle.

3. Always and Forever, Lara Jean by Jenny Han (book #3 in the To all the Boys I've Loved

JENNY HAN

Before Series): This book is one of the most always anticipated reads of the year. Han returns with the last book of Lara Jean's story.

Synopsis: Lara Jean is having the best senior year a girl could ever hope for. She is headover-heels in love with

her boyfriend, Peter, her dad's finally getting remarried to their next door neighbor, Ms. Rothschild, and Margot's coming home for the summer just in time for the wedding. But change is looming on the horizon. And while Lara Jean is having fun and keeping busy helping plan her father's wedding, she can't ignore the big life decisions she has to make. Most pressingly, where she wants to go to college and what that means for her relationship with Peter. She watched her sister Margot go through these growing pains. Now Lara Jean's the one who'll be graduating high school and leaving for college and leaving her family—and possibly the boy she loves-behind.

Recommendation: I, personally, have read the two books prior to this book release. The books are really good if you want a feel-good romance. It is nice and fluffy, but it does have a tiny love triangle.

4. King's Cage by Victoria Aveyard (book #3 in the Red Queen series): In this breathless third installment to Victoria Aveyard's bestselling Red Queen series, allegiances are tested on every side. And when the lightning the rebellion?

Synopsis: Mare Barrow is a prisoner, powerless without her lightning, tormented by her lethal mistakes. She lives at the mercy

a boy made of lies and betrayal. Now a king, Maven Calore continues weaving his dead mother's web in an attempt to maintain control over his country—and his prisoner.

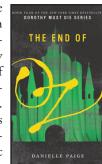


librarian Cis Hyndman said that she is very excited for this release. She also says that she knows that some of the book club members are also very pumped for this next edition in the series. I just finished the first book in the series, and I'm in love. Highly recommend if you love fantasy and adventure with a little dab of romance.

5. The End of Oz by Danielle Paige (book #4 in the *Dorothy Must Die* series):

Synopsis: My name is Amy Gumm. You

might remember me as the other girl from Kansas. When a tornado swept me away to the magical land of Oz, I was given a mission: Dorothy must die. That's right, everyone's favorite Wicked-Witchslayer had let the magic of Oz corrupt her. She

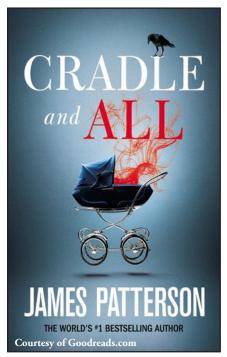


turned evil. So I killed her. But just when we thought it was safe to start rebuilding the damaged land of Oz, we were betrayed. Now I'm following the Road of Yellow Brick as it helps me escape toward the mysterious land of Ev, where the Nome King rules a bleak and angry world. And what I'm about to find is shocking: My original mission may not have been successful. I thought my job was over, but it's only just beginning. And it's up to me to foil Dorothy's plans for revengeand finally save the land I've come to love.

Recommendation: Junior Jared Lara said that he read the first book and thought it was really good and he highly recommends. "It was a different but in a good way." English teacher Pia Longinotti has loved the series girl's spark is gone, who will light the way for so far. "The flipped version of Oz where the good becomes bad and vice-versa is an enthralling place to visit!" Longinotti said. "The Dorothy Must Die series is a great read."

All photos courtesy of goodreads.com

Cradle and All sure to satisfy Patterson fans



By Sydney Warrick Staff Writer

Author James Patterson has come out with another new book that won't disappoint his fans.

In Boston, a young woman finds herself pregnant even though she is still a virgin. In Ireland, another woman also believes she has the same impossible con-

All around the world, medical authorities are overwhelmed by epidemics, droughts, famines, floods, and worse.

Anne Fitzgerald, a former nunturned-private-investigator, is hired by the Archdiocese of Boston to investigate the immaculate conceptions.

When she comes to care about the

two young women, she realizes they both are in great danger. Anne will discover the truth to save them, herself and all of

If you happen to like James Patterson novels, than this is right up your alley. If you're into the action-packed mysteries, this book is definitely for you.

If you aren't a Patterson fan though, then you may want to pass on Cradle and All. I thought the book was okay. It got a little confusing at some parts, and the characters were not very bold to me, they didn't really stand out.

Overall, I think you'd like this book if you are drawn to Patterson or mystery novels, but if not, I'd pass and find something else to pass your time with.

A Dog's Purpose will tug at your heartstrings

By Sydney Warrick Staff Writer

This movie shares the soulful and surprising story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love.

The beginning of the story takes place in kind of a small town, where there is lots of space and fields for the dog, Bailey (voiced by Josh Gad), who runs around. After Bailey has had his last moment's he wakes up as a new dog even a new purpose, after going through this a couple times he returns to his owner from when he was a kid, Ethan (Dennis Quaid).

This also has a bit of romance throughout the story. It was really creative how it ended up as a loop and Bailey ended with up back with Ethan, if you have not seen this film, I would highly recommend it. A Dog's Purpose would be great for all ages. Rating: 9/10



An adult Ethan (Dennis Quaid) reconnects with his former dog Bailey (voiced by Josh Gad) years later when Bailey reincarnates into a new dog.

Nees brings home the gold

By Grace Holt Staff Writer

Junior Hunter Nees has been wrestling since he was six years old. Nees started his High School wrestling career in 2015 with a record of 33-10. Nees placed 8th at State his freshman year, and helped contribute to the wrestling team as they beat Colville to become 1A State Champs.

A year later, Nees' season ended early when he unexpectedly tore his meniscus in his left knee during a practice. A torn meniscus is known as a common knee injury in athletes. Nees had emergency surgery to repair his knee and was told by the doctor



Nees is declared state champion over Everett Pierce from Deer Park in the 113-pound weight class, winning with a 1-0 decision.

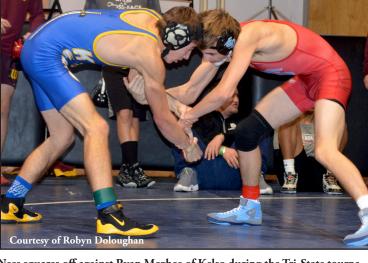
that there was no chance that he would be able to wrestle his sophomore season. Assistant wrestling coach Matt Smith said everyone was sad at first, but were still very supportive.

Nees was cleared to wrestle one week before the district tournament. He advanced through the district and regional tourna-

ments, finishing his sophomore season fifth

This year, Nees went 47-5. According to Nees, he felt this was his year but did not want to look too far ahead and take it one match at a time.

"I felt that my biggest competitor was myself because I knew I'm capable of beating anybody I wrestled."



Nees squares off against Ryan Mcghee of Kelso during the Tri-State tourna-

The beginning of this season, Nees was wrestling at his weight class of 120 and went down to 113 for post season. After winning both his district and regional tournaments, Nees earned the first seed going into the State 1A Tournament in Tacoma. Nees won all four matches at State, and is the 2017 113-pound State Champ. He credits his successful season to God, his coaches, his teammates and his family.

Some good things just have to come to an end

By Grace Holt Staff writer

Senior cheer captain Morgan Lang has been cheering ever since her freshman year, and it has slowly come to an end.

"It has been such a blessing to be able to cheer throughout high school," Lang said. "I have loved getting to support all of the sports teams and cheer them on. I wouldn't trade this experience for anything."

Morgan's mom and both older sisters cheered in high school, so she decided to try it. She was nervous her first year, but through the years, she's grown a strong passion for it and has learned to have fun with it.

"The first time I ever tried out, I was shaking!" Lang said. "But each time it's gotten easier though, and I've just learned to Courtesy of Courtney Setter have fun with it."



Sisters, Morgan and Jordan Lang, stand for a For the past two years Lang has had the picture together in their cheer uniforms.

opportunity to get to cheer with her younger sister, Jordan. Morgan was a junior when Jordan was coming into high school as a fresh-

"Having my sister cheer with me is one of my favorite things," she said. "She brings so much joy to the team daily and embraces everyone for who they are."

Not only has she had the opportunity to cheer with her younger sister, but her mom, Barb LaShaw, has been the cheer coach for the past four years and loves it.

"Having my mother as a coach, it's allowed me to see my mom as not only a mother figure but also as a coach figure," Lang said. "She has been such an amazing supporter through all 4 years, and I am so grateful for that."

Now that cheer is over, Lang plans to go to college at Eastern Washington University and possibly major in occupational therapy.

Crosswhite takes the ball

By Mariah Lindsley Staff Writer

Senior Cassidy Crosswhite has played basketball all through high school and loves every everything about it, from the teammates to the competition of the game.

"Before each game, there's an adrenaline rush," Crosswhite said. "Once the game begins, it's so exciting. And when we start working together as a team, there isn't a feeling like it."

While the girls season ended a little earlier then they hoped, Crosswhite enjoyed her senior season.

"Either way—if we win or lose—it's still rewarding," Crosswhite said.

Crosswhite absolutely loves the team and the new head coach Aaron McLean.

"Coach is very energetic and passionate and motivates the team in a positive way," Crosswhite said. "I like him a lot."

As a senior, she has received a scholarship to play soccer for Pacific Lutheran University, just outside of Tacoma.

"I chose to go off to play soccer because I'm more experienced in it," Crosswhite said. "I don't think I would be as excited as I am for next year if I were going to play basketball at college. I think I'll enjoy playing soccer way more. Soccer is my overall favorite sport."

When asked how excited she was to go off and play soccer in college –on a 1-10 scale--she quickly answered "10/10" for the coming year.



Cassidy Crosswhite shoots a jumper while her teammates look on.

Coumont plays it cool (sometimes)

By Kelly Wright Editor

I grew up in a basketball family," junior Michael Coumont says. "I've worked really hard to get where I'm at. I've played basketball since third grade"

And worked hard he has. Coumont has been on the forefront of the last two 2nd place teams. That's great and all, but Coumont isn't satisfied.

Growing up I've always wanted to [win a state championship]," Coumont said. "The team wasn't very good for a while, and a state ring would be cool."

Now shifting away from the oh-socloseness of second place, there are more than plenty of good things to talk about when it comes to the Scottie phenom.

"[I'm really good at] knowing my role when needed," Coumont explained, "finding open players at the right time."

It also doesn't hurt that those players Coumont finds are always behind him and each other.

"We have good team chemistry," he said. "Everyone has each other's back."

enal chemistry, Coumont doesn't think game against Lakeside.

a whole lot about his dunking ability, which is almost up to par with that chemistry.

"I mean two points is two points," Coumont said. "I'm just focused on getting back on defense."

And according to Coumont, he needs to



Unlike that of his team's phenom- Michael Coumont goes up for a tough layin at FHS's home

focus even more on that defense.

"[I need to improve] my on-ball defense, moving my feet back & forth and shuffling."

Aside from athletic ability and X's and O's of basketball, there is one thing that you, yes, you, can help M.C. with, regardless of whether you know him or not.

> "We feed off the home crowd," Coumont said. "Seriously the best. Gets the blood pumping."

> And you know who else gets the blood pumping? You may or may not have guessed right, but the answer is assistant coaches Kyle Olson and Doug

> "They know what they're talking about," Coumont explained. "They bring a lot of the fire when the intensity

> And now it's time to go back to that basketball family you are so eager to know about.

According to Coumont, that basketball family mainly comes from his grandpa's play at LC State. Coumont also said that a lot of his family used to play but just ended up quitting the