

# The Bagpiper

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Reporting Freeman's news since 2009

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## How are snow days and late start days determined?

By Kaylie Smith

Staff Writer

Have you ever thought about what goes into determining whether or not to have a late start or a snow day? When we think of a snow day, we think of a day where school was scheduled, but the winter weather forces school to be cancelled. Late starts, on the other hand, allow us to sleep in a bit because the roads need more time to be made safe so we can slowly make our way to school.

What we don't realize is that a lot goes into determining which one to go with. Superintendent Randy Russell is the man who decides whether or not FSD has a late start or snow day.

It is quite a process to decide to have our school schedule al-

tered due to either. Russell works with the Transportation department and Custodial Maintenance and Grounds department, as well as the Spokane County Sheriff's Department to make that decision.

When school starts, there's a 24-hour clock that is used for school the next day. This clock is used to look at weather, road conditions, and bus routes. Freeman's team of Everett Combs, Char Trejbal and Kirk Lally drive out every morning to make sure that the bus routes are safe for travel.

"You're gathering all of this information from all of these pieces in this 24-hour clock, and you're deciding

'Can we run bus routes? Can we get kids here safely? Can staff get here?'" Russell explained. "There's probably fifty things that go into making a decision."

The team gets on the phone with each other in the morning, and walk through what's safe and what's not. At last, they make a team decision on what they want to do, and it's usually at about 5:30am. Sometimes they do a late start, and then it turns into a snow day!

Russell said that he would personally rather have a late start than a snow day because, although we have built in snow days in our calendar, people sometimes make

plans or decide to travel on those days.

"I personally think that it's better for students, staff, and parents because if you have a snow day all the people that are working have to find a way to take care of their kids if they can't take care of themselves," Russell said.

The best thing that all kids can do in the event of a late start is delete take their time coming to school. If it takes you around ten minutes to get to the school, leave your house in the mindset that it will probably take twice that amount of time for you to get to school. Give yourself plenty of time so that you make it to school safely.

"We're always going to take precaution on the side of safety," Russell stated.



Courtesy spectrumlocalnews.com

## How does caffeine affect teenagers?

By Jasmine Seal

Staff Writer

It is common for teens and adults to drink coffee, energy drinks, and other caffeinated beverages on a regular basis. A survey of 51 Freeman students found that 22% of the students never drank caffeine, 39% had it once a day, 27% only had it occasionally, and 12% had more than three caffeinated drinks a day.

Caffeine stimulates the nervous system, causing increased alertness and a temporary boost in energy and mood. However, according to Amy Morin on verywell.com, the most common side effects of caffeine consumption are insomnia, restlessness, irritability, fast heartbeat, muscle tremors, nervousness, upset stomach, headaches, difficulty concentrating, and increased blood pressure. Kids and adolescents can be more sensitive to these effects.

"Caffeine is a drug that is naturally produced in the leaves and seeds of many plants," kidshealth.org reported. "It's also produced artificially and added to certain foods."

Adults can safely have up to 400 mg of caffeine per day, but the American Academy of Pediatrics suggests that adolescents ages 12 to 18 should cap daily caffeine intake at 100 mg.

A 16 oz. Monster energy drink has 160 mg of caffeine. A 12 oz. Mountain Dew has 55 mg of caffeine. 5 oz. of drip coffee has about 115 mg, 1 ounce of dark chocolate has 20 mg of caffeine.

"Individuals can develop a tolerance to caffeine, needing higher amounts to achieve the same alertness," said Kevin Joy at Michigan Health. People that have coffee or energy drinks regularly can experience caffeine withdrawal symptoms when they stop. These include headaches, irritability, and drowsiness.

If you are concerned about your caffeine

consumption, cutting back your intake slowly can help ease withdrawal symptoms. You could try to replace caffeinated sodas and coffee with water, decaf coffee, and caffeine-free teas and sodas.

Nutrition, exercise, and sleep are better alternatives to caffeine, but everyone can still enjoy it in moderation.



By Jasmine Seal

The Dawghouse serves coffee before school.



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# Winter's wake up call

By Jiselle Farrow  
Staff Writer

This year, February alone had some of the most brutal weather in 2019. With a total of 29.8 inches, it became the second-highest snowfall record in Spokane for the month of February, the highest being a whopping 39.6 inches back in 1893.

Winter didn't truly show its true colors until mid-February with all the white snow you come to think of during winter. Before February there was only a small snowfall in December and early January, so it came as a big surprise to everyone.

Now in the Freeman School District it's been no easy winter either, roads becoming icy and covered entirely in snow. Though the district has only given out a few late starts, they were able to avoid having a snow day due to the terrible conditions unlike almost all the other schools in the Spokane area many of which had to cancel up to an entire week.

There were several students who had trouble getting to school due to the roads being blocked with so much snow.

"I was stuck at my house for about 17 and a half days due to the amount of snow we had at my house," freshman Phillip Poso said. "I couldn't really do much of anything. It took 5 hours for the snow plow to remove the snow from our driveway. This isn't the first time it's happened either, there were two other times, but by far, this was the worse yet."

In late March, the snow had almost melted away and cleared the roads, but it melted all too quick and caused a smaller problem of its own. The dirt roads that were once solid because of the cold, became muddy and full of potholes because of the roads loosening up. Also the runoff from the snow was so much, it flooded the ditches beside the roads.

Compared to the Midwest of the country, we have it easier on that scale. In states like Michigan and Missouri, it's a historical flood and families have been devastated because of its destruction.



By Jiselle Farrow

**Heavy fog on a muddy road in the Freeman school district**



By Jiselle Farrow

**Dewdrops on some grass from the early morning in late March**

# Breaking down gender barriers in STEM

By Sydney McLean  
Staff Writer

The barriers between women and science, technology, engineering, and math (STEM) careers are built up from centuries of oppression. Chains of doubt, shackles of expectation, and the fear of judgement that all women face weigh down opportunities for change. The overwhelming feeling of constantly being overlooked is ever present for women trying to get involved in a STEM career.

"The stereotypes defining women are embedded in society," English teacher Pia Longinotti said. "The opportunities for women are not always equal."

A TMS journalist found that since 2001, women have been receiving half of all science and engineering bachelor's degrees, yet the employment numbers for those doctorate holders are less than 26 percent.

"Stereotype threat is a compelling explanation for why women remain underrepresented in STEM fields," American Association of University Women (AAUW) stated.

Their analysis of the gender gap in STEM fields have shown that women feel



By Pia Longinotti

**Nurse Practitioner Katie Longinotti discussed options in nursing with interested students during the March Women in the Workforce luncheon.**

extra cognitive burden when faced with challenges involving a stereotype that falsely references their inability to perform a task.

The Association for Women in Science (AWIS) is a global network that promotes equality in STEM and helps qualified women find a place in male dominated fields. For example, their website, [awis.associationcareer-network.org](http://awis.associationcareer-network.org), is a platform that allows users to search and explore jobs by location

and industry. They also advertise many national conferences for student leaders and educators to learn more about the gender gap in STEM careers.

Similarly, Longinotti has started a new lunchtime speaker series for high school girls introducing highly sought after jobs that female stu-

dents might be interested in.

"My main goal for the Women in the Workforce series is to focus on underrepresented careers that students might have an interest in," Longinotti explained.

The spotlighted job will be different every month, each presented by a qualified female expert. Science, nursing, business, military and engineering will all be introduced, but the schedule is also open for suggestions.

The guest speaker for the month of March was Nurse Practitioner Katie Longinotti. She laid out the exciting benefits of travel nursing, the variety of jobs available, and the variety of routes someone could take to become a nurse. She also mentioned the hardships that the female-dominated field presents.

"Nursing has been historically underpaid," Katie said. "As we have these conversations, I hope that we start to change those biases against women and pay them what they are valued."

The world is changing, and it's time for our mindsets to change too.

"We're really trying to change the engrained stereotypes that women face," Pia said. "I hope that this will allow our girls to see that women can be successful in STEM fields and other career fields of their choice."



Courtesy Darby McLean

**CEO and bioware scientist Darby McLean works in her company's lab.**



# How are the old rules helping our school?

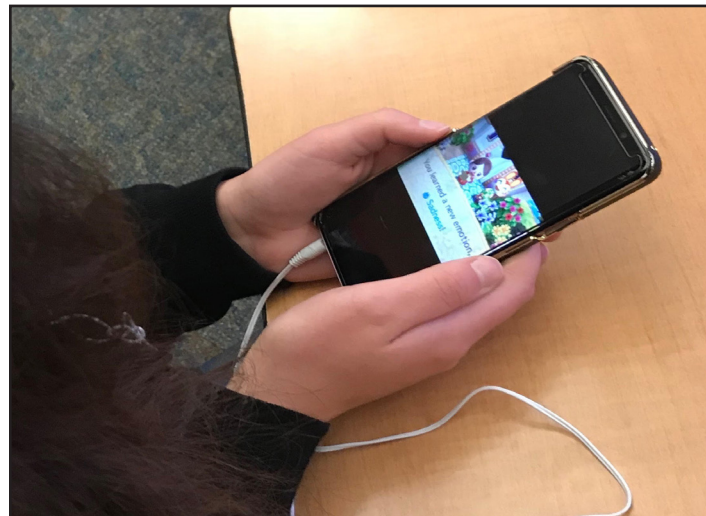
By Bailey Swanson  
Staff Writer

Did enforcing the old rules really help our high school? At the beginning of semester two, the High School staff decided to enforce a few of the old rules. According to Principal Renee Bailey, the rules were enforced because of teacher request.

One thing that was enforced was cell phone usage. Bailey thought it would be better if “every teacher had the same rules for phones” since it would make it easier to understand. The phone rules were that every classroom has a phone sign, and when the sign in flipped to ‘yes’ you can use your phone, and when it is on ‘no’ you can’t use your phone. If you are using your phone during a no phone time, your phone is immediately taken to the office.

Another rule emphasis is the hoodie and hats rule. Students can no longer have hoodies up during school time and hats cannot cover their ears. This is because they had a growing problem with AirPods. Freshman science and math teacher Angela Frye said that the “hoodie rule is the hardest one to maintain, but it has been getting better with time.

One of the more controversial rules was the bathroom rule. Every student gets three different passes in each class to go to the bathroom and it also has to fit in the 10/10 rule. Students were worried that they wouldn’t have enough time to go to the bathroom in a day.



By Bailey Swanson

Student uses phone in class.



By Bailey Swanson

The cellphone sign flipped to yes in Ms. Longinotti’s room.

“It’s not a huge deal but it can be a little inconvenient,” senior Melanie Fagan said.

One reason teachers wanted kids to stay in class was the vaping problem. A few students had been getting out of classes to smoke in hallways or bathrooms, and teachers wanted this to stop.

“Vaping has seemingly gone down but it definitely hasn’t stopped,” sophomore Paige Allen said. “It probably never will.”

The rule emphasis has had different impacts on different people. Some people think that the rules are useful, and some don’t.

“They’re impacting students, but not in a good way, they are rebelling,” freshman Hailey Fatheree said. “They just don’t want to go by the new rules. A lot of people make comments and exaggerate by calling each other out.”

Some people were or are still worried about this. Students will seemingly always find a way around the rules, and problems in high school will never truly stop. There will always be someone trying to fight them, but it seems like the rule emphasis has improved Freeman at least a little bit.

“A lot of people don’t like them, but I think it is minimizing the problem,” junior Kylie Nelson said. “It’s a stepping stone to getting better.”

# Are Freeman students addicted to technology?

By Ronni Keizer  
Staff Writer

In America, we have been incredibly progressive in our advancement of technology. This is increasingly beneficial for medicine, space travel, and other scientific discoveries.

Unfortunately, the mobile devices so many people have for personal use can often hinder more than help. A disconnect from social interactions in real life are caused by staring at a screen, talking through the tech because it’s easier than meeting up with someone in person, and having unrealistic expectations of life because of the picture social media paints.

I often find myself guilty of spending too much time on my phone or computer, and I was wondering if other students spent as much time using technology as I do.

When asked how many hours a day he spends on his phone, sophomore Drew Schmick said “probably six hours a day.”

Other students I talked to had similar answers to Schmick’s.

“Eight hours at least,” freshman Sianna Gilbert said.

Social media apps are especially popular with Generation Z and the Millennial aged students.

“Snapchat [is my favorite] because I talk to people on it constantly,” senior Hope Garlick said.

Garlick is not alone in favoring this social media platform for its communication efficiency. Gilbert also said Snapchat was her favorite because “I contact all my friends on it.”

Another popularly used app is YouTube which seems to be even more popular than television.

“YouTube because it’s like a black hole,” sophomore Tate Waite said of his most frequented app.

Waite said that he didn’t watch more than three hours a week of television or Netflix.

“I watch YouTube way more,” Waite said.

It’s apparent that I’m not alone in constantly surrounding myself in technology. I would even go as far as saying I am addicted to it, which can cause many social miscommunications.

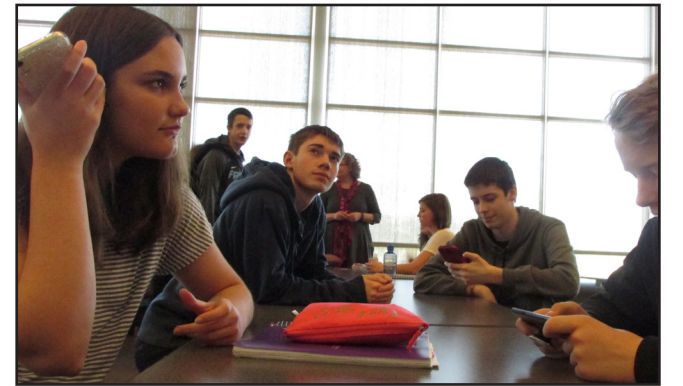
The disconnect between face-to-face communication is real because of this technology. Technology seems to create a blockade for having genuine conversations and connections.

“It’s all through a phone so you don’t know what people are feeling or expressing,” Gilbert said.

Other students agreed with Gilbert and thought it hindered real life communication.

“It’s easier to text someone and not have to walk up to them in person,” Schmick said.

While some students have the same opinions as Gilbert and Schmick, others are



By Ronni Keizer

Students enjoy using their smart phones for entertainment.

on the other end of the spectrum.

“No because you can make plans with people to hang out,” Waite said on how using technology can help in-person connections.

Some students felt both ways on the subject,

“Sometimes [technology is helpful] because it connects friends and you can have real conversations through it, but if you don’t regulate yourself, then it interferes with the people in real life, right there,” Garlick said.

Technology can be used to connect people all around the globe, but we shouldn’t let it hinder our relationships. I challenge you to spend quality time with your friends and family without your phone and form bonds

over something other than technology.

“If technology is used correctly it can be beneficial, but you have to be focused on what’s happening now,” Waite said.



By Ronni Keizer

Tate Waite and Drew Schmick flex with their technology.



## Outstanding scholar Melanie Fagan receives high honor

By: Ronni Keizer  
Staff Writer

Every year seniors from 40 high schools across Spokane are selected by their teachers to be honored for their great academic achievements through the Spokane Scholars organization. These students will be recognized at a banquet on April 15 for their accomplishments in English, mathematics, fine arts, sciences, world languages, and social studies.

Not only will these students be recognized for their academics, but other benefits will also be rewarded based on their applications.

“At the banquet all the students are called forward for the English nomination and each scholar gets a medal,” guidance counselor Laura Hama said.

The Spokane Scholars give the best students a chance to receive scholarships as well.

“They award four scholarships per subject a \$1,000, \$2,000, \$3,000, and \$4,000 scholarship,” Hama said.

The application itself is based solely on academics.

“There is no community service or sports information, it’s purely on their merit,” Hama explained.

One of the students selected is senior Mel-



Courtesy Melanie Fagan

Melanie Fagan poses next to flowers for her senior pictures.

anie Fagan in English.

“The teachers select a student based on how much they have grown in their class, so Mrs. O’Connor picked me,” Fagan said.

Fagan has always been a good student and has kept her grades up throughout high school.

“She has consistently taken difficult classes and beyond getting good grades and performing exceptionally, she appreciates the art,” English teacher Kathryn O’Connor said.

O’Connor not only raves about how great Fagan is as a student.

“Plus, she’s a wonderful human who deserves recognition,” said O’Connor.

Fagan plans on attending Eastern Washington University next year and is interested in pursuing a career in English.

“I would like to be an English teacher,” Fagan said. “I think it’d be cool to be an author, too.”

Fagan loves everything about the subject of English.

“I like writing and reading because I like the thought process and the imagination behind it,” Fagan explained.

Fagan is excited about what her future holds, including college.

“I’m ready to expand the horizon of my own mind and expand my knowledge of the world we live in,” Fagan said.



By Ronni Keizer

Senior Melanie Fagan reading *Beowulf* in O’Connor’s English 170.

## Sorrel Aldendorf recovers from second hip surgery

By Landry Hawley  
Staff Writer

Sophomore Sorrel Aldendorf had her second hip implant in February when she had 6 medal rods implanted into her left hip. This is her second hip surgery in the past year. She has had a great start to her six-month recovery.

Aldendorf had to get surgery on both hips due to hip dysplasia.

Even though she had the two surgeries, Aldendorf will still need to get a full hip surgery later on in life.

Aldendorf said her recovery includes “8 weeks on crutches, 6 months no weight bearing activity, and a full hip replacement later in life.”

Having had surgery on both hips in the span of one year at such a young age has affected Aldendorf’s life at home and at school. She grew up being a star basketball player, but Aldendorf can’t play again until she’s had a full recovery.



Courtesy Sorrel Aldendorf

Sophomore Sorrel Aldendorf after she got out of hip surgery.

Aldendorf said.

Aldendorf said she “will be able to play sports in July or 6 months after my last surgery.”

Having surgery usually causes people to treat you different.

“After surgery, people treat me like I am fragile and am going to get hurt,” said Aldendorf, “or like I should be back to normal and able to do regular things that everyone can do.”

The doctor’s reactions were positive about her having to get surgery on both hips at 15 years-old.

“The doctor was happy about my age because of better recovery rates,” Aldendorf explained.

The surgery has given Aldendorf a new outlook.

“Surgery has affected my life by showing me what is truly important in life and also to not just be a basketball player but try new things and appreciate what I have right now,”

## Dawghouse keeps students happy and content

By Sydney McLean  
Staff Writer

The Dawghouse is a unique feature to our school that offers refreshments to students before school starts. There are a variety of drinks to choose from, all made by our wonderful student baristas.

“Every time I work, I get to have fun with my friends and make others happy,” said senior Josie Showalter, co-manager of the Dawghouse.

The baristas are free to create their own drinks as well as take suggestions from students.



By Sydney McLean



By Sydney McLean

Co-manager Josie Showalter makes an iced-vanilla latte.

which sponsors the Dawghouse, it does provide workers community service hours that can go towards graduation requirements. Every student needs at least 60 hours of community service before they graduate.

When asked what sparked the idea for a coffee stand, FBLA advisor Scott Moore laughed, “Everybody likes coffee.”

“I would recommend everyone trying it out because it’s super fun and you get great job experience,” Showalter encouraged.

Moore said that responsible students are

was so popular, was made a special.

“Everything is pretty much open to creativity,” senior co-manager Chloe Thosath added.

Though the money made at the coffee stand all goes to FBLA,

always welcome to apply for positions in the stand, even if they aren’t FBLA members.

“It looks really good on resumes,” Thosath said. “There’s no stress when you’re making drinks for your peers.”

To work at the Dawghouse, you must have a food handlers permit and be able to get to the school every morning at 7:30 ready to open the stand.

Showalter said that she hopes to be a barista in college and that the Dawghouse has given her the experience she needs to apply for a job.

“I had never thought about being a barista until someone asked if I wanted to start in the Dawghouse,” Showalter admits. “Now, I am so happy I did because it’d be a great job, and I really enjoy it.”



By Sydney McLean



# Finding dresses to meet your budget

By Sage Aldendorf  
Staff Writer

## \$ Free rentals

If your budget for prom is minimal or you're looking to save a ton of time and money, the Royal Closet has over 400 new and used dresses that they rent out. They carry sizes 0-24 and have tons of full clothing racks. Renting a dress is completely free with a recommended donation of a used dress. Lots of the dresses still even have their tags on! Whether you're into the big flowy ball gowns or the fitted mermaid style, the Royal Closet has it all.

Additionally, if you have used prom or homecoming dresses from previous years taking up space in your closet, you can donate or trade them in to borrow a new one. To schedule a fitting to try on dresses, you'll schedule an appointment at [www.daybreak-royalcloset.com](http://www.daybreak-royalcloset.com). The Royal Closet is located in Spokane at 960 E. 3rd. Ave.

This dress exchange is run through Daybreak Youth Services which is a non-profit organization that helps struggling teens with addiction and mental health. I even found my prom dress here for this year and am so thrilled I didn't have to spend all that money.

## \$\$ Under \$100

If you want to spend some money but still stay on a budget, [www.Lulus.com](http://www.Lulus.com) is a great online prom dress website that features hundreds of dresses under \$100. As an experienced customer, Lulus is definitely a trustworthy website. The dress I ordered last



By Sage Aldendorf

From left, freshmen girls Ashley Booker, Bailey Swanson, Peyton Campbell, Sydney Mclean, and Kaylie Smith.

year was quality material and arrived within a week. Clothing websites can be a great budget-friendly option; however, stay weary of untrusted ones that could potentially take too long to ship or send you something that looked nothing like the picture. Make sure you check the reviews of the website before you give out any personal information.

Department stores like Macy's, Sears, and JC Penny are also very convenient options when searching for an inexpensive prom dress. They can become your one stop shop for shoes, jewelry, and makeup as well. Though sometimes dress selection can be limited in bigger department stores, they're definitely worth a look!

## \$\$\$ Over \$200

Maybe you have a few hundred dollars to splurge on a brand new designer dress but aren't sure where to start. Spokane is filled with formal wear stores. A Finer Moment has thousands of designer gowns (6412 N Division St). The Prom Center at Bridal Collections is another good store (3131 N Division St). A local favorite you might be familiar with is Finders Keepers (18 W. Main). You can also check them out on their Instagram page @finderskeepers2.

Dress shopping can be stressful, so go with friends and make it a memorable experience!

# Where to get tuxedos at a discount

By Loryn Wagner  
Staff Writer

## Men's Wearhouse

If you're looking for a great place to rent a tux, Men's Wearhouse is the place to go. They have tux rental packages starting from only \$99.99! When you go onto the website, you can get \$40 off almost all tux and suit rental

packagers plus an additional 40% off. **Bridal Collections**

If you're looking for a great deal, Bridal Collections is a great choice! If you enter the code "RB600" at checkout, you can 10% off or \$40.00 off.

## A deal at Penney's!

Inexpensive is what we all hope for during prom season, but it's hard to find. At

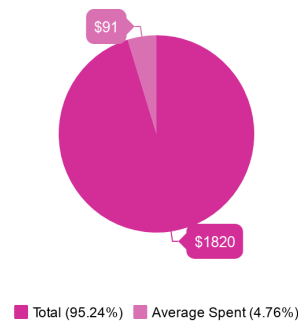
JCPenney's you can get a great deal for purchasing tuxes!

There are currently 193 stylish options on sale right now that you can grab. Items range from dress shirts, cufflinks, to suit jackets and ties.

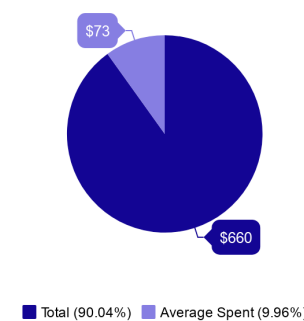
JCPenney has jackets, bow ties, ties, cufflinks, slacks, shoes, undershirts, and all you can think of for cheap.

# What Freeman seniors spent on Prom

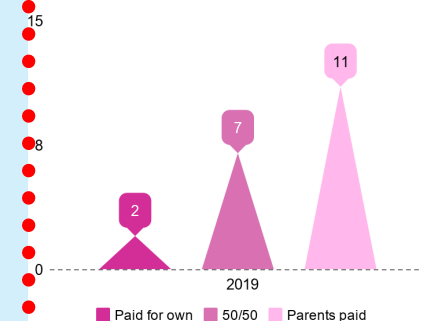
Ladies Average



Gents' Average



Ladies Payment



Gentlemen's Payment

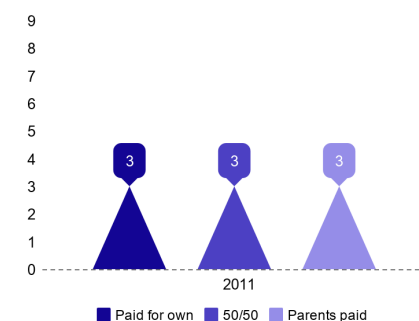


Chart created with Piktochart.com

# Need a prom dinner idea?

By Loryn Wagner  
Staff Writer

If you're looking to save money on prom, cooking at home is the way to go. It's inexpensive, you can have friends over for dinner, and you pick the menu. However, if you and your group are looking to go out to eat, here are some inexpensive options.

If you're looking for Chinese food, Happiness on East Sprague Avenue is the way to go. They have a wide variety of lo mein, and their "Chinese restaurant is known for its modern interpretation of classic dishes and its insistence on only using high quality fresh ingredients." according to their website, [happineschinese-spokane.com](http://happineschinese-spokane.com).

However, if you're looking for a more casual setting, Mod Pizza is the way to go. You get to customize your own pizza, with friendly staff, all while sitting in a casual atmosphere with your friends and family.

Ferraro's Restaurant on East Sprague Avenue's price is a little up there, but it's totally worth it. It has a regal, family feel to it, that makes you feel welcome.



Courtesy Eric Castanos, Flickr.com

Employees talking to one another at the Phoenix Elite Event at MOD Pizza SanTan.

# Review: Skip the 'Plan It Prom' app

By Loryn Wagner  
Staff Writer

**Site's Star Rating:** Not enough reviews (bad start). This app crashed on me when I was entering my shoe budget and again when I tried entering my restaurant budget. This app could be useful if you can't just budget on your "notes" app on your phone, or a piece of paper.

**Instructions, helpful or not?:** The instructions aren't very informative; they assume you know how to enter numbers into the columns. There was a typo in the instructions, "Enter your budget and costs and frequently monitor you Budget Meter."

**Calculator:** The calculator is handy because it calculates the tax rate with the price on the price tag, and has a discount/coupon and tip column to calculate for you so you don't have to do it on your phone, and it gives you the amount you will have to pay. This app also has a "Buying on Credit?" section with the item cost and your interest rates and calculates it for you, and gives you what the interest cost will be the third, sixth, and twelfth months of not paying the credit card bill. Their warning, "If you do not pay off your credit balance every month, you will need to pay interest on your purchases. Below is the total cost of your purchase if you wait to 3 months, 6 months, or 12 months to pay it off in full."

**Budgeting Part:** It's not that bad; you get to add in what you think you'll pay, and what it actually ends up being and keeps track of it above with a meter.

**Tips:** Pretty generic, you'd find these tips on the internet. It says that you should do your own makeup, hair, and nails, and states that you should buy your shoes on a site called "Zappos". It says to rent accessories -- kind of a waste if it's the same or very close to the price as to buy -- and dresses. Make your own boutonniere, buy tickets early, cook a fancy meal or find a prom discounted restaurant, borrow a family car or carpool, take your own photos on your cell phone.

I would not recommend this app because it is pointless. There is no real reason to keep this app other than the calculator part.



# Latest librarians hitting the shelves in Freeman

By Ashley Booker  
Staff Writer

After long time district librarian Cis Hyndman retired at the end of 1st semester, the libraries saw two new faces: librarian Erin Campbell and library aid Julie Nelson.

“I worked as a volunteer at the elementary and middle school library for four years, then I was Mrs. Hyndman’s substitute,” Campbell said. “I helped out with book fairs and helped out here at the library too.”

Before being hired as the district librarian, Campbell kept herself busy with lots of volunteering.

“I volunteered with at risk youth, young kids, ran preschools, or I worked as a teacher,” Campbell said.

Though many changes will surely follow the staff change in the library, for now, the focus is clear.

“I would like to get the students more



By Ashley Booker

Sophomores Nathan McCormick and Brandon Bykerk often take advantage of the high school library hours.

interested in reading a book that interests them and being able to be more open and have more hours at the library,” Campbell said. “The hours are my number one concern at this point.”

Another new face this year is that of library aid Nelson.

“[When I saw the job listing] I jumped right into it because it’s something I’ve always wanted to do,” Nelson said. “This is my Heaven.”

On top of having experience with working in libraries, Nelson was also already a part of the district staff.

“I was a para in the direct instruction room, working with special needs kids,” Nelson said.

She has also had experience working as a librarian before. Aside from just checking books in and out, Nelson has a few more responsibilities.

“At this library, we service kindergar-

ten through eighth grade,” she said. “We’re responsible for reading them stories that are part of the Washington Association for Readers, and learning about that. We also make sure that when they get to high school, they

have an idea of what the Dewey Decimal system does and what the library is all about.”

Both for strong bookworms and casual readers, Nelson’s views on what books can do for you are clear.

“Keep reading and keep being adventuresome and open minded to different venues and different things and genres,” Nelson reminds readers. “And just

know that a book can take you places that you’ve never been before.”

Even if reading isn’t necessarily your forte, the library might still be a good place for you for one reason or another.

“I would like it just to feel more inviting. For everyone to come in and find a book or a place to study,” Campbell said. “Or just being able to come in here and visit.”

### Library Open;

Monday - Wednesday

8:00 - 9:00

12:15 - 12:45

Thursday

8:00 - 9:00

12:15 - 2:45

Friday

8:00 - 9:00

By Ashley Booker

New library hours are both official and displayed



By Ashley Booker

Aid Julie Nelson and librarian Erin Campbell are working hard to make the HS library accessible.

# Who wants to know more about Herda? Everyone!

By Kaylie Smith  
Staff Writer

Kris Herda joined the Freeman family early this fall as Vice-Principal and Athletic Director at the high school.

Herda was born in Chewelah, and attended K-12 school there. “I’ve always been in the Inland Northwest,” Herda said. “I haven’t really gone far.”

Herda graduated from Washington State University and got his Masters at Gonzaga University. He earned his Administration certification through WSU. At first, Herda wanted to be a pharmacist, so he did two years of Pre-Pharmacy classes at WSU. Then he decided that he didn’t want to be a pharmacist anymore, so he made the switch over to education.

“I didn’t get my principal certificate because I was only twenty-four, twenty-five, and I wasn’t ready to be a principal,” Herda said.

He taught six years of high school math. Then five years ago, he decided that he wanted to be a principal, so he went back for his principal certificate.

Herda realized that he wanted to be a principal and athletic director when he saw that it combined many of the things he liked.

“[That’s] when I really realized it was that I get to interact with students not just in the classroom,” Herda explained.

Herda wanted to apply for a job at Freeman for many reasons. There was an opportunity for him to be closer to Spokane, to be assistant principal and AD, and to work with more principals.

“I just knew a lot about Freeman,” Herda said. “It’s reputation academically and athletically. I was easily attracted to taking a look at it.”



Courtesy Kris Herda

Kris Herda and his family have enjoyed becoming a part of the Freeman family.

What Herda likes most about his job at Freeman is how busy it is, and how he gets to be involved with lots of things. His favorite thing overall is the community.

“The teachers, the kids, the parents have just been fantastic to work with, very welcoming, and supportive,” Herda said. “It’s been really good.”

# What is everyone’s traditions for Easter?

By Regan Wolfinbarger  
Staff Writer

Spring is approaching, and Easter is right around the corner! On April 21, Easter will be here. With that comes an excellent time to see everyone’s differences, traditions, drives, and more. Two people have shared their story and their thoughts on Easter.

Easter is also called Pascha (Resurrection Sunday) and is the Christian holiday celebrating when Jesus was resurrected from the dead. The egg, that people commonly use when celebrating Easter, is a symbol of new life. The eggs are used to represent Jesus’s resurrection from the tomb.

Not all people that celebrate Easter really connect it to a religious background.

“Easter is a day to spend time with family,” freshman Hailey Fatherree said. “Even though it is a belief background, we

never actually celebrate it that way. We don’t go to church for it, we just stay home. The only religious connection I have is to Ash Wednesday.”

With three younger siblings, Fatherree celebrates Easter by coloring eggs.

“The night before [Easter] we could just color eggs,” Fatherree said. “The next morning, we would do a plastic Easter egg hunt. Usually it holds candy or money inside.”

Ash Wednesday has a large impact on freshman Dixie Sefton.

“It [Ash Wednesday] is to celebrate when Jesus came and people held out palm leaves to praise him,” Sefton said. “Since he died on the cross, they had the ashes of the palm trees to symbolize his death. So, on Ash Wednesday, you give up something because Jesus gave up his life on the cross. I gave up candy, and now I will have to wait

for Easter to eat candy again.”

As this Lent continues, Sefton also goes to church, and on Easter day, she volunteers to help give public Easter egg hunts.

“Easter to me is about spending time with family and helping others,” Sefton said.



Courtesy Couleur on Pixabay



# Is an adopted or bred pet better to get?

By Regan Wolfinbarger  
Staff Writer

Are you thinking of getting a pet? Whatever pet you are looking at- a dog, a cat, a turtle, lizard, bird, or maybe even a goldfish, it's good to know your options.

If you're not familiar with adopting, it's usually pretty simple. You go into a shelter, spend time with an animal of your choice, and if you like them, you go to the front desk with the animal's paperwork, and they'll get you set up.

When buying a bred pet, you must first find the right breeder for you. You then go and meet the animal and choose it out. Most likely, you will have to wait until they're old enough to take them home.

One obstacle in adopting a pet is that the pet is on hold. When they are on hold, they are not able to be bought until this hold runs out, or the animal has been adopted. Another thing that can happen is that even though you've spent time with them, you don't know how they'll act at home, or you don't know how trained they are. If they're older, training them can be more difficult. Freshman Hailey Fatherree has an adopted dog.

"Most of the time, the animal is older, or there is always the reason why they're in there in the first place," Fatherree said.

When buying a bred animal, it may be more difficult. Some of the obstacles in the way include prices, finding the right breeder and dog, waiting for them to grow up, and training.

"A bred pet is extremely expensive most of the time, and you have to be able to trust



Courtesy of Hailey Fatherree

**Freshman Hailey Fatherree's dog Nala wearing her jacket.**

the [breeder] for everything they are doing because you don't want to get an animal and figure out they're sick," Fatherree said.

With cons aside, there are some great things about both! When adopting, you change an animal's life forever. You also can get any age of animal you want.

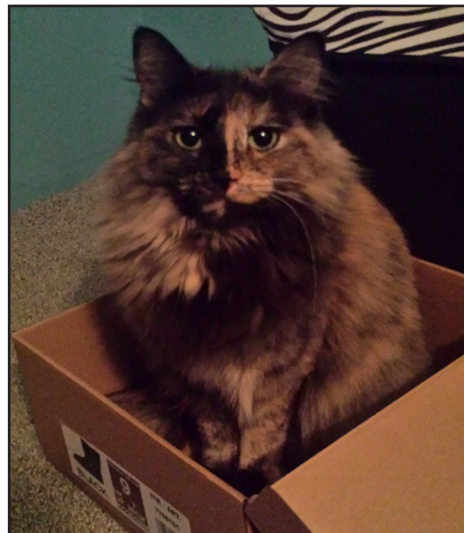
"I prefer adoption because there is a lot of animals that need to be adopted out," Fatherree said. "Most shelters will euthanize their animals [that are there longer]."

When buying from a breeder, you get a baby that you can train however you'd like. You also know their birthday and what spe-

cies they are.

Freshman Dixie Sefton wants people to be prepared for a pet. Always research the animal you are looking at getting. Animal-proof your home; some can be really messy.

"If you're getting a puppy, make sure you have time to take them on walks, and a house where they can run around," Sefton said. "And be prepared, your pet is going to get bigger."



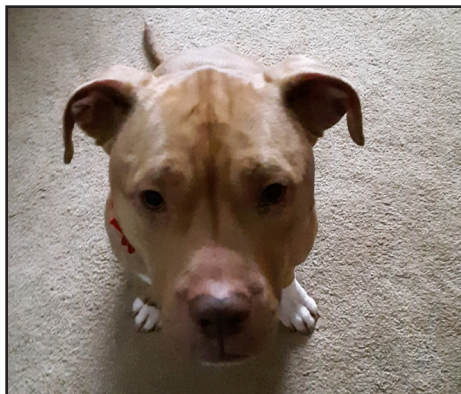
By Regan Wolfinbarger

**This is Moka sitting in a box.**



By Jasmine Seal

**Her cat, Doodle sleeping in bed.**



Courtesy Hailey Fatherree

**Her dog Nala posing for a picture.**

# Craft and Gather not what we had hoped

By Sydney McLean  
Staff Writer

Craft and Gather is a restaurant located on Dishman-Mica in Spokane Valley. I would not recommend dining here with family or friends, and instead think that it would be a great place to have a few drinks and watch a sports game (though I did not try this myself).

With a casual, comfy atmosphere, my first impression of the place was to be elated. The interior design was pleasing: sparkling fairy lights on the outside deck, warm dark walls offset by colorful red chairs, and a beautiful wood layout. The lighting was dim, but I personally thought that it added a romantic feel to the place. However, that is where my elation ended.

At first glance, the menu was slightly expensive, but they did offer a vegetarian and gluten free menu. I was perplexed at some of the food choices as well, but I am not a foodie, so the fact that I did not recognize some of the foods listed wasn't entirely surprising. The surprising part was that I had believed this restaurant to be a family friendly place, but the food choices conflicted with my impression. Even the kid's menu was on the pricey side of things, though the listed foods could be found on every other restaurant's. I finally decided on the Caesar Salad-\$8.00-which is simple enough. I also added shrimp to the salad for an additional \$7.00. I figured that nothing could go wrong with this dish.

The wait for our food was short. Meanwhile, we snacked on a delicious side of popcorn and enjoyed talking with each other.



By Pia Longinotti

**The Journalism crew visited Craft & Gather for a review writing practice.**



By Sydney McLean

**The ceasar salad with shrimp looked beautiful, but the shrimp portion was lacking.**

The tables allowed for conversations to be had, but it was extremely loud for the majority of the meal. My idea of a romantic date went out the window. The restaurant is simply too crowded and noisy to have a one on one date night. At this point in the night I was pretty confused. What was the main audience this place catered to? I couldn't figure it out. I thought that maybe the food could offer some clues.

When the food arrived, I was excited. The presentation of the salad was lovely and it tasted even better. The lettuce was crisp and fresh. Unfortunately, the shrimp was not as impressive. For \$7.00, I was given six pieces of burnt shrimp. This was disappointing to me and I would not recommend spending the extra money on it. The portion size was perfect, though, and I was satisfied with my serving. Despite the burnt shrimp, I enjoyed



By Abbey Wigen

**The porky fries were loaded with pulled pork, white cheddar and pickled jalenos.**



By Ashley Booker

**Chicken Piccata and angel hair pasta**



Is *Everything, Everything* everything you hoped for?

By Bailey Swanson  
Staff Writer

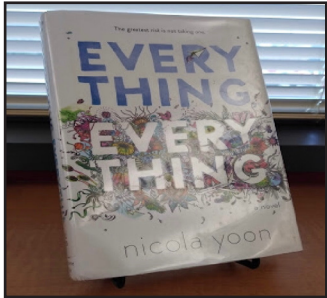
Let's take a closer look into *Everything, Everything* movie versus book adaptations. *Everything, Everything* was a book originally published in 2015 by Nicola Yoon. The book quickly became a sensation with romance lovers.

17 year-old Madeline Whittier (Amanda Stenberg), a girl who has been stuck in her own house for years after being diagnosed with a case of severe combined immunodeficiency (SCID). Basically, she is allergic to everything outside. One step outside could kill her, and so she stays cooped up inside with her mom Pauline Whittier (Anika Noni Rose) and her nurse Carla (Ana de la Reguera). Madeline does everything she can to entertain herself, like taking interesting homeschool classes and doing online book reviews. That is until one day when a new family moves in next door, and the son Olly (Nick Robinson) who seems to be around Madeline's age, strikes her interest. Through-

out the rest of the book, Madeline struggles with her true self and what she wants to do with her life, and if her connection with Olly is enough to go outside for.

In 2017, *Everything, Everything* went from a popular book to a popular movie and the characters were brought to life through the screen. The only question is does the movie stand up to the book? Well, it seems to be a pretty evenly split opinion. Some people think that the movie is the closest movie they've ever seen to a book, while other think the book and movie couldn't be further apart.

While I watched the movie, I have to say that there were some very clear differences. Some things changed like what happens when Olly and Madeline first meet each other. In the book, Olly's hair is buzzed off and he gradually grows it back, while in the movie he



By Bailey Swanson

Find Everything, Everything in our school library.

just has long hair the entire time. All in all, I have to say that the movie did a decent job of capturing the book, but a lot of minor details were changed or left out altogether.

One of the larger details that is kept out of the movie is Olly's parkour and jumping. In the book, Olly is very skilled at scaling walls and climbing up things. It's a very important part of his character, but in the movie they never have him jump at all. In the book, Olly uses a rooftop hideaway he has, which he has to scale to, as a kind of get away from his rough family. In the movie, he isn't given this rooftop hideaway.

Overall, I would give this movie a pretty good review. Although there are some pretty bad changes from the book to the movie, I would say that it is a good movie. If you are willing to read the book I would recommend it, and if not then watch the movie, just know that you aren't going to get the full experience of the book!

A Quiet Place, the thriller of silence

By Jiselle Farrow  
Staff Writer

Released last year with a budget of 17 million dollars, the movie A Quiet Place made over \$50 million on its first week of being released and a grand total of over \$340 million worldwide. It's also rated the 8th best movie in 2018 by IMDB.

After their youngest son, Beau, is killed by one of the mon-



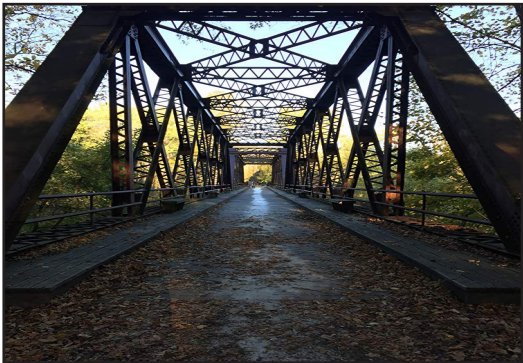
Courtesy IMDB.com

sters, the Abbott family struggles to overcome the loss. Mom Evelyn (Emily Blunt), dad Lee (John Krasinski), and children Regan (Millicent Simmonds) and Marcus (Noah Jupe) continue to live in their farmhouse with a whole system to survive: crops, seed, electricity, and soundproof tactics around the house and to get around. The noise is what attracts the monsters so the goal to survive is silence. Things grow worse for the family as the monsters close in on their location, then all hell breaks loose once one of them makes a sound.

Each actor plays his or her role in

the family very well, showcasing great expressions and reactions throughout the movie. It makes the jump scares and close encounter scenes all the more real and believable.

Throughout the movie, there was great use of dark scenery, creating an eerie environment for the suspense as the story goes on. Director John Krasinski created a movie that's quite unique in the sense that it has almost no speaking dialogue, but the movie uses it to its advantage to create even more tension and suspense for the audience, wondering who will make the sound to alert the monsters of their position. Every moment you



Courtesy IMDB.com

were trying to guess what would happen next, one moment it's a seemingly peaceful family scene, the next it's hiding from the monsters.

The film itself is rated PG-13, and I would have to agree with that because of the violence, scenes and killing. It's definitely not something for younger viewers to watch. If you enjoy horror and mystery, A Quiet Place is truly a thriller you'll love to sit down and watch at night.

The Hidden World a fantastic finish to the series

By Abbey Wigen  
Staff Writer

Director Dean DeBlois and his team of talented animators have really outdone themselves this time. The final installment of the 2010 *How to Train Your Dragon* trilogy hit theaters on February 22 and quickly took the nation by storm. *Dragon* fans from every state rushed to the theaters to see the dynamic duo of Hiccup (Jay Baruche) and Toothless take to the silver screen for one final time.

Critics and fans alike are raving about DreamWorks latest masterpiece, *How to Train Your Dragon: The Hidden World*. When the first *How to Train Your Dragon* was released in 2010, it was an instant box office hit, setting the stage for the next two movies that would be climbing the visual ladder on animation skills.

*The Hidden World* introduces us to our favorite characters all grown up. Berk, the island that our main characters call home, is being overrun by the many dragons Hiccup and the gang have rescued over the years from dragon hunters. Eventually, the massive hoard of dragons on the island draw the at-

tention of notorious dragon hunter Grimmel the Grisly (F. Murray Abraham), who is revealed to be the cause of the Night Fury's extinction. Hiccup and his fellow dragon riders must take to the skies on final time in order to stand up for what they fought so hard to protect- their dragons and the wild dragons of the world.

As well as the new villain being introduced, a new character is also brought into the spotlight. A branch off the Night Fury species, and a complete opposite of our dark scaled friend Toothless comes the Light Fury. The shimmering new addition to the drag-



Courtesy IMDB.com

Toothless takes advice from Hiccup to try and woo the Light Fury

Five Feet Apart must-watch for fans of unlikely love stories

By Ashley Booker  
Staff Writer

*Five Feet Apart* is about two teenagers named Stella (Haley Lu Richardson) and Will (Cole Sprouse), who both have a disease called Cystic Fibrosis: however, they live their lives very differently. Stella spends her time in the hospital organizing her medicine carts and posting videos about her health issues on her YouTube channel, while Will travels the world with his mother, who is desperate to find a cure for him. When he contracts B. Cepacia, he comes to the hospital Stella has come to recognize as her second home in a last ditch effort to save his life. While the two initially don't seem to have much in common, as time passes, something begins to form between the two. But can you truly love someone you can't be within six feet of each other?

*Five Feet Apart* is based on a book by the same title. Since I was so excited for the movie, I decided I had to read it. I discovered the

book was written off the movie script, which only excited me more.

And let me tell you, the movie did not disappoint. Clearly, the dialogue portions of both the movie and book were very similar, if not identical. With both comedic moments and emotionally-packed lines, all perfectly delivered by the cast, it was hard not to fall in love with the characters.

The characters were portrayed by the actors as written by author Rachael Lippincott. At especially moving moments, it was almost possible to feel the characters' pain through the actors. However, some scenes in the movie felt incomplete without the introspection of the characters.

On top of this, the costumes, setting, and makeup were all very well done. Even though the majority of the movie takes place within hospital walls, you can tell the two main characters see these walls very differently through their room decorations. While Will prefers to leave his room blank, only decorated by his loose art supplies scattered

ons' world is set to be a potential love interest to our bachelor Night Fury. The Light Fury's anatomy is seeming to be the exact opposite of the Night Fury's. While the Night Fury's have more jagged pointed wings and tail fins the Light Fury's wings and fin are more rounded. Much like the ear flaps, the Night Fury's are longer while the Light Fury's are shorter and more rounded.

While the story line is sure to bring you to tears, the animation will leave any technology nerd speechless. With each new movie, DreamWorks animation strives to up their game and make their digital scenery and characters in new and improved spectacular models. *The Hidden World* is a visual masterpiece that will surely become a quick classic and entertain and amaze children for years to come.

"A wonderful movie filled with many surprises and cute moments," freshman Regan Wolfinbarger said after watching the movie.

A must-see movie for any *Dragons* fans, people who love a taste for adventure will surely love this movie while people who don't like the style of animated movies might want to sit this one out.

around, Stella covers her walls in artwork and organizes her med cart using colored washi tapes. Personally, their rooms helped me understand the characters more with Will's dark room and pessimistic personality and Stella's bright lights and white sheets to match her optimism.

Although I have mostly glowing reviews of this movie, there were a few awkward scenes I found unnatural or unnecessary, such as the scene of their poolside date with the pool cue between them. While moments like this one didn't take away from the movie's plot at all, they did serve a small reminder that this was in fact a movie, and not truly two sick teenagers falling in love.

Overall, Five Feet Apart- both the book and the movie- are tear-jerking and heart-warming and I would gladly read or see it many more times in the future. For fans of John Green's Fault in Our Stars or Matthew Crow's The Brilliant Light of Amber Sunrise, this book and or movie would be perfect for you.



# March Madness: is it worth the price of admission?

By Peyton Campbell

Staff Writer

Everyone filled out their brackets for March Madness and was confident in their teams throughout the tournament. But, did the people who went to the tournament get ripped off?

Depending on the seat location for the first and second round, tickets can range from \$90-\$110 dollars per ticket. Not that bad if you are going with one other person but as the tournament moves forward the prices move up.

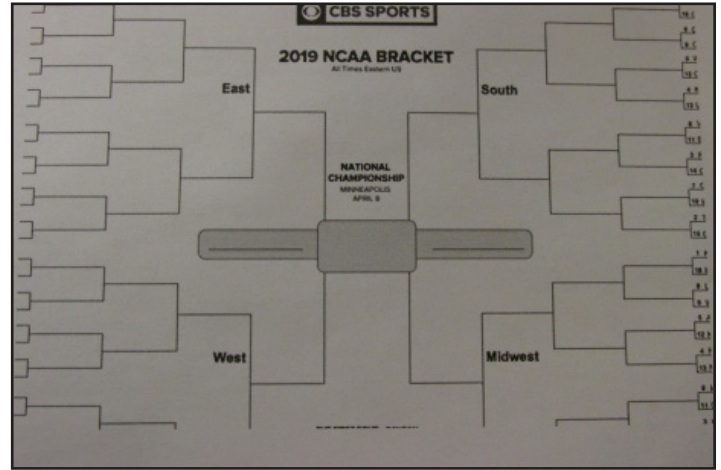
Looking on the Ticketmaster website, the seats for the West Regionals were basically sold out. There were only tickets for sale in the nosebleeds. These tickets ranged from \$250-\$300 dollars for very high up seats. The range was the same for Midwest, South, and East Regionals.

Final Four tickets range from \$717-\$2,641 dollars depending where you sit. The tickets were all sold out, and people were already buying tickets for next year.

Though this is a once in a lifetime opportunity to go watch the NCAA national championship is it worth it to go?

They are making these tickets extremely expensive because they know that people are anticipating to see who wins the big games and are making people pay quite a lot of money.

I think it is worth it because every year a team makes history. It is rare to be there on the occurrence.



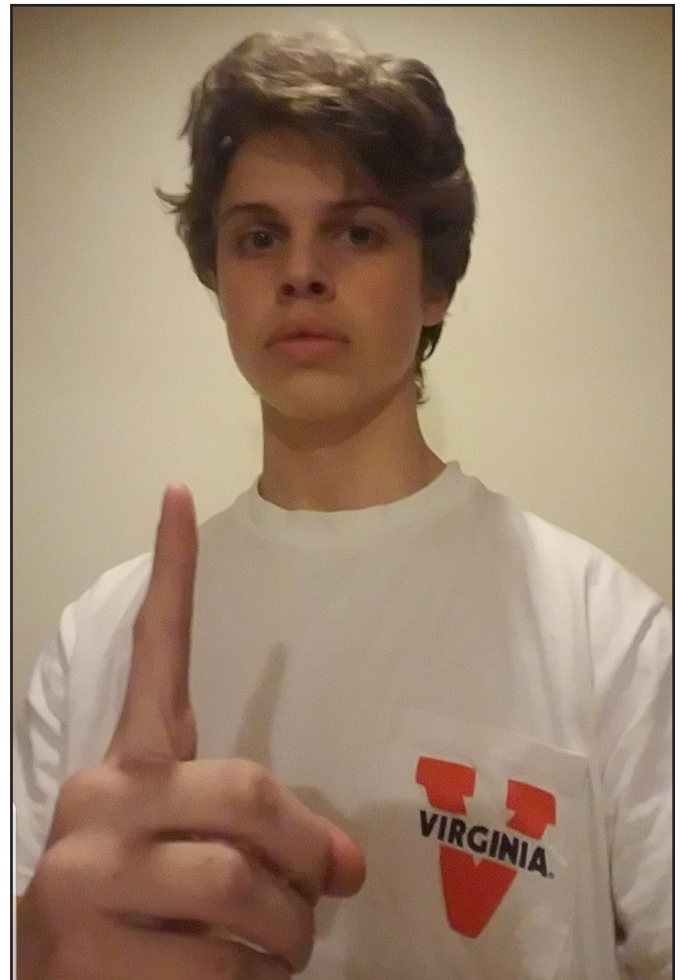
By Peyton Campbell

This picture shows the 2019 brackets that students were filling out in their classes before the tournament started.



By Peyton Campbell

Freshman Rhett Hatcher showing Zag pride during March Madness.



By Peyton Campbell

Sophomore Ben Chadduck won the bracket competition for having Virginia winning it all.