



Page 6: Crew braves the elements



Page 13: Best pizza in Spokane



Page 16: Divergent a must-see

The Bagpiper

April 4, 2014

Reporting Freeman's news since 2009

Volume 5, Issue 5

Prowler hits Freeman vehicles

By Stormy Killpack
Staff Writer

Freeman High School experienced something very new to them. On Saturday, February 15 at 5:45a.m., three cars were broken into and items were stolen.

"I came to get my car and everything was stolen," junior Morgan McGarity said of finding her car broken into.

It took the white male 30 minutes to break into and steal radio equipment and a backpack out of all three cars.

"This was the first time something like this has happened since the new school was built," Principal Jim Straw said.

Windows were broken and backpacks stolen, and for what reason? Nobody knows. This was a shock to the Freeman School District. Something like this has never happened before.

Deputy Ron Nye believes that since building the new high school closer to Highway 27, it is more visible to passing traffic, making it more of a target.

Continued on page 3



Photo courtesy of Freeman High School

Suspect vehicle entering student parking lot off Jackson Rd.

College classes will be taught at Freeman next year

By Jeremy Branon
Staff Writer

Freeman High School has always been academically advanced. Next year, FHS is taking a step in a new direction by offering Concurrent Enrollment classes to students. This will allow students to earn college credits without leaving the Freeman campus. This new credit option will save students money, and will also keep students involved with sports and school activities.

"Students can choose to be enrolled in college classes taught by Freeman teachers," counselor Laura Hamma explained.

Concurrent Enrollment allows students to earn college credits while staying in the much safer high school environment. By not traveling to college campuses, it will save

Continued on page 2



Photo by Ruby Falciani

Mrs. O'Connor works hard to help her students succeed in English 101.

FBLA heads back to state

By Monite Potter
Staff Writer

FBLA returns for a 15th straight state. Members are competing in areas such as Public Service Announcer, Entrepreneurship, Job Interview, and Hospital Management. Top finalists at state get the opportunity to move onto Nationals.

“I would love to go to nationals,” sophomore Ali Tesch said. “I just hope I will do my best and pray everything goes well.”

Last year, Freeman had 6 students make it to FBLA Nationals—two teams and one individual.

“A few of our students who competed at nationals last year, are back at state,” FBLA advisor Scott Moore said. “They are Mariah Longhurst, Bethany and Brooke Williams, and Austin Carpenter. The only two out of the six that are not going back are Tanner Waite and Zeke Flak because they have already graduated.

“I love public speaking,” Tesch said. “I think this will be a great opportunity for my future.”

Some kids look at going to state as a good path for their future. “I’ve never been to FBLA State,” junior Addy Clark said. “I think it’s good to help me for jobs in the future.”

Some students would agree with Clark because the competitions help them prepare for future jobs.

One competition in particular that is going to state has the team members of sophomore Blair Brock, freshman Helen Forman, junior Katie Ophus, and seniors Hunter Beaulauier and Katie Vold.

“I believe we will do well in parliamentary procedure,” Brock said. “I bet we will get top ten.”

CWU and FHS work together for credits

Continued from page 1

students on fuel and car expenses. It is also cheaper per class. By taking the class at Freeman, it costs 20-25% of the original cost of the credit. Students in English 101, taught by Kathryn O’Connor, are currently offered a chance to utilize Concurrent Enrollment this semester.

“It’s nice because I don’t have to pay for it,” senior Kirtsten Fuchs said.

There will be multiple classes offered through Concurrent Enrollment for the 2014-2015 school year, including English 105, Humanities, Art 101 and 102, Music 101 and 102, Theater 107, Foreign Language (Spanish), Sociology 101 and 107, Psychology 101, Physics 111, Math 172, Environmental Studies 201 and 202, and Nutrition 101.

This program is a great option for preparing Freeman students today for better education tomorrow. It will help save money, time, and a high school experience for every student who is willing to take this on!

“I think this is a great way for students to get college credits for a small fee,” O’Connor explained of offering the opportunity in her classroom.

Having the ability to get ahead in life while still in high school is a big deal. The new Concurrent Enrollment program that FHS is offering next year will help better improve the education that our high school students are offered.

Prowling at Freeman shocks students, staff

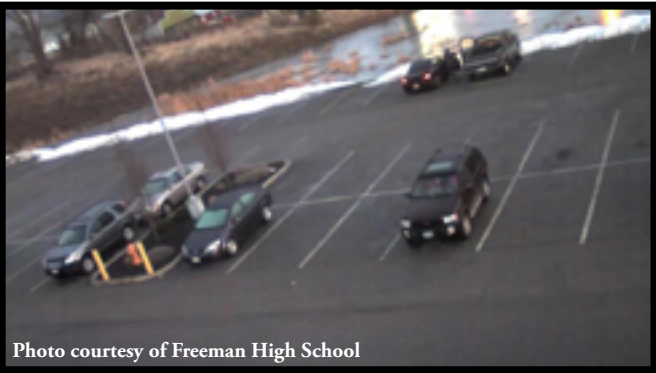


Photo courtesy of Freeman High School



Photo courtesy of Freeman High School



Photo courtesy of Freeman High School



Photo courtesy of Freeman High School

In 30 minutes, the suspect was able to take stuff from three cars. From top to bottom: 1) Suspect is loading stolen items from Ryan Leason’s truck to suspects’ car.2) Suspect vehicle entering student parking lot off Jackson Rd. 3) Suspect walking on Hwy. 27 after breaking into several vehicles. 4) Suspect leaving after stashing stolen items from the three vehicles.

Continued from page 1

On that Saturday morning, the parking lot lights were not on where all three cars were parked. The people in law enforcement believe this created a bigger target.

“I think it was random,” Straw said about the break-ins.

What can Freeman students do to protect themselves from this happening to them?

“Lock your car,” Nye suggested. “Don’t leave anything in sight (backpack, CD, etc.). Don’t leave anything of value in the car. If at all possible, take the face plate off your radio. Don’t be an easy target.”

Freeman is a very small community, where everyone knows one another. Most kids at Freeman have gone to school together their whole life.

“The main thing is everyone out here is trusting,” Nye said. “Bottom line is crime knows no address. It can happen anywhere.”

There were four students who were victims in this horrible tragedy.

“I was mad at first, but then I realized I have insurance to replace everything,” junior Ryan Leason said.

“I was pretty upset,” senior Sierra McGarity said. “I was lucky I didn’t have as much taken as others.”

“I was like, of course that would happen today,” junior Hope

Mathews said.

As a result of the investigation that started Saturday morning at FHS, the Spokane County SWAT team served two search warrants on March 19, as results of a large investigation on vehicle prowling. 37 year-old Aaron Cunningham and 29 year-old Michael Belton were arrested for vehicle prowling in Kootenai County, Spokane County, Spokane Valley, and the city of Spokane.

Officers witnessed them break into a car in a parking lot. Detectives have linked Cunningham and Belton to over 16 other vehicle prowlings, including Freeman’s. They also recovered over 60 stolen items.

“One prowling in particular involved a law enforcement vehicle where a ballistic vest with federal agent embroidered on it, a Winchester 12-gauge pump shotgun and a Remington 300 Ultra Mag bolt action rifle with a scope was stolen,” Deputy Craig Chamberlain said in a recent Sheriff’s Department press release. “If you know any information as to where to locate these stolen items call crime check at 509-456-2233.”

Cunningham and Belton were booked into jail for vehicle prowling, second-degree theft and malicious mischief. This is an ongoing case and additional chargers are fully expected.



Photo by Pia Longinotti

FHS’s security tapes are all monitored easily thanks to the video setup in Principal Jim Straw’s office.

The Bagpiper Staff 2013-2014

Section Editors

Isaiah Crane, Ruby Falciani,
Madi Groves, Anna Lee,
Ali Tesch



Staff Writers

Jake Hansen, Katie Ophus,
Isaac Stokoe, Taylor Walker, Brydon Arrendondo,
Jeremy Brannon, Abbi Denmark, Justyna Folsom,
Matthew Gilbertson, Chaz Halstead, Preston Hoppman,
Stormy Killpack, Ryan Leason, Andy Mitchell, Spencer
Warnecke, Montie Potter, Bram Schweiger, Ben Sharpe,
Derek Smith, Asutin Stark, Hanna Watkins

Adviser: Pia Longinotti

Principal: Jim Straw Superintendent: Dr. Randy Russell

Bagpiper Editorial Policy

The Bagpiper is published by students in the journalism class at Freeman High School. Content is determined by the staff and does not necessarily reflect the opinions or policies of Freeman High School’s faculty, administration, adviser or student body.

Students are protected in their exercise of press freedom by the First Amendment to the Constitution of the United States.

Signed editorials and columns reflect the views of the writer.

Letters to the editor, guest commentaries, and submissions of art or photography are encouraged and must be signed, although anonymity can be granted on a case-by-case basis.

The editorial board reviews letters to the editor, advertising and guest commentaries and reserves the right to edit and refuse material. Reasons can include length, clarity, libel, obscenity, material disruption of the educational process at Freeman High School or violation of copyright law.

Inhumane discrimination bills are a threat to people of all beliefs

By Ruby Falciani
Editor

Even though the human race, as a whole, has overcome many obstacles such as working together, sharing our inventions, and learning to accept other races living in our domain, there are still extreme inequalities and inhumane acts we are doing to one another. How can we claim that we moved on from racism and sexism if there are statistical facts that even America-the country where freedom rings- is still amongst the list of nations that does not give equal rights to our citizens?

Did you know that in Arizona, Senator Steve Yarbrough introduced the State Bill (SB) 1062 on January 14, 2014 that would make it possible for business owners, and even landowners, to use their religious beliefs to legally discriminate against any customers who go against their religion? The bill basically allows businesses the right to claim their religion prevents them

from providing services to people who go against their religious views such as Christian and Catholic people refusing to serve women who use birth control, pro-choice believers, people of other religions, and LGBTQ+ people. That acronym stands for lesbian, gay, bisexual, transgender, queer (people questioning their sexuality), and others such as asexual, pansexual, and gender fluid.

The bill requires business owners to follow certain standards in order to use the bill; 1062 states that a business's action/refusal to act is motivated by only their beliefs, and that the belief must be sincerely held.

The votes were close, and it passed the Arizona Senate February 19 with a 17-13 vote, and then passed the Arizona House the next day with a 33-27 vote.

Three Arizona Senators (Steve Pierce, Bob Worsley, and Adam Driggs) said that they regretted voting for the bill, and they urged Arizona Governor Jan Brewer to veto it. If these state senators had



Photo courtesy of www.polarimagazine.com, creativecommons.com

Signs protesting the SB1062 said the business wasn't discriminating against any of its customers and urged Brewer to veto the bill.

voted against the bill, it would have defeated the bill entirely.

Major companies such as Apple, AT & T, and American Airlines called on Brewer to veto 1062. Arizona is supposed to host the 2015 Super Bowl, and



Photo courtesy of Megan Thompson, Creative Commons

A lot of protestors believe that the SB 1062 strongly resembles racism.

what happens in Arizona. Delaware Governor Jack Markell suggested that the NFL move the Super Bowl if the bill became a law-luckily the bill was vetoed. Even a few National Republicans, including Arizona Senators John McCain and Jeff Flake, and presidential candidates Mitt Romney and Newt Gingrich, were in favor of the veto.

Just because this bill was defeated in one state does not mean that the problem of religious discrimination hiding behind the legal system is over. Separation of church and state has been a long held battle for the U.S.; some

might ask if this veto is even legal and if it is religious discrimination. The fact of the matter is that religious freedom can only come so far and insert itself in the lives of others until it becomes a power struggle. Similar pieces of legislation are popping up in other states such as Missouri, Georgia, Kansas, Ohio, Mississippi, Idaho, South Dakota, Tennessee, and Oklahoma. Funny how all these bills are present in the states that were (and some still are) the most racist states in the United States.

These bills need to be stopped because, although America is a place for religious freedom, we need to put our fellow human brothers and sisters before our own personal preference. If you don't agree with gay marriage, then don't marry someone the same sex as you. If you don't like women who use birth control or agree with abortion, don't use birth control or get an abortion. Everything can be settled easily just like that. Yet there are activists who plan to destroy any and all rights others have merely because they don't like it. What happened to America being the land of the free?



Photo courtesy of Devon Christopher Adams, Creative Commons

Many people in favor of the bill may not know what it entails when it claims to give religious freedom. Protestors make it known that it is full-blown discrimination.

Which cell phone carrier gives you the best deal?

By Andy Mitchell
Staff Writer

What cellphone carrier do you prefer? There are so many carriers that offer options from great customer service to unlimited data plans. With so many choices, how do you know which one is best for you?

Verizon, for example, offers a four-person family plan. Customers pay \$120 for 700 minutes of talk time and text and 250 MB of data. For smartphone users, plans will jump to a minimum of \$175 with 250 MB of data (for each phone) and unlimited talk and text per month to \$535 for 50 GB of data (for each phone), unlimited text and talk per line.

One drawback for Verizon is that it does not offer an unlimited data plan, which many customers are disappointed about. Verizon has 98% coverage of the United States, with the biggest 4G LTE network. Verizon's most popular smartphone and basic phone are the Galaxy S4 and the LG Cosmos 3.

HTC One Max is bigger than the original HTC Max



Photo courtesy of Sprint

"I actually get service at my house,"

junior Aaron Ray said of his choice to use Verizon.

The coverage for Sprint around Freeman is very good. Sprint has their new "Family Plan," where the more lines added to a plan, the more discounts they give. For instance, if a family has 7 to 10 lines, they will pay \$25 for unlimited text and talk with 1 GB of data. Compared to the other cell phone carriers, customers can get unlimited data with just an extra \$30. Sprint coverage around Freeman School District gets good service.



Photo courtesy of Verizon Wireless

Verizon's top-selling Smartphone

At T-Mobile, customers pay \$100 for a family of 4 with the lowest data plan of 500 MB instead of paying \$25 more each month. With almost every T-Mobile phone, SIM cards are interchangeable.

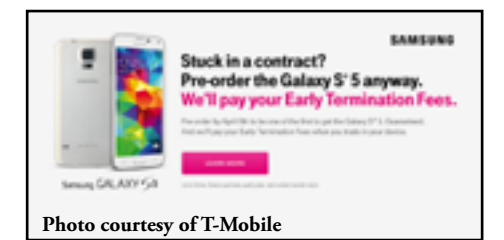


Photo courtesy of T-Mobile

Samsung Galaxy S5 is going to be released soon

"T-Mobile has better coverage for me," freshman Cameron Schwenk said about switching from Verizon to T-Mobile not too long ago.

If you haven't decided what cell phone carrier, go with the carrier where you get service wherever you visit the most. With Verizon, you will get the most coverage with the best customer service. For Sprint, every time you add a line you will pay less for each line. T-Mobile will allow you to transfer the SIM card from phone to phone. I recommend Verizon due to the great customer service that Verizon does.



Photo courtesy of Verizon Wireless

Verizon's top-selling basic phone.

Is wearing yoga pants really that big of a deal?

By Ben Sharpe
Staff Writer

Freeman is part of a new fashion trend that has girls all over the country wearing yoga pants to school. Some school officials think that they are an inappropriate article of clothing. Female students argue that they clothing choice is super comfortable. While that may be true, are they just a little too revealing for school? That is the big question. Some people say that they are much too revealing, but others argue that it might be the same thing as a pair of tight jeans.

"Yoga pants can either be very trendy and dressy or just for comfort," senior Nicole Westberg said.

On September 18, 2013, Tribune Business News reported that North Haven High School in North Haven, Conn, recently banned yoga pants from their list of appropriate attire. Principal Russel Dallia had an interesting take regarding the incident. He explained, there was never really a movement to ban yoga pants only a concern on how revealing they were, and he asked the students to wear sweatshirts or a long shirt over them, as they would with leg-

gings.

"Several reporters seemed unwilling to believe that we weren't seeking to ban yoga pants despite my telling them this news repeatedly," Dallia said.

FHS students are often seen in yoga pants during the school day.

"Yoga pants go with everything that I have to wear and are the most comfortable thing on earth," junior Matea Ped said.

Either yoga pants are the most incredible, comfortable piece of clothing that a person acquires in their wardrobe. To others, they are a very inappro-

priate piece of clothing considering the strong amount of detail it may show of a woman's body. I think they are a fine thing to wear anytime any girl would like to wear them if they want. It's their decision. You don't have to look if you don't want to.

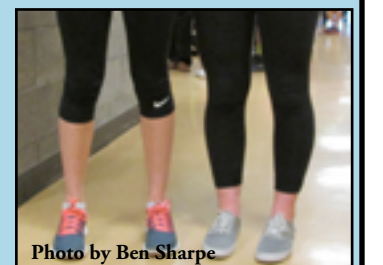


Photo by Ben Sharpe

Two freeman students show off their yoga pants.

Boys challenge Mother Nature at lunchtime

By Bram Schweiger
Staff Writer

Freeman’s newest group has got everyone talking. “A group of boys making history,” senior Courtney Cahill said. “Some of the craziest people around,” senior Natalie Kestell said. “Bravery comes in all sizes,” junior Kalista Mettler added. These are some of the things being said about the Lunch Bunch. A group of

Continued on page 9



Photo by Abraham Schweiger

The boys sit outside on a nicer day than they have been used to as spring is approaching.

State competitors prepare for another shot

By Chaz Halstead
Staff writer

It takes a lot to make it to the state level in track and field. Four Freeman track and field athletes, seniors Billy Broussard, Conner Rubright, Kian Genteman, and Max Axtell, competed in the state meet last year and are now coming back with the experience that it is going to take them back to the state meet this year. “Every year of experience makes you more confident in yourself,” Axtell said. All four of the returning state athletes have had several years to train in their events and are prepared to perform very well this season. However, due to the fact that it

has been snowing and cold for the last few months, they have not been able to practice any of their events. “I don’t feel any more confident this year because I haven’t been able to jump; however, I am more confident physically,” Broussard said. Broussard has competed at the state level in high jump two years in a row, his best jump is 6’4 and his best placing in state is fourth. Broussard is hoping to improve on his jumps and place even higher in state and has already jumped 6 feet in the first meet this year.

Genteman competes in the javelin event and placed 14th in the state meet last year with a throw of 143’10. Genteman’s best throw last year was 157’9 a distance he plans to best this season. “It feels like one big lonely night,” Genteman said.

Competing in a single event at the state meet is pretty daunting and there is a very high amount of pressure put on the athletes.

“There is no other feeling like it,” Rubright said of competing at the state meet,

Rubright competed in both the open 400-meter dash and also the 400-meter relay. Rubright placed ninth in state last year in the open 400-meter dash with a time of 51.92.

Continued on page 9



Photo courtesy of Luke Garst, Freeman yearbook

Co-captain Max Axtell leads the runners in their daily warm-up.

Freshman has high hopes for golf season

By Ryan Leason
Staff Writer

For freshman Ryan Maine, golf is more than a sport; it’s a life style. Maine has been golfing since he was five years-old. He is one of the best golfers at Freeman and has high hopes for this year’s golf season.

“Golf is a way of life,” Maine said. “You have to eat, sleep, and breathe golf.”

Maine had his best golf game at one of the hardest golf courses in Idaho, The Circling Raven. In golf terms Maine scored a 1 under par which is a 71. He loves to play with his family and friends because it makes it fun, and they love to “goof around”.

“I like to play with [sophomore] Braden Stejer,” Maine said. “He makes everything more fun, and I love to have that competition against a good friend.”

Stejer has been playing with Maine’s family for a long time; both families go out once a weekend and play a round of golf.

“Ryan is a great player,” Stejer said. “He is one of the best I have ever seen for his age.”

Maine’s older brother Dylan played golf for Freeman and has moved on to the college level, competing at Spokane Community College. Alyssa Maine, Ryan’s older sister, golfs for Whitman College. She played on Whitman’s basketball team last year, making it to the Elite Eight in the NCAA Division III tournament. Ryan would like to play golf for the Arizona State Sun Devils.

Maine has a talented family to live up to; we all know that he is a great kid, but now it’s time to see him on the course. People look up to him and people know that he will reach those expectations over time and practice.



Ryan Maine’s passion is golfing.

The tennis-ious two

By Spencer Warnecke
Staff Writer

The two tennis seniors, Kadgin Anderson and Sarah King, are off to another great start, having great weather for matches and practice.

King won her first match of the season 8-1 playing a pro-set, which is first to eight and you must win by two.

Anderson won his first three matches with scores of 6-2 and 7-5; 6-0 and 6-2; 6-0 and 6-3. Anderson has a perfect 3-0 record for this season. Each match is best two out of three sets when playing a normal varsity match.

They are very excited as they think back to the great times they have had during their tennis careers. King and Anderson won many of their matches last year and had a lot of fun doing so.

This is Anderson’s fourth year playing at FHS and his sixth year of tennis, “if you count the Wii,” he said. “Otherwise, it’s my fourth year.”



Photo by Anna Lee

Anderson gets advice on a hit he just made from Coach Lee.

This is King’s third year of tennis because she wasn’t at FHS her freshman year.

Both King and Anderson have played doubles and singles “I’m more of a doubles kind of guy,” Anderson said.

“I like singles more, but I play better with doubles,” King explained.

Anderson is playing 1st varsity doubles with Mason Mackleit and King is playing 2nd varsity singles. Anderson has some large goals he would like to accomplish for this season.

“I would like to get past districts and not lose a match,” Anderson said. “I plan to accomplish these goals by, one, not letting nerves control my game, two, keep working out and keep up my cardio, and three, juice up and practice hard.”

King has goals like Anderson that are also accomplishable but they don’t involve working out.

“I want to improve my skills and try my hardest in every



Photo by Anna Lee

Anderson gets ready to return the ball during inside practice.

single match I play. ‘NO REGRETS’,” said king. “I will accomplish these by goals by never being discouraged even if I lose a match. Losing a match is experience learned so I can play even

better next time.”

King and Anderson both want to just have fun this season hanging out with friends and doing something they both enjoy.



Photo by Anna Lee

King lines up a baseline shot to her opponent.

Seniors take their last swings in their Freeman jerseys

By Taylor Walker
Staff Writer

In 1887, the sport of softball was invented in Chicago when several alumni sat in Chicago's Farragut Boat Club, anxiously awaiting the outcome of the Yale versus Harvard football game. When Yale was announced as winner, a Yale alumnus playfully threw a boxing glove at a Harvard supporter. It was here that the first softball game commenced with the football fans using the boxing glove as a ball and a broom handle as a bat. Since then, softball has made many appearances throughout numerous states, schools, and sports clubs, including Freeman High School.

"Softball is my favorite sport," senior Shelby Bliesner shared. "I have played since I was in Kindergarten. My aunt was always the one who made me want to play because she has always played and encouraged me to play as well."

Bliesner plays catcher and third base for Freeman's varsity softball team. She's always shone on the softball team and the team is thankful for her and her great catcher abilities.

"I have been coaching for about 32 years," coach Scott Moore said. "I have coached here at Freeman for 17 years and



Photo courtesy of Shelby Bliesner

Bliesner shows off her softball card from 2002.

have been a head coach for 7 years. Something that has made Bliesner stand out is that, fundamentally, she is a great hitter and she improves more every year."

Another senior girl who plays some third base and outfield is Melany Lamb. She is noticed by her coach for constantly having a great attitude.

"I have only played softball since I was in seventh grade," Lamb said. "I started to play because it was something new I hadn't tried yet, so I was interested in it. I play it now because I just find it fun and enjoy playing."

"I've been playing softball since eighth-grade," senior Kindra Malloy shared. "My sister [Amanda McKinney] was my inspiration to play. She went to college for softball and always had a good attitude, and everyone loved her and that made me want to be like her. I would watch her at her pitching lessons, and she made it look really fun. When she told me to try it out, I did."

With softball season starting up, the senior girls are prepared and sad to know they are playing in their last year here. Even though Bliesner, Lamb, and Malloy are graduating this year, Bliesner and Lamb are planning on continuing their softball careers.

"This year will be my last year of softball," Malloy said. "The hardest part of softball for me has been the fact that I just pitch because if I mess up, I can't

make up for it with hitting like most other girls can."

"Something that makes Kindra stand out is her goofy attitude," Moore explained. "If we are going to be successful, Kindra has to throw strikes."

On the other hand, Bliesner and Lamb both are planning on continuing in their softball careers after High School is over.

"I plan on playing for

SCC [Spokane Community College] next year," Bliesner explained. "The hardest part for me this year is knowing this year is going to be my last high school year playing softball with my favorite people. But, I'm looking forward to the feeling of excitement and team spirit that we get after a win."

Some people think that the only way to play on a sports team after high school is through college. But, there are other ways to play on a sports team besides college. Lamb was able to find one



Photo courtesy of Kindra Malloy

Kindra Malloy poses for her own softball card in 2005.

of those ways.

"I am going to be playing softball on my sister's co-ed softball team next year," Lamb shared. "The hardest part of this season for me is going to be coming back from my shoulder injury. I got in a car accident in 2012 and had surgery in August."

As the season continues and the girl's enjoy playing in their last year of high school of softball, we wish the best for our Scottie's season and for the best with our senior ladies as they start their next chapter next year.



Photo courtesy of Kindra Malloy

The seniors have continued their love of softball from their middle school beginnings.

Jake Phipps helps his baseball team to success

By Isaiah Crane
Editor

Junior Jake Phipps is no stranger to the Freeman athletic community. You can find him on the basketball court during the winter; however when spring arrives, he spends his time on the diamond.

"I just feel at home when I play," Phipps explained.

Starting on varsity since he was a freshman, Phipps can't get enough of baseball. As the Scotties starting pitcher and starting shortstop, he leads the team.

"He's a positive influence to the team," sophomore Noah Schmick said.

Winning second team all-league last year as a sophomore, Phipps looks to improve and win league MVP. Playing baseball since he's been able to hold a ball, baseball has been a big influence on his life. Playing baseball is an outlet for Phipps.

"No matter what's going on in my life, when I step on the baseball field everything else goes away," Phipps explained.

If you can't find Phipps around school, you can almost guarantee that he's in the hitting facility or on the field. He's working towards completing his goals that he has set.

"My number one goal this year is to improve and win league MVP," Phipps said.

With his work ethic, his goals of playing baseball at the next level are very attainable. Phipps hopes to land a D1 scholarship after high school.

"He's a two-year starter that started as a freshman, and he has a great baseball IQ," coach Chad Ripke said. "He's a quiet leader that leads with his actions, and he's a huge part of our success."



Photo by Anna Lee

Phipps takes for a ground ball in the Scotties' game against Cheney

Lunch bunch determined to beat weather

Continued from page 6

sophomore boys has done something new to Freeman this year by eating lunch outside every single day. They've faced some pretty awful weather conditions along the way.

Michael Pierce, Shadow Hedges, Darren Fagan, Kyle Roche, and James Morgan are the boys that eat outside every day. These boys stick together every day, and through every weather condition at a table not covered by the roof's overhang.

Already the boys have seen hail, rain, snow, raging wind, and freezing temperatures. This makes it hard for them to eat because garbage flies away, and snow gets in their food on bad days.

The worst weather condition is "definitely snow," Morgan said. "One day, the snow was blowing so hard, a flake flew in my nostril, and I almost threw up."

Pierce replied differently.

"Wind is my least favorite," Pierce said of the weather. "One week, the wind was so bad I started getting 'wind burn' on my face.



Photo by Abraham Schweiger

Rain or shine, the lunch bunch faces the elements at their usual table.

Also, my knuckles got really dry."

"Only if we are all together," Fagan said of doing this next year. "We stick together every day, except our fallen brother McNeilly, who is taking online school at home."

These boys have their crosshairs set on the target to not miss

a day of eating outside. They are happy that it is almost spring time, so the weather gets better. If you ever see some of the boys in the Lunch Bunch, you should shake their hand and congratulate them for making history together.

Hard work, determination key to qualifying

Continued from page 6

His relay team set the Freeman record and placed second in the state meet last year with a time of 3:28.65.

Axtell also competed at the state meet last year. Axtell placed 12th in the open 200-meter race with a time of 24.19. He also placed fourth in the triple jump with a distance of 41'6 3/4. Axtell was also a part of the 400-meter relay team that placed second last year.

Although anything can happen in this sport due to the fact that you have to rely on yourself a lot, Broussard, Rubright, Genteman, and Axtell know how to handle the stress and pressure. This season is a very promising for all four of Freeman's returning state athletes.



Photo courtesy of
Josie Camarillo

Eat. Sleep. Rope. Repeat.

By Anna Lee
Editor

Sophomore Blair Brock doesn't spend his time in a gym or on a field. Instead, he spends his time on a horse roping.

"When I was little kid, I would watch a whole bunch of rodeos, and I would just think I wish I was out there," Brock explained.

"Eventually, I started the camp that I do every year to get better. But I haven't really done any rodeos yet. That is like off in the process, but I still practice all the time."

Roping is a rodeo event that has a calf and a rider with his or her horse. This event is timed, and the goal for the rider is to catch the calf by throwing the loop of a rope from a lariat around its neck. Then, the rider dismounts from the horse, goes to the calf, and restrains it by tying three of its legs together in as short a time as possible.

Brock practices roping throughout the whole year, but is only on his horse during the summer.

"It challenges me because I don't necessarily know if I am going to catch the calf every time," Brock said. "It's not repetitive; you don't know which way he is going to go."

This is Brock's third year roping, and still nothing has sparked his interest quite like roping does.

"I love the adrenaline when you let the calf out of the shoot and you just go," Brock said. "I probably am going to do this for the rest of my life."



Photo courtesy of
Josie Camarillo

From swinging the rod to playing for God

By Preston Hoppman
Staff Writer

Freeman students have seen junior Isaiah Crane at church playing his guitar or swinging the bat on the diamond for the Scotties baseball team.

"I love playing and being a band member at East Point Church," Crane said. "It's a great experience to be with God and play His music for Him and all of the people that come to church."

17 year-old Crane has been playing guitar since he was 13. He enjoys the challenges that he comes across when playing guitar because he knows it makes him better.

Crane's family also goes to church. His father, Scott, is a worship pastor which is how he got interested in music.

"My dad has been by my side, pushing me through playing guitar and helping me with my troubles on the stage," Crane explained.

His dad is a big inspiration for him. He looks up to him and hopes to one day be on stage like his dad, if he doesn't play for the MLB.

"Isaiah is a great musician and a great baseball player," junior Ryan Leason said.

Leason also goes to East Point Church and also played baseball with Crane for a year.

Throughout the day, Crane loves to mess around with his friends and play sports, but by the end of the day he is all for God and his family.

Photo courtesy of Wikimedia Commons

Angelis is translating her dreams into a reality

By Ali Tesch
Editor

There is one place that can make anyone stronger physically, mentally, and emotionally; that place is the gym. The gym is a place that encourages us and helps us become the person we want to be from building physical strength to mental strength. The question is, would you grab that opportunity and hold on tight? Sophomore Mia Angelis grabbed that opportunity and ran with it.

“Being fit keeps you healthy mentally, physically, and emotionally,” Angelis said. “My daily life is much less stressful because I have a way to relieve or, in other words, work off all my stress and anxiety.”

Most days after school, Angelis walks into OZ fitness with a smile, ready to conquer the gym world. As she walks in, Angelis detects the distinct aroma you can only find in a gym, she hears the treadmills running, and says hello to other fellow gym members who are just as dedicated to working out as she is. Angelis tries to spend at least two hours in the gym; working out is more than staying fit; it is a stress reliever. Although Angelis works every muscle in her body, her favorite days are core. She also enjoys total body workouts; however, each day, she focuses on what muscle she needs to work.

How do you even begin working out, or in this case, stay motivated long enough to spend countless hours in the gym building a better and healthier you? When New Year’s comes around, people make New Year resolutions such as staying organized, turning in homework, or going to the gym. 62% of people make New Year resolutions, but only 17% of people follow through (www.statisticbrain.com). Angelis is not just a statistic

she is going above and beyond achieving her goals.

“Whether it is mental or physical, I focus on what I want to achieve and achieve it,” Angelis explained.

When Angelis began gymnastics and dance, she learned that in order to be a successful gymnast and dancer, she had to be in the best physical shape she possibly could. Between the two, she had to focus on her daily workout. As Angelis grew

up, she greatly cut down on dance and gymnastics, but she has increased working out because she realized the importance of working out. She still continues gymnastics but she is not as involved as when she was younger. Between gymnastics, dance, and working out, Angelis had to give up a lot of her social time.

Although Angelis missed out a lot when she was highly involved in gymnastics and dance, she has realized that during that time she grew into the person she is today. The most important lesson Angelis learned is that in order to be successful in the gym you must do fitness for

yourself, no one else.

“Working out has made me manly and scary,” Angelis joked.

Angelis has many fitness goals, but her most important goal is to just stay healthy and build more muscle. She also has dream of being a natural body builder someday in her future. In order to achieve her goals, Angelis spends countless hours in the gym after school.

“During this time, I learned discipline, dedication, and effort,” Angelis said. “I also learned that nothing comes easy, and if you want something, you must work for it.”

Ever since Angelis was a little girl, she has been interested in body builders— not the steroid-ridden ones but the healthy strong ones. These body builders inspired her to translate her dream of being fit into a reality. Although Angelis has had many role models, her mom has been her biggest inspiration to be the best athlete she can possibly be. Dina Angelis has been a very supportive mom, encouraging Angelis to always give it her all.

Fitness is vital to Angelis’s daily life. Each day, she commits several hours in order to achieve her goals. Being fit doesn’t just mean getting in shape; it means much more to Angelis- it means being healthy and being a positive role model for others. Angelis encourages other to just go to a gym and set a goal for them more importantly, Angelis believes that being fit should be for you not for anyone else. Angelis started small but now she achieved big results. “Be sore tomorrow or sorry – your choice,” Angelis explained.

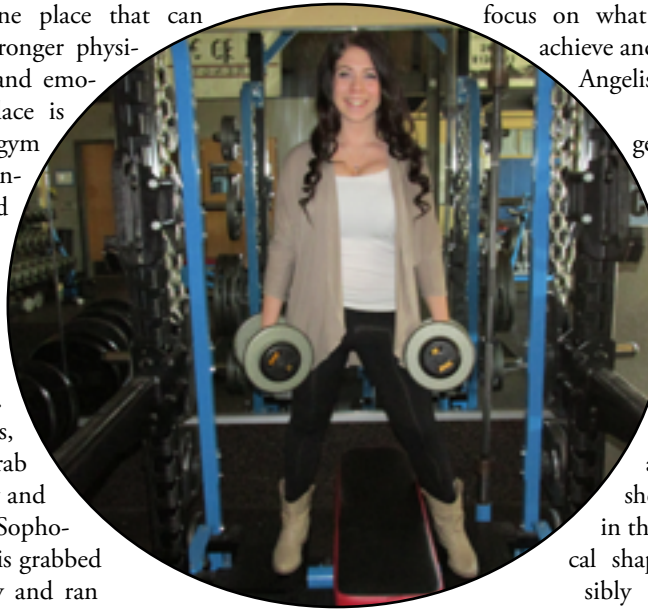


Photo courtesy Lauren Faulkner
Mia Angelis shows off how much she can lift. Photo courtesy of Lauren Faulkner



Photo courtesy of Lauren Faulkner
Mia Angelis is proud of her accomplishments.

Benni-fit yourself; eat at Bennidito’s

By Jake Hansen
Staff Writer

It’s safe to say that we all enjoy a nice slice of pizza, and the better the slice, the better our day gets. So when you think of pizza restaurants, Bennidito’s should be at the top of your list. For those of you who’ve never heard of this place, I am sorry for this place is truly among the greats.

Bennidito’s doesn’t play around when they make a pizza. Their large pizza is actually large, a whopping 19”, and their pepperonis are not some baby ‘ronis that are so tiny you question whether or not they are there. They are giant ‘ronis that perfectly balances with the giant slice you get. Your best interest is to actually eat the crust because this is the best part: perfectly-crafted, succulent, puffy crust. It’s truly magical.

If you are a breadstick kind of person, then you must try their famous beer buddies- parmesan-coated, garlic bread

chunks served with marinara or pesto-ranch dipping sauce.

“I’ve had some pretty delicious breadsticks in my time, and Bennidito’s had some very, very good bread bites,” junior Devin Douglas said. “However, they are very greasy. I like that, but I am not sure how everyone else feels about it.”

Now most pizza restaurants stick mostly to pizza, not Bennidito’s. Their menu is chalk-full of various sandwiches, calzones, and pasta.

“I tried the Italian BLT, and honestly, I haven’t had a better one in my life,” Douglas explained.

People from all over Washington and Idaho come to Bennidito’s for a delicious pizza, sandwich, pasta or calzone. It’s truly an amazing pizza restaurant.

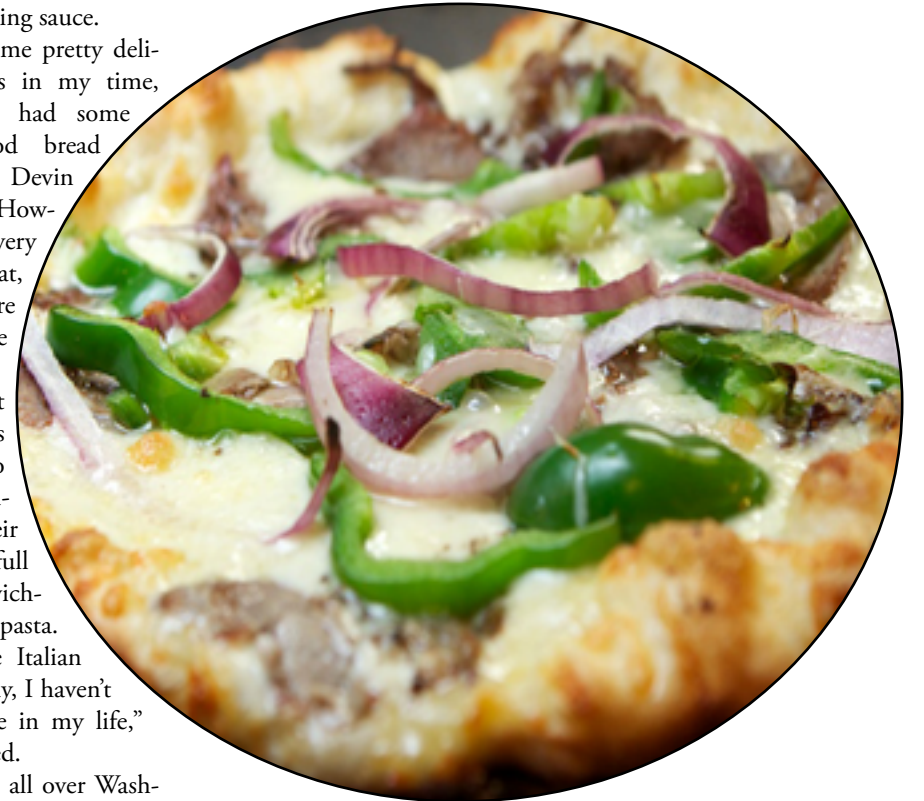


Photo courtesy of Bennidito’s

Bennidito’s offers a wide variety of delicious pizzas like the Italian Beef Primo, covered in garlic sauce, mozzarella & fontina cheese, Italian beef, fresh green peppers & red onions.



Photo courtesy of Bennidito’s

A serving of Bennidito’s double pepperoni pizza will keep you running back for seconds.

Greatly awaited games of 2014



Photo courtesy of ign.com

The Division's on screen interactive map offers a new take on the way maps are viewed in-game with its cutting edge graphics.

Tom Clancy's: The Division

By Isaac Stokoe

Staff Writer

Exclusively for PS4, Xbox One, and PC comes a new game by the infamous Tom Clancy. Clancy was a famous author and director who's also famous for his videogames series *Rainbow Six*. *The Division* is his newest release, an open-world, third-person shooter set in New York City after a violent sickness has broken out. Players are part of an undercover sleeper cell in charge of keeping law and order in this time of chaos. This game is unique in the sense that the player can switch between solo campaign and co-op with ease. Friends and other players can create a group as they traverse the broken city and fight other large groups of survivors playing the game. Players can do everything from putting down riots to eliminating another team of players for gear and essentials like food and fresh water. This game does not currently have an exact release date, but the developers are planning for a release during fourth quarter of 2014.



Photo courtesy of videogamer.com

An in-game shot of the beautiful graphics of Watchdogs

Watch Dogs

By Isaac Stokoe

Staff Writer

A much awaited game is said to be coming out in second quarter of 2014 (though not as awaited as *Half Life 3*). *Watch Dogs* is a beautifully artistic first-person, open-world shooter. What makes it better than most FPS games? A player can hack any electronic in the world to spy on other players, escape enemies, and manipulate the world around him or her. The gameplay looks moderately easy, offering a system much like *GTA 5* where you can take any vehicle near you and most buildings have an accessible inside to them. The game also has a unique skill used for shooting (much like *Red Dead Redemption*) where the player can slow down time and highlight the targets around them to take precision shots anywhere on the body. The graphics look crisp and the environment also changes with the weather around it causing the gleam of light off of shiny cars or being able to see your reflection in a window you walk past. *Watch Dogs* will truly be a game to remember and a game that every gamer should be waiting for.



Much anticipated games of 2014

Dying Light

By Isaac Stokoe

Staff Writer

One of the new generation games coming to all consoles is *Dying Light*, a parkour, free-running, first-person shooter zombie survival game. The game is completely open world, and the immense environment offers a beautiful range of colors and clarity.

"This game definitely screams next generation and the graphics are simply stunning and are sure to leave any avid gamer breathless," junior Kyle Miller said.

The NPC's have a wide variety of personality and detail. The physics of the game are seamless and realistic thanks to its gaming engine, Chrome Engine 6. Gameplay looks easy and on-screen instructions can help when you feel as though you need to "button mash" to get out of a sticky situation. Though this game has not set a release date (as its former date was cancelled), it will probably come out in the fourth quarter of 2014, definitely a day the game community is waiting for.



Screenshot of both the stunning environment and the first-person fighting graphics.



photo courtesy of wikimedia commons



Screenshot flaunting the graphics and lighting style of the much awaited Dark Souls 2.



Dark Souls 2

By Isaac Stokoe

Staff Writer

From software will release the third game in the *Souls* series *Dark Souls 2*, and the sequel to what could be known as the 'hardest game ever.' *Dark Souls 2* was released March 11 for the Xbox 360 and PS3, and there is a planned PC port being released on April 25, which is awaited with much anticipation by the majority of the fans. *Dark Souls 2* is an open world RPG that focuses on awarding exploration of the world and tests the patience of the player -- even the weakest enemies can kill a high level player in one or two flourishes. Instead of using experience to level up, you must actually spend souls (the games currency) to level each individual stat by only one point. This makes the game fun, but also makes it difficult for beginning RPG gamers and does require a certain amount of strategy to play the game.

"As a lover of the first game, I was so excited for the release of its beautiful and yet extremely difficult sequel," junior Matthew Gilbertson said.

Is *Divergent* the next *Hunger Games*?

By Abbi Denmark
Staff Writer

Published in 2011, Veronica Roth's *Divergent* quickly became a hit with young adult readers.

Soon after the book was published, Summit Entertainment began to bring the world of Roth's *Divergent* to life.

In Beatrice "Tris" Prior's (Shailene Woodley) dystopian world set in Chicago, society is divided into five factions, each dedicated to the cultivation of a particular virtue—Candor (the honest), Abnegation (the selfless), Dauntless (the brave), Amity (the peaceful), and Erudite (the intelligent). On an appointed day of every year, all 16 year-olds must choose the faction to which they will devote the rest of their lives too. For Tris, the decision is between staying with her family and being who she really is. So then, she makes a choice that surprises everyone, including herself.

Most books-to-movies adaption are based after some big event that changes how the world works. One of the most known dystopian books is *The Hunger Games* by Suzanne Collins.

The Hunger Games was a book the world could not get enough of, and then once the movie came out, there was not one person who didn't know what *The Hunger Games* was. This is the kind of attention I thought that *Divergent* would get.

"I really liked the movie, but I also didn't



Photo courtesy of divergentthemovie.com
Tris settles in for a simulation with Tori's help.

read the book," junior Colbi Smith said. "My favorite character was Four played by Theo James."

Divergent was an amazing book full of action and romance. The movie, however, barely followed the book. Other than that the movie was great.

The set in *Divergent* really looked like a future Chicago after a major event that changed the world. The casting was excellent, and the actors also put on such a great performance that it was hard to unglue your eyes from the screen. The costumes that

the actors wore fit how each faction dressed from the color of the clothing to what type of clothing each faction wore according to the *Divergent* book.

"When I walked into the theater to see *Divergent*, I was super excited," freshman Nissa Naccaratto said. "Then once the movie was over, I was disappointed since it was not as good as the book. The next day though I realized that if I hadn't read the book it would have been a great movie to me."

"I read the book and it was amazing," senior Kati Benson said. "The movie previews looked really good and I can't wait to see the movie, although, I have been hearing some bad things about it!"

Overall, the movie compared to the book was not as good because the book was way better. Normally, that's how books to movies are. Though for those who have not read the book will enjoy this movie, and those who liked *The Hunger Games*, go see *Divergent* which is now in theaters everywhere.



Photo courtesy of divergentthemovie.com
Christina and Tris leap off a moving train to join their new faction, Dauntless,



Photo courtesy of divergentthemovie.com

Tris and Four take the train with the other Dauntless.

Diesburg and his world of Supercross

By Austin Stark
Staff Writer

Supercross (SX) is an American version of motocross. It's basically the same riders, and same machines, but the competitors race on manmade tracks, mostly in stadium venues. The distance of a American Motorcycle Association (AMA) Supercross race is 20 laps for the main event.

Supercross was first held in the Los Angeles Coliseum in 1972, won by Marty Trips. Supercross helped bring the motocross name to the public. Instead of traveling out to a rural farms, or pastures, the sport came to popular cities to promote their program and to have an attraction for the spectators. The stadiums provided an opportunity of getting to the event, parking, nice seats and food.

The race of a Supercross race has many triples and double jumps.

"During a race, I always think about if I am going to over jump something, if I will land it perfectly or if I am going to come up short," former rider Austin Gerimonte said. "I am always aware and preparing myself for the next corner or rhythm section."

There are tight rhythm sections throughout the track to create

an obstacle for the racers. The top three finishers at end of the race advance onto the podium, where they receive money for winning and get a televised interview.

Supercross racing is not only a physical demanding sport, but it is also mentally and emotionally tough because of the timing, commitment and precision needed in order to be competitive at this sport.

"I race because it is my passion," Gerimonte explained. "I am addicted to it and have been ever since I threw my leg over the bike when I was three."

This sport is so competitive because you are always moving around, thinking and making decisions on what to do if something happens.

"I race because of the thrill and the adrenaline I get while racing," sophomore Hayden Diesburg said. "To make myself better, I train during the week in the gym weightlifting and ride at the track for open practice on the weekends."

Supercross has grown from its small beginning in 1972 to the second

most prestigious motorsport in the USA, topped only by NASCAR in fan interest. Currently, the biggest Supercross series, which is primarily a 15 round series in the USA, it is considered the crown jewel of off-road motorcycle racing in the world.



Photo courtesy Hayden Diesburg

Sophomore Hayden Diesburg scrubbing during a recent run.

One game in the woods can change someone's life

By Madi Groves
Editor

In Lucy Christopher's *The Killing Woods*, Emily Shepherd's dad is accused of killing Ashlee Parker, a girl in Emily's grade. Mr. Shepherd is a soldier that was discharged for accidentally killing an innocent 16 year-old girl during combat; he now has PTSD from killing her. Whenever

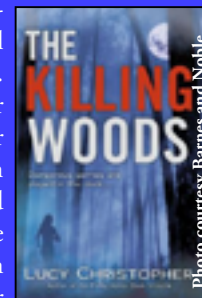


Photo courtesy Barnes and Noble

there's a storm, he gets flashbacks of that horrible thing he did. On the night that Ashlee died, there was a storm.

Emily's dad gets a flashback during the storm and leaves the house to go to his bunker that

is in the woods. Emily wakes up and sees her dad carrying something from the woods, and she just assumes that it is a deer. When Emily walks outside to go find her dad, she realizes that he is carrying a human body. Her dad takes the body inside, and she then notices that it is Ashlee. Her dad gets arrested for the murder, and now it is Emily's job, along with her friends, to prove that her dad is innocent.

"I enjoyed the book," Spokane Valley Librarian Cindy Ulrey said. "I thought it was predictable towards the middle. It also got remarkably darker the more you learned about Ashlee

Parker."

I would recommend this book for 15 year-olds and up because it has some bad language. This book is amazing because it instantly draws you in on the first page with a murder. There's great detail about what happened the night of the murder. The characters in the book were well-written. It really lets you see how they act as high school students. Also, it lets you look through the eyes of what it's like to be the daughter of a man who's being accused of murder being filled with all of the emotions of going through that, also to be the boyfriend and friends of the girl who got murdered. The author's writing is great because she writes it in a way that

makes you want to keep reading because she draws you so you want to keep reading. She also switches back and forth between characters every chapter, so you can get a different perspective from other characters.

Other books written by Lucy Christopher are *Flyaway*, *Roller Hockey Radicals*, and *Stolen*. These books are different than the *Killing Woods* because not all of them deal with murder. These other books deal with things that are realistic, and have more drama and adventure than the *Killing Woods* has. These books would be recommended for people who like to read drama and adventurous books.

Clash of clans in Freeman High School

By Brydon Arredondo
Staff Writer

Clash Of Clans, otherwise known as *COC*, is a popular game here at Freeman, as well as recognized all around the word. While *COC* has been around for a while, the popular game hit Freeman recently. It could be considered the most played game here at Freeman. *COC* is a game requiring strategic ability and planning. Clasher, junior Damar Sewell, is a prominent player within his clans.

"I belong to a clan formed by Billy Sims, and another created by Derek Trumble," Sewell said.

Clashers can participate in multiple clans, meaning they can share their troops and loyalty, bringing together a brotherhood.

Sewell started playing "probably about a month and a half ago." That is recent, compared to the release date, which was about 2 years ago!

Many people find an interest, or a couple different reasons to play. This game could be described as addicting because of the reputation it upholds. Sewell enjoys "building an army, and winning online matches."

Ranks can be determined within the game, often by the level one achieves. It is hard with all the competition to be a top Clasher, but Sewell has worked his way up.

"I am level 50, one of the top clan members, right above Billy Sims," Sewell said.

Clashers can be awarded trophies while playing. Many players compare their amount of trophies to see who acquired the most. There are different ways to obtain trophies, such as get-

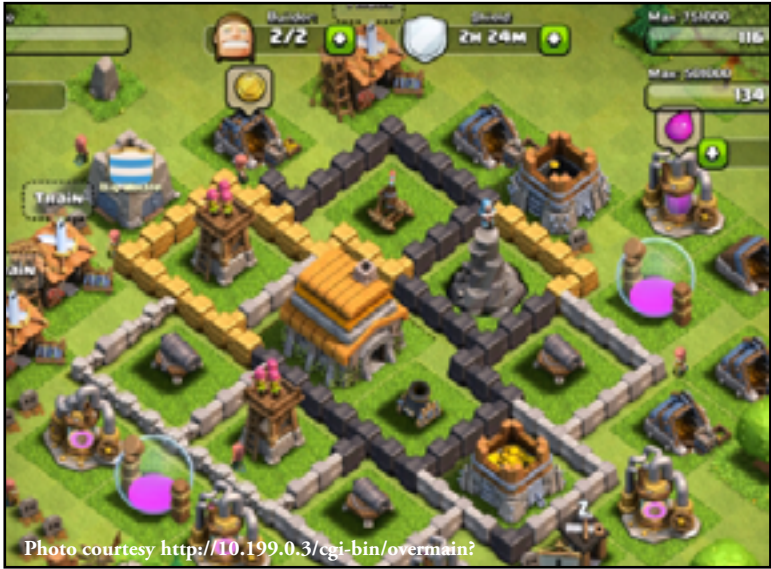


Photo courtesy <http://10.199.0.3/cgi-bin/overmin?>

Serious players spend a lot of time building their villages.

ting a reward for beating another civilization.

Some players play more than others, therefore, making them more advanced in the game.

"I play in class at Freeman," Sewell said.

Another well-known clasher is freshman

JT Neely. Neely is also a member of Trumble's clan, an organized party from Freeman.

"It's a lot of fun, and I like to play with my friends," Neely said.

This game is very interactive between the players. Players can

join together with each other, and even share troops used to battle other towns.

"I probably play like once every period," Neely said.



Photo courtesy <http://10.199.0.3/cgi-bin>

The cover for Clash of Clans

Clash of Clans requires a certain amount of attention to uphold a stature of one's playing.

Another reason why the game is addicting is that players are trying to keep up with each other.

Strategy is one of the most important aspects of the game.

"I try to protect my resources and town hall the best I can," Neely said.

Without strategy and precise protection, a clasher may find trouble when being invaded or invading another residence.

Junior Konner Forshag has some knowledge from the world of Clashers. Many players have their different reasons for joining the worldwide played game.

"Derek Trumble introduced me, and I was hooked," Forshag said.

Forshag derives from the Derek Trumble clan as well. Friends, often from school, join together in hopes to create the best clan.

There are two main objectives in the game *Clash Of Clans*- to have a solid offense and defense. With both of these skills, one can be a very strong player.

"I'm more of a defensive clasher," Forshag said.

When a player is good, it can often be a goal of others to conquer their town. Every clasher gets attacked and has to fight off the enemy to save their trophies.

"Twice a day I get attacked," Forshag said. "I probably play three times a day."

He could be considered an aggressive player, going in for those attacks. However, one must do what's necessary.

Overall, *Clash Of Clans* is an intricate game; it requires a certain amount of strategy for success. However, the game is not too challenging, making it a very fun game for the community, bringing a certain level of fame through addictiveness. If you're not already involved in the *COC* world, it's not too late to get started!

Looking back on a great season of basketball

By Derek Smith
Staff Writer

Freeman basketball is a name that you hear constantly of when talking about the 1A basketball state tournament. Although neither the boys nor the girls made it to state, they both had wonderful seasons.



Photo courtesy Kay Crist

Colin Ayers hits a big three-pointer.

The boys made it farther than they have in two years. This team worked as hard as they could and pushed through adversity to become as good as they could be. The boys had

two second team all-conference selections, junior Jake Phipps and sophomore Jack Paukert. But, there was a team leader that pushed this team to their potential: senior Colin Ayers. As a senior Ayers wanted to go as far as possible in his final season as a Scottie basketball player. His

work ethic rubbed off on everyone on the team. He scheduled before school open gyms and after-school workouts, all because he wanted to reach optimum potential that he

knew that the team had! "We straight up got buckets," Paukert said.

The girls' season ended with a loss in the loser-out round of regionals to Lyndon Chris-



Photo courtesy Kay Crist

Katie Vold fights through the contact for the bucket.

tian to just miss going to state. This year's girls' team included first team all-conference players seniors Katie Vold, and Sierra McGarity, and one second team all-conference player senior Hailley Burke. Vold was also named the league MVP. The girls had ended with a record of 17-9.

"Our season, in my opinion, was a great success," coach Chad Kim-



Photo courtesy Kay Crist

Sydney Sather for three

berley said. "We didn't finish up in Yakima as was our goal, but we still tied for one league title and made it to Regionals. For me personally, I loved becoming a part of the Scottie family and had a blast coaching a great group of girls."



Photo courtesy Kay Crist

Sierra McGarity with a jumper as the Scotties take on Cascade.



Photo courtesy Kay Crist

Ryan Maine taking contact to put him on the line.

This year, there was something special about the girl's team. They had such a bond; they enjoyed being around each other on and off the court. There was no select groups that separated the girls team because they were just one big group that loved being around each other and playing together.

"This year we were closer than we've ever been," said Vold. "We had to become even closer because we had just gotten a new coach."

Freeman Middle School gets ready for Bloomsday

By Hanna Watkins
Staff writer

Many Freeman students enjoy participating in one of the biggest events that take place in Spokane: Bloomsday. It's been around since 1977. The Bloomsday race is 7.46 miles; you can walk it or run it. Thousands of people and volunteers participate in this fun event. On average, there have been over 40,000 runners since 1986. The numbers keep growing every year.

This is the first year middle school PE teacher Jessica McWilliams ran an after-school Bloomsday training. A lot of students are very excited.

"I might as well start training here since I already do it at home," McWilliams said.

McWilliams has been running in Bloomsday since she was in the fifth grade. She likes getting in shape and staying healthy. McWilliams wanted to bring this great opportunity to the Freeman District as this is



Photo courtesy of Jessica McWilliams

The Bloomsday group prepares for an awesome workout with Mrs. McWilliams.

Wednesday until 5 p.m. The training is free to Freeman students who are interested in getting into shape. You don't even have to be running in Bloomsday to come to the practices. All you need to participate is an updated physical signed by a doctor.

"We have a very athletic group of kids here," McWilliams said. "This gives them the opportunity to do an after school activity that doesn't cost anything."

You don't have to be participating in Bloomsday to be a part of the training. Eighth-grader Oddie Landoe has always wanted to be a runner in Bloomsday, but his schedule has different ideas for him.

"I haven't actually ran in Bloomsday, but

year first year trying this out.

Currently, there are 22 students signed up for this voluntary program, but attendance is not required since this is an afterschool activity. Practices run from Monday-

I will someday soon," Landoe said.

Landoe is very active within the Freeman District. If he's not wrestling or doing track, he is outside every day with McWilliams and the Bloomsday training runners to get in shape.

"I'm trying to cut my weight back for wrestling season," Landoe said.

Practice ran March 10-19. During practice, McWilliams had the runners do a variety of workouts, including hill climbs, 5K races, yoga and a little core.

"On the first day of practice, we did stretches and while doing the tin man, I pulled both my ham strings," Landoe said.

After all the hard work and preparation, McWilliams and the Freeman Middle School runners are ready. Bring it on Bloomsday 2014!



Photo courtesy of Jessica McWilliams

After a hard workout, the team takes a little breather before they end practice for the day.

Nana Needs A Rutabaga, a new book for children to enjoy

By Matthew Gilbertson
Staff Writer

We each have our own favorite children's books, be it one of Dr. Seuss's many stories or various others that make you remember being a kid again. Well there is a new book in the making that will make that treasure list: *Nana needs a Rutabaga* by local author Sherry Waldrip

Waldrip's is one of Many book projects that are being funded by Kickstarter.com, a website used to find funding for projects such as games, books, music, art, or any other creative idea people might have. With the help and encouragement of the class of Freeman fifth graders she introduced the book to two years ago, *Nana Needs a Rutabaga* is about ready to launch a Kickstarter campaign.

It is a funny little tale about two little boy's crazy trip with their Nana to Barney's,

also known as Harvest Foods. Local inspirational speaker and author, Waldrip, also wrote the award-winning book, *I Don't Remember Signing Up For Cancer!* But this will be her first children's book.

In this fantasy adventure, our protagonists, Ethan and Noah, accidentally let a monkey escape from an Animal Cracker box. The monkey goes on a rampage throughout the store. Noah and Ethan realize they need to capture the monkey, return him to the box and save the day. Grownups in the store, including their Nana, have no idea that this naughty monkey has forced them to become little superheroes.

Nana Needs a Rutabaga is illustrated by Disney animator Eric Wells, who has worked on many Disney classics such as *The Lion King*, and *Pocahontas*.



Photo courtesy Sherry Waldrip

A great new book for young kids to enjoy