## Trader Joe's finally open in Spokane

By Grady Arnzen Sports Editor

Located on the South Hill's 29th Avenue and Regal, Trader Joe's is quickly becoming a popular shopping site for people in Spokane. With low prices and an almost farmer's marketlike appearance, Trader Joe's is a low-pressure grocery store. Trader Joe's opened its first store in Spokane on Oct. 28 of last year, but this is only one of the many Trader Joe's that have been built nationwide. In the past 3 years, Trader Joe's has opened about 40 new stores, expanding as far as Boston.

Trader Joe's was founded in 1979 by Joe Coulombe in Monrovia, California. Its heaviest concentration of stores is in Southern California, but Trader Joe's has locations in 30 states as well as Washington D.C.

What makes Trader Joe's different than other grocery stores is that they stock fewer items. While most grocery stores stock more than 50,000 items, Trader Joe's stocks about 4,000 items. Also, around 80% of their items bear the Trader Joe's brand name.

"It doesn't really bother me that most of their product is Trader Joe's brand because they all taste great and have cheap prices," said teacher Pia Longinotti.

"Trader Joe's is usually pretty packed with a wide array of items," said freshman Markus Goldbach. "It also sells a lot of different objects."

"I love the Chicken Satay with Peanut Sauce and so do my three kids," teacher Jennifer Fees commented.

Trader Joe's is mostly known for its fresh produce and food. It has the feeling of a small store, but stocks many different items just like a large grocery store.

Freshman Ryan Leason said that Trader Joe's is really popular in Seattle and it's good to finally have one in Spokane. "My favorite food is the Trader Joe's cookies that are like Oreos," Goldbach said. "I like the fresh fruit too."

Ever since the Trader Joe's Spokane opening, it has been drawing customers away from the traditional grocery store. Parents love the great deals there, and everyone loves the fresh produce along with the open environment. All the grocers that work there are super helpful, and are willing to help you find anything in the store.

"My daughter likes it when they hide the toy Sasquatch.
Whoever finds it (it can be any- where in the store) the staff ring a bell and that person who found it gets a piece of candy," said Fees.

"The workers there are really

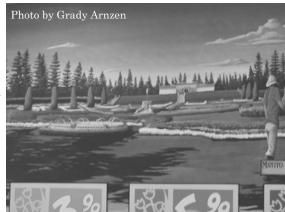
personal and upbeat," said Longinotti.

While Trader Joe's does have good prices, it does have one downside.

"Trader Joe's also is kind of far away from my house," Goldbach commented.

With only one Trader Joe's in Spokane, many people have to drive a far distance to get the great deals.

But overall, many Spokane residents are happy to finally have a Trader Joe's in Spokane. Their low prices and low-stress shopping environment make it a popular place to go.



Trader Joe's walls are painted with places of Spokane, such as Manito Park.

## Coeur d'Alene Casino: new and improved

By Ruby Falciani  $Opinion\ Editor$ 

The Coeur d'Alene Casino Resort and Hotel has been a part of our community since March of 1993. It has been a place for birthday parties from ages one to sixty. The resort has been there for fun for kids and adults. Their buffet is fitted to the appetites of six year-

olds through sixty-six year olds.

Another family-friendly feature of the resort is the entertainment. They constantly bring in concerts and acrobat routines that are exciting and fun for the whole family! Such as the mixed martial arts, comedians, country concerts, and powwows.

The resort hotel rooms are arranged from original native and rustic style rooms to the newly refurbished hotel wing containing modern and chic New York style rooms. The new modern wing of the hotel is mainly decorated with metal, mirrors, and wood panels. The hotels are very stylish and have extremely comfortable beds.

"The only problem I had with the new rooms was that I couldn't plug in my Xbox to the TV because it was bolted to the stand," said recent customer Stephen Falciani who was one of the first people to stay in the new wing of the hotel.

The new wing includes a spa and a steak and seafood/bar restaurant.

"It was so cool," said Ashlyn Little, Freeman first grader. "They made us ice cream in front of us. It was only like 2 minutes. It was so cool!" The restaurant actually does make ice cream in front of you. You get to choose flavor, mixes, and toppings. They take the cream mixture then start adding the dry ice and it starts becoming thick ice cream in front of your eyes. You can add any toppings of sauces on the instant ice cream.

The pool has been under construction and the grand revealing of the newly refurbished pool was on March 15. Including the work-out room, spa, pool, and new restaurants, the Coeur d'Alene Casino has improved its look, but has still kept a hold of their original values.

## In This Issue:

- Pg 3: Landing a summer job
- . Pg 4: iPad or Laptop?
- . Pg 7: National Champion in our midst
- . Pg 11: Does Hunger Games live up to the hype?
- . Pg 19: Grand Canyon Trip

# News

## Guedelon: a brand new old castle!

By Jake Dickinson Staff writer

"Castles conjure the romance and dread of the period," Mike Loades exclaimed in his special titled Going Medieval.

Many years ago in Europe, people started building fortifications in order to defend themselves and also to provide a safe place to live in during times of war and peace. Over time, these turned into wooden forts like motte and bailey castles, in which the motte is the hill where the central building is settled at and the bailey being the enclosed part of the wooden fortress. Builders began using stone and mortar in order to make improved castles that would be difficult to conquer until the invention of gunpowder cannons. Each castle required specialists to aid in the building of many bases and forts. Currently, a group in France is achieving this in modern times through building Guedelon castle.

Started in 1998, Guedelon castle was designed to have six towers, a gatehouse, a grand hall, a well, arrow loops, and murder holes. The castle is currently scheduled to be finished in 2033 and it looks great. They are using the actual techniques that medieval builders used along

with the tools, cranes, and even the clothing that they

"If you look at this stone, you'll see the detail and attention to this construction. There are all these mason marks on here," Mike Loades said, pointing at the arrow to show the facing side, initials of the man who carved it, and roman numerals to tell of the height of the brick that was carved.

Not everything is exactly the same as it was with the original construction. For example, the workers do wear modern safety helmets in case some rocks do fall from the human-powered wheel cranes.

The castle has had several tours during the construction; it has even been featured on the History 2 channel special named, Going Medieval, which showed the latest parts of Guedelon castle. Loades was even allowed to use the castle to show the difficulties of defending and causing a siege. Also, he was even allowed to place a stone into the largest of the towers, the lord's tower, and he showed the large amount of detail put into each of the stones in this project.

"Knights were icons of the age, but an equally powerful image was the castles" Medieval expert, Loades said. "They were cavalry

forts, and they came into being around about 1000 years ago with a new warrior, the knight."

Also, the host of Going Medieval was able to be in one of the two wheels that let the crane lift up and move the stones to other parts of the castle that are near the crane.

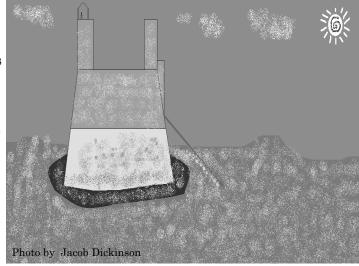
"It's taking 45,000 tons of stone to build this castle, and it all has to be lifted, using nothing but muscle power," Loades stated.

Later, Loades set up a ladder to the great hall's entrance to show how hard a siege with ladders was because the defenders had a better chance to eliminate the people on the ladder and then the ladder itself. Another key feature of the chateau was the murder holes. A murder hole is a tunnel

that is generally above corridors and includes holes for troops to drop rocks, debris, and even boiling liquids like water and

or pitch from the top of the hole onto the enemy at the bottom.

But, this castle is not only a marvel, but a museum that always will be worked on due to castles being built and then modified over the years to different designs and new addons to the structure as time progressed and when technology allowed for improvements in the designs. Yet, this was normal back then due to the land owners wanting to have the finest and the best looking fortresses in the land. Again, the people building the castle are constantly at work on it, even during the winter or when it is raining. All in all, this marvelous building can be seen when it is worked on and when it's finished.



"Castles conjure the romance and dread of the period," Mike Loades exclaimed. This statement is never less true than with castles, especially with the hollow ruins of the castle.

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# How to get a step-up on summer jobs

By Hannah Williamson Staff Writer

As summer approaches, there's no time like the present to start thinking about ways to land a summer job. There are many job choices and possibilities for teens.

The best time to start looking for summer jobs, according to FHS Counselor Laura Hamma, is the spring break season, so it's important to have a full résumé and start applying as soon as possible.

"There are a limited number of jobs available to students, and employers want to have those spots filled before the summer months," Hamma explained.

This year, about 80 percent of summer employees in the U.S. will be hired by the end of May (www.snagajob.com). Obviously, employers need their jobs filled before summer, and spots fill up fast. For this reason it is extremely crucial to start your summer job search ASAP.

From mowing lawns to internships, the variety of jobs for teens is relatively wide. Five of the many common summer jobs for high school teens are camp counseling, lifeguarding, babysitting, farming, working in retail, and food services. Each of these jobs, with a little effort and motivation, are attainable and rewarding positions for high school students.

Timeliness is truly critical if you're really serious about finding a job, because a good majority of college students are looking for the same types of summer jobs as high school students, and they usually get out of

school for summer break before teens. Four of the most common jobs that college students apply for in the summer are camp counselor, life guard, farming, and waiters at restaurants (www.onlinecolleges.com). These jobs are also about the same as what high school students apply for, so if you want to beat the summer rush as a high-schooler, a good head start and motivation are both necessities.

According to familyeducation.com, one rewarding job for teens is a lifeguard which, although it requires course work to become qualified, is a beneficial way for teens to gain responsibility. (It's definitely not a job that would be recommended to someone who isn't a strong swimmer, though!)

"You'll get a great tan line!" senior Katie Pintar promised.

Being a lifeguard really isn't too hard of a job to tackle if you're a strong swimmer. The minimum age is 15, so it's a job that almost anyone in high school can partake in.

Becoming certified in Spokane consists of a 5-day session in which a student must be able to swim 300 yards without stopping, and pass a written test and a practical lifeguarding skills test at the end of the course (www.spokanecounty.org). The certification is valid for 3 years, and the average pay for a lifeguard is about \$9.00 a n hour (www.spokanecity.org).

Also, depending on what you want to do as a career, being a lifeguard could help you as a starting job. This was definitely the case junior Morgan DeRuyter.

"I hope to one day become a nurse and thought that by being a lifeguard it would teach me to be observant and give me some experience in helping with medical emergencies," DeRuyter said.

Babysitting is also a great field for teens (girls and boys) to go into as a summer job if you enjoy spending time with and taking care of kids. It can be a big responsibility, but it's a job that's worthwhile.

"It takes a lot of patience, but when the kids are happy it's definitely rewarding," freshman Colbi Smith stated.

Many places in Spokane, including St. Luke's Rehab Center and Sacred Heart Hospital, have monthly classes that teens who are interested in babysitting can participate in and become certified to watch kids. These classes go over disciplinary and safety issues, cover the basics to caring for infants, toddlers, and older children, and explain how to use first aid and CPR for infants and children (www.kxly.com). The average rate for babysitting, typically, is \$8-\$12 an hour, depending on factors like parent choices, number of kids, and your experience (www.babysittingrates.com). There are also other jobs in this field such as working at YMCA camps or day cares, both of which are great positions if you enjoy working with kids. Getting the certification to be a babysitter is a good place to start off in this area, and then you can continue working up from there.

If you like the idea of having your own business or working by yourself, one last job that many high school students use as a line of work in summer is yard care. There are plenty of things to help with, like pulling weeds or mowing lawns; it's also one of the most inexpensive business ideas tostart (www.yahoo.com). Since it's a job where you usually work alone, it's a helpful way for teens to learn responsibility and time management skills. Yard work is the type of job that's good for teens that are independent because it's an easier job than most to negotiate working times and labor fees. Not only that, but lawn care is a great job for kids to do to get involved locally and help people and neighbors in their area. It's attainable for even students who can't drive, because they can work in the yards of family members or people in their neighborhood.

Working outside in the hot summer months can be strenuous.

"All the hard work and sunburns are worth it when I get my paycheck," confirmed freshman Bram Schweiger, who mows lawns in Hangman during summer.

So, again, the first important step is getting out there and searching for jobs so you can get ahead of the summer rush. Keeping your grades up, having a full résumé, getting started early, and being motivated are all great ways to show employers a good work ethic and give them a reason to hire you.

## 2<sup>nd</sup> ANNUAL ART and SOUL Art Festival

Our second annual art festival **Art and Soul** is coming up soon, Thursday night May 17 from 6:00 to 9:00 in the Freeman High School all-purpose room. There will be some of the same creative fun activities as last year including:

- A sale of original artwork by Harold Balazs, Mel McCuddin, Ken Spiering and others
- Participation in a large community painting
- Art demonstrations
- · Henna tattoos and face painting
- Sale of your students' artwork
- Pudding painting
- Making drums for our younger musical artists
- Evening entertainment by our finest choral and mu-

sic students

- New and engaging art activities for all ages
- And of course, REFRESHMENTS!

Ticket prices remain the same as last year and are available at the door - \$5.00/person or \$15.00/family. We raised almost \$2000.00 for materials and supplies for our arts program last year and would love to have your support to do the same again for this coming year. Contact Mr. Spiering in the Art Studio at FHS if you would like to help with our festival, do a demonstration in your field of creative expertise, or have suggestions for activities you would like to see included in **ART & SOUL** this year.

# Opinion

# The banning of books: good or bad?

FREE YOUR MIND

By Teigan Glidewell Staff Writer

Many people think that book banning is something that only happened in the past. But according to infoplease.com, in 2010 alone, 348 attempts to ban books were made! Probably the

most famous books banned in recent years were the <u>Harry Potter</u> and <u>Twilight</u> series.

A banned book is one that has been censored by an authority—a government, a library, or a school the banned book festival were you can read anything for a week.

anything for a week. banned is actually removed from a library or school system. Even though books are banned to protect kids, it shouldn't depend on the school's administrators because they aren't the ones reading it. Students and parents should have the right to decide if certain books are appropriate or not to allow their children to read. Books shouldn't be banned in the first place since it's a learning experience.

"I don't think all books are proper for all ages, but when someone tells you not to read a book what are you going to do?" said Cis Hyndman, school librarian.

As the American Library Association notes, books are usually banned "with the best intentionsprotect others, quently children, from difficult ideas and information." Adults often censor books from children if they feel that the books have frightening or controversial ideas in them. In some cases, those trying to censor books think that a book might be appropriate for older children, but just not younger ones—a book that might be perfectly fine for a ninth grader may be disturbing or confusing to a fourth grader.

Not everyone agrees on which books should be banned. The <u>Harry Potter</u> books are a good example of this; some think they are wonderfully imaginative books that have done much to encourage kids to read, while others believe that the Potter books should be banned because they are a bad and corrupting influence on kids.

The First Amendment of the Constitution guarantees

> our right to free speech, which includes the right to read and write books that might be considered by some to be too violent, hateful, or offensive. Because this freedom is one of fundamental our rights as Americans, some people feel that any form of censorship is wrong. Most people fall some-

where in the middle, believing that people should be free to read whatever they choose, but that in some rare instances censorship is acceptable.

Even in the Freeman School District, parents have requested that certain books be banned. At Freeman Middle School in 2008, a book called Stuck in Neutral was challenged. It was a controversial book because it is about a person who had a disease at the time called Cerebral Palsy. During that time, there was a student in 8th grade that had that same disease. It helped people understand what he was going through and how they could help but some families had worried how it was singling out that one kid, it also had profanity and violence.

Hyndman doesn't want to ban books from the school's library but sometimes it happens. What helps her with weeding out potentially challenged books is working with reading program she started called Literature Circle (LC). The LC groupwhich consists of high school students- reads new books to determine what grade the book is appropriate for, and to check for any bad language or sexual content that could cause problems.

"I'm against banning books, but are there books I wouldn't put in the library? Absolutely," explained Hyndman.

### iPad vs. Laptop: which do you prefer?

By Maddie Keebler Staff Writer

Tablet or laptop? Many people have been asking themselves this question lately. There are people that are looking that don't know the differences. A tablet is basically a small laptop, but without USB drives or CD drives. A laptop is a more portable version of a desktop computer.

"Freeman High School has roughly 150 laptops that can be accessed by students for educational use," said Todd Reed, the Technology Director for Freeman School District. "We have a wireless network that the students can use from their own devices if their teachers allow it."

The district transitioned from desktops to laptops when the new high school opened up.

"The laptops are portable, and you can take them from classroom to classroom," said junior Dani Rey-

nolds. "They take up way less space than the big computers do."

Junior Parker Henderson has a laptop. He likes having his laptop because it has a bigger screen than a tablet.

"Laptops also have more capabilities," Henderson said.

He is more familiar with computers, and the software that they use. Lastly, Henderson likes his laptop because it has more memory and storage. He takes his laptop to his classes to do class work. It comes in very handy. Instead of using a USB drive, he can just take his laptop to school, do his work, take it home, and have the document right there.

Laptops may be more portable then desktop computers, but iPads take portability to the next level.

"I love everything about my iPad, the HD videos, the fast internet, everything," explained senior Henry Zaring. "I like how you can carry it around and play games anywhere."

Another bonus of the iPads are all the downloadable apps. The most popular

apps are obviously the fun games, but there are apps that are educational. There are language translators, SAT Questions of the Day, and many others. There is an app for pretty much anything you can think of.

"iPads are very portable, there are apps for anything, and they are very user friendly," said Reed.

The new iPad 3 came out on March 16, 2012. Three million iPads sold in the first four days they were on sale. However, there have been reports of the iPad overheating. According to dailymail.co.uk/ sciencetech, one customer reported that they were returning their iPad after it reached a temperature of 117 degrees Fahrenheit. Many iPad users have complained that the new item is 'too hot to hold', especially when playing games. Many disgruntled consumers are planning on returning the machine. Other than that,

the new iPad has had no problems. For the first time, Freeman administrators and school board members have transitioned to using iPads. School board meetings have gone paperless, with everything they need right there on their iPads.

Randy Russell, the Superintendent of Freeman Schools, would love to see the technology availability expand at Freeman. He has an iPad, and a laptop that he uses at work.

"With the help of Mr. Reed, the transition to the iPad was very easy," said Russell. "They are very user friendly."

What lies ahead?
"Would I like to see
iPads in the hands of students?" asked Russell.
"Absolutely. How quick it
happens, that's what is hard
to tell."

Either way, iPad or laptop, they both enhance our learning. Freeman's wireless network can be accessed from an iPad or laptop. They both have good assets, and bad ones. Which one to use? Well, that's your choice.



Freeman students get great use out of the laptops that the school supplies.

# Opinion

## Are parents going too far in the pageant world?

By Maddie Richardson Staff Writer

Fake hair, fake nails, fake teeth,

fake tans and glitzed-out clothes are all part of being in a pageant as a young girl. Some parents hate the idea of putting their child in all of this so-called glamour. Pageants are teaching girls that they have to be beautiful to win.

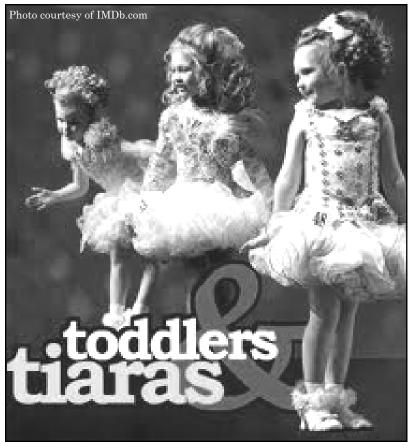
Parents will do anything that it takes to make their children the best and a winner. But are they going too far?

An article on *yahoo.com* shared a story about a mom who was a beautician would give herself botox every few months. So she had all the products with her and had the idea that her 8 year-old daughter needed botox for her pageants.

"It hurts sometimes," said Britney. "It makes me nervous. But I get used to it."

No one should get botox at age 8. What 8 year-old gets wrinkles? People don't usually get botox until they absolutely need it.

When you compare pageants from the 90s to pageants now, you notice that they were not wearing fake everything. If you look at the dresses they wore, they weren't all glittery and did not cost thousands of dollars. They actually looked like little girls and not Barbie dolls. Some of the dresses from back then were simple and looked like a little girl could wear it and not as a Halloween costume. Judges actually



These 3+ year olds are competing at a high maturity level, without proper parenting.

wanted you to look like your age instead of being all grown up.

Have you ever watched the show *Toddler's and Tiaras*? It's about girls, and even some boys, who are in pageants and their crazy moms who will do anything to get them to win. Parents will go to the extreme just to see

their little beauties win. Sometimes the moms have a breakdown if their child has lost or received a smaller crown than they would have liked

them to get.

During one episode, a mom started screaming at her child for not getting the highest title. She took the small crown that her daughter received and chucked it across the room. Some parents get really upset if their child doesn't win, and sometimes they even throw a tantrum.

The way the moms on *Toddler's* and tiaras treat their kids is absolutely horrid. They make them get spray tans, shave their legs and wax their eyebrows. Some parents would consider that child abuse because if you look at the child's reactions: they are in tears, telling their mom to stop it. Some of the kids don't even want to be in pageants, but their parents are forcing them.

There are also some positives of putting a child in pageants. Pageantry shows girls how to be strong and confident. Yes, it may show that you have to be beautiful, but it also helps girls to boost their confidence and feel pretty. It is also a way for girls and their moms to spend some quality time together.

Most people would be appalled by the way people showcase their kids. When you think about kids in pageants, you think of them just having fun. But in this case, it's not fun for them. If you watch a pageant on TV, you will notice that they look miserable.

## Gas everywhere is going up, up, and away!

By Dani Reilly Staff Writer

Although it allows freedom to most high schoolers and gas is a necessity to almost every family, parents are saving up and cracking down on their money with the increases in gas prices. In Washington, the average gas price is \$4.01, and \$3.91 in Spokane (www.gabuddy.com). That's the eighth highest gas price in the US, with Hawaii and Alaska at the highest with \$4.60 and \$4.41 respectively.

For Freeman students, traveling far to school isn't as big an issue, as the majority live 15-20 minutes away from school. Nevertheless, Freeman students come from all over Spokane. A number of them live on the South Hill, the Spokane Valley, Rockford, and Fairfield; others live as far as Hayden Lake, ID and West Valley. For the farther living students and teachers, driving is an essential.

"Yes, it's important!" said junior Samantha Avey. "I need to get to school every day. My mom leaves before I do and she works all the way out in Coeur d'Alene."

Though in Spokane, people can usually get to places they want to go with in 20 minutes, if you go to and from that place five days a week for 180 days it can really add up.

"We live about 25 minutes away, that's 16 miles?" said senior Kayla Reynolds, shocked about how far her and her younger sister Dani really lived from the school.

Currently the best Hybrid car for sale is the Ford Focus, and coming in a close second is the Toyota Prius. The Prius does get better MPG with 51 city/48 highway (usnews.rankingsandreviews.com), however, the overall rating for the Focus is better. Looking into better mileage cars should become a priority since in the summer forecasters are predicting a 5% increase in gas prices, which will mean about a 20 cent increase at the pumps.

With siblings, carpooling to school

is normal and can help save gas too.

"We fill up every Sunday and Wednesday usually," Reynolds commented.

So how do you save? Some students shared their insights on how to keep the green.

"I share rides with my friends on the weekends, and hitch-hike every now and then," Avey joked. "I also skip the morning coffee sometimes, just little things like that".

More realistic ways to save include carefully planning trips so you don't back track and take unnecessary mileage (www.thesmarterdriving.com). Also, you can avoid speeding up and slowing down rapidly, or turn off your car instead of idling. Regular engine and tire checks help your mileage, and checking where the cheapest gas stations are before you fill up can also help. It doesn't have to be cutting massive expenses, but simple ways to save like skipping that morning coffee can add up and make a big difference.

# Opinion

## Think before you search

By Isaiah Crane Staff Writer

We've all been here, trying to do your research paper and the website's blocked. Sure it can be frustrating, but what you might not realize is that it's actually for your safety.

Many schools have an internet filtering system to protect the computers and firewall. Schools censor the internet to protect minors from accessing inappropriate material on the internet. Many school-related shootings and bomb threats have been related to cell phones and the internet.

Cyber bullying has become a growing problem throughout the US. According to *digits.newsvine.com*, 15 year -old Phoebe Prince of South Hadley

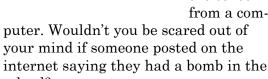
disorderly conduct and you can be charged with a misdemeanor or felony.

There are many methods of internet censorship. The most popular is keyword blocking. Certain keywords in the IP address or domain that are suggestive are blocked. Freeman uses this method because it filters images, offensive language and categories and keeps students safe.

You can access just about anything on the internet and some of those things aren't very good. Many websites can give your computer viruses, even if they aren't bad websites. Viruses can ruin your computer and firewall.

Freeman has had internet regulations since 2000, after Brandon Swartwood of Wagoner County, Oklahoma

> committed suicide because of cyber bullying. It was enacted to protect students from cyber bullying and inappropriate content on the internet. We need internet regulations to protect us. In some cases, bomb threats have come from inside the school from a com-

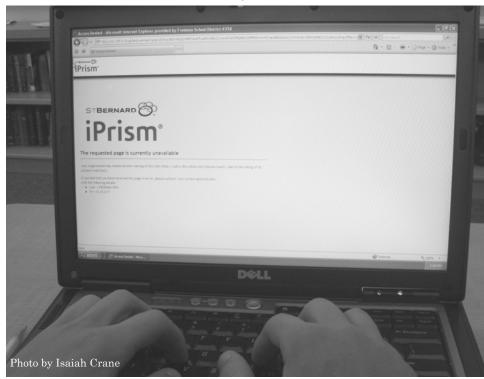


Keeping students from accidentally wandering on to pornographic websites at school is another reason that internet sites are blocked and monitored. According to Freeman Technology Director Todd Reed, things like this can ruin the district's computers and network.

If a student somehow finds a way to intentionally break the rules, you can expect to have disciplinary actions taken. Measures could include losing school access to internet and computer usage for the rest of the school year.

Yeah, not being able to get onto certain websites at school can be frustrating, but it is all for your own safety and well-being. With one click of a button somebody can lose a life.

If you or anybody is dealing with a cyber-bullying problem you can contact Deputy Nye for help by phone at (477-3174) or by email at rgnye@spokanesheriff.org.



Freeman Student trying to access a site that has inappropriate content for school which is blocked.

committed suicide after being cyber bullied after dating a football player. A can was thrown at her from a moving car which led to her suicide. After her death, her memorial page was assaulted by the bullies. If caught, charges for cyber bullying can range from a misdemeanor to felony charges. If you are under 18 and are charged with a cyber bullying offense, you could be sent to a juvenile jail.

This incident was a direct result of cyber bullying. Even though this incident took place thousands of miles away from Freeman, the reality is that it could happen to any of us. We need to be aware of these kinds of things happening in our school.

Lives can be changed because of one decision to press send. This is why Freeman does everything they can by blocking popular websites like Facebook, so that we can prevent these types of things from happening in our school.

"I wish kids would think before they send whatever they are going to send," said Deputy Nye.

Federal consequences of these actions can result in being charged with

## That's what lockers are for...

By Isaiah Crane Staff Writer

Not being allowed to bring their backpacks into classrooms is a source of frustration for some Freeman students. They would like to be able to bring their backpacks into classrooms as it is easier to transport their materials that way. Unfortunately for these students, there is a policy for backpacks in classrooms, which states that backpacks are not allowed in the classrooms. What's the main reason behind this? Safety. Backpacks are the ideal place to conceal weapons or drugs. Allowing them in classrooms gives many opportunities for violence with weapons.

This has happened just hundreds of miles away in February. 9-year-old Amina Kocer-Bowman of Seattle Washington was critically injured when a fellow classmate brought a loaded gun to school. A shot rang out and struck Kocer-Bowman when the frustrated student slammed his backpack on his desk. With backpacks being able to conceal just about anything, this can be a very scary situation.

This policy isn't new; it's been in place for a while.

"I agree with it, there just isn't a lot of room," said principal David Smith.

Is it really that big of a deal to put your backpacks in your lockers? Each student has a locker big enough to hold it, and if that student plays sports, he or she has two.

Desks were invented to store your books and binders in the classroom. They just become a hassle to teachers and students. Lockers are available for you to use them and put your belongings in them.

Disciplinary actions like detention for continuously having your backpacks in classrooms can be taken. Who really wants to get in trouble? Why not just save yourself the trouble and put your bag in your lockers?

"We are going to start cracking down on this issue," said Smith.

Walking to your locker and putting your bag away is nothing compared to someone else's safety. We can make a big difference by just putting our bags in our lockers.



Freeman student is told to set his back pack outside the classroom as a safety precaution.

# Features

### Freeman freshman National-level equestrian winner

By Madi Groves
Staff writer

Everyone has a talent, but some people can push themselves to the limit to achieve their highest goals. Freshman Angelica Lengyel is a 14 year-old horseback rider who has been riding for about 7 years. Lengyel has two Morgan horses that she rides for competitions. Someday, she wants to get a new horse; if she did it would be a Dutch Warm-Blood.

Recently, Lengyel has been to Nationals which was in (October 6-16, 2011) Lengyel competed in many competitions. She does four competitions per year, plus Nationals, if she makes it. She has been to Nationals three times since she started competing in 2006. Since then she has done 25 competitions. She has won Reserve at Nationals. The competitions that Lengyel competes in are Western, Hunter, Saddle Seat, and Dressage.

The last time Lengyel went to Nationals was in 2011. In that Nationals, she got 6<sup>th</sup> place in the world for Western Seat Equitation 13 and under. After that, she placed 9<sup>th</sup> in the world for the Hunter Seat, and received a gold medal on the



Lengyel competes on her horse Max.

Flat. That competition was for ages 21 and under and there were 43 kids in that class.

In the 2010 Nationals, Lengyel got 3<sup>rd</sup> place in the Grand Nation Hunter Seat Equitation 12 and under. Then she got 2<sup>nd</sup> place for the Grand National Western Pleasure for ages 12 and 13, and went back to back into the championship and got reserve World Western Pleasure champion. Pleasure is based on how good your

horse is and how you can make your horse perform the best. Equitation is based on you and how good you can look on a horse.

To be able to make it to Nationals you have to go to a class A Morgan horse show, and then any classes or divisions you want to do at a class A Morgan horse show and you have to get top 4.

"Equestrian, it isn't just something we do for a living... it's what we live for," said Lengyel.

Lengyel practices everyday because if you want a horse to perform at its best, you have to ride them, love them and take care of them. When you can create a great bond with them, they are willing to work for you. One of Lengvel's horses, 14 year-old Max, has been the one she has taken to Nationals three times, 2007 2nd place in Hunter Pleasure Grand National Walk-trot, 2010 2<sup>nd</sup> place Western Pleasure Grand National 13 and under, and 2010 Reserve World champion Western Pleasure 13 and under. Her horse does Western, Hunter, and Dressage. Her other horse is Willie (6), who has only been at two shows and is still young. He needs more practice and training so he can perform his best in the Saddle Seat.

Lengyel is an amazingly talented horsewoman. She can do things that most people are terrified to do. Even though she has to compete against her closest friends, she is still a very good one.

## Tori Burton, an inspiration to us all

By Maddie Keebler Staff Writer

Our very own senior Tori Burton has accomplished things that not many of us know about. She has been participated in Honor Choir, and All-State Choir, and she taught children in Mississippi.

Burton has participated in choir at Freeman every year since 5<sup>th</sup> grade. From 7<sup>th</sup> grade through 10<sup>th</sup> grade, Burton was selected to be a part of the Bi-County Honor Choir.

To be selected, participants have to audition, and be judged by a few music teachers.

"Bi-County was one thing that really got me stoked about music from the start," said Burton.

During Burton's junior and senior years, she was selected for All-State Choir. To be accepted, the singers had to go through vocal auditions and perform four vocal exercises a cappella. It tests their ability to hear and see key changes and sing in tune. They applicants have to sing two major scales, a high one and a low one. The high one really takes the singers to their limit.

"Going into All-State, you have a basis of music, but it's amazing how much you learn in the 4 to 5 days working with the specialized choral teachers," said Burton.

In Burton's group, there were 800-1,000 singers that auditioned, and only about 200 were selected.

"It is very difficult to make it," explained choir teacher Danette Garcia.

Burton was chosen her junior and senior year, which is outstanding.

"I have heard her voice mature so much," said Garcia. "She has grown so much vocally."

Another accomplishment of Burton's is that she spent a month in Jonestown, Mississippi teaching last summer. She taught reading to 6th, 7th, and 8th grade students. Along with reading, on Tuesdays, she taught swimming lessons.

"The kids there enjoy school, and they want to go," Burton said.

Some of the children started going to school, but by the end, they had to leave school to work in the fields.

"It's really sad, because they want to go to school, but we take school for granted," Burton explained.

She heard about this opportunity through the Sister of Holy Names, which is a Catholic organization. Burton's Aunt Kay is a nun in their convent.

"I was interested because I knew that being in Mississippi would be an experience that would open my eyes to a whole new culture that I had never experienced before," said Burton.

To be able to do this, Burton had to fill out an application, and get two recommendations. She chose to get hers from Mrs. Moyer and Miss Longinotti, her National Honor Society advisors.

"I chose them because I

look up to them and feel that they know me for who I am more than just a student in their classroom," explained Burton on her choices.

So, what does Burton's future hold?

"I want to go to either Whitworth or Washington State University and major in Psychology and Theology to eventually be a faith based counselor," she said.

Burton might participate in choir in college, but she is learning to play guitar and she wants to sing and play with people she meets in coffee shops.

"Tori is a neat, kind, positive person," said Garcia. "I just enjoy Tori."



Tori Burton spent part of last summer in Mississippi teaching to younger.

# Features

## Freeman clubs add new life to the Freeman atmosphere

By Preston Primmer Staff writer

Freeman has a variety of clubs offered to students, offering a variety of clubs from Trap Shooting to Future Business Leaders of America (FBLA) to National Honors Society (NHS), a student can find something to fit his or her needs. This spring all of these clubs have lots of events that are going to happen: state, districts, regionals, fundraisers, and many community service projects. With eight clubs at Freeman, students can choose anything they like.

Recently, we have had many regional and district competitions .The Knowledge Bowl team of freshman Bethany Williams; sophomores Peter Underhill, Kirsten Fuchs, Robin Faulkner, Whitney Naber, and Lucas Carasco; juniors Ben Carasco, Eric Hjaltalin, Daniel Willard, and Zeke Flack; and senior Cody Dickinson went undefeated for JV and varsity during the regular season. In regionals, the varsity finished eighth out of fiftyeight teams. While they did not qualify for state, they still had a great season.

Along with Knowledge Bowl is something new at Freeman: Science Bowl. This is a regional competition with a Knowledge Bowl format, but science questions are asked. They competed on February

"We did not qualify for nationals, but everyone had a good time," said John Hays, advisor for both Knowledge Bowl and Science Bowl.

Family Career and Community Leaders of America (FCCLA) sent two members to compete March 21-23 at a state event called STAR events. There are twenty-four competitions at the state level. Two of our FCCLA members competed at these events. Freshman Lexie Saeger competed in Recycled Re-design; she created a complete outfit for under two dollars using dog and cat food bags. Also, Saeger made accessories made from pop tabs. Junior Brette Schmidlkofer competed in Fashion Design; she created a portfolio of six different outfits for a clothing line and made one of the outfits. Along with the state competitors, there are three Sophomore Tori evaluators: Keizer, and freshmen Hanna Watkins and Anna Jackson. They will be studying and preparing to evaluate the competition they are assigned. At the regional and state levels, the evaluators are instrumental in deciding who will go onto Nationals in Orlando, Florida. Each event has 2 student evaluators and 1 adult evaluator. Saeger qualified for nationals, getting first place at the state events.



FCCLA at the fall conference

Future Business Leader's of America (FBLA) is Freeman's biggest club. They had 46 students compete at the regional level. Of the students who competed, 29 of them qualified for state the week after spring break. Also FBLA does many field trips, and community service events. They have many field trips planned, such as bowling. For community service, the club participates in Adopt-A-Highway every fall and spring to pick up garbage along a stretch of highway in front of Freeman. Vanessa Behan Crisis Nursery is the biggest community service project for FBLA. They sell hearts for a dollar each and volunteer down at Red Robin where money is donated.

"Burgers with a heart was a success," said club advisor Scott Moore. "We raised \$1,726.75. Our goal was to hit \$2000. For the seventh straight year, we have raised more money than anyone in the Spokane area."

Maybe a little less known about club in Freeman is National Honor Society (NHS). They are a very prestigious club. Many requirements need to be fulfilled to get into this club, such as you need to keep a 3.25 cumulative GPA. Along with these high expectations comes a little fun. Students from NHS took a trip to Washington DC this spring break. Also this May, NHS will induct their newest group of members into the club. Currently NHS has 32 senior class members and 28 junior class members. 33 sophomores and 7 juniors were extended invitations for NHS this spring. Tori Burton, the club president will be inducting new members in at the tapping ceremony on May 8.

Not all clubs help out the school as much as others, but Literature Circle (LC) really makes the library run. When the library gets new books that needs to be read to see if it a book that is appropriate for the

library, this is where LC helps out so much. They proofread the books to see if they are suitable for our school library. But, that is not all they do, they have many fun events.

> They pick a book they want to read that has been made into a movie. Then they all read that book and watch the movie. This year, they choose Little Red Riding

"They were so interested in critiquing the movie and book after, I had to kick them out of the library," said advisor Cis Hyndman.

Later this semester two librarians from the Spokane Library will come in with the national top 35 books. They share them with Lit Circle and then Freeman Lit Circle gives them Freeman's list of the top 35 books which are used in many conventions around the state.

"This year was very successful," said Hyndman. "[The best book fair] in three years since the economy went down."

Money raised by the book fair helps to supply books for both libraries, put dictionary sets in classrooms, supplied a behavior on the bus program, and a lot of other incentive programs for the school district.

Freeman has been a farming community ever since the school was built, the school originally being in Rockford an agriculture area. Along with farming come many things such as agriculture and anitice. Then, they have state on April 20-21. The top ten shoot ers throughout the year qualify for the state trap shooting event. Freeman has a tradition of winning here, two years ago they won the state competition.

Another branch of FFA is freeman's Conservation Club Conservation Club goes snowshoeing, hiking, camping, and recycles. Conservation club is trying to get Freeman qualified to be one of four green schools in the Spokane area. This means we recycle, our school is energy efficient, and we are overall earth friendly. It will take time, but this year they are starting the project. Conservation Club goes snowshoeing at Mt. Spokane, and they are going on a summer camping trip. The club leader Mr. Hays is very into camping, he loves the outdoors and being active

Math-Is-Cool has been very active this year. At regionals on March 7, the topical teams, which is multiple choice, placed second and third, the team problems did not place but qualified for state, and sophomore Lucas Carasco qualified as an alternate in the Know Down competition. The Math-Is-Cool team also went down to Pullman for the winter games. They got first in curling, you had 30 problems, and in the first round after 14 minutes second round was after 27 minutes but you could carry your answers forward to the second round then to the third round to get points in all of the rounds. They also got second

> and third in the slalom, a multiple choice test, got a point for each answer that you selected that was not right. The Math-Is -Cool team is made up of freshman Drew Brereton, Bethany

Williams,



Conservation club snowshoeing at Mt. Spokane

mals. FFA had a district competition at Liberty on March 28. The winners at these events, the meats team, the live stock judging team made it to state, the parliamentary team is waiting on a lottery draw to qualify for state Along with the state events, FFA has the Junior Livestock Show in May. Students bring their animals to the fair grounds and show them then get judged. Along with FFA, Steve Hater is the advisor for Freeman's Trap Shooting. Throughout the year, they have meets to pracMoriah Longhurst, Aly Doloughan, and Jake Phipps; sophomores Austin Carpenter, Peter Underhill, Lukas Carasco, and Beth William; and juniors Spencer Gillingham, Eun Hwang Bo,, and Daniel Willard.

All of Freemans clubs are very important to the community, people are very involved in them and they mean a lot to the students here. Our clubs were very successful at the regionals tournaments and hope fully they do well at state.

# Jeatures page 9 Dancing the night away, every night

By Hope Mathews Staff writer

Dancing for 12 years straight, starting at the age of 2, and is now 14. Most people couldn't do this, but freshman Kyla Wright can. Wright has done many different dances, everything from hip hop to jazz and even classical.

Wright has accomplished so much with her dance career. Wright's dancing helps her at more than just at dance. She made the Freeman varsity cheer squad last fall and anything we learn considering dance, cheer, and stunts Wright catches on within seconds. Wright has used her dance knowledge to help choreograph dances for the cheerleading squad, including the team's dance for this year's halftime at the WIAA Girls' Basketball State Tournament where the Freeman girls placed 2<sup>nd</sup>.. Not only has she choreographed dances for the team, but she also has been in the front for most of the dances the varsity cheer squad has performed.

"Kyla just catches on so fast when we are learning a

new dance, I am always asking her for dance," said junior Clair Hulse, and Wright's teammate.

Wright danced her whole career at Bleker's Dance School. Blekers is a Christian dance school, which

Wright very enjoys since she is a Christian.

"The main thing that has kept her in dance is that she gets very inspired by many other older dancers." Wright

Her favorite kinds of dances are jazz and hip hop and who can blame her because it's always fun to move your body. Although

these two are her favorite, she has done modern, ballet, lyrical, toe-tap, and tap dance. Along with dancing, she also teaches tap, jazz, lyrical, and ballet.

Wright is an allaround athlete, goes to church and also keeps her grades up. Being in Algebra 2, Pre-AP English, and U.S. History classes as a freshman may be hard, but she still has all A's. "Today I had to tell her to be quite, but that is very unusual." In-

formed Wrights Pre AP English teacher Mrs. Ophus.

"Being in more advanced school and dance classes it has made me push myself more and to a higher level!" Wright exclaims.

Wright plans on taking her career further than high school and going on to dance in college. She has been thinking about Gonzaga and University of Arizona dance team. As a freshman and looking ahead already, maybe she will even have decided by senior year.

"I love that dance lets me express my emotion and helps me also relieve stress," Wright said.

She has been dancing for so long and how does she do it? Well, Wright looks up to the older girls at her dance studio and professional dancers and makes her want to be just like

If you think going to school and sports is hard, well try being in Wright's place. She balances getting great grades, going to church, spending time with her family and friends, making time for the varsity cheer squad, playing the piano, and dancing! Wright is an overall student, friend, and athlete.



Wright does her awesome lyrical moves before the big performance.

## National Honors Society travels cross country during spring break

By Preston Primmer and Jessica Ruby Staff Writers

During Spring Break,

members of the Freeman National Honor's Society club explored the many historic places in Washington DC and the surrounding areas. The group had a full schedule from 7

a.m. to 10 p.m. every day. They got to see so much in so little time.

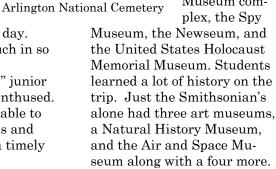
"It was awesome!" junior Christian Dresback enthused. "Never would you be able to see so many museums and monuments in such a timely fashion "

The students got a chance to see almost everything available to them with the time they had. On tour, they visited the White House, Arlington National Cemetery, the WWII Memorial, the Washington Monument, Ford's Theatre, The Lincoln Memorial, the FDR Memorial, Mt. Vernon, and the newly-finished Martin Luther King Jr. Memorial, along with many others.

"The Pentagon Memorial for 9/11 was my favorite," junior Andie Olson said. "I really liked it because there was so much thought put into it, the angle of the benches and directions they went. It was something we all remember and lived through."

Although the memorials were some highlights of the trip because of the meaning

they held for students, the group also visited many museums. For example, NHS visited the Smithsonian Museum com-



Accompanying the trip were two parents and three teachers. Along with the Free-

man chaperones, the group had a tour guide named Randy Poisson. He was very helpful, and quickly warmed up to the friendly Freeman students.



Christian Dresback on his Journey back to Spokane.

Poisson was a great tour guide, full of facts, historical significance, or other things that might be interesting to learn about in the DC area. His love of DC was infectious for the NHS students.

"I would take you kids on a tour anytime again; you guys were so great," Poisson said as he dropped the group off at the airport.

Along with Poisson, Freeman got to meet bus driver, Bob. The kids quickly fell in love with their quirky bus driver, who also happened to be a part-time clown. Every time they got on the bus, the NHS students would thank him and all he would ever say was "Yes, all right kids." Also another little fun fact about Bob, he drove Hillary Clinton's campaign bus during her 2008 campaign.

Overall the trip was a huge success. The kids, chaperones, tour guides, and bus drivers all had a great time. They all loved not only learning the history but being there first hand to see where it happened. "Just enjoying a nice day playing on George Washington's backyard," one student commented. A week in our Nation's Capital turned out to be a pretty fun way to spend

spring break.



NHS gets ready to tour the Capi-



FDR Memorial with Fala, his Scottie dog



Jessica Anderson and Sam Avey at Arlington National Cemetery



Iwo Jima/ Marine Corps Memorial

### page 10

# Features

## Freeman band travels to University of Idaho Jazz Festival

By Jessica Ruby Staff Writer

"It was different having a new band teacher, but now it's all coming together and we've come a long way," junior Jordan Warnecke said. "She has made the sounds come together."

The Freeman band has experienced many new and exciting things this year under new band teacher Carol Wichmann, one of these being the Jazz Festival at the University of Idaho. This event is available to schools and bands in the Northwest that enter to go. Each band comes prepared to play songs and be critiqued

on them, as well as watching hundreds of other bands. Overall, it was an exciting experience and inspirational to everyone.

"It was a blast!" Warnecke said. "It was a good experience watching all of the other bands and it was inspiring seeing some of the really good bands."

When the band got to the university, they had the day to practice and get ready to perform front of the clinicians. Friday they had to perform and get critiqued by the clinicians. The feedback was very helpful. On the last day they were there, they got to go to the Kibbie Dome and watch the bands that were chosen as an outstanding band. They all enjoyed being able to watch some of these great groups and bands play!

For one of the band's combo performance they

played *Chameleon* by Herbie Hancock.

"The combo was cool because they did it themselves," explained Wichmann.

The band got some very encouraging



Junior Jordan Warnecke, sophomore Peter Underhill, freshman Matthew Gilbertson, junior Eun Hwang Bo, and freshman Aly Doloughan performing one of their ensembles at the festival.

and supportive comments made by their various clinicians.

"Very cool things going on; keep it up!" one of the clinicians commented.

The bands' other combo piece they played, an extracurricular ensemble separate from the school band, also got some encouraging and uplifting comments. They played *Bag's Groove* by Milt Jackson.

"Keep up the great work and have fun on stage!" encouraged a second clinician.

Another comment made was "Love, love, love that this is a transcribing band, that's the tradition." Even though the band didn't get chosen as one of the outstanding bands that got to perform at the Kibbie dome, they did get an honorable mention award, which is very special because they are not given out very often. The Freeman Band really stood out in some way that was unique and all of their hard work paid off. Overall the band had a great trip with a lot of good critique, fun performances, and an all around exciting experience.

"I really hope to be able to go back again next year," added Wichmann.

## How Freeman does spring break

By Olivia Nemec A&E Editor

Spring break is a long anticipated break for kids of all ages. It's a chance to unwind and have a good time before end of year exams. And in high school, there are not a lot of options other than sitting at home and talking to your friends. But for some lucky kids, their parents took them on extravagant vacations across the world.

Mexico, Oregon, Arizona, Cabo San Lucas, and Montana are some of the places Freeman students spent their spring break.

Sophomore Robbie McClure got to spend his break in Cabo San Lucas.

"I'm staying in condos right on the ocean. I'm looking forward to hanging out with my family!" said McClure before the trip.

Seniors Sheldon Maul, Cody Unfred, and Hayden Laabs, and sophomore Nolan Laabs also went with him.

"I'm sure it will live up to my expectations," McClure added.

And it did! Once home from the trip he was just as excited as before he left. "It was definitely worth the trip and exceeded my expectations," McClure said after the trip.

of Janet Crosby

Doloughan listen to the critique from one

Freshman Daniel Vogelman, junior

of the clinicians.

Parker Henderson, and freshman Aly

Sophomore Tori Keizer also left town, taking a trip to Phoenix, Arizona with her family. She stayed at the Papago Inn (Best Western). Keizer had a lot of fun in Arizona.

"My favorite thing was the shopping and tanning because I like to be tan

as I can," explained Keizer

But there were some things Keizer didn't like as much about the trip. Being a teenager she likes to sleep in, but her family had different ideas.

"I didn't like it when I had to wake up early because the rest of my wonderful family gets up at the crack of dawn!" Keizer said.

But other than the early starts to the day, Keizer very



shopping and National Honors Society poses in front of the White House on their spring vacation to DC. tanning because They took a whirlwind tour of our Nation's Capital during spring break.

much enjoyed her trip and thinks it was a great experience

Over break, some members of Freeman's National Honor Society went to Washington D.C. with advisor Pia Longinotti. Junior Eric Hjaltalin was one of the kids who went on the trip. There wasn't one part about the trip he didn't love, but his he said his favorite part was the tour of Mount Vernon.

"It was an amazing trip that exceeded all my expectations," said Hjaltalin.

No matter how you spent your break, whether at home or somewhere amazing, a week off is something every high school student looks forward. This was the last break until the end of the year, so we hope you enjoyed it while it lasted!

### The Hunger Games: did it meet the fans expectations?

By Madi Groves Staff writer

The <u>Hunger Games</u> is a thrilling, fun, and an action-packed book series and movie. People were so excited for this movie that it

was sold out in many theaters. There were fans just jumping with anticipation waiting to see who cast for the



roles of their favorite characters. So did this movie fill their expectations?

It all started out with a war in Panem when the people rise against Capital because they didn't like the way they were doing things in all of the districts. By the end of the war, the Capital destroys District 13 and splits up the other twelve districts to help keep the peace. In order to deter future rebellions, the Capital creates the Hunger Games, a yearly reminder of what happens when someone tries to rise up against the government. On Reaping Day, one girl and one boy from each District is chosen to compete in the Hunger Games and fight to

the death. Only one person comes out of the Games as winner.

Katniss Everdeen (Jennifer Lawrence) shocks the crowd when she volunteers to take the place of her younger sister Prim (Willow

> Shields), whose name is called as the District Tribute. 12Katniss is joined by Peeta Mellark (Josh Hutcherson), when the baker's son is drawn as the male tribute.

Their mentor Haymitch (Wood Abernathy Harrelson) is the only Tribute from District 12 to ever survive the Hunger Games. After the Reaping Day is over, all the tributes from each District go to the Capital for the opening ceremony. After the ceremony, they train for three days; they then have time to train by themselves. After the training they have interviews. At the interviews, Peeta says that he has a crush on Katniss, but that's all for show, at least for Katniss it is, so they can get sponsors for the games. The next day, they get ready to start the games. At the beginning of the games, they

front of them that the tributes would have to fight for to get so they could survive. Peeta forms an alliance with the Career tributes (tributes from the highest ranking, and most trained districts).

Nobody is getting killed, so the gamemakers start a fire to get all the tributes together, so they can start killing each other. When Katniss is in a tree, she sees Rue, the girl from District 11. Rue tells Katniss that there is a wasp's nest above her head. Katniss then plans to cut down the nest, so it will land on the Careers' camp, and kill them. In the morning, she takes a risk to cut it down. But dur-

ing cutting down the tree, Katniss is stung a few times, then she climbs out of the tree, so goes to hunt for food,

with the bow and arrows she pick up from one of the girls that died from the wasps. When she is cooking the food, she sees Rue and they decide to make an alliance. They make a plan to steal the food from the career camp because that is the only main thing that is keeping them alive. So Kat-

Photo courtesy of IMDB.com

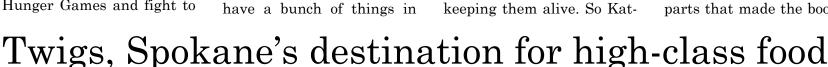
niss goes to the camp. As she leaves the camp, to look for Rue, she hears Rue scream. Katniss finds her and the boy from District 1 kills Rue, so Katniss kills him. After Katniss goes finds a tree to sleep on, an announcer comes on and says that the rules of the games, have changed.

Because the book had a lot of detail, it was difficult to put that same detail in the movie. It would be difficult to put all the details and events in the book into the movie. There were some things that were cut, and even some characters such as the three-day cave scene, and the true way Katniss got the mockingjay pin.

Katniss' friend, the mayor's daughter, was the person who gave her the pin and was her only friend in the

district besides Gale. These cuts will probably make it hard to explain things in the next movies.

What made me mad in the movie was that they changed the part about how Katniss got the pin of the mockingjay, and how they left out some important parts that made the book so



By Olivia Nemec A&E Editor

Spokane is well-known throughout Washington as "Near nature, near perfect." Whether you're looking for fine foods, great shopping, or getting close to nature, Spokane is the perfect place to unwind and relax. There are boundless things to do in the summer, such as white water rafting, fishing, rides in River Park square, and the annual Hoop Fest basketball tournament. During the winter, there's ice-skating, sledding, skiing and snowboarding.

But when the day winds down and you're looking for some outstanding food that is good from date night to girl's night, Twigs is the place to go! Twigs Bistro and Martini bar is very upscale. It can be expensive, but the food quality always delivers. This is not an extremely family-friendly place, they are not accommodating and the wait staff tends to be very impatient. This is not a place to take the kids.

The menu is perfect for an older crow;, with dishes like Five Cheese Chicken Cannelloni, Pepper Salmon, and Truffle Penne, this is a restaurant for a much more developed pallet. Also being a cocktail bar as well, this is a perfect place for social gatherings or business meetings.

All of the food is of amazing quality; you can't find a mediocre dish on the menu. One of the most popular dishes is the garlic fries with gorgonzola sauce, which is popular for a reason. They are some of the best French fries you'll ever eat!

Also the Five Cheese Chicken Cannelloni is wonderfully prepared with amazing sauce and the perfect texture flavor, everything. It is one of the most amazing things you will ever eat.

Other favorites are things such as the Crab Mac and Cheese. This takes your love for mac and cheese as kid and makes it all grown up! With amazing sauces, a lightly toasted top, and premier crab, you could not possibly go wrong with this dish! Whether it's a date or just casual, Twigs is the place to go to impress your guest. With three locations (South hill, downtown and in the valley), it's an easy choice. So next time you go out to eat put Twigs on the list!



## The Lorax portrays great message

By Grady Arnzen Sports Editor

Universal Theatres has added another Dr. Seussbook-turned-animated-movie to its list. Already consisting of *How the Grinch Stole Christmas* and *The Cat in the Hat*, Universal just released its newest addition, *The Lorax*. The *Lorax* is the first Dr. Seuss movie to be released in 3D.

"I haven't seen *Horton*Hears a Who so I can't
really compare the two, but
The Lorax is a great movie,"
freshman Devin Douglas

The Lorax focuses around a kid name Ted Wiggins (Zac Efron), who is named after Dr. Seuss's real name, Theodor Seuss Geisel. Ted lives in the town of Thneed-ville, where there are no trees and the air is so polluted that a company sells bottled air.

In the beginning, Ted is in love with a girl name Audrey (Taylor Swift), who's only wish is to see a real tree. Ted decides to make it his mission to find a real tree to win her affection. Ted's grandmother (Betty White) suggests that Ted go see the Once-ler (Ed Helms). The Once-ler is a hermit that lives outside the walls of Thneed-ville, and is the reason there are no trees remaining in Thneedville. When the Once-ler was younger, he came up with a revolutionary cloth-

ing invention that required the tufts of the Truffula Trees. When he came to the forest where Thneed-ville will eventually be, he began by chopping down a single Truffula Tree. The sky began to darken, and the Lorax (Danny DeVito) floated down in front of the Once-ler. He told the Onceler that he was the one that speaks for the trees, and warned him not to chop down anymore trees. The Once-ler then promised he would not chop down anymore trees as long as he was there.

But as the Once-ler's invention became popular, more and more tufts were required to make the clothes, called Thneeds. The Once-ler's family was brought in, and they suggested that chopping down the trees would be a much easier way to make the Thneeds. Greed and laziness led to all the trees being chopped down, and the land being so polluted by the big company that all the animals left.

Back in present day
Thneed-ville, a man named
Mr. O'Hare (Rob Riggle) began selling bottled air to
customers because the air
was so unclean from pollution, and he soon became
the most powerful man in
Thneed-ville. O'Hare
warned Ted not to leave
Thneed-ville because he
knew that bringing back
trees would ruin his busi-

ness. But Ted persisted, and was able to plant the last Truffula Tree seed in the middle of the city, showing people what they were missing.

Once O'Hare is thrown out of the city, the Lorax comes down from the sky to visit the old Once-ler. He is pleased that the Once-ler is undoing the harm he caused the land, and they both return to the Once-ler's house.

The Lorax has a great plot focusing around conservation. Throughout the movie, characters constantly talk about the need for trees and a healthy environment. Sometimes, however, the characters talk too much about conservation and you almost forget you are watching a children's movie.

"I felt like sometimes it got a little too cheesy, like when they kept talking about saving the planet," said freshman Kyla Wright.

However, *The Lorax* book by Dr. Seuss is also heavily centered around conservation. The theme of conservation fits nicely into the plot of the movie as well as the book, and makes you want to take care of the earth. Even though the book was written more than 30 years ago, the theme of conservation still applies to the world today.

"I felt inspired to plant a tree afterwards," Douglas commented. The Lorax is also a really funny movie. Even though he only appears twice in the movie (at the beginning and end), he says some of the funniest lines in the movie.

"The Lorax is the best! He is so funny," Wright said.

The movie has a laidback feel to it, and is mostly a film to watch just for fun. You don't have to have to really focus or pay close attention, but instead just relax and enjoy the film. Whenever a scene becomes too intense, the characters either make a joke or break into song. Characters in *The* Lorax sing for about 45 minutes total, which is almost overwhelming even though some of the songs are actually pretty good.

"I actually started singing some of the songs after I watched it!" Wright exclaimed.

Overall, *The Lorax* is a hilarious film about friendship and conservation. It would be recommended for children of all ages because there is barely any language, and it has humor that anyone would find funny. Lastly, who doesn't like a good Dr. Seuss movie?

Photo Caption: *The Lorax* is the highest grossing Dr. Seuss book adapted to a movie.

Photo courtesy of imdb.com

## Assassinations galore in 16th century Constantinople!

By Jake Dickinson Staff writer

Released in November, Xbox 360's version of Assassin's Creed: Revelations (ACR) is the most recent installment into the Assassin's Creed story. The game has two main stories in it: the story involving one of The Assassins during the 1500's in the eyes of Ezio Auditore da Firenze, the mentor of The Assassins at that time; a background story with the modern Assassins and their enemies, known as Abstergo Industries. As an additional feature, the game has optional

missions that deal with the series' main protagonist, Desmond Miles. The Desmond's Journeys storyline has memories that only Desmond and a few characters that he talks about, that have not occurred in any of the previous Assassin's Creed games.

The main story is divided into sequences that contain the missions that you have to complete in order for you to get further in the story of Ezio. Ezio's story is that he is at Masyaf, where the Assassin Organization was reborn, looking for Altair's hidden library. In the first game,

you played as Altair, an assassin from the crusades that, according to this game, later became the leader of the Assassin Organization and spread it throughout Europe. After a few missions, it turns out that Ezio needs to get five artifacts know as Masyaf keys, and each key contains tidbits of memories from Altair's life and they each have some time between them.

After this discovery, Ezio heads to the original city of Assassin influence, Constantinople. Once Ezio has arrived, he is greeted by the head of the Assassins in the area, Yusuf Tazim, and

he gives Ezio a new type of hidden blade that allows him to travel through Constantinople by using zip lines that have been set up by The Assassins. Also, Yusuf teaches Ezio maneuvers with the hooked blade, but you don't really need to use them much.

Then, Ezio goes around Constantinople, completing missions to get the keys and then a major plot twist occurs. But, telling you this would spoil the game. So, let's look at the second part of the game that adds to the overall story of the series.

(Continued on page 14)

## Footloose - a timeless classic renewed

By Hannah Williamson Staff Writer

Whether you've seen the original *Footloose* or not, the renewed version directed by Craig Brewer is definitely a need-to-see film. Released in late 2011, the movie grossed \$15.5 million its opening weekend. newer faces like Kenny Wormald and Julianne Hough, to big names like Dennis Quaid, Footloose is filled with talent and heart.

In this movie, high school senior Ren McCormack (Kenny Wormald) moves to the small town of Bomont from Boston to live with his aunt and uncle after his mother dies from cancer. The story line is slightly different from the original because in the primary one, Ren is from Chicago and his mom is still alive.

Already having a hard time fitting in, Ren, who was a dancer and a gymnast in Boston, is shocked to find out that in Bomont County public dancing is prohibited by law—along with many other laws that don't really seem fair. The laws were enforced three years earlier by Reverend Moore (Dennis Quaid) and the town council who brought these laws to order after Moore's son, Bobby, and four other kids were killed in a car accident after a night of dancing and

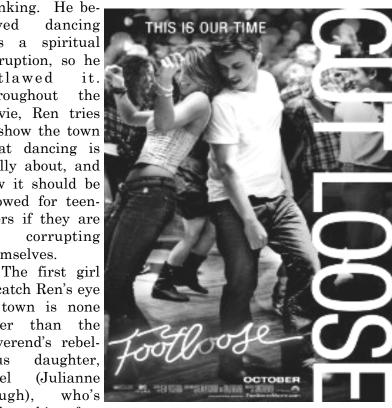
drinking. He believed dancing was a spiritual corruption, so he outlawed it. Throughout the movie, Ren tries to show the town what dancing is really about, and how it should be allowed for teenagers if they are not corrupting themselves.

to catch Ren's eve in town is none other than the Reverend's rebellious daughter, Ariel (Julianne Hough), who's had a bit of a Photo courtesy of IMDB.com crazy side ever since her

brother's death. Moore, not really seeing the full spectrum of how his daughter is acting out, thinks that Ren is a bad influence on Ariel. With the help of Ariel and the support of almost the

entire senior class at Bomont High, Ren decides to go before city council in asking them to grant the seniors a school dance.

Though the plotline of



Footloose is about wanting to make public dancing legal in a small town, it goes deeper than that. It's about not living fearfully because of what can or has happened and enjoying life. The teenagers in this movie actually give a valuable lesson to older generations by showing them how important it is to participate in the good things in life and to make the most out of it while you can. The renewed version of Footloose is an extremely well-done modernization of the original. It even gives more background than the first so the plot is easier to understand the whole way through. This remake is the perfect example of how to modernize a classic and still keep its charm.

"There are happy and sad times in the movie, so it makes it exciting for everyone the whole way through." freshman Matea Ped said.

Footloose is definitely a movie for people of all ages, teenagers and up, to appreciate. It's the kind of movie that has every theatrical aspect in it, whether it's humor, emotion, sadness, or joy. It's already released on DVD, so make sure to rent or buy it! Besides, who doesn't want to be part of the renewal of a classic and watch a movie that's been big for years?

## Local Italian restaurant worth 5 stars

By Ruby Falciani Opinion Editor

Ferraro's Italian Restaurant is a small, familyowned restaurant. Unlike most large corporation restaurant chains, Ferraro's has a section in their menus to tell the story of how Ferraro's started in America. The setting of the restaurant's feel is very homey and welcoming.

"The light background music wasn't overwhelming, and it's was perfect for a quiet casual conversation," said Freeman parent Casey Little-Falciani.

The waitresses and waiters are very kind, and get the orders perfectly. They answer any and all questions asked by picky 50 year-olds and curious 6 year -olds. They know how to make sure that you get the

exact order you wanted, and

in perfect time. As appetizer choices, mozzarella sticks, fried ravioli, and Bruschetta can either be ordered as full appetizers separately, or as a sampler plate with three of each option. In the center of the plate, there is a bowl of perfectly warmed marinara sauce. The mozzarella sticks have a breaded shell, containing warm, stringy cheese. Fried ravioli sounds weird, but is actually really good. The fried outer shell is not bland, not too salty, and not bitter, which really goes well with the warm cheese and beef inside. Bruschetta is fresh diced tomatoes, onions, and green peppers on fresh slices of bread. When all of these delicious appetizers are dipped into the heavenly marinara sauce,

they become twice as amazing as before.

Soup and salad is brought out after the appetizers. A soup offered is minestrone; it is a type of Italian vegetable soups with freshly cut carrots, peas, tomatoes, green beans, noodles, celery, potatoes, and red and white beans. The soup part isn't too spicy, salty, or watery. It is perfect. The salad is served on a chilled glass plate with fresh lettuce, olives, and Italian dressing.

The main courses offer a large variety. There are many chicken entrees with alfredo and marinara sauce.

There are a lot of lasagna-type foods like manicotti. Manicotti is lasagna noodles with ricotta and mozzarella cheese melted inside, all rolled up with marinara sauce poured on top. The chicken fettuccine alfredo has noodles mixed with alfredo sauce and chicken on top.

"The noodles were cooked to perfection, and the sauce was tasty and creamy, mild, not bland," Little-Falciani added. "The only thing was that the chicken was a little dry. Other than that, it was awesome."

After the main-course is done, you get one scoop per person of spumoni ice cream served in a clear plastic bowl. The spumoni is thick, soft, and really smooth, and is not too frozen or melted. It is a great desert for after the main course. This restaurant is a great place for dinner on family night, a lunch date, or even parents' date night

# Looking for the best salsa? Azteca

By Anna Lee Staff Writer

Whether you're looking for a fancy restaurant or a quiet sit down, Spokane Valley Mall's Azteca is a place that you should consider going to!

The service is exceptional. From the moment you walk in, you are greeted with smiles and quickly shown to a table after being taken to your seat, the waiter/waitress orders your drink and in only a few minutes your drinks are served along with endless chips and salsa. From tea to soda, you have an endless number of drinks from which to choose, no matter what your age. I got a strawberry lemonade; it was served with

enough ice that my drink did not go warm mid-meal. Just like their chips and salsa, the lemonade came with free refills!

The menu starts with appetizers the range from \$1.50 to \$13.75 depending on what you; they have Malibu Coconut Prawns, to Chicken Taquitos. In their soup section you get a choice to either have it in a bowl or a cup. The bowl prices range from \$5.95 to \$8.95 and the cup prices range from \$3.95 to \$5.25. Their dinner menu consists of things like a southwest burrito, Tostadas, and Seafood Chimichangas, all of which are under the price of \$13.75.

For my main meal, I ordered the Carmrones a la Diabla, which is large shrimp cooked with mushrooms and onions with a choice of hot or mild sauce. I chose the mild sauce, and the sauce and the shrimp melded together perfectly. The food on the plate was laid out beautifully, with no extra sauce dripping over the edges. When the shrimp was served, you could tell that is was recently cooked because the mushrooms, shrimp and onions were all still very hot.

Once you walk into the restaurant, you don't even realize that you are still in Spokane. The paintings on the walls really contribute to the feel of being in Mexico. The way that the walls are colored and the art on the walls and ceiling, really



Photo courtesy of dayinspokane.com

make you forget that you are just at the mall.

On one side of Azteca is a bar, where adults can go and grab of a few drinks with their friends and relax. Also by the bar, there are three or four flat-screens that all play different sports games continuously. If you're a parent that just wants to get away from the kids, this could be a few hours getaway for you!

(Continued from page 12)

When you are Ezio in Constantinople, you will come across Animus Data Fragments. If you collect the data fragments, you will unlock a level on Animus Island and there are five levels total on the island that you can go into and complete. Each level has Desmond talk about his life before and during the series' story and each level has new hazards. To unlock all of the levels, you need to get 30 data fragments total and each level is increasingly difficult as you run right through them.

Now, ACR is somewhat different than its predecessor Assassin's Creed: Brother-hood. ACR has more customization capabilities for you can make your own bombs. The bombs are made up of the ordinance, gunpowder, and the casings, while Brotherhood allowed you to purchase only

Photo courtesy of geeky-gadgets.com

The bombs are made up of the ordinance, gunpowder, and the casings, while *Broth*-the series gets a fresh coat of new abilities and customizations for you to play with. Ezio can now gunpowder, and the casings, while *Broth*-the climb up minarets and then base jump from them with great ease.

smoke bombs. Also, *ACR* allows you to purchase parachutes at the beginning of the game, while *Brotherhood* has you complete frustrating missions in order to get the ability to purchase and use parachutes.

The irony between both of the games is that they both are short games that you can finish in about three to seven hours and that Desmond's face drastically changes between both of the games. Also, you have to collect items in both games and you have to remove the enemy's influence to build and repair the area's shops to use them. But, once you commit too many crimes, the Templars will attack one of your areas and then you will have to re-conquer it, then you will have to do a terribly hard job of defending the area with your assassins, and yourself in order for you to keep the area under your control and you are being searched for by guards. But, you can just fail at the defense and then get the new owner out of the picture to recapture it. This isn't like in *Brotherhood* where if you commit too many crimes that you are instantly pursued by only the guards.

Now, the game play of *ACR* is the same as *Brotherhood's*, which was generally smooth until you tried to turn the character too quickly for that will cause him to jump backwards. Also, the game has certain parts when you can't control the camera as much as the rest of the game. These points generally have you complete an easy task like climbing walls.

Brotherhood's graphics are about the same as ACR's graphics, including the armors and the people that aren't assassins or key people to the story. Also, the Artificial Intelligence (AI) is about the same as the last game's AI. After testing all of the reactions of you doing crimes and you attacking them, the AI seems the same as Brotherhood's AI. Also, the game's physics are still the same as the last.

The game play is about the same as the last game, but the added features to it really gave the game a new videogame sort of feel. The graphics were about the same as the last game, not needing any improvement. Finally, the plot was absolutely terrific, it added to the game's pacing and the multiple choices to complete a goal that can be completed in more than one way.

So, ACR is basically the same game as the last one except with a fresh coat of textures, new enemies, features, and additions to the plot and game play. The game is generally best suited for those that want to play a game that involves plenty of running around and then completing missions. Finally, the game is rated "M" for mature due to violence, blood, mild sexual content, and language. I personally would recommend this game to those that want to play a game that requires some stealth, know-how, and generally people that want to play a game based in the 1500's. But, if you don't like small amounts of foreign languages, free running games, or games that require you to be good most of the time, then this game isn't for you.

## GET A KICK OUT OF THIS!

By Katey Gude Feature Editor

Junior Hailie McClure did it again! She made another year of competitive soccer. McClure has been playing soccer since first grade; she enjoys soccer and is always ready to play. McClure plays almost every position, but prefers playing back or center midfielder. When McClure first started playing, she mainly wanted to play because she wanted to be with her friends.

"Now I love the sport," explained McClure. "I love competing to win and taking free kicks."

In the past few years, McClure has faced a few obstacles in her sports career. Many people wouldn't know this, but she fractured her spine, which has caused her a lot of issues pursuing her goals of the season. Being

injured, she spent a lot more of her time on the sidelines, improving her soccer skills.

"My main goal is to not get injured this season," said McClure. "My back is fractured and my ankle is sprained."

McClure has had so many injuries that it's almost too many to list. Her fractured back will always keep her from playing full throttle, because it's something that will never be fixed.

"They don't slow me down besides when I have to sit out because of it," added McClure. "I do physical therapy, ice and sit out for as long as needed."

Though these injuries have made it hard for her to move forward, she never gives up, she always plays her hardest.



Hailie McClure brings the ball downfield in one of her Shadow team's game.

McClure doesn't plan on playing soccer in college, but she thinks it would be fun.

"I think it would be fun so I am considering it," said McClure.

Her parents encourage her to play because it keeps her in good shape and keeps her involved with a lot of friends and family.

Regardless of what happens with college, McClure plans to be on the field next season, helping her team win a league championship.

### Senior Glidewell finishes wrestling in state

By Teigan Glidewell Staff Writer

Senior Taylor Glidewell started on bottom in his final state ballot for third and fourth place, the ref blows the whistle and Glidewell automatically gets at reversal, breaking his opponent down. Throwing a deadly cross face, he is running it and now has a cradle and slam. The ref slaps the mat and raises Glidewell's hand, and declaring him as the state 3rd place finisher for the 152 pound weight class.

Glidewell has been wrestling for 8 years. He first wrestled with the Liberty Knights little guys wrestling when he was 9. Since then, he hasn't been able to stop

"Taylor is very good, like driven in the wrestling room and the classroom," said teammate senior Avery Smetana.

Smetana and Glidewell have wrestled together for the last 7 years. Smentana also competed at state, where he placed 7<sup>th</sup> in 285 pound class.

"My favorite year was when I was a sophomore," said Glidewell. "There were 6 people on the team, most fun, bonded well with everyone."

His most accomplished season has clearly been this one; Glidewell had 43 wins, 4 loses and 25 pins. He also earned a trip back to state, culminating in his 3<sup>rd</sup> place victory.

"I think he is an exceptional wrestler," said coach Chad Ripke. "He has a chance to wrestle collegiately."

Besides wrestling, Glidewell also races dirt bikes outside of school. He races a 2010 450f. He has been racing for 12 years. His very first race, Glidewell took 2<sup>nd</sup> place. Professional racers that have inspired Glidewell are Ricky Carmichael and Jeremy McGrath.

"He is one level below pro," explained senior Blake Pasold.

His favorite parts about riding are practice, training, and being with his family. Glidewell's first bike was a 1972 yz pw50, he likes all bikes but mainly Yamaha. His favorite track is the Nirrada motocross tracks in Nirrada, Montana.

Whether dirt biking or wrestling, Glidewell will be doing both next year. He

(Continued on page 16)

### Eat, breathe, live, cheerleading

By Hope Mathews
Staff writer

Senior Haley Hansen has excelled in her cheer career this year. She took a few classes her sophomore year at the Build It facility (a gym for a competitive cheer squad of the same name), but nothing serious. Hansen's junior year, she decided to try out for the Freeman varsity cheer squad and made the year-long squad. Senior year, she decided that she would like to focus on her Build It career, as doing both Build It and Freeman cheer was too much and she couldn't give up the opportu-

nity.

"We all love Haley, and miss her awesome tumbling, jumps, stunting, and dancing we all understand that she belongs at Build It," said senior Shelby Nelson."I know she loves it there."

"Build It is more intense and I wanted to be challenged," said Hansen. "I wanted something that relates more to gymnastics, although I do miss the Freeman cheer squad."

Hansen was a former gymnast. Her tumbling skills include a back handspring,



Haley Hansen poses for her senior picture in her cheer uniform to show her love for cheer.

standing back tuck, and a round off back handspring back tuck.

Currently, Hansen has also been working as a gymnastics coach at Spokane Gymnastics.

"Working at a gym is kind of nice because if I ever have free time I definitely take the opportunity and practice on the spring floor," explained Hansen.

While Hansen occasionally feels overwhelmed balancing cheer and work, they only conflict on Wednesdays. She goes straight from work to practice at 7:15 which does

(Continued on page 16)



Taylor Glidewell pins his opponent from Colville during the District Tournament.

(Continued from page 15)

Photo by of Pia Longinotti

hopes to wrestle for either North Idaho College, Yakima Community College or the University of Montana Western. Whichever he chooses, he will be a wrestler to watch in college.

### Freeman Alumni return for basketball

 $\begin{array}{c} \textbf{By Preston Primmer} \\ \textit{Staff Writer} \end{array}$ 

The annual Freeman Alumni Tournament is a very popular fundraiser for Freeman athletics. This year marked the 33 annual Alumni Tournament, the longest running alumni tournament in the state of Washington. Many alumni come home from college or return home from where they have moved off to after graduation. All these people come back for a weekend of basketball and fun with friends.

This year, Freeman had 8 teams who competed. The first day was very exciting, including an overtime game, lots of offense, and some great shooting. One of the highlights of the first day was Taylor Vold's 41 points in an overtime game. He hit a game-tying bank shot as regulation time expired.

With three days of basketball, things got a little heated. The alumni competed hard for the chance to be alumni champions. The 33rd Freeman Alumni Tournament champions were Chad Goldsmith, Doug Goldsmith, Beau Barns, Jessie Depell, Terry Propek, and Jarod Hinch. They had to win three games in three days. This is especially difficult as most of the participants have not played basketball since the last alumni tournament.

"The tournament went well," said Athletic Director Brian Parisotto. "The numbers were down, and we had no-shows, but overall it went well."

Next year there are not many changes to be made, the alumni are just looking to get more players out and involved to play in the tournament.

With this weekend full of basketball and friends, everyone had a great time. As it came to an end, participants were so glad to see each other. They will remember the great times and look forward to next year.



Jessie Depell shoots a three pointer during the championship game at the Freeman Alumni Tournament.

(Continued from page 15)
make her an hour and 15
minutes late to practice, but
it is the only way she can do
it

"I love Build It! It's a lot of work but that's what I like," Hansen exclaimed.

Hansen actually didn't end up having to try out; this is because when she joined Build It, the rest of the team was already chosen. For actual tryouts, the coach has gymnasts work with the team and asks to see their tumbling. Once Hansen started, she would never quit. She has a big role on the squad: she tumbles, flies, and bases, sometimes in one routine.

"My favorite thing about Build It is competing!" she said with a smile on her face. "I love being able to show everyone how hard we work."

Stunting is one of the more difficult items in

cheering because you have to have the coordination to do it.

"Stunting is just something you have to work on and practice," Hansen admitted. "We all fall and get beat up sometimes, but that's what it takes to get them perfect."

Some of the stunts that are the hardest for their cheer team are one-legged stunts and full-ups.

Overall, Hansen is a great cheerleader and has a big future ahead of her. On her list of possibilities is continuing to cheer at college. Hansen plans on cheering at Carroll College next year. Last, she wants to keep her cheer career going after college, possibly as a coach. Whatever the future brings, you can bet cheerleading will be a part of Hansen's life.

## Emily Sainsbury does it all!

By Kindra Malloy Staff Writer

Soccer, volleyball, track, cross country, school, a part time job at Shopko, and a member of the 4-H club, senior Emily Sainsbury does it all. If you think being an average high school student was hard, try taking a step in Sainsbury's shoes. With such a busy schedule, It should be hard to keep your grades up, but not for Sainsbury.

"I set aside time for my homework," Sainsbury explained. "I have about an hour and a half each night from the time I'm done with track and have to go to volleyball."

Sainsbury faced a very difficult challenge during cross country.

"I got a hernia, from running too much," she said with a laugh. "I feel old saying that, but it's true."

With not being able to run, Sainsbury said she became the team cheerleader!

"I got pretty good at being a cheerleader!" she exclaimed. "I was the cheerleader and I took pictures. So it wasn't too bad."

Her hernia doesn't affect track, thank goodness!

"It only starts to hurt during hard workouts, but for the most part it doesn't bother me," Sainsbury explained.

Sainsbury is a four-year trackster. She started her freshman year, thanks to her older sister Michelle. Sainsbury competes in the shot put, discus, thrower's relay, and the 2 mile.

"I love the friendship you build during track," Sainsbury explained. "It's nice to get to know the underclassmen. When you think of freshmen, you think 'they are so annoying, I hate freshmen.' But really, they are cool."

Sainsbury is planning on going to Northwest Nazarene University (NNU) in Nampa, Idaho.

"I think I'm going to go into pre-med," Sainsbury explained. "I want to do something in the medical field."



Sainsbury runs her leg of the Weight Relay (a running relay for throwers).

### DeRuyter charges net for Scotties Tennis

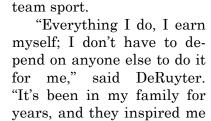
By Katey Gude Features Editor

Morgan made the cut! Junior Morgan DeRuyter was made co-captain of the Scotties tennis team this season.

"There are many capable players on the team who would fit the role of being a co-captain," notedcoach Cathy Lee. "What stands out with Morgan is that she pushes herself first and foremost and works to bring fellow teammates with her along the way, which is not always easy."

DeRuyter has played tennis for three years and still enjoys it a lot. It is her favorite sport. DeRuyter was mainly influenced by

her grandfather, Bruce, iswho 85 and still plays tennis. DeRuyter loves to play tennis beshe cause can play it pretty much anytime, and it's not team sport. DeRuyter enjoys playing tennis because she can play it pretty much anytime, and it's not a



to play." DeRuyter's road hasn't been easy though. She had

to overcome injury when she first started playing Free-

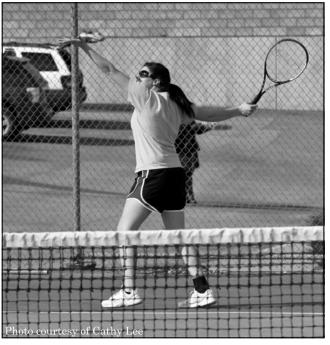
man tennis.

"When Morgan first began tennis a freshman, she was recovering from foot surgery," said Lee. "After the first week, she had a noticeable limp and then fell walking near the portables. She eventually had to wear a boot cast and could not understand why she could not play. She could have quit, but instead she arrived early and stayed late almost every practice. She would pick up balls, watch drills, and hit against the back board with limited movement. She attended all home matches to support her teammates. Morgan was determined to improve her knowledge and skills of the game, even while relegated to the sidelines."

DeRuyter is bringing that same work ethic into her first year of singles. Her main focus this year is making it as the Scottie's #1 singles player.

"It's going to be tough because most of the players are seniors, so I hope to win most of my matches, or at least get close to it," explained DeRuyter. "Either win or lose only by a little."

DeRuyter loves to play tennis because she can play it pretty much anytime, and



Morgan DeRuyter prepares to serve during a match at Freeman.

it's not a team sport. It's not a sport that she plans to compete in during college however.

"I do plan on playing for the rest of my life, though," said DeRuyter.

Regardless of her future in tennis, DeRuyter is really enjoying her new role as a team captain.

"The new batch of freshmen have shown a lot of promise and its going to be really fun to be their leader and show them how much fun it is," DeRuyter explained.

Her excitement for tennis is contagious amongst her teammates.

"The coaches, Mrs. Lee and Mrs. Mitchell, have been really helpful and I appreciate all their dedication and time to help improve our game," said DeRuyter. "This tennis year is going to be amazing!"

### Alyssa Maine: court to driving range

By Dani Reilly Staff Writer

For senior Alyssa Maine, sports are everything. She strives to be the best, and compete with the best possible team. The Lady Scotties soccer team went 7-6 during this last fall. On the team, Maine played as an inside defender.

"My team was great, and we all had so much fun together," Maine said, reflecting on the season.

Though the soccer team lost in the first round of districts to Lakeside (1-3), they pulled through during their next game beating Colville in the regional qualifier game (3) -1). At regionals it was a close game all the way through, but the win went to Cashmere (3-4), ending the Lady Scotties' soccer season.

Winter came and basketball went, a tough and bittersweet season, having so much potential, and then coming up short in state.

"I was very proud of the girls. They worked hard, and it showed," coach Ashlee Nimri said.

Maine was named All-League MVP at Districts, leading the girls' team to a 27 -2 record for the season, and placing 2<sup>nd</sup> in state.

"She played great all year and showed great leadership. She was by far the best

"Even though we didn't reach our goal, I wouldn't trade this season or my team for anything," senior Emily Paukert, a close friend of Maine's, added. "It was still an enjoyable season."

"And I wouldn't change anything, except for the outcome of the last game, obviously a win would have been better, but overall it was great," Maine agreed.

At the end of the state tournament Maine had gained another accolade: 1<sup>st</sup> team All-State.

"I was shocked, and it was just the most amazing feeling." Maine recalled.

With the arrival of spring, new sports begin: track, baseball, tennis, softball, and, for Maine, golf.

"I'm really looking forward to state!" Maine said excitedly, looking forward to the golfing season.

Maine has competed at the golf state tournament every year of high school, placing 3rd her freshman year, 2<sup>nd</sup> her sophomore year, and 7th her junior year.

"It's hard at times keeping up with school and sports, where most of the time I would much rather be sleeping, but you



Maine celebrating making 1st team All-League.

player in our league this year."

While state didn't end quite the way the team had envisioned it, the season was still a success.

just have to get through it," said Maine.

Maine has decided to go to Whitman College in the fall, where she plans on playing basketball and

### NEW SQUAD HAS HIGH EXPECTATIONS

By Jessica Ruby Staff Writer

Last year, Freeman's Cheerleading Squad accomplished so much and exceeded many of their goals. They performed at all the home football and basketball halftimes, ran a few mini-cheer camps, participated in a UCA camp, traveled to Seattle to perform at a University of Washington football halftime extravaganza, performed at state with the girls' basketball team, participated in a few community service events, and made some memories that they will never forget.

Next year, hopefully, consists of all of this and even more. The squad has already been invited to dance again for the University of Washington's half-time extravaganza, but it will be on the Century Link Field, which is the Seahawk Stadium!

"I would like to continue community service in Spokane and put our program more out there," coach Wylie Rhoads said.

Next year's cheer squad has a lot in store. After a successful and eventful year with last year's squad, they plan on a similar season, with a few additional events.

"Having a large squad will be great," Rhoads added. "We will have four stunt groups and three basket groups!"

Each year's squad is different since no one is guaranteed a spot, not even the returners. After the squad is chosen, there are new fall and winter squads. This year there are so many girls, and they will be able to accomplish so much.

"I'm looking forward to having new positions with having 16 girls on the fall squad and two alternates," Rhoads shared. "We will be able to have bigger and better stunts!"

One thing that Rhoads is hoping to do is compete during the winter with both the fall and the winter squad. Competition cheer is different from regular cheer because you compete with other squads

from the northwest area and perform in front of judges. Competitive cheer is a lot of work, but the squad is ready for it.

Another new thing this year is a larger squad. The winter squad consists of 16 cheerleaders and two alternates while the winter squad has 12 cheerleaders



and two alternates. With a larger squad, the team can step up their stunting to a new level.

After having three years to get to know the Freeman cheer program and more about coaching, Rhoads has done so much with the girls and boys that have gone through the program. You

can trust that this next year will entail some new and exciting events and some awesome new dances and stunts!

"It's sad to see our old squad go, but it's also very exciting to have the new one," Rhoads explained.

### Fall Squad:

Freshman: Maria Panzeri Tristan Peery Sophomore:
Anna Lee
Asriel Lynn
Hope Matthews
Matea Ped
Shenoa Rush
Hannah
Williamson
Kyla Wright

Juniors: Kindra Malloy Helena Mazzola Baylee Randall Cassidy Shultz Nicole Westberg Seniors: Claire Hulse Felicia Jackson Maddie Keebler Jessica Ruby

### Winter Squad:

Freshman: Maria Panzeri Sophomore:
Asriel Lynn
Hope Matthews
Matea Ped
Shenoa Rush
Hannah
Williamson
Kyla Wright

Juniors:
Baylee Randall
Cassidy Shultz
Nicole Westberg

Seniors: Claire Hulse Maddie Keebler Felicia Jackson Jessica Ruby

## Raider News

### Discovery Student Adventures: Grand Canyon

 $\begin{array}{c} \textbf{By Isabelle Ebert} \\ \textit{Raider Editor} \end{array}$ 

This spring break, a very exciting thing happened to a small group of students: the Grand Canyon! That's right, thanks to Discovery Student Adventures, a group of Freeman Middle School students went on the exciting trip, along with an even smaller group from Williamsburg, Virginia.

Middle school teacher Donna Preble, who has been working with Discovery Student Adventures for about a year, arranged the trip. Along with this trip, she is leading a trip to Italy and Greece in about a year, and one to Washington D.C. next spring break.

Photo taken by Isabelle Ebert

The Saguaro Catus is a very important plant in Arizona

"The trip was more amazing than I expected it to be," Preble said.

On day one, they arrived in an airport in Phoenix, Arizona and headed over to a hotel in Flagstaff nearby. They also explored the Lowell Observatory to learn about the science in astronomy and the history of this amazing facility.

The next day, the students embarked on an expedition to the Grand Canyon, where they walked down the "Ooh Aah" trail. During this, two field agents from the

Grand Canyon Field Institute talked about the formation of the Grand Canyon and some of the wildlife there.

"The Grand Canyon was breathtaking," Clara Poshusta, former Freeman student, said. "To see it in pictures is one thing, but we *actually* saw it in real life!"

On day three, the group headed down to Tucson to learn about the ancient Montezuma cliff dwellings. Later on, they arrived at the world

> renowned Arizona-Sonoran Desert Museum, which is not only a museum, but a zoo and an educational facility where the students learned more about the desert. That same

day, students explored the Old Tucson Studios, which is a currently used location for making western movies.

an educational trip, day four gave the chance for the group to assist the park rangers of the Saguaro National Park in a Saguaro cactus census project. Students measured the growth and health of the cactus by recording data, which became part of the permanent census.

After departing Tucson, they stopped in Oracle, home of the Biosphere 2. Biosphere 2 is a research facility that has five different environments inside of it. After learning about the science and history of this



The view from the top is absolutely breath-taking to see in person.

manmade object, the group made their way to the Saguaro Lake Guest Ranch, their home for the remainder of the trip. Here, they had dinner on the ranch and stayed in cabins.

On the last day of exploring, the students got their cowboy boots on and had a horseback riding adventure through the area surrounding the ranch.



One of the main areas of the Grand Canyon national park is the "Battleship."

"I loved horseback riding," said Poshusta. "It was probably my favorite part. Although, I don't think I really had one!"

Afterward, they stretched their legs and took a hike. Needing a relief from the heat, they took a fun kayaking trip. They ended the day with an around-the-campfire concert and the group's overview of the trip. They all had something to say about the trip, and were taken into consideration for the next group.

When asked what they saw on the trip, everyone said something, but the best response by far was Braylen Lasster's.

"I saw 17 people having a great time."

On the last day, they had a last breakfast at the ranch together, packed up, and headed to the airport after saying a sad good-bye.

If you are interested in joining Mrs. Preble for a future trip (Washington DC and Italy and Greece), please contact her at dpreble@freemansd.org.



## Raider News

### Paging, unique opportunity for to gain understanding of legislative process

By Ali Tesch Raider Editor

Since 1891, students from Washington State have participated in the page program. Pages participate in the legislative process and serve the State House of Representatives.

"Paging was a unique and educational opportunity," said Freeman 8<sup>th</sup> grader Wyatt Grinner.

Pages have several duties, including passing out amendments during legislative sessions and running errands for representatives. Pages also participate in ceremonial tasks such as presenting the flags. Pages' duties are varied and some tasks seem tedious but they are an important part of the legislative process.

"Sometimes you are overwhelmed with work and other times there's nothing to do," 8<sup>th</sup> grader Rosemary Pugh explained. "It just depends on the day."

It is very important to wear comfortable shoes because pages work long days and do a lot of walking. Work hours begin by 7:45 am and end by 5:00 pm. During the day, pages are assigned several tasks and they attend page school for two hours.

Every day, pages spend two hours in page school learning about the legislative process. The goal is to help pages understand the legislative process and how vital it is. A certified teacher with some experience teaching social studies and civics and an assistant teacher teach these classes. Pages have the opportunity to write their own bills and present them.

Joshua Limes said

"After I
wrote my own
bill, I understood how
much time
writing a bill
takes," Joshua
Limes explained.

This gave pages a hands -on learning experience. Their mock committees were recorded and are now stored in TVW



pated in the legislative process by serving as house and senate pages.

archives. Pages are assigned homework, but they are given time outside of class to complete it.

There are some requirements for paging. First a page must at least the age of 14, and they cannot turn 17 the week they are paging. Second, Pages also must be sponsored by a current member of the House of Representatives. Last, Pages also need to have permission from their schools and a parent or guardian.

Paging is an educational opportunity that allows students to participate in the legislative process. The goal is to create a more universal understanding of the legislation process.

### Desirae Thosath: a talented musician



Thosath practices her flute at least a half

By Isabelle Ebert Raider Editor

Desirae "Desi" Thosath, 13, has been playing the flute for about two and a half years now. After quitting the violin, she quickly picked up the flute.

"The violin wasn't for me; I played it for two years," Thosath explained. "My mom asked me what instrument I wanted to play instead, and I chose the flute. My aunt sent me an older one, and I began taking lessons from a teacher some friends recommended. So far I have owned four different flutes. In fact, I just got a new one!"

Last year, she was in the school band; however, this year she isn't.

"I decided to 'expand my horizons', as my mom put it," Thosath said.

For the first semester, she was a drama student, now she is taking Art II and photography.

"Next year I'm definitely taking band again" Thosath said. "I regret not taking it, even though I enjoyed my electives. But, I can't enroll in Music fest, a competition, without being in a school band!"

Thosath represented Freeman in Music Fest last year, with Freeman pianist Caleb Hindman. She placed second for a solo she did, taking home a silver medal.

Another competition she did was Solo Ensemble, but she didn't place.

Thosath used to not be the only musical child in the family. Her little sister Chloe, 11, used to play the piano and the harp.

Thosath also does Girls Scouts, gymnastics, soccer, church activities, and has fun with her family.

"I found out during one of my lessons that music is all from the heart," Thosath said. "If you don't want to play an instrument, you will never sound as good as someone who loves to practice and loves their instrument."

## District News

## Freeman FBLA attends state leadership conference

By Scott Moore FBLA Advisor

From April 11-14, twenty-five members of Freeman High School's FBLA Chapter attended the 2012 State Leadership Conference held in Seattle. Freeman's chapter joined over 1,806 students, advisers and chaperones and over 125 volunteers in this great learning experience.

In addition to competing, the students also made time to attend workshops, network, and take various tours to local businesses. To make it to state, members had to finish in the top five at the regional conference held in February.

Competing from Freeman were seniors Leaira Anderson, Danny Cossey, Cody Dickinson, Shelby Nelson, Katie Pintar, Gregory Ruby and Hanna Weathers; juniors Ben Carasco, Zeke Flack, Elizabeth Kosanke, Brette Schmidlkofer, Brett Sinden, and Tanner Waite; sophomores Colin Ayers, Hunter Beaulaurier, Austin Carpenter, Kirsten Fuchs, Grace Rudy, Samantha Strothman, and Brooke Williams; and freshmen Moriah Longhurst, Jami Pratt, Austin Rice, Shenoa Rush, Rachel Underwood and Bethany Wil-

The following members earned top honors for Freeman at the conference.

- Cyber Security Cody Dickinson - State Cham-
- Public Speaking 1 Bethany Williams – State Champion!
- Network Design The team of Cody Dickinson and Gregory Ruby – State Champions!

- Hospitality Management Grace Rudy – 2<sup>nd</sup> Place in State
- Word Procession 1 Bethany Williams – 2<sup>nd</sup> Place in State.
- Desktop Publishing The team of Hanna Weathers and Katie Pintar - 2<sup>nd</sup> Place in State
- Introduction to Business Communications - Moriah Longhurst - 3rd Place in State
- Marketing The team of Danny Cossey, Brette Schmidlkofer and Hanna Weathers - 3rd Place in State.
- Technology Concepts Cody Dickinson – 3<sup>rd</sup> Place in State
- Emerging Business Issues The team of Brooke and Bethany Williams – 4<sup>th</sup> Place in State

Making the finals but coming up just short of going on stage (only the top five in each category receive awards):

Banking and Financial Systems -The team of Colin Ayers and Brett Sinden Business Ethics – The team of Samantha Strothman and Brooke very well! Williams Help Desk – Hunter Beaulaurier Job Interview – Elizabeth Kosanke, Hanna Weathers



Members of Freeman's FBLA competed in a variety of categories at the state FBLA conference, as well as learned more about the world of business. Congratulations to those who qualified for Nationals.

Due to their achievements at the conference, Cody Dickinson, Bethany Williams, Gregory Ruby, Grace Rudy, Hanna Weathers, Katie Pintar, and Moriah Longhurst have now qualified and will be attending the National FBLA Leadership Conference in San Antonio, Texas at the end of June, along with their advisor Scott Moore. They are very excited for this opportunity to represent Freeman and to learn more about leadership and the business world! The other state placers will be alternates for the conference.

The Freeman Chapter also received two regional awards. After a streak of five straight years as the largest chapter in the region, Freeman earned the honor of being the "Second Largest Chapter in the Northeast Region" with 79 members. In addition, Freeman was honored for having the "Largest Professional Membership in the Northeast Region." Freeman is very proud of the effort and class these students exhibited during this conference. They represented the Freeman community

Freeman High School's Future Business Leaders of America is the premier organization for students preparing for careers in business. It is the

> largest and oldest student business organization in the world with more than a quarter of a million members! FBLA prepares students for 'real world' professional experiences, with members gaining the competitive edge for college and career successes. For more information, or to help raise the necessary funds to assist in sending these students to San Antonio, please contact Freeman's FBLA advisor, Scott Moore at the high school (291-3721, ext 201 or smoore@freemansd.org).

### Changing the world one conversation at a time

By Pia Longinotti Journalism Advisor

"Make it your day!"

Leo McCarthy didn't wake his 14 year-old daughter Mariah up with those familiar words on October 27, 2007. He didn't have breakfast with her either, as was their tradition. He wanted to let her sleep in when he went early to Montana Tech's football game to help set up with the other boosters. He didn't sit with his daughter at the game. He didn't know that later that night, Mariah would be killed by an underage drunk driver as she walked her friends home.



Mrs. Ophus' class takes the challenge. Will you?

This day was the beginning of McCarthy's journey to prevent underage drinking and driving. McCarthy spent

School inviting

become part of Mariah's Challenge, an idea born from McCarthy's eulogy at his daughter's funeral.

"Let's prevent drinking and destructive decisions from taking any more of Butte's most valuable asset - its youth," McCarthy said to a room full of Mariah's classmates.

These words became a movement to help stop underage drinking and driving. McCarthy, with the support of his family and friends, travels around the nation bringing Mariah's Challenge to schools and communities. His hope? To bring a stop to the fatalities due to underage drinking. To change lives one person at a time to prevent this tragedy from striking other families.

McCarthy frankly shared the story of the night he got a call from his oldest daughter Jenna that is every parent's worst nightmare.

"Dad, Mariah's been in a car accident. We have to head to the hospital," Jenna's message spilled into his ear.

After a long battle, and a move to a hospital in Missoula, Mariah lost her life due to a sub-hematoma fracture in her skull. Mariah's two best friends, Kaitlyn Okrusch and Valerie Kilmer, were also seriously injured when an underage drunk driver hit the three girls with his truck when he veered onto a walking path.

## District News

### page 22

Is Freeman willing to meet the challenge?

(Continued from page 21)

"If you're drinking right now, you need to think. If you're getting in a car, you need to think. Cause it isn't about just you," McCarthy told the Freeman student body.

He challenged them to think about the effects of that young man's one con-



Junior Kellen Miller adds his name.

tinuous choice to drink and the repercussions it had on all of those involved: the families and friends of the girls, the driver's family and friends, the young man who threw the party where he obtained the alcohol, and on Mariah whose life was much too short.

"This is about a conversation," challenged McCarthy. "A conversation is how we change the world. The conversation starts at the dinner table."

McCarthy asked students to go home tonight to the dinner table and have a real talk with their families about Mariah's Challenge. About what it would mean for their families if they were to lose a family member in an accident



Leo McCarthy shares the story of daughter Mariah's death with Freeman students.

like this. About what each student means to his or her parents. McCarthy reminded the audience that his last day with Mariah wasn't all tragedy; it was a day like any other. Mariah asked him for money. She gave him a hug as they sat on the sideline of Montana

Tech's football game. She and her friends helped him clean up after the game. And as he dropped her off with her friends for the last time, they told each other how much they loved each other. He couldn't have been more proud of his little girl.

For more information on Mariah's Challenge and how to sign up or support their scholarship, please visit their website, www.mariahschallenge.com.

### AP US History trip in

Advanced Placement United States History students are off June 7th and 8th to Tacoma and Seattle to take in the brand new Harold Lemay Museum on the 7th and the Boeing Museum of Flight on the 8th.

The LeMay Museum is the world's largest collection of automobiles and along with that they have memorabilia from the era of the automobile.

The Boeing Museum of Flight now features a supersonic Concorde cruising speed was Mach



### 3<sup>rd,</sup> 4<sup>th</sup> Graders get Martial Arts lessons

By Mary Ellen Wall 3rd Grade Teacher

During March, Jung Kim's Martial Arts provided introductory martial arts classes twice a week for three weeks to our 3<sup>rd</sup> and 4<sup>th</sup> grade classes.

The program emphasized the importance of respect, humility, honesty, self control and persever-

ance. The students learned how to better focus and concentrate on their daily activities while helping them build character, confidence and self esteem

Master Kim's program enhanced our PE curriculum with a focus on the following shills: balance, weight transfer, jumping, strength training and flexibility.



Mrs. Wall's class show off their new martial arts

As an incentive for participation from home as well as exemplary behavior by the child, Master Jung Kim and PE instructor Kathy Zinkgraf awarded a first place trophy to Mrs. Wall's third grade class.

### FCCLA shows well at State Leadership Conference

By Jennifer Fees FCCLA Advisor

Congratulations to Brette Schmidlkofer, Tori Keizer, Lexi Saeger, Hanna Watkins and Anna Jackson for attending the 2012 Washington FCCLA State Leadership Conference!

Congratulations to Brette Schmidlkofer for receiving a silver rating at the FCCLA State STAR (Students Taking Action with Recognition) Events Competition. You did an amazing job in Fashion Design.

Congratulations to Lexi Saeger for receiving a gold star rating and first place at the FCCLA State STAR Events Competition. Lexi will be representing the state of Washington at the National FCCLA Conference in Orlando, Florida in the event Recycle, Redesign.

Lexi is selling messenger bags made from recycled pet food bags to help fund her way to Nationals. She will be selling 50 of her bags at Albertsons on 32 Street in the Spokane Valley this coming Saturday, April 14th for Earth Day. The Spokesman Review will be there to interview and see Lexie's accomplishments.



Saeger and Schmidlkofer show their projects off to School Board Members Chad Goldsmith, Randy Primmer, Neil Fuchs and John Zingg