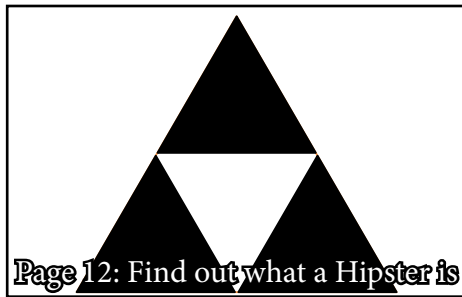




Page 4: Senior girls in it to win it



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# The Bagpiper

February 28, 2014

Reporting Freeman's news since 2009

Volume 5, Issue 4

## Always remember that we are the choices we make

By Abigail Denmark  
Staff Writer

On January 30, Walking with Power guest speaker Gerald "Heavy Duty" Krueger came to teach every student at Freeman how powerful our choices can be.

Krueger was not just any motivational guest speaker though. Before he began his story, Krueger pumped up the crowd. He broke an aluminum bat in half, tore a license plate in half with his teeth, and soaked to crowd with soda by breaking the cans over his head leaving everyone in awe.

Krueger began his story at the beginning of his professional wrestling career and meeting a man named Alan (Al). Al was a good man in the beginning as a referee for wrestling matches, but then lost both of his parents to a car accident. Al was torn apart.



Photo by Abigail Denmark

**Using all of his strength, Krueger rolls up a brand new frying pan.**

Just as Al picked himself up and put himself together again, he then lost his wife to a car crash only six months after his parents passed. Al had lost so much and all he was left with was his job and his daughter. Not long after, Alan's daughter passed away from a rare form of leukemia and lung cancer because she couldn't handle the chemotherapy. The wrestlers that traveled with Al were awful to him and Krueger joined in with them. His story ended with Al dying after the car they were in flew off the road and rolled down a 100 yard hill.

"I could have done something, but instead I was a coward because I was afraid to stand up for someone who needed help," Krueger explained.

In all of the time Krueger knew Al, he never stood up for him or helped him out. After Al's death Krueger then regretted his choice of choosing to join the other wrestlers in making Al's life worse than it already was.

"The best part of the assembly was when Heavy rolled the frying pan into a burrito," senior Kirsten Fuchs said. "What I learned



Photo by Abigail Denmark

**Full of energy, Krueger talks to the kids at the elementary about not drinking, not doing drugs, and making the right choices.**

about choices is that they come with consequences that can be good or bad, and that the choices we make define who we are as a person."

The moral of the story is that we are our choices that we make. Whether the choice is right or wrong, one day that choice could ruin you.

"Be bold, be bold, but not too bold," freshman Nissa Naccarato said. "Sometimes leaping before you think can turn out well, but other times it can be the worst idea ever. Thinking about what you're doing before you do it can help you make the right choice."



**The introduction Krueger made by ripping phonebooks apart was definitely memorable.**



**Krueger explains to the student body that our choices affect not only us, but others.**



**After Krueger breaks a soda can over his head, the pop rains down on the crowd.**



# Freeman's trap team continues to shine

By **Spencer Warnecke and Abbi Denmark**  
*Staff Writer*

Freeman's trap shooting team is yet again on a roll. Almost every Saturday them team travels around eastern Washington to compete. Trap is an individual sport with a team aspect, where an individual can win a shoot, but then the three highest individual scores on a team up to five makes up the team score.

This year there are 12 members on the team. Returning to the team are senior Zach Vansoest, juniors Abbi Denmark, Monite Potter and Derek Smith, and sophomore Keagan Luhr. Joining the team this year are seniors David Primm and Hunter Beaulaurier, junior Katie Ophus, sophomore Aidan MacDonald, freshmen JJ Iltz, and Chase Christiansen, and eight-grader Nathan Barron.

"The best thing about being on the team is hanging out with everyone and having Greg Veil as a coach," senior David Primm said. "We have a lot of fun while travelling and shooting. I will never forget the great times we have had!"

The team started their season in October and competes through the end of April. So unlike other sports at Freeman, the trap team

season lasts seven months. Nothing stops the team from going out to shoot. There can be a blizzard out and swirling winds but they still shoot.

"Shooting in bad conditions might sound crazy," Potter said. "But if we shoot well in snow, rain, and wind, just think about what our scores would look like in good weather!"

Trap isn't just about shooting guns though; it's also about the bonding and the friendship on the team. Trap is about pushing yourself to do better and getting to know yourself more as a person while at the same time making life-long friendships and doing what you love.

"The season is going great so far," Iltz said. "I want to go to state and at least once beat Derek Smith in a shoot, and I also want to shoot a fifty which is a perfect score."

Over the past three Saturdays, the team has travelled to

Colton, St. John, and Othello, where they won and blew every other team out of the water. The team will compete in the state competition April 19-20 in Wenatchee. The team has a very good chance of winning State.



Photo by Derek Smith  
The trap team is posing with trophies after their shoot at Kettle Falls on January 11, 2014.

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

# What are you doing after high school? Job or college?

By **Justyna Folsom**  
*Staff writer*

What is the best job you can get without getting a college degree? There are a lot of people in high school who have this question. College is not getting any cheaper and for some students, more school is the last thing they want. The other problem with this question is that the answer is different for every person. For example, if you learn better form hand-on work, then it might be better for you to get a job instead of heading to a college later.

"I just need a break and some time to make some money," senior Julie Tukur said.

Her plan is to nanny for her sister and work for a year before she goes to collage.

"More school is the last thing I want to do out of high school," said sophomore Ethan Folsom from Central Valley High School. "Also, I don't know if I could get the money for four years of college."

According to "Is College Over-rated? The Top 21 Highest Paying Jobs with no College Degree," by Jeff Rose, there are a lot more options than people might think. This article lists and describes the more popular and successful jobs that don't require a college degree. It explains the training that these jobs require.

For example, a margin department supervisor makes around \$69,281 in the first year. A margin department supervisor looks after a company's credit department which manages customer credit accounts and approves or denies credit to customers. An air traffic controller makes about \$74,922 yearly when they first start out. Automobile service station managers also make good money at \$72,000 a year. Real estate brokers make around \$34,000-\$45,000 annually when they start out, but after a few years, they can start making up to \$71,000 yearly.

While these jobs still require

training, it is much cheaper to get certified in one of these fields. The training for some of these jobs may be as quick as taking a six-month class, which you can either take at a college or the company that employs you, will provide it. Another plus to these jobs is that in most of them, you can move up in the company to make more money.

Folsom is looking into a vocational field for his future career such as a firefighter or EMT.

"I want to become a firefighter instead of going to college because I want to help people and I am better with working with my hands, besides I think I might be kind of fun," Folsom explained.

You might ask if there is any money in being a firefighter or EMT. Well, on average, firefighters start out with a salary about \$30,000 a year. EMTs need more training than a firefighter, but they make more money starting

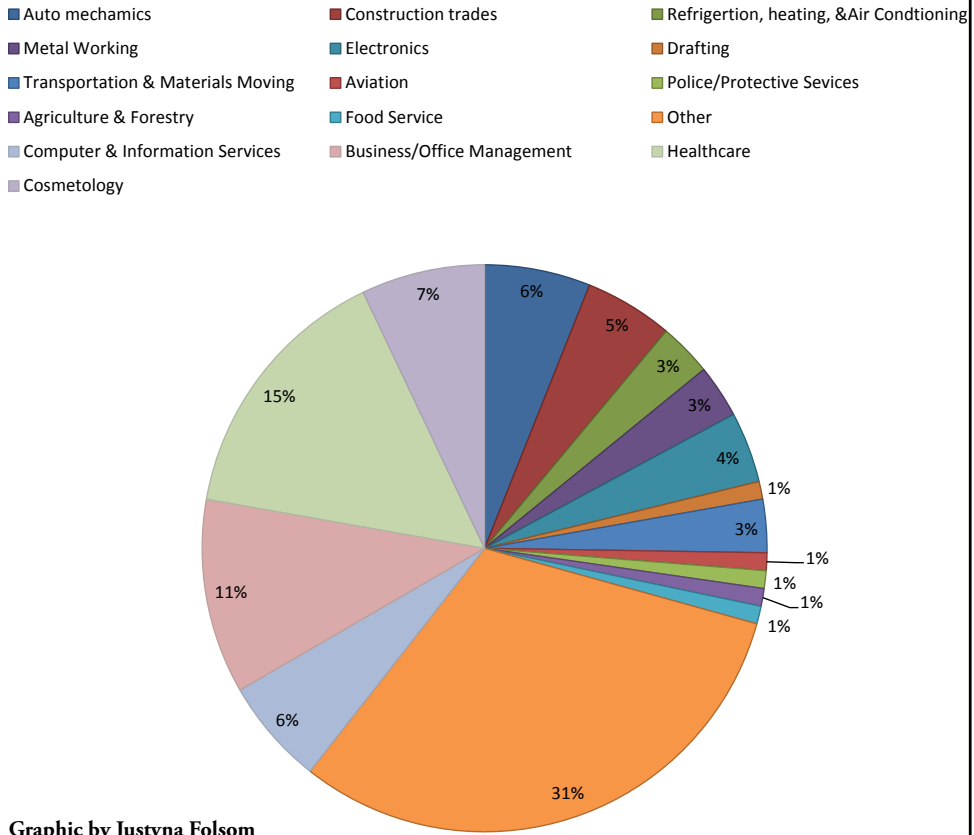
out with around \$45,000 a year. In both of these careers, you can move up the ladder to a leadership position to increase your salary.

There are a lot of pros and cons to going to a job instead of going to college. Some pros are that you can start out making money with out going to college too.

"Over the years, I have noticed that this choice simply depends on who the person is," counselor Laura Hamma said. "Some students need a break and some are ready to go right after college."

There are a lot of pros and cons for going straight into the work force. Some pros are that, if you can find a good job, you can start out with making money instead of going into dept for school. But a major con is that you can't get the best job because you don't have a college degree.

### Common Jobs Without a College Degree



Graphic by Justyna Folsom

These are the most common jobs that don't require a college degree.



# Life as a senior basketball star

By Ryan Leason  
Staff Writer

Imagine it's your last year as a high school student; what would you do to make it the best? Senior Colin Ayers is a respectful and kind young man who scored a 2200 on his SAT. On top of his academics, Ayers is also three sport athlete, but his main sport is basketball, a sport he has been playing since he was five.

"My dad played college basketball," Ayers said. "He was the one that piqued my interest in basketball ever since I was five years-old."

Ayers is the leader on the team and knows how to make people feel at home when it comes to the basketball family. Junior Matt Harris, a transfer from Central Valley, was just looking to fit in and have fun.

"He was nice," Harris said. "He made me feel a part of the team."

Ayers has been playing for varsity coach John Graham for four years.

"Colin is the kind of kid that will give a coach a hundred percent all the time," said Graham. "Every coach would love to have a player like him on their team."

Junior Jake Phipps has looked up to Ayers for the past three years and has learned a lot from him.

"He is a great leader," Phipps said. "He always tells me to keep my head up, and he always pushes me to my best."

Everyone on the team looks up to Ayers and believes in what he says, just like a miniature Coach Graham. Ayers, believes in what Graham says and always tries to get better.

"He has always been a good motivator," Ayers said of Graham. "He always made me play basketball year-round to get better."

Harris looks up to Ayers just like everyone else on the team. They all know that he will be gone next year and he will be much missed.

"I think I will miss him," Harris said. "He was very welcoming when I first came."

Ayers does all he can to get better in basketball and in life.

"Colin is a leader on this team showing all the new kids how to get into a certain position for a drill," Graham said. "He helps them every practice to become better players."

Ayer's future plans in life are to be an aeronautical engineer and work at a big company like Boeing. Seeing as Ayers is an outstanding student, the team believes that he will get there. Ayers doesn't want to be done with basketball after high school; he wants to continue playing in an intermural league or even take his skills to the University of Washington

where he will excel in the classes of engineering.



Photo by Ryan Leason  
Senior Colin Ayers is focused on the defense as the shot flies up from the free throw line.

## The custodial staff at Freeman High School saves this school

By Jeremy Branon  
Staff Writer

As you all are aware, Freeman High School was rebuilt in 2010. Part of building a new school is maintenance it to make it look new and nice for generations to come. To do this incredible task, you need a superb custodial and maintenance staff.

The behind-the-scene team keeping Freeman functional consists of the building director Kirk Lally, and the custodial staff of Adam Branon, James Marratt, and Jeff Primmer, as well as, Larry Fetter who is in charge of grounds and maintenance.

Lally is in charge of the all buildings and their everyday functionality. Lally the leader of this team who makes the behind the scenes of Freeman happen.

"I oversee all the custodial and maintenance," Lally said. "I also make sure that

nothing goes wrong at the school, and if it does, make sure that we are on top of it."

The custodial staff has three guys who take care of FHS. Every morning, the school gets opened up at 6 a.m. by Branon. Branon's day shift is the most kid-interactive because it is during the school day. One of the things that Branon does is set up, clean up, and put away all of the lunch tables and really makes lunch happen. This is the most interactive hour of the job.

"I enjoy it, seeing their positive attitudes and watching them enjoying their time in high school is really fun for me," Branon said.

At the end of the school day, a new shift begins with Marratt. His job is basically to clean up the high school after a mob of messy teenagers roam the halls for six hours.

His priorities are the same things that he tells his substitutes, "Toilets and hallways

are priority, and classrooms come next."

The last leg of the custodial day ends with Primmer. His job is to finish cleaning the classrooms where Marratt left off. Primmer is a guy who makes sure that the school is clean and ready for the students to come in the next morning to learn.

Sometimes things break, and the only way to try and prevent this from happening is by regular maintenance. Freter is the guy who makes that happen at Freeman High School. Freter is also in charge of the grounds department. This includes everything from mowing lawns to fixing toilets, and all in between.

We should be thankful for what these people do for FHS. Without this group of individuals, the school would be a mess! They spend countless hours making our school beautiful so everyone can enjoy what an amazing school we have.

# Smetana has fun in Oklahoma with family

By Bram Schweiger  
Staff Writer

During Christmas break, most people played sports, spent time with family, or just plain sat around at home all break long. Sophomore Peyton Smetana vacationed a different way than most people do. In fact, Smetana had such a different type of vacation this year that he will be able to talk about it for the rest of his life, because all the family rounded up, and had a great time together.

Smetana went to Small Town, Oklahoma to

visit his family consisting of four aunts, five uncles, and about 20 cousins.

Smetana said his favorite part of his vacation was "spending time with my family in the south that I don't get to see very often."

The Smetanas travels to Oklahoma about once a year to see each of his parent's families. The vacation lasts about eleven days. But what was interesting about Peyton's family is their different ways of spending family time together.

Smetana, his older brother Avery, and his cousins Michelle, Steven, Klyde, Klint, Sarah, and Lyndsay were driven around in a pick up by his Uncle Kenny. This was fun enough because everyone was squeezed into one truck, but then, they all pulled out guns and

shot every kind of animal that they could see while still driving. Usually this would get you in a lot of trouble, but because they were in the middle of nowhere, this was acceptable. The animals killed were animal included Coyotes, rabbits, pheasants, and even a few. Avery had even shot a pheasant, brought it home, and ate it for dinner.

"Driving around with Uncle Kenny and all my cousins was so fun," Smetana said. "I wish some of my friends could be with me to help me explain to people how fun it was."

Smetana was so happy that he got to meet up with all of his cousins this year that he doesn't get to see very often, and have a great time.

"I wish that I could go down south more often to see family, but the gift I got this winter of seeing family was unforgettable," Smetana said.



Photo courtesy of Lori Smetana  
An old run down pickup truck sitting in a field after years of use.



Photo courtesy of Lori Smetana  
Smetana's brother Avery and father Tim bag some pheasant for dinner.



Photo courtesy of Lori Smetana  
Some of the local barns in the area display different styles of barn architecture.

## Returning wrestlers look to earn way to state

By Brydon Arredondo  
Staff Writer

Freeman is home to a very intensive and prominent wrestling group. Here, we have many natural athletes that have the ability to proceed to state. Three current wrestlers competed at state last year: juniors Marcus Goldbach and Teigan Glidewell, and Senior Josiah Thompson. This year, athletes Goldbach and Glidewell, as well as Freeman's senior transfer Josiah Thompson. All three athletes have set their sights on returning for another run at a state championship.

Goldbach gave a lot of insight into the state competition. Not only this, but a look into the mind of a prominent wrestler for Freeman.

"It's unreal, but there is always a sense of moving up on the

Article continued on page 6



Photo by Pia Longinotti  
Glidewell uses crossface move to take down Newport's Joe Luback.



## Seniors seek revenge on the court, on way to state

By Chaz Halstead  
Staff Writer

The Freeman girls' basketball program has been very successful over the last four seasons, including two state titles, however, the team suffered a heartbreaking defeat at regionals last season, it has given the returning players a new way to view the game and a strong desire for revenge.

"The loss changed our outlook on the game," senior Sierra McGarity said.

"We learned that we need to fight in order to win," senior Mikaela Pilant added. "We are not invincible."

There are four returning senior girls this season: McGarity, Pilant, Haley Burke, and Katie Vold. All four of them were a part of Freeman's state champion teams. They know what it is going to take to win.

"We need attitude adjustments and to learn to play as a team, find our beginning passion of playing basketball and the want to

win," Vold said.

One major change in the team since last season is new head coach, Chad Kimberly; this has changed many things about the team including their plays and chemistry with the coach. It was a slight challenge to learn the new play styles and coaching techniques.

"We have more freedom," Burke said. "He understands us and sees us as leaders; he also understands how all of us are different and need to be coached differently."

The Freeman girls basketball team has a lot of talent and multiple strong leaders. They have experienced players that know what it is going to take to win state again, and they are hungry to achieve that goal.

This Saturday, they take on Lymden Christian at noon in Mt. Vernon, as they try to earn their way back to the 1A state tournament which begins Thursday, March 6.



Photo by Chaz Halstead

The seniors get ready to take the floor.

## Glidewell, Goldbach, Thompson state contenders

Continued from page 5

podium," Goldbach said of his 5<sup>th</sup> in state finish.

Goldbach's hard work has paid off, earning a 40-3 record, and taking 1st place at districts in the 182lb weight class.

"There is work to be done, but I feel like the season is going very well," Goldbach said.

He is a leader for the Freeman Scotties wrestling group, very prominent and many look up to him for his accomplishments, and for advice. Goldbach now has a different role for the team. He has grown and became a junior, leaving him a more productive role.

"I believe physically, I am completely prepared but mentally not completely compared as a sophomore," Goldbach said.

As he has matured, his wrestling process has as well.



Photo by Pia Longinotti

Josiah Thompson defeats teammate sophomore Sebastian Hyat to win the NEA District tournament.

"I've taken on more of a leadership role in the team, and that's allowed me to mature more as an athlete," Goldbach said.

Glidewell is another wrestler who went to state last year for the Scotties, weighing in at 220 pounds.

"Yes, definitely, because now I know what it feels like to be a competitor," Glidewell said.

Glidewell's success led to a fifth place finish in state this year, with a record of 33-5.

Senior transfer Josiah Thompson also brings state experience to the Freeman team. Thompson wrestled for Newport High School last year, while attending Cusick High School who did not have a wrestling team. There are differences between Freeman and Newport.

"The coaches have different styles, so I have learned both styles of wrestling," Thompson explained.

Thompson improved on his seventh place in state to finish 4<sup>th</sup> in the 195 lb. weight class, with a record of 34-4, as well as earning the league MVP.



Photo by Pia Longinotti

Markus Goldbach drives Lakeside's Andrew King to the mat to win his 182 lb bracket of the NEA District tournament at Medical Lake High School.

## Poor decisions lead to life or death choices

By Stormy Killpack  
Staff Writer

Abortion is a harmful surgery to remove an embryo or fetus. It harms both baby and mother. Not only is the baby being removed and killed, it could hurt the mother's chances of getting pregnant in the future.

"Having an abortion messes up your hormones and cervix making it harder to have a baby later on when you want to have a baby," explained Dr. Priscilla of I-choice.

If teenagers are old enough to make the decision to have sex, they are old enough to make a good choice on what happens to a baby. 3 out of 10 sexually active girls get pregnant. Plannedparenthood.org When they are having sex they know there is a chance they will become pregnant. A sexually active teen that doesn't use protection has 90 percent chance of becoming pregnant within the year.

"Both parents live with the consequences," counselor Laura Hamma said.

It is very important for teenage girls to know they are not alone; there are so many other options out there besides abortion. Millions of people all over the world are looking to adopt a baby. Abortion is killing a life you created.

"People need to really think it through," Hamma said. "Don't make a decision out of fear."

According to Roe vs. Wade, a landmark court case who gave woman the right to the their body. (YOU-TUBE.COM), "It's the women right to have an abortion, it's her body."

Women should have the right to their own body. But with that being said, should a child also have the right to his or her body? This is a question that millions of people should be asking themselves. A baby doesn't get to choose to live or die when it comes to abortion.

There are eight adoptions centers in Spokane Washington. Couples who are giving babies up for adoption can choose to have either an open adoption or a closed adoption.

An open adoption is where even though the parents give up their baby to another family, they still get pictures and get to visit their baby for set times and days agreed upon by both parties.

A closed adoption is where adoptive parents hand over their responsibility to another family and can never look back.



Photo courtesy of Fibonacci Blue, Creative Commons

The two women in the picture believe they have a right to their bodies.



Photo by Anna Levinzon, Creative Commons

Warm-hearted people take a stand against abortion, showing they haven't not only been through this horrible thing but they regret it.



Many anti-abortion people over-dramatize other people's basic rights to thier own bodies by trying to make a statement through getting sympathy by by-standers who see this "grave".



# How to successfully handle rejection

By **Jake Hansen**  
Staff writer

Over the years, men of all ages have worked up to courage to ask that one girl, the girl who has stolen his heart, to go out with him. However, what those romantic movies hide is the other “dish” best served cold: rejection. What if the special girl says no? Or even worse, throws a pie at you? What do you do?

As a little boy in eighth-grade, I knew firsthand the struggles of being less than awesome. Like every young boy, I had spotted the ultimate catch. She was perfect, walking brilliance, really. Then came that one day when I gathered up the courage to ask her out, and she said no. Flat out. No. It was devastating, but for some reason, I kept asking her out every day for like a week and a half. Then, I moved on. It’s a sad story really, but there are ways to combat this horrible feeling of rejection.

According to junior Aaron Ray, the first step is to laugh it off. Ray’s story begins with a bet and ends promptly with a pie in his chest. Ray’s friends gave him \$10 to ask a girl out that he barely knew out, and Ray did just that. However, before he was



Photo by Jake Hansen  
**Devin Douglas and Asriel Lynn demonstrate the struggles of rejection.**

rewarded with the ten dollars, he received a pie straight in his chest. It was a blow many think would disintegrate any man’s confidence, but not Ray; he just laughed and said that the ordeal was worth the ten dollars and the cream on his shirt from the pie.

When taking a good, cold rejection, it is key to remember to always have a backup plan. Whether you get rejected going in for a kiss or for a date entirely, the last thing you want is to look like a dingus. Junior Devin Douglas claims to have the master back-up plan.

“It was an average Saturday night at the movies, yah know,” Douglas explained.

However, things were about to get messy when the cold wind of rejection set in.

“All I asked was if she wanted a kiss, and I was prepared for both answers,” Douglas continued. “When she said no, I knew it was time to initiate plan B. So I pulled out a bag of kisses I bought for just the occasion. So, I said ‘Well, more for me.’”

Thus, Douglas saved his skin from the cold mess of rejection.

Whether you are going on a date or trying to score that sweet catch, remember that things can go awry, so be prepared and never forget these stories

# Keeping grades up for round two

By **Katie Ophus**  
Staff writer

Freeman has finished its first set of finals and first semester has come to an end. Despite the fact that we are halfway done, students need to continue working hard to keep grades up to end the school year. Making flash cards, re-reading chapters or textbooks, studying notes you took, and doing practice problems are all great ways of remembering what you learned.

Making flashcards is an awesome way to study because you can write the question on one side and then the answer on the other side and memorize. For

some people, using different colors helps using a blue or green can help you memorize better. Using a visual aid can help as well. If you are trying to learn a word for example drawing a picture that resembles the word picture as a visual clue can be a great memory aid.

“Flashcards are a good way to study for Geometry because of all the vocabulary,” math teacher Gary More said.

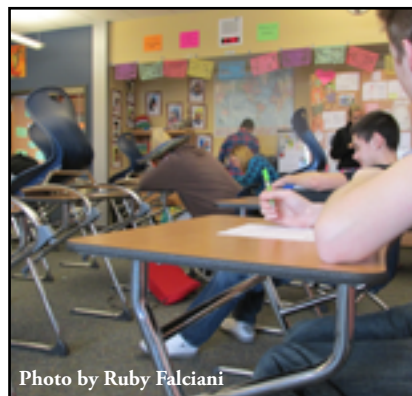


Photo by Ruby Falciani

**Many students stay after school to study with teachers help**

gives you extra information in case the test or quiz has an extra credit section or an essay question.

Re-reading chapters or textbook sections can help you as well because many tests are based on textbooks. It also

“I reread the chapter the day before the test to refresh,” sophomore Ethan Crosby said.

Notes may seem terrible to take at the time, but when you go to study, they help a lot because it gives you the vital information the teacher thinks you need.

“I put on music and look at old worksheets and notes,” said junior Teigan Glidewell of his study strategies.

Also despite the time, it takes doing your homework every night is important because it helps you better understand the material and make sure you know any outstanding questions to ask before the test.



Freeman artists share their creations: (from left to right) Grace Tesch (middle school), Jimmy Sells (middle school), Brayden Aller (high school), Max Laib (high school), Marley Pratt (middle school), Odie Landoe (middle school), Megan Underwood (high school), Summer Warwick (middle school), Mike Cahill (high school), Aleksey Kopytin (middle school), Julie Tucker (high school), and Desmond Parisotto (middle school).



## Erynn Waite: a star among us

By Taylor Walker  
Staff writer

Making her way down the halls of Freeman, saying hi to everyone she sees, junior Erynn Waite always has had a heart for music. Whether she is listening to it on her phone, jamming in her car, or practicing by herself or with friends, she always stands out.

"I've been singing my whole life," Waite shared. "I started to teach myself how to play guitar when I was around 12, and I practice every day. It all started because of my older brother, Tanner Waite, though. He started getting into music at a young age, so it was hard to follow in his footsteps since he can do everything so well and is so talented. It was also difficult for me to be in his shadow because he got a lot of attention for it and really set the bar high."

Many of you have probably heard of the T.V. show *Americas Got Talent*, right? Well, Waite was actually accepted onto the Season 8 auditions! Unfortunately though, due to complications and being busy, she wasn't able to go to Portland for the show like planned.

"I plan on trying it out again maybe next year," Waite explained. "It just came faster than we (her and her family) thought, and there were still lots of things that needed to be done. It's probably for the best that I save that for the future anyway."

Until the time comes for her to begin her journey on AGT once again, Waite is hoping to get a couple of music gigs this summer. As for what her future hopefully holds, Waite is set on having her future career being related to music.

"I would really like to include music in my future," Waite admitted. "Any reasonable profession would be preferred or maybe something like a music teacher. Playing my guitar and singing is my favorite thing to do, and I'm looking into getting lessons because I've never had them before."

Sometimes achieving goals can be difficult, but this dream-chasing junior is set on accomplishing her goal and knows just how to do it. Practicing daily and looking for more ways to get herself out there, Waite and her talent are always ready to put on a show.



Photo courtesy of Ken Spiering

Advanced student Sarah King's marvelous in-your-face oil painting



Photo courtesy of Ken Spiering

Rachel Underwood's sketchbook page revealing a mastery born of prolific drawing of the figure.

## Rokus the unexpected artist

By Madi Groves  
Editor

Junior Patric Rokus uses his spare time to either draw in his sketchbook or go out to his shop and make something out of metal. Rokus started working with metal by learning how to weld from his dad and playing around with old metal bits.

"I started drawing around the same time everyone else did, in kindergarten, but I was always better than others," Rokus said.

Rokus has always been interested in art and did it all throughout middle school. Rokus has been around art since he was a kid. His mom, Kathleen Rokus, was a 4-H leader and taught art classes that helped him become more interested in art.

Rokus has been drawing and working with metal since he was about twelve. His favorite thing he has made from metal was a sword that he made for fun. The best thing that he has drawn was a drawing of an iris.

"I think he's got a brilliant mind," art teacher Ken Spiering said. "I think it manifests itself in a unique creative way. He's

finishing a very original application of a mosaic."

Over the years, Rokus has made many things with metal. His mom's favorite thing that he made was a metal rose. That rose took him three days after school so about a total of 6 hours to make.

In Oregon, Rokus had an art teacher that taught a ceramic class summer art program. During the program, they made real art because they were taught by real artists. Rokus made a Chinese lantern that was built out of wood and painted on rice paper.

"The thing I enjoy most about drawing and metal working is being creative and seeing other's opinions of my work," Rokus said.

In the future, Rokus plans on drawing and metal working to make tons of things. Right now he's working on some Iron-man armor specs, and drawing is a life skill that he will always improve.

"I love his art, I love that he does the sketchbook," Kathleen Rokus said. "What he does in his abstract book is fun because he puts his own flavor and creativity into it. It's really fun to see what he comes up with."

## Meghan Altmeyer singing career plans

By Preston Hoppman and Clayton Miethe  
Staff Writers

You've all seen her at the football games and assemblies, most of the time singing. Senior Meghan Altmeyer has been singing since she was about 4 years-old.

She started young and has continued to love singing ever since. Meghan also said that she was a little nervous about singing. This is what she said.

"Depends; when I sing at church, no. I used to be nervous and still am sometimes, but when you do something over and over the nerves start to fade."

Currently, Meghan Altmeyer sings at her church, life center.

"I'm involved in student ministries," Altmeyer explained. "Hopefully, there is more to come."

Whenever you talk to Meghan Altmeyer about singing, you can tell that it something that she really enjoys. The enthusiasm in her voice is just overwhelming.

The stuff that got her into singing were simple things like watching Disney shows like high school musical and also loved musicals. So that really caught her eye on her singing career.

The thing she really likes about singing is the different types of voices in singing. She said, it's "the unique part of your voice."

Her goals for the future is that she is going to Australia next year and studying internationally, and improve her singing.

She is planning to continue her singing career out of high school.



# Sisters share love for the arts

By Ruby Falciani  
Editor

The Youngren sisters are popularly known to be very artistic in both their style and hobbies. Senior Karly and freshman Katie Mae share their love for singing and perform in various places such as weddings, festivals, and talent shows. These similar sisters share a lot when it comes to their singing careers, but they also have separate hobbies.

For instance, Katie Mae plays guitar and likes to draw. She took up guitar around two years ago and started drawing around the same time.

“My family is what draws me to art,” Katie Mae said. “All of us are more like artists rather than athletes.”

These sisters are so similar yet vary in their interests. Karly actually models as well as preforms with her sister.

“I started singing when I was about six,” Karly said. “I started modeling about two months ago. Some of my friends encouraged me to get into it, and I liked how my senior pictures looked so much that I wanted to give it a shot!”

Although both sisters play instruments, Karly plays the piano and the ukulele. These sisters often preform together but don’t usually preform solos in public, but Karly also posts videos of herself singing on Facebook as well as being able to perform a few solos in choir.



Photo courtesy of Karly Youngren



Photo courtesy of Karly Youngren



Photo courtesy of Karly Youngren

Karly loves to play her ukulele and sing. This is one of her senior pictures that best captures her personality.

Katie, much like Karly, loves to play her instrument, but Katie’s is a guitar.

These sisters preform amazing together and love what they do no matter where they are.

# Jake Dickinson, the blacksmith

By Derek Smith  
Staff Writer

Here at Freeman, we tend to overlook some of the many talents that fall outside of athletics, such as blacksmithing. Not a lot of people would ever consider this for a hobby, but we are lucky enough to have one at Freeman. One hidden talent lies within the hands of senior Jake Dickinson.

The process of blacksmithing is very time consuming. First Dickinson has to clean the metal, and then he cleans his forge (Dickinson uses a barbecue for this). After starting the barbecue, he puts the metal in there and turns it to high. After a few hours, Dickinson checks the metal to see if it has reached optimum temperature. At this stage, he has to be very careful as he can get severely burned. If the metal is ready, he starts hammering away. Dickinson hammers the hot metal until it is in the form he wants, or until the metal is too cool to mold anymore. When that happens, Dickinson reheats the metal so he can continue shaping it.

Dickinson began learning the art of blacksmithing in the

eighth-grade.

“The learning curve is the biggest struggle,” Dickinson said. “There are a lot of fine motor things that you have to learn.”

Another challenger for Dickinson is that he has to create equipment from things he already has. The challenges of blacksmithing are already immense, then to add imperfect equipment makes the challenges that much greater.

The heat is also a difficulty when learning this trade. Dickinson is shaping metal at temperatures that can burn him to death. He has to decide when the metal is finally hot enough to be shaped without a thermometer.

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Photo by Derek Smith

Molten hot rebar resting on an anvil.

# The face behind the notes

By Hanna Watkins  
Staff Writer

Senior Peter Underhill has been overly in tune with his musical side. Growing up with a mother and older sister who were involved in music, Underhill wanted to see what that was all about. He started taking piano lessons when he was in first grade. His love for music really grew into something spectacular.

“I really enjoy being able to express myself through music,” Underhill said. “Playing and composing have both provided ways for me to share something meaningful with others.”

Being involved with the band since fifth grade, Underhill took another path and started composing his own music. He started out small and wasn’t too keen on sharing his music with the outside world yet. Over the years, he has worked with high school band teacher Carol Wichmann, his confidence has greatly improved.

“Peter is the most advanced composing student I’ve ever had,” Wichmann said.

Underhill has a way of combining math with his music while he’s composing. At Underhill’s level, he is better than some professional composers. His favorite music to write is classical. This is Underhill’s passion that started in middle school. Now, he writes his

own songs and shares them with others including students in his band class.

“I wanted more interesting music at Freeman,” Underhill explained.

Some might think he’s got a lot on his plate for his senior year, but Underhill really enjoys keeping busy. When it’s something you really enjoy, you never get tired of it, Underhill explained. At times, it can be frustrating, but in the end, his work pays off. Underhill is even the student conductor for the high school band!

“I really enjoy working with other people and sharing my passion for music with them,” Underhill said.

One composer that really stands out to Underhill is French composer Mauric Ravel. His compositions focused on melodies. Underhill is highly inspired by this historical figure. While listening to his music, Underhill is reminded of summertime. Being inspired by this music, Underhill thrives to be like him someday.

“I’ve always admired his persistence and diligence,” Underhill said.

Underhill started piano lessons when he was 6 years-old. Marlene Haney is not only a good piano teacher, but she is also a mentor for him. Underhill meets Haney once a week on average unless they’re working on ensembles. Haney goes with Underhill when-

ever he competes, although she cannot sit in on a college audition. She loves the fact that Underhill pushes himself and has wonderful discipline and dictation for his music.

“He is inquisitive and able to think outside of the box,” Haney said.

Haney is honored to be a part of Underhill’s musical career, and she will sorely miss him as he starts a new chapter in his life.

“I know that wherever he goes, or whatever he does he will be a blessings to all who cross his path,” Haney said.



Photo courtesy Peter Underhill

Senior Peter Underhill poses for his senior pictures.

# Senior shows his love for metal working

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Dickinson had attempted many different projects, but hasn’t quite finished them yet. There is no set time on how long a project may take, but with the equipment that Dickinson has, he says it takes a long time. With better equipment, it would go a lot faster.

Despite the difficulties, there is one real reason that Dickinson has continued to learn to blacksmith.

“I have been obsessed with the medieval times for a while, and blacksmithing came up during research,” said Dickinson.

There is a lot more talent at this school than meets the eye. As you can see, not everyone could blacksmith and Dickinson’s talent is something special.



Photo by Derek Smith

Bending the red hot rebar and hitting it with the hammer will give it the desired shape.



# How do you identify a Hipster?

By Ruby Falciani  
Editor

Much like the 1985 movie *The Breakfast Club* proved, there are many cliques in high school. The Criminals, who are always ones to cause mischief and aren't too keen on following the rules; the Princesses, who are so devoted to thinking they rise higher than everyone else; the Brains, which are people have a lot of knowledge and take pride in it, and may have an intense knowledge of *Star Trek*; the Athletes, who are very strong-willed and health-dedicated; and the Basket Cases, who now resemble the punk/emo styles. These stereotypes do in fact exist, but there are also more, such as the Hippies, who are all for peace and organic foods and very nomadic. Though there is a plethora of these groups, another has come to rise: the Hipster. And many question what a Hipster even is.

"A Hipster is a person who expresses themselves differently from others in attitude and fashion and mentality," said Olivia

Nemec, a junior at East Valley High School.

This is very true; if you were to ask a Hipster if they were a Hipster, they would deny it because of their want to be unlabeled. Labeled or not, there is a definite likeness of all assumed Hipsters. Hipsters are very into vintage things that were "hip" in the late 60s and 70s-which is where they acquire the "hip" part of Hipster.

Although the Hipsters claim that they are all unique and not like the others, they're all nearly one in the same. They have all at one time or another said the most common and almost stereotypical phrase to ever escape from the Hipster culture: "I liked that before it was cool." Whether that is talking of the now-famous bands such as *MGMT*, *Vampire Weekend*, *Two Door Cinema Club*, or *The White Stripes*, and the list goes on. It is unfortunate for the Hipsters that indie-music has become recently popular.

Now the style of a Hipster is something very different from any other group. They don't possess only one quality of a look, but little bits of everything all crammed together. They wear vintage-or vintage style-clothing, and their shoes are mainly Vans, Converse or Doc Martins.

"I hate those glasses with no lenses in them," senior Kadgin Anderson said.



Photo by Ruby Falciani

Many say that a Hipster has colorful hair along with the other clique known as the emos or punks.

The Hipster tends to have very colorful hair that is either full of fashion colors or multi-color ombre. Or should it be spelled "colour" due to the English-derived speech of a Hipster?

"Hipster hair just kind of happens," Nemec said. "It's normally unkempt and messy or greasy. You just roll out of bed, and it's just there. It's glorified bedhead."

The Hipster is definitely a descendant of the hippies

due to the shared hair qualities. Hipsters love to be right, and to have the feeling of silent superiority over everyone else, so don't doubt that they are highly-educated on modern affairs. They love to read and can see a symbolic reference in nearly anything. Hipsters are most definitely a new group to behold, so at least the entirety of their population accomplished being unique and most were Hipster before it was cool.



Photo courtesy of Olivia Nemec

Hipsters love tea and inspirational quotes that come with it.



Photo courtesy of Olivia Nemec

Olivia Nemec poses in Hipster wear and holding up a very popular Hipster symbol: the triangle.

## Having heart disease doesn't mean you have to stop living your life

By Madi Groves  
Editor

Imagine having a heart disease that stopped you from going to school. This happened to 15 year-old Scarlet Killian in the book *Broken* by C.J. Lyons. She has a heart disease that is untreatable, so her parents won't let her go to school. However,

they finally give in, deciding that she can have one week to go to a real high school and test it out. Scarlet has spent most of her life in the hospital and has never had any friends. When she goes to school, she meets four people that become her new friends: Anthony, Jordan, Nessa, and Celina. She meets Jordan, Nessa and Celina in her peer

mentoring group and Anthony in Biology. Anthony and Scarlet do a biology project that has to do with their family medical history. While doing this project, Scarlet finds something out about herself that she never knew before.

This book is well-written, leaving you wanting more at the end of every chapter. At

first glance, this book seems to just be about a sick girl and all the problems that she has to go through on a daily basis. This book gives all of that stuff, but you also get more. It shows what it is like to be a new kid at a new school, trying to make friends, and learning who the bullies are and who the nice people are.

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## Touching book about diseased teen

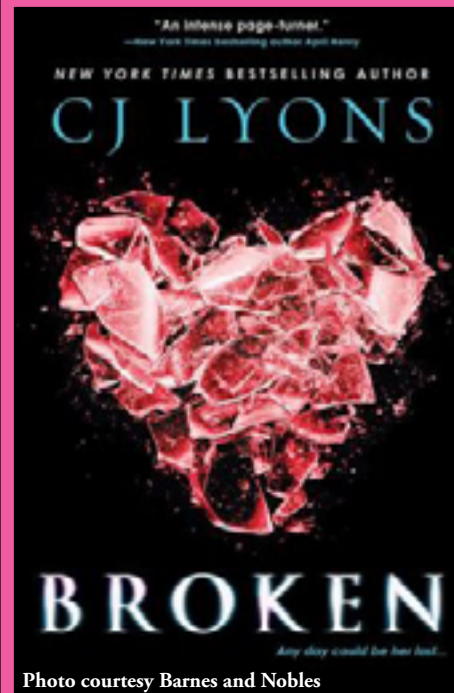


Photo courtesy Barnes and Nobles

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Through Scarlet's eyes, you get to see her make new friends, get tortured by bullies, and try to live a life as a normal girl with a heart disease.

*Broken* is really enjoyable because we get to see everything through Scarlet's eyes, how she lived her life, and how she worked through everything. The story starts out sadly, but when you get into it more, it becomes very suspenseful because it shows things about Scarlet that she didn't even know about. Readers go on a journey with Scarlet as she figures things out about her life, her family and her disease.

*Broken* is perfect for anyone who likes sad books, and for the ages 13 and older because of things they talk about. For example, they talk about her heart disease and some words are big, but they also go into detail about what they had to do to try and figure out what she had.

*Broken* is a standalone book, but Lyons has written a ton of other books like *After Shock*, *Snake Skin*, *Blood Stained*, *Kill Zone*, and many more. These book, however, are more action-pack and more mysterious than *Broken* was, so for students who like faster-paced novels, they might want to check these out.

## Café Rio, open for business

By Taylor Walker  
Staff Writer

According to Caferio.com, in 1977, Steve and Patricia Stanley were working in small-town St. George, Utah. Inspired by the traditional cooking of Northern Mexico's Rio Grande, Southern Texas, and New Mexico, they used some of those recipes and opened 6 different locations in Utah. In 2004, Bob Nilsen and his team had an idea of purchasing those 6 locations and opening more in different areas as well. Now, there are 67 locations in 11 different states. One of the newest additions opened up here in Spokane Valley on January 15.

Not one Café Rio has a microwave or freezer, so everything at their restaurants is 100% fresh. The workers make all the tortillas, sauces, and every recipe with fresh ingredients daily. If you're looking for a quiet sit-down restaurant though, you might want to look elsewhere. This spe-



Photo by Taylor Walker

If you're looking for a satisfying and delicious meal, Café Rio is the place to go.

you make your way down the line of food options so you can end up with your perfect meal.

"I got a cheesy steak quesadilla and some strawberry lemonade," junior Bram Schweiger said. "It was super great, but the restaurant was really loud."

In case you go there and are overwhelmed by all the options, the top meals that were recommended to me were the sweet pork burrito or the chicken burrito. I personally decided on the chicken burrito and was very pleased. The portions were large, so I was able to eat my leftovers for lunch the next day, and it was still just as delicious as when I first got it. The hand-made tortillas are amazing, and the salad they give you on the side of your meal is quite tasty as well, just remember to ask for their ranch at the end to put on it!

From the reviews I've heard so far, everyone has loved their food. So, drive yourself to the Valley and give the new Café Rio on Indiana Avenue a try!



Photo by Taylor Walker

Café Rio offers a ton of meals you can choose from.

cific restaurant has a high energy level and is fast-paced.

Customers go down a line with all of the food options, and tell the workers what they'd like to eat. Quickly but carefully, they fill the orders with precision!

"I love Café Rio!" junior Josie Schultz shared. "I like to think of it like a Subway for Mexican food."

The first noticeable thing after walking into the restaurant is Mexican decorations, architecture, and the delicious smell of fresh food that met me at the door. With multiple places to look for what you want to order, chances are that you will already have the perfect meal ready to ask for at the beginning of the line. As the line workers ask what you want on your meal,



Photo by Taylor Walker

One of the signs of Café Rio that hangs above the ordering area



# Skate your way on over to the Ice Palace

By Isaac Stokoe  
Staff Writer

Spokane is so awesome to tour and have fun, especially in the winter! There is shopping at River Park Square in the mall, eating at one of the many downtown restaurants or in the food court, riding on the carousel, feeding the ducks and geese, and playing on the giant red wagon. All of these are iconic symbols of Spokane, but so is the Ice Palace. Did you know that President Jimmy Carter dedicated the park in 1978?

The Ice Palace will be open for business through March 2. They offer lessons (both private and public), parties, hockey, and also broom ball. Every hour, there is a 15 minute break when the kids can watch the Zamboni smooth over the freshly scraped ice, and then they are back to skating!

“I love the Ice Palace so

much!” junior Emma Sheldon exclaimed. “It’s a fun way to get a lot of exercise, and I love how it’s outdoors and so beautiful!”

The ring is fairly large and can accommodate quite an exponential number of people so it never really



Photo by Isaac Stokoe  
These skates are waiting to be filed as they are lined up on the counter in the Ice Palace.

feels overcrowded. There are also “referees” that skate around and make the rink safer by helping anyone that falls or stopping any roughhousing. The Ice Palace is a safe place for everyone to have fun from beginning skaters to avid ones.

The Ice Palace is open 11-5 every day except Monday. The prices are \$4.50 for adults (13+), \$3.50 for seniors, military, and youth (3-12). The rental price per person for skates is also \$3.50.

The Ice Palace is certainly a great place to have a lot of fun without busting the bank!



Photo by Isaac Stokoe  
A majestic photo of Spokane’s clock tower and the American flag.

# The legend of the Sham-wich

By Jake Hansen  
Staff writer

When you drive by that little green sandwich shop on Pines, you may not think much of it, but after a quick step inside Shamus’ Sandwich Shop, you meet four big screen TVs, a large bar and many family seats. The quick servers eagerly make your order in minutes.

The menu is full of different types of sandwiches, as well as a build-your-own sandwich option. Also, every sandwich ordered comes with a handful of chips and a good view of the game. Shamus’ uses only the freshest ingredients. You can certainly taste it in their sandwiches.

The Rocky, Shamus’ famous special, is stacked high with pepperoni, salami, lettuce and tomato and topped with a secret sauce so delicious, it makes the sandwich. Although, you may need a large mouth to eat the sandwich, it is totally worth is after that first bite of

succulent glory. “Going in there, my favorite sandwich was hard salami and peperoni, and The Rocky filled my expectations and then some,” junior Landon Henderson said after finishing his sandwich. “My favorite part is that you definitely get more than what you pay for; they truly do not cheat you.”

The prophecy of that perfect sandwich shop has finally come true, with Shamus’: a legend amongst sandwich shops, Subway’s bigger brother, the American sandwich shop. All these describe, even define, Shamus’.

“Honestly, I hope I can convince my dad to take me back here,” Henderson said. “And I might try the tuna next time.”

The really impressive part of this shop is it truly is versatile, and I would truly recommend this restaurant to families who like a good sandwich and the game.



Photo by Jake Hansen  
Shamus’ ham and turkey sub with a few extras.

# James Bond will return

By Andy Mitchell  
Staff Writer

For those who don’t know James Bond, he is a famous, fictional spy who works as a special agent for the British agency known as MI6. Bonds’ story starts off when he was just a six years-old. When he was just 11, his parents died from a mountain climbing accident, leaving Bond an orphan. He then went to live with Aunt, Miss Charmain Bond.

There are a total of 23 movies in the Bond series, starting with *Dr. No*, in which Sean Connery plays the iconic hero, to the most recent *Skyfall* featuring Daniel Craig in the Bond role. From *Dr. No* to *Skyfall*, Bond has come across the worst villains and their side-kicks. A good villain is the

missions. The tricky brief case has 20 rounds of ammunition in the side, a rifle with an infrared scope, a throwing knife and 20 gold sovereigns with a defensive mechanism on the brief case. With the PPKS 9-mm gun, was coded to only James Bond palm print, so if anyone else tried to use the gun, it wouldn’t work, even if it had ammunition. In each movie, Q (the nickname stands for quartermaster) gives Bond these new gadgets to use in some way from an explosive pen to a bagpipe flamethrower.

“I like the adventure and the espionage and the action in the movie,” librarian Julie Houtari said.

Throughout the series, Bond has gone to many places, in order to complete his missions. His travel takes him everywhere; for example one of his missions starts in North Korea and ends in Hawaii. So, James Bond is always on the move to different parts of the world.

Bond movies don’t just do run-of-the-mill action; they are jammed-packed with interesting plot lines, such as found in *Casino Royal* when Le Chiffre and Bond were at the casino and when Le Chiffre poisoned Bond’s drink and Bond was about to go into cardiac arrest, and when La Chiffre was torturing Bond happened.

rest, and when La Chiffre was torturing Bond happened.

So if you haven’t yet checked out any or all of the Bond movies, make a plan to get your friends together and enjoy the road.

James Bond will return.



Photo courtesy of IMDB.com  
James Bond in action



Photo courtesy of IMDB.com  
Mr. White got injured and is going to be interrogated by James Bond.



Photo courtesy of IMDB.com  
James Bond is getting ready to go on a boat chase



Photo courtesy of IMDB.com  
After the plane crash, James Bond and Camille walk through a desert to go to a hotel.

way they think, and the way they interact with Bond. My favorite Bond villain is Mr. White, because of his mysterious style keeps the audience wandering.

“I would like to relate my boring life to Bond’s adventures life,” junior Patric Rokus said.

From the tricky brief case in *From Russia with Love* to the Walter PPKS 9-mm gun that is coded to James Bond palm print in *Skyfall*, Bond has also received some great toys to help him complete his



# What are you doing with love in the air?

By Ali Tesch  
Editor

One of the most exciting parts of high school is dating. The only problem with dating is that sometimes planning the perfect date is a complicated. Choosing the perfect date is a struggle. Whether you are going out with your girlfriend or boyfriend that you have been dating for a long time, or you want to go out with that special someone who you have had your eyes on for quite some time. If it's your first date, you want to make a lasting impression. Even if you have been in a long term relationship, it's a great idea to do something creative to change things up.

When you have been in a long-term relationship, a special date is the perfect way to show your appreciation. Do something special. A nice dinner and movie is always a great idea, but if you want to do something a little simpler, try having a candlelit dinner at home. This way, you can cook together and create fun memories.

"Keep dinner classy, but unique," junior Lexi Saeger suggested. "Always be open to new ideas."

If you are still lost on ideas to create that perfect date, try recreating your first date, but make it even more extraordinary. This way you can reminisce over the months you have spent together and appreciate the time you have spent dating. The key is to add a new twist on your first date, add some chocolate or even flowers.

Junior Josie Schultz spent her Valentine's Day with junior Jesse Schmidlkofer. They got dessert and then explored Riverfront Park.

"We didn't get to spend Valentine's Day together last year because of state wrestling, so this Valentine's Day we are doing something special," Schultz explained.

It's the perfect time to express that small crush you have had on someone for a long time. Maybe it's the time to ask that special someone out to dinner or something new and exciting. You can keep it simple by getting his or her favorite candy or just proposing the idea of hanging out. You could also go all out and ask your potential date out with flowers, balloons, or chocolate.

Now that you have asked that special someone out, you need some great date ideas. Skyhigh, ice-skating, going to the movies and exploring Spokane are just a few suggestions to make your date spectacular.

"I think a unique date idea would to go ice skating," senior Ryan Sousa said.

Maybe a romantic date is not how you want to spend your day. Try getting a group of friends together and do something exciting. Renting movies and food is always the perfect way to spend a fun relaxing evening. Snowboarding and skiing is also a fun active way to spend time with friends.

"I plan on going to see some cheesy romantic movies with a group of friends and grab some Starbucks," senior Kirsten Fuchs explained.

You can't have a perfect date without candy. Whether you are going out with friends or on a special date, candy is critical to having the best date. Chocolate is always the way to go when in doubt, but it also can be fun to switch it around and go with something sour.

"Anything with peanut butter and chocolate makes me happy," junior Lexi Saeger said.

Remember that dating is supposed to be fun. Try changing things up by trying these fun creative dates. Whether you are going out with your sweetheart or a crush, take this time to do something special to show your appreciation or make a lasting impression .

# Freeman making a difference overseas

By Issac Stokoe  
Staff writer

Over Christmas vacation, a group of Freeman parents and students got an opportunity to make a difference and an impact on lives outside of the country. Their destination- Belize, a country located on the north-eastern coast of Central America.

Being a multiethnic country, Belize offers many different foods and experiences. One of those experiences was what the Freeman-ites did! They helped finish a shelter for the orphaned kids and meet many of the locals.

"We went with an organization called Lifesource run by Seventh Day Adventists," senior Brooke Williams said. "They opened the mission to anyone of any religion because they believe that everyone has a message to send."

"It was interesting because the group, being with a different religion, taught a lot about their religion," junior Moriah Longhurst said. "It was really interesting to learn."

Many Belizeans do not have homes or live in cramped living quarters in old shelters. The Freemanites did what some may never have the chance to experience, sav-



Photo courtesy of Heidi Folsom

Freeman and Belizean kids stop long enough to pose for a funny picture.

ing lives by offering a home where many can be safe at night.

"It was a real eye opener on what we have here and how little they are happy with," junior Justyna Folsom said. "Even the homeless have it better than the orphans do."

They spent six days from 8am to 9pm working underneath the hot sun in a humid environment doing everything from digging drainage ditches to grouting tile in the shelter.

"It was a humbling experience," Folsom explained. "But, I had a lot of fun and enjoyed every minute of it."

"It is a totally different place in Belize," Longhurst added. "All of the kids were so happy though they had little to nothing."

There are multiple organizations that are open to anyone that wants to go and make a difference in a person's life. Many groups also let in other and different religions.

If you ever feel the need to travel and want to help someone in need, you may want to look into going to Belize on a mission trip. You might actually learn something!



Photo courtesy of Heidi Folsom

The entire mission group smiles for the camera in front of the beautiful Atlantic ocean.

# Changing graduation requirements

By Anna Lee  
Editor

There are many requirements for graduating high school. There are state tests, school courses and projects that you complete take to earn your high school diploma. Here is a list of things that you will need to graduate with the rest of your class.

The High School Proficiency Exams (HSPE) are comprehensive tests that measure the basic proficiency of high school sophomores. They test students in reading and writing, and serve as the states exit exams in these subjects.

"These tests provide affirmation that the students are progressing and that they are competing with their skill set after high school," counselor Laura Hamma said. "It equally gives affirmation to the school, for the delivery of their services."

On top of the HSPE, students must also pass the End-of-Course Exams (EOC) in Algebra 1 and Geometry. Starting with the class 2015, students must also pass the Biology EOC.

Beginning in the years of 2014-15, 11th graders will be tested in the Common Core subjects (ELA and math) using the Smarter Balanced system. Meeting standard on this test is not required until the graduating Class of 2019.

According to [www.k12.wa.us](http://www.k12.wa.us), for high school exams, students must get approximately 60 to 65% of the questions on the test correct to meet the state standard in that subject.

Another major graduation requirement during the year is the High School and Beyond plan that they receive at the beginning of the year. The High School and Beyond Plan helps juniors think about their future and set career-based goals by mapping out career paths for after high school. The Washington State Board of Education established this plan as a graduation requirement in 2000.

"The High School and Beyond Plan really showed me my options in the college world," said junior Joanna Jackson. "It also gave me a starting point. There was a lot of paper work, but it was worth it."

Every student must also reach the required 24 credits to graduate. These 24 credits include classes in math, science, English, social studies, and career& technical education.

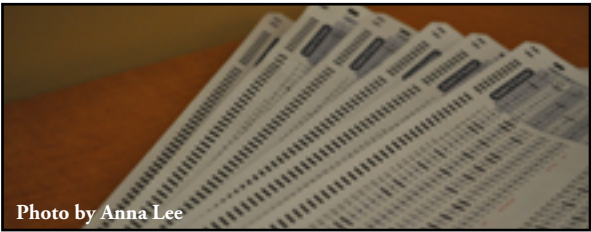


Photo by Anna Lee

Washington State test score sheet.



## Iron sharpens iron

By Isaiah Crane

Editor

"Iron Sharpens Iron" is a quote the wrestling team lives by. Setting goals is a big part of the team's successes. Every wrestler set goals at the end of last season are working hard to complete them this year. As a team, the wrestlers set goals that are attainable with hard work.

The team started off the year strong while winning the Liberty Invite, Winter Warrior Classic, Tri County, and the Freeman Invite. Making it back to back, the team won the league and district titles, while also claiming the regional title and sending 9 wrestlers to compete at the state wrestling tournament.

"This year, we were the hunted and everyone was gunning for us, so we have to be at our best everyday whether it's a match or practice," Ripke said.

Senior transfer Josiah Thompson came to Freeman from Newport. Placing seventh in state last year, Thompson won League MVP and placed fourth at state this year.

"Anytime you can add a state placer to your room, it's a good thing," Ripke said. "He is making the guys around him better. He is off to a great start, and we expect some great things from him in the postseason."

Some of Freeman's wrestlers looked to keep their success going and worked hard in the offseason.

"16 kids went to camp over the summer, that helps especially going to Washington Intensive, which may be one of the toughest camps in the USA," Ripke explained. "Some kids are practicing against better kids whom helps make them better and toughen up".

"To become a champion, you need to find your breaking point and exceed it," explained junior Markus Goldbach who placed fifth in state last year and finished second this year. "I feel like we achieved many of our goals."

As the team prepared for State, they were predicted to place eleventh in the state tournament. With the Scotties never making it up on the top 10 leader board, they were ready to prove people wrong. 7 of the 9 participants placed top 8 with Freeman taking fifth as a team in the state tournament.

Next season, the team looks to get better and set the bar high for the future Scottie Wrestling teams and take home a state championship.



Photo by Pia Longinotti

District champion Billy Sims defeated Newport's Nolan Finley.



Photo by Pia Longinotti

Konner Forshag beats his opponent Ben Carrasco

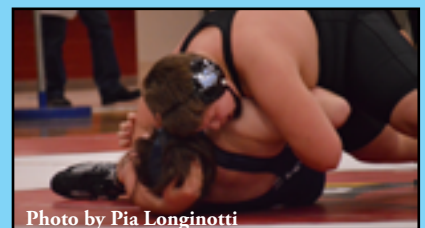


Photo by Pia Longinotti

Joey Sims beats Chewelah's Jesse McCoy on his way to finishing second in districts.



Photo by Pia Longinotti

AJ Iris got a first round win over Riverside's Josiah Buster. He finished third