

Features

Child Development II

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By: Kelsey Olson, Sadé Casto, Chelsea DeHaas, and Amanda Malloy
Guest Writers

Although most families work at providing a safe environment for their family members, injuries kill more Americans ages 1 to 34 than all diseases combined. The students in Child Development II decided that it was important to know Pediatric 1st Aid and CPR as a preschool teacher and caregiver. Most of the students in this class have already lined up jobs this summer as a nannies or caregivers to Freeman families. The high school students wanted to make sure they were qualified to handle any situation they may encounter.

Mrs. Fees hired *1st Line 1st Aid* to come into the classroom and give the required 6 hours of training to the Child Development II students. Their certification will be good for two years. The families that are hiring these students thought that by having 1st Aid/CPR training, it made

these students more marketable. They also feel more at ease at leaving their children all day with a caregiver that has been through Child Development I and II, plus 1st Aid/CPR.

One of the requirements for teaching academy is completing a portfolio. Every week the students have to set up an activity for the preschool. The students need to find an activity online, list the materials needed and then say how they think that it is going to go. After they do their activity with the little kids they review it. Students write up what they could have changed to make it better and what skills the little kids had to use. In order to get the college credits the students need to complete this portfolio and keep it updated. Within the portfolio the students need to have each theme labeled with the information and an example of the activity that they did. At the end of the year the students get to keep their portfolios and can use them for the future, whether that is in next year's



Photo courtesy of Jennifer Fees



Photo courtesy of Jennifer Fees

Weight room's ready for business

By Matthew Floyd
Staff Writer

The weight room is perfect and now open and ready for use on the south side of the school. Currently the strength training and P.E. classes are using the weight room.

"The weight room is great, all the new equipment and the

set up of the new weight room are immaculate, and the kids are energized as well as the teachers by the facility," said teacher Chad Ripke.

The new weight room has top of the line equipment, everything is in school colors, and all the weights are brand new

with the same type of weights. The weight room equipment consists of 5 half racks and 1 full rack where students can do all of their core lifts, such as bench press, squats, and cleans. There are



Picture by Matthew Floyd

also numerous plate-loaded machines so the students can concentrate on certain muscles if they want.

There will be some exercise equipment, like treadmills and elliptical machines. These will be housed in the weight and wrestling rooms.

"The new weight room is a breath of fresh air with windows, mirrors and open space

that allows you room to move around without interrupting someone else who is lifting like in the old weight room," said teacher Scott Carolan.



Picture courtesy of Pia Longinotti



Picture courtesy of Pia Longinotti

Fun in the sun summer activities

By Erica Patterson
Staff Writer

Are you wondering what your summer plans are going to have in store for you? Confused on what to do with your friends and family? Well this article could be a big help if you are a little lost on ideas. When most people think of summer, they think of swimming, fishing, tanning, or just doing whatever comes to mind. Here are just a few of the things that you and your friends can do this summer.

Silverwood Theme Park- If you are seeking a thrilling ride or want to take a splash at Boulder Beach, then Silverwood is the place for you! Invite a few friends or the whole family for a fun-filled day of riding roller coasters, conquering the Panic Plunge (a free-fall ride), eating great food, or even take a splash in the Lazy River at Boulder Beach Water Park for some fun in the sun. This theme park is a must to visit this summer, so don't miss out!



Riverfront Park- If money is something you are trying to keep in your wallet, then a nice day at Riverfront Park couldn't be a better choice. Take a stroll past the giant clock tower, look over the falls, or even pay a visit to the classic Looft Carousel and the giant red wagon; no matter what you choose, there's no doubt you will be smiling once you arrive!

If you want to spend a little dough on some shopping, then take a trip across the street to River Park Square and visit the department stores, or walk through the eclectic downtown shops like Boo Radley's.

There are also a variety of restaurants for a little bite to eat. No matter whether you want to go on a shopping spree or a peaceful walk through the Centennial trail, you'll have a blast and leave with no regrets!



Go to your favorite lake- Want to go swimming for free, then why not hit the lake? Bring your beach towel, swim suit, sunscreen, and food for a stress-free day with the family or a group of friends. Popular locations like Coeur d'Alene Lake, Priest Lake, or Liberty Lake are great to visit and aren't too far away from home. Bring your boat out for a nice afternoon of fishing for delicious trout or bass, or just lay in the sun. Just remember to have fun.

Have a BBQ party- Fire up the barby and invite some friends over for a delicious lunch or dinner on your back deck. This is a great way to spend low-cost or free quality time with your loved ones and to enjoy the nice weather while you eat your rib-eyes and watermelon. After your meal, you and everyone else could visit or play a few games to keep the mood active.



Go camping- Get in touch with nature and pitch up your tents! If you are looking for a relaxing and free destination away from society, what better way to do that then to go camping with some buddies? You can spend a day fishing or swimming in the lake and enjoy a night around the campfire with delicious s'mores. And if you are looking for a little scare, be sure to spook your friends with a creepy ghost story around the fire one night.

Summer is coming around the corner, so why not take these ideas to heart? They're fun, active, and exciting for the whole family. No matter what you choose to do this summer, just remember to have fun in the sun with the people you love!

3 Easy summer trips to take with family or friends

By Rachel Robinson
Staff Writer

The summer months bring sun, fun, and lasting memories. When school is coming to a close, you and your friends begin to plan what fun things you will be filling up your summer with. It's not just about what activities you will be planning, though, it's how you plan them and how you can get creative, too.

Planning summer trips are half the fun. Think of things you specifically want to do like take a trip to Seattle, Coeur d'Alene, or the Oregon Coast. These three trips can all be doable with your family or even with your friends.

Since Seattle is a bit of a drive, planning a good number of days will ensure a great trip. Plan to see all the major sites: the Space Needle, Pike's Place Market, Woodland Park Zoo, and shopping on the major streets. Make it a weekend trip, or even a trip that falls in



the same time frame as a Mariner's game. Obviously it would be smartest to pre-order your tickets, so that you don't have to worry about that once you're there.

If Seattle is not an option for you, take a trip to Coeur d'Alene, but don't make it just another trip to the beach. Go shopping in downtown Coeur d'Alene and visit all of the little shops. Even if it's not a store you would normally go in, like an art gallery or antique shop, try something new and window shop; you might even discover a new interest in the process. Another thing you can do in Coeur d'Alene is go to

Dockside Restaurant inside the Coeur d'Alene Resort. Even if you're not looking for a full meal, you'll definitely need to go in and try their desserts. They have ice cream sundaes in bowls as big as your head and fantastic cakes as well. Looking for a cheaper meal? Head Hudson's Burgers for a great meal!

Taking a trip to the Oregon Coast would be the farthest trip of the three, and most likely only achievable with your family. A great thing to do is rent a house for a week or so and plan specific things to do. A great location to rent a house is on Newport Beach. In Newport, there are Sunday markets happening pretty regularly. If you'll be staying in a house, fresh foods are always a plus. Another thing to do is hunt for agates, which is a stone formed by multiple layers of quartz. Though you may

mistake some glass pieces for them, the search for these stones will be fun and interesting because they are such a pretty stone. Also, with the coast's winds, flying a kite is easy and extremely fun here. If you don't like extremely hot temperatures, then Oregon is a great place to go because the ocean makes the weather so mild.

The best part about summer is planning a few-day-long trips. These trips are what make your summer memorable. No matter if you go with friends or with your family, they'll be great with a little bit of planning.



Tanning, why so popu-

By Rachel Robinson
Staff Writer

Have you ever subjected yourself to the so-called benefits of a tanning bed? If so, have you ever thought that there really aren't many benefits at all, but serious dangers? These days, having a nice summer glow year-round is extremely popular. In most areas of the country, being able to tan naturally in the sun all year just isn't possible. This is where tanning beds come into play.

In 19th century England and America, having pale skin meant you had wealth. If you were tanned, it was because you worked a lower paying job and were most likely in a low economic class. These days, being a tanned beauty means you, well, follow trends. Tanning has become a major addiction for teens and young adults across America, but why? Many want that summer glow in the dead of winter to get away from that feeling of being stark white, some want a tan for that upcoming school dance, or maybe they just want to fit into the vastly growing community of browned bodies.

But what many don't seem to realize is this seemingly harmless hobby is quite dangerous. Many people know that the natural tan from the sun is dangerous, yes, but more so avoidable than a tanning bed. If you wear sunscreen and limit the number of hours spent outside in the summer, then you most likely won't get too much damage to your skin.

The real issue is tanning beds because people do not realize how dangerous they are. By climbing into a tanning bed, you are subjecting yourself to possible skin cancer, skin burns, premature skin aging, and both short-term and long-term eye damage.

One problem with tanning beds is the lights in them and their powerful, damaging rays. According to the Food and Drug Administration (FDA), tanning beds contain UV-A and UV-B omitting light bulbs—rays similar to those in the sun. These rays cause sun burns and allergic reactions such as rashes. The issue with tanning beds is that these rays are much more concentrated than that of the sun. If you spend 30 minutes in a tanning bed, it's the equivalent to 8 hours in the sun. Condensing that much sun exposure into that short of an amount of time is bound



Photo courtesy of Google Images

to cause damage, damage you may not even realize you're receiving.

One ironic thing with the want for tanned skin is that the darkening of your skin is actually a sign of damage.

"A tan is the skin's reaction to exposure to UV rays," says Sharon Miller an FDA scientist and expert on UV radiation and tanning. "Recognizing exposure to the rays as an 'insult,' the skin acts in self-defense by producing more melanin, a pigment that darkens the skin. Over time, this damage will lead to prematurely aged skin and, in some cases, skin cancer."

The UV rays that are omitted in these bulbs suppresses proper functioning of the body's immune system and the skin's natural defenses, leaving you more vulnerable to diseases, including skin cancer (FDA). These rays have put tanning into the highest cancer risk category, labeling it carcinogenic to humans.

The scariest part about skin cancer is it develops over many decades. You may only use tanning beds for a few years while a teenager and seemingly cause

no damage, but decades down the line, you could develop melanoma, a skin cancer that more than 68,000 people in the United States will learn they have this year. One out of eight will die from it, according to the National Cancer Institute (NCI). If you make the decision to start tanning in a tanning bed, the risk of developing melanoma increases by 75 percent when you begin usage before age 35.

However, if you still choose to tan with these risks weighing over your head, consider avoiding these dangerous habits: failure to wear the goggles provided, starting with long exposures, which can lead to burning, failing to follow manufacturer-recommended exposure times on the label for your skin type, or tanning while using certain medications or cosmetics that may make you more sensitive to UV rays.

While most teens believe they are invincible to anything harmful, we just aren't. An excerpt from the FDA website states that Brittany Lietz Cicala of Chesapeake Beach, Md., began tanning indoors at

age 17. She stopped at the age of 20 when she was diagnosed with melanoma. The former Miss Maryland used tanning beds at least four times a week, and sometimes every day. In the four years since she was diagnosed with melanoma, Cicala has developed 25 scars from surgeries to remove the cancer, and every three months, she has to have a head-to-toe exam that removes any suspicious growth. She will forever have to live with the chance that her cancer might come back, next time maybe worse than before.

Though tanning is a fairly popular trend around the United States, is the cost of damage or life threatening illness worth the darker skin pigmentation? You may want to think twice before you climb into a tanning bed again. Source: www.fda.org



Josh Grandinetti: someone to know

By Rachel Robinson
Staff Writer

Josh Grandinetti is the coolest person I've ever met in my whole life. From his knowledge, to the way he speaks, to the way he goes about doing things, everything he does is done in interesting and unique ways.

Grandinetti is attending University of Washington for college. In true Josh Grandinetti style, Grandinetti chose to do Early Fall Start to get a jump on his academics

"I chose UW because I love Seattle and it offers so much," Grandinetti said. "He doesn't know what specifically his major will be, but that "it'll be something that involves science."

His favorite thing to do is play music, and most who know him would agree with this. He usually has his guitar with him and knows a lot about music, too. But apart from that, Grandinetti loves swimming, jet skiing, reading, and hanging out with friends.

Grandinetti had a fairly large list of most exciting high school experiences. A few of them are the AP Bio Trip, his musical AP English final, Dalton Fetsch and his inordinately thorough court case, playing

the guitar at the basketball games a few times a year, volunteering at the FBLA haunted house last year, D-Team basketball this year, being a member of his old band Eighth Decade, senior prom, and last but not least, discovering Craig's List.

Grandinetti said his greatest were, "founding a religion and being all around awesome," with a laugh, but a bit more seriously he said, "I made it to FBLA nationals and I was Freeman's Spokane Scholar for English, both of which I'm really proud of."

Because Grandinetti can sometimes seem to be shy, there's a lot you may not know about him.

"I think most people don't know that a lot of the chaotic or pointless things that happen at school can be attributed to me," said Grandinetti. "I often times suggest mischievous ideas to people and then half-heartedly tell them not to go through with them. My lackluster attempts at dissuasion ultimately lead to the action taking place, and hilarity ensues... something I can't help but enjoy."

Grandinetti is a cool cat, and if you haven't gotten the opportunity to chat with yet,

you still have the chance. He's definitely someone to talk to, whether it's about music, anything pertaining to school, or just silly, fun things in general. He plans to spend most of this summer before college at Lake Coeur d'Alene with friends and with his family. Grandinetti's uniqueness can't be beat by many, and that's something those who know him can't resist to agree on.



Picture by Mary Zakheim

Students turn into adoring fans for Grandinetti while he rocks his guitar in Spanish class.

Seniors look back on the last 13 years: some favorite memories

By McKenzie Setter
Staff Writer

Ever year at graduation, the seniors put together a video of Remember Whens. This video consists of funny memories that they have shared throughout the past years. Not every remembrance can make the video, so here are a few of the class of 2010's favorite memories.

- Remember when during a break in CA in the 7th grade, Casey [Strothman] and Mason [Freer] were on the tennis courts and Casey knocked out Mason? They left Mason and he showed up ten minutes later to class. When Mr. King asked where he was, Mason replied with "I don't know." – **Jeremy Ray**
- Remember when in softball I tripped on my sweats and did a front flip over first base freshman year? – **Kim Berard**
- Remember when Blair Riddle close-lined herself on the volleyball net while practicing for Spike and Dig, and that's how we got our name the "Close Liners"?—Taylor Naber.

- Remember when Taylor Naber went around the back of the SOARS portable and got stuck ankle-deep in the mud and her shoe fell off? – **Katie Bauer**
- Remember when Alex Osterburg pierced his tongue with a pen in middle school? – **Dalton Reilly**
- Remember when Garrett Kitterman made it a New Year's resolution not to fart at school?—Chana Hedges.
- Remember when all the girls would play horsey on the red tunnel on the old little toy every recess? – **Blair Riddle**
- Remember when Raymond Adleson would put on shows in the library during lunch in middle school? – **Carlee Gude**

Reflecting back on the years can be happy or sad, but hopefully through the memories you can look back and find the memories that made you laugh so hard you cried and hurt your gut so bad you wanted to stop. May the futures of all the seniors be bright and full of great memories.

Caution– FBLA members are on the road!

By Scott Moore

"On the Road Again", has been the theme for Freeman High School's Future Business Leaders of America this year as members have continually volunteered to clean up our environment. During the fall of 2008, many members commented about the litter problem that exists on our highways, and in particular, Highway 27. The officers decided to do something about it and joined in with the Department of Transportation in the "Adopted a Highway" pro-

gram. Freeman's "adopted" stretch of highway is from Darknell Road to the Palouse Highway, approximately two miles.

On Sunday, May 23, thirteen Freeman FBLA members and three adults spent three hours cleaning up the highway, collecting over 51 bags of trash! Kudos go out to Chelsa Ayers, Danica Cramer, Andy Coumont, Mackenzie DeRuyter, Allie Fetsch, Dalton Fetsch, Austin Fish, Mason Freer, Josh Grandinetti, Brian Hart, Eric Hjaltalin, Preston Primmer, and Travis Sorensen. Parents

helping out were Candy Fetsch, Ken Fish, and advisor Scott Moore.

Look for the Freeman FBLA chapter again in their orange vests and yellow hats when summer rolls around. In the meantime, please think twice when you are tempted to throw that item out the window!



Picture courtesy of Scott Moore

Freeman FBLA members take a break during their the Adopt-a-Highway clean-up day. Back Row: Preston Primmer, Austin Fish, Danica Cramer; Middle Row: Chelsa Ayers, Allie Fetsch, Josh Grandinetti, Brian Hart, Eric Hjaltalin, Mackenzie DeRuyter. Front Row: Andy Coumont, Travis Sorensen, Dalton Fetsch and FBLA Advisor Scott Moore. Not pictured: Mason Freer.