



## Youtube's *It Gets Better* Movement hits Freeman

By Maddie Keebler  
Staff Writer

"Differences should be celebrated," said Eric Stonestreet. Stonestreet portrays a gay man on the show *Modern Family*. His character, Cam, is married to Mitchell (Jesse Tyler Ferguson). Their characters give good insight on the life of a gay married couple.

All of the time, people continuously say to be different, and to be original. But in some cases, being different isn't celebrated as much. For Lesbian, Gay, Bisexual, and Transgender (LGBT) youth, coming out can be the scariest thing they have ever done.

Memoirist Dan Savage and his husband Terry Miller started the *It Gets Better* campaign in hopes of making an impact on the teenage LGBT population. This project was inspired by a thread of teen suicides, like 15-year old Billy Lucas, who took his life because classmates had been bullying him due to his sexual orientation.

"One hundred videos. That was the goal, and it seemed ambitious; one hundred videos-best-case scenario: two hundred videos-made by lesbian, gay, bisexual, and transgender adults

for lesbian, gay, bisexual, and transgender youth," said Savage in the introduction of his book, *It Gets Better*.

The point of the website is to collect encouraging videos for LGBT teens to help them get through the hard times as a teen. Savage really wants to help the LGBT youth feel more comfortable about coming out. He wants to assure to them that it really does get better. No matter how hard it is now, it does get better in time.

These LGBT kids are often scared to come out about being different, and they have a reason to be scared. The bullying that goes on these days is unbelievable. Students are so harsh.

In the case of Billy Lucas, one of his friends said that she actually heard people tell him to "go kill himself." (Teen suicide victim hangs himself from barn rafters)

"Now we've got to dispel this myth that bullying is just a normal rite of passage, that it's some inevitable part of growing up," said Barack Obama in his entry for *It Gets Better*.

One young man posted a video on the *It Gets Better* website of him calling his

dad and telling him that he is gay.

"Promise you will love me as long as you live," the son kept saying.

After he told his dad he was gay, his dad was eerily silent.

"I still love you, son," his dad replied.

In some cases, these teens have the support of their friends and family, but some don't. There are families that aren't accepting of their child's sexual orientation and they push them away. This project was designed to help the kids going through a hard time in their life.

What is it like to be a gay student at Freeman High School?

"To be openly gay at Freeman is hard because a lot of people think differently about it and sometimes try to harass me, but the bad comments that I get don't hurt me because I am proud to be gay," said junior Zach Werner.

Werner knew that he is gay when he was younger.

"Telling people about being gay is really hard because you don't know how they are going to react," Werner explained. "I've lost a lot of friends because I told them I was gay. My parents took the news



pretty well and they said that they would support me no matter what decision I make."

Werner said that the support from his friends and family have made him more open about it. The biggest challenge he has faced is telling family and friends.

"Not a lot of people know about it just because I worry about being harassed on a daily basis," Werner added. "Most people appreciate and accept it, but some hate it and continue to harass me about it."

Hopefully the efforts of adult role models like Savage, Miller, and the thousands of others that have spoken up through the *It Gets Better* project will help to influence and support other LGBT teens to be open and not ashamed.

## A new year, new leaders, and new ideas

By Hannah Williamson  
Staff Writer

Like always, the start of a new year tends to bring

new ideas, thoughts, and, of course, leaders. It's never too early to start planning for the coming year—especially when it comes to

students and their leadership within the school. Recently, our student body elected new ASB officers for 2012-13. Each of these students has displayed their school spirit in applying for these positions, and each is excited to be a part of the decisions made during the coming school year. According to Leadership advisor Scott Moore, the new officers are great choices who display strong team work, enthusiasm, and new ideas.

Our new ASB president is junior Christian Dresback, and he is ready for the responsibility that comes with it. His biggest goal is to make next year the best it can be for everyone, especially the senior class since

it's their last year as high school students.

"I am excited to hopefully reunite our class in order to make next year as enjoyable as possible before we all head in our separate ways," Dresback said.

Next, junior Lindsay DeHaas is taking the position of Vice-President and she couldn't be more excited.

"Knowing that next year will be my last year at Freeman, I was really determined to try to make the best of it," DeHaas explained.

According to DeHaas, it's important to her to make next year a lot of fun while still being able to get a lot accomplished.

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"We have the most amazing leadership class here at Freeman," DeHaas beamed. "And we are planning to have one crazy-fun year. I'm excited to bring back Freeman's spirit and energy into the school, and make some awesome memories!"

As Spirit Commissioner, junior Samantha Avey decided to step up to the challenge. Avey can't wait to get more involved and is excited to leave her mark on the school. With so many different ideas already in mind for assemblies, themes, and bonding activities, she knows that next

year will be a great one.

"I'm most excited for all my ideas that I have in store for everyone," Avey said. "I kind of want to keep most things a surprise, but my ultimate goal is to get the whole student body involved and basically get students to be excited for school again!"

Last, but definitely not least, we have ASB Secretary junior Brette Schmidlkofer. This position doesn't always get as much fame as the other officer roles, but



it is equally important. The role of secretary comes with a lot of organization skills, and Schmidlkofer is ready to be a part of the action.

"I wanted to be secretary to get more involved with the school and its activities," Schmidlkofer stated.

All in all, we have four great students who are stepping up their authority next year, and all of them are very excited for what the year holds.

"I'm excited because they're excited," Moore said. "They have a lot of good ideas! Though it's obvious

we have four great new officers, what's not so obvious is all of their plans they have in mind for next year. They're all set on keeping their ideas secret, just so everyone can be pleasantly surprised with all the activities they come up with. These are four great students and they will not let our school down.

"It's such an honor to be a part of the Freeman ASB," DeHaas exclaimed. "We are determined to make next year super fun. I plan on bringing back school spirit and hopefully starting new traditions. We're leaving the rest of our plans a surprise!"

## Running Start, is it the right choice for you?

**Mason Mackleit**  
*Staff Writer*

Have you ever wished you could skip a grade, or two? Well, Running Start can't help you now but it can help you when you get into college.

Running Start allows juniors and seniors into college courses which will help them meet college requirements that a sophomore or junior in college would have. This would allow the student to jump straight into their junior or sophomore year.

Sounds great doesn't it? Sadly, there are drawbacks. If you fail your classes, your parents are forced to pay for the education, you lose credits (college and high school),

and it greatly affects Freeman School District financially. So students interested in Running Start must have a lot of maturity and self-dedication.

"In the first five years that I was here, we had more students not graduate because of Running Start than anything else," said Hamma. "It takes a very active learner that can synthesize different information."

This program allows students to take a college classes on a college campus in order to earn college credits at a rate of one high school credit for every five quarter credit hours successfully completed by the student (OSPI). You must also continue to take classes

that will grant you the credits needed to graduate Freeman High school. If you need two math classes then you will end up taking two math classes at a college level. However, English classes are different as the college separates English classes so one covers literature and the other covers writing, requiring you to take two English classes to equal one high school English, and your quarter credit hours will benefit you as they will help you progress towards having the qualifications of a sophomore or even a junior upon entering college.

"I will have 45 quarter credit hours by the end of this year, which is just shy of my junior requirements

for college," said junior Taylor Franz, who is currently enrolled in Running Start.

If you are interested in doing Running Start, you need to meet the following requirements: be a junior or senior, pass a college placement test (COMPASS, ASSET, or ACCUPLACER), and be accepted for admission to the Running Start program. In order to do this, the student will need to meet with Hamma to go through the process.

According to nsd.org, the student must have minimum of 10 credits from Freeman High School. Although you should consider and talk to your parents and Hamma about whether or not you are prepared for Running Start.

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## A race but also an experience

By Grady Arnzen  
Sports Editor

Spokane's Bloomsday is one of the largest road races in the United States. With over 50,000 participants every year, it is almost impossible to find someone that hasn't heard of the run.

Bloomsday was started in 1997 by Don Kardong, who wanted to show off Spokane's downtown area after the 1974 World Fair. Bloomsday's first sponsor was Premera, and people also volunteered to help out with the race, such as handing out shirts and water. Bloomsday is now featured on ESPN, Fox Sports Northwest, and Outdoor Life Network.

"I started running Bloomsday in 1982," said math and science teacher Mike Allen, an avid runner. "I think, and have run it eight times because I took a few years off over the last 30."

Bloomsday's course stretches over 7 miles, includ-

ing a lengthy uphill climb on Doomsday Hill.

"My favorite part of Bloomsday would have to be Doomsday Hill because I really work up a sweat," freshman Austin Stark explained.

Over the past years, people have begun getting creative in what they wear for the race. Past races have seen people wearing bikinis, mascots, and super heroes.

"My favorite part about Bloomsday is that there are lots of people all ready to complete the same task," Allen said.

This year's Bloomsday had a total of over 5,500 registered runners, with over 5,200 finishers.

"My favorite part would be the finish line, because you know you accomplished something awesome," freshman Andy Mitchell said.

With over 50,000 participants a year, the Bloomsday volunteers had trouble recording everyone's times accu-

rately, until 2006 when the use of transponder chips greatly helped record everyone's times and also make their times available online.

"I always try to beat my old time, and have ran the race since 5<sup>th</sup> grade," Mitchell said.

Many families choose to run the race together, as well as friends. Allen chooses to run by himself, however.

"I run by myself, and find any family afterward," Allen explained. "We do a big lunch together."

What was the worst part about this Bloomsday?

"Not being in second seed section," Allen answered. "Three seconds faster 5k next year!"

Mitchell thinks that the hardest part is the beginning, because "you know you have a long ways to go."



One of the most popular things about Bloomsday is the excitement over the t-shirts at the finish line. Every year the shirt designs are kept secret until the first person crosses the finish line. The day after Bloomsday, people tend to all wear their new shirts as a reward for finishing. Although everyone loves to finish and receive a shirt, not everyone finishes. In the past three years, there has been a difference of about 5,000 participants who began and do not finish.

"I loved the shirts this year," Mitchell said. "I think they are my favorite ones so far."

All in all, Bloomsday is more than a race. You have a great time, and get to have a great experience. With so many people, you never know what you are going to see on Bloomsday.

## APX Strengthens Freeman

By Grady Arnzen  
Sports Editor

"Building athletes, breeding champions" is the motto for APX Strength, Freeman's summer weight lifting program. APX is a Pacific Northwest-based company which specializes in helping athletes be the best they can be with strength training programs and camps.

One of these programs is here at Freeman during the summer. Although open to all high school students including upcoming freshmen, the program is mostly used by the football team to prepare for the upcoming season. APX is run in Freeman's weight room.

"We first found out about APX through Paul Sorenson, and then heard more about it from Avery Smetana and Justin Barrong," said head football coach Jim Wood.

Smetana and Barrong shared their opinions from their experience with APX when lifting with the West Valley players, which helped get Wood on board with APX.

"The success was so overwhelming in terms of how many kids were showing up each day, and the transformation of the bodies taking place over the summer, that we decided to make it a main part of the summer lifting program last year," receivers coach Jim Phinney explained.

So many players were signing up for the summer lifting program that there were up to

six kids per weight rack. Coaches were also starting to notice players filling out and having more endurance on the field.

"I feel like that as soon as we started APX in the summer, it made us a better football team," said freshman Markus Goldbach.

Goldbach started APX when he was a 7<sup>th</sup> grader and trained with the middle school program in the first year APX was offered in the summer.

"APX also was really great for team building, and we became a closer team because of it," Goldbach added.

What is the greatest part about APX?

"In my opinion, the greatest part of APX is the team concept to dedicating themselves to be better not only as an individual, but as a team," Phinney explained.

Players think they are participating in APX to focus on building themselves, but a larger part is that the team becomes stronger as a whole.

"I have seen many of our athletes, as well as non-athletes that are in my class, get much bigger through the year," said head baseball coach Chad Ripke. "I see some much broader shoulders. Some kids with much toner bodies."

APX Strength is headed by Director Drew Buchkoski. Buchkoski helps run some of the camps and runs the program at Freeman because he is the director. Freeman got in-

involved with APX Strength because Freeman coaches wanted a program that would make their players better athletes.

"Buch is very serious, and is always looking out for you to make you a better athlete," Goldbach said.

Raul Vijil also works with APX and handles speed and agility. He comes around to Freeman once in awhile to help with drills and activities, and to cover when Buch is gone.

"APX has given us more stamina in the fourth quarter, more confidence, and less injuries," Wood commented.

With APX, the extent of injuries over the football season has amounted to a few sprained ankles and cramps.

"It helps baseball because it's not a weight bearing program," said Ripke, "The program is built around flexibility, using the muscle through a full range of motion, and the program also has a lot of sport specific movements. The program also emphasizes the core, which is very important for a baseball player."

APX Strength's goal is to focus on the individual, and work to their specific needs. APX staff doesn't care about how much weight is on the rack, but they care about the work athletes are doing so that they can get stronger. Before APX, Freeman athletes would do the same workouts whenever they went to the weight room. With APX, athletes have more discipline and have a bet-

ter understanding of how to lift better.

"I run my weight classes as close to the APX as possible," Ripke said. "We do all the lifts that Buch and the summer guys do. Avery Smetana has been a big resource for me, as he has been going to see Buch down at the APX facility for the past 2 years now, and he brings back stuff that they are doing down there."

APX Strength's main facility is located on 203 E. Sprague Ave; they have programs and camps for football as well as baseball. APX also runs camps through schools at their weight rooms such as Freeman's. Anyone can participate in the camp at Freeman, and APX also offers a strength training program at Freeman designed for female athletes.

"I like how you can see how much stronger and more agile each kid is by the end of the summer," Phinney explained.

Freeman's summer APX camp begins on June 18, and an introductory camp on June 8 from 5pm till 8pm. APX has done well in strengthening Freeman's athletes and hopefully a state championship can come out of the hard work Freeman athletes have put in.

"It's a great program. A cutting edge one. One that everyone is just starting to figure out but we have a head start on," Phinney said.

# Dieting verses life-style changes

By Jessica Ruby  
Staff Writer

The U.S. Department of Agriculture’s Center for Nutrition Policy showed that 70% of people believe dieting by eating healthy is “too complicated.” They will often resort to diets like FAD diets. People constantly see, hear and read about different types of diets. Often, diets can be more harmful to a person than they help.

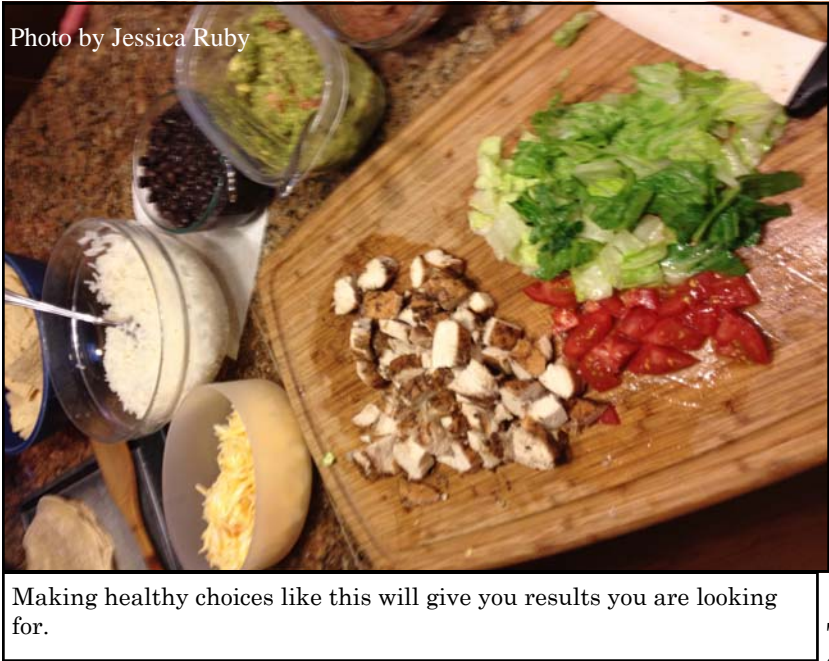
The truth is that you shouldn’t stay on one diet for extended periods of time because diet programs are often nutritionally unbalanced and deprive your body of the good nutrition that it needs. People are constantly trying new diets or anything to get the look that they want. These diets can be very harmful and result in something opposite of what you intended.

“Diets can lead to eating disorders, distort body image, and create cravings,” explained Food and Nutrition teacher Jennifer Fees.

The Live Strong Foundation shared that fad diets like liquid diets, very low-calorie diets, only eating fruits and veggies, elimination of a specific food group, eating one food group only, or anything that deprives your body from the foods it needs can be bad. Negative effects that this can have on your body are low metabolism rate, stress on your

kidneys, malnutrition, and restlessness.

“Anything that restricts you from eating healthy and cuts your calories down below normal can be hard,” said Fees. “This can slow down your metabolism.”



According to NaturalNews.com, eating very little and low-calorie can show results for short amount of time; what your body is really doing to itself is slowing its metabolism which long term can make you gain weight. Your body goes into “starvation mode” and will start to eat the muscle tissue in your body.

“The best option is to exercise and

eat a balanced proportioned amount of food,” science teacher John Hays said.

The alternative to dieting is simple lifestyle changes. By changing your lifestyle, you can slowly and healthily lose weight and become healthier. Exercising regularly, eating smaller

meals (Portion Distortion), eating all of the main food groups, and cutting out large quantities of junk food are really all you need. “A better choice to dieting is just a healthy lifestyle, things like portions, cutting our sugars, and drinking a lot of water,” said senior Sadie Woodard.

While dieting can give you the short-term satisfaction you are looking for, in the long run, it is harmful to your body and will give you results that are the opposite of what you wanted.

The easiest and best way to “diet” would be to simply change your lifestyle one day at a time.

Why waste money, time, and effort on something that might not work and be good for you? Change little things every day and add in exercising and you will start to see better, healthier results.

“The best alternative to FAD diets, are healthy foods, eating with moderation, and exercising,” explained Fees.

## What’s better: plastic surgery or reconstructive surgery?

By Maddie Richardson  
Staff Writer

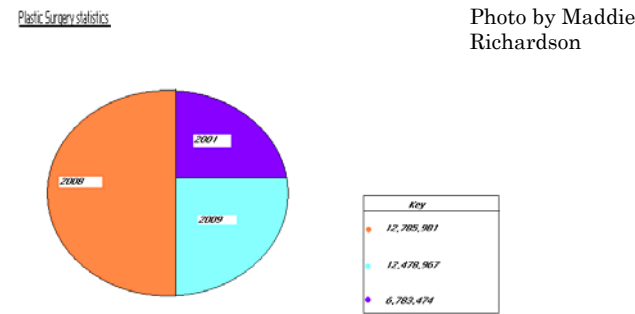
When people think of reconstructive surgery, people think of plastic surgery to change things about yourself that you don’t like. Well, reconstructive surgery is when someone gets into an accident and they need surgery to repair the damages caused. Reconstructive surgery is, by far, more convenient than plastic surgery. Sometimes, plastic surgery can make someone look fake, where as reconstructive surgery will repair damage.

Most people would rather have reconstructive surgery than plastic surgery because it looks more natural and people can end up getting addicted to plastic surgery.

Dictionary.com defines reconstructive surgery as the restoration of appearance and function following injury or disease, or the correction of congenital defects, using the techniques of plastic surgery. Plastic surgery, on the other hand, is a branch of surgery dealing with the repair or replacement of malformed, injured, or lost organs or

tissues of the body, chiefly by the transplant of living tissues.

Reconstructive surgery varies from many types. Many people need it to get a tumor removed, or repair a cleft palate or lip. Sports injury’s can also re-



Making healthy choices like this will give you results you are looking for.

sult in getting reconstructive surgery. One type of reconstructive surgery that is also a very dangerous one is a lung resection. People who usually get this type of surgery are in the seventies and have had cancer or were smokers.

“Lung reconstructive surgery is one of the most common and very helpful surgeries there is,” stated Eric Val-

lieres, M.D. of Swedish Hospital. “It can also be very dangerous depending on your age and the type of condition you’re in.”

There are many dangers in getting reconstructive surgery. Depending on the condition they are in, sometimes they won’t make it through. If someone gets a tumor removed, then sometimes the surgery could go wrong, and they will have to keep getting the surgery until one day it’s completely gone.

When someone gets plastic surgery, they just want to change a physical feature of themselves then they will go in and do anything it takes. Some woman will do whatever it takes to be beautiful

while others have no choice but to get the surgery that they don’t even want in the first place.

In some cases, it’s a spur of the moment kind of thing. If someone gets into a car accident, and severe damages are caused, then they will need the surgery right away. As if someone who plans a surgery like this months in advanced.

## British accents not from The Isle?

By Jacob Dickinson  
Staff writer

After you speak a language in an area that has a different way of saying things, you tend to pick up an accent. Personally, you shouldn't use an accent if you haven't experienced the accent fully by either living in or visiting the country that it's based in, unless you are using the accent for entertaining purposes or you are born with it.

Now, America is the home of many people and accents, and this group has their own natural accents that they take in. Well, the accent that has been heard on a much larger scale than the other accents is the British accent. This accent has been used so much by non-British speakers. By non-British, I mean those that haven't been to Britain, which has gotten to the point of an annoyance and even a cliché among the American public.

Now, there are some people that may seem American, but have been from their original country and now are in America, so their accents are not a cliché due to them actually being from the place and having a genuine accent instead of a terrible stereotype of the accent after they watched five minutes of a *Harry Potter* movie due to channel-surfing for interesting shows. Since British accents are the more prevalent accent in foreign media, due to many Americans not being able to understand French or Arabic, many people decide to focus on the media that is in the language that they know and understand the best.

Before we continue, let's take a look at people's fascination about accents and the different types of accents. Accents are basically dialects of the region that the language is spoken in and the more known accents for English are the British, Australian, New Zealand, Canadian, and American. Accents of a country aren't just confined to only one accent, for you could be in the smallest country and you may find two accents that are similar but are different in certain parts of it.

Continuing from that little side note, the British are the people that are the inventors of this accent, even though they spoke French for around 600 years. Also, there are a myriad of YouTube videos and websites that teach you how to have a generic British accent that isn't a true accent. Also, you can catch your own accent by starting to watch a plethora of media from

British-English speaking countries. But, this article is all about British accents, the accent that seems the most sophisticated and regal, yet can make you seem like an ignorant American.

First, the British are the original users and creators of the accent, meaning that they are the ones that have generally mastered the use of their regional dialect and that they should be the ones that should have the accent. Also, there are the people that have actually been to the Isles and they have heard and observed the accents,

meaning that they have learned the accents more than the average American that decided to watch a marathon of "Doctor Who" for nine days in a row, so they should also be the ones that at least mimic the accent.

Second, a good amount of people in America

aren't British and or haven't been to the Great Isle, meaning that when they do speak in an accent, they instead speak in an accent that sounds British but isn't for they haven't been to or lived in that country and they haven't observed a true British accent that hasn't really been televised. I bring up television for BBC actually picks the people on many things, but they focus on the pronunciation and the clarity of that person's speech for it is television and not talking to a local fisherman. While this is good for the business of satire, there are some people that find people imitating an accent annoying. But, the accents do work for some people.

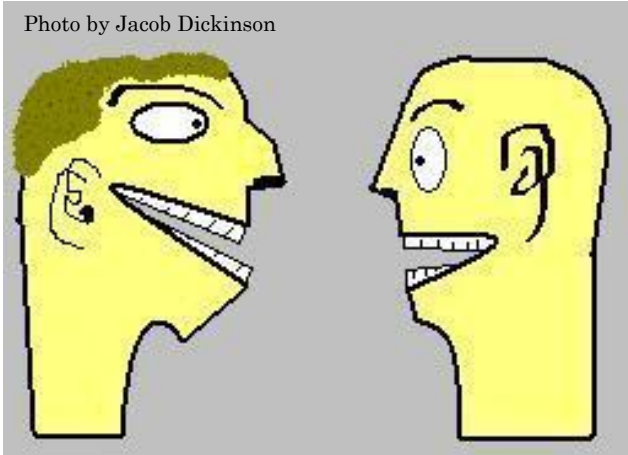
"Sometimes I like to do it [accents] at school," sophomore Karly Youngren stated. "I like British accents... because they are fun, I like the way they sound."

Finally, Americans speak with an American accent of English, for we are Americans. But there have been some people that have this accent from birth due to their parents teaching them in their original accent like a British parent teaching their child in their accent and an American adult also teaching the same child the English language in their accent.

"I think accents are good, but if you actually have them," Youngren said.

So, while accents are a good thing to have, if you fake it you sound odd and unoriginal. But, that doesn't mean you can use them to have a good time with your friends or if you are doing a comedy skit like a Friday video.

Photo by Jacob Dickinson



The people in the photo are having a nice chat in English, but the guy on the left speaks with a British accent. Sadly, the man on the right is attempting to mimic him and is getting close, but ends up making a fool of himself, as was intended by the man on the right.

## Weight room rules

By Teigan Glidewell  
Staff Writer

The main reasons that Freeman has rules for the weight room are because of liability and safety issues. All lifters know that the rules are there for those reasons, but one of the rules many students don't approve of is that a staff member has to supervise them while they lift. The reason for the rules is to protect us, but what else is it for.

This wouldn't really be a problem if there were actually teacher available to supervise. Unfortunately for the afterschool lifters, they are forced to wait till a teacher has a little bit of time to supervise or have to go home.



Photo by Teigan Glidewell

The Weight Room Rules are posted for anyone who wants to use the facility.

"Teachers have to supervise after school lifters because if they get hurt and there is not a teacher there, it becomes a liability issue," explained Brian Parisotto, Freeman's Athletic Director.

If a student gets hurt in the weight room without a teacher being in the room, the school is liable for not having had given the needed protection.

"I believe they [the rules] are good to a point," said senior Taylor Glidewell. "I believe if it is during sports hours, there isn't a need for a supervisor."

Weight room supervisors are immediately responsible for what happens to students and equipment. School liability rules require that students be supervised at all time when lifting weights.

With adult community members, they are allowed to lift at their own risk, and are not required to have a staff member present to use the equipment.

"I would love to have someone supervise the weight room if they would volunteer," stated Principal Dave Smith.

While students supervising students is not an option for the weight room, Smith is open to a parent volunteer to supervise students after school. Much like a volunteer coach, a weight room supervisor would need to get paperwork through the high school office and then be trained on weight room safety by Smith or Parisotto. This might be the best alternative for Freeman's afterschool crew.

Even though that not everyone approves of all the rules in the weight room, they are necessary to protect both our students and our school.

## Using steroids: bigger isn't always better

By Jessica Ruby  
Staff Writer

Imagine being a sixteen-year-old boy in high school surrounded by a bunch of big high school guys on the football team and pressured by your dad to be bigger and better than what you are. Steroids provide a fast and simple solution.

“People don’t work hard enough for their athleticism,” explained junior Tanner Waite. “They just take the easy way and use steroids.”

Another incentive to using steroids is the pressure or the need for scholarships, which everyone wants.

“Coaches say there athletes need to be bigger, faster and stronger,” explained health and fitness teacher Scott Carolan. “They’re a fast way to get to that level of accomplishment.”

The pressure and stress for this situation is incredibly high and can often lead to use of steroids.

“People hear the word *scholarship* and they go nuts,” explained junior Wyatt Smith. “And for some reason kids just want to have huge muscles. That’s every high school boy’s dream.”

Health Care Veda researched steroid usage and found that 5.4% of high school students were reported using steroids. These statistics are increasing at a quick rate. Today, people will do almost anything to look good. The society today makes people think that they need to look or be a certain way or look.

“Many kids resort to steroids as their ticket for a way out,” said Carolan.

Magazines, TV, and movies often portray the good guys as the big and strong guys.

Steroids are an organic compound in groups of natural or synthetic fatty substances that contains four carbon rings that include sex hormones. They can be used for safe medical purposes, but can also be very harmful and life-altering as well.

There are three types of steroids: anabolic, androgenic, and cortico. The Association Against Steroid Abuse said that anabolic steroids mainly affect metabolism, immunity and muscle. Androgenic steroids have masculinization effects on women and feminization ef-

fects on men. Cortico steroids mimic the hormone cortisone. It is used in regulating inflammation and healing injuries as well as treatment for diseases such as asthma, eczema, and arthritis.

Steroids have been proven to help for many reasons and can be used for good or medical purposes. The Texas Commission on Alcohol and Drug Abuse showed that steroids can be used for treating some forms of anemia, some breast cancers, osteoporosis, endometriosis, and hereditary angiodema. They are used by many people, but must be used carefully and in small doses. Doctors pay close atten-

lan. “This is the number one prevention.”

If steroids are so dangerous and can have so many bad side effects, then why do so many people—especially high school students—abuse them?

“Competition mostly in guys is a big reason, and they all just want to be better than everyone else,” junior Samantha Avey said.

“Everybody just wants to be the biggest and best,” added junior Cheyanna Bruneau.

The pressure on kids to be the biggest and best they can be is high and often too much for them to handle, so they turn to substances such as steroids for help.

Steroids can help build muscle fast with the help of exercise. The affects can help enhance muscle, but can also be very damaging to the body. According to Global Change’s issue on steroids, overuse can cause many types of cancer, heart disease, kidney cancer, liver cancer, depression, hostility, eating disorders, unwanted facial hair, acne, and the risk of HIV from unclean needles. So is being big and muscular really worth it?

“I would never resort to using steroids because the effects are bad and there are too many things that could go wrong,” said Smith. “You could have serious problems.”

Other reasons people lean towards using steroids are to make themselves look how they want. Muscle Dysmorphia is a condition in which people see themselves as weak or little. This will push them to use steroids to alter and enhance their size along with exercise. But to get good results, athletes need to go after this in a way that will make them proud, and encourage others to make the right choice.

Many star athletes learned their lesson with steroid use the hard way such as baseball

player Dan Naulty of the Fort Meyers Miracle. *Sports Illustrated* shared in its May 29, 2012 issue that he had the height for the position, but needed the speed. Naulty chose steroids as a way to get to the top, he shared 10 years later. He was so out of control and self-destructive, it wasn’t a healthy way to be living. After finally realizing this, Naulty decided to quit.

“My life is so destructive I could blow my own brains out at any moment,” said Naulty.

Bottom line, steroids are dangerous and can be incredibly harmful to you. Even though you may have pressure to be big and strong, steroids should not be and are not the answer.

Photo by Jessica Ruby



It may seem easy to just pop a pill, but the effects can be fatal.

tion to the patients and the doses that they prescribe. Overuse can be fatal.

Not only are there physical effects on your body, but there is a mental aspect to steroid use as well.

“You may become high strung, tense, and may get uncontrollable, anger issues,” explained Carolan.

Prevention. That’s what high school athletics should be focused on. Staying on top of the issue and being aware of the issue is the most important thing. By supplying kids with training, regular workouts, healthy ways to see results they’re looking for, and just showing that you care can make all the difference in a person’s life.

“I have always been a supporter of drug tests in high school,” shared Caro-

## Teenage drinking: it's just not worth it

By Kindra Malloy  
Staff Writer

Being called into the office is scary enough, but when you are actually in trouble, it's dreadful. You're sitting in Athletic Director Brian Parisotto's office for an hour. Question after question. Lecture after Lecture. What happened this weekend? Were you there? Was there drinking? Did you stay or leave? Question, answer, crying. It seemed like the vicious cycle never ended. Going through all of that, to find out I'd be suspended from sports for two weeks. I wouldn't be able to play in the district softball playoff game. And for what? Alcohol. This, is just not worth it.

Teenagers drink, whether you want to believe it or not, they do. They like to act older then they really are, feel more mature, and will do almost anything to fit in with their friends. I'm not saying underage drinking is a good thing; I'm actually trying to say the opposite. Drinking hurts you and others in more ways then just one.

Drinking can majorly affect your health. You could get really sick, or even get alcohol poisoning. Alcohol poisoning: Consequence of drinking large amounts of alcohol in a short period of time. According to mayo-clinic.com, it can affect your breathing, heart rate, gag reflex and potentially, lead to coma or even death. It is like binge drinking, but worse. So what happens if you get alcohol poisoning? Lots of things. You can choke on your own vomit, have seizures, or end up at the hospital getting your stomach pumped. That's not how I want to spend my Friday night.

But hey, that is just high school, and once you're in college it's okay to drink, right?

Wrong, it's still illegal! And if you get caught by law enforcement at a party the consequences are, well...not too good.

If you are at a place or party where there is alcohol and you are not drinking you can still be charged with a MIP. You don't have to be drinking to get in trouble; you just have to be there. It is guilt by association, and it sucks.

"We could arrest you," explained Nye. "But, we usually just write you a ticket for a minor in possession (MIP), or we could give you a juvenile referral, which still counts as an arrest."

And don't be selfish thinking

about how drinking affects just you. Because truth is, it doesn't, and that is something that not a lot of teenagers really think about. Because as soon as you get into a car it affects everyone around you. All you need is a blood alcohol content (BAC) level of .02 to get hauled in for driving under the influence (DUI).

"A BAC [Blood Alcohol Content] of .02 is nothing," Deputy Ron Nye explained. "You could only take a sip of a drink and still have a BAC of .02. Law enforcement agencies like to call it a baby DUI."

If you get caught driving with a BAC of .02, you lose your license for two years, or until you are 18, whichever one is longer. Also, your car gets impounded, you have to pay for the court fee, and pay for an attorney. Getting a DUI or getting caught at a party doesn't just affect your high school career; it affects your life after high school. Not a lot of colleges want students that are going to cause trouble, especially if they are breaking the law. Jobs will be more apprehensive to hire you, because they may think you are not responsible. Drinking affects your whole life.

So what does all this drinking information have to do with Freeman? Well if you are involved in athletics, a club or ASB, FHS has a policy about underage drinking. Freeman's athletic code is very strict. If you get caught drinking, the consequences are not too fun.

After the first violation, you are removed from the athletic team or club for duration of two weeks and will be required to attend an intervention program for alcohol/drug abuse. The student will be required to attend all practice sessions, but will not be allowed to participate in any contests during the probationary period.

After the second violation, the student is ineligible for interscholastic competition for a full calendar year.

After the third violation, the student is permanently ineligible for interscholastic competition for the remainder of his or her high school career.

This may not seem like a big deal, but trust me it sucks. You let your team down by not being able to play. People talk about what happened, and they think you are this big drinker. You are pretty much the hot gossip for a month, or two.

And you may think that going to those drug and alcohol classes on your first violation are just not big deal. I mean you go and sit there for a couple hours, listen to people telling you not to drink or do drugs, right? That my friend is so wrong. Those classes are actually pretty eye opening. You learn about your brain, and how adding drugs or alcohol affects you. You see images of someone's brain while they are under the influence compared to someone who is not.

I don't know much about drugs; actually, I know nothing about drugs. But, this class taught a lot. They tell you how many people die every day because of overdosing, or lung cancer. How many teens drop out of school because of drugs and alcohol. But this class isn't just about drugs. The drinking part is really informative as well.

The last two days of this class we talked about drinking and driving. We watched a video of a mock crash, videos of Emergency Rooms where you see car crash victims, and see parents talk about their kids they lost to drunk driving. Wait, losing your child to a drunk driver... does that sound familiar?

Remember Mariah's Challenge? And how just about every student signed the banner, committing to Mariah's Challenge? The school wouldn't take time out of our day and spend money on these assemblies if they didn't care. But, do you care?

Once you signed that banner, you promised to take Mariah's Challenge and stop underage drinking and drunk driving. Is Freeman High School going to live up to this challenge? Or was it something we just signed, because everyone else was doing it?

Underage drinking is something we need to take seriously, especially with summer and graduation coming up. Look at the bigger picture: it's not just your life at risk when you participate in underage drinking.

So next time, when someone offers you a drink, think about the consequences. You could be ruining your chances with a job, and college. Also you could ruin a friendship, or a sport opportunity. Drinking doesn't just affect you; it affects your parents, your teammates, and your friends. Once you're 21, you have the rest of your life to drink, so don't waste your teen years doing it. It is just not worth it.

## 14 year-old makes a fashion break

By Madi Groves  
Staff writer

Freshman Lexi Saeger used her love of fashion to advance at his year's FCCLA competitions. Saeger competed at both the regional, and state competitions with her recycle and design project, an outfit made from recycled objects, taking first place and receiving a gold star at each event. Her first-place showings qualified her to compete at FCCLA's national competition in July.

For the recycle and redesign project, competitors had to pick an item to recycle, and make it into something fashion-related. Students also had to prepare a 10-minute speech to give when they presented their project at the FCCLA competitions. Finally, they made a display board with the required information.

The recycle and design project Saeger completed was a



Photo courtesy of Lexi Saeger

Lexi jumping for joy about her new design.

dress for her manikin Betsy. She made an inside-out cat food spaghetti strap top, than created a skirt from a Pedigree

dog food bag. For her accessories, Saeger made a necklace and a belt out of 194 pop tabs. Finally, she had flip-flops to go with the dress.

"Lexi has done an amazing job creating an entire outfit out of something most people would see as garbage," said FCCLA Advisor Jennifer Fees. "With the same concept, she has made shopping bags, sold them and paid for her entire cost of national."

Because Saeger qualified for FCCLA Nationals, she will compete in Orlando, Florida on July 7, 2012. The cost to get to Orlando and for the hotel is almost \$2,000. To help raise money for the trip, Saeger and her mom, Janna, decided that they were going to recycle old animal food bags into large handbags. FCCLA Advisor Jennifer Fees has been helping

Saeger sell the animal bags for \$15. In fact, the Albertson's manager liked the bags so much that he invited Saeger to sell her bags at Albertson on April 14. Fees also got her a booth to sell them at Spokane's annual Earth Day event.

The animal food bags that Saeger and her mom have been making can be used for all sorts of things, like a grocery bag, a school bag, and even for the beach. Saeger and her mom produce the bags daily. It takes them about a half an hour to make each bag.

"So far, we have made about 70, and have sold roughly 70 bags," said Saeger.

To support Saeger on her trip to Nationals, you can still buy a bag from her. To purchase a bag, contact Saeger or Fees at Freeman High School (291-3721)

## Leadman brings excitement to the Silver Valley

By Preston Primmer  
Staff Writer

"Three, two, one, go!" The gun sounds, and the race is off.

The Leadman is a fun-filled triathlon that consists of a one mile ski, seven mile bike, and five mile run. This year, the Leadman triathlon took place on April 28. It is put on by the Kellogg Rotary Club. While not an easy thing to do, Leadman is definitely much more laidback than other triathlons like Ironman. Freeman's Preston Primmer and John Hays competed.

"I had tons of fun this year at the Leadman," said science teacher John Hays. "Next year, I plan to do it again."

People love to do the Leadman Triathlon. The ages range from sixteen to mid-seventies for the individual men. There was also a fourteen and under age group for the younger kids. With one hundred and ninety one individual competitors and thirty teams, the Leadman is steadily growing onto a very big deal.

The morning started off at a brisk thirty degrees, with clouds, and fog. Everyone was thinking it would be a repeat of last year's Leadman, where it actually was snowing. But as the morning wore on, the fog

cleared and the sun started poking through the clouds. The race went very well. No one got seriously injured and everyone finished the race.

Hays and Primmer both did very well in their respective categories, finishing in the top 15. Both hope to do the triathlon next year. Also, former Freeman Spanish teacher Nate Bartlett competed. He finished five minutes faster than last year, which is a very big accomplishment.

From the young to the old, every competitor had a good time, if not while running five miles, then during the after party. There was ice cream, a barbeque, and a varied assortment of other foods and drinks.

Many people just like to show up ride their bike and ski, and then walk the five miles.

This was the attitude of many participants who were out in nature doing some things they love to do.

"The Leadman is very fun, but my favorite part is hanging out after," said Hays.

Next year, the Leadman will be in full force again rain, snow, or shine. If you are interested in participating you can go to [http://www.silvermt.com/site\\_Activities/AC-Default.aspx?page=AC-Leadman](http://www.silvermt.com/site_Activities/AC-Default.aspx?page=AC-Leadman). They hope many participants join so it can keep growing as it has the last few years.



Photo Courtesy of Patty Primmer  
Participants dash to their skis at the start.

## Dealing with people with OCD

By Madison Richarson  
Staff Writer

When someone talks about Obsessive Compulsive Disorder (OCD), people usually think of a freak, someone out of control, but it's a serious illness that needs to be treated as if you were diagnosed with asthma. According to the dictionary, Obsessive Compulsive Disorder means A psychiatric disorder characterized by obsessive thoughts and compulsive actions, such as cleaning, checking, counting, or hoarding. People with OCD are all round us..

"OCD is a severe illness that makes people do certain compulsions/rituals and if they don't complete them, they fear that something bad will happen," explained teen counselor Megan Stoffregen.

Some rituals that those diagnosed with OCD can develop include tapping things, unlocking and relocking things, and slamming doors a certain amount of times. Most people have to do these rituals with even numbers because they have a fear of odd numbers.

"It's like you can't believe anything you tell yourself because you might be wrong," explained an anonymous source on [healthyplace.com](http://healthyplace.com).

Being diagnosed with OCD is a scary thing. Some people don't even know how to deal with it sometimes, which causes the anxiety to get much worse.

People who are diagnosed with OCD need support from friends and family, and in some instances, they don't get it at all. If they don't get the support from the people they love, it can sometimes be hard to go about with their daily routines. In some instances, family members will ignore them and then they won't understand when they end up having an anxiety attack. Sometimes, people just laugh at them and call them freaks.

"Do everything that you can to get help and not worry about it," said sophomore Karly Youngren.

Going to a counselor can help to boost their confidence if they feel like they don't have anyone to talk to.

"Try to be patient and maintain a non-judgmental attitude – this will support the person to focus their efforts on recovery rather than dealing with anger and resentment," said a source from [better-health.gov](http://better-health.gov).

According to [everyday-health.com](http://everyday-health.com), people can develop OCD due to certain health issues such as having a traumatic experience happen to them as a child, or having a family member who struggles with it. In some cases, little kids will watch and learn habits from their parents that they don't even realize it until they are much older.



Photo by Maddie Ricahrdson

A person with OCD tends to

## Primmer earns top ranking with community service project

By Pia Longinotti  
Bagpiper Advisor

Trustworthy. Loyal. Helpful. Friendly. Courteous. Kind. Obedient. Cheerful. Thrifty. Brave. Clean. Reverent. These are the tenants that every Boy Scout swears to uphold while a member. Words that describe junior Preston Primmer.

On June 2, Primmer was inducted, with fellow Scout Mark Romano, into the prestigious rank of Eagle Scout, the highest rank a Boy Scout can earn.

In order to become an Eagle Scout, Primmer had to complete a number of requirements before turning 18. He had to earn merit

badges in 21 different fields of interest, including First Aid, Citizenship, Emergency Preparedness, Environmental Science, and Personal Fitness. Primmer had to gain leadership experience as a patrol leader or member of a troop staff. He had to complete a minimum of 12 hours of service projects. Finally, Primmer had to define, lead and complete an Eagle Service Project.

Primmer's project involved one of his favorite activities, camping. With the help of his Aunt Jo, Primmer built a handicap accessible campsite and tent platform in the Arapahoe National Forest in Grand Lake, CO. Primmer had to work with Park Rangers to coordinate



Photo by Pia Longinotti

Primmer is given his new hardware by parents Patty and Randy.

his project and find an appropriate camp site.

During his ceremony, Primmer awarded his aunt with a pin to thank her for her mentorship during his project. He also awarded pins to his mother and father, Patty and Randy Primmer during the ceremony.

"Preston is the first member of our family to earn Eagle Scout," beamed his proud father during the presentation.

Primmer and Romano were awarded an additional commemorative patch recognizing the 100<sup>th</sup> year of the Eagle Scout Award.

According to Boy Scouts of America, only 2% of boys who join actually achieve the rank of Eagle Scout.



Photo courtesy of Patty Primmer

Primmer works on his handicap accessible campsite

## Withdrawal increases throughout the country

By Emma Sheldon  
Photo Editor

Cries of infants fighting withdrawal pour out of hospital rooms across the nation.

"It's a very high-pitched, uncomfortable cry," said Dr. Aimee Bohn, a pediatrician with Mountain Comprehensive Health Corporation in Whitesburg, Kentucky. "It's like the child has been pinched."

According to The National Center for Biotechnology, Neonatal Abstinence Syndrome (NAS) is a group of problems that occur in a newborn who were exposed to addictive illegal or prescription drugs while in the mother's womb. The infants go through extreme pain and irritability. Hyperactive reflexes, rapid breathing, and seizures are just a few of the many symptoms accompanied with NAS. In-

fants of mothers who drink during pregnancy have a similar condition called Fetal Alcohol Syndrome. "Fetal alcohol syndrome varies widely from child to child based on the age of fe-

tal development that the alcohol was consumed. Some periods of brain development can end up more seriously affected" said Pricilla Custer, an adoptive parent with a child with FAS.

Daniel, her son, is now 15 and has been dealing with FAS his whole life. Each child will react differently and is hard to treat.

"You can't make broad generalizations," explained Custer. "But, some of the common effects [of FAS] are shortened stature, decreased fine motor skills. Behavioral issues and decreased IQ or mental retardation. It seems like abstract thinking is difficult, they have poor social skills and intuition."

Many difficulties arise in these situations. The whole family is all put under a new kind of stress not

only the parents. Each age has a new difficulty, but once they reach the teenage years a whole new obstacle arrives

"These things seem to get worse in the teen years because of the increased demands of adolescence," added Custer. "They don't seem to be able to move forward."

Though in this type of situation things may seem really low there are so many lessons to be learned.

"Daniel has forced us to be other-centered," Custer explained. "We have learned to rejoice in small successes. We have learned to be flexible. How to forgive. You learn not to be proud. You trust in the Lord for hope. You get through it by starting fresh each day. You use whatever resource you can get, respite, excelsior, God."



Photo by Pia Longinotti

NAS and FAS can cause health issues that last for a lifetime.

# Features

## Bisset picks one fast profession: drag racing!

By Anna Lee  
Staff Writer

Junior Jake Bisset has picked on speedy profession! Since the age of six, Bisset has been practicing his racing skills, and three years ago went professional.

**Lee:** How long have you been racing, since what age?

**Bisset:** Since I was six years old, so eleven years.

**Lee:** What made you want to race?

**Bisset:** I just kinda got into it. My dad raced, so it has kinda been my life.

**Lee:** Where have you raced?

**Bisset:** California, Minnesota, mostly around the Northwest.

**Lee:** Have you been in any major competitions or races?

**Bisset:** Two national championships and eighteen championships.

**Lee:** How many wins do you have?

**Bisset:** I have 47 wins in my whole career.

**Lee:** Do you have any plans for college?

**Bisset:** Well, I want to be a firefighter.

**Lee:** How long have you been professional driver?

**Bisset:** Three years.

**Lee:** Do you plan on making racing into a career?

**Bisset:** I would like to if I could, it would be hard though.

**Lee:** Any races coming up?

**Bisset:** This weekend, June 2.

**Lee:** Do you have any ‘rituals’ that you do before each race?

**Bisset:** Uh, not really. I just try to stay really calm and not think about it.

**Lee:** Who do you look up to in racing?

**Bisset:** Jimmie Johnson, the record that he set was pretty amazing so I have to look up to him

**Lee:** What is your favorite part of racing?

**Bisset:** Winning.

**Lee:** Do you have any good luck charms?

**Bisset:** I have an angel hanging from the frame of my race car.

**Lee:** Do you have any goals for the rest of your career?

**Bisset:** Hopefully, I mean it would be cool to make it to NASCAR. But as far as just local, just winning more championships would probably be my goal.

**Lee:** Is it weird for you racing with people that are older than you?

**Bisset:** Not really, it’s what I’ve been doing my whole life so I’m used to it by now.

**Lee:** What inspires/drives you to race?

**Bisset:** Just getting better and kinda just moving forward in the sport, and trying to make it to the next level.

**Lee:** When you win what’s the first thing you think about?

**Bisset:** I just kinda, I don’t know, it’s kinda hard until you are actually in the situation to like know what to think. But when you’re there, reality hits you that something pretty amazing happened.

**Lee:** How do you handle losing?

**Bisset:** You gotta take the losses with the wins, so, I mean, when you lose, it sucks but you just kinda gotta take it. I think about it and what you can improve on and don’t really stress about it too much.

**Lee:** How do you celebrate a win?

**Bisset:** Usually when we win, I mean everyone thinks it’s like, oh yeah party, but really we pretty much get the car torn down that night. So it’s pretty much just hanging out in the shop and putting the car back together again.

**Lee:** How do your parents feel about your racing?

**Bisset:** My parents would like me to go as far as I can with it and they are as supportive in it as I am, so they want me to succeed.

**Lee:** What’s your biggest fear when racing?

**Bisset:** I’m not really afraid of the cars, I’m not really afraid of anything, I guess just doing bad is probably my biggest fear. I always want to do as good as I can.

**Lee:** Do you have any other hobbies?

**Bisset:** I like to ski in the winter and play football, but other than that it’s racing.



Photo courtesy of Jake Bissett

Bissett driving his number 96 car in a recent race.

## Putting on Heirs: a fantastic end to a great drama season

By Kindra Malloy  
Staff Writer

The last play the drama class did, *Murder by the Book*, exceed expectations! The drama class worked hard to make sure the performance would be one to remember; The bar was set high, and the drama class did not disappoint.

With a new drama teacher Carol Wichmann in the mix, things have really taken off. Their last play in January earned more than \$400 including ticket sell and donations! People were expecting great things from this group of students, and they lived up to their expectations.

The play that they performed on May 15 and 18 was called *Putting on Heirs*. The play had a complex, yet easy to understand, plot. The Webb household gets turned upside down when Ernestine Webb (Shenoa Rush) is thought to be dead and

the beneficiary of the family fortune is mentioned in her missing will. Her sons (Molly McIntyre and Alyssa Nelson) try to search for the will. In the mean time her self-centered daughter Rhonda (Danny Cossey) tries to recreate the will to leave her as the main beneficiary of the \$77 million.

But, while all this is happening the Webb house is getting robbed. The robber (Alisha Sorenson,) thinks that the house is empty. She comes to find quickly that the house is just the opposite, when the youngest of the Webb family Elwood (Kirsten Fuchs) finds the robber. Elwood doesn’t realize that she is trying to rob their house, so instead he wants to play games with her! The table quickly turns when Elwood takes all of the robber’s belongings. In the end of this hilarious comedy, is an ending you wouldn’t expect. Elwood gets the \$77 million, and the others get nothing!

The students did a great job acting their part. They were completely focused on what was going on. If there was a mistake, you couldn’t tell. Not only was the play amazing, but the set was just as well. Their former play in January had the set done by the art teacher, Ken Speiring. But with the Art and Soul art show coming up, the busy art class wasn’t able to make the set. Even though the set was not done by the art class, it was still amazing and fit the play. The drama class put many hours into painting the set, and getting all the props. This play took a lot of work outside of class, and it defiantly paid off.

The drama class did a great job on this play. They worked very hard, had many weekend and after school rehearsals just to make the play right!

# Arts and Entertainment

## Summer movie blockbusters are here!!

By Teigan Glidewell  
Staff Writer

Summer is almost here. One of the best parts about summer is going to theaters and losing yourself in a world full of adventures, comedies thrillers, romances, and dramas. There are quite a lot of movies coming out this summer, including many action-packed movies such as *Men In Black 3* or *Prometheus*.

"My favorite part about the movies is the fighting scenes," said freshman Morgan McGarity.

The much anticipated sequel, *Men In Black 3*, is coming soon.

The last time we saw Agent J (Will Smith) was 10 years ago and he was trying to protect the Light of Zarthra from an Evil alien. Now, Agent J learns that Agent K's life and the fate of Earth are at stake. He must time-travel to 1969 to stop an alien criminal named Boris from assassinating K and changing the course of history of the planet, J travels back from the future to 1969 to team up with the young version of Agent K (Josh Brolin), to stop the alien criminal, while apparently also facing a twenty-four hour time limit before he will be trapped in the past forever. *Men In Black 3* will be in theaters May 25.



For you horror-loving fans out there, there is an action, horror movie coming out called *Prometheus*. In the late 21st century, a star map is discovered within the archaeological imagery of several otherwise unconnected cultures, which includes the Aztec, Mesopotamian and Magdalenian civilizations. The crew of the spaceship *Prometheus* is sent on a scientific expedition to follow the map as part of a mission to find the origins of humanity. Exploring the advanced civilization of an extraterrestrial race, they soon face a threat to humanity's very existence. This movie will be in theaters June, 1.

Also released on June 1st, the fantasy movie *Snow White and the Huntsman* has already been a popular choice for moviegoers. In the time of the Dark Ages, the ruthless Queen Ravenna (Charlize Theron), has conquered several European kingdoms and plans to take over the Kingdom of England but then learns her stepdaughter Snow White (Kristen Stewart), is destined to surpass her not only as the "Fairest One of All" but also as the kingdom's future ruler. The Queen learns from her Magic Mirror (Christopher Obi), that the only way to remain in power

to the throne is to consume Snow White's heart and achieve immortality. But Snow White manages to escape into the Dark Forest and Ravenna recruits the Huntsman Eric (Chris Hemsworth), to kill Snow White. Eric, however, takes pity on the young princess and teaches Snow White unique skills in the art of war. Now, with the aid of eight dwarves and her childhood love Prince William (Sam Claflin), Snow White begins a revolution to kill her stepmother once and for all.

A comedy that is coming soon is the movie *Ted*. Ted is about this man named John (Mark Wahlberg), who has lived in Boston his whole life. In his childhood years, he wished for his teddy bear, Ted, to come to life. Ted was John's best friend well into his adult years. Conflict emerges when Ted's irresponsible and unrefined slacker lifestyle comes in the way of John's attempt to embrace his adulthood and the woman of his dreams, Lori (Mila Kunis). Ted will be in theaters July 13.

For all of the people that adore the *Step Up* series, a brand new movie is coming soon called *Step Up: Revolution*. Emily (Kathryn McCormick), the daughter of a wealthy businessman, arrives in Miami with aspirations of becoming a professional dancer, but soon falls in love with Sean (Ryan Guzman), a young man who leads a dance crew in elaborate, cutting-edge flash mobs. The crew, called

the MOB, strives to win a contest for a major sponsorship opportunity, but soon Emily's father threatens to develop the MOB's historic neighborhood and displace thousands of people. Emily must band together with Sean and the MOB to turn their performance mobs into protest mobs, and risk losing their dreams to fight for a greater cause. *Step Up: Revolution* will be in theaters on July 27.

Finally, an upcoming action, sci-fi, thriller sequel is *G.I. Joe: Retaliation*. The G.I. Joe Team is coming into a conflict with Zartan (Arnold Vosloo), who is last seen in disguise as the President of the United States. Zartan manipulates the U.S. Government and frames all G.I. Joe operatives as traitors, exterminating most of them and leaving a small group of survivors. The left over Joes, Duke Hauser (Channing Tatum), Roadblock (Dwayne Johnson), Lady Jaye (Adrianne Palicki) and Snake Eyes (Ray Park), are dealing with Zartan, Storm Shadow (Byung-hun Lee) and Firefly (Ray Stevenson), all serving under the newly released Cobra Commander (Faran Tahir). Zartan and the Commander now have all the world leaders under Cobra's control with warheads aimed at innocent people around the world. Badly beaten, outnumbered and outgunned, the Joes make a desperate plan to overthrow Cobra Commander and take back the world, to start their black operation called the "Second

## Tech-savvy vs. old-school, which way do you like to read?

By Emma Sheldon  
Photo Editor

Did you know that the first eReader came out in the late nineties? That's right, a couple of the first products were called the Rocket E-Reader and the Softbook E-Reader. And with this new technology came new arguments. eBooks have aroused an argument between the die-

hard "classic" book readers and the eBook fanatics. Although, some will fight to the death for their chosen medium, others couldn't care less.

eBooks are convenient in the sense that you can fit many different books into one device and readers can look up words or authors while on the same device. Also, buying an eBook is usually cheaper than many

of the hard back books out there. Rather than driving to the bookstore to get that book you've been dying to read, you can download an eBook whenever you want. Sadly, your book reading time will only be as long as your eReader's battery life (Software Development). Luckily, many of the companies that create eReaders are developing products with longer battery life,

such as Barnes and Noble's Nook Simple which boasts a battery life of 30 straight hours if you read without the back lighting. Not only can you read on an eBook on your Nook, Kindle or iPad, but you can also read your books online or downloaded to your computer or a phone app.

"Online's nice, you have lots of access, meaning you

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also have access to the crummy as well as the genius,” explained junior Brette Schmidlkofer. “A real book gives you more freedom to where and when you read and doesn’t hurt your eyes. I personally prefer a good real book because I can sit and enjoy and not be distracted by a YouTube vid...actually,

I can get sucked into a real book.”

Not to worry, real books with their unlimited battery life aren’t disappearing anytime soon.

“Books are the stuff of history which we are

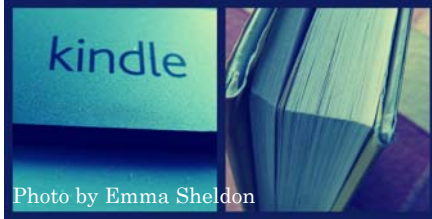


Photo by Emma Sheldon

quickly losing to modern day technology,” explained Sacajawea Middle School student Sophie Carter.

With a hardcopy book, you experience it all: the smell, the feel, and the memories that escape from the pages. Some books have vibrant colors and interest-

ing textures that contribute to the familiarity and mood of the book.

“Books used to be an object of purpose that you could pass on through generations,” Carter remarked. “Though you can pass down 10,000 mega pixels through generations, where’s that sentimentality in that?”

## Want A Quick Trip To Thailand?

By Hope Mathews  
Staff writer

Want to go out of your comfort zone and try something new? Thai Bamboo is the place for you. An ethnic restaurant, Thai Bamboo was rated number 1 in Spokane by *The Inlander*, *The Spokane-Coeur d’Alene Magazine* and *NW Woman’s Magazine*. Since Thai Bamboo opened in 2000, they have sold over a million Thai dishes.

Want a small and very inexpensive get way? Well, the way Thai Bamboo is decorated with paintings of Thailand landmarks and the people of Thailand. These decorations really

make you feel like you look a quick trip to Thailand for only a very small portion of the price.

This restaurant is a great family setting and the staff is always as friendly as can be. They answer any questions about the food like they have memorized the menu. And whatever you order they will cook to your liking.

“I love Thai bamboo because the food is great,” freshman Kalista Mettler said. “My favorite meal from Thai Bamboo is their delicious Phad Thai.”

Thai Bamboo has great meals anywhere from \$6-\$20. Appetizers run around \$6, and main courses are around \$20 or under. One of their best appetizers is their chicken skewers with peanut sauce. There is a small

tang of spice, but when you dip the chicken skewer in the creamy peanut sauce, it sweetens it up and really makes your taste buds water.

There are lots of different main course options, such as seafood, noodle dishes, soups, and curries. Their green curry tuna is a popular choice at \$18 a plate.

One of my favorite meals from Thai Bamboo is their awesome sweet and sour noodles, consisting of wide rice noodles, egg and, mixed veggies in pineapple sweet and sour sauce. This mouth-watering meal is a huge portion of food that two could share for only \$11.

Thai Bamboo is a great place if you want something spicy, sweet, sour, or tangy. They give a choice of how hot to make your meal, giving customers the chance to

order between 1 to 5 stars. 1 star is very mild or no spice in the meal and 5 stars is very spicy and will most definitely either make you cry or at least break into a sweat.

“I have never been to Thai Bamboo, but I want to because I love Thai food,” freshman Ben Mitchell said.

Thai Bamboo has many locations in or around Spokane including the South Hill on 29<sup>th</sup> Ave., Downtown on Division St., the East Valley on Sprague, and in Coeur D’Alene. So no matter where you live, Thai Bamboo is only minutes away.

Thai Bamboo offers a takeout option for dinner. So whether or not you want a nice sit down dinner or to pick it up and eat it at home, pick Thai Bamboo.



Photo by Hope Mathews

Thai Bamboo is a perfect destination for some authentic Thai

## Rockstar goes Wild West

By Jake Hansen  
News editor

On May 18, 2010, Rockstar released an open-world western shooter called *Red Dead Redemption* (RDR). Open-world means that there is no strict path players have to follow. They are allowed to explore the whole map at will. This game is about a former outlaw, John Marston on a perilous quest to hunt down his former gang members. His reward is his lost wife and son whom the government took from him. A long, perilous quest awaits him with death at every turn.

Marston’s perilous journey starts in 1911 when his wife Abigail and son Jack are heartlessly stolen by the

government. This act was done to gain Marston’s cooperation in bringing about the downfall of his former gang. This leads him to the base of his former friend

Photo courtesy of [www.google.com](http://www.google.com)

The cover of *Red Dead Redemption*

Bill Williamson; this gets Marston a shot in the hip. Marston’s journey back to get to Williamson takes him to a nearby Ranch, to Mexico, and to a mountain hideout. Marston kills Williamson in a stronghold raid. Marston, eager to return to his ranch, is surprised when government agents deny his

request to return to his family and ranch. The government agents inform Marston that now he must kill Dutch van der Linde, the former leader of the game even before Marston, whom has recently appeared in the mountains. As Marston swiftly climbs the mountain hideout, he reaches Linde. When Marston has Linde at gunpoint, Linde warns Marston that the government will betray him. Marston foolishly ignores Linde, but before Marston can kill him, Linde commits suicide by jumping off a cliff.

This game is a unique third-person shooter and cover system, mostly because it takes place in the Wild West, a thing most companies refuse to try mostly because past games like this have not taken off

due to the fact that they involve just randomly shoot things beside the risk it was an immediate hit.

A feature new to *RDR* is the “Dead Eye.” This is when Marston slows down time and the player chooses target whom Marston is to shoot. Once out of “Dead Eye,” Marston fires in extreme speed and accuracy. Another feature new to *RDR* is the crime system. This differs from games like *Grand Theft Auto*, a series that made Rockstar famous, because when a crime is committed near a witness, you will see the man, woman, or boy run to the nearest police station to report your crime. This allows the player to bribe or kill the witness before he reaches the station. When a

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# Arts and Entertainment

## Is it just luck, or is it meant to be?

By Hannah Williamson  
Staff Writer

*The Lucky One*, a new motion picture based on the novel by Nicolas Sparks, was released on April 20<sup>th</sup> and has already caused many people (women, that is, considering that it's one of those star-a-heart-throb, boy-meets-girl movies) to fall in love with it. Directed by Scott Hicks, *The Lucky One* is definitely one for the romantics or drama seeking types, just like other novels by Nicolas Sparks that have made it to the big screen such as *The Notebook* and *Dear John*.

The movie starts out focusing on a marine, Sgt. Logan Thibault (Zac Efron), who is on his third tour in Iraq. Throughout his time in the war, Logan is faced with many close-to-death situations. He makes it through these—he thinks—because of a picture of a woman he found on the desert floor. Logan believes that the pic-

ture is a good luck charm because, even when the people around him weren't so fortunate, he made it through the war alive and safe. He vowed that when, and if, he made it out of the war, he would find the girl from the photo and thank her.

After Thibault returns to the States, he is met with a rude awakening of how differently he sees things after having gone through the war. He is living with his sister and her family. After having many episodes of Post-Traumatic

Stress Disorder, Logan decides to venture off to find the mysterious girl in his picture.

Logan finds himself in nowhere Louisiana working as an assistant dog trainer for none other than the girl in his photo—Beth Clayton (Taylor Schilling). Logan's initial plan was to go to

Beth and tell her, but when he meets her, he just can't find the words. When Beth first meets Logan, she doesn't really like him, and finds it weird that he walked from Colorado all the way to Louisiana just to answer her advertisement. Throughout the movie, Beth actually begins to like Logan—and her son absolutely adores him. Facing challenges from Beth's harsh ex-husband to her brother who actually died in the Marines, Logan and Beth find out what it means to be meant to be with someone and learn that everything really does happen for a reason.

Although this may have been a great movie, there is one part where it falls short. By this I mean *The Lucky One* is lacking in its rating. I would say that when most people go into a PG-13 movie, they generally don't expect the sexual aspects of the film to be too extreme. While script writers and movie producers are getting more and more lenient with what goes onto the screen, when a PG-13 movie

is a little too racy for some high schoolers, it may have gone too far. Personally, I would say *The Lucky One* suggests a little too much sexual activity to be rated PG-13, whether the content is actually shown on screen or not. It may be a movie that's a little too mature for the eyes of a mere thirteen year old; I think it shouldn't be viewed until at least high school age.

Minus the setbacks in the rating, *The Lucky One* is a truly heart-felt movie that is based on the premises of true fate. It's one of those movies that teaches people that everything really does happen for a reason. But, it's also a movie that's for the extreme romantics, who also like the dramatic elements. I would say it's perfect for teenage-young adult girls (and some guys) who are mature enough to deal with the racy parts of the film. All in all, *The Lucky One* has every good aspect a movie could have: drama, comedy, romance, action, and the feeling of hope.

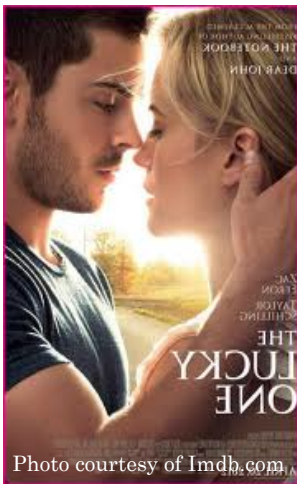


Photo courtesy of IMDb.com

## A History of the real Titanic: Looks do matter

By Maddie Keebler  
Staff Writer

Status was the most important for the first-class passengers on the Titanic. Status varied from whom passengers sat with at dinner, to who they gallivanted with on the deck, to what is most widely known, what they wore. (Titanic



Fashion, an Edwardian Makeover)

The women gathered on the decks in elaborate outfits. According to Titanic Fashion,

they favored lace, sparkly jewels, wide-brimmed hats, and long white gloves.

even gun matches," explained sophomore Jamal Stokoe.

Another advantage to the game is that players can choose to be characters who are good, bad, or neutral. However, those new to gaming may not be able to keep up with the AI's unpredictable movements and actions.

In 1912, fashion was still influenced by the Edwardian Era, which had just recently ended in 1910. Women loved lace, neutral colors, and leg-of-mutton sleeves which were puffy by the shoulder and tight between the wrist and elbow. Corsets were optional, but by this time they were more focused on smoothing the hip.

Women also donned wide-brimmed hats decorated with feathers, lace, pearls, and rhinestones.

The drawbacks with this game are few compared with the pros. The biggest problem with this game is that it only allows limited customization with a character, but to balance this they made the player able to choose the clothing that Marston wears. Another thing is that the action is very unrealistic. For example, a character can take

Women never wore trousers because they were "unfeminine".

A lady could never wear the dress that she had worn the night before. It was a time when trends were moving rapidly, and people were competitive. One bad outfit could knock her out of the game.

Fashion then was very different than fashion now. They were a lot more modest about what they wore, and their clothes played into their roles in society.

several shots before he dies, which in any real-life circumstances any normal man would have died.

I would recommend this game to all of my friends, actually everyone I know or have met that enjoys a fun game. However I would give second thought to those under 15 due to the heavy violence in this gun-toting game.

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crime is committed near a police officer, the wanted bar will immediately go up and the player will have to evade.

These new features provide an out of this world game play.

"There are even activities you are able to do such as play a game of horse-shoes, poker and there is

# Greatest game, I reckon

By Jake Hansen  
News Editor

The makers of renowned *God of War* and *Elder Scrolls IV: Oblivion* teamed up to make the long awaited *Kingdoms of Amalur: Reckoning*. This could be the beginning of an amazing series. There are 4 different races to play as and 3 classes with 22 abilities per class. These abilities allow the player to choose what his character is like, essentially forming his character's destiny.

There are countless enemies to fight, countless quests to extend your adventure and 5 different regions to explore. So, a gamer could pour countless hours into this game and still not be completely finished.

The game starts out in a cut scene about how your character died. Then, these gnomes take him to a place called the Well of Souls. This place revives him, but in doing so, removes his fate, allowing you to bend it at your will. The building

falls under attack and it is destroyed. In escaping, the player discovers his true control of the fate.

At the exit, a gnome tells the player to travel to a Fateweaver, one who reads fate, to confirm what has happened. The Fateweaver explains that the player has no fate and can actually control it by bending the threads of fate. The Fateweaver takes the player to the Fateweavers' Citadel, showing him the stone of fate which projects the fate of any normal mortal. As the player touches the stone to confirm the player has no fate, the stone breaks apart and shows a book of the fae's knowledge. A fae is a god-like creature of the fae-lands.

Having proven he has no fate, your character tries to find out what has happened. This takes the player on a long journey to find the gnomish scientist that revived him. Among the hardships the Fateless One faces are assassins sent by Octienne. The next step is to find allies to stop Gadflow,

the reason that there is a war. After gathering allies, the player goes to the land where Gadflow lives and governs his armies. There the player finds that he died here for the same reason you are there again. Soon after this, the player fights a dragon, the only one in existence. A very interesting fight occurs and the player finds himself awoken at a castle. He finds the Fateweaver he met at the very beginning saying that no one's fate is clear.

As with any game, there are some drawbacks. This game doesn't have many, but it does have them. One problem is that there are no mounts (horses, etc.) so this makes traveling tedious and long. To balance it, they added a sprint option.

"The sprint option did not help as much as they



thought it would," freshman Isaac Stokoe said.

They also added sets of armor, that when gathered gains special enchantments. This is not a bad addition, but the problem is that it is extremely hard to find all the pieces to a set.

"This is a great game," Stokoe concluded.

He is right. *Kingdoms* offers great cut scenes in the midst of battle, a superfluous amount of quests and items. The graphics are superb, and the open world has made this game unmatched.

I greatly recommend this game to anyone 15+. This is due to the fact that there is enough blood after you hurt someone to fill a lake. However, this only occurs when you injure someone in the kill-scene. This game is great and I would recommend this to all of my friends.

## Eidos Montreal goes futuristic with new game

By Isaac Stokoe  
Staff writer

On August 23, 2011, Eidos Montreal Studios released a new game in an old platform series, *Dues Ex: Human Revolution*. This is a cyberpunk-themed open-world platform. As a sci-fi futuristic game, it really meets the standards for this genre. Not only this, but someday the world might be more machine augmented so this may, to some, add a touch of futuristic reality.

The story line is about Adam Jensen, a scientist who was attacked and had his body rebuilt so that he now has a cyborg body. Throughout the story, Jensen works for a company called Sarif Industries that supplies the public with mechanic body parts. It is Jensen's job to uncover the espionage in the company and the traitor against the entire world.

The game style is much like the *Mass Effect* series.

Jensen's actions and the way he talks to the other characters can influence you in the game for good or bad. The game is also played in first person.

The worlds are greatly detailed as the have a somewhat expansive area to explore while on a mission. The area can hide away ammo or new weapons for Jensen to use. Even though the levels of the worlds are detailed, they can be short. Some players might find that the game plays too easily and that the missions don't offer a long enough experience to get the al-



lotted sci-fi shooter effect.

While playing the game, players can choose from several different situations. For example, if the player sees a large group of enemies, he can choose to engage them, or he can find a vent in the wall to crawl through and get past them. The game features two different endings at the conclusion of the game so players can replay the game and see the opposite ending.

Some of the downsides to this game are that the levels are not fully open-world, limiting the player's playing area. The different characters in the game can get confusing and/or frustrating to deal with. Also

ammo in the game can also be hard to find so fire-fights aren't always the best option.

Another prohibiting factor for playing the game is its rating: M for blood, intense futuristic violence, references to drug and alcohol use, and sexual themes. Because the game is rated M, children under 17 cannot purchase it and children under fifteen should not play it. Please remember, minors under 17 should be responsible with their game ratings.

All in all, the game is definitely worth the money. It offers enough hours of game play from what is said to be 25-40 hours of game play, but players might see this differently as the game feels shorter than this. The game was released in 2011, so it may not be the most recent, but the price has gone down, and the game play is still good.

# Arts and Entertainment

## A RED Spy is in the base?!

By Jacob Dickinson  
Staff Writer

You may be wondering why this game is called *Team Fortress 2* when there isn't a well-known sequel. Well, it all started with a modification to a game called *Quake*, a rather popular game back when video-game ratings actually mattered to little children, and the modification's name was *Team Fortress*. Later adopted by a group named Valve, they had made a sequel to the modification which is the game that is reviewed today.

This game was originally one you had to buy, but now you can just get a steam account (an account on the steam network where you can purchase many games for your computer by download, and download the game for free.) One drawback to having the free-to-play version is that you do lose some features until you get a premium account by purchasing the game, like trading more than item paints with other players. Yet, the standard setting of one team against another is used in this game, but with a twist of a Reliable Excavation and Demolition, (RED) team and a Builders League United (BLU) team fighting in an area with mercenaries that all look the same, isn't in any other games except for this one.

The game is class and load-out-based and each class has its own perks and kryptonite. First, let's talk about load-outs. A load-out is what your class has both weapon- and accessory-wise. Each class can only use certain weapons and accessories.

Now for the classes in the game that you can romp around as until you switch the one you play as. There are three groups of classes: offense, defense, and support.

Starting with the offensive side of the game is The Scout. He is the fastest class and the weakest in the game and uses scatterguns, pistols, and bats. He also is well known for the terms of Bonk! and Boink!

Next is The Soldier, the crazy man of the classes. Known for his patriotic glow, he carries a rocket launcher, shotgun, and a shovel. He can use his rocket launcher to rocket-jump across the map, but this could kill him if he doesn't have enough skill or health.

The last class of the offensive type is The Pyro, the mysterious one of the group. The Pyro's gender and identity has been battled over ever since the game was released, causing a massive amount of fan-fictions about The Pyro. The Pyro uses a flamethrower, shotgun, and a fire axe. Also, the fire from the flamethrower shows both cloaked and disguised Spies by catching them on fire, and a Pyro is immune to catching on fire.

Onto the defensive classes, starting with The Demoman, the more ram-bunctious of the nine classes that you can play as. The Demoman is the black, Scottish Cyclops of the group and has the most melee-based weapons that you can find and equip onto him. He uses a grenade launcher, a sticky grenade launcher, and a bottle of what he calls "Ole' Scrumpy" in his standard load-out.

Next, there is the morbidly obese class, The Heavy. The Heavy is the fat Russian that totes around a minigun, shotgun, and his own two fists into battle. He is the slowest and strongest, class in the game. Also, he can use sandwiches that he finds randomly or from achievements in order to heal others or himself. The sandwiches can also put out allies that are on fire.

Finally, there is The Engineer, the true Texan of the group of mercenaries. The Engineer carries a shotgun, pistol, wrench, and construction and deconstruction PDAs (Personal Data Assistants). He can make sentries, dispensers, and a pair of teleporters to aid his team and to make Engineer nests, a strategy that is useful in many situations.

The last category of characters is the support class, starting with The Medic. The Medic is from

Germany and actually has lost his medical license before fighting for their teams. The Medic uses a syringe gun that shoots

syringes, a Medigun that heals your teammates and enemy spies that are disguised and that is good for the spy by making them have more health for a while, and a bone-saw to saw through opposition. Also, the Medigun can ubercharge those that are being healed by a Medic. The Medic can choose to ubercharge them, and the ubercharges depend on the Medigun type. For instance, the Kritzkrieg makes the uberchargee's hits all critical hits on enemies for a limited time, while the standard Medigun just makes the uberchargee invulnerable for a limited time.

Next is The Sniper, the quiet Australian that hates spies with a passion. The Sniper camps around the map with a sniper rifle, an SMG (Sub Machine Gun), and a Kukri. Also, The Sniper can use Jarate, a jar that contains a yellow and warm liquid, that replaces the SMG and can be thrown to cause mini-crits (miniature critical hits on enemies) on enemies, show cloaked and disguised spies due to them exclaiming about how disgusting it was and that they are dripping with the fluid, and to put out allies that have been caught aflame by a Pyro.

The Sniper also is a fan favorite for his functionality, "...Because it gives great cover for teammates and allows me a good view of the battlefield," Sophomore Geoffrey Ruby stated.

Finally, there is The Spy, the Frenchman that has an affair with The Scout's mother and has a hatred of Pyros and Jarate. He uses a pistol, sapper, butterfly knife, disguise kit, and a watch that cloaks him. The sapper is used to destroy and disable all of The Engineer's buildings that are being sapped. Also,



The Spy's pistol is much different than the other class's pistols through design, and the firing rate, and the amount of ammunition carried in the gun and on The Spy.

Overall, the game is a team-oriented first-person-shooter. Valve has thought of everything and even has you able to use a microphone to aid both teams. You can also press keys that allow you to use your class's voice to say things for you like to tell your team there is a sentry up ahead, or you can heckle your team. But beware, the other team can hear what you say, unless they have muted you for their own reasons. Yet, both griefers, people who attempt to ruin the fun of a game, and spammers love the fact that the other team can hear this as well.

Now for the most popular part of the game, the customization of your classes with weapons that you find or purchase. You can have a hat on any of your classes, minus the class specific hats and accessories. Also, you can find and purchase paints throughout the game. You also can find and purchase weapons for your classes to use in battle.

Do you know of the C.E.O. of Mann co? Saxton Hale, the extremely buff and macho mascot from Australia with his chest hairs in the shape of Australia, is the owner and your supplier for in-game weapons and decoration. This turns this free to play game into a pay as-much-as-you-want game for you don't have to purchase weaponry, you can just find it when playing the game. This is good for the game's creators, Valve, because the people will then want items and they will pay for that item

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# Titanic: the story behind the lookout

By Maddie Keebler  
Staff Writer

From the time 1<sup>st</sup> officer William Murdoch heard the alarm to the moment of impact, he had only 37 seconds to avoid a tragedy.

Over a thousand people lost their lives. So why did it take so long for the lookouts to see the iceberg? Apparently, the lookouts were not provided binoculars. They requested them, but never received them. Also, there was no moon or wind on that fateful night. The ocean was completely still. There was no way the lookouts could have seen the iceberg any earlier.

When one of the lookouts, Frederick Fleet, was questioned about the iceberg, he responded with “I am no judge of distance.” That frustrated a lot of people because isn’t that his job as a lookout?

It frustrated Fleet as well; he privately blamed himself for the incident his whole life. After his wife died at an old age, Fleet eventually killed himself,

Ships travel through liquid, obviously, and there is a major time delay when they turn. If there was more of a warning, the ship could have turned in time, but since there was only a 37 second notice, there wasn’t enough time.



(Continued from page 15)

that they need to crush their opposition. In the store, there is even a \$100 item that acts as an engagement, yes a real life in-game proposal for an engagement, for people in-game and it announces, if someone accepted it, to all players that are online when the event happens.

Generally, the game was very good, but a few things sort of ruined the game and those things were minor.

First, the fact that if you are an FTP (Free To Play) player, you can’t do certain things like trade with other players anything but item paints and tags for your items.

Second, there are people in the game that take part in an act called grieving, which basically is when you attempt to ruin the game play of everyone else in many ways from hacking the server to harassing other players, and I dislike this for it is annoying and a pain to deal with.

Third, other players can abuse the microphones. Luckily, this is counteracted by going to the pause menu and muting that player or you start a vote to remove the player from the game.

Fourth, your team can be spawn-camped, for instance, the enemy team can

all go into The Heavy and Medic classes and trap you into spawn and keep your team from being able to get out of the spawn and they will be constantly killing people that attempt to leave the spawn and those that are in spawn. This practice is generally frowned upon.

Fifth, you can be dominated by another player if you get killed by them five times in a row, if you don’t kill them in between those deaths, causing the game to announce your dominated status.

Sixth, the single player lags like crazy if you have about twenty Artificial Intelligences (AI’s) playing, but the lag does subside over time.

Seventh, for some apparent reason, there are children playing this game. These kids are at least eight, maybe even twelve years old and they are playing an M-rated game that was rated for its violence-and-gore that is a major part of the game and they are playing with adults.

Finally, combined classes are generally balanced, minus the Heavy-Medic combination for, “... it can possibly use a nerf,” Geoffrey Ruby explained. A nerf is another word for a downgrade.

But, those shallow cuts don’t ruin the game’s value. First, there are a multitude of maps and game types, including modified versions of games like the Versus Saxton Hale maps and Surfing maps.

Second, there is no true plot to the game, so you won’t get too involved.

Third, there is a bountiful amount of internet memes, subjects and ideas that internet users use plenty to cause much humor that originated from or use parts of, the game. One such meme is the spy crab where you are a Spy choosing a disguise, crouching, and looking up.

Fourth, you can kill enemies with your taunts, depending on the weapons the classes are using.

Fifth, you also can dominate other players.

Sixth, there are items for pretty much all classes that reduce the amounts of Medics needed on a team.

Seventh, all grievers that are caught grieving or hacking are immediately or quickly kicked/banned from that server by their internet protocol address (IP).

Finally, a bit of a parallel to the part that was disliked, there are some people that use the microphones that abuse it with style and with funny things to say

and or spam, making the part of microphones more of a preference.

Nevertheless, the game is fun and it was a pleasure to play it. Now, if you want to play a game that has no true plot, is class-based, has multiple ways to pummel down enemies, pile upon pile of glorious hats, and has plenty of guffaws and chuckles in store from the massive amount of memes and microphone spammings that are actually humorous, then this game is for you.

But, if you don’t want a game that has humor, has memes, terrible spammers, or has a plethora of hats, then don’t download the game. The game also is rated M for mature for blood and gore and intense violence; although, the game’s rating doesn’t really take effect due to the part of the ESRB’s ratings that says, “Online interactions not rated by the ESRB,”(ersb.org). So, the game doesn’t really have a true rating other than that the game is rated M if you play single player. For more information on the ratings and why they rate games, go to [http://www.esrb.org/ratings/ratings\\_guide.jsp](http://www.esrb.org/ratings/ratings_guide.jsp) and if you want more info on the game itself, go to [www.tf2.com/freetoplay/](http://www.tf2.com/freetoplay/).

# Arts and Entertainment

## Titanic steals our hearts again with 3D version

By Madi Groves  
Staff writer

About one-hundred years ago, the Titanic, (the unsinkable ship) did the impossible. It hit an iceberg on the night of April 14 at 11:40pm. By April 15, the Titanic sank to the bottom of the Atlantic Ocean around 2:30am. Since then, professional divers have been searching the Titanic to discover anything on the boat that was not damaged from the wreck. While diving, a movie was being made to tell the sad tale of the Titanic.

The movie *Titanic* is a thrilling, romantic, and action-packed movie. Watching the movie brings tears to the eye because you are watching 1,517 of the 2,223 passengers die, and fight to stay alive in the freezing water.

The first half of the movie is great because it shows how two completely different people fall in love. Jack Dawson (Leonardo DiCaprio) and Rose DeWitt Bukater (Kate Winslet) were a third class nomad artist and a rich, upper-class woman, but somehow fate had joined the two opposites together. Meanwhile Rose's fiancé, Cal Hockley (Billy Zane) was trying to break them apart by forbidding Rose to see Jack. The second half of the movie, shows the sinking of Titanic and how many passengers were abandoned by the life boats while struggling to survive the sinking ship.

The movie is also bookended by a plot taking place in the present (1996) where treasure-hunter, Brock Lovett (Bill Paxton), and his team of scientists and divers search the Titanic for the "Heart of the Ocean," a rare blue-diamond that Cal brought on Titanic to give to Rose for their engagement. They recover Cal's safe from the ship, thinking that's where he put the diamond, but when they bring the safe up to their boat they find nothing, but a nude drawing of Rose. They show the picture on the news, and Rose, who survived the Titanic, saw the picture and decided to go to the boat where Lovett is stationed. When

she gets there, she tells her story of what happened on the Titanic.

When Rose and Cal board the Titanic with Rose's mother Ruth (Frances Fisher), they get to their first-class suites. When Ruth stresses the importance of an engagement Rose doesn't want, she pushes Rose over the edge with the stress. So Rose had enough and decided that she was going to jump off the back of the ship into the ocean. Jack had seen Rose earlier that day, and then saw her run past him to the end

of the boat, where she was about to jump off. He ended up saving her from falling off the boat, after she fell. From then on out, Rose and Jack were secretly seeing each other de-

spite the disapproval of Rose's mother and fiancé. Cal tried to stop Rose from seeing Jack by having someone stalk her, and by framing Jack for stealing, but Jack and Rose wouldn't be separated.

On the night of the wreck, Jack and Rose were getting chased by Cal's bodyguard so they ran through the ship to the top deck, where they witnessed the ship hitting the iceberg. All of the crewmen on the Titanic tried to get all of the woman and the children into the life boats, but there weren't enough boats for all of the passengers to fit on. So out of love for Rose, Jack puts her on one of the life boats. But as they are lowering the boat down, she jumps off to stay with Jack. Since the ship was sinking and they wouldn't leave each other, they ran all over the ship to avoid going down with it. And all of the life boats

were gone. As the boat was sinking, the weight of the bow of the ship caused it to break in half. Jack was smart enough to stay on the boat as long as possible to avoid being dragged down by the ship, and the freezing water. As the last of the Titanic was sinking, Jack walked Rose through on what to do in order to survive the temperature and water impact. Then the final piece of the Titanic sunk, taking Jack and Rose down with it.

Seeing the movie is great, but seeing it

in 3D was way better. It made it seem more realistic because it makes everything popped; the audience feels as if they are really on the boat with Jack and Rose.

The bad thing about the movie being in 3D was when the camera turned fast, it wouldn't focus on one thing and it made you dizzy. Also there is some foul language and some nudity in one scene.

"I'm not much of a crier, but that movie is

very heartfelt, and over dramatic," said sophomore Sarah King.

The costumes were great because it looked like what they really wore back in 1912. The acting was great. The characters made you feel like you've known them forever, and feel their pain and love. The acting engulfed you in their world and their problems; you actually felt a loss when someone died. The director did a great job, by it made everything look realistic. The boat looked elegant, how they explained how the real boat looked.

Anybody should see the Titanic if you like romantic moves that are also sad. Also if you saw it when it was first released in 1996, you should go see it again because in 3D, it has a different experience to what happened on the Titanic.



Photo courtesy of Google Images.  
Jack and Rose try to hold on in the icy water after Titanic sinks.

## What would you do if you had the instincts of a serial killer?

By Madi Groves  
Staff writer

If your dad was one of the world's most notorious serial killer, what would you do? That's what Jasper "Jazz" Dent had to live with during his childhood in Barry Lyga's new novel, *I Hunt Killers*.

Bill Dent, Jasper's dad, was arrested four years ago for killing 124 victims. Before Billy got arrested, he taught Jazz everything he knew about killing people. Now that his dad has been arrested for 4 years and since Jazz is almost 18, everybody in Lobo's Nod thinks that Jazz will grow up to

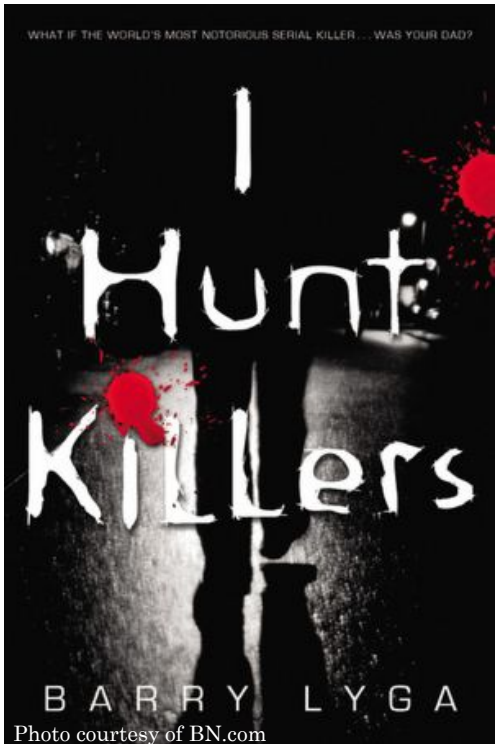


Photo courtesy of BN.com

be like his father, since his dad started killing people when he was young.

Since Billy was arrested, nothing has really happened in Lobo's Nod until now. All of a sudden, a body shows up. Jazz thinks that it has all of the signs of a serial killer, but Sheriff G. William doesn't believe him. Jazz gets his friend Howie and his girlfriend Connie to help him look for the new serial killer. While trying to find the killer, Jazz is having this feeling/instinct like a killer would have. The question is will he turn out like his dad?

If you like mystery or horror books, then you will love *I Hunt Killers*. The book has a very good plot in which Jazz is trying to help find the new serial killer, and dealing with the problems of maybe ending up like his dad, as well as

with all of the other problems with his friend, his girlfriend, and the sheriff. Everything made the plot good. The story line was good, because it's not everyday that you read a book with a kid whose dad is a serial killer.

*Killers* also contained a good amount of gore which was fantastic because it put a vivid, grisly picture in your mind, but it also put a good picture in your mind when it was not at the murder scenes.

Also, Lyga's word choice was very descriptive. For example, he described the murders of the victims that the new serial killer, the Impressionist, killed and the victims that Billy Dent had killed. Also they way he described things was perfect, if you don't mind disturbing pictures in your head while reading.

I recommend this book for ages 13 and older, and for people who like horror books and books with a lot of gore. I would recommend it for these groups because it does have a lot of gore, and does do into vivid detail about the murders, and what happened.

## FREEMAN BASEBALL'S NEWEST MEMBER

By Isaiah Crane  
Staff Writer

Coaches are a vital part of a team's success, and the Freeman Scotties have added another part to the club, JV coach Garrick Little.

Little graduated from Lewis & Clark High School. As a freshman, he started on the freshman team and swung to varsity. Sophomore year, he was the starting varsity centerfield. Baseball has been a big part of Little's life since he was 5 years-old. He spent his time playing recreational league when he couldn't play school ball.

During the summers, Little played Legion baseball with Freeman coach Steve Hertz. In 2009, their team made it to the state championship but lost in a tough game. The tables turned when Coach Hertz coached a Legion team with Little as a player.

Little ended his high school career with the Tigers, graduating in 2010. He got a scholarship to play baseball at Wenatchee Valley College. After a year, he decided to come back to Spokane and enrolled in SFCC.

Coach Hertz suggested Little as a coach to Freeman's head coach, Chad Ripke. The first day Little came into the facility, it was evident that he knew his baseball. Little quickly asserted himself as Freeman's JV coach.

"He gives me the drive to get better," said sophomore Hunter Beaulaurier. "Little is so young but possesses so much knowledge."

"Little fights for you and helps to encourage us even



Photo Courtesy of Garrick Little

Garrick Little at home plate after hitting a bomb over the left field fence.

we make errors," said freshman Grady Arnzen. "Coach little has proven that he is a great coach and cares about the Freeman Baseball program".

Coaches are a vital part of a winning team's success, and Freeman made the right decision to further our success.

"He was very encouraging and uplifting as a coach,"

said Beaulaurier. "Over the course of the season I have seen how much of a great person he is and how he cares for baseball. When it's time to get down to business, he made it known that we needed to play our hardest".

## Danny Cossey on the home stretch

By Dani Reilly  
Staff Writer

Though senior Danny Cossey isn't new to Freeman, she's made quite an impact this year. Cossey is the ASB President and plays an active part in the high school and its community. She also volunteers her extra time to help children at the Vanessa Behan Crisis Nursery (VBCN). VBCN helps to improve the lives of children by providing immediate refuge and safety in an environment of unconditional love.

"I just play with the kids, and help with dinner and bedtime," Cossey said. "A lot of them have a rough life, and it's a good place to just have fun." Aside from the nursery, Cossey is also a member of Freeman's basketball and softball teams. The Lady Scotties basketball team went 27-2 and placed 2<sup>nd</sup> in state. Cossey wore her number 44 jersey for the last time while playing the starting forward on the team. "Of course it didn't end the way we would've hope, but

it was a great season," Cossey said. Cossey has been playing basketball since the 3<sup>rd</sup> grade. She participated in all four years of high school and was a part of both state championships teams. "Our last season together was great," said senior teammate Emily Paukert. "I really enjoyed our last season together." With basketball over, Cossey's focus turned to softball. She earned the starting position at second base. The team had a rough season this year going 4-16 overall. "It was really fun," said senior Tori Burton. "Playing with Danny just makes me remember of how we first met, playing basketball together."

"We have a lot of potential, and could be great, but sometimes it just doesn't show on the field," said Cossey. Cossey has been playing for softball since 7<sup>th</sup> grade and played varsity all four years with coach Scott Moore. "Danny puts her all into anything she does," said Moore.

(Continued on page 19)

## Peterson newest addition to the dog pack

By Dani Reilly  
Staff Writer

Haley Peterson is a new senior at Freeman this year. Originally from Beresford, South Dakota, she lived there for a total of 13 years until her father got a new job and her family moved to Spokane, Washington. Peterson went through a somewhat easy transition; it doesn't take much effort to make new friends. However, when it's senior year, that's easier said than done. "It was hard leaving friendships behind that had built up over the years," Peterson explained. "That was probably the worst." Peterson played volleyball at her old high school, and decided to join Freeman's team when she started here.

"At first, I thought that is was going to be tough, adapting to a new player, not knowing how they play, but as soon as practice started she brought a fun, positive attitude to the team," senior team-

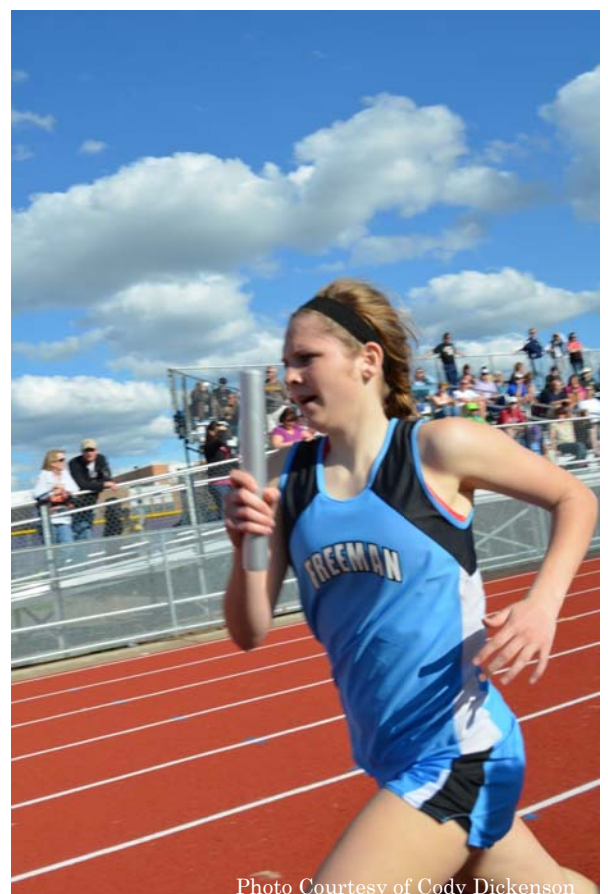


Photo Courtesy of Cody Dickenson

Peterson finishes strong in the 4X400-meter relay. mate Maya Jansen said. Peterson became the varsity's starting middle blocker, and she had a

# Sports

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Danny Cossey calling for the ball during a home game at Freeman.

(Continued from page 18)

With her outstanding work and efforts Cossey was rewarded. She will be attending Whitworth College

where she is planning on playing intramural sports and getting a degree in Law.

jump serve that more than impressed the league. "Going to state was definitely the best thing," Peterson said. "I would've probably never gone at my old school." The Lady Scotties varsity volleyball team went 18-5 for the season and placed 5<sup>th</sup> in the Washington 1A State Championship Tournament. Peterson has also showed her prowess on the track team this spring. She ran a 2:37 in the 800 meter, leaving her at 12<sup>th</sup> in the league. Along with that, she ran a 68.68 in the 400 meter, placing 11<sup>th</sup> league. Along with the 400, and 800, Peterson made it on the 4x400 meter team, running a 4:31.42 as a personal best to end her season.

"Haley was a wonderful player and new addition to the team this year," coach Robyn Doloughan said. Outside of school Peterson, volunteers at the Spokane Valley Heart Arrow Veterinary Clinic. There she helps and oversees operations in hope to become a Veterinarian herself. "I love it there, I get to watch all the surgeries, and help the animals," Peterson said. South Dakota State University is in Peterson's sights with the chance to study to be a veterinarian in her future.

## ROBINSON GOES THE EXTRA MILE

By Hope Mathews

Staff writer

Starting out in 7<sup>th</sup> grade, senior Quinn Robinson has been a great role model for underclassmen, and even his fellow track competitors. Robinson's whole family has done track so why wouldn't he continue the legend?

"All my siblings have done it; it's in Robinson blood," Robinson said.

Robinson enjoys all the family support, whether they are there for the track meet or call later to see how it went. One of his biggest inspirations is his oldest brother, Ryan. Robinson would always attend Ryan's track meets and dreamt of competing like his brother did.

"One of the most inspiring quotes I have heard is actually a poster in Mr. Allen's room, 'You have good days and you have bad days but today was a good day,'" said Robinson.

Robinson started track as a 7<sup>th</sup> grader by running distance events, but realized that sprints like the 200 meter race were his passion.

"I actually thought about trying to break Ryan's mile record, but I decided to let him keep that one," Robinson admitted.

During his junior and senior years, Robinson has also been enrolled in the Running Start program at SCC. While this may give Robinson more time to train, it does have its drawbacks.

"Not being at the school has its good effects such as I have more time to think about the meet, but the bad side is that I stress myself out," explained Robinson.

When coming into the track season, Robinson made sure to start taking a little better care with himself by not eating fast food much and staying away from soda. At practice, he does a lot of interval work, focusing on sprints for the 200 and 400 events.

Robinson has always been a track star and the last two years more than ever. Just last year, Robinson was able to place first at state in the 400. As this year, come to an end, Robinson started the season setting a new personal record in the 400 and 200.

"Quinn is a great role model for the upcoming track athletes because he is always giving 110 in everything he does," senior Cody Unfred said.

Robinson competes in 4 different events the 400 meter race, the 200 meter race, the 4x4 meter race and the 4x1 meter race. In the 200



Robinson gets into his starting position before running the 200 meter event.

and 400, Robinson is racing against other athletes from Freeman and many other schools, but with the 4x4 and the 4x1 Quinn has to rely on 3 other of his own teammates to make sure they give their best. In the 4x4, Robinson relies on seniors Cody Unfred and Dan Wheatly, and sophomore Max Axtell. And in the 4x4, Robinson has to trust Axtell, as well as senior Austin Fish and junior Christian Dresback. For these relay teams to win, they all have to work together and always know what their teammate may do.

"Quinn shows great leadership and leads by example," said coach John Hays. "He also inspires others with his work ethic."

Robinson hopes to get some scholarships in track

and run for BYU. And with his 4x4 team winning state, his 4x1 team getting third place and actually winning the 400 for the second year in a row, how would BYU not want Quinn on their track team?

Going from 7<sup>th</sup> grade, to winning the 400 at state junior year to setting a new personal record senior year in the... Robinson is a great track athlete, and now hopes to keep his track career alive at BYU. One day we may even see Robinson at the Olympics, who knows where the world may take him.

## BASEBALL ISN'T OVER YET!

By **Isaiah Crane**  
Staff Writer

What's not to love about baseball? It's America's past time. Playing in the summer improves your skills, while making memories with team-

mates. Legion baseball is allowing some of our baseball players all of this and more.

This summer, Freeman's varsity baseball coach Chad Ripke and, JV coach Garrick Little, along with Freeman alumni pitcher Justin Alt-

meyer, are coaching single A summer Legion baseball.

Legion baseball is a summer baseball season where teams play 23 games against teams throughout the region, and have occasional out of town tournaments. Legion has been a way

for kids to play the sport they love after the school season has ended.

"Come out and play, it makes you better," said Ripke.

Freeman competes in the southern league. During the season they will play against variety of teams including Gonzaga Prep, Lewis & Clark, and Asotin High Schools. Even though most of the teams Freeman plays are local, there are

still a number of teams that are out of town.

If you want to come out and play baseball, this is an opportunity to get more at bats and just have fun. This league can help improve your skills and make you a better all around athlete.

"Go 110% all the time," said junior Wyatt Smith. "Dive for everything on the diamond, if you're going to play something, play it right."

Repetition makes you better. It's a proven fact. Over the course of the summer you play at least 27 games. The last couple of year's freeman has done fairly well, with a winning percentage over .500 competing against all of the GSL teams.

Come out and support your future baseball players as they represent the Freeman baseball program and Freeman in general.



Photo Courtesy of Garrick Little.

Garrick Little swings at a low and inside ball during a game against Ferris. Little is the assistant coach of Freeman's Legion team.

## COURTNEY CAHILL HITS A HOLE-IN-ONE

By **Hope Mathews and Hannah Williamson**  
Staff Writers

Sophomore Courtney Cahill has always enjoyed golf, but now she can take it to a level higher than just playing for fun, and actually be on a team. Cahill joined the Freeman golf team as a freshman, and has been a great addition to it because of her positive attitude and hard work.

"The reason I started playing last year is because [sophomore] Katie Vold forced me to," Cahill laughed. "But it ended up being something I really liked doing. It's different from other sports."

For Cahill, golf isn't only something that she can do on a team, but it's something she can do with her brother, freshman Mike Cahill. They like to head down to Hangman and golf together for fun.

"She never beats me, but I guess she's good for a girl!" Mike joked.

Cahill's whole family supports her, but her big-

gest inspiration is her Uncle Mike. He really inspires her because he actually is a professional golfer.

"My uncle is very inspiring he pushes me to try new things," Cahill says

According to Freeman's golf coach, Jared Johnson, Cahill has tremendous potential in her golf career.

"Her athleticism is obvious in the fact that she plays soccer and runs almost every day," Johnson said. "Her potential can only be determined if she puts in the practice and is down at the golf course throughout the off season. I enjoy having Courtney on the team and I am confident that she will continue to grow as a golfer."

Obviously, Cahill is a great influence to her team, and has a fantastic attitude.

"She is always positive and never seems to get down on herself," added Johnson. "Her attitude is contagious to the team and makes everyone around her better."

Overall, Courtney's attitude and potential is what keeps her going. She is a great role model for anyone

because it's obvious to see that she believes if you prac-

tice and never give up, great things can happen.



Photo Courtesy of Courtney Cahill

Cahill lines up for a drive at the Hangman Hills driving range.

## Promotion dresses and more!

By Ali Tesch

*Raider News Editor*

The end of the year is approaching! On June 14, the Eighth Grade Promotion will be held at 7 pm in the Freeman High School Gym. Promotion is an exciting time for eighth grade students. Promotion is the time for eighth grade students to celebrate graduating middle school and dress up. Although promotion is a lot of fun, it can be stressful for the girls to figure out what to wear for the event.

The first thing is to take into consideration is the guidelines for the proper attire. Girls are required to wear a sundress or a nice skirt and a cute summer blouse. Formal and strapless gowns are not allowed.

Freshman Lexi Saeger reminds girls to wear something modest! Saeger believes that being modest is important and that girls shouldn't be showing off themselves inappropriately.

Saeger wore an old turquoise prom dress she altered and added straps to. This dress was perfect for Saeger because it was her favorite color and she could twirl in it!

"Wear something you can have fun in," Saeger suggested. "Wear something original and do your own thing just be yourself!"

Saeger's favorite kind of dress is something elegant and that you can twirl in.

Freshman Matea Ped wore a cute black summer dress with pockets. Ped recommends dresses with pockets because they made her promotion night much easier. Ped also recommends that you don't wear anything too tight and something with straps.

"Wear something you feel good in but comfortable," added Ped.

Sophomore Karly Youngren wore a red and white striped dress for promotion. Youngren loved her dress because it was simple but still really cute. Youngren loves floral sun dresses and thinks

that they are a great idea for promotion.

"Don't focus on spending too much money because there are better things to come in high school," advised Youngren.

Youngren also recommends going to Forever 21 to look for a dress because they have cute semi-formal dresses and you can get them at a good price!

Another problem some girls have on promotion night is their hair. Some girls don't want to go over the top but they still want to do something different and cute. For example, Saeger curled her hair and pulled it out of her face.

If you have long hair you could choose to curl it. Curly hair is cute, but it's still natural. Curling hair is actually very easy and there are several curly hair styles. For example, you can go from a variety of looks such as vintage or beach looking hair. You can also put half of it up and curl the other half. Ped wore her hair down and curly.

However, not all girls are into curls.

"Lots of girls curl their hair, but I would recommend to do something different but cute," Youngren added.

You can also choose to style your hair straight and sleek. Straightening your hair is actually very easy because there are a variety of hair styling tools available. You can also choose to add bangs. Bangs are very cute and trendy. You can either have blunt cut bangs, side swept bangs, or you can center part of your hair. The new style is also to add some volume to straight hair.

Promotion night can be nerve wrecking.

"Just have fun and make good memories!"

Saeger advised.

"The best part of promotion night is being with friends and letting loose," Ped added. "Do not hold back or be afraid have as much fun as you can!"

## Seventh Grade Baseball Team Wins League Championship

By Jerry King

*7<sup>th</sup> Grade Baseball Coach*

The Freeman Raider seventh grade baseball team won the league championship for the second year in row, posting a record of six wins and one loss. The Raiders batted an incredible .326 while the pitching staff held opponents to a .150 batting average for the season.

Coach Jerry King said the team had an on-base percentage of .452, lead by center-fielder/pitcher Ben Darcy, who had a .640 on-base percentage along with the team's only home run of the season. McKabe Cottrell has the team's top pitcher with five victories and a 2.33 earned run average. Cottrell also was a catcher/first baseman who batted .500.

Other key players included Koby Kent (shortstop, pitcher), JT Neely (pitcher, shortstop, catcher), Simon Rooney (third base, pitcher, outfield), Chance Halstead (second base, pitcher) Ryan Worley (first base, pitcher), Ethan Viles (catcher, outfield), Brandon Campbell (outfield), and Taylon Arredondo (infield).

## Is horseback riding a 'real' sport?

By Isabelle Ebert  
Middle School Editor



Photo taken by Isabelle Ebert

English riding is much more complicated than western, like the bridle for example.

Being humans, we tend to argue a lot. It seems that lately, we're arguing about what is a sport and what isn't. Horseback riding is one of the many sports we argue about. According to Dictionary.com, a sport is "an activity involving physical exertion and skill in which an individual or team competes."

"I think a sport is just anything that needs physical endurance, a uniform, and a scoring system," explained 7<sup>th</sup> grader Patricia Goldbach.

Horseback riding indeed has all of these. You need to be able to *stay* on the horse, which is harder than it looks. Also, if your leg (specifically calf) muscles aren't in shape, you can definitely pull something.

In horse shows, competition appropriate boots are required, and so are helmets. You have a better chance at winning if you have the proper show clothes. For example, you must have the following to compete in English show jumping: a long-sleeved blouse with a dark jacket over it, brown or green breeches, and tall boots that must be at your knee. You are required to wear a helmet, and have your hair pinned back.

These are the basic rules for 4H.

In shows, there is a scoring system! When competitors do something that impresses the judge, they get more points, and if the rider does something wrong, they will be deducted points. When a horse slows down, for example, the rider will get docked points. The score is different for jumping; when a rider knocks a pole, he or she gains points. In this event, you would want to get as close to zero as possible.

"Riding is indeed a sport!" claimed Shannon Moore, horse trainer and riding instructor. "Studies show that you can lose more calories trotting or cantering for 20 minutes than jogging for an hour!"

You can't just hop on the horse and expect them to go around those three barrels, the right way. Keep your butt in and your shoulder up. To run on the correct lead the entire time. And, do everything perfectly. It takes much more than that. Leg cues are a huge part in any type of horse competitions!

"I think that as long as it includes some sort of physical endurance and competition, it would be a sport," 7<sup>th</sup> grader Desirae Thosath said.

Horse shows can get extremely competitive. Almost every event is just for individuals to compete against one another at the 4H horse shows. The only average events that must have more than one rider are the competitive trail team, and drill team.

"I don't think there is one particular area of rid-



Photo taken by Isabelle Ebert

Most horses start out with jumping crossbars instead of horizontal jumps

ing that has the most difficulty, "said Freeman parent Lisa Talbott. "Take jumping and barrels, for example. In jumping, it can be hard on your legs to be up in the position you have to be in, but in barrels, it's a balance thing."

Although one of the

20 people die a year from horseback riding-related events. Another estimate is that around 200 people a year have major injuries from horses.

Not only is horseback riding a physical activity, it also is a mental one. It takes a lot of work to re-

member everything that one needs to do, including, keeping your heels down, eyes forward, shoulders back, and chest out. It's also a balancing act. In barrels, the horse tips from side to side in order to get around the barrels.

The rider has to be able to stay on, or the rider will not only be disqualified, but may get hurt emotionally and physically. Hundreds of people fall off of their horses and never get back on because of the fear of getting hurt.

"What's really great about horseback riding is that there are so many different events," Moore said. "There's everything from trail riding to jumping to rodeos to western pleasure. Best sport I have ever done!"



Photo taken by Isabelle Ebert

Quarter horses usually do western riding, but this one, Willow, does dressage often.

many events may seem harder than the other, if you do them competitively, both will be the same in both physical and mental abilities.

"One of the greatest thrills from riding is learning to jump over the 'fences'. The fence is made up of 'rails' that can be easily added or removed to make the jump higher or lower. You start out with little baby 'jumps' about a foot high and then progress upwards from there as your abilities allow," said horses-and-horse-

## Just Listen, don't think or judge

By Ali Tesch  
Raider News Editor

Have you ever assumed that someone has the perfect life just because they are beautiful or have a nice home? Annabelle Greene was considered the girl who had everything. She was popular, beautiful, and had a successful modeling career. She was the girl every body wanted to be until one unforgettable night. After the unspeakable happens, Annabelle isolates herself from everyone else hoping that they will forget what happened. When Annabelle returns to school after summer, she realizes that the exact opposite happened. After her friend Sophie dumps her when school starts, she realizes that she has nothing. She has no peace at home since her older sister has become anorexic. Then the unexpected happens: Annabelle becomes friends with Owen Armstrong. Throughout the novel, Owen helps Annabelle finally comes to terms with what happened on the night Sophie stopped being Annabelle's friend.

Sarah Dessen's Just Listen is an excellent novel that keeps the reader entertained from beginning to end. Throughout the novel, Annabelle struggles to run away and forget about what happened that night. By the end of the novel, Annabelle learns she must face her past.

"Because this is what happens when you try to run from the past. It just doesn't catch up, it overtakes... blotting out the future," said Annabelle Green.

Dessen graduated from UNC with highest honors in creative writing. Dessen is a successful writer and she has just released her 10<sup>th</sup> book. In 2003 her first books That Summer, and Someone Like You were based on a motion picture starring Mandy Moore.

I would recommend this book for anyone above 7<sup>th</sup> grade because it's for a mature audience. I would recommend it for 7<sup>th</sup> grade and above because of swearing. I also believe an older audience would relate to the book.

Just Listen has a lot going on and there is never a dull part. It has modeling, family dynamics, and even music. At home, Annabelle's sister is struggling with anorexia, and Annabelle must learn to come to terms with her sister's disorder. Annabelle also learns that silence can sometimes be too loud. Dessen also brings back some characters from her previous novels such as Dexter and Remy from This Lullaby.

Just Listen is an unforgettable book that makes you realize that nobody life is perfect and how sometimes judging someone by their looks, home, or family could be totally wrong. By the end of the novel its Owens's goal to teach Annabelle that judging others can be wrong and that nobody is perfect.



## There's a danger to looking 'pretty'

By Isabelle Ebert  
Middle School Editor

At Freeman Middle School, most of the girls are wearing makeup. Lipstick, eye shadow, blush, foundation, the list goes on. However, many makeup wearers don't know that their lipstick may contain lead. Eye shadows, blush, and foundation tend to have chemicals in them that cause irritation to the skin. Behind makeup that's supposed to make you "beautiful" every day, there may be a secret.

Some girls begin wearing makeup at the age of seven. In a survey done by smartgirl.org, of 1,236 people (ages 6-22), 1004 of them reported that they wore makeup. That's a little over 81%!

"On an average, a woman applies 175 chemicals on a daily basis which comes under the category of cosmetics and toiletries," said an article on daily-mail.co.uk.

There are dangers of wearing makeup every



A survey was taken at therebelution.com/modestysurvey, and guys found it more attractive to wear natural-looking makeup than to plaster it on your

day. For example, some of the chemicals used in the makeup can cause irritation, or acne.

According to daily-mail.co.uk, many eye shadows, foundations, and mascaras include chemicals such as phthalates, triclosan, parabens and musks, which can cause infertility, hormone imbalance, and even cancer. It's said that the younger the girl, the more dangerous it becomes to apply makeup every day, especially for the children with more sensitive faces.

Back to the lead in lipstick, there was a test in 2007 conducted to see how many lipstick brands con-

tain lead. Out of 33 brands, 61% of them had lead, according to safecosmetics.org. The brands included L'Oreal, Cover Girl, and even Dior Addiction, which costs about

\$24 per tube. There was a follow-up study in 2009, and lead traces were about 3 times higher than before. As you can see, wearing lipstick everyday

like a real girl!" said 7<sup>th</sup> grader Desi Thosath.

Many girls like Thosath like wearing makeup every day, but it may come with a price. Wearing makeup every day can make you feel good while it lasts, but when it clogs up your pores and causes acne, then you won't look so "beautiful" anymore.



Many foundations, blushes, and eye makeups have chemicals that can cause allergic reactions.

# District News

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## FCCLA filled a need for many Freeman students

By Brette Schmidlkofer  
FCCLA Secretary

Have you bought a Spirit Wrap? A rose on Valentine's Day? Have you ever bought little goodies from the Box Tops Store down in the elementary?

When I started high school, while I wasn't shy, I wasn't very social. That might seem weird, but I read more than I talked and I almost never got involved if it took too much time. I would go to school, learn, then go home. I was a sophomore when I decided I needed to expand my horizons a little bit so I thought I would join Family, Career, and Community Leaders of America (FCCLA), meet a few people, go on a field trip or two, then go home and get on with my life. After all, being in a club looks good on a resume, right? When no one stood up to run for the position of secretary I thought I would help out a little bit more. I have been FCCLA's secretary for the past two years.

What started out as a way to look good for the future became a way to enjoy life and succeed now. I have learned a lot about working with people and being

above even my own expectations. We have done so many cool things like: volunteering at Santa Express, selling roses, Ugdorable dolls, and Spirit Wraps, making a booth for the Rockford fair, and competing in what we call STAR events.

Last year we made and sold dozens of Ugdorable dolls (a doll that is so ugly it is cute) and donated the profit to help students in the Reduced Lunch Program.

FCCLA is closely tied to our Family Consumer Science Classes (FCSC) such as Foods and Nutrition and Child Development. We help nutrition awareness in the elementary and middle schools; as about a month or two ago we made posters about the presence of fats and sugars in common foods and posted them all over campus. Also, every year FCCLA and FCSC work together to host the Poster Contest where younger students submit a poster to compete for a prize; it is always a hit.

This year Lexi Saeger, Beth Primer, and I all competed. Beth did a lot of work and made it to the regional competition in Job



Photo courtesy of Brette Schmidlkofer

Advisor Jennifer Fees with members Brette Schmidlkofer, Anna Jackson, Tori Keizer, Lexi Seager, and Hannah Watkins at this year's FCCLA state competition

Interview, and I made it to state in Fashion Design. Lexi is going to nationals down in Florida this summer for her Recycle and Re-design. Beth was going to use her job interview portfolio to try and actually get that job, and I learned how to organize and present an idea. Lexi managed to sell enough of her recycled pet food bags to cover most of her trip. A lot of kids compare FCCLA to Future Business Leaders of America, but I think FCCLA is more personal. A lot of our projects and competitions

are more hands-on and there is more preparation beforehand.

All of our members are sad that FCCLA is coming to a close for our school, and we will miss our advisor Mrs. Fees very much. I look forward to working with our wonderful principal, Mr. Smith and our awesome superintendent, Mr. Russell to finding a way to restore our club, but until then good-bye. FCCLA brought me, and several other members, out and got us involved in the community.

## FHS Track finishes strong at state, 8 State Champions

A big Congratulations to the boys track and field team for many outstanding performances at the state track meet at EWU this weekend.

The boys team trophied finishing 4<sup>th</sup> overall with three state championships!

**Cody Unfred** set a new school record and was crowned state cham-

pion in the triple jump with a jump of 45 feet 5 inches. He also finished 8<sup>th</sup> in the long jump

**Quinn Robinson** easily defended his 400 meter title and was also crowned state champion for a second straight year.

The boys 1600 meter relay team broke a 39 year old school record

and beat all other teams by 30 meters to be crowned state champions. Team members are

**Quinn Robinson, Austin Fish, Max Axtell, Connor Rubright, Christian Dresback and Tanner Waite.**

The boys 400 meter relay team finished 3<sup>rd</sup> overall. Team members

are **Daniel Wheatley, Cody Unfred, Max Axtell, and Quinn Robinson.**

**Billy Broussard** finished 4<sup>th</sup> in the high jump with a jump of 6 feet 4 inches

**Austin Fish** finished 7<sup>th</sup> overall in the 800 meter run.



Photo courtesy of John Hays

Boys 1600 meter relay team Max Axtell, Quinn Robinson, Austin Fish, and Connor Rubright show off their first place medals after smashing the school record. The boys team finished 4<sup>th</sup> overall.

### Freeman's 4th Grade Math Is Cool wins state

Congratulations to Freeman's 4<sup>th</sup> grade Math is Cool took 1<sup>st</sup> place at state May 19, 2012. Chris Barron placed



Front row: Trista Gilbert, Thomas Willard, Chris Barron. Back Row: Owen Bryant, Coach Erin Honeycutt