

FREEDOM PRESS

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Photo by: Sarah Read

Read more in Appreciating Freedom's Teacher
and Support Person of the Year!

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== SPIRIT DAY ==



Photos by: Brianah Daniel

NEWS

Annual Club Showcase Excites Students!

By: Jadyn Goldberg



(Photo by: Allyra Castillo)

Thursday, August 24th was Freedom High School's annual club showcase, where each club available at the school shares information and tries to gain new members! From freshmen to seniors, people from every grade were swarming around A and B lunch looking at the many tables filled with information from different clubs at our school. With over 30 clubs offered at Freedom, students have a lot of choices, and every single one has something special!

The clubs offered at Freedom span from academic to music-based to literature to math and science. There is truly something for everyone, and each club offers many different opportunities and skills to gain in its respected field. Joining a variety will give you an extremely well-rounded experience! Some of the personalities of each club shined through their officers, poster boards, and paper slips, giving students an insight of the atmosphere of the varying extracurriculars.

Even with our abundance of clubs, there are still some new ones created this year for students to look into as well! Chemistry club, sponsored by Mr. Pratt is a new extracurricular for all chemistry lovers or students who need a little extra help! There is also NEHS, which stands for National English Honors Society! The club is focused on literature and reading based community service projects as well as tutoring for English! Finally, Beta club was reintroduced to school as well after not being around for the past 5 years-

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-Sponsored by Ms. Christian, Beta club focuses on community service, academics, and school events! There are requirements to join, needing a 3.5 unweighted or 4.0 weighted GPA and are taking at least one honors or AP class.

There were also many clubs that were gaining a lot of attention. Some noticeable ones were Actions 4 Animals (A4A), Asian Student Association (ASA), Drama club, National Honors Society (NHS), Science National Honors Society (SNHS), and much more! These clubs had beautifully decorated boards filled with photos, drawings, arts and crafts, some even offered candy at their stands! National Honors Society played a game of guessing how many chocolates were in a jar! These activities and designs really helped bring in students, but the exciting concepts of the different clubs hopefully helped gain a few new members all over.

The entire showcase hosted a space for numerous clubs to represent themselves, and certainly gave students the opportunity to find new ways to spend their time after school. Not only was it a great experience, but an extremely successful event for students and clubs alike!



FEATURES

Appreciating Freedom's Teacher and Support Person of the Year

By: Samantha Villanueva



(Photo of: Mr. Hellmund and Mr. Caraballo, Photo by: Sarah Read)

The teachers and staff members of Freedom High School receive many expressions of thankfulness and gratitude but the most rewarding of them all are the titles of Teacher of the Year and Support Person of the Year. For Mr. Michael Hellmund and Mr. Robert Caraballo, those are the respective titles they have been honored to be given this school year.

While they are not being Freedom's most currently appreciated staff members, Hellmund is the school's Astronomy Honors and Aerospace Engineering teacher and the sponsor for the Aerospace Club. Regarding Caraballo's role in the school, he is the Program Assistant, Substitute and Social Media Coordinator, Assistant Athletic Director, and the Girls' Basketball Head Coach, Bowling Coach, and Tennis Coach. Freedom has been lucky to have Mr. Hellmund as a part of its staff since 2008, as well as lucky to have Mr. Caraballo on Freedom's staff for 9 years.

To be named the Teacher and Support Person of the Year, the faculty nominates their colleagues based on who is the most deserving of the honor of having said titles. To be eligible for this title, each individual voter has their own perspective on what "eligibility" is. For Hellmund, in his own words, the reason he thinks he is eligible for this title is because "I am always here to help out fellow teachers and I also try to share the newest news about the night-

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-sky with them and my students. I also hold star parties for students, teachers, and the community!” In Caraballo’s opinion, he believes he is deserving of the title since he “hope[s] it’s because people appreciate my hard work and commitment. There are a lot of people who work behind the scenes though, and so I am just very fortunate that I get to be part of such an incredible team of professionals who care so much about making our school the very best.”

A similarity in why they’re deserving of this title can be traced back to their commitment to their ambitions. Being the sponsor of the Aerospace Club and the Astronomy Honors’ teacher shows how passionate Mr. Hellmund is about space which is why his most significant ambition school-wise is to continue to educate his students about “the wonder and magnificence of night sky and the things we can learn from simply looking up!” As the Girls’ Basketball Head Coach, Caraballo’s current ambition is to “lead our Girls’ Basketball program to another District Championship, so we’re working hard to prepare for the season.”

As previously mentioned, Mr. Michael Hellmund and Mr. Robert Caraballo were the two chosen by the faculty schoolwide and because of this, a big thanks has been given by them to those mentioned in their thank-you’s.

From Mr. Hellmund:

“A shoutout to all those who voted for me! But I would be seriously remiss if I did not share this award with the supportive administration and staff at Freedom High School. There truly some of the very best teachers, admin, and staff at this school who bring their very best every day. I especially want to thank our fantastic, science team – we are all good friends, always there to support and help out in whatever ways we can. I, of course, want to especially thank Mrs. Terri Pope Hellmund, my lovely wife (she works here on campus handling 504s and gifted.) I think she is always the teacher of the year!”

Lastly, from Mr. Caraballo:

“I want to thank our staff for this recognition, Mr. France and our admin team for entrusting me with these responsibilities, our students for allowing me to continue to serve you, and my family for their love and support.”

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Photos by: Sarah Read

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College 101 for Seniors and Parents

By: Elizabeth Robbins

On August 31, 2023, Ms. Dotson hosted a College 101 meeting for seniors and parents to prepare the students for what's to come in college. They went over many topics at the meeting, and there are some important things to note if you missed it. This includes senior pictures, communication, resources, graduation requirements, post-secondary plans, career exploration, levels of education, college search, and college applications.

You can get your senior pictures taken on campus on October 30, 2023. This is available from 9:00 a.m. to 6:00 p.m in the gym lobby. There is a \$29 session fee that includes a yearbook photo, a cap and gown photo, and one casual scene photo.

Communication is very important on the way to college. It is important to know who your counselor is and how to contact them. Some things to remember when filling out forms are to always use your full legal name, have a safe place to store usernames and passwords, and use proper punctuation for every form you complete. On all applications, remember to use your personal email, full legal name, save your username and password, use proper punctuation, formal writing, and include your school counselor.

It's important to know what resources are available to you. There are workshops for college and career readiness in room 802. You can go during A or B lunch on Monday through Friday, or after school on Wednesdays from 1:30 p.m. to 2:30 p.m. These workshops go over career exploration, creating a college list, creating a resume, college applications, scholarships, financial aid, FAFSA, and FFAA (Bright Futures).

There are some graduation requirements that are important to be aware of. The required credits are four English credits, four math credits, three science credits, three social studies credits, one HOPE credit, one art (performing, fine, or practical) credit, and eight elective credits. You must have also passed the State required 10th grade English test and the Algebra 1 EOC. You must have an unweighted GPA of 2.0 or higher in order to graduate.

SPORTS

Get to Know Our Girls Volleyball Varsity Team!

By: Rodrigo Suarez

Volleyball season is here now, alongside with football, it's one of the two most important sports that are played in the fall; at the time of writing this article, the girls are on a winning streak of 3-1. This team has been very competitive in each of its matches, they have dominated the other schools against whom they have played; it is clear, there is a good chemistry in the team and it can be noticed by the great performances the girls have had so far in the season.

The varsity team's roster is 12 players, of which 8 are seniors, 3 are juniors, a single sophomore, and 2 freshmans. Of the most outstanding players we can mention: Albana Teran and Alanis Colon, who have been one of the most outstanding players so far in this season.

I have interviewed one of the players; Fabiana Flores, and she has told me that this team has committed a lot of hard work this year to be able to reach the playoffs and why not, reach the conference finals. It's not such a long season, the girls will be able to focus on each game as if it were a final, and thus be able to have the best possible record. Good luck to the girls, both the Varsity and Junior Varsity teams.