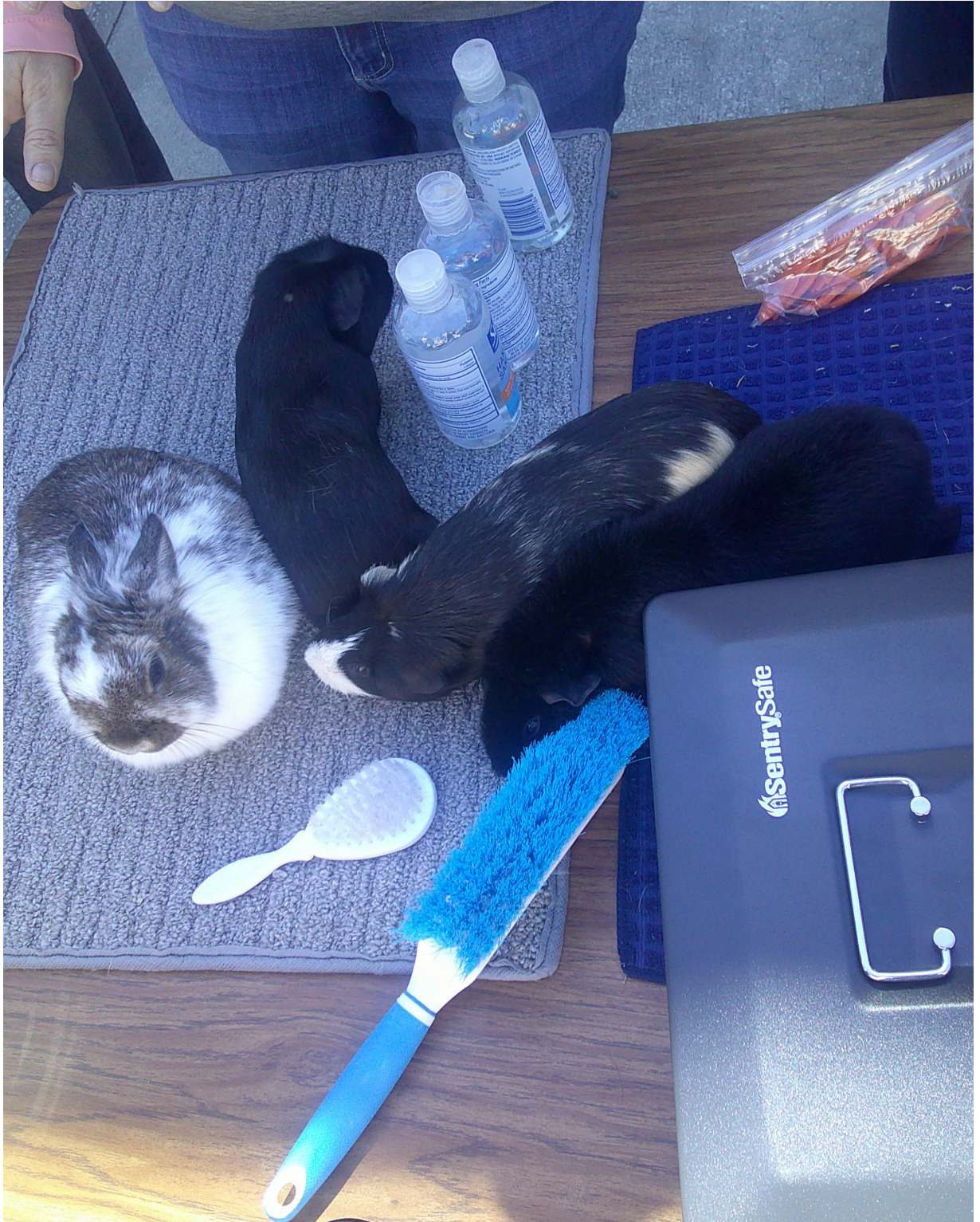


# FREEDOM PRESS

Two weeks until Spring Break!

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Edited By: Jady Goldberger

Photo By: Raymond Arbaje  
Read more about the FFA Fundraiser below!

# NEWS

## Future Problem Solvers: Regional Competition

By: Allyra Castillo

Future Problem Solvers, students who solve major issues in a hypothetical scenario set 20-30 years in the future, won Regional competitions. These students recently competed in the Regional competition on January 31st, 2024 at the Orlando Science Center.

Our school had 9 students place top 3 in their category and 17 students participated in the competition. I interviewed one of the top 3 winners, Sharanya Chatterjee, about her experience during the competition and about being a part of Future Problem Solvers as a whole. The goal of Future Problem Solvers is to identify an underlying problem within the future scene and devise a futuristic but feasible action plan to address it. They each completed individually.

During the competition, solvers have 2 hours to go through the 6-step creative problem-solving process. These processes include identifying challenges, deciding on an underlying problem, brainstorming solutions, developing criteria, weighing the merits of different solutions, and finally writing an action plan to address the future scene. This problem solving process teaches critical and creative thinking, problem solving, and decision making.

Winner and Participant, Sharanya Chatterjee, explained that she did a lot of research on Regional topics like Antarctica to prepare. She explained that timing is always a challenge, but she made sure to leave plenty of time at the end for the Action Plan, which is essentially an essay. She also has been competing in Future Problem Solver for 8 years, so she is used to the pressure but she explains how she always needs to start focusing as soon as the competition starts, so she doesn't have time to feel nervous.

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Future Problem Solvers also plays as a learning opportunity where participants learn about various issues affecting Antarctica (the Regionals topic) and the many scientific research experiments that are being conducted there.

This program always skilled problem solvers to solve problems with their variety of perspectives. This program is also always creative and critical thinkers who look for innovative ideas. If you are a student and want to stretch your thinking, future problem solvers solving model is for you.

# NEWS

## FFA Fundraiser Give Students Opportunity to Pet Cute Animals

By: Joel Mercado



Photo By: Raymond Arbaje

This week, an FFA fundraiser took place to support the Agriculture class, taught by Mrs. Dodge. Mrs. Dodge and some agriculture students willing to volunteer set up a table during both lunches and let students willing to pay \$1 to pet the class animals. According to Mrs. Dodge, “Our pet therapy day, we’re showing off our animals that we show off at the fair” and “it’s important to learn about animals.”

FFA, the Future Farmers of America, is a student-run leadership organization around agriculture to promote: premier leadership, personal growth, and career success. More specifically, it is an American non-profit career and technical student organization, which offers middle and high school classes that promote and support agricultural education.

The class’s animals include: one rabbit, Bun-Bun, and three guinea pigs, Naboo, Leia, and Padme. Plenty of students were willing to come over to the table and pay \$1 to pet these adorable animals. Students wanted to pet the animals because they “love animals” and they’re “fluffy.” Assistant Principal Duarte said that having the opportunity to pet these animals “makes you feel calm and relaxed” as well as, “it helps with stress.” This perfectly catches the purpose of the fundraiser as it gives students a chance to unwind a little bit with the animals.

# NEWS

## Central Rock Gym Free Climbing Event

By: Peter Tran



Photo By: Peter Tran

The Central Rock Gym located near Florida hosted a free climbing event that started on Thursday, February 8th. The event lasted from February 8th to Sunday, February 11th and all visitors were allowed free access to the climbing walls and the fitness center. The gym was flooded with passionate climbers taking advantage of the one-time occasion.

The normal rate for a day pass is 25 dollars for anyone over 22 years old, 22 dollars for anyone under 22 years old, and 15 dollars for kids 5 and under. There are also climbing shoes available for rent if you need them for 5 dollars extra. Monthly memberships are also available for purchase starting at 89 dollars for people over 22 and 79 dollars for people under 20.

Events in the past included the coffee+climb event and singles night. The coffee+climb event offered free coffee to climbers who showed up with their mug and the singles night had groups of single people get to know each other. Other activities after the free climbing event included the V2 Club, Valentine's Day(Half off if you wore pink or red), Buddy Climb, Member's Trivia Night, Dyno Date Night, Boulders and Brews, and Ladies Night.

The Central Rock Gym also provides a Climbing Progression Program for people who want to join. Their lessons include footwork, balance, hold usage, sequencing, body position, dynamic climbing, projecting, balanced climbing,

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static climbing, proprioception, body awareness, movement, efficiency, and antagonist training. The class schedule starts on Tuesdays from 6 pm to 8:30 pm and is directed by instructor Youssef, who alternates between the different lessons on how to progress on rock climbing skills. On Wednesdays, there are yoga sessions with instructor Candida from 6 pm to 7 pm, and on Thursdays, there are fitness lessons with instructor Manny, also from 6 pm to 7 pm.

# FEATURES

## The Wonders of SGA

By: Jashaliz Rosado

As people may know SGA is a big part of Freedom High. They are involved in most, if not all of our school events. SGA is the student government association, they plan most of the school events like prom, homecoming, and spirit weeks. These are all led by Ms. Brown and Miss Beovich.

SGA is a class about leadership that puts students in a work-like environment while still keeping it interesting and interactive. The class has many different roles and sections, students can be an executive, a class officer, or a cabinet officer, and there are roles in each of the committees. Some roles include student body president, class president, director, and ambassadors.

SGA has three different types of committees; standing, homecoming, and cabinet committees. There are 8-10 committees within these three types, which committee students are in determines what jobs they have. There is a Community Service Committee, Performing Arts Committee, and Pep Rally Committee. Approval for the projects comes from the SGA sponsors (Miss. Beovich and Miss. Brown), and the administration.

In an interview with Alinah Vega-Marquez (the student body philanthropy chair), she talks about how SGA is like one big family, they do everything when it comes to school together, due to the fact we have to do so much teamwork it builds strong positive relationships. She also shines some light on the fun parts of SGA like District Three's. District Three are meetings that happen 3 times a year where the SGA class meets up with other SGA classes across the district. They have leadership parties and workshops with dance parties in between. Another fun experience she had in SGA was planning homecoming, she says decorating homecoming is fun as well, it's a good experience, since SGA is a family being in a room with them just lights up the room, and she's grateful to be apart of it.

# FEATURES

## Neuroscience Club, Learning About The Brain!

By: Gabriela Umanchuk

A club where knowledge is the skill that is being worked on. The Neuroscience Club is a place where students from Freedom High School have the opportunity to expand their knowledge about the human brain. It is a club with the main purpose of making the new generation develop an interest in this field. Members can learn about the nervous system and the brain and maybe prepare for a career in this field. Also, the students even have the opportunity to participate in a competition at UCF which is the Central Florida Brain Bee.

Talking about the story of this club, it all began in 2017 when the sponsor of the club, Ms. Chapman heard that UCF was going to conduct a regional Brain Bee competition and decided that it would be a great opportunity for her students who would like to have experience in the field. In the club, they started giving lectures about the field, in general, to prepare students for this competition, and even today, this is still some kind of big goal when being part of the Neuroscience club. Some of the little tips from the club that can help any student prepare for the field are the following; take some advanced classes like AP Psychology, AP Statistics, AP Biology, or any other biomedical course and keep the learning going even outside school.

Finally, the way that the club keeps the spirit of having fun while still learning is by doing fun activities every other meeting with activities like kahoots and demonstrations of anything related to the current topic that they are currently learning about. The club has about 8 members who show interest in the topic, but the officers are open to anyone who wants to join and learn about the brain and its rareness. They have meetings every other Tuesday in room 433 and hope to see you there.



# FEATURES

## Red Cross Club

By: Livia Vitzel

One of the clubs here at Freedom High School is the Red Cross. This club is a branch under the regional Red Cross Organization in which people from the club work together to help reduce suffering within the community. The president from the club, Alex Zhang, said, "I chose to become more involved in this club because it is a very good cause, and I felt it allowed me to make the community a better place."

By having people work together it increases chances to help people in need. By being in this club, you can make a difference in life by helping other people and making our community a better place for everyone. During the meeting they do activities such as learning about natural disasters through quiz games and making holiday cards for veterans, and mostly finding unique ways to help people. If anyone is interested in the club they are accepting people to join all school year long. The meeting takes place the first Monday of each month, starting at 2:30 after school in room 409.

The goal of the Red Cross Club is to help students get involved with volunteering within the community, like volunteering at Give Kids the World or making cards for veterans.

Vice President Brandon Conklin said, "I think FHSRC is a great way for students to get involved with helping their community and achieving community service hours."

The officers and members of the club are excited to see their club grow and see the difference they can make to the community. Their Instagram is @freedomredcross. Being a member of this club is a great opportunity to connect with other students of Freedom High School and be able to make a difference to help people.

# FEATURES

## FHS Beta Club Combines Academics and Community Service

By: Elizabeth Robbins



Photo of: Jadyn Goldberg, Vice President of Beta Club

Photo by: Allyra Castillo

Here at Freedom High School, we offer many clubs, including Beta Club. Beta Club helps students undertake leadership positions and grow academically.

Beta Club is a nationwide organization with a goal of recognizing students who have leadership qualities. Beta is centered around four pillars: Academic Achievement, Character, Leadership, and Service. Beta provides opportunities and experiences to communities around the world to help them grow in these qualities.

In order to be in Beta Club, you must have a 3.5 unweighted GPA and be in at least one AP or Honors course. To join, you must be invited, emails are sent out by the end of the school year. The sponsor is Ms. Christian and meetings are held in room 548. Meetings are twice a month on Thursdays.

Beta Club offers many fun experiences, including the Beta Convention. This is an event that gives students the chance to compete in many events that can be based in academics, art, and more. Some academic based competitions include taking tests in various subjects. This could be in Math, English, Science, Social Studies, and more. Some art based competitions include painting and drawing. This gives students the chance to showcase their artistic abilities. There are also some STEM based competitions like engineering and technology. The broad range of competitions allow every student to show their unique talents.

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At Freedom, this club is relatively new after not being around for a few years, and is still re-growing. They hope to grow stronger as the year goes on, especially involving competing in the convention next year. Because service is such an important part of Beta, they are also always looking for more volunteer opportunities for the club to participate in. Volunteering is a great way to help others and serve your community. Beta Club offers many opportunities for members and is a great club to be a part of.

in a delightful snack, all for a good cause.

# SPORTS

## The Freedom Varsity Boys Volleyball Season is About To Start!

By: Leonardo Cozzo

The Volleyball season is about to start and our players are getting ready to have another spectacular season! The first game will occur on March 5th, against University High School. The first home game will occur on March 7th, against Lake Nona High School at 4:00 pm, let's make that gym full!

The Varsity boy's team is full of great players. Among them is Senior Joaquim Petegrosso, who has committed to St. Thomas Aquinas College! Joaquim is a huge part of the success of the team. The Coach, Gina McFerren, is an amazing leader to her players. She even won National Coach of the Year in 2019, the season our volleyball team was state champions! According to maxpreps.com, our Freedom Volleyball boys were state champions in 2019 and 2021, being the only school in Florida to be state champions twice!

Since the state tournament started in Florida, in 2015, Freedom has only lost 28 games. This number might look like a lot, but there have been a total of 218 games since 2015, which means they won 190 games, putting their record at 190-28! Interesting fact, Coach Gina McFerren has been the coach all of those years. Another reason that our volleyball team is the best in Florida history is that the last season that our team had more losses than wins, was 10 years ago, in 2013-2014, we have been a victorious team ever since!

According to the ranks of maxpreps.com, in The 2020-2021 season, the team won state championships with 30 wins and 2 losses. This was an amazing year not only because they were state champions, but they also ranked 9 in the whole country! The roster that season had players like Joaquim Petegrosso and Enrico Lisboa, who are on our current roster.

The Patriots have one of the best volleyball teams in the whole country, and this season is expected to be another incredible season. Good luck Patriots!

# REVIEWS

## WingStop is a Flavorful Adventure You Can't Miss

By: Benjamin Cardenas



Photo By: Alexander Camacho

WingStop is not just a restaurant, it's a magical land where flavors come to life as soon as you walk in. The yummy smell of wings makes your tummy do a happy little dance. It's a place where the food adventure begins!

Let's talk about the stars of the show, the wings! They're like superheroes with different flavors to save your taste buds. If you like a bit of spice the classic hot wings are your heroes. They are not too hot, just the right amount to make your mouth feel alive! And the lemon pepper wings!! They're like a cozy hug for your taste buds, with a little bit of garlic and a sprinkle of parmesan cheese. It's like a flavor party in your mouth!

But hold on, Wingstop has more than just wings! The fries are like crispy side-kicks that come with the wings. They're not just regular fries; they're hand-cut and seasoned, making them super tasty, and guess what you get to dip them in blue cheese or ranch but blue cheese is way better. It's like having secret positions that make the fries even more awesome.

Now, let's talk about how the wings are made. The cooks at Wingstop are like wizards in the kitchen. They make the wings super crispy on the outside and juicy on the inside. It's like a magic spell that makes every bite a delicious adventure. and the best part is they do it all with a big smile!

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The place itself is decent, it's not too fancy but it's friendly and welcoming. You can go with your friends or family, and everyone will find something they love. The people who work there are like food friends, making sure you have the best time ever.

Ultimately, Wing Stop is like a wonderland for your taste buds. With its super-hero wings, sidekick fries, and magical flavors, it's a place where food dreams come true. So, grab your appetite and get ready for a tasty trip you won't forget! Wing Stop is not just a restaurant; it's a flavor adventure waiting for you!

# REVIEWS

## Declan McKenna Continues to Impress

By: Samantha Villanueva

Most known for his #1 single “Brazil,” the English Singer-Songwriter, Declan McKenna released his pop-rock junior album, “What Happened to the Beach?” On February 9. His third album’s style strays from his past projects but still has a feel to the music where the sound feels like McKenna’s music.

McKenna received his moment in the spotlight in 2015 after winning Glastonbury Festival’s Emerging Talent Competition as mentioned previously, McKenna is known for his #1 song “Brazil,” written at the age of 15 and focuses on the political and social issues of the FIFA World Cup. This song is featured on his indie rock debut album *What Do You Think About The Car?* which peaked at #8 on the Scottish Albums Charts. About three years later, McKenna released his sophomore indie rock studio album, *Zeros* which peaked at #2 on both the Scottish and UK Albums Charts, with the most successful single being “The Key to Life on Earth.”

Before the release of the album, McKenna released four singles to promote the release of the album which are “Sympathy,” “Nothing Works,” “Elevator Hum,” and “Mulholland’s Dinner and Wine.” The junior album peaked at #1 on the Scottish Albums Chart and #3 on the UK Albums Chart. *What Happened to the Beach* is said to be a departure from McKenna’s prior style and sound which is clear when listening to the album. The new style, even though a step out of McKenna’s comfort zone is nothing short of impressive.

The album’s production still has the Declan McKenna-esque production aspects with the funky sounds and reverb to the voice, but there is a distinct shift in sound with the pop elements of the songs. With all the 12 tracks, the most impressive songs of the album are “Mulholland’s Dinner and Wine,” “Nothing Works,” and “Honest Test” due to the lyricism of the songs, as well as their unique sounds.

With that being said, “What Happened to the Beach?” deserves an 8.5/10.

# REVIEWS

## Inside Out: The Go-to Movie for Family Night

By: Torry Gonzalez

Imagine being a teenager whose life has been turned upside down and having no one to turn to except for their emotions. That's what happened to Riley (Kaitlyn Dias), an 11-year-old girl when she had to move to San Francisco and watch as her entire life changed. Inside Out was released on June 19, 2015.

Inside Out takes place when Riley turns 11 she moves from Minnesota to San Francisco. During this movie, Riley starts developing her emotions more. Her emotions are led by Joy (Amy Poehler) as they try to guide her through this difficult time and life-changing event. Eventually, the stress gets to be too much which makes Sadness (Phyllis Smith) move to the forefront. Somehow some way Sadness and Joy both get swept to the far back of Riley's mind, leaving the only emotions upfront Anger, Fear, and Disgust. The voice actors did an amazing job voicing their characters. They made the characters seem like actual people instead of being animated.

Things to like about Inside Out are the relatability and being able to understand everything in depth about the characters and how they feel and how people can tell how much the voice actors and everyone else put a lot into making the movie and characters come to life. Things people can take away from Inside Out is that even though someone seems like they're okay on the outside they can be going through a lot on the inside.

Inside Out is a movie for all ages. Everyone in the family would be able to relate to at least one of the characters. Inside Out is a 5/5 star movie. People should definitely give this movie a shot even if they are not a big fan of cartoons.



# REVIEWS

## The Future is Here with Yeat's New Album, "2093"

By: Julian Girona

The album "2093" by Yeat is an amazing new album. It's got a crazy mix of sounds, which makes him different from any other rapper. The beats are super catchy, and you can't help but want to vibe to the songs. The lyrics also have deeper meaning too, they really make you think about the future. Plus, the collaborations with other artists are groundbreaking, bringing on another rapper really changes it up.

The first track sets the tone for the album, it's like stepping into a time machine and going into the future. Then it just keeps getting better from there.

The album conveys a mixture of emotions, some that are sad, some that get you in the feels, and some that are upbeat. The way they use different instruments as well just makes it even better. There's electronic sound but also old-school vibes thrown in to create a unique masterpiece.

The album cover looks like a sci-fi movie poster, which is already very cool, fitting in with the whole theme of the album. Yeats voice has matured a lot since his last album, it's way stronger now and he hits his notes better while also throwing different tones of voices in each song.

Some tracks are perfect for just chilling with friends, while others are like anthems that you wanna blast at full volume. There's a good mix of fast songs and slow ones, so it's not all the same and has variety.

In conclusion, "2093" is a must-listen. It's got a little bit of everything, and it's something you can replay and listen to again. Definitely a 10/10, would recommend to anyone who's into music that's futuristic and different. This album has replay value and is at the top of the charts right now. Listen to this album and it won't waste your time.

# REVIEWS

## Metallica Album Review

By: Fernando Molina

Metallica's self-titled album, known as the "Black Album," marked a pivotal moment in the band's career. Released on August 12, 1991, under Elektra Records and produced by James Hetfield, Bob Rock, and Lars Ulrich, the album diverged from the band's thrash metal roots, embracing a more mainstream sound.

The "Black Album" received mixed reviews upon its release, with some fans and critics praising its accessibility and polished production. At the same time, others criticized it for straying too far from Metallica's earlier aggressive style. Tracks like Enter Sandman, Sad But True, and The Unforgiven, showcased Metallica's ability to craft memorable hooks and melodies, earning them widespread radio play and commercial success.

While some long-time fans may have been disappointed by the album's departure from their previous works, the "Black Album" undeniably expanded Metallica's fanbase and solidified their status as one of the biggest bands in the world. Its impact on the metal genre and popular music cannot be overstated, making it a landmark release in the history of heavy metal.

# REVIEWS

## Mr. & Mrs. Smith Review

By: Luan Santos

Mr. & Mrs. Smith is a TV show made by Amazon Prime, the show is a spin-off of the movie released in 2005, the show is 8 episodes long, each episode is 50 minutes to 1 hour long.

Created by Francesca Sloane and Donald Glover, the show is excellent, everything is very well planned and we can see that the people involved in the show really put in the work and love to make this project work.

This show is about two people that are randomly selected to get married, but this is not the conventional marriage that you are thinking about. Both are actually spies, and their marriage is fake, Mr. Smith is played by Donald Glover and Mrs. Smith played by Maya Erskine and what this couple did in this show is incredible, their chemistry is immaculate and they work really well together.

This spy agency put these two together to make some contracts, but there is one rule: if you fail one of the missions 3 times, you cannot get out of the agency, or in other words, they kill you.

The way that their relationship improves and worsens at every episode is really interesting, they start as friends and get to know each other more and more, but there are challenges and Mr. Smith begins to struggle because he feels like Mrs. Smith is taking his brightness from him, this is one of the multiple problems that this couple has to go through their relationship and their job.

However, they don't want to break up because they actually have feelings for each other, and deep down they are in love, so they need to decide what is worth more, their love or their job. This is how they make the spectators cheer for the couple.

I give this Show a 10/10. This show is just great and is also really good to watch if you have a partner so you can also think about your own relationship.