

FREEDOM PRESS

2 Weeks Until Winter Break!

December 11th, 2023 - Issue 8

MENTAL HEALTH MATTERS

CHRISTMAS CELEBRATION

ROOM 620
DECEMBER 15 AT 2:30

DISCUSS BURNOUT AND PACING YOURSELF

CELEBRATE THE END OF THE FIRST SEMESTER WITH GAMES, MUSIC, AND SNACKS!

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Read more in "Mental Health Club Emerges at FHS!"

Freedom High
School Remembers

Korbin Blake

May he Rest in Peace

FEATURES

Mental Health Club Emerges at Freedom High School

By: Elizabeth Robbins

At Freedom High School, new clubs are always emerging. One of these clubs is the Mental Health club. Two students at Freedom High School, Jadyn Goldberg and Samantha Villanueva, were inspired to create this club because of their passion for mental health and psychology. Jadyn herself is interested in a job involving mental health and psychology. She said that starting a club like this would allow her to “begin that opportunity and teach others as well.”

Anyone who wants to learn more about mental health is recommended to go to meetings. They are planned to be every other Friday in room 620. In high school, it is easy to ignore your mental health with all the pressure of school, and a club like this could really help you. It could help you learn coping strategies to get through problems involving school, friendships, relationships, and life situations. The next meeting is on December 15th!

Generally, a club meeting would start with the officers reviewing club info, then discussing a topic concerning mental health. Talking to other people about mental health can be very helpful for people. It can allow you to decompress and relate to others in a way that makes you both feel understood. After discussing mental health at meetings, they would likely move on to some sort of interactive activity relating either directly to mental health or involving the current season. As important as it is to talk about mental health, it can be hard sometimes. It is good to take a break and focus on something else every once in a while, which is why it would be a good idea to celebrate the season.

One goal this club has is to allow students to learn how to help other students with their mental health. Jadyn said, “We want to eventually see if we can make this club into a program where we can have students learn how to help others and be a kind of mentor or guidance for other students.” They also are interested in fundraising to support local or national mental health programs.

FEATURES

The officers of this club are very excited to see it grow and expand. They are open to any suggestions or ideas anyone has to offer. Their instagram is @fhs.mentalhealthmatters. This is a great opportunity for students at Freedom High School and everyone is recommended to go and check it out!

FEATURES

Challenge your Arguing Skills with Law Club

By: Samantha Villanueva

Aspiring lawyers have a chance to prepare for their future careers during high school through the school's Law Club, founded by Maria Rangel and sponsored by Mr. Colby Beck, the Comprehensive Law Studies teacher. The officers of the club include the vice president, Emma Sammons, the coordinator, Elias Perez, the secretary, Sarah Weate, the club ambassador, Samantha Galan, the historian, Ana Rodriguez, and the mock trial chair, Dasha Cabeza.

The recent creation of the Law Club was fueled by Rangel's realization that there aren't many opportunities to familiarize oneself with the law. Even though someone could take Comprehensive Law Studies, she noticed that the elective only lasts one year, and in her words "[she] felt that it was not enough and that all of us aspiring lawyers should be taking the most out of our high school experience to know more about this career." She also points out that she realizes that many seniors haven't gotten the chance to take the Comprehensive Law class as well as future lawyers in the school who want to develop their knowledge as soon as they can, and she believes that the club is the best way for future lawyers to learn more about the law. Rangel wants to preface that even if some don't intend to be lawyers or develop a legal career are more than welcome to join, and believes that it is incredibly important to know one's rights and duties which can be done with the help of the Law Club.

The goals of the club are to develop the knowledge of students about the law, and do so in a way that is fun and engaging, by having discussions, debates, and also learning about how to take a side in any issues, says Rangel. These goals are intended to be executed through activities in the club such as trivia about law that include prizes, mock trials, investigating unsolved cases, debates on legal issues, as well as holiday parties.

FEATURES

There are no requirements to join the Law Club, but there are, however, expectations before joining the Law Club. The expectations for the club are comfortableness in public speaking, and if you identify yourself to be an introvert, the club has made it their responsibility to help you develop your public speaking skills. It is important to be prepared to speak, prepared to have people argue against your side, to hear many kinds of opinions other than your own, and to defend your opinion as well.

One of the many plans for the club is an activity where members will be given a Disney villain with a list of crimes committed and will have to work individually or in a group to defend the character, and a sentence will be decided by the officers acting as the jury. The purpose of the activity is to develop members' arguments and criminal defenses. The Law Club's most recent meeting, on November 28th, in Room 408, hosted a trivia event that asked questions about certain laws and cases throughout history.

SPORTS

Our Volleyball Girls Wrapped Up Their 2023 Season!!

By: Rodrigo Suarez

The girls have reached the semifinals of the district tournament, where they have been defeated 3 sets to 2 against Olympia, the team that has gone all the way to lift the trophy against a very powerful Windermere side. The Freedom girls have been able to finish the season with a winning mark of 14-11, something they have been able to achieve in the last three seasons, which is to end the season with more games won than game losses.

If we have to summarize the girls' season in one word, it would be "atypical", and it will be explained; the girls had a somewhat inconsistent performance, winning the first 3 games of the season, but then losing the next 5, practically that was the trend of the whole season. Even with the struggles in the season, they managed to reach the semifinals. Clearly, the success of this season could not have been possible without the presence of every single player, from the seniors to the freshmans, each contributing their part for the success of the team, but there were some players who went above and beyond, those are the following; Albana Teran, Maria Roik, Sofia Vigil, and Alanis Colon.

Now that the season is over, there is nothing left but to reflect on the good times of the season, and try to work and improve the bad ones, nevertheless, now that the girls have given everything, now it's up to the boys to show how good they are when the season starts in the spring.

REVIEWS

A Hero Rises: 'Blue Beetle' Takes Flight

By: Allyra Claire Castillo

Getting offered a new job but would you have expected this job offer would change your destiny forever? Blue Beetle introduces us to Jaime Reyes who recently graduated college and is returning to his home to Palmyra city. Blue Beetle came out on August 18, 2023. Actors Xolo Maridueña and Bruna Marquezine are well-known actors in this movie.

Blue Beetle follows the story of Jaime Reyes, a high schooler who discovers a mysterious alien scarab that grants him superpowers, turning him into the Blue Beetle. The film dives into Jaime's journey as he discovered his newfound abilities while navigating through challenges. Set in present-day, the plot explores Jaime's struggles with the responsibilities and dangers that come with being a superhero. Bruna Marquezine and Xolo Maridueña, received positive feedback for their performances, praised for their chemistry and portrayal of their respective characters. Critics and audiences complimented their believable and engaging representation, contributing to the overall success of the film.

The part I really liked about the movie was how they represented Jaime's growth as a superhero, especially dealing with the scarab's powers and the challenges that came with them. The mix of action and heartfelt moments kept me hooked. But at times it felt like the story rushed through certain character developments, and I wished they had more depth. Although the film touched on Jaime's cultural identity, it could have explored the aspect more. Watching the movie taught me about embracing our roots and responsibilities that come with unexpected abilities, which was cool to see in action.

The group of people that would enjoy this movie is comic book enthusiasts as well as general moviegoers who appreciate a fresh take on the superhero genre. The movie's blend of action, humor, and heart makes it appealing to a broad audience. Fans of DC Comics or those intrigued by diverse representation in superhero stories would enjoy this film.

REVIEWS

With its charismatic lead, amazing storyline, and impressive visual effects, Blue Beetle receives a solid rating of 8 out of 10, delivering an entertaining and Promising addition to the superhero cinematic universe