



FREMONT BULLETIN

Volume 7, Issue 3

January 2023

PTA Updates

By Keanah and Alina

Kona Ice will be coming twice a month! For only \$5 you can get a regular Kona Ice cup, for \$6 you can get a collectable color changing cup! Make sure to save it because you can get refills for only \$4! 20% of sales go to Fremont!

We interviewed Mr. Miller about PTA and what plans are ahead. Mr. Miller is part of PTA, he is someone to ask about what goes on! Currently from what Mr. Miller said

PTA doesn't have anything upcoming, yet. There have been three different fundraisers so far. This is what we currently receive from it! For skating plus they made around \$100-\$400, for Kona Ice they made around \$50-\$90, and lastly for the restaurant fundraisers they made around \$100-\$200. We

also interviewed Ms. Estes about PTA, and she said to be on the lookout around January when we get back from break. They are planning to have another restaurant fundraiser and a Skating Plus fundraiser, very soon.



Jennifer, Fremont Campus Supervisor

By Nathalie

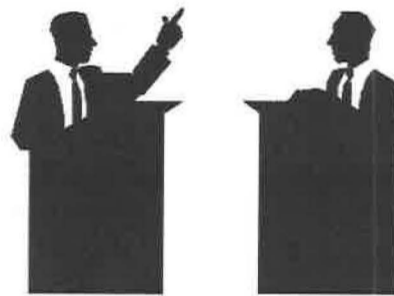
I recently interviewed one of our new school campus supervisor named Jennifer. She has been a campus supervisor for 9 years and recently switched to Fremont from Sierra Linda. She decided to switch from an elementary school to a middle school to work with older kids. She chose to become a supervisor because her kids were in kindergarten 9 years ago and she wanted to be with them. Jennifer's favorite part of her job is being able to protect us, watching us, and being able to teach us good things. Jennifer also said she loved her job. After all Jennifer really enjoys her job and being able to work with kids.



Speech and Debate Club

By Daniela F, Reilly R, and Jazlyn P

Do you enjoy debating and stating your opinions? Then this club is right for you! The speech and debate club is run



by Mrs. Todd in room 403. Members of this club meet up every Friday after school from 3-4 pm. Opinionated, expressive, and respectful students make a good member of this club, but Mrs. Todd recommends anyone to join. Mrs. Todd's

goal is to hopefully travel around the world with her speech and debate team and win trophies with them. Anyone can join speech and debate and YOU can be a part of them too.

Girl Basketball Team

By Hannah A, Emma R, and Bryanna B



Welcome to the 2022/23 girls Basketball team! The coach for the girls basketball team is Coach Watson. The players are Sophia Ramirez, Halena Marin, Melody Hernandez, Mya Munson, Elizabeth Gonzalez, Maya Rodriguez, Lia Reyes, Galilea Rojas, Michelle Gonzalez Ortiz, Brigette Thompson, Sandra Alnadda. On Monday, December 5, 2022 the girls began their season and won their very first game against Drifill even before having their first practice! They continue to defeat other schools! We asked Halena Marin, what is her favorite thing about joining the basketball team. She said, "My favorite thing about joining the team is my teammates and the fun practices." These people have a great future coming towards them. Let's have hope for them in the future.

Page 1
PTA Updates
Jennifer, Fremont Campus Supervisor
Speech And Debate Club
Girls' Basketball Team
Page 2
Students Need Better Lunches!
Our Librarian
ASB Member Erica
2022 World Cup

Page 3
Black Veterans Monument
The Therapy Pig
M & M Cookies
Wabte, What Are They?
Crossword
Page 4
Top 10 Christmas Movies
Movies to Watch Again & Again
Movie of the Year
CA Mild Wildfire Season
"Knives Out" Sequel: "Glass Onion"
Movie of the Year

Page 5
Comics
Crossword

Students Need Better Lunches!

By Scarlett O

Assistance for the survey from: Dylan C

Imagine having a hard day at school. The first few periods were horrible and the bell rings and you're saved from your super boring math class. Lunch comes and you wait for an eternity behind a couple of rude kids talking too loud, only to be served baby carrots dipped in ranch, milk and something that resembles Mac n cheese. Gross. This is what happens almost every day in the cafeteria (just besides Mac n cheese and baby carrots), Mrs. Sweet, a 7th grade ELA teacher and Journalism teacher remembers when students were served fresh salad and teriyaki bowls "that was before Covid..." she states "...Covid-19 messed up a lot of things".

I took a survey of 52 kids in the school cafeteria, they all said yes to the question of "Should the school district get better school lunches?". So out of a majority of kids, about 99% say yes to better school food.

I also had a talk with the Cafeteria Coordinator, Ms. Giron. Ms. Giron

told me that they "prepare the food daily." She says that they try to follow the menu but they also have to follow the standards the Health department has set in place.



She also tells me

that they have a "special recipe for the Mac n cheese and that they make the cheese sauce. Which explains why it tastes different. I have learned that they get the food from a company called Gold Star "approved by the Oxnard school district." Ms. Giron states that the people who pick the food are "the Child Nutrition Services (who are from the school district), the Director and the Assistant Director, they decide what we are going to serve in the date, and follow all the standards and then they make the menu and we just follow it as much as we can." Child Nutrition Services picks out what's on the menu, and my next question was one that she didn't know herself so I had to talk to her boss Mr. Corona, and he states that "the food is funded by the Federal Government." I mentioned to her about how Mrs. Sweet told me about how before Covid for lunch, the lunch ladies would have a fresh salad bar for the students, they also had teriyaki bowls some days and on Wednesdays (there is a sign hanging in the cafeteria as proof) they served the kids smoothies. I asked her if she knew why they don't do that now, she explained to me that Covid affected everything and that the school got a new administration, who decided that the smoothies cost too much. Ms. Giron said, "it wasn't too healthy for the kids and we don't have the same vendor so they had to make changes, they have to make changes every year to focus on the kids health..." She also added that they removed the smoothie machines in the cafeteria. She said the menus have changed because of Covid, but she told me that later on it became that they changed the menu also to be healthier for kids. Mr. Corona says he is open to suggestions for the school cafeteria food and he even started reading some of my own suggestions I gave him. If we don't tell them what we don't like about the cafeteria

food then there will be no change.



This is a QR code to a google form I made, it's about what you think we should have for lunch. You can pick from these choices or you can add one that isn't on there.



**SPELLING BEE IS COMING!
ASK YOUR ELA TEACHER
FOR MORE INFO!**

Our Librarian

By Ivon

I recently interviewed our school librarian Ms. Monroy. She has been here at Fremont for 14 years. She heard that there was an opening here and she wanted more hours and Fremont provided more hours, so that's how she managed to get here. She loves her job because she gets to interact with a different variety of students. She considers herself lucky because she gets to see a lot of students grow from 6th graders to 8th graders. "The best part is watching the students grow and turn into young individuals," she said, "watching them being so young and innocent and being able to continue growing and seeing where you'll head off to is like having your own kids." Ms. Monroy loved college and thought it was amazing. "You grow a lot in college. That's where you grow your wings and you can do things that can interest you and that's how you grow into a young adult and who you are and who you wanna be."



ASB Member Erica

By Guillermo I, Devi D, and Miguel R

We asked ASB member Erica some questions about her ASB experience. She said there is no current ASB president but that it will be chosen soon. She chose ASB because it's a fun class and she loves doing various things to help around the school and she also enjoys writing letters to the elderly. She said Field Day is toward the end of the year and dances haven't been planned yet. Her favorite ASB experience was when they did Secret Santa. She thinks ASB is important because they do the morning announcements to inform the school about do's and don'ts.



2022 World Cup

By Claire

According to Newsela, the choice of the Persian Gulf country of Qatar to host soccer's 2022 World Cup has caused a lot of trouble from the start. The country's very hot climate made it impossible to hold the competition during the usual time in the summer so it had to be switched to this November and December. In 2010, Soccer ruling body FIFA awarded Qatar the rights to the 2022 World Cup. Ever since then, there has been a suspicion and accusations that Qatar illegally bribed people to get chosen.



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Yearbooks will be distributed the last week of school - Please keep your receipt!

Black Veterans Monument

By: Dayanne G.



According to newsela, there will be a new monument in Buffalo, New York. The monument honors African American veterans. The unveiling happened on September 20th 2022. After the civil war and world war II the African Americans didn't get the same treatment as the white veterans.

The monument was built with 12 black pillars that look like candles. The 12 pillars represent the 12 U.S wars. The monument also has exhibits that describe what the black veterans experienced in the military. The black soldiers were separated into different houses from the white soldiers. Now, because of the monument; black families can gather together to honor those. "We now have a way for Black families to gather and say, 'Hey, there's my daddy's name,' or 'there's my grandfather's name,'" Curtis said.

The Therapy Pig

By: Sol

According to NewsELA A pig named Porkchop has been all over the state of Connecticut. She's bringing joy to schools, nursing homes and birthday parties. Pork chop gets loved by every person she meets and the students she visits love feeding her blueberries. "Porkchop is just a wonderful break for our students," said Kristine Frattini, who works at the school. "Porkchop changes the mood of the day." She's been working with the pig over the past year so that Porkchop can become a therapy pig. Therapy animals help people cope with their physical and mental health. They can make people feel happier and help calm them if they are upset. There are all sorts of therapy animals such as therapy horses, therapy dogs and therapy pigs, too.



Porkchop has a lot to learn before she can become an official therapy pig. She has to be able to take a treat from the person's hand. She has to be able to walk calmly among people. She also has to come when her name is called and obey the commands to sit, stay, and leave it, but with a little time pork chop and many other future pigs will be other animals that can help people too.

California's Mild 2022 Wildfire Season

By Lisandro, Dayanne, and Andrew

As California comes to its wildfire season, the state managed to avoid its recent wave of harsh wildfires. So far in 2022, the fewest acres have been charred since 2019. State Emergency Services Director Mark Ghilarducci said that California had a bit of luck with

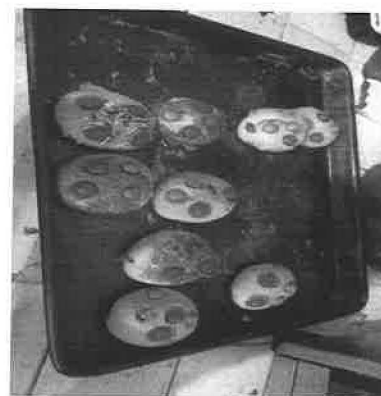


weather this summer. Although California has endured another drought this year, much of the state was spared the worst of the heat and dryness that can make fires. And in some instances, well-timed rain helped out. As of November of 2022 there were 7,329 fires recorded burning about 362,400 acres of land. The most recent fire was the 97 Fire which started on September 27. The 4 most dangerous states with the most wildfires are California, Texas, Colorado Arizona.

How to Make M&M Christmas Cookies

By Natalie S, Michelle G, And Mia P

We recently made M&M Christmas cookies. We had our ups and downs in the process but eventually we were able to do it. The first thing we did was make our dry ingredients. First, you will have to add 4 cups of flour into a big bowl. Then you will add the baking soda, baking powder, and salt into the dry ingredient bowl. After that you will have to mix the ingredients together until incorporated. The next step is to get another bowl for the wet ingredients. The ingredients that will go in the other bowl is butter, eggs, vanilla extract, white sugar and brown sugar. You will have to use a hand mixer to mix the ingredients nice and fluffy. After you're done mixing the wet ingredients you will add in the dry ingredients into the wet ingredients. Then when the cookie dough starts to mold you then will add the M&Ms and chocolate chips if you would like. When you finish that you will mold the cookie dough into little circles. When you are ready to bake, preheat the oven to 350 degrees for 8 to 11 minutes.



The aftermath was that we put too much baking powder but we added more M&Ms to the extra dough. It turned out better. They were ok, but I think if we looked more closely at the ingredients, they would actually be better. We made 38 cookies in total. We all worked and overall, it was a fun experience. Scan the QR code here and you can try these cookies too!



Wabtec, What are they?

By Sergio Paz

This is an Article explaining about the FLXdrive product being tested by Wabtec, and also some other products manufactured or planned by Wabtec Corporation.

This special locomotive is considered a battery electric hybrid, being run on approx. 20,000 Battery Cells on 20 Racks stored in the Locomotive, which has a Energy Capacity of 2.4 Megawatt Hours, These Racks are cooled by HVAC systems and are protected by a central BMS, or a Battery Management System, These Batteries charge whenever the locomotive is put into Dynamic Braking, and or a charging station, Since the Locomotive is still in the Testing Phase, The only Charging Station is in Stockton, CA.



The Maximum Speed of these Locomotives so far is 70MPH, With a range of 30 - 40 when at full 4400 Horsepower Output. These Locomotives have 6 Axles, and the battery supplies all four of them.

This Locomotive is set to be put into service by 2032, as Testing is already underway on the Barstow to Stockton Route, which spans upwards of 350 Miles.

Other Related products by Wabtec are NextFuel Products manufactured by Wabtec, Which Is planned to be Implemented by 2037, and Set to reduce emissions upwards of 40%, This Product allows the ability to run on Diesel or to Maximize Gas Consumption while maintaining the usual locomotive performance set by a ordinary locomotive, like of the GE Evolution Family of Locomotives, Which is owned by Wabtec now as of the Acquisition of GE Rail in 2019.

These Products by Wabtec are set to allow for Railroading with Zero Emissions, But it won't really be any better than to Electrify our Trains, like how it is in the Northeast Corridor. Electrification will allow Trains to fully run on Electric Power, and will reduce Emissions by Diesel Locomotives of up to 80%.

Top 10 Christmas Movies

By Crystal, Jose, Michael

We recently visited 10 classrooms and asked the students what Christmas movie was their favorite. The Christmas movie with the least amount of votes was "A Christmas Story" with a total of 0 votes. The Christmas movie in 9th place was "A Christmas Carol" with a total of 2 votes. The Christmas movie in 8th place with a total of 5 votes is titled "Jingle All The Way." Coming in 7th place with a total of 10 votes was "The Grinch" Animated version. In 6th place was "Polar Express" and in 5th place was "The Nightmare Before Christmas." "ELF" came in 4th with a total of 16 votes. 3rd place was "Home Alone 2" totalling to 19 votes and "The Grinch" non-animated version scored second with 21 votes. Coming in 1st place with an overall score of 41 votes was "Home Alone 1." Happy Holidays Falcons and hope you had a very Merry Christmas!



Movies To Watch Again & Again

By: C.P

Have you ever been sitting down in front of the T.V thinking of a movie you can watch?



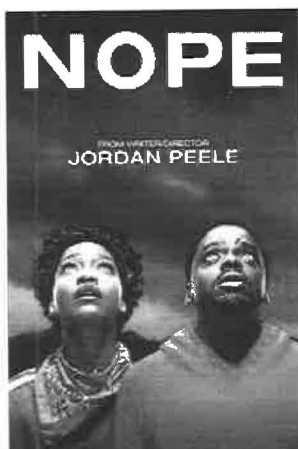
Today we are going to talk about the movies you can watch again and again. In third place is **Forrest Gump** starring Tom Hanks. In second place is **The Lorax** starring Danny DeVito. And The number one movie you can watch again and again is **Shrek** (the first one) starring

Mike Myers. Shrek's plot is about an ogre named Shrek whose precious solitude is suddenly shattered by an invasion of annoying fairy tale characters. They were all banished from their kingdom by the evil Lord Farquaad. Determined to save their home, not to mention Shrek cuts a deal with Farquaad and sets out to rescue Princess Fiona to be Farquaad's bride. Rescuing the Princess may be small compared to her deep, dark secret. I have to stop there so I don't ruin the rest for those of you that haven't watched it, but I highly recommend it.

Movie of the Year

By Sol, Halena, and Olivia

If you enjoy watching horror, science fiction, thriller, and mystery movies, then this movie is for you. The movie called **Nope** has been ranked the #1 top movie of the year for 2022. It got a total of 82% rotten tomatoes. The movie **Nope** is about a man and his sister discovering something sinister in the skies above their California horse ranch, while the owner of a nearby theme park tries to profit from the mysterious, otherworldly phenomenon. The director Jordan Peele has written multiple movies including *Us*, *Get Out*, *CandyMan*, and *Wendell & Wild*. This movie is great for people who love suspense and mystery.



"Knives Out" Sequel: "Glass Onion"

By Lilyana and Sebastian

The mystery movie "Knives Out" was first released in 2019, following detective Benoit Blanc, Harlan Thrombey's



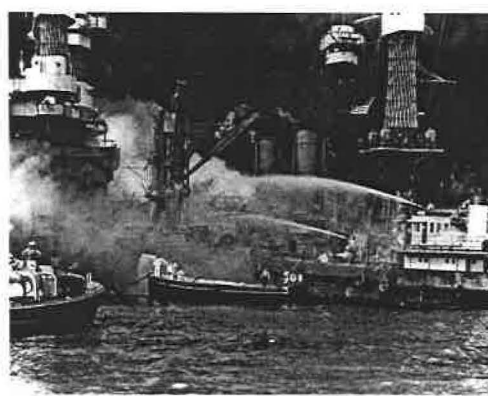
nurse Marta Cabrera, and the wealthy Thrombey family after the alleged suicide of their father, Harlan Thrombey. You don't need to watch Knives Out before Glass Onion; there are essentially no connections between the two. However, it's an amazing mystery movie, and has an ending that was completely unpredictable. We recommend that you watch both. Moving on, the next installment of the "Knives Out" series, titled

"Glass Onion: a Knives Out Mystery" will be released on Netflix and theaters on December 23. The cast of the film will be completely new, excluding Daniel Craig who will be reprising his role as Benoit Blanc, and will feature Madeline Cline, Jessica Herwick, Kate Hudson, Edward Norton, Kathryn Hahn, Ethan Hawke, and Janelle Monáe. In this movie, Benoit Blanc is employed after someone is found dead by Miles Bron and his friends while on his private Greek island. The movie was received well by the box office and by other movie outlets, and is predicted to go well in theaters.

Pearl Harbor Remembrance Day

By: Scarlett O

"December 7,1941-a date which will live in infamy-the United States of America was suddenly and deliberately



attacked by the naval and air forces of the Empire of Japan," said 32nd president of the United States, Franklin D Roosevelt. A month and 81 years ago, the United States naval base in Hawaii, by the name of Pearl Harbor, was attacked by Japanese forces. It was 7:55 on a Sunday morning, very few people were up and going

about their business when more than 100 Japanese planes came soaring out of the clouds and opened fire on the base. About 2 waves of planes soared through the sky and attacked, destroying 3 U.S. Navy ships and damaging 16 others. On that day 2,403 sailors, Marines and other military personnel along with 68 civilians died as a result, leaving 1,178 people injured. The attack only lasted an hour and 15 minutes, within those minutes (alongside the ships) more than 300 airplanes were damaged or destroyed. Along with the rest of the base and Hickam air force base(which is on the other side). The ships that were damaged were salvaged and used to repair the other vessels, but there were 2 vessels that couldn't be salvaged and were damaged beyond repair were the USS Arizona and the USS Utah. Which are still submerged underwater till this day. Pearl Harbor was the reason the United States entered World War II, it resulted in the two atomic bombs on Hiroshima and Nagasaki. It also cause fear and panic for people in California because at the time the US didn't know where the Japanese were going to bomb next(hawaii is only 2,400 miles off the California coast).

The snow - Adventure

By: Claire Jovan



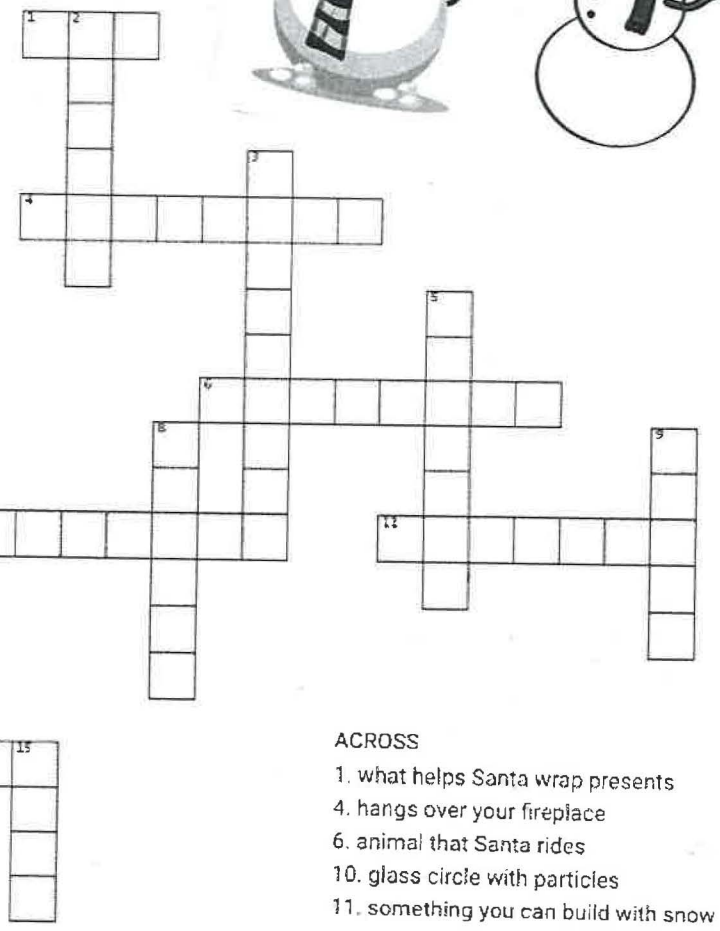
By: Claire Jovan



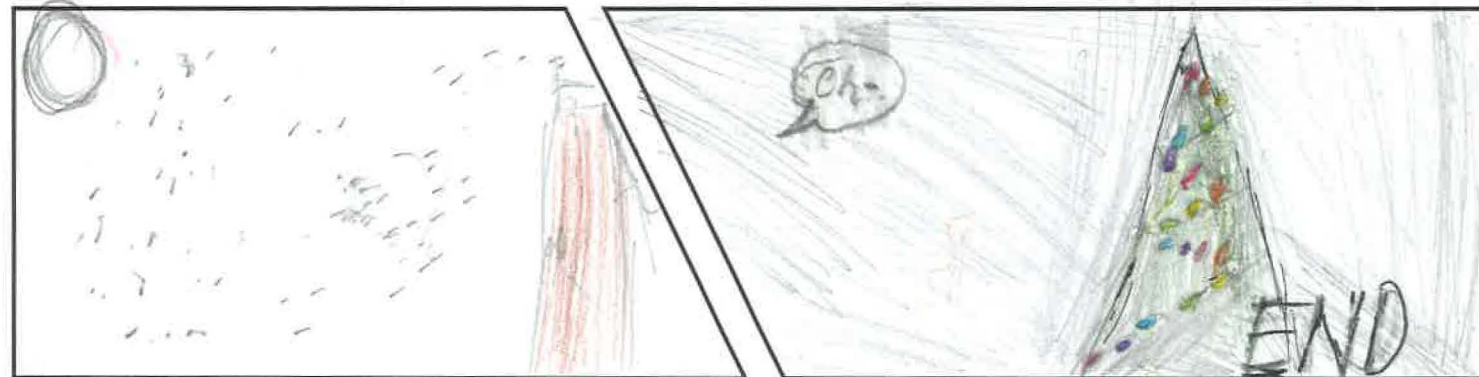
- Cookie
- Mistletoe
- Reindeer
- Snowglobe
- Stocking

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- Elf
- Ornament
- Santa
- Snowman
- Wreath
- Candycane
- Lights
- Present
- Snow
- Star



- ACROSS
1. what helps Santa wrap presents
 4. hangs over your fireplace
 6. animal that Santa rides
 10. glass circle with particles
 11. something you can build with snow
 14. tree decorations that hang
- DOWN
2. colorful and goes around your tree
 3. people kiss under
 5. something you receive under your tree
 7. striped and minty
 8. a treat with milk
 9. man who brings your present
 12. hangs on your door
 13. comes from the sky during the winter
 15. shape on top of your tree



Editor: Ms. Sweet
Contributors: Hannah A, Soledad A, Bryanna B, Keanah C, Devi D, Alina E, Daniela A, Dayanne G, Michelle O, Guillermo I, Claire J, Crystal L, Halena M, Scarlett O, Sergio P, Mia P, Jazlyn P, Sebastian P, Christopher P, Ivon R, Miguel R, Emma R, Reilly R, Michael R, Lilyana R, Jose S, Natalie S, Jose S., Ysabella S, Lisandro S, Olivia S, Caetlyn S, Nathalie V, Juliet W, Andrew Z