



# FREMONT

# BULLETIN

November 2022

Volume 7, Issue 2

### Conferences

By Claire, Ysabella, and Devi

In about a week, the first trimester will come to an end. Conferences will be held on November 15-18th, and we will be on a minimum day schedule. They will be held by each student's advisory teacher. The teachers will be discussing each student's grades and behavior in class. During the conference, they will also hand out their students report cards rather than mailing them. Second trimester will take place in February. Only those with a D or an F will be receiving a conference in February.



Some advice for those planning to walk during the eighth grade promotion. Try to keep your grades up. Eighth graders with a GPA lower than 2.0 will not be able to participate in the promotion ceremony. The requirements to attend are the following: 2.0 GPA or higher, no bad behavior, or a D/F. For those struggling with their grades, the school counselors are holding peer tutoring sessions in the morning before school. If you are interested in becoming a peer tutor or joining, please talk to Mrs. Marquez..

### PTA updates

By Daniela F, Dayanne G, and Ivon R

We asked Ms. Marylove about the PTA. The first question we asked her was about how much money does the school get from the skating plus fundraiser. She responded with, "We do not have that information yet because it's too soon to know, but last school year we earned about \$1,500." With the money, "we help our school with the clubs such as garden, baking, etc. When sports are happening we also help with that. We help make shirts for Journalism, the Math Club, and the school in general." The PTA (Parent Teacher Association) provides the extras to make the kids' experience here at Fremont more fun. PTA supports the teachers and the staff and in return, that helps the kids. The fundraiser for Chipotle will be on November 15th and Kona Ice will be coming once a month after school for the rest of the school year. The Blenders fundraiser is at the beginning of the month as well.

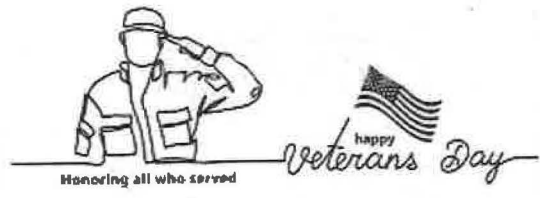


### Interview With WEB President

By Michael R, Crystal L, and Hannah A

We interviewed Valeria Ortiz. She is in WEB and ASB. She is proud to say that she is the president of both WEB and ASB. We questioned her on her opinions and her experiences with both. ASB stands for "Associated Student Body" and WEB stands for "Where Everybody Belongs". The purpose for these student social groups are to help the campus become a better, safer place where the students can be themselves. WEB's purpose, according to president Valeria Ortiz, is to "make the new 6th graders feel welcomed, because as a former 6th grader I know how it feels to be placed into a completely new environment." ASB makes all the school events and lunch activities.

Currently, ASB is working on events for Red Ribbon Week and is planning to do some things on Fridays. Valeria said she joined ASB and WEB because she enjoys helping others and the super fun classes. The one thing she would change about WEB is to have more time with the 6th graders, but overall she really likes how it is currently. For ASB she wouldn't change anything. She said, "I really like how it is currently." She enjoys being ASB and WEB president. Valeria says that, "It doesn't feel any less harder than the normal WEB participation routines and that most people assume it's a lot of pressure and hard work but it really isn't, though there are some extra things I have to do on my part of the responsibility." Valeria's goal overall is to help make the campus a better place.



**Page 1**  
 Conferences  
 PTA Updates  
 Interview with WEB President

**Page 2**  
 Mr. Ward  
 Red Ribbon Week  
 LOVE Club  
 Chess and Scrabble Club  
 Los Angeles Lakers

**Page 3**  
 Ukraine War  
 Orphan: First Kill  
 Scientific Research of Ghosts

**Page 4**  
 Crossword  
 Wordsearch  
 World Cup is Worldwide  
 Top 10 Candies

**Page 5**  
 Comics

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## Mr. Ward's Interview

By: Mia P, Nathalie V, and Natalie

We interviewed Mr. Ward, an 8th grade P.E. teacher at Fremont. Before working here at Fremont, he used to work at Mary B, Perry Youth Authority Facility. He wanted to become a P.E. teacher because he loves being outdoors and being active. Out of all the grades, he thinks that 8th grade is perfect for him. His favorite activities are



Zombie Tag and anything that involves running. Besides being a P.E. teacher, he would like to be a police officer or school counselor. One of his favorite units to teach is Football. He thinks P.E. is even more

important than the rest of the school subjects because he thinks Physical Education will help you stay fit. He said students should run on Monday to get it out of the way and Friday should be used for fun activities. If you don't participate, Mr. Ward said he would make the kids run to the fence and back.

## Red Ribbon Week

By Guillermo and Lisandro

Red Ribbon Week is an alcohol, tobacco, drugs, and violence prevention awareness campaign observed annually in October in the United States. Red Ribbon Week started because agent Enrique Camarena of the Drug Enforcement Administration was brutally murdered by drug traffickers while he was investigating in Mexico on February 9th, 1985. After his death, people wanted to honor his bravery by wearing red ribbons. This is why we celebrate Red Ribbon Week nationwide in late October.

Red Ribbon Week lasts from October 23rd to October 31st. Here are the events for Red Ribbon Week at Fremont. Monday is bring your stuffed animal day, Tuesday is camouflage day, Wednesday is wear red day, Thursday is shades/glasses day, Friday is tie-dye apparel, and the 31st is the Fall Fest Costume Day! ASB runs the events for this program.



## LOVE Club

By Caetlyn, Michelle, and Miguel

LOVE Club is run by Ms. Marquez here at Fremont. The club is on the 1st and 3rd Wednesdays after school. It is in the Falcon Landing Center, located in the cafeteria. It runs from 2-3 PM. LOVE Club is about inclusivity and making sure everyone is in a safe space to be themselves. Ms. Marquez started LOVE Club because it is something she is very passionate about and wants everyone to feel included and welcome here at Fremont. She does not know how long LOVE Club has been here at Fremont, but she knows it has been here longer than she has. She ran a similar club at an old school, but

LOVE IS LOVE



when she transitioned here to Fremont, the advisor who ran the LOVE Club was not there anymore. She also ran a LOVE club online during the pandemic. LOVE is an acronym for Let Our Voices be Equal and it is a student-led club, which means that students pick the topics and do things that they might be interested in. The club was during both lunches in the Falcon Center last year, but Ms. Marquez changed it to Wednesdays after school.

## Chess and Scrabble Club

By: Scarlett O, Dylan C, and Emily M

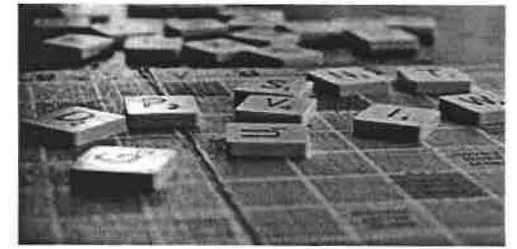
Are you tired of waiting outside in the basketball courts where it can be either scorching hot or freezing cold? Are you tired when the campus supervisors are telling you where you can and cannot go? Well then come on down to the Mat room during both



lunches where Chess and Scrabble meet on Wednesdays and Fridays. It is where you can eat your lunch and learn how to play chess, and if you don't want to play chess you can also play Scrabble. Chess and Scrabble is located in the

Mat Room 502 during both lunches. For 1st lunch Ms. Vettese will be in the Mat Room, and for 2nd lunch it will be Ms. Nolan in the Mat Room. You do not have to be an expert to come and play Chess and Scrabble. Ms. Nolan and Ms. Vettese will teach you how to play. However, if you are visiting it is because you

are going to play. NOT to sit down and do nothing or mess around with your friends. We hope you will be joining us at lunchtime to play a friendly game of Chess or Scrabble. Or if you think you're really good, we can



organize a friendly chess or scrabble tournament, but that is only if we can get enough people to join. So please stop by and check it out for yourself.

\*Chess and Scrabble club is not responsible for lost phones or any stolen objects\*

## Los Angeles Lakers

By Juliet Worthy

The Los Angeles Lakers are a basketball team in the NBA. The Los Angeles Lakers franchise has a long and storied history, predating the formation of the National Basketball Association. The team originated in Minneapolis, Minnesota in 1947. Their name changed to Lakers to reflect the Minnesota state nickname, "Land of 10,000

Lakes." They relocated to Los Angeles before the 1960-61 season after struggling financially in the late 1950's following Mike's retirement. They lost every series to the Celtics, but finally made the NBA Finals six times in the 1960s. Darvin Ham is currently the coach of the Los Angeles Lakers. Ham, 48, will



be the 28th head coach in franchise history and the 24th of the Los Angeles era. They had 42 wins and 30 losses last year in 2020-2021. They play at the Crypto.com Arena. It is a multi-purpose arena in Downtown Los Angeles. Some rules in basketball are only five players per team on the court, score more than your opponent to win, score within the shot clock, the offense has five seconds to inbound the ball, and the ball and ball handler must remain inbounds. Players score in basketball by successfully shooting the basketball through the hoop. When they make a basket, teams can earn one, two, or three points per shot.

Fremont 2022 Yearbook  
Pre-Purchase NOW!!!

Price	Date
\$30	Now until January 31st
\$35	February 1st to April 1st
\$38	April 2nd-they sell out!

Yearbooks are available to  
PRE-ORDER before school  
at the Student Store (cash only)

Order early BEFORE the price increases!



OR...You may purchase your yearbook online at:

[ybpay.lifetouch.com](http://ybpay.lifetouch.com)

Code: 12366223

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



## Ukrainian War "The will to survive"

By: Keanah C, Halena M, Scarlett O

Beginning February 24, 2022, Russia invaded Ukraine, but not for the first time. Previously they invaded in 2014. At the beginning of the invasion, the death rate was low, but as of October 16, 2022 the death rate of civilians was 6,306 people and 397 of those were kids; with 9,602 people were injured. Mr. Miller responded, "I'm saddened by the loss of lives and the instability that creates for the western democracy." Russian president Vladimir Putin announced the invasion as a "special military operation" for the "demilitarization and denazification" of Ukraine. He claims that he wants to reduce Ukraine's army and wants to get rid of Nazism, by bringing them to justice. Ukraine, at one point in time, during the Cold War was a part of Russia, aka the Soviet Union. Ms. Vedernikova said, "The person who is in the presidential office of the



Russian federation, is stubborn. He thinks he can restore the Russian empire." Putin refuses to accept them as a separate country.

At the beginning of the invasion, Russia managed to secure the cities on the Russian-Ukrainian border, Russia captured the cities

Mariupol and Kherson; and on July 3, 2022 they completely captured Luhansk Oblast. They were attacking from neighboring countries that are pro-Russia; Belarus to the north, Crimea to the south and Donetsk to the east.

On February 26th, Russian troops had gotten a hold of a Nuclear power plant, since then it has been in Russian control. Since the beginning of the war, Russia has destroyed 15 Ukrainian airports, leaving Ukraine's small Air Force at mercy to Russia's Air Force, which is the 2nd largest in the world (next to the US). As of March 11 2022, a US official stated that "UKAF still has 56 operational fighter jets...", whereas Russia has about 1,188. On March 16th, Ukraine started to officially fight back against Russia, from then on battles ensued between them, fighting for cities. Ukraine is able to turn Soviet-era military equipment into workable weapons, they also have battle tactics inspired by NATO to 'outfight' the Russians.

Russian soldiers commit several war crimes such as, planned attacks on civilians, the massacres of civilians, raping and torture of women and children, and random attacks on highly populated areas. So far Ukraine is recapturing Russian territory and taking back their land. But now from current updates, 20% of Ukraine is occupied by Russia. This isn't the end of the war, actually it's not even halfway done, there are still years before this war will end and more people are going to have to die before it's over. Mr. Crowell stated, "I believe it's going to end at some point, but not any time soon, maybe for a couple of years. Ultimately Putin would lose because the Ukrainians have tons of support from America and Great Britain, though not anytime soon, but Russia would probably leave because Russia is having a lot of difficulties controlling Ukraine." Everyday the death rate and number of cities captured and overtaken changes, so it is difficult to map out the casualties and cities lost. This isn't over, the war is still going to continue raging until something happens to stop it.

We also asked a couple of students on campus if they knew about the war and how they felt about it. Majority of the students we interviewed did know what the war was about from the news, their parents, teachers, or even social media. All of the students felt sad for the innocent people who lost their lives and believe it's very unfair. All of the students and teachers agreed that Russia was in the wrong for this war. Ms. Estes said, "it's absolutely not necessary because they are not fighting for anything except to try to make Russia better." They invaded a country that didn't want to be invaded which killed and wounded so many innocent civilian lives.



## Orphan: First Kill

By Lilyana, Jazlyn, and Alina

"Orphan: First Kill" is a horror film released in 2022 as a



prequel to the 2009 film titled "Orphan." It was directed by William Brent Bell with the screenplay being written by David Coggeshall. The film starts with 31 year old Leena Klammer in an Estonian hospital on January 26, 2007. Due to Leena having a hormonal disorder known as hypopituitarism, she has the appearance of an 11 year old girl. After planning and executing her escape from the hospital, Leena looks up girls who had gone

missing in America, finding that she looks incredibly similar to Esther Albright, who had gone missing 4 years prior to her escape. Meanwhile in Darien, Connecticut, Allen Albright and his wife Tricia Albright have come to terms with their daughter's disappearance, but are contacted by detective Donnan who informs them that their daughter was found. After getting picked up by Tricia, Esther learns more details about the family. As Esther gets more situated with her new home, the family begins to feel suspicious of Esther. Throughout the movie the plot thickens and suspense rises as you start witnessing the things Esther does or plans to do. This movie does have a plot twist within it that will shock you! If you are a fan of horror and thriller movies then we suggest that you watch "Orphan" and "Orphan: First Kill."

## Scientific Research of Ghosts

By Bryanna Bermudez

Have you ever thought about ghosts? Or ever felt something or someone touch you? Well here today I will be talking about the scientific research of ghosts. According to NewsELA, Some people may believe in ghosts while others don't. Chapman University has asked people about their beliefs in the paranormal or supernatural. Now in 2018, 58% of people do believe in ghosts while the other



percent don't. Scientists have never found evidence that ghosts exist. However, these are some of their data that scientists have found that might be what people feel or see. Sleep paralysis is one of them. "Is like dreaming with your eyes

open," explained Baland Jalal. Sleep paralysis usually happens when you are asleep but you are dreaming as well. This is what your brain is doing. You can feel fully awake but be paralyzed. When you have sleep paralysis you may see a shadow figure, hear something, or feel anything. That is called hallucinations. You don't experience hallucinations just when having sleep paralysis. Hallucinations can happen anywhere or anytime. Hallucinations are when you feel or see things that are not there. Like when you think your phone is buzzing. But when you go to check your phone nothing is there. It's the human mind and behavior that's doing this. Basically saying your mind is lying. Most of the time people ignore it while others don't. Pareidolia is also kept in mind. Pareidolia is when you see patterns in some way. Like when you stare at night with stars, you may see a rabbit or something else. This is what your brain is doing. Just remain skeptical about all of this for Halloween.



S G F A M I L Y L J S D I K E Z M C G U  
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 H K P E T T A L E C I P S N I K P M U P

By: Chris P and Jose S

The World Cup is one of the most watched live sporting events in all of live television. This year the World Cup will take place in Qatar and is expected to have an average viewership of 5 Billion people. This World Cup is supposed to break all time records and completely surpassing the previous 2018 World Cup edition that was held in Russia. The World



Cup in Russia only had an average of 3.5 billion people who tuned in. The 2022 FIFA World Cup will be broadcast live across FOX Sports (FOX and FS1) in the English language as well as on Telemundo in Spanish. Make sure you watch the World Cup this year, so you don't miss it! What team are you going for?

- Fall
- Gravy
- mashedpotatoes
- pumpkin
- thankful
- family
- ham
- November
- pumpkinpie
- Thanksgiving
- football
- leaves
- pilgrims
- pumpkinspicelatte
- Turkey



Crossword puzzle grid with 15 numbered squares for clues.

**Top Ten Candies**

By Emma R, Juliet W, and Bryanna B

We went around the campus asking teachers, students, and staff what their favorite candy is. We surveyed Ms.



Harris' class, Mr. Saylor's class, Ms. Burns', Mr. Morales', and Ms. Estes' class. We also asked Alex, Coach, and Keith. Surprisingly, Gummy Bears won with seventeen votes. We didn't expect the

Gummy Bears to win. Milky Way was the least favorite candy with four votes. Snickers and Reese's Peanut Butter Cups tied with fifteen votes. Skittles and Kit-Kat tied with fourteen votes. Starburst and Lollipops tied with six votes. Milky Way is in tenth place, Starburst and Lollipops placed in ninth and eighth. M&M's got seventh place, Twix got sixth place, Skittles and KitKat got fifth and fourth place, Snickers and Reese's Peanut Butter Cups tied for second place, and Gummy Bears got first place, winning with seventeen votes.

**ACROSS**

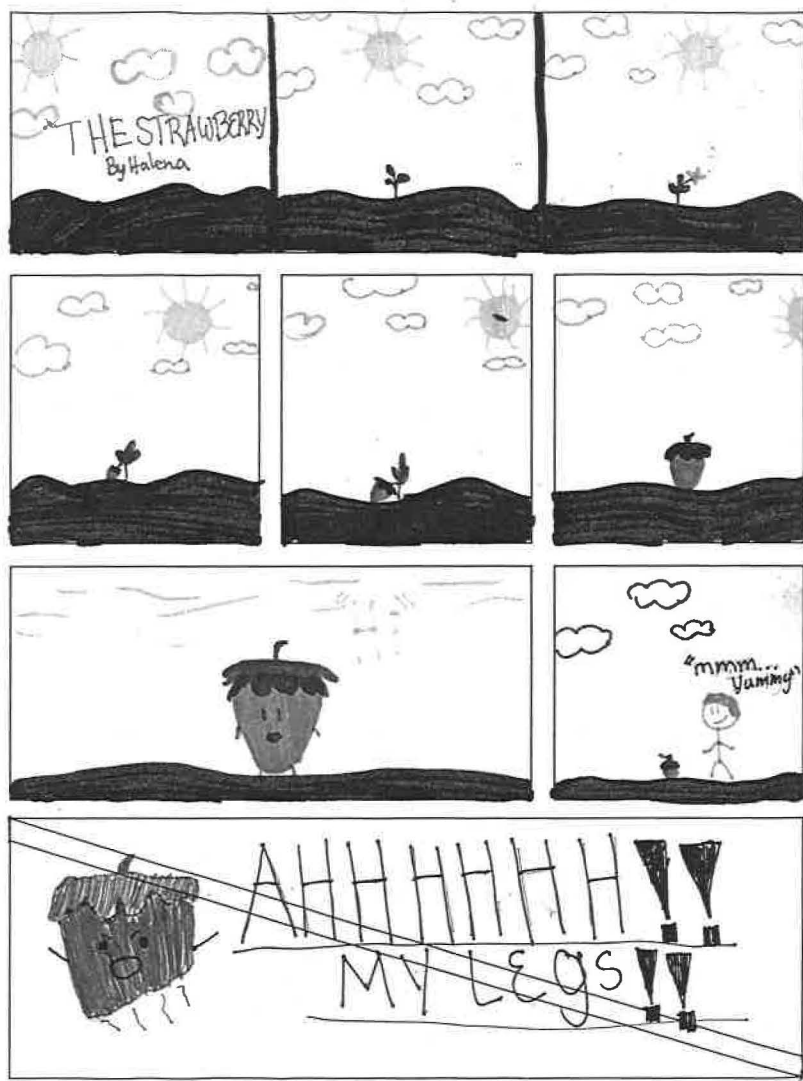
- 1. a time of month during November
- 7. mashing potatoes
- 8. a way to show your thankful
- 9. the most important people in your life
- 10. a pie made of pumpkin
- 12. Thanksgiving's main dish
- 14. the main holiday of November
- 15. black and white outfits and are important

**DOWN**

- 2. stuff that come from trees
- 3. a big orange fruit can also make jack-o-lanterns
- 4. instead of having Thanksgiving with family you have it with friends
- 5. all the stores have discounts
- 6. stuff you put on mashed potatoes
- 11. a sport that involves the super bowl
- 13. a food that is made of pig also can be used in thanksgiving







# KONA ICE

**2022 After School visit dates:**  
**Wed, OCT 26th**  
**Wed, NOV 30th**  
**Wed, DEC 14th**

20% of sales goes to Fremont!



¡El 20% de las ventas van a Fremont!

\$5 Regular ~ \$5 Normal  
 \$6 Collectible and Color-Changing Cup  
 \$6 coleccionable y taza que cambia de color  
 (keep the cup and get \$4 refills)  
 (quédese con el vaso y obtenga recargas de \$4)

### How to Bake Muffins

By Reilly, Sol, and Olivia

Many people from around the world love muffins, and you can make them at home! Depending on the brand, the instructions may be different, but here is Betty Crocker's method to muffin mix.

You will need:  
 1/2 Cup Water or Milk  
 muffin mix

1. Heat oven to 400°F (or 375°F for nonstick pan). Place paper baking cups in 6 regular-size muffin cups (for best results), or grease bottoms only of muffin cups.
2. Stir Muffin Mix and water or milk just until blended. Spoon into cups (about 3 tablespoons each).
3. Bake for 17 to 22 minutes or until light golden brown. Cool for 5 minutes. Carefully remove from pan. If muffins are not in paper baking cups, run the knife around the sides before removing.



## DO GOOD WITH CHIPOTLE



### CHIPOTLE FUNDRAISER FOR FREMONT PTA

33% OF EVENT SALES GET DONATED TO THE CAUSE  
**TUESDAY, NOVEMBER 15TH | 4-8PM**  
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ORDER ONLINE FOR PICKUP USING CODE VGKKAT4 OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

