



Fremont

Congratulations 8th Graders!

Bulletin

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My Experience at Fremont

By: Luciana Cervantes

My whole life I've been moving houses and schools. Fremont was the 5th school I have gone to. My experience at Fremont was like a crazy roller coaster. I didn't want it to ever stop. When I started school at Fremont, I was pretty nervous. The first day of school I met a group of girls that then became my friends.

I also learned more about the school and how it all worked. I found out about the programs/classes they had and wanted to join. I always tried to join as many programs as I could to help me in the future. One of the classes I joined was Journalism. Journalism was a fun, great, fantastic class. We did a lot of work, but we also had breaks and fun as a class. Other than Journalism, I also joined theatre/drama club, but I wasn't able to attend all of the meetings, so I got out of it. Fremont had many fun programs/classes to join but the one I liked most was Journalism.

Fremont also had great teachers, and I was lucky enough to meet and have one of the best teachers in Fremont. My teachers were all great people. They always helped me understand more about what we were learning. They stayed with me, explaining how to do the work until I got it right.

I also believe Fremont had pretty good lunch and breakfast. I had many fun and great memories at Fremont. I learned many new things and met new people. I wouldn't change anything about Fremont, I mean... maybe just have more vegetarian food please. Other than that, I had a great eight month experience at Fremont. I wish it hadn't ended like this, but I just want say, I'm going to miss you Fremont.



I have 20/20 vision, but I didn't see this coming

By Carolyn Nguyen

2020 has taken such a turn. What started as a year of new beginning, success and greatness quickly became such a dark time for humanity. Just within the first few months, there were the Australian fires that destroyed a large percentage of the world's rainforests, a worldwide pandemic, and of course, the movement that is rising to fight for black rights and against police brutality. It has made me open my eyes to see that America is not that "beautiful, safe, inclusive and diverse land" that made many immigrants want to live there.

Immigrants of all races and colors risked their lives to move to America in hopes of a better life for their children and achieving that "America Dream." But that is not the case for them. Many minorities face daily discrimination and struggle because they are not given the same equal rights. The US is oppressing its people, and time and time again showing that money is more important than the citizens' well-being and health.

What School Might Look Like Next Year

By Sofia Rojas, Miguel De La O, and Kalyani Batista

So we all might be wondering what school might look like next year because of COVID19. According to USA Today, "The school week looks vastly different, with most students attending school two or three days a week and doing the rest of their learning at home." At school, desks will be spaced apart to discourage touching. Schools will put on hold activities that cram lots of children together.

Arrival, dismissal, and recess will happen on "staggered schedules and through specific doors to promote physical distancing.

Students eat lunch at their desks. Those old enough to switch classes



move with the same cohort every day – or teachers move around while students stay put – to discourage mingling with new groups."

Teachers at higher risk of getting sick will continue to teach from home, while younger or healthier educators will teach in the classroom. Everyone will wash their hands and there will be lots of surfaces cleaned everyday.

Table Of Contents

Page 1:
 My Experience at Fremont
 I Have 20/20 vision, but I didn't see this coming
 What School Might Look Like Next Year

Page 2:
 How to Help Out Black Owned Businesses
 Beaches Open for Memorial Day
 Our Reality
 Snow in Chicago
 Interview with Delenah

Page 3:
 Top 10 Shows to Binge Watch
 Common Products Bought During COVID-19
 Concrete That Absorbs Greenhouse Gases
 The Return of Blue Bees

Page 4:
 Wordsearch
 Crossword
 The Bird (poem)
 Order (Comic)



How to Help Out on Black Owned Businesses

By Gelina Valdez

Black owned businesses are dealing with a lot of damage and looting from George Floyd's protests. Even when everything was normal, black owned businesses were often more vulnerable financially than others. A way to help these businesses is to buy their products and



services. This is the most critical way to help them survive. Now is the time to spend money on less fortunate things and disadvantaged businesses.

Some other ways you can do to support it is to make a GoFundMe page and spread the word, You should let people know why you are supporting these black owned businesses and let them know they are worth their support as well. You can also try calling the restaurant directly so it will save the business from paying a portion of their sales in fees. Finally you can volunteer your services and help clean up.

Beaches Open for Memorial Day

By Emma Bui

This past Monday for Memorial Day some beaches are deciding to open for families to be able to celebrate. Normal social distancing rules will still apply, which is staying six feet away from others that aren't who you're quarantined with and wearing masks is suggested. Several state government systems are trying to make the people of their community feel like they aren't completely trapped, and they want them to have something to celebrate this



weekend. States such as New York, California, Connecticut, Delaware, New Jersey, and Florida are the main ones with popular

beaches, so they're the ones who'll be opening for a Memorial Day. In New York City, swimming will still be restricted and no lifeguards will be on duty, but walking and eating on the beach will still be allowed. Some Florida beaches are still closed due to too many people being there.

subject: "life during quarantine"

interviewer: sofia rojas

answering: delenah prendergast-white

Sofia: hi i'm Sofia and today I'll be interviewing delenah prendergast- white.

sofia: so i'll be asking you a few questions today about quarantine.

Delenah: okay sounds good!

sofia: alrighty then first off, How has quarantine been for you?

Delenah: "In the beginning of quarantine I was really sad and irritated with the situation but as of now i'm liking quarantine, i get to hangout with my family and go to the beach and stuff now so it's been good."

sofia: glad to hear that.

sofia: Have you been productive at all? If so , how?

Delenah: "I have been productive, I've been going running, taking walks, and doing core exercises."

sofia: nice. tryna get those abs.

Our Reality

By Vianney Cabanillas

The incident with George Floyd was the last straw. The black community is tired of being oppressed day by day.

BLACK LIVES MATTER



It's as if the color of their skin is a weapon. Our whole system is built upon white supremacy. As a person of color, I understand what they're going through by getting racially profiled. People follow you around stores to make sure you're not stealing.

Cops pull you over because you look "suspicious." It's as if they're not human, society treats them as animals.

I stand by them and support the movement Black Lives Matter. People may call me an angry colored girl. But why in 2020 do people still have to fight for their simple human rights?!?!

If you're not mad you're not listening. You staying neutral is choosing the side of the oppressors. Neutrality is not a choice! You either are racist or not racist. In order to move forward, people need to acknowledge white privilege in American society and make moves to change it.

Snow in Chicago

By Karla Hueramo

On Saturday March 29th, I flew to Chicago with my siblings and mom. My dad was going to go but my parents decided for my dad not to go because he would have to stay two weeks at home. At the Chicago O' Hare International Airport, there were no people compared to the last time I came to Chicago two years ago. We arrived at my aunt's house in a city called Rochelle. There was so much family waiting for us, and my mom started to cry once she saw her brothers. The next day was grandma's funeral.



My family had to go in groups of ten at different times. On Monday, only my mom and uncles were allowed to go see the casket get placed in the hole but not buried because it's different over there. Later that day, our family made food and people came to eat and hangout. The

9 days after Monday we prayed for my grandma. The last week I was in Rochelle, it was snowing and that was the first time I experienced it. I was also going to experience my first tornado, but it didn't happen after all.

sofia: Has social distancing affected you?

Delenah: "Social distancing has changed me, i'm not able to do all the stuff i was able to do before but i've learned to cope with it."

sofia: What do you do to occupy yourself?

Delenah: "I occupy myself during quarantine by taking walks every saturday and hanging out with friends and family. Also me and my cousin get together at least once a week so it's been fun."

sofia: sounds very fun.

sofia: alrighty last question.

sofia: Since you are doing very well through all this monstrosity, What advice would you give to others who are in quarantine?

Delenah: "Advice i would give to others is to get out of the house and be productive. Quarantine was really boring before I was active and everything. So make sure you keep being productive."

sofia: Yes, I'd like to add to that if may. make sure you go outside everyday for at least an hour. it's good to be outside and in the sun. stay positive and keep yourself busy! try out new hobbies, find some sort of craft and have fun with it!

sofia: Well that concludes today's interview! Hope you enjoyed it!

Sofia and Delenah: "Thank you!"

Top 10 Shows To Binge Watch

By Hunter Chow

1. Avatar, the Last Airbender: if you want to watch an animated tv if you want to watch an action cartoon where the characters seem to grow up as characters and in overall skills then avatar is a show you should watch and it's out now on Netflix with 3 seasons.
2. Any CW dc show: the dc shows have something for anyone if you want a darker and more greedier show where you hunt down people and watch Arrow. If you want time travel you can watch legends of Tomorrow, either way each show has its own premise and level of seriousness.
3. Phineas and Ferb: there are over 104 days of summer vacation, so let's watch a bunch of children have infinite money and brain power so they can basically do anything, and watch a platypus kick an evil scientist butt every episode what more do you need?
4. Kim Possible: In this show we watch a duo fight scientists, monkeys, evil golfers, models, robots with a naked mole rats and we can see technology that can do basically anything.
5. Wizards of Waverly place: Wizards of Waverly place is a show that focuses on a family of wizards that run a family diner and they're teenagers, so you automatically know a bunch of things will happen.
6. Drake and Josh: Drake and Josh is an early 2000s tv show made by Nickelodeon, Drake and Josh is about step brothers who have nothing in common and try to become better step brothers and go on adventures.
7. Friends: Friends is a sitcom that goes through a span of 10 years as adult friends go on adventures and learn what it means to be a friend. It also has 10 seasons so it can waste a lot of time.
8. Steven Universe: Steven Universe is a show about a kid Steven who has the power of a gem on his stomach which he got from his mom and he works to help everyone he can.
9. Teen Titans: Teen Titans is a show about a group of hero's called the Teen Titans that live in a T shaped tower and protect their city from evil villains.
10. ICarly: ICarly is a early 2000s Nickelodeon tv show that has 3 people Sam, Carly, and Freddie who own a video channel, which was big and had crossovers with shows like Victorious.

Common Products Bought During COVID-19

By Hannah Swank and Chris Joanne

You've likely noticed items like hand sanitizer, toilet paper being sold out, but what else are people buying while they're quarantined at home? Well just like you or us, everyone else is bored too, so a lot of items that keep you entertained are being bought. People are trying new things like baking or sewing, and Nintendo Switches are being bought so they can play Animal Crossing.



According to CNBC.com, a majority of what people are buying right now are books. The second highest category of items people are buying the most of is cleaning supplies, followed by sports items and games.

Concrete That Absorbs Greenhouse Gases

By: Andrew Huynh

According to Newsela, there is a type of concrete with bacteria inside of it that takes up greenhouse gases. "These microbes pull carbon dioxide out of the air and use it to grow. In the process, they make a mineral that helps toughen the new concrete, notes Wil Srubar." Wil is part of the team that develops the concrete. His team mixed the bacteria called "cyanobacteria" with gelatin, sand, and calcium to create the cement.



Cyanobacteria needs light and carbon dioxide, a greenhouse gas, to survive using a process called photosynthesis. As the bacteria photosynthesizes, it creates little crystals called calcium carbonate which makes concrete stronger. Unfortunately, the concrete has some problems. "Other microbes might get into the mix. If those microbes grow faster than the cyanobacteria, they could take over." Also, the bacteria can't live in dry or cold places.



The Return Of Blue Bees

By Sandra .Y. G and Jocelyn F

According to usatoday.com, researchers in Florida have rediscovered an "ultra-rare" metallic blue bee that hadn't been spotted in years. Experts weren't sure if the blue bees still existed. Chase Kimmel, a Florida's Museum of Natural History researcher, found a blue calamintha bee on March 9. It was the first time one had been spotted since 2016. Since then, more of the elusive bees have been spotted, but efforts to research the insect have been curtailed by the coronavirus pandemic.



"It's a unique insect for a number of reasons", Kimmel said. The bee collects pollen on its face. It relies on a threatened flowering plant. The bee has been found in four locations. But it was not an easy task. Even though he has found the bee in multiple sites, it actually took hours and sometimes days to find one.

Congratulations

Advisor: Ms. Sweet

Journalism Students: Nick A, Vianney C, Hunter C, Luciana C, Janet F, Rylan G, America G, Karla H, Andrew H, Nikolas J, Ashton L, Abigail L, Mariah L, Jesus L, Ricardo M, Josiah M, Andrea M, Carolyn N, Araceli R, Angel R, HeavenLee R, Hannah S, Cassandra S, Jacqueline U, Gelina V, Emma W, Kurtis W, Kayla Y, Kalyani B, Katherine B, Emma B, Jacqueline C, Jocelyn F, Sandra G, Jaden V, Israel G, Bryan J, Chris M, Naomi M, Miguel R, Sofia R, Sophia S, Cassandra S, An V

Quarantine life

By Nick Atashbar

L C V A S Y W G C W D B G O P
 L A M T I L N V K Y I D N N F
 Z A T O H I E C M N T G I L P
 G R C E K C P E G E Y T D I S
 K R I O N Q T W P A X T A N M
 G C O J L I A A L T P S E E I
 I C N I H T G B W U T T R C A
 I D T L C U Q H Z B L K O L X
 J K L H S T E X T H M W G A D
 H B I K I N G P Y G P O B S T
 V N B H J M F V Z E A I X S Q
 G S E M A G O E D I V M O E F
 E A G P X T T C G Z F M E S A
 D R Q J E O J N B E Q J O S V
 V S Y R I H M L F M S T O X F

- COOKING
- ONLINECLASSES
- VIDEOGAMES
- BIKING
- EAT
- READING
- BINGWATCHING
- LATENIGHTGAMES
- SLEEP

The Bird

By Andrea Munoz



BANG BANG
 a siren is heard
 the cries and shrieks
 no one muttered a word

 in a dense fog
 seen, is a bird
 high in the painted sky
 the fright was cured

for it had come to save them
 they were oh so sure
 but when it dove down
 they knew it was the end for the world

an apocalypse unleashed
 the bird was lured
 to the people's torches
 for they were insecure

they fought with might
 only to be reassured
 the bird never dies
 he always gets the last word

Shoutouts!

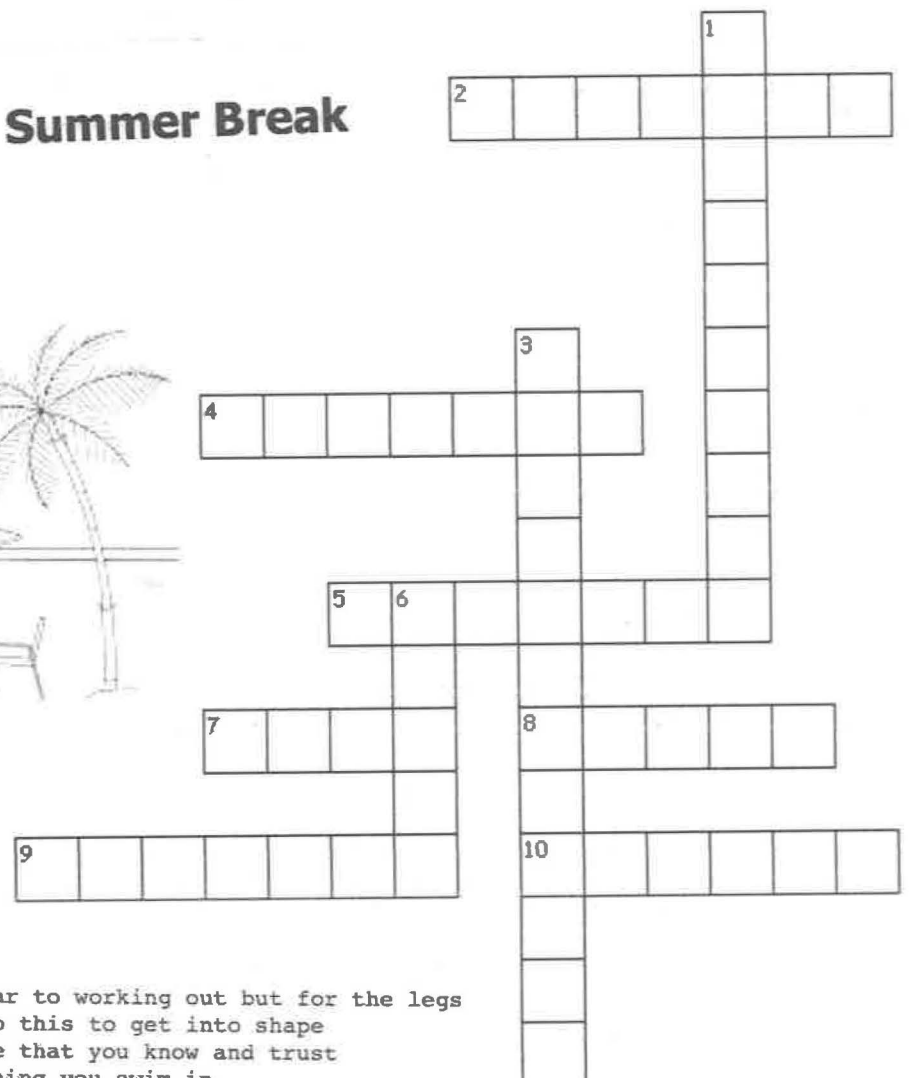
By Annie Vu

I would love to shout out to one of my favorite 8th grade teachers, Mrs. Schultz! I'm glad I got to be in her class this year, and she is always determined to help us when we need it. She's a fun person and always tries to make the classroom a little bit more livelier.

I would also like to shout out to all the staff at Fremont! They work so hard to keep us students safe, and I appreciate all the hard work they've done for us. The last 3 years of attending Fremont will always be a memorable moment in my life, it's something I'll never forget. 6th grade we had a solar eclipse and the big fire happened, 7th grade was my favorite year as it was fun and the friends I made along the way were amazing times. 8th grade, this year, we had this big pandemic happen, where the whole 3rd trimester became work at home. Through all of this, all the staff are still working hard to keep the families safe. They provide food at the school for families, and check up on students to see if they're okay. Thank you for your hard work!



Summer Break



- Across
2. similar to working out but for the legs
 4. you do this to get into shape
 5. people that you know and trust
 7. something you swim in
 8. an ability we all have to travel into the day for night
 9. something you can binge watch movies/tv shows on
 10. another way for saying going up a mountain
- Down
1. a way to pass time and have fun at long distances
 3. the school that no one wants to go to
 6. something you do on your spare time

