



FREMONT BULLETIN

Volume 10 Issue 4

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All about Journalism

By Aliana P, Amaya H, and Nicole C

Have you ever wondered what we do in Journalism? Journalism is not only just about taking pictures around the campus, we also have to make the yearbook, news cast, and the newspaper for the entire school to see. We interview students and teachers as well. The process we go through to make the interviews as perfect as possible, is we make sure that the people we interview know what time would



be good for them, make sure that the background isn't noisy or crowded by others around. Plus we practice the script of questions and prepare for the interview. Finally we tell our interviewees to try and stay as still as possible during the videotaping.

Another very important thing we do is the yearbook. For the yearbook, we have to take approximately 2,000 photos, design the covers, the pages, and get information for certain parts like for WEB and sports.

We also promote Journalism by going into classrooms and showing students what we do and talking about why they should join. If you're interested, you can fill in the application. We also have fun activities in the class after we finish the newscast or newspaper like potlucks, watch movies, and play games in the classroom. Those that have already applied and are accepted for next year will be able to participate in a fun Play Day this coming June!

Speech Club

By Valerie, Gerardo, and Sofia

Speech Club is a club where you can express yourself and practice growing your confidence in front of others. In this club, you write speeches that you take to competitions against other schools and students, the goal being to impress and educate the judges. We interviewed Elijah Rojas, a seventh grader from speech. During the interview we gained a lot of information about him and how he feels about the club. Elijah stated he joined the speech club



ever since it started. He was encouraged by teachers and students because he already showed attributes of a strong speaker. "I like the free ability to speak without any limits." He stated it was a fun experience and he would suggest that it becomes an elective.

Mountain Lion Spotted In Oxnard

By Jazmine C, Evelyn R, Valentino J

On March 13, 2026 at around 6:00 pm a young male Mountain Lion was spotted. Male Mountain lions usually weigh around 110-220 pounds. It was spotted up in a tree at 800 block of Ebony Drive in Oxnard, CA. The Mountain Lion may have entered the



neighborhood looking for food or looking for new territory. Officers monitoring the scene saw the mountain lion had left its spot by roughly 3:15 a.m. to 4 a.m. Saturday, March 14. Officials reported that the mountain lion likely headed north to the Santa Clara River toward the Santa Susana Mountains.

Did you know that mountain lions are mostly spotted in the Santa Monica Mountains? Mountain lions are apex predators that are active at dusk and dawn. They are mostly spotted at canyons, foothills, and mountain areas. Mountain lions are strictly carnivores and primarily prey on deer, small mammals, and pets. Mountain lions are a protected, largely isolated population, with 10-15 adults typically inhabiting the Santa Monica Mountains. If you ever find your way in front of a Mountain lion and it licks you, it will feel extremely rough, like coarse sandpaper which can easily cause an injury. But plan to stay away and use caution if you ever see one!

Fremont's Fastest

By Alex C. Genesis A. Mia S.

Sofia Rojo is a 14-year-old track athlete who has been running for the Oxnard Stars for the past two years. She enjoys being part of a team and likes how track brings everyone together. She practices three times a week for about an hour. On Mondays, she does conditioning, Wednesdays are for workouts and relay practice, and Thursdays she works on long jump. Every Saturday, she competes in track meets from 7 a.m. to 2 p.m. Sofia runs several events, including the 4x100 relay, 200 meters, and 400 meters 4x400, and she also does long jump. Her favorite event is the 200 meters, but she is best at the 400. She joined track because she wanted to try something new and found out she really enjoys running. One of her biggest accomplishments so far is making it to the conference championships as part of her 4x400 relay team. Sofia hopes to keep improving with her hard work and keep doing her best in every race.



Interested in Joining Journalism?
Love taking photos?
Want to make the Yearbook?
Email Ms. Sweet: asweet@oxnardsd.org
for more information!



Page 1:
All About Journalism
Mountain Lion In Oxnard
Speech Club
Fremont's Fastest
Page 2:
Get to Know Ms Istrin
Interview With Amaya
Elephants Need Babysitters Too
Page 3:
The Science Behind Programming Computers
Marsha P Johnson
Detroit Student Speaks Up
Do You Know Martin Luther King, Jr?

Page 4:
Did You Know Abraham Lincoln
Malala Yousofzai
Secret Communication System
The 98th Oscars
Counterculture Icon David Bowie
Greta Thunberg
Page 5:
Crosswords
Comics

Advisor: Ms. Sweet
Members: Genesis A, Nicole C, Jazmine C, Alex C, Joesix D, Selene G, Liam G, Lho G, Jasie S, Amaya H, Leo H, Alfred I, Valentino J, Hailey L, Daniel L, Aliana P, Valerie R, America R, Evelyn R, Lexi R, Serenity R, Sofia R, Yissel S, Mia S, Eva S, Millie V

Get to Know Our PE Teacher Mrs. Istrin

By Monze G, Hailey L, & Leo G

Mrs. Istrin is one of the PE teachers at Fremont. She has taught for 18 years and she started teaching at 22 years old. Throughout her 18 years of teaching, she taught at a school in Panorama City in LA for two years, a Charter school for one year and another called Paul Revere for 5 years, Hail for 8 years, Kamala for 2 years, and finally here at Fremont. In three words she describes herself as energetic, intense, and happy. In high school, she was captain of the soccer team and her cross country team. Mrs. Istrin's hobbies outside of school are running, surfing, soccer, swimming, art, jewelry, music, and playing sports with her kids. If Mrs. Istrin won a lottery ticket of 1 million dollars, she would use it to buy a bigger house for her kids so her kids could live closer to her. If she could choose to live anywhere in the world, she would choose Ventura because she loves where she lives and she has been waiting her whole life to live here.



Punch The Monkey

By Leonardo H., Selene G., & Millie V.

Punch the Monkey, or simply "Punch," was born on July 26, 2025. He is a baby Snow Monkey living at the Ichikawa City Zoo in Japan. Punch was abandoned by his mother. It's believed he was abandoned because he was born during a heat wave, where the mother prioritizes her health over her young. That's when two caretakers took him in. Punch was given an orange Orangutan from IKEA, and grew attached to it very quickly. On February 5, 2026 the zoo made a post about Punch's backstory and it was viral all around Japan and overseas. Images and videos of Punch being bullied surfaced on many social media platforms. A little more than 2 weeks later IKEA representatives went to visit Punch and donated 33 stuffed toys to him. Because Punch has gotten so popular he has brought many more visitors to the Ichikawa City Zoo, which benefits the workers and animals. When Punch has been seen being bullied in his enclosure, he grabs his stuffed orangutan for comfort. As of now he is fitting in, Shunpei Miyakoshi says, "Now he's communicating with other monkeys and it's great to see him reaching these milestones." Check out Punch online for more information, updates, and videos!



2026 YOUTH GIRLS SLOWPITCH SOFTBALL | 6th - 8th "Blue" | All Teams

| Week 2 | | | | |
|----------|---------|-----------------------------|-----------------------------|-------------|
| Tue 5/5 | 4:30 PM | Fremont Falcons | Marshall Bulldogs (Salazar) | Adair Field |
| Tue 5/5 | 5:45 PM | E. O. Green Hornets | Chavez Eagles | Adair Field |
| Tue 5/5 | 7:00 PM | Blackstock Panthers | Lopez Jaguars | Adair Field |
| Week 3 | | | | |
| Tue 5/12 | 4:30 PM | Lopez Jaguars | E. O. Green Hornets | Adair Field |
| Tue 5/12 | 5:45 PM | Marshall Bulldogs (Salazar) | Blackstock Panthers | Adair Field |
| Tue 5/12 | 7:00 PM | Chavez Eagles | Fremont Falcons | Adair Field |
| Week 4 | | | | |
| Tue 5/19 | 4:30 PM | Chavez Eagles | Lopez Jaguars | Adair Field |
| Tue 5/19 | 5:45 PM | E. O. Green Hornets | Marshall Bulldogs (Salazar) | Adair Field |
| Tue 5/19 | 7:00 PM | Fremont Falcons | Blackstock Panthers | Adair Field |

Interview With Amaya

By: Jocelyn C, Jocelyn G, and Alfred I

Today we asked eighth grader Amaya Hawkins questions about herself and school. She said that she thinks eighth grade is nice, because it's the most important year of middle school, and it's the last image of yourself that you create everyone to remember by. The advice Amaya would give to the soon to be eighth graders is to not let all the work overwhelm you and don't be afraid to ask for help when things get hard to handle. The high school she might go to is Foothill, and



she will join clubs if they have anything interesting or have anything to do with hobbies she likes. Her plans after finishing school are to get more into technology and see volleyball as a career path. Her favorite memory from middle school was having the school dances, movie nights, and even loteria nights in the cafeteria after school. She is happy to be leaving middle school and going into high school, but she's also pretty nervous because of all the new people, but she knows it'll be fun.

Elephants Need Babysitters Too

By Sofia R

Humans aren't the only people who need nannies, so do elephants. In December, a 10 year old elephant disappeared and when she returned she brought along two females. One of them, a 10 year old, had a newborn calf. "The recently returned elephant had stepped into a caregiver role, helping the inexperienced young mother raise her calf, like a nanny," D'Ammando says, a research manager for the Kenya-based conservation organization Save the Elephants. These elephants play an important role not only in the calf's lives, but in the mother's lives too.



Most of the time the "allomothers" are younger females that have never given birth. Most are around or less than 15 years old and are really attached to the babies. When the calf's mother is away, the allomothers are there to comfort and greet them. In stressful and dangerous times, the allomothers will gather and protect the young. This also allows the inexperienced females to learn the essentials of parenting. They learn how to take care of a child of their own. These allomothers are making a big impact on the elephant community today.

2026 YOUTH BOYS 7-ON-7 SOCCER | 6th - 8th "Blue" | All Teams

| Week 2 | | | | |
|----------|---------|----------------------------------|----------------------------------|-----------------|
| Wed 5/6 | 5:00 PM | Blackstock Panthers (Gonzales) | Fremont Falcons B | Del Sol Field 1 |
| Wed 5/6 | 6:00 PM | Rio Real Bulldogs | Kamala Tigers (J) | Del Sol Field 1 |
| Wed 5/6 | 7:00 PM | Santa Clara Saints | Frank Lobos 1 | Del Sol Field 1 |
| Fri 5/8 | 5:00 PM | Rio Real Bulldogs | Fremont Falcons B | Del Sol Field 1 |
| Fri 5/8 | 6:00 PM | Ocean View Seahawks (Tlaxcuapan) | Frank Lobos 1 | Del Sol Field 1 |
| Fri 5/8 | 7:00 PM | Blackstock Panthers (Gonzales) | Santa Clara Saints | Del Sol Field 1 |
| Week 3 | | | | |
| Wed 5/13 | 5:00 PM | Frank Lobos 1 | Blackstock Panthers (Gonzales) | Del Sol Field 1 |
| Wed 5/13 | 6:00 PM | Ocean View Seahawks (Tlaxcuapan) | Rio Real Bulldogs | Del Sol Field 1 |
| Wed 5/13 | 7:00 PM | Kamala Tigers (J) | Santa Clara Saints | Del Sol Field 1 |
| Bye | | Fremont Falcons B | | |
| Week 4 | | | | |
| Wed 5/20 | 5:00 PM | Santa Clara Saints | Rio Real Bulldogs | Del Sol Field 1 |
| Wed 5/20 | 6:00 PM | Fremont Falcons B | Ocean View Seahawks (Tlaxcuapan) | Del Sol Field 1 |
| Wed 5/20 | 7:00 PM | Blackstock Panthers (Gonzales) | Kamala Tigers (J) | Del Sol Field 1 |
| Bye | | Frank Lobos 1 | | |

Abraham Lincoln

By: Evelyn R

Abraham Lincoln was the 16th president of the United States. He was born on February 12, 1809 in Larue County, Kentucky. He grew up poor living in a log cabin. Before he became the president he went to law school and became a lawyer for 25 years. On January 1, 1863, he declared all the slaves free in Confederate territory. African Americans were now allowed to join the Union Army, changing the course of the war with the 13th amendment. He was later shot at Ford's Theatre and died on April 15, 1865.



Secret Communication system

By Genesis Aragon

Do you know who invented a secret communication system during WWII? Hedy Lamarr was a famous actress and inventor who was born in 1914 in Austria. She was well known for acting in Hollywood movies during the 1930s and 1940s. Many people thought she was just a movie star, but she was actually very smart and interested in science. During World War II, she wanted to help the United States, so she worked on an invention that could make radio signals harder for enemies to block. Hedy Lamarr and a composer named George Antheil created a system called frequency hopping, which helped guide torpedoes without being jammed. Even though their idea was not used right away, it later became an important part of technology like Wi-Fi and Bluetooth. This shows that Hedy Lamarr was not just an actress, but a smart inventor who helped change the world in a big way.



Counterculture Icon David Bowie

By Lexi Rodriguez

Born in Brixton, London on January 8, 1947, Robert David Jones discovered his love for music from being inspired by the jazz at the London West End. He performed with bands such as The Kon-Rads, The King Bees, and the Mannish Boys. In 1966 He changed his name to David Bowie with longer hair with aspirations of stardom rustling above his head. The first rock album he put out was called *David Bowie* which was then re-titled to *Man of Words*. Bowie rose to fame by pivoting from failed pop attempts to his 1969 hit *Space Oddity*. Bowie then came out with his glam rock alter ego *Ziggy Stardust*. *Life on Mars?*, *Changes*, and a song collaboration with the band Queen called *Under Pressure* were some of his most famous hits. David Bowie had redefined popular music through his reinventions, and his electronic styles. He was also known as a LGBTQ+ icon for defying gender norms. Bowie later died in New York City due to liver cancer at the age 69.



Malala Yousafzai

By Jocelyn Garcia

Malala Yousafzai was born on July 12, 1997 in Mingora, Pakistan. At age 11 in 2009, Malala wrote a blog under her pseudonym for BBC to detail her life during the Taliban's Occupation of Swat. The following year, a journalist wrote a documentary about her life and she received a National Youth Peace Prize. On October 9, 2012, Malala and two other girls were on a bus after taking an exam, a Taliban man boarded their bus and shot Malala in the head along with the two other girls. The gunman fled the scene and Malala was left in critical condition at a hospital in England, and the other two girls were treated at a different hospital. Malala and her two other friends, Kainat Riaz and Shazia Ramzan, all survived the attack.



After her recovery, she joined her family in their new home in the UK. On her sixteenth birthday, she spoke at the United Nations, saying that all children should have access to school and proper education. In December 2014, she received the Nobel Peace Prize, becoming the youngest ever Nobel laureate. Now at age 28, Malala continues to lead the Malala Fund to promote 12 years of safe, free, and good education for girls.

The 98th Oscars

By Liam G, America R, Lexi R

Who won best actor at the Oscars hosted on March 15th, 2026? It was Micheal B. Jordan for his role in *Sinners*. He defeated Timothée Chalamet and Leonardo DiCaprio, who played in *Marty Supreme* and *One Battle After Another*. The Best Production Design and Best Makeup and Hairstyling went to *Frankenstein*, starring Jacob Elordi and Mia Goth. *The Girl Who Cried Pearls* won Best Animated Short Film. *The Singers* won Best Live Action Film. Best Original song went to *Golden by Huntrix*. Paul Thomas Anderson won Best Director for the film *One Battle After Another*. Best International Feature Film went to *Sentimental Value* Best Visual Effects was awarded to *Avatar: Fire and Ash*. Jessie Buckley got the award for Best Actress of 2026. Best Documentary went to *All the Empty Rooms* directed by Joshua Seftel. And those were a majority of the awards at the 98th Oscars hosted by Conan O' Brien.



Greta Thunberg

By : Jocelyn C

Greta Thunberg was a girl who was born on January 3rd, 2003. In Stockholm, Sweden. In 2018 at the age of 15 she became internationally known after starting a solo school strike outside Sweden's parliament which caused the global Fridays for Future Youth movement demanding stronger climate action. Since then, Greta has become an activist who is known for pressuring the government to address social issues and climate change. Now a lot of people look up to Greta Thunberg for the speeches she gave and protests she participated in. She continues to this day speaking about important issues for our planet. Thunberg's influence has boosted environmental awareness and youth involvement in climate activism for the better.



The Science Behind Programming Computers

By America R

You may sometimes wonder, who programmed the first computer ever? Well, Ada Lovelace did. She was an English mathematician in the 1800's. She was known for the Analytical Engine, programming the first computer, and Charles Babbage's design for a mechanical computer. Ada Lovelace should be someone everyone should know about.

Ada was born in London on December 10, 1815. She had an isolated childhood at the country estate as the marriage of her parents ended. Lovelace's grandmother started a strict system of education to teach her stuff like history and mathematics. She learned other stuff like music, geography, and horse riding. But it all was paused when she became ill at 13. She used to go to parties with her mother in London, when she met Charles Babbage, a 41-year-old mathematician. She returned to her passion later on in life after she got married and had kids.

Sadly, Ada's health worsened. She went to many different doctors for months. At some point in 1851, doctors informed her that she had cancer. By November 27, 1852, she died at the age of 36. She was buried in the Byron family's vault next to her father. She contributed to computer science by being the first and foremost interpreter of Babbage's work, even though she did not get recognition.



Detroit Student Speaks Up

By Selene G

In January 2025, a student in Detroit did not stand for the pledge in protest of the US support of Israel. Danielle is of Palestinian descent and for 3 days she did not participate in standing for the pledge. Her teacher responded, "Since you live in this country and enjoy its freedom, if you don't like it, you should go back to your country." From then Danielle was afraid to confront the teacher that had humiliated her.

A lawsuit has taken place and Danielle has won her case. She received \$10,000 from an insurance company on behalf of the teacher. Superintendent Monica Merritt supported the student by saying she "Showed courage by speaking up about the incident." The school district will erase anything on Danielle's record that said she violated any school policy. Danielle says, "It taught me the importance of speaking up for what I believe in is right"



Do You Know Martin Luther King Jr?

By Hailey. L

Martin Luther is a very important person who fought for civil rights for Black people in America. He made many important speeches, and his most famous speech is "I Have a Dream" on August 19, 1963. This speech showed people that everyone should be treated equally no matter their skin color. However, some disagreed and Martin Luther was assassinated



on April 4, 2026 at the age of thirty nine in Tennessee.

Leaders like Martin Luther had laws changed, and things got for Black Americans. Martin was also the youngest person at that time to receive the Nobel Peace Prize. He was arrested twenty nine times for his activism. Overall Martin Luther King Jr was a great person and made a big difference and is a huge part of American history.

Marsha P. Johnson, a Queer Pioneer

By Eva Sweet

A topic in public and private education that is commonly disregarded is the subject of the LGBTQ+ community and the history of the progression of their rights over time. In history class, you are taught of the oppression of several groups—people of color and the oppression of women within the western societies. However, not once are teachers mandated to teach of the oppression of queer people.

Marsha P. Johnson is the most well known queer rights activist. She was born August 24, 1945, in Elizabeth, New Jersey. Elizabeth was a segregated city, and the birth of many civil rights movements. Marsha first began dressing in feminine clothing at the age of five against her mother's requests, and because of this faced terrible hostility. Johnson was deeply religious, and as she grew bolder with time, she performed at her church and began attending drag shows at a local gay bar. At Edison High School, she was a drummer in her school's marching band. At the age of 17, Marsha briefly enlisted in the United States Navy, but was honorably discharged because she punched a man who had tried to assault her.



After graduation, she moved to New York, working at a local restaurant, in which she met Sylvia Rivera, another transgender advocate, whom she became close friends with.

On June 27, 1969 Marsha and Sylvia visited a well known gay bar to dance after a rather disappointing party. The raids began on the early morning of June 28. Police raids of gay bars were common at the time, but on this particular evening, the community decided to fight back against the crippling corruption. Marsha and Sylvia Rivera were the two transgender women who resisted arrest, allegedly throwing a bottle at the officers in protest. While there are not many accounts of the events that led up to the initial mob, one record remains the most iconic; Marsha P. Johnson threw a glass at the mirror and screamed "I got my civil rights!", sparking the community into action. The riot quickly turned into a mob and the events of this uprising were heard around the world. This is the most recognized LGBTQ+ movement in American history, and later to be known as the Stonewall Uprising.

After Stonewall, the AIDS epidemic rose, setting back the movement by several years. Marsha P. Johnson regularly visited patients; lighting candles and praying for them, as well as participating in many rallies and speaking up against propaganda about the AIDS crisis among the LGBTQ+ community.

On July 2, 1992, Marsha left a friend's apartment, and they assumed she was headed down to Los Angeles. On July 5, the friend attempted to file a missing persons report but was refused because the victim had to have been "over 40 years of age" at the time to be reported missing. She was 46 at the time. On July 6, Marsha P. Johnson's body was discovered floating along the Hudson River. Many accounts of witnesses had gone to police stations with information about a man who boasted about killing a drag queen called Marsha. Each one was turned away and refused to investigate. To this day, queer people face discrimination just as similar to what happened on that day due to recent developments of societal norms. Protecting queer youth is still just as pressing now as it was then. Learning about the history of all people can help us prevent such hateful ideology from continuing in the US and the world. Let's acknowledge this LGBTQ+ advocate today and always.

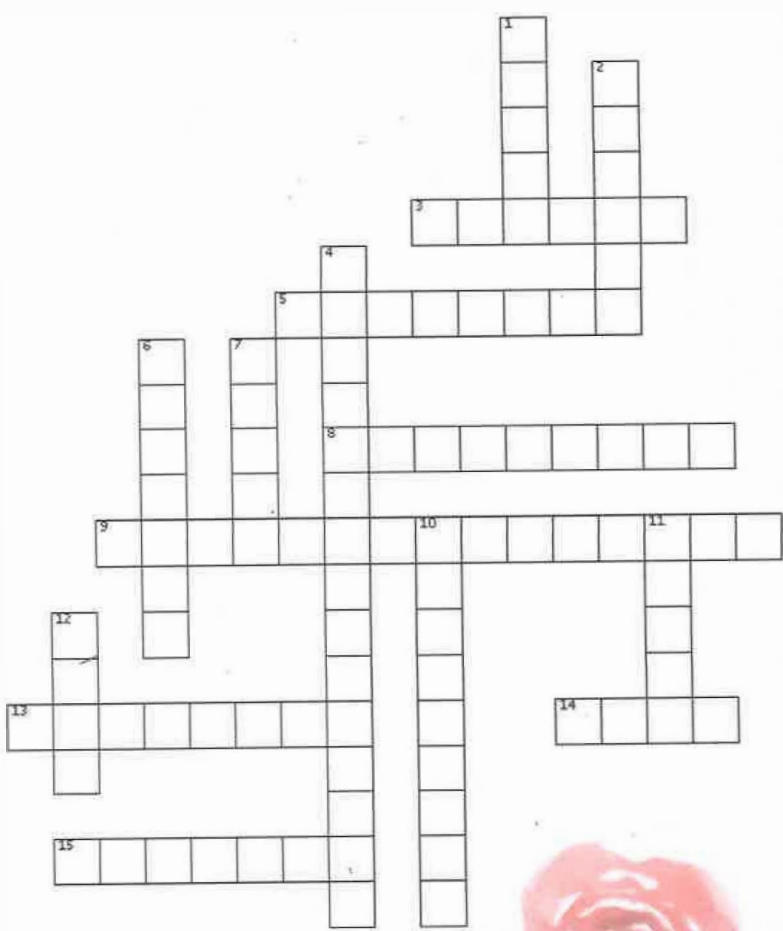


ACROSS

- 3. A large diverse family of flowering plants known for their exotic blooms of nearly every color.
- 5. Large showy pink/purple flowers typically associated with hawaii or tropical climates.
- 8. Very tall stalks with one or more yellow flowers; they produce edible seeds
- 9. Small white bell shaped flowers that face the earth.
- 13. Flowers which are yellow on the inside and gradually fade to white; associated with Hawaii.
- 14. Vibrant popular flowers often known for being red with thorny stems.
- 15. Typically characterized by their yellow center and thin white petals.

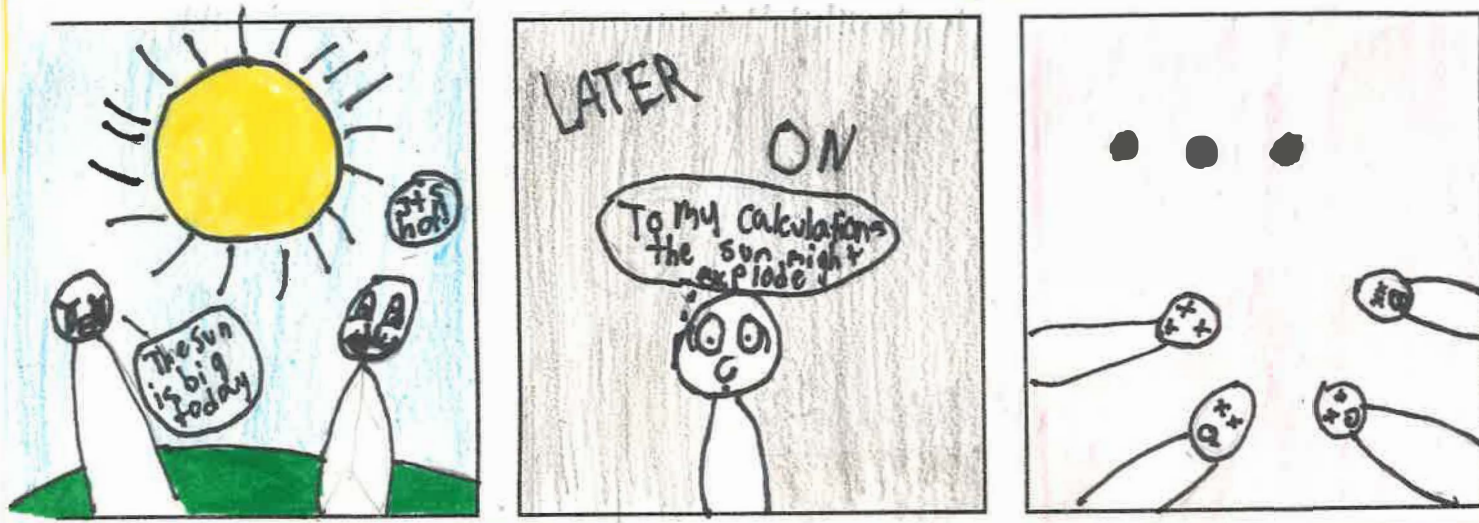
DOWN

- 1. Sweet smelling spring flowers on shrubs known for being purple.
- 2. Vibrant cup shaped flowers that emerge from bulbs.
- 4. A tropical plant known for resembling a bird.
- 6. Large circular flowers packed with petals; typically pink.
- 7. Vibrant, typically red small flowers which typically symbolize remembrance and death.
- 10. Purple stalks of sweet smelling flowers.
- 11. A showy aquatic plant which is often shown in the disney film: princess and the frog;
- 12. Large six petaled flowers; typically pink and white.



- | | | |
|--------------------|----------|-----------|
| Birds of paradise | Hibiscus | Daisies |
| Hyacinth | Lily | Lilac |
| Lily of the valley | Orchid | Lotus |
| Peonies | Poppies | Plumeria |
| Rose | Tulip | Sunflower |

S M I O P J R X R C A L I L X
M G I Z X G O P E N Y R F I S
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B I R D S O F P A R A D I S E
V Z J Y O U N X G Y F L Q Y J
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Based off true events...
 by Ally R.