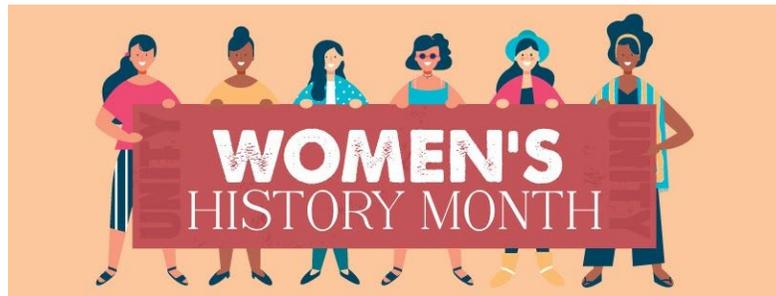


Guardians of Freedom

Spring Semester Edition: Volume Five

March 20, 2020



Celebrating Women

by Chlowe Polhemus



Throughout the years womens' rights have evolved greatly! Thank you to Susan B. Anthony and Elizabeth Cady, who were of the first to fight for womens' right to be able to vote, we can now vote in this next election. Thanks to Rosa Parks, we know we can have courage to stand up for what is right. Thanks to Juliette Gordon Low, the first Girl Scout, young girls can be part of a group which teaches them how to help their communities and help others. Thanks to Winnie Harlow, a Canadian model, girls can feel confident no matter how they look or what they are going

through. Thanks to Mary, who gave birth to Jesus, we know God can still use us in his plan, no matter how young or insignificant we may feel.

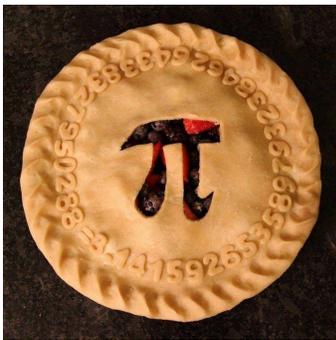
There are so many more women who have and still are helping to build the women we have now. So much courage, confidence and beauty built up inside has been passed down from generation to generation

Coronavirus Madness Cancels March Madness

By Ethan Teaster

This week the NCAA canceled its men's and women's basketball tournament. Initially the games were going to be held in empty arenas, but after all major sports associations such as NBA and MLB were stopped the NCAA completely stopped the games. These games were stopped due to health concerns of the pandemic Coronavirus (COVID-19). Smaller conferences and local sports teams divisions also have shut down. The men's NCAA basketball tournament has been played every year since 1939.

East Tennessee State men's basketball team won the Southern Conference tournament this week. Their coach Steve Forbes suggested his seniors should get another year of eligibility. We are all saddened to hear the news of our beloved games coming to an abrupt end, but safety and health must be a priority. Be safe, stay healthy and don't panic. I leave you with this my friends, "For God hath not given us the spirit of fear; but of power, and of love, and of sound mind" 2 Timothy 1:7.



Happy Pi Day!

By Rhiannon Freeman

Check out this recipe for French Silk Chocolate Pie in honor of pi day! This recipe was given to our family by Dr. Rose Hamm of Pacifica California.

Ingredients

1 cup butter, cold
1 1/2 cups of white sugar
4 ounces of unsweetened chocolate, melted and cooled 1/2 teaspoon of vanilla
4 large eggs
1 pie shell baked
Whipped cream or cool whip
Electric stand mixer

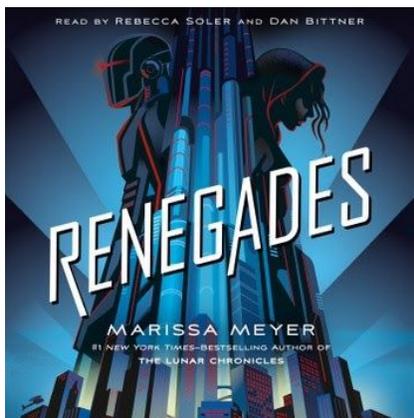
Directions:

1. It is important that this pie recipe is followed precisely for the best result.
2. Melt chocolate in a microwave or double boiler and allow to cool completely.
3. Bake pie shell in oven (don't forget to prick the bottom) and allow to cool per pie shell directions.

4. In an electric mixer put cold butter and sugar. Beat until light and fluffy, it should not show grains of sugar. This will take many minutes in the mixer.
5. Add the cooled chocolate and mix for at least 2 minutes.
6. Add eggs one at a time, beating in the mixer for 5 minutes after each egg.
7. Add vanilla and beat for a few seconds and then spoon into pie shell. It should be thick and fluffy.
8. Chill in the refrigerator for several hours. Decorate pie with whipped cream and serve cold. Pie must be kept refrigerated.

About a Book: “Renegades”

By Rhiannon Freeman



The book *Renegades* was written by Marissa Meyer. This is the first book of a trilogy. Ms. Meyer is a well known author of teen novels. This novel is set in a futuristic city. There are two groups of people with super powers that each thinks the other is the villain. The two groups don't communicate and instead choose oppression and violence. The book is very well written. The way she writes it lets you see both groups' point of view. The novel has a strong plot but limited action. This book will appeal to teens who enjoy books that are intellectually stimulating.

Falling, Falling, Falling Apart

By Grace Crews

Hey guys! Grace here! This story has been the hardest to write and I'd like to warn you since we are SADD club, we do deal with alcohol and drug use. They are the main villain in this story. Drugs have a debilitating effect on your body. They shut everything down. Drugs in medicine are helpful, as long as you don't take more than the package or your doctor says. NARCAN is a real overdose prevention nasal spray. If you think a person is overdosing, you can give them NARCAN. If it turns out they aren't, NARCAN won't hurt them. Please call an ambulance as well. On to the story!

I watched my best friend fall apart. Hi, my name's Gianna. My best friend, Sean Patrick, and I had been friends ever since I dumped applesauce on his head in first grade. We were now in 10th grade. Ever since 6th grade, I had noticed changes. He'd wheeze. He was constantly hungry; even more so than our other guy friends, and we have many. He'd get sick more often. His hands trembled. His voice dropped deeper than expected.

He grew stick thin. He'd forget what he had learned in the morning. He blacked out quite a few times. It all came to a point sooner than I expected.

"Morning Sean!" I slid into my normal seat. Sean rubbed his eyes.

"Morning G." He groaned and thumped his head against his desk. "It's too early..."

"Sean...are you ok? I'm worried about you." He laughed and waved his hand.

"I'm great! Now let me sleep."

"Ok then..." Just then, the teacher walked in. Class started. I hated Algebra Two, but I must've been good at it since I had a B-. I took notes though, because Sean was snoring softly.

The day passed quickly. I was just about to leave when I got a call from Anthony, one of my friends.

"Hey, can you come to the football field? Something's wrong with Sean." Tony's voice was shaky. He was scared.

"I'm on my way." I ran to the football field. Sean was on the ground, convulsing.

He was foaming at the mouth. "Tony! I need you to answer these questions for me, quickly and honestly." Tony nodded. "Does Sean drink?" Tony paused then nodded. Ok, this was bad. "Does he do drugs?" Tony nodded again.

"I tried to get him to stop but he must've had too many right before practise." This was worse. Luckily, I kept NARCAN in my backpack.

"Call an ambulance!"

"I already did." Jack jogged up. "They're on their way."

"Ok, step back please." I pulled the NARCAN out. I sprayed it into one of his nostrils and moved him onto his side. He didn't respond after a few minutes so I administered NARCAN to his other nostril. The ambulance pulled up soon after. They took him to the hospital. I texted my mom to let her know what happened and that I was going to go to the hospital with Sean. I caught a ride with Jack.

It was a long process but, eventually, Sean made a full recovery. He went through a long therapy process. Drugs are bad kids, I know it seems like you get told that way too often but your parents and others are trying to warn you. Remember the story of Sean Patrick.



Got an inside scoop? Let us know at
guardiansoffreedomnewspaper@gmail.com

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____