



## School Strike is Over - What Now?

by Bonnie Pan  
Interlake High School

For teachers of the Bellevue School District (BSD), the two-week strike from September 2nd to September 14th led to agreements allotting instructors more flexibility in lesson plans and a 5% increase in salaries.

After this agreement was reached, teachers and students returned to school.

Everyone seemed glad to get back in the classroom and eager to make up for lost time. Accordingly, some scheduled school breaks and vacation days will be cancelled to make up for the school days missed during the strike.

Winter break, instead of starting on the 22nd of December, will start two days later on December 24th. Families may need to adjust original vacation plans.

### IMPORTANT DATES

December 24-January 2nd  
Winter Break

January 19  
Martin Luther King, Jr.  
Day

February 16  
President's Day

April 6-10  
Spring Break

May 25  
Memorial Day

June 18  
Last day of school

<http://www.bsd405.org/>

Shaving two days off winter break isn't the only—or biggest—change in the BSD calendar for the 2008/2009 school year. Mid-winter break, which is normally the week of February 17-20, will be used as school make-up days.

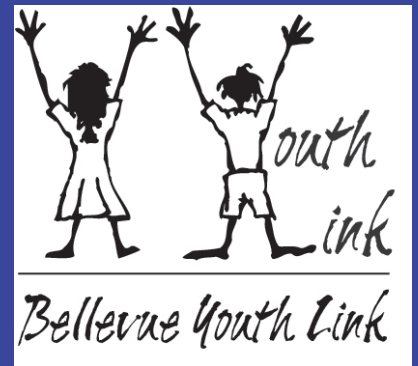
Lastly, the 10th of October and November, as well as January 26th and March 20th, shall be used to make up the remaining school days missed.

However, teachers and students will still have some of the originally scheduled holidays and breaks.

In addition to the Thanksgiving break teachers and students just enjoyed, they can look forward to a nice break in December. The break will be from December 24th through January 2nd. Spring break will take place on April 6th through April 10th.

There are also some individual days that are scheduled to be days off from school: January 19th, February 16th, and May 25th.

## Outspoken is a product of Youth Link



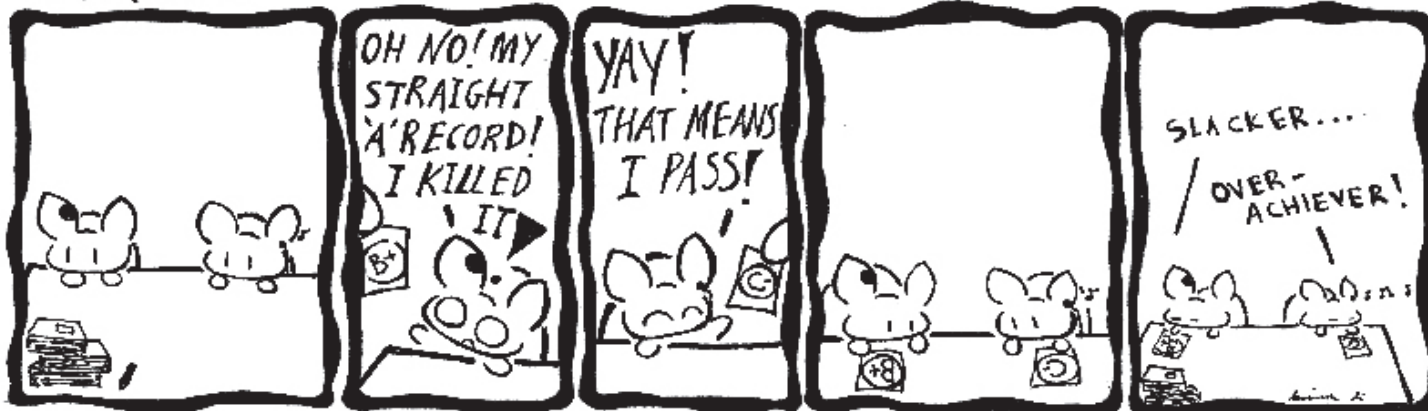
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## Outspoken Comics: I = Bunny

by Lucinda Li  
Transition School

### Anticipation



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# Volunteer Opportunities for Bellevue Teens

by Amuyl Uppala  
Newport High School

“Graduation requirement”—it’s a term that looms forebodingly for seniors and juniors. Bellevue’s high schools list 40 hours of community service as one of these requirements, which can cause worry for teenagers eagerly awaiting graduation. But volunteer work is useful for more than just high school obligations.

Shelly Shellabarger, the youth volunteer coordinator for Bellevue, stated that, “Volunteering can be especially beneficial to teens who may not have the work experience

necessary to compete in a shrinking job market. Volunteering is work experience and should be included in your résumé. Beyond that, potential employers look favorably upon candidates who give back to their community because they tend to be well-rounded, easy to work with and helpful.”

Here are some tips for juniors and seniors looking for community service hours while embarking on graduation:

First, don’t choose something just because it provides the needed



hours. Explore your passions; it’s good practice for college. Like reciting Shakespeare?

“Teens interested in the arts will always find a home at Bellevue Youth Theatre; jobs there include costuming, stage design, sound, props management, lighting and, of course, acting”, says Shellabarger.

Volunteers are always welcome to help with costume sewing/preparation and set development.

For the more physically active, movers are needed for shows. Also, ushers are needed for every performance. The theatre is a good choice for busy high schoolers—timing is flexible and options abound. You can also talk to your school’s play director, who might give you hours for helping out.

Alicia Williams, a high school counselor at Newport, says that it’s important for students to be “well-rounded”, meaning that they have participated in a variety of activities and community service. However, at the same time colleges are looking for students who are “‘well-lopsided’: students who exhibit expertise or genuine interest in a more narrow scope.”

And volunteering can incorporate all interests. Future stylists, check out Bellevue’s Youth Link Teen Closet, which provides free clothing to low-income families. There, you can help “classify and set out donations, and assist clients” in choosing outfits,

says Shellabarger. So, use your fashion sense—and have fun!

One unique local program is Bellevue City’s Teen Mediation. It provides an opportunity for “someone who is considering a future in counseling” says Shellabarger. After training, volunteers help out by coaching others in person and over the phone so they can solve their issues.

No matter which field of service you wish to enter, do your research. Go to Bellevue City’s website for links to volunteer opportunities. Contact your school counselor. They are often your most “valuable resources. It can be as easy as asking a trusted adult for a recommendation or a referral to get started as a volunteer. Many students take advantage of the school clubs and organizations as a way to become involved in the community”, says Williams.

And if you’re interested in writing and photography, just come to Outspoken!

[www.youthlink.com](http://www.youthlink.com)  
[www.bellevuewa.gov](http://www.bellevuewa.gov)

## College Application Tips for Students

by Shanglun Wang  
Interlake High School

College application season can be a stressful time for many seniors, and it may be a source of great anxiety for forward-looking juniors.

To help ease some of these worries, Bob Mahmoudi, President of College Planning Solutions, Inc., offers a few pointers for applicants.

### 1. Maintain integrity.

Mahmoudi says: “Many people think that colleges cannot verify [the] truth of the application, or that colleges won’t know if essays are students’ [original] work. Then they are surprised to find that they are not accepted. Colleges can tell... For instance, a good admission officer can, just from reading the essay, [surmise] many things about the writer, such as gender, educational background, and even occupation.”

Also, if on your application you list an important leadership role that is missing from your recommendation letters, they may be suspicious. There are many other ways that colleges can spot irregularities. The best policy therefore is integrity.

### 2. Talk about undergraduate school goals.

Mahmoudi says: “When asked about what they want to do in the future, many people like to talk about their postgraduate studies – law school, philanthropy, research science.... Good students [also] talk about their undergraduate goals because they know that’s where they have the most opportunities to grow... One of the most important traits that colleges look for is the ability or potential for out-of-the-box thinking. Focusing on the prescribed undergraduate-graduate-job track

without thinking about how it will help you grow does not show outside-of-the-box thinking.”

### 3. Show diversity.

Mahmoudi says: “Many colleges look for students who are committed to diversity. However, you still need to be truthful. Colleges can verify your claims very easily. For example, if you say that you pride yourself on having close friends of different backgrounds, and in the interview when they ask you ‘who are your three closest friends and how will they describe you?’ they [may be able to] tell whether or not you have a diverse group of friends.”

### 4. Apply Early

Mahmoudi says: “Apply early. Colleges look at early applications from aspects that they won’t have time to look at in later applications.”



And remember: smile with confidence! Showing a little enthusiasm can’t hurt.

For more information, visit [www.collegeplanning.com](http://www.collegeplanning.com)

# Babysitting During the Winter

by Emily Stafford  
International School

Winter is the best time for getting together with family, cozying up on cold days and relaxing by the fireplace. Many adults like to go to holiday parties, leaving lots of babysitting opportunities available. Consequently, teenagers are sometimes faced with this winter challenge: finding enjoyable activities for the children they are babysitting.

Being cooped up indoors for hours with nothing to do is a recipe for disaster with children of any age, while spending countless hours zoned out watching television seems like a waste of time. For teenagers stuck in a rut when it comes to entertainment, there are many ready-made projects to do for these hours of babysitting time.

It's always fun to do hands-on crafts, which is also a great way to spread holiday cheer. These little treasures do not require expensive starting materials-it's easy to make the most out of the supplies lying around the house. With just paper, glitter, and glue, kids can create beautiful house decorations. Babysitters can help their kids make snowmen, snowflakes, ornaments, candy canes, and whatever other objects or animals that reminds them of the holiday season. With a little

help of tape and push pins, the children can put their creations up around their rooms for a winter wonderland scene. An added string of lights or some shimmery tinsel will also brighten up any room.

Baking holiday cookies is an essential part of the season. With a few cute cookie cutters or with their hands, kids can turn sugar cookie dough into any desired shape. Gingerbread cookies are also festive and tasty, and can be decorated with fun faces and colors. Babysitters have the bonus of monitoring the oven and cooking supplies, but in the end, anything the kids make themselves will taste all the more wonderful to them.



If kids want something new and artistic to try out, Barbara Bauman, a second grade teacher at Bennett Elementary, suggests glass etching kits as an activity. These kits are inexpensive, fun to make, and a great gift for them to give to their parents. Be sure to

get the parents permission before hand. Local crafts stores such as Michael's and Ben Franklin supply these kits, among other holiday crafts and supplies.

And if the kids are just not the handicraft type, classic holiday films and shows are always fun to watch together.

The winter months are an all-around great time for bonding and celebration. Babysitting during the holidays can be the most enjoyable time to watch children when you spend the time doing amusing activities together.

## Winter Activities and Ideas

by Donald Cho, Tyee Middle School  
and Stephanie Kim, Kirkland Junior High

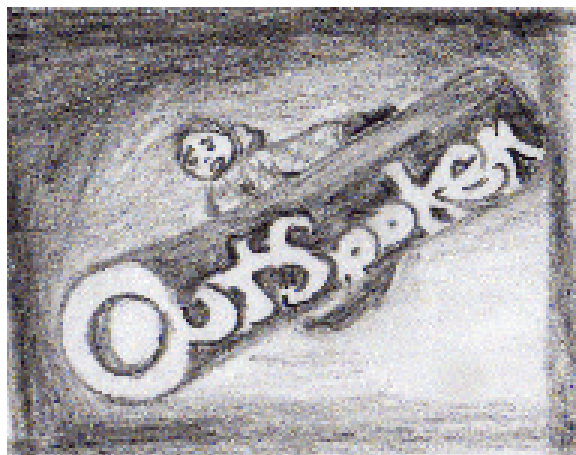
Imagine a snowy winter day in the middle of December. Here are some ideas for teens to get out of the house and have fun in the great outdoors.

Be sure to have parent permission before trying these. Remember to always stay safe and don't do anything to harm your surroundings, the environment, or each other.

- Skiing
- Snowboarding
- Ice skating
- Sledding
- Snowmobile
- Curling (throw a puck down on an icy surface and try to land it in a bull's-eye)
- Snowshoeing

- Friendly snow ball fights
- Build a Snow man / snow animal
- Ice dancing- icy area
- Make snow cones
- Snow Angels

Take time to enjoy the winter season!



Artwork by Xuan Yang

## Top 10 Tips for Teens on Spending Money

by Michelle Duto  
The Overlake School



As the holiday shopping frenzy gets underway teens often find themselves staring longingly after a million fascinating products, but also mourning over the limited amount of money in their pockets.

1. Make a list and stick to it, planning is important.
2. If you need to shop, go alone or with a parent.
3. Bring cash only!
4. Set up a budget or allowance for yourself.
5. Become more frugal by finding creative ways to save money (take the bus, carpool, buy second hand books, etc).
6. Organize your receipts so that you know how much you are spending and on what.
7. Get a job and save at least 40% of what you make.
8. Bring your own lunch to school.
9. Use coupons and take advantage of sales.
10. Buy and sell clothes at thrift stores or online (generally, it is cheaper).

Follow these tips to help get through the holiday shopping season. Some of these tips may even be helpful for adults and families during the current economic situation.

Make sure to check with your parent/guardian before trying these ideas.

# Eat Healthy Through the Holidays

by Alex Tang  
Odle Middle School

Staying healthy over the holidays is often quite a challenge for teens. The increased number of holiday parties, abundantly sugared foods, and visits to Grandma's -- with infamous foods such as Grandma's cookie jar and Grandma's fudge -- can cause many to neglect their health.

As the holiday season slowly approaches, beneficial habits tend to be lost in the midst of pies, turkey, cider, and a festive atmosphere. Holiday party goers tend to eat the food provided, regardless of its nutritional value or quantity.

If these unhealthy holiday eating habits continue on into the new year, teens can be at risk for obesity, diabetes, or even heart attack or stroke, at a later age, mainly because consumption of junk food (i.e. chips, soda, burgers, and foods with high fat/sugar contents) early on in life becomes an inveterate routine that lasts throughout the years.



Eating healthy is important to staying healthy during the holidays and beyond. Some teens refuse to eat their fruits and vegetables, which provide vital nutrients. Bananas provide copious amounts of Vitamin B and potassium while veggies provide fiber and eggs provides Vitamin E and protein. The vitamins and minerals found in fruits and vegetables are essential to one's well-being.

"Avoiding 'Grandma's Brownie Special' as much as possible can also help in reducing the sugary or fatty foods consumed" says Jennifer Johnson, Odle Middle School's Health teacher.

Exercising regularly can also benefit teens. Over the holidays, adolescents tend to curl up inside their homes; however, exercising can help burn the extra fat and calories that tend to accumulate from the feasts.

Creating healthy eating habits during the holidays can be a hard goal to accomplish by yourself. Motivation to eat the broccoli instead of brownies can be difficult to find. Watching others eat foods that people trying to develop good eating habits are striving to avoid can make some youths feel like they are missing out on the eating fun.

In order to encourage youth in developing salubrious habits, creating a reward system or making going healthy a family activity will help. Also, finding friends that might want to join you in this healthy venture may make the task a bit easier as well.

"Teens who have motivation to do something will generally have an easier time doing it than teens without any motivation," says Johnson, "Family activities make teens feel more comfortable in going healthy because they know others can be having the same difficulties as they are."

Enjoying holiday foods is part of the festive fun, but doing so in moderation and incorporating healthy habits during the holidays will lend itself to a more healthy future.

For more tips, visit [Mypyramid.gov](http://Mypyramid.gov), where staying healthy is only a matter of keeping track of what is being consumed per day, and [Dietfacts.com](http://Dietfacts.com), where nutritional facts hide no more.



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