



## BSD Seeks New Superintendant

by Alice Zhang  
Newport High School

By February 2008, Bellevue School District (BSD) will have completed its search for a new superintendant.

Since the departure of former superintendant Mike Riley last year, the BSD has been searching for a replacement. The District has hired the search firm Hazard, Young, Attea and Associates (HYA) to identify, collect information on, and interview possible candidates and then to present their findings to the School Board.

The firm targets candidates who meet criteria specified by the community, as determined through input from a web-based survey and discussions with "stakeholders in the district." These stakeholders include board members, school administrators, principals, teachers, community leaders, and the public.

"In late January, HYA will submit a list of qualified candidates to the board

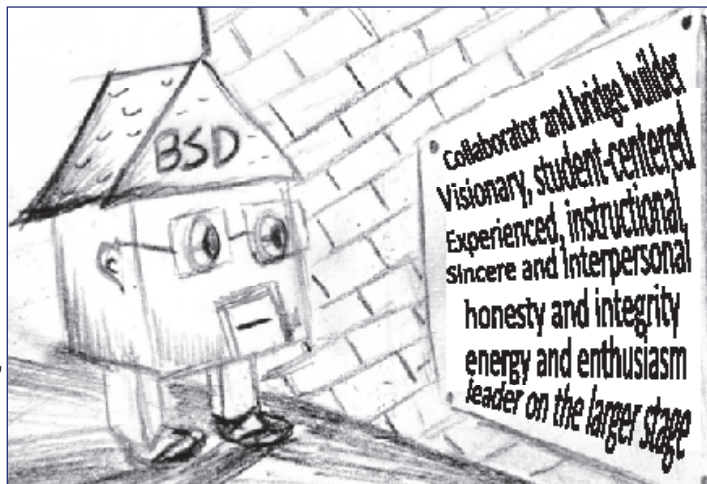


Illustration by Xuan Yang

for their down-select and a second round of interviews. Approximately three finalists will be selected for a final round of interviews which will include visits to the Bellevue School District," said Mike Murphy, BSD School Board member.

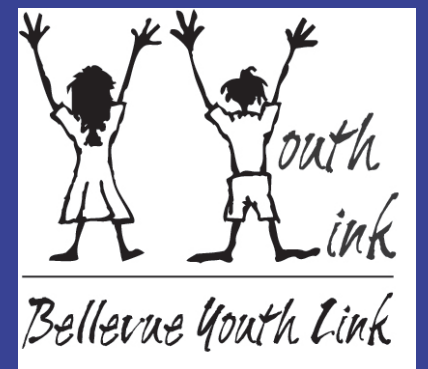
According to Mr. Murphy, the key qualifications that the district seeks are "skills necessary to build upon the current successes of the district," which include

community support, career advancement, opportunities for teachers, a district-wide K-12 curriculum, and consistently high levels of achievement from BSD students. BSD seeks those proficient in dealing with a dynamic environment, possessing "professional skills to identify and resolve issues as they occur." Other criteria includes: Team-building, communication, and leadership.

BSD has not limited the search process solely to its present administration. The public, including students, is encouraged to participate in the quest for a new leader. Through three public meetings and the BSD web-based survey, the public has been given an opportunity to express its opinion.

Visit: <http://www.bsd405.org/> or the search's blog at <http://bsdsuptsearch.blogspot.com/>.

## Outspoken is a product of Youth Link



Youth Link is a partnership of the City of Bellevue and Bellevue Public Schools

## Outspoken Comics: I = Bunny

by Lucinda Li  
Transition School



### Inside this issue:

|                 |      |
|-----------------|------|
| Superintendant  | p. 1 |
| Comics          | p. 1 |
| Inauguration    | p. 2 |
| Constitution    | p. 2 |
| Driving Tips    | p. 2 |
| Goals           | p. 3 |
| Stress          | p. 3 |
| Valentine's Day | p. 4 |
| Headlines       | p. 4 |

# 44th Inauguration of President Barack Obama

by Stephanie Kim  
Kirkland Junior High School

On January 20, 2009, Mr. Barack Obama will be inaugurated the 44th President of the United States; a process through which he shall officially become the leader of our country.

Though the president himself will be the center of attention on the 20th, there have been legions of people working behind the scenes to prepare for this momentous occasion.

One of the major committees that work on the inauguration is the Presidential Inauguration Committee. They prepare the events surrounding the ceremony, such as the ball and parade. However, the committee that

actually plans the swear-in is the Joint Congressional Committee on Inaugural Ceremonies (JCCIC); they design a swear-in process that is typically the same for almost all the presidents.

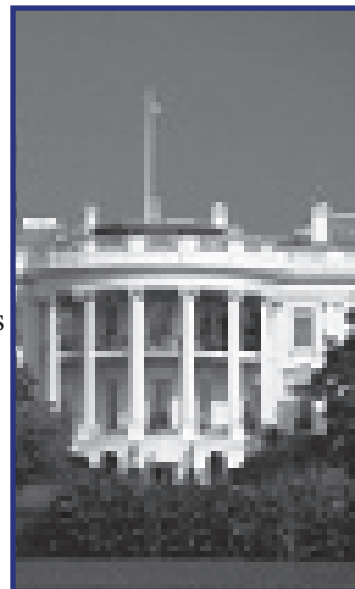
Starting on Sunday, January 18th, public inauguration activities for the swear-in of President Barack Obama and Vice President Joe Biden will commence, ensuring that visitors will be fully engaged in the process. The Monday before inauguration, the public, as well as the President's and Vice President's respective families, will honor Martin Luther King via a nation-wide holiday and participate in community service. Tuesday, the official inauguration will start, brimming with festive

events such as the swear-in and the ensuing inauguration parade and ball. Following the ceremony, major political figures will attend a luncheon at Capitol Hill, where the political figures will dine while enjoying the occasion.

On the last day of Inauguration Week, President Obama and Vice President Biden will participate in a prayer service.

The 44th inauguration of President Barack Obama and Vice President Joe Biden will be a historical moment.

Inauguration tickets may be purchased by contacting the Washington State Senator's office. A general admission area is also available in Washington, D.C., as well as televised coverage that will allow viewers far and wide to participate in this time-honored tradition marking the beginning of a brand new President's White House journey.



Visit: <http://dc.about.com/od/specialevents/a/Inauguration.htm>

## Unraveling the Mysteries of the Constitution

by Alex Tang  
Odle Middle School

The meaning of the Constitution has been heavily pondered by historians. From history class to independent research, teens have unraveled the mysteries of the Constitution and how our government came to be.

The Constitution was neither integrated as part of the Declaration of Independence nor written in the same year, 1776. Instead, it was written as a replacement for America's first constitution, the Articles of Confederation.

When the delegates to the Constitutional Convention found

the Articles to be inadequate to the governance of an extensive newborn nation, they decided to draw up a new system to keep the country in order.

This famous Convention convened on May 25, 1787, and was attended by representatives from 12 out of the 13 original states. On September 17, 1787, 39 out of the 42 men present, on behalf of all 12 states, approved and signed the Constitution. But to actualize the document's principles, conventions in nine of the 13 states needed to ratify it; hence, it went into effect on June 21, 1788, when New Hampshire signed on as the ninth state. A set of 12 amendments to the Constitution were soon considered by Congress,



ten of which were passed as the Bill of Rights.

The second of these proposed amendments passed later as Amendment XXVII, specifying that "No law, varying the compensation for the services of the Senators and Representatives, shall take effect, until an election of Representatives shall have intervened."

The Constitution is not just a list of laws that American citizens must heed; it restricts the control of the government, thereby enabling democracy to prosper unhindered. Article I enumerates the powers of Congress; Article II limits the power of the President and his Executive Branch; and Article III outlines the judiciary system.

The Constitution also contains 27 amendments to help protect

the rights of the people against possible governmental tyranny.

The 11th and 22nd Amendments check the power of the judicial and executive branches, respectively—the 11th gave States sovereign immunity from being sued in federal court by someone from a different state or country, while the 22nd restricts the number of Presidential terms to two.

The Bill of Rights, as well as the 13th, 14th, 15th, 19th, 21st, 24th, and 26th Amendments, outline the rights of the people and the states.

Upon this firm constitutional foundation sprang the United States, the oldest living democracy in the world.

Sources: [www.usconstitution.net/](http://www.usconstitution.net/); [www.constitutionfacts.com/](http://www.constitutionfacts.com/)



## Staying Safe Through a Severe Winter Season

by Bonnie Pan, Interlake High School

Winter in Washington State often brings sudden weather changes. Power outages, accidents, and closed schools figure prominently among the consequences stemming from windy and frosty flurries. This time of the season can usher in snowy and icy surroundings causing dangerous driving conditions. The potential for rapid weather changes and snow storms are good reasons to take the following precautions:

**Check car battery:** Is it in good condition? Will it make it through the winter? A depleted car battery can leave passengers stranded in the snow.

**Check windshield wipers:** Are they effective at scraping away snow? To ensure a wide sight range, make sure the windshield wipers work well enough to allow clear visibility and hence help prevent accidents in bad weather.



# Following Through on New Year's Resolutions

by Angela Huang  
Newport High School

What New Year's resolutions will teens make for 2009? Perhaps it will be to succeed at school or at work, eat healthier, or maybe to better manage their time. Teens who are passionate about a sport may aspire to do well during the season, or advance a level or two. Some may merely desire to find more time to relax at home. But how often do aspirants actually succeed in following through with their resolutions?

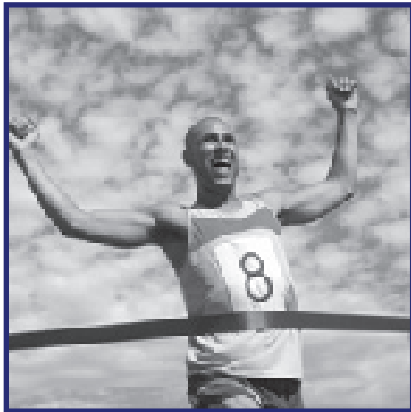
While goal-setting is valuable and noteworthy, many often find it difficult to achieve those aims. After all, old habits are difficult to break, and people often lack the drive and motivation to alter their lifestyles.

January seems like a chance to self-rejuvenate and lay out plans for the year ahead. But as the days, weeks, and months pass by, it becomes easier and more comfortable to lapse into old habits.

In the midst of busy lives, problems concerning school, friends and other activities infiltrate teens' minds so that it soon proves hard to continue with specific ambitions. Yet it is not completely unfeasible. Establishing a few guidelines can help turn a forgotten resolution to a blossoming reality.

**"Where there is a will, there is a way":**

Teens must set goals that they are passionate about! Without excitement in the beginning, the follow-through may turn out to be difficult. If teens



truly care about the goal (helping out with the community if they enjoy volunteering, practicing more violin if they want to make the audition for school orchestra, etc.), they are immediately one step closer to succeeding.

**"Out of sight, out of mind":**

Write a list and put it somewhere so that it will be seen often (in the bedroom, on the refrigerator, in a school locker, etc.). Because these resolutions are not already incorporated into one's lifestyle, they can be easily forgotten. However, frequent reminders can drive people from passivity to action. For instance, if the goal is to do three acts of kindness per day (be it talking to a new person, giving a younger child a hand, or some other deed), and the aspirant sees a friendly reminder of this every time he or she walks by the refrigerator, the goal may eventually become a habit. When opportunity to bestow one of these kind acts comes knocking, he or she will remember to act accordingly.

**"Teamwork is working together—even when apart":**

Make resolutions with friends and help each other carry them through. Seeing others accomplish a similar aim helps to keep people aware of their own goal, provides inspiration, fosters determination, and gives hope that a goal is attainable. When enthusiasm begins to wane, friends encourage and revitalize the process. Parents and guardians, too, can offer such support.

The new year is now settling in as the old enters the history books. It is the perfect opportunity to alter lifestyles, to mend rough edges and to advance hobbies, skills, or interests. Now is the time for teens to take on the challenge--to not only make helpful resolutions, but also implement those goals, and thus, have a real impact on their lives and on their community.

# Effective Ways for Students to Reduce Stress

by Emily Stafford  
International School

No matter the time of year, one factor often stands out as a constant component of many students' lives — stress. Stress can have negative psychological effects such as anxiety and psychosomatic effects such as sleep loss. While the causes of stress are often ubiquitous in life, teenagers can learn to deal with and reduce its effects.

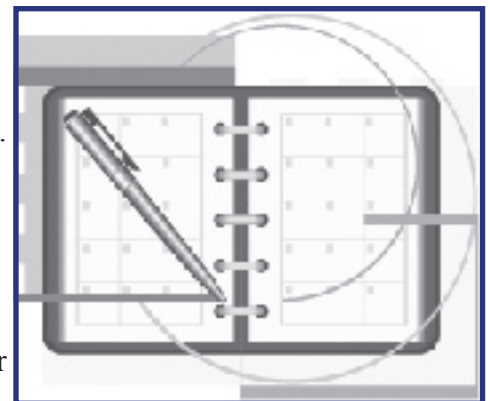
An effective way to begin is by increasing expertise in time management. Teens often worry about balancing extracurricular activities, homework, projects, and spending time with family and friends. To decrease the panic that arises from such time crunches, Susan La Rosa, a counselor at International School, suggests creating a calendar that plans daily schedules. This includes homework assignments, after school activities, and other expected events.

La Rosa advises students to write down the number of hours necessary for the completion of each activity, which helps to set a reasonable schedule. She emphasizes that stress arises from dwelling on something that needs to be done but cannot be completed at the time being. If students have a planner that maps out their day, this framework will show

them that they have time to do what they wish and discourage them from taking on extra duties that cannot fit into their agendas, thus decreasing their stress levels.

In addition to planning out the day, it is also important to spend time outside and doing something active. Working constantly in front of computers can result in cramped muscles that lead to headaches and back pain. Judy Temple, a P.E. teacher at International School, suggests that teenagers should exercise vigorously at least three days per week and should go outside for a decent amount of time each day. The outdoors can relieve the body of some of its retained stress. Going for walks and runs greatly benefits the body and mind.

Constant stress over work and activities often result in detrimental impacts upon one's overall well-being. Planning out the day may reduce worries over scheduling, and enjoying the vast outdoors at least once a day can contribute to both mental and physical health.



**Items to track:** Check that the heater, defroster, lights, and headlights work properly.

**Equipment to consider keeping in the car during the winter:** Chains, jumper cables, extra tires, a shovel for snow, an ice scraper, blankets, winter clothing, a first aid kit, food, and water. These become quite helpful for those trapped in the snow. Psychologically, they also help minimize the feeling of helplessness.

**Slow down on bridges and overpasses, which tend to freeze first:** Keep a steady pace, avoiding dramatic acceleration. Stay away from slamming the brake, which may cause skidding and loss of control. Use chains when appropriate; they increase the friction between the car and the slippery road for better traction when the ground is slick.

These are some ways to help prevent becoming marooned in bad weather. Remember to check the weather forecast before heading out, carry a cell phone if possible, and wear warm clothes during this time of year. Check with your parent/guardian on all of these suggested ideas and confer with them on how to stay safe and warm for the winter!



# Valentine History

by Donald Chao  
Tyee Middle School

The day of fulfilled delight, absolute bliss and momentous love -- February 14th, 2008, is a special day -- to be exact, it is Valentine's Day. What does the occasion mean to teens and adults? Does it mean a romance-filled day of affection? Or possibly it is about cherishing and celebrating friendships? Maybe it exudes



a forlorn air, or perhaps one of joy and warmth. This significant holiday takes on a vast array of meanings for various individuals. Couples exchange gifts like plump red roses or luscious confections filled to the brim with delicate

chocolates. But what are the origins of Valentine's Day and its traditions?

The Roman Catholic Church acknowledges three St. Valentines. The first served as a priest in third-century Rome under Emperor Claudius II. The ruler, realizing that single men made better soldiers than married ones, imposed a law prohibiting young men to marry. St. Valentine discovered a chance to challenge the king's rules, and continued to marry young couples without fear of the consequences. Unfortunately, Claudius quickly discovered this intrigue and ordered the saint's prompt assassination.

The next St. Valentine was a gallant man. He regularly assisted escapes from Roman prisons, where inmates were often beaten and tortured. However, this St. Valentine was caught in the act and was also promptly executed.

The third and final St. Valentine was a convict. It is believed that this St. Valentine actually wrote the first Valentine's Day card. As many great love stories go, Valentine fell in love with a young woman, the jailer's daughter who frequently visited him during his brief confinement. Before his death, St. Valentine supposedly wrote a letter to her. At the end, it was signed "From Your Valentine." This widespread expression is still used extensively today.

Though many may enjoy St. Valentine's Day and be unaware of its beginnings, few can celebrate it without seeing the holiday icon Cupid, a universal symbol of Valentine's Day. His mother, Venus, is the Roman goddess of love. Cupid's name originates from the word cupido, which means "desire". But what does Cupid look like? In the modern day, he is often portrayed as a little flying boy, always carrying a bow and a quiver of arrows. The recipients of these magical instruments are said to fall into a deep and unconditional love.

Though some may agree with Ogden Nash's assertion that "There ain't another Saint as great as Valentine," others may regard the Valentine symbolism with aloofness. But nonetheless, February 14th provides an opportunity to ponder one's beliefs about love and friendship and to reflect on how history impacts the modern world.

## 2008 News Headlines Highlights



by Amulya Uppala  
Newport High School

### January 3rd

Presidential Primaries start

### January 21st & 22nd

Global Stock Markets drop drastically, Federal Reserve cuts interests rates in the largest national one-day reduction on record

### February 7th

Senate passes Stimulus Package

### March 4th

McCain wins Republican nomination

### March 23rd

4,000th US death in Iraq

### April 10th

Senate passes Housing Relief Bill

### May 11th & 12th

Tornadoes strike southern/Midwestern USA, earthquake shatters Southern China

### June 3rd

Obama wins Democratic nomination

### July 8th

G8 Summit resolves to reduce greenhouse gasses

### Summer

Summer Olympics & Michael Phelps wins eight gold medals

### September 26th

Presidential candidates have their first debate

### November 4th

Barack Obama is elected President of the USA

### December 17th

Heavy snow storm hits WA



## 2008-2009 Outspoken Staff

### Editor-in-Chief

Rachel Jiang

### Editors:

Michelle Dutro

Bonnie Pan

Lucinda Li

Amulya Uppala

Alice Zhang

### Journalists:

Donald Chao

Michelle Dutro

Angela Huang

Stephanie Kim

Andrew Kranseler

Lucinda Li

Catherine Michael

Bonnie Pan

Emily Stafford

Alex Tang

Amulya Uppala

Shanglun Wang

Xuan Yang

Alice Zhang

### City of Bellevue Staff:

Helena Stephens

Teen Services

[hstephens@bellevuewa.gov](mailto:hstephens@bellevuewa.gov)

Patrick Alina

Youth Link Coordinator

[palina@bellevuewa.gov](mailto:palina@bellevuewa.gov)

Brandi Dorsett

Outspoken Advisor

[bdorsett@bellevuewa.gov](mailto:bdorsett@bellevuewa.gov)

