



## Colman Diaries

by Julie Kranseler  
International School

Clarissa Colman started writing in a diary in 1886 and continued for twenty-four years until her death at the age of 77 in 1910.

Her diaries left behind some unsolved mysteries regarding the murder of her husband James Colman. Mrs. Colman's diaries supply some insight regarding both the murder of her husband and the trial of George Miller.

On February 6<sup>th</sup>, 1886, Mr. Colman and his young friend, Wilbur Patten, departed their home by boat for Seattle. They were on their way to testify in the trial of Mr. Miller for taking out illegal land grants in his sons' names.

Unexpectedly, the two "were ambushed as they rounded the South end of Mercer Island," says Tom Hitzroth.

Mr. Colman was a land grant commissioner and a land rights advocate who threatened to report Mr. Miller,

taking out homesteads (or tracts of land) in his minor sons' names. Therefore, Mr. Miller allegedly threatened to shoot Mr. Colman. About 2

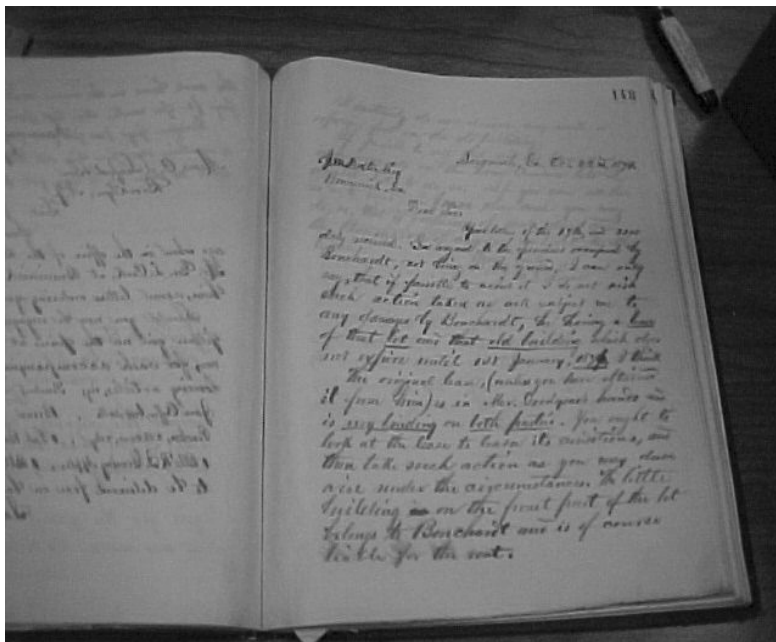


Photo Courtesy of Eastside Heritage Center

years after this incident, George Miller and his son John Miller were subpoenaed to appear in Federal Court.

Mr. Colman and his friend were headed to Seattle to testify in the trial when they were shockingly murdered. Unfortunately there were no witnesses to this murder. Mr. Miller was arrested for Mr. Colman's murder. He was convicted by his third jury and sentenced to be hung. But, Mr. Miller's conviction was overturned.

Mrs. Colman began writing in a journal about a year after the murder of her husband to deal with her grief. She went back and wrote all she could remember about the days prior and shortly after the death of her husband. Although the unsolved murder

mystery is a very interesting aspect of the Colman Diaries, they also shed a great deal of light on life in rural Seattle area in the late 19<sup>th</sup> century and early 20<sup>th</sup> century.

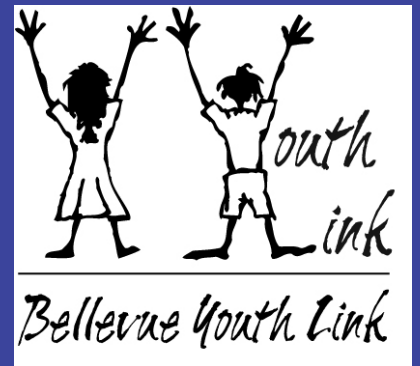
Even though these diaries were written by a simple woman living on the frontier, these accounts are extremely important for understanding how average farm folk lived and survived at the turn of the century. Mrs. Colman meticulously documents her travels and routines of her daily life. It is clear that she was not

expecting anyone to ever read these diaries because of language usage errors and references to many people or situations without background information. However this makes these diaries even more realistic and important to historians today.

"For Eastside historians, the books are the equivalent of the Lewis and Clark diaries," Sherry Grindeland, of the Seattle Times, said.

"These aren't the stories you get from history books. Firsthand accounts tell you what life was really like. A handwritten account from a woman in a farming community is not common at all. From an historian's perspective, this is a fabulous resource," Heather Trescases, executive director of the Eastside Heritage Center, said.

## Outspoken is a product of Youth Link



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

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Photo Courtesy of Eastside Heritage Center

a neighbor of Mr. Colman's, to the Federal Land office for

# Relax!

by Ian McIvor  
Sammamish High School

Stress is unavoidable. The way we handle stress, however, is within our control. Here are some good ways to alleviate stress.

## 1. Take a catnap.

This is an excellent way to clear one's mind and release fatigue.

## 2. Play soft music.

Put light classical music on softly in the room when studying.

## 3. Exercise.

Physical activity releases endorphins in the brain that can improve your mood.

## 4. Drink.

Drink a tall glass of water or herbal tea. Avoid caffeine.

## 5. Splash your face.

Splash warm water on your face— or cold water if that works better for you.

## 6. Laugh.

This needs no explanation.

## 7. Stretch.

Stretching can help relieve muscle tension.

## 8. Take a focus break.

Close your eyes for a few minutes and imagine a peaceful place. Take your mind off the matter and focus on something else.

## 9. Take a walk outside.

Enjoy the fresh air.

## 10. Soak in a warm bath.

Put bubbles in if you like those too.

## 11. Take short breaks periodically.

These can break up the monotony of a long task.

## 12. Take deep breaths.

Deep breathing can help calm you down.

## 13. Reward hard work.

Do something you find enjoyable.

## 14. Talk.

Find someone you trust if your stress becomes too much to bear.

## 15. Remind yourself to relax and to take one day – and one project – at a time.

Write it down on a post-it note and stick it where you can see it often.

# Downtown Bellevue Growth and Development

by Julia Abelev  
Bellevue Community College  
(Running Start)

Cranes and growing high-rise buildings dominate the skyline of downtown Bellevue as the city transforms into the Eastside's epicenter of innovation. The astronomical development of Bellevue's downtown sector is due in part to the Growth Management Act, ratified by the Washington State Legislature in 1990. The Act states that urban growth must be concentrated in a designated area in order to protect ecosystems and farm land.

"The development of the downtown area has a plan to it—it is not by accident. Under the Growth Management Act, downtown Bellevue was chosen to focus growth," Communications Manager of the non-profit Bellevue Downtown Association Patrick Bannon said.

Bellevue was viewed as being the optimal location for the concentration of growth due to its close proximity to major freeways and Seattle, allowing for logistical flexibility. The city's government is effective, which permits businesses to navigate the complexities of attaining permits, land and other necessities with more ease.

Bellevue has long been in possession of an educated workforce, stemming from the nationally recognized school district, and the high tech industries that surround the city provide it with a very strong business environment. Each of these factors contributes to Bellevue's overall appeal and lays the foundation for future expansion.

Businesses, aware of the benefits of relocating to a city with a pre-established corporate culture, flock to the downtown Bellevue area. Office buildings, which are the drivers of the market, boost the economy of Bellevue and subsequently the quality of life for residents.

The industries that are most attracted to downtown Bellevue are

the FIRES, or Finance, Insurance, Real Estate, and Services Industries. FIRES currently employ 50% of downtown Bellevue's workforce.

Technological and retail companies have also chosen to redirect certain focus on Bellevue and the Eastside. One specific example is when Eddie Bauer moved his World Headquarters to a shared office complex with Microsoft's North American Sales Headquarters.

As Bellevue continues to thrive, a balance must be struck between residential and corporate. With all the incessant construction, traffic, and business growth in downtown Bellevue, some residents worry that the city's boom will force them to live in an overly urban and congested environment.



"For myself, I think the progress is negative, but for the city, it is positive," Karen Morisset, resident of Clyde Hill for the past 37 years, said.

The city believes that it has already addressed the issue and that a balance has been made. Mixed-use development is utilized throughout the downtown area, placing condo complexes, hotels, and shopping centers in close proximity to one another.

The residential population supports the surrounding businesses and the resulting foot traffic allows the retail and entertainment venues to thrive. Such a mixture has a positive effect on the city's economy and allows downtown Bellevue to become a place for all hours.

"By building both residential and office buildings you have more

hours in the day and night for [downtown areas] to be populated with people. Cities without a mix are dead in the evening," Robert S. Derrick, Economic Director for the City of Bellevue, said.

As buildings continue to rise and businesses continue to relocate to Bellevue from all over the greater Seattle area, Bellevue has experienced a sudden boom. This has consequently bolstered the city's economy and made the downtown area much more affluent than before.

Though growth projections state that such development will continue until the year 2030, others believe that such expansion is not sustainable and that it will taper off in a few years as the market is being steadily overbuilt.

But at the current moment the downtown area is flourishing, with its growth resonating beyond the downtown core and affecting the rest of the Eastside.

"The growth of Bellevue will positively affect [the surrounding] cities. The Eastside will be seen as a good place for business. There is currently a rejuvenation of the area and, as Bellevue does well, the region

benefits," Derrick said.

The city's government sees this growth as the opportunity to make Bellevue a memorable city. City officials hope that Bellevue, as this development continues, will become known as the commercial center of the Eastside. This vision propels the laying of new foundations, developing not only land but the character of the downtown area.

"Last time I checked, I counted 14 cranes. Instead of looking at the windows of shops, people are looking into the holes in the ground to see what is coming next," Morisset said.

As development continues in Bellevue and new plans are drawn, the city is evolving into the Eastside's core—ushering in a new future with downtown Bellevue at its center.

# Studying for the Advanced Placement Exams

by Rachel Yong  
Bellevue High School

May 6<sup>th</sup>, 2007 inaugurates the first day of cramming, at least to those who procrastinate. With the first Advanced Placement test on May 7<sup>th</sup>, it is no wonder why the lights in many students' rooms stay on-- way into the early hours of the day.

This May, there will be 34 AP tests given all over the nation. The list runs long, allowing students to choose from a variety of topics and subjects that best fit their interests and strengths.

This year, College Board is introducing two new language tests: Chinese Language and Culture and Japanese Language and Culture. College Board is currently developing the Russian Language and Culture AP Test and will be releasing the date of the first test soon.

"Through college-level AP courses, you enter a universe of knowledge that might otherwise remain unexplored in high school; through AP Exams, you have the opportunity to earn credit or advanced standing at most of the nation's colleges and universities" states College Board, administrators of the Advanced Placement Exams.

The scores of these tests do not vary as much as the subject choices with the lowest score of 1 and the highest of 5. These five little numbers, though, can determine how much credit you can earn in college, meaning that you have the ability to complete college credits before you even get accepted to a college.

The level of skill and competency that is expected of test takers is not low. Just take a walk into the local bookstore and there will be shelves of thick preparatory books quietly testifying to the studying and preparation required of AP students. These college level exams are not easy, but they are worthwhile.

Many college-bound students know that colleges like to

see students challenge themselves in high school, especially by taking Advanced Placement courses, which are typically the hardest classes offered. Advanced Placement courses are set up to prepare students throughout the school year in the skills and study habits that are necessary in college.

Aside from the classroom, studying plays a key component in being successful in any AP test.

"Start studying for the exams during spring break or earlier. Don't waste time during the WASL weeks while you can be studying," Amanda Sun, a senior at Bellevue High School, said.

The way students should approach preparing for AP exams depends on the subject, the amount of time between the actual exam, as well as, how well they do in throughout the school year leading up to the test.

"Study according to your comfort or strength in the topic, how long it would take you to study the subject, and how much you can accomplish from studying. For example, topics like English require you to establish skills that cannot easily be studied and mastered in a matter of weeks," Sun said.

Some subjects, like math, require specific study techniques.

"For math, practice does make perfect. Just take random problems out of a book and practice a couple everyday until the test," Grace An, a senior at Granada Hills Charter High School in California, said.

In addition to how you prepare, it is always important to set up a calendar, scheduling

what should be studied when. This allows students to spread out what they need to study versus leaving it to cram in the last week (or last night) to memorize the skills and facts needed to know for the test.

"You would want to study more for topics like history that requires you to know facts and to

## AP STUDY SKILLS

- Start early. Don't wait until the last minute.
- Make a schedule for when, how and what to study for each exam.
- Remember that each AP test subject usually requires different study skills.
- For math, practice makes perfect.
- For history and science, study both details and concepts.
- Review class notes.
- Get a review book that has the basic facts and skills needed, examples of exam problems and practice tests.

memorize things. Of course there are many subjects in between, like the science courses that are a mix of memorization and general concepts and skills," Sun said.

In history exams, knowledge of facts and details of dates and events are required of test takers. Therefore, it might be beneficial to break up, for example, US history into eras and study specific eras per week, allowing students to take in all the important facts and have time to review major concepts the week up to the test date.

"I usually go over all the notes that I took in class: all the assignments, tests, quizzes, and projects that we did so that I can absorb all the information from the class, beginning to end," Cindy Lee, another senior at Granada Hills High School said.

"Have good time management and make sure you actually stick to your plans. Refer to the textbook you receive from the AP class for more details as well as the study books for basic facts that will most likely be on the test" An said.

With all the study guide books available for almost every AP test offered in this nation, it is important to get a preparatory book that gives the facts, practice tests and problems in order for students to become familiar with the test format and instructions.

Some students find it helpful to get more than one AP preparatory book for a certain subject.

"Get books that have their information organized nicely so that together, they compliment each other with all the information you can possibly need," Angela Bae, a senior at Bellevue High School, said.

"I use books where the information is organized, concise, and detailed. I like when they had review tests after each of the chapters and complete

practice tests in the back," Lee said.

"Books that really help me are ones that have nothing more, nothing less and just brief everything with end of chapter reviews and mini review quizzes.

I recommend to future AP testers to buy the book at the start of the year and use it throughout the course, then read it the week before the test," Emily Dong, a senior at Bellevue High School, said.

Along with purchasing and using test-preparatory books, students can also get study guides and outlines on the AP section of the College Board website.

It is important to note that not all students are successful when they attempt to cram all the facts and details into their brains the night before.

All students have their own way of preparing for the big AP test—some cram and leave their room lights on into the early hours of the day, others value sleeping the night before and schedule an hour a day, beginning in March, to study for a test in May.

# Highland Middle School Canned Food Drive

by Patricia Cadareanu - Guest Writer  
for Highland Middle School

In recent years, schools all over the country have been holding food drives. Highland Middle School completed a successful food drive that is sure to be remembered for years to come. Students of Highland Middle school shined with good deeds as they put the needs of others above their own. The canned food drive, sponsored by the Highland ASB, lasted for roughly two weeks and brought Hopelink, a local food bank, 6,250 pounds of canned food and nonperishable food items. That's over three tons of food with a dollar value of approximately \$9,375. Broken down, each student brought in approximately 11 pounds of food.

It is not likely that the student body did it just for the prize, being a Starbucks party for

the first period class that brought in the most food units per capita. Students confirmed that many didn't even know about the party. So *why* did the students at Highland Middle School do it? Because they care. It's not that much work to look through kitchen cupboards and find cans of food. Gathering cans of food can take as little time as three minutes, and at the end of those three minutes it feels great to help someone else. We live in rough times, and the images of poverty in the media have probably influenced students to take action. Whatever the reason for bringing in as much food as the students at Highland Middle School did, they can know that they have made a difference in their community. Way to go Highland!

## Yummy Milkshakes for the Health-Conscious

by Lucinda Li  
Odle Middle School

Eating breakfast helps you function during the day.



Try these milkshakes and develop healthy eating habits that can lead to a more healthy lifestyle.

### Breakfast Milkshake

Ingredients:

- 1 banana
- 1 6 oz frozen orange juice concentrate
- 1 cup strawberry yogurt
- ½ cup low fat milk

Combine all ingredients in a blender.  
Puree until smooth.  
Serves two

### Tofu Fruit Milkshake

Ingredients:

- 12 oz silkin or soft tofu
- 1 ½ cup skim milk
- 2 bananas
- ½ cup strawberries
- ½ cup peach slices

Combine all ingredients in a blender.  
Blend until smooth.  
Serves four

## Bellevue's 24 Hour Relay Challenge

by Xuan Yang  
Bellevue High School



Bellevue's 24-Hour Relay Challenge is coming up! This is a 24-hour event where teens and adults walk around the Bellevue Downtown park, enjoy the food and entertainment, and promote unity, community, and fun.

Mark your calendars for June 23-24 from 10 am to 10 am.

The Relay Steering Committee meets every first and third Wednesday

of the month at Bellevue City Hall in room 1E-112 from 6:30 pm to 8 pm to plan this event. Stop by and join the planning team! Look for more Relay details in our next Outspoken edition.

Outspoken Teen Newspaper is a newspaper written by teens for teens. We would be glad to welcome new writers to our staff. If you would like more information, please visit our website ([www.youthlink.com](http://www.youthlink.com)) or call Brandi at 425-452-4176.



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