



# The Weekly Page

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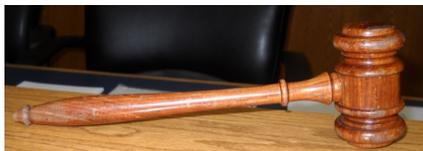
## Pages Learn About Legislature



### Big ideas in government

Throughout the week pages grappled with understanding the three “big ideas” for a representative government: governing is a complex process, successful democracies rely on responsible citizens, and government affects our life every day. As they participated in daily discussions, listened to guest speakers, and proposed bills in mock committee hearings, their understanding around the concepts deepened. On Friday, they wrote about one of the big ideas to demonstrate the depth of their new knowledge.

### Pages write bills, hold mock hearings



During the first three days of their week, pages worked individually or in small groups to write bills designed to

address issues which were relevant to them and the state. They discussed the criteria for making a legislative solution work before selecting issues to research and develop. Then they used bill templates on class computers to formulate official-looking documents in preparation for mock committee hearings on Thursday. Topics for policy bills included gun violence, plastic bag pollu-

tion, welfare fraud and smoking in cars. Pages read their bills and class “committee members,” governed by the rules of parliamentary procedure, debated the pros and cons of the proposals. A “DO PASS” or “DO NOT PASS” recommendation was then voted upon, allowing a bill to continue on in the legislative process.

### Murdering the Innocent

Olympia – Yesterday, Senators Andrew Bywater and Anthony Brooks introduced Senate Bill 6489, which addresses the issue of the death penalty. “The bill is a good one because it eliminates the high possibility of executing innocent people,” said Sen. Bywater. We must act on this soon because 1 out of every 7 known executions have been found with proof that the victims were innocent. This problem comes from systematic defects in DNA or people falsely turning themselves in. For example, Griffin was convicted of a crime and received the death sentence. But later after the execution Robert Fitzgerald admitted to committing the crime himself which indicated they had executed an innocent man.



### Supporting your 2nd amendment rights



Olympia- Yesterday, Representatives Jake La Salle and Aaron Thorn introduced House Bill 2000, which addresses the issue of gun violence. "The bill is a good one because it will decrease the potential for gun violence in schools," Rep. La Salle said. Over the years

there has been an increase in school shootings - 44 since the year 2000 to be exact. Sometimes in rural areas, there are no police stations for miles. "If teachers are allowed to carry weapons, our children are safer," said Rep. Thorn.

### No More Taxes for Teens

Olympia – Senate Bill 5666 was introduced yesterday by Senator Jonathan Grall. "This bill addresses the issue of unconstitutional taxes and will ban taxes on all minors in Washington State," said Sen. Grall. There is \$3000 a year paid by the average working high school student in income taxes alone. This bill will cause the state's revenue to take a hit but says Sen. Grall "It is an injustice that minors were taxed in the first place, and we believe that by doing this we can cut down on financial aid for these same students, saving us money in the long run."



### Sleep Deprivation in Young People Causes Childhood Obesity and Other Health Issues

Olympia – Senate Bill 6243 was introduced yesterday by Senators Karlie Chilcott and Natalie Childress. "This bill addresses the issue of sleep deprivation in teenagers and will require all senior high schools in the State of Washington to begin school at the time of 9:00 am, all middle schools in the State of Washington to begin school at 8:15 am, and all elementary schools in the State of Washington to begin school at 7:30 am," said Sen. Chilcott. Sleep deprivation in teenagers causes many health problems, such as childhood obesity. Teenagers' bodies are more similar to that of an adult. They are in need of more sleep because of hormones and other factors that are not prevalent in younger ages, such as middle school and elementary students.



By starting the high schools later in the morning, students will be healthier, because their bodies are able to regulate hormones that are otherwise imbalanced when not enough sleep is received. Students will become more attentive, healthier, and show overall improvement as a result of this bill.

### Abortion Restrictions in Washington State

Olympia – House Bill 2222 was introduced yesterday by Representatives Rebekah Lindblom and Jack Yount. "This bill addresses the issue of abortion restrictions and will provide the mothers with adequate information about their options before the abortion process begins," said Rep. Lindblom. Statistics show that in Washington State, 1 in 3 women will have an abortion in their lifetime. Last year in Washington, there were 21, 267 abortions; over half of these were doing this for the second time. Should this bill pass, the Legislature will require the woman see her ultra sound and look into the details of an adoption.



### Food for Thought

Olympia – House Bill 2766 was introduced yesterday by Representatives Sophia Baye and Juliet Hope. "This bill addresses the issue of Childhood Obesity and will prevent the spread of disease and illness related to obesity," said Rep. Hope. The bill will mandate that all communities be given access to fresh fruits and vegetables along with the introduction of safe places to be physically active. The state currently spends \$1.3 billion on health care costs related to adult obesity. If obesity is halted, by 2018 it is estimated that Washington could save \$768 per adult. That would be a total of \$4,165 million. In Washington schools, bulk contracts are favored for the sake of costs. These foods bought in bulk have low nutritional value. By making it easier for schools to purchase Washington grown fruits and vegetables it will not only be giving students' healthier options but also will work to boost local farms. Another item the Legislature will be pushing is the mandatory instruction of physical education in schools, which has been declining over the past decade. By taking these steps to help our children, we can start the decline of childhood type 2 diabetes, high blood pressure, and strokes.



### Page School on the web

The Page School has its own web site. You can find us at: <http://www.leg.wa.gov/PageSchool> This newsletter has been posted there.

### Childhood Obesity -- Our State's "Biggest" Problem



Olympia – Senate Bill SB-5312 was introduced yesterday by Senators Alexander Peterson and Chase Poe. “This bill addresses the issue of childhood obesity and will enact a healthier system of food distribution during lunch time in public schools,” said Sen. Peterson.

"Childhood obesity presents one of the most devastating preventable health complications of the 21st century, offering the first sustained decrease in life expectancy in our modern era. The American Health Evaluation journal projects a 41.6% obesity rate by 2018! Obviously, this problem demands the immediate action and full cooperation of the Legislature. By passing this bill, we can finally grab obesity by the reins and direct its headlong dash away from Washington State.

### Wolves have 'beef' with Eastern Washington ranchers

Olympia – Senate Bill 6414 was introduced yesterday by Senators Jacob Davis and Curtis Lillie. “This bill addresses the issue of wolves in Eastern Washington and will protect the livestock better in those target areas,” said Sen. Davis. This bill will help reduce the killing of beef livestock by wolves by letting affected ranchers contact the Fish and Wildlife Department, who will give them a permit to harvest a certain amount of wolves. The meat is then taken by Fish and Wildlife. This bill has come around, because of the recent findings. Of those wolves harassing livestock, almost 100% of their manure piles are beef. Some farmers have lost almost \$100,000 in cattle and injuries. Other animal owners suffer from death of animals, by wolves, like dogs.



### Hunger in Washington

Olympia – Yesterday, Senators Liliana Gutierrez, Courtney Pendergast, and Sheyanne Lewis introduced Senate Bill 6789, which addresses the issue of hungry people in Washington. “The bill is a good one because it will provide food for hungry people,” Sen. Pendergast said. Last year, 1.2 million people



went to food banks for help; 40% of them children. Also, many low-income parents skip meals so that their children can eat. While raising the taxes on fast food, we could be helping to feed these hungry people.

### HB 1111 Delay In School Hours



Olympia – House Bill 1111 was introduced yesterday by Representatives Cody Lungu, Desi Holmes, and Ben Koch. “This bill addresses the issue of teen sleep deprivation and will lead to the delay of early hours in school,” said Rep. Ben Koch. This bill will include

a mandatory push back in school hours by 2 hours. Districts that use the new system within the next school year will receive a 50 percent increase in government funding. School districts that do not follow the new system by the start of the 2015/2016 school year will receive a 50 percent funding cut.

### Senators Make a Bill to Increase the Difficulty to Receive an Abortion

Olympia – Yesterday, Senators Greyson Hoye, Brett Lamphere, and Alexander Shaw introduced Senate Bill 6798, which addresses the issue of abortion being too easy to receive treatment. “The bill is a good one because the age minimum will be increased,” said Sen. Shaw. It explains that raising the minimum age for abortion to 21 will cut down on the statistic and group size of teenagers and underage people being pregnant. The theory is underage people will fear the consequences of being pregnant when they’re not ready, knowing if they regret their decision, there is no legal way to fix their predicament. This will also appeal to the groups of anti-abortionists due to less people getting abortions, because the majority of people who would request an abortion are underage people who want to fix their mistake. This will make it more difficult for illegal clinics to survive with less customers. Despite these ideas, there will still be people who get an abortion. But these ideas will dramatically reduce the amount of abortions in this state, especially since the person may only have one abortion but must be 21 and older to request that abortion.



**Watch us live at TVW.org**  
Search for “Page School” in the Archives to watch yourself in the committee hearings.



### Page program over 120 years old

The Legislative page program has been in existence since 1891. This photo is of pages who served in past years. The first female page served in 1937. In the past, pages were required to do ironing and cleaning for members. Page duties today are much more professional and include delivering campus correspondence, helping with mailings in legislative offices, and handing out documents on the floor of the Senate and House.

### Sleep deprivation in young adults.

Olympia – Yesterday, Senators Rene' Gutierrez, Hannah Tak, and Megan LeDuc introduced Senate Bill 7113, which addresses the issue of teenage sleep deprivation. “The bill is a good one because it will reduce health problems and learning disadvantages,” Sen. Gutierrez said. This bill discusses how many teenagers are inflicted with sleep deprivation which can cause health problems and lower grades and attendance in school. During the teenage years the sleep-inducing hormone changes how many hours you need to sleep because of growth. Shifting the school schedule start time to 8:30 am and ending at a later time in the afternoon would cause great improvement. In the 19 states that have made their start times later, they have noticed an increase in the attendance rate. "We're seeing our attendance is up and our tardiness is down," said Peter F. Flynn, superintendent of schools in Fayette County Kentucky. Studies have shown there has been less car accidents in the morning from sleep deprived teenagers since the start times have been pushed later. Teenagers that lack sleep have shown symptoms of depression which affects their health, safety, mood, learning, appearance, relationships, and productivity. The purpose of high school is to teach the students and help them learn, not make it difficult for them. Of course it is more difficult for the students to understand the concepts in school when they are deprived of sleep.



### Is Your Food as Healthy as You Think?

Olympia – Yesterday, Representatives Breanna Strobele and Stephanie Knaack introduced House Bill 2796, which addresses the issue of Harmful Food Additives. “The bill is a good one because it changes nutritional labels of food by making them clearer and adding warnings for the additives,” says Rep. Strobele. 90% of American’s food budget is spent on processed foods with harmful additives in it. There is some unnecessary information on the nutrition labels that will also be addressed in our bill.



### Guest speakers visit Page School

Justice Debra Stephens, Bob Ackroyd, and Intern Coordinator Judi Best joined by former page and current intern Josie Cummings visited with the pages during classes on Wednesday. All guests shared insightful information about their jobs. Pages were able to ask questions and sharing their own views in response to the speakers’ comments.

### Experienced Teachers; Seahawks Fans

Sharon Heath is in her first year as the Page School teacher; however, she is definitely not new to the Washington Legislature having worked nearly 20 years for the Legislature’s computer support agency. She has also earned a Master’s in Education and has taught middle school as well as college students.

Leo O’Leary has been teaching and coaching in and around Olympia for the past ten years and is in his third session as a Page School teacher. “I really like the fact that I can help kids make their dreams come true through both education and athletics,” he said as he introduced himself on Monday.

Sharon and Leo are also devoted Seahawks fans having cheered on the team since their very first days in the old Kingdome. Sharon has attended at least one home game every year and Leo attended the game that set the world record for crowd noise. This picture was taken when Governor Inslee and Walter Jones raised the 12<sup>th</sup> man flag at the State Capitol just before the New Orleans playoff game.

