

bench the barque

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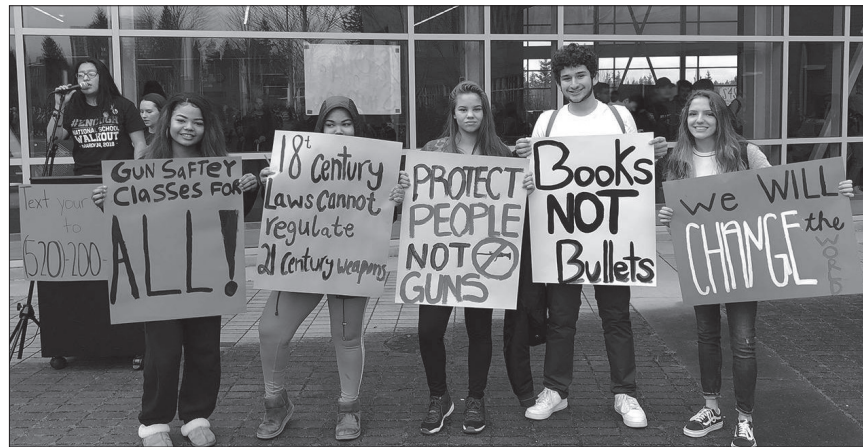
Students protest Trump's new legislation

YURI PRUETT
Copy Team

With Trump's inauguration in January, Americans throughout the nation have felt the ripples of his new administration as president. After an eventful first term and re-election campaign, Trump returned to office with a slew of policies and executive orders that some consider extreme. Many have raised the alarm about these policies, and one group in particular that has begun to voice concerns are high school students.

One of the most controversial executive orders issued by Trump is the mass deportation of undocumented immigrants, which was a major focal point during his campaign. However, students around the nation have joined to fight these policies. According to an article written for EdSource.org, School districts reported a drop in attendance after immigration rights activists proposed a "Day without Immigrants" in protest of Trump's immigration policies. Thousands of students around the nation participated in walkouts or other forms of protest in support, highlighting the necessity of immigrants in American society.

According to The Washington Post, students around the county have also organized walkouts in protest of other changes by the Trump administration, such as the removal of Diversity, Equity, and Inclusion (DEI) regulations



UNIFIED VOICES: Passionate students gather outside Bellevue High School to protest for gun safety. With increasing gun-related conflicts, these students believe action must be taken for the safety of the educational community.

that aim to diversify and extend opportunities to underrepresented groups. These walkouts advocate for the rights of LGBTQ+ community as well as those of immigrants. Together, these students aim to send a powerful message about the way that such orders affect the everyday lives of Americans.

High school student protests are not a new phenomenon. Students around the country have always been vocal about their beliefs, well before Trump's inauguration. Here at BHS, students participated in a walkout in protest of the beginning of the Israel-Hamas War.

"Last year after October 7th I participated in a walkout for

Palestine protesting against US militaristic policies," said junior Ayla Ali.

Student voice is often an overlooked perspective when considering political situations, but Ali argues that it is essential for these beliefs to be voiced.

"I think it's important for people to stand up for what they think is right," said Ali.

In a social media post, Trump talked about his desire to limit protests by cutting federal funding to institutions allowing these protests. According to Reuters, his threats to permanently expel students are not supported as the US does not control public or privately owned educational institutions, although the govern-

ment does have some limited leeway with federal funding. Regulations like the time, place and manner restrictions that focus on when and how speech can occur might open other avenues for limiting speech.

Trump's recent comments about "illegal protests" and threats to expel and arrest protesting students lead some to question if high school students will be able to continue to stage walkouts to voice their opinions as a group.

"From my experience, people often disregard student opinions as they're seen as less experienced. However, many people have strong opinions relating to their values which deserve to be heard," said junior Triston Lin.

Students like Lin recognize the importance of student opinion but worry about the possible consequences of voicing them, as the opinions of high school students are often disregarded.

Though students may believe that these policies are irrelevant to their lives, historically, student voice has been one of the most influential contributors to major national issues. However, protesting is not the only way to stand up for one's beliefs. Staying informed and up to date is equally as essential to combating ignorance. Regardless of how you choose to express your beliefs, remember that your voice is important and you have a right to be heard.

ALL GRAPHICS / STELLA O'CONNOR

Bellevue considers switch to paid parking

EVAN HSUEH
News Editor

Amidst growing demands for parking spaces, the City of Bellevue has begun considering a shift towards paid parking—a move that has sparked mixed reactions from residents, workers and students alike. With only 350 free street parking spots available, scattered throughout the city, some local residents have expressed concerns with the current parking situation: delivery drivers are parking in the middle of roadways, and other drivers frequently exceed the two-hour limit, preventing parking spaces from being used. Consequently, drivers in search of open parking spots are forced to circle around blocks, waiting for an opportune moment in which a spot becomes available.



PARKING DILEMMA: One of Bellevue's free street parking spots. Many of these spots are limited to two hours, but with frequent overstay, open spots are becoming scarce.

The city is currently eyeing downtown Bellevue, Old Bellevue, BelRed, Wilburton and the Spring District for paid parking. If the plan moves on, the city currently intends to set dynamic prices that will be regularly adjusted based on demand. For instance, if the parking spaces within a block are nearly full, the prices would be hiked, and conversely, if the spaces are mostly vacant, prices would be lowered. While it is still unclear how often parking prices would be adjusted, the city has begun studying other cities' paid parking models, including Seattle's, which adjusts prices several times a year. The overarching goal of these plans is to maintain a limited number of vacant spots at any given time, providing opportunities for desperate drivers to park. With these changes, the city hopes to reduce the amount of time spent finding open parking while reducing congestion caused by circling drivers looking for parking spaces.

These considerations have sparked ranged responses amongst Bellevue's residents. While some believe it's necessary to manage limited parking spots and reduce congestion, others worry that these changes are unnecessary.

"The majority of the time I can find parking fairly easily and close to my destination, so I don't think we really have a need to limit [parking]. And of course, paying for parking can be annoying... sometimes it's unclear where and how to pay, and it becomes stressful," said junior Jachin Lee.

Other students who have after-school activities or part-time jobs have expressed negative reactions, worrying that these changes will complicate their routines and may negatively impact free parking provided by individual businesses.

"I am not too fond of this change. If there is

less free parking, customers are more prone to use free parking provided by stores. My current job has free and open parking so if this new model is implemented, our customers and employees might have a harder time finding parking as more spots are taken up by non-customers," says senior Emma Yu.

The City of Bellevue has also extended opportunities for residents, including Bellevue High School students, to participate in upcoming discussions where they can voice their opinions and learn more about these upcoming changes and their potential impacts.

As Bellevue faces rapid growth and urbanization from a wealth of job opportunities, the city must grapple with the challenges that arise, balancing the complex needs of drivers, businesses and residents. For students, new opportunities to voice opinions have arisen. Students can also begin exploring transportation alternatives, whether it's forming carpool groups or adopting eco-friendly, convenient modes of transportation like biking or electric scooters.

While many of the consequences of the paid parking proposal are unclear, it is a testament towards the evolution of Bellevue as a city. The growth of the city calls for dialogue between the policymakers, businesses, and residents, including students, where collaboration will lead to solutions that accommodate needs including parking demand and congestion.

As students and community members wait for a decision this fall, everyone can continue to stay engaged, voice their opinions and learn about Bellevue's evolving landscape.



Trump's orders impact trans students

BROOKE BEDE
Copy Team

ALL GRAPHICS / STELLA O'CONNOR

On February 6, Seattle Children's Hospital promptly cancelled all appointments for gender-affirming care. The decision was in response to President Donald Trump's executive order passed on January 28, banning gender-affirming care for minors. Violation of the executive order means several things, including suspension of research grants and federal funding.

"I was really shocked and disappointed. I thought that a successful medical institution in such a liberal area would prioritize doing what's right for trans kids," said junior Eli Penner.

The executive order outlaws medical care such as hormone therapy, puberty-blocking drugs and gender-affirming surgery to kids under the age of 18. While this executive order primarily aims to target the trans community, it also affects cisgender individuals with certain health concerns. Puberty-blockers have often been used as a part of treatments for cancer and endometriosis. Likewise, hormone therapy is often used to manage hormonal imbalances caused by menopause symptoms, cancer and osteoporosis.

"I think for surgeries, you should still wait for full body development, but it doesn't make sense to take money away from care for people that need it," said sophomore Hiraani Leung.

On February 9, masses of protesters took to the streets outside of Seattle Children's, urgently demanding that the hospital resume its previous operations. So far, the hospital has not given a timeline for when services will resume. Washington Attorney General Nick Brown has filed a lawsuit against the executive order, joining the fight with other states like Minnesota and Oregon. The results are still up in the air right now.

"Hospitals are thought to be safe spaces, and I think taking away this access really hurts their credibility," said senior Emily Zhang.

For those who may be worried about access to proper healthcare, there



DIVERSE UNITY: Protesters gather at the nation's capital to protest for their rights. With recent legislative changes, it's unclear what changes will entail and how states will respond.

are still other options. For example, MultiCare Mary Bridge Children's Hospital in Tacoma is still providing gender-related mental health and medical services. Similarly, several support organizations for the LGBTQ+ community are still operating in Washington, including the Lambert House, which is a safe space for queer kids. Another helpful organization is the Ingersoll Gender Center, which provides a database of medical professionals who can offer gender-affirming care. So, for those who previously went to Seattle Children's Hospital, Ingersoll Gender Center might be the best path to explore to locate other professionals.

However, healthcare isn't the only thing being targeted by the president and his cabinet. Trump also signed an order on February 5, prohibiting trans women from competing in female sports. The order restricts the ability of students to participate in sports at their schools and even at the Olympic level. In the days after the order was passed, the NCAA promptly revised their policies on transgender athletes to limit transgender women's access to sports.

"Trump implemented so many executive orders in such a short time. It's very chaotic," said junior Quynh Vu.

Across Washington, some districts have thought to step up against the executive order. The Tacoma School District recently has stated that it doesn't plan to follow the executive order, and several public schools in Seattle have stated that they stand in support of transgender athletes being able to equally access opportunities to compete. However, the WIAA is already looking towards proposals in its new handbook to limit transgender students from women's sports. The impact on participation in public schools is unknown as of now.

Right now, with so many things undecided for the United States, it's hard to tell what the future will hold. However, there still remains resources in Seattle available for young transgender students who may be affected.



Bellevue School District faces budget crisis

HARRY ZHAO
Graphics Team



During the Pandemic, a federal program called Elementary and Secondary School Emergency Relief Fund (ESSER) supplied schools with funds, to keep schools operating. However, with these funds ending and the cumulative effects of years of overspending, school districts across the state are grappling to keep spending under control. Bellevue School District, like many others, faces a budget deficit and a challenge: choose which programs to cut or risk being placed in "binding conditions," by the Office of Superintendent of Public Instruction, corrective actions until the school district reaches financial stability.

In February, the Bellevue School District released a spending reduction proposal for the 2025-2026 school year. Recently, the district released the final revisions to the proposal, after community input, with tweaks to the original spending reduction plan.

The original 15-page document covers Bellevue School District's budget deficit, which has been growing steadily per year, and plans for budget reductions in three different categories: Central Office, ESSER-Funded and School-Based reductions.

Here are some key takeaways from the reduction plan:

1. Since the COVID pandemic, the deficit has been increasing \$10 million per year.
2. A \$20 million dollar spending reduction is planned for the 2025-2026 school year.
3. Significant reductions include a 25-30 position reduction in central office staff, 14.5 position reduction in the Mental Health Assistance Team (MHAT), 14 position reduction in

Assistant Principals and a 30-40 position reduction in Elementary and Secondary Certified Staff (Teachers, Special Education Teachers, Teaching Assistants).

One of the most impactful of these changes is in the MHAT department, which is part of the ESSER cut. Each high school currently has two of these critical counselors who assist students with a variety of mental health concerns. They currently offer mental health counseling to students struggling with stress or mental health.

I spoke with Bellevue High School's very own MHAT counselors: Gina Kinan, and McKenzie Lancaster, to understand the budget cuts.

First, we need to understand what ESSER cuts are.

"ESSER stands for Elementary and Secondary School Emergency Relief. It is a federal program, administered by the U.S. Department of Education, that provided one-time funds to support schools in addressing the impact of COVID-19 on students," Kinan said.

Initially, MHAT was funded through the ESSER funds with additional Bellevue School District funds. However, these funds are ending.

"This year, MHAT is funded by the district budget and some Bellevue Schools Foundation funds," Kinan added.

Now that the district doesn't have ESSER funds, the school district is struggling to maintain the programs funded by ESSER and will be forced to cut down on ESSER programs, including MHAT. The original plan was to cut MHAT by 15-19.5 positions districtwide. However, based on community feedback, the school district decreased the reduction to 14.5 positions districtwide.

The cut means that mental health and counseling services provided by MHAT will likely de-

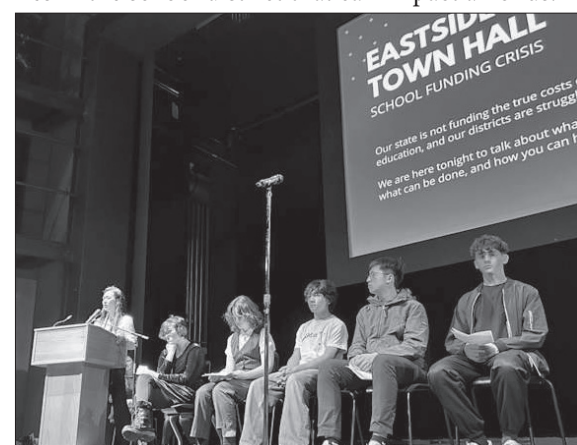
crease significantly but could still be an option for students.

The budget plan furthers that the district will continue to maintain Care Solace as a resource. As a final statement, Kinan explained what Care Solace is.

"Care Solace is a mental health care coordination service for K-12 school districts. A school counselor, student, or parent/guardian could make a referral through the Care Solace website and a representative from Care Solace will work with them to find a therapist that would be a good fit for them," said Kinan.

Care Solace's services could be a useful resource for students that may no longer have access to MHAT counseling.

We should all explore more about large changes in the school district that can impact all of us.



FINANCIAL STRUGGLE: The school district's funding crisis is addressed at the city hall. Budget constraints prevents proper funding of critical programs like the MHAT.

PHOTO / HADEN ADAM

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Our Mission

To inform and entertain the community of Bellevue High School by providing relevant, interesting content while promoting informed discussion of important and controversial topics.

The LettersPolicy

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Why Some Sports Get More Than Others

At Bellevue High, sports aren't just about competition — they're a central part of student life. But behind every single one of Bellevue's renowned teams and their successes, there's an often-overlooked reality: funding. While ASB funds and district allocations provide some baseline support, they never cover the full cost of running a program. Instead, booster clubs — parent-led fundraising organizations — fill in the gaps, leading to significant disparities in how different sports are supported.

Take football as an example. Last year, Bellevue football spent nearly \$100,000 on expenses. Yet, ASB funds, ticket sales and team fundraisers fell \$30,000 short of that amount. The solution? The football booster club stepped in to save the day, collecting donations and sponsorships from parents and alumni alike to cover the difference. Meanwhile, varsity sports like lacrosse receive little official funding, forcing parents to contribute even more just to keep programs afloat.

This uneven reliance on booster clubs from sport to sport creates a very clear divide: popular sports with strong alumni and parent networks secure ample funding, while smaller, much less visible sports struggle. It's not a difference in effort — parents of all sports work hard to fundraise — but rather the reality that some sports simply attract more financial backing due to their tradition, prestige and visibility.

The question is: should school sports be funded this way? When booster clubs determine which sports get to thrive, the system inherently favors the sports that already have the most financial backing. Football can raise tens of thousands of dollars in a single offseason in donations alone (in fact, they regularly do), while sports like tennis might barely collect enough to replace old worn-out gear. That creates a cycle where well-funded sports keep growing while others are left behind.

Sports are meant to be a unifying force — we play them to challenge ourselves, to build community and to create lasting memories. Yet, when funding is uneven, it sends a message that some programs matter more than others. At the end of the day, some teams are playing with a cushion, while others are playing to keep the lights on, and if Bellevue truly wants to support all student-athletes, it's time to rethink that model of how we pay for play.



Voice your comments, opinions and concerns by emailing us at s-edererv@bsd405.org

Dear Bellevue High Students,
Are you looking to make a difference, earn volunteer hours, and develop valuable leadership skills? Bored of Boredom is an exciting new initiative that empowers high school students like you to volunteer by offering free tutoring to students in need, primarily supporting low-income families and students of color. As a volunteer, you'll:

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- Develop leadership skills by organizing and leading community-driven projects.
- Make a positive impact on your community and help others succeed.

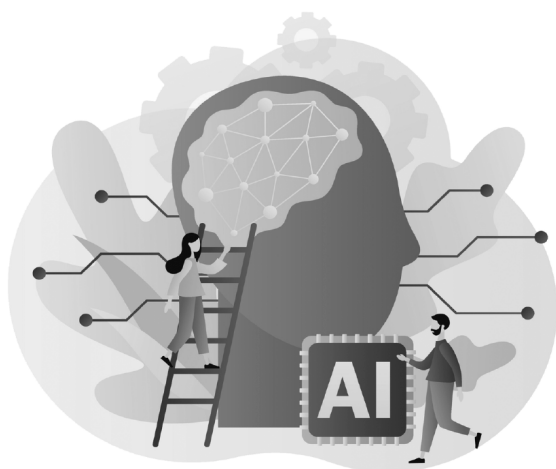
You don't need prior tutoring experience—just a willingness to help and a passion for learning.

We provide guidance and resources to ensure you feel confident and supported every step of the way. We believe in the power of youth to drive change, and we'd love for you to be part of this movement. Whether you're interested in tutoring or helping organize activities, your involvement will make a real difference. Interested? Visit boredofboredom.org

Thank you for your time, and we look forward to having you join us in making a lasting impact.

Best regards,
Bored of Boredom Team

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ROWAN GERRON
Opinion Editor

Crossfire: Instagram Reels vs. TikTok

VAUGHN EDERER
Editorial Editor

Many viewers moved to Instagram Reels after TikTok's temporary ban on the Apple App Store. A debate has ignited between the two apps because people have started to notice Instagram's looser content restrictions. It allows for the extreme fails, gross challenges and more. You never really know what you are going to see next.

TikTok is all over the place from ownership problems with ByteDance and the Chinese security concerns from getting temporarily banned off the Apple App Store. Meanwhile, Instagram's CEO Mark Zuckerberg has user data more secure under American internet laws. Additionally, TikTok has made headlines in the past by violating the Children's Online Privacy Protection rule (collecting data from children under 13 without parent consent) according to CNN Business.

Reels have seen a significant increase in users after the TikTok ban, and people are starting to realize they have been missing out.

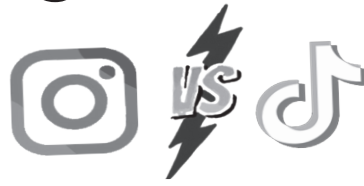
Junior Ramzey Neff is a big Reels enthusiast and is trying to get his friends to hop on the wave.

"Reels are so much more entertaining. Every day I get a new funny video to tell my friends about and I love spamming their DMs. Also, it is great to catch people liking some diabolical Reels," Neff said.

Freshman Boden Freeborn likes how Reels aligns with his interests more.

"TikTok is just full of movie clips and stupid memes. Reels have a lot more videos on highlights from sports I am watching, funny fails and more," Freeborn said.

If you are looking to doomscroll after an exhausting day of school, Instagram Reels can cheer you up. Do not get involved in the silly TikTok drama.



When it comes to doomscrolling on your phone for hours, TikTok is where it's at, and Instagram Reels is falling behind. Sure, both are great for watching quick videos, but TikTok has so much variety to suck you in, creating many reasons which prove why it is better than Reels.

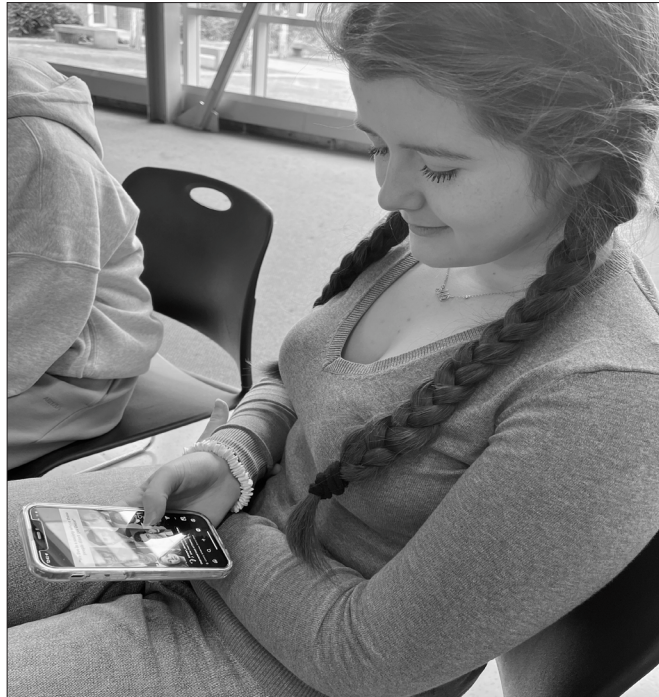
One big reason is TikTok's algorithm knows what you're looking for, even if you didn't know you were looking for it. It tracks your likes and floods your FYP with everything that will keep you entertained.

"I love liking one LeBron edit, and then getting 10 more sports edits to pop up on my FYP later," freshman Hayden Ritchie said.

It also tracks your videos with the "just watched" feature being able to find a part two of the video you just watched. Discoverability is also way better, where you don't need to have a huge following on TikTok to go viral. You can simply post something random, and if it catches on to the matrix, you can go from no views to millions in no time. IG Reels doesn't work like that; people who already have a big following are the ones who go viral.

Trends and memes dominate on TikTok. If you're seeing a trend, it started on TikTok. Reels may feature some of the same trends, but by the time it gets there, it's already old news. So, if you want to be two months late to trends and make a joke of yourself then hop on IG Reels.

Lastly, TikTok has an elite shop to buy things for cheap prices. You can buy so many beneficial cloths, toys, and accessories and use coupons to save money. Overall Tik Tok dominates Reels and has so many next level features that enhance the app's ability.



DOOMSCROLLING: Sophomore Adya Floyd is caught scrolling on TikTok during school. She often switches between Reels and TikTok and is still deciding on which is her favorite.

Parents, please stop parking in school lots

AIMEE NI
Graphics Team

CRAMMED LOTS: The parking situation at Bellevue has been a mess lately, taking up to 15 minutes for students to find a spot. Parents are dropping off their kids in the lots instead of the roundabout, causing many students to be late to class.

It's no secret that parking on campus can be a headache, especially during busy hours. For students, the frustration is amplified when parents take up valuable parking spots in student lots, especially Lot 2. Whether it's during morning drop-offs or afternoon pickups, this behavior causes a huge inconvenience for students and shows the need for clearer rules to ensure parking spaces are reserved only for students.

Early mornings are particularly chaotic, as parents flood student parking areas to drop off their children. This traffic leaves fewer spots for students who drive themselves to school and creates delays during a time when everyone is rushing to get to class. For students who rely on having proper parking spots, the presence of parents can mean

the difference between finding a spot and being late.

"I have heard numerous complaints about not finding good parking due to parents," senior Vishmaya Rajesh said.

The traffic becomes even worse after school when parents park in unauthorized areas, blocking parking lot exits and delaying students who are trying to leave. Add crowds of students crossing streets, and everyone will find themselves stuck within lines of crawling cars.

"After school, I find it hard to leave my parking spot due to parents parking alongside the curb, preventing students from exiting," senior Sophia Baek said.

This behavior not only slows down traffic but also creates safety hazards. With crowds of

students crossing streets, the risk of accidents increase. For students with after-school jobs, extracurricular activities or other commitments, these delays can be very frustrating and can create a lot of stress for those on tight schedules.

To solve help solve these issues, Bellevue High School should restrict parent access to student lots during peak times or tighten restrictions against parking in non-parking spots, such as along curbs.

"There should be a rule that only students are allowed into the parking lot before 8:10 AM," Rajesh said.

Implementing these rules would not only benefit students but also reduce the likelihoods of accidents. Parents could be directed to designated drop-off zones, while students could safely enter and exit parking lots, knowing that there will be a spot waiting for them.

By setting clear guidelines and enforcing them consistently, the school can ensure that student parking lots serve their intended purpose: accommodating the students. We must prioritize fairness and efficiency, because when it comes to parking, students shouldn't have to compete with parents for a spot. Together, we should create a safer, more organized system that works for everyone.



Which Wash. college is right for you?

ETHAN KURUVILLA
Copy Editor



Choosing the right university is one of the most pivotal decisions in one's high school career, and for many at Bellevue High School, the University of Washington (UW) and Washington State University (WSU) stand out as top contenders. Both universities differ in academic programs, social experiences and post-graduation opportunities, so it's important to examine the pros and cons of each to help students determine which school is the best fit.

UW, located in Seattle, is a top-ranked public university. It is known for its rigorous academic programs, cutting-edge research and proximity to Seattle's thriving tech and business sectors. Its academic reputation is a large attracting factor for students, particularly for students studying engineering, computer science and business. The university's reputation comes with excellent internship and job opportunities, especially in Seattle's booming technology industry.

«UW has offered me so many career opportunities because of its proximity and relationship with companies like Microsoft and Amazon,» said BHS alum Nathan Simon, a first-year undergraduate student at UW studying computer science.

However, there are also disadvantages to studying at UW. One of the main drawbacks is the expensive cost of living in Seattle. Seattle is known to be pricey in terms of accommodations and day-to-day living, which can cause financial stress for students who do not live on campus. Additionally, due to the massive student body and the school's desirability, acceptance into certain programs like computer science could be difficult, like computer science. Lastly, Seattle's notoriously grey and rainy weather can be detrimental to

student's mood and quality of life. While some may thrive in the cold and rainy atmosphere, others might struggle with the gloomy weather, which can have negative effects on motivation and overall well-being.

Alternatively, WSU, located in Pullman, offers a very different type of college experience. WSU is known for its top programs in agricultural science, veterinary medicine and business. The campus atmosphere is more rural and traditional. The university offers an intimate, close-knit environment, ideal for students seeking a community-oriented setting away from bustling metropolitan areas. This fosters strong connections with peers and professors alike, supported by a wide array of clubs, social events, and collegiate athletic programs that further enhance the sense of belonging. WSU students tend to develop

life-long friendships and a very strong connection to the Pullman community.

«WSU just has such a wonderful sense of community. I love the small-town atmosphere you experience at Pullman, and I feel the professors actually care that you succeed,» said BHS graduate Grant Perry, a first-year undergraduate student studying computer science at WSU.

But another major advantage is how affordable WSU is. UW's tuition is roughly 5% more expensive, and living expenses in Pullman are generally lower. This makes WSU come forward as a viable option for frugal students who want to save on housing as well as usual expenses. Not everything about WSU is perfect, however. Pullman, while beautiful and charming, is quite isolated. There are also fewer large cities in the area, which can limit internship and job prospects for students looking to get hands-on experience in tech or business fields. Lastly, while WSU excels in certain fields, it does not have the same variety of academic programs compared to bigger universities like UW. For students looking for very specialized or interdisciplinary programs, WSU may not be able to provide the same level of program variety.

Ultimately, both the University of Washington and Washington State University have their own pros and cons and choosing where to spend your college years depends on what matters to you most. Whether it's UW's challenging academic programs and professional contacts or WSU's more affordable, community-oriented environment that you're looking for, both schools have something to provide. BHS students are fortunate to have top universities like the University of Washington and Washington State University to consider, but their ultimate choice must involve awareness of what each has to offer and serious contemplation of what they truly want from college.



BEST FEELING: Senior Fatima Faisal smiles at her acceptance letter. It is always a relief when you see the feeder schools come back positive.

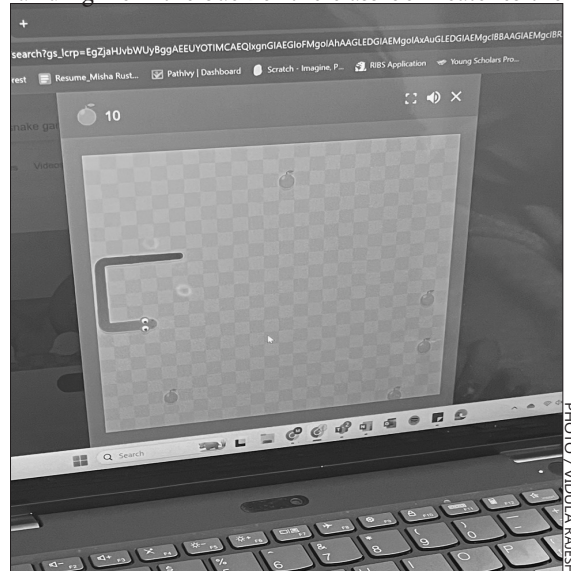
PHOTO: VIDUA RAJESH

Personal laptops causing trouble in class

SARA IKEDA
Copy Team

From hearing Taylor Swift blasting from English teacher Kristina Dahl's laptop and industrial goth wafting from Science teacher Nathan Manning's laptop, laptops are useful in creating a comforting atmosphere. However, some noises made by student laptops may not be as relaxing as BHS's beloved teachers—rather, could be funny, memorable, or even embarrassing in some situations. Here are my five favorite laptop sound moments.

1. Sitting uneasily in a long lecture filled with calculus, waiting for the bell to ring, suddenly, a familiar ding from the back of the classroom catches the



PLAYING GAMES: Sophomore Misha Rustogi makes sure to mute her computer when playing Snake. Having your audio on during a lecture is always an embarrassing experience that we all can relate to.

whole classroom's attention. Turns out, it was the notification of getting a question correct on Khan Academy.

«[Math teacher Megan] Neelands was giving a lecture, then randomly, there's the sound of getting a Khan question right, and it was really funny,» said junior Sophia Xu.

Seems like this student may end up with a short talk with Neelands after class for doing homework in class.

2. Many students at BHS work hard to study for tests including pop quizzes, APs and the SAT. However, students cannot study for the Smarter Balanced Assessment (SBA) since its purpose is to track student progression. So, in a high-pressure environment, packed with hundreds of other classmates in the gymnasium, students may feel stressed as they are not prepared to answer the unknown questions. All of a sudden, through unplugged headphones, the soundcheck noise rings throughout the room.

«The doo doo do dooo do do SBA sound is my favorite! It's so nostalgic and recognizable,» said junior Jacqueline Hsiao.

The familiar tune from laptops that everyone recognizes relieves some stress off students' backs before starting their tests.

3. The classroom gets to work on independent projects and within the silence, there is a recorded voice that says the name of a classmate. An accidental button click leads the whole room to question what Social Studies teacher Michelle Beito could be doing on her laptop.

«That was really funny, though it wasn't embarrassing,» said Beito.

Beito had been taking attendance and clicked on the phonetic spelling of a students' name, made ac-

cessible for teachers who do not know the pronunciation of a student name. It's great to know Beito puts in the time to get to know our names, even in second semester.

4. Next in line is BHS's iconic Roy Su's laptop moment. Many students veer off-task and watch shows or movies in class, but this moment was especially memorable.

«I thought I heard something and when I turned around, it was Roy watching 'Bee Movie,» said senior Tiffany Cheng.

Although watching 'Bee Movie' is irresistible, Su may need to work extra hard to make up the missed work from his distraction in class.

5. BHS Choir recently went on a trip to Hawaii, and one instance, before their trip showed students' preparation for one of the songs they sung on their trip, called 'Mahalo Piha'.

«I was in math class and the high-pitched choir music soundtrack blasts in [Math teacher Zachary] Chen's class, and I wondered whose laptop it was. Turns out it was mine,» said sophomore Mandy Kim.

Her confusion was rooted in three students in the same class playing the same exact choir song back-to-back, as they were all learning their parts for the song.

In the end, although some laptop noises may cause a class wide disruption, some other noises are memorable ones that cause the classroom to erupt with laughter.



redtech

Well Well Well... let's talk abt **WELLNESS**

It's ap 52n. So IK all the blw kids are stressed

It may seem silly at first but we seriously need to talk abt wellness @ BHS which includes:

- Physical
- Mental
- Emotional
- Social
- Spiritual

lets get intoo it!

Helping + strengthening your body is so so important

SAVANNAH ANDERSON IN AP GOV!

PHYSICAL! 2

Playing sports (lax) helps me maintain my physical wellness

TANNER JONES

I recommend every student take a sport

I've been playing glax since I was a kid and it really helps relieve any stress I have

MORIAH KIM

Now physical is great, but what about our mental wellness?

So lets check out

amygdala
hippocampus
thalamus

↑ THE BRAIN

The limbic system is the main regulator of mental health + emotions

MENTAL 2

ADDISON DYER

To keep your limbic system healthy, make sure you're getting regular exercise, participate in activities you enjoy and...

Take BREAKS WHEN YOU ARE OVERWHELMED

you heard someone make sure you are taking care of your mental health

Similar to mental is emotional wellness

Emotional health is the ability to manage moods and feelings!

For emotional wellness, you must recognize your feelings...

Before taking the steps to solve them

VA SCHULAM

EMOTIONAL 2

Spending time w/ friends always improves your mood

but growing up does expand your sense of self and morals

KATE CHA

Tijuan before seeing friends vs after seeing them

TIJUAN HOLIS

maybe consider joining yoga

SOCIAL 2

Okay now time to move onto social wellness

Everytime hangout w/ Charles, I am always happy

Yes Ted helps me get out of any funk I have

TED TAG + CHARLES VIL

BHS is filled w/ endless pals to help you

through the obstacles in highschool

Nowww time for spiritual

finding "the meaning of life" is not an easy task for the average highschooler...

at the end of the day, everyone should strive to take care of all parts of their wellbeing

Spending time alone can also help clear your mind and reflect on your current lifestyle:

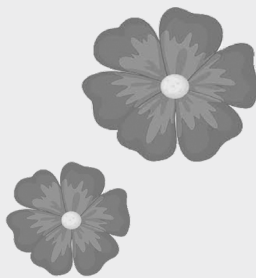
no, i'm reflecting

DAWSON FADER

But I hope this comic has taught you to take a step back... reflect on your life... then keep going! GO BLVV

This is my last issue! so thank you for reading the comics these past years

SADIE FADER + THE BARQUE

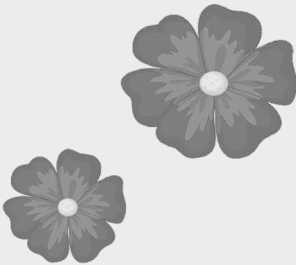


APRIL

2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 April Fools' Day	2	3	4 End of 3 rd Quarter	5
6	7	8	9	10	11	12
SPRING BREAK						
13	14 Boys Varsity Baseball vs Liberty @ 4:30	15	16 Track and Field Meet vs Interlake @ 4	17 Boys Varsity Soccer vs Foster @ 7:15	18 Varsity Softball vs Inglemoor @ 6:30	19
20 Easter	21	22 Earth Day Den Meeting	23 Spring Musical	24 Spring Musical	25 Boys Varsity Lacrosse vs Eastlake @ 8 Spring Musical	26 Boys Varsity Baseball Senior Day
27	28 1 week until AP EXAMS	29 1 st Day of Camp Orkila	30 Girls Varsity Lacrosse vs EC @ 8 Senior Graduation Gown Pick-Up			

GO WOLVERINES!



the barque's workout routine

Ashley Kwon - Chief Copy Editor

At The Barque, we spend a lot of time typing on keyboards, editing articles, and hurrying to meet deadlines. But outside of our journalism grind, some of us are actually pretty serious about staying in shape. Whether it's lifting weights, dancing, or running off the stress of kill day, here's how our staff keeps their bodies moving while keeping The Barque in top form.

As The Barque's go-to business manager, senior Brody Ruckhaber doesn't just write invoices or solicit advertisements. When he's not getting more sponsors and ads for The Barque, he's in the gym lifting heavy, grinding through bench presses, deadlifts and squats.

"The gym is my happy place and gives me a nice break from stress. It's always great knowing that I'm making myself healthier, and it's always fun running into my friends at the gym," Ruckhaber said.

His goal? A 225-pound bench press, which, ironically, is about the same weight as the stress of getting all the ads for our entire newspaper. For Ruckhaber, weightlifting is more than just a workout, it's a way to clear his head and make up for all the hours he spends sitting at his laptop getting all the dough to run our newspaper.

While some people hit the track or gym, our editor-in-chief, senior Sydney Tam, prefers to get her workout in on the dance floor. As a longtime dancer, she juggles managing and making The Barque better each and every issue and writing feature stories with rehearsals, classes and weekly competition.

"I've been a competitive dancer for over 11 years and couldn't imagine doing anything else. It is my creative outlet and a break from any of the stress I may be facing. I also love all the friends I've made from it and the incredible teachers I am so grateful to learn from everyday,"

Tam said.

Not many people willingly sign up to run miles on end but copy editor, junior Jachin Lee, does. When he's not writing bold takes for our opinion section, he's training for races.

"There's something about running that clears my mind of everything I am doing at school, and running with my friends after school is a great way to destress. It's great to always get some fresh air after being indoors all day," Lee said.

Lee runs for the cross country and track and field teams, which he claims is easier than meeting a same-day deadline. We're not convinced. While the rest of us hunch over computers for hours, our graphics designer and social media team member, junior Stella O' Connor, keeps her posture intact with Pilates.

"Personally, I like doing hot pilates at Trufusion. The 60 minute Tru HIIT Pilates classes are my favorite because the vibes are always good with good music and good people," O' Connor said.

Pilates helps her stay flexible, strong, and calm when InDesign crashes for the fifth time and Instagram reels aren't working.

Her signature Pilates move? The Pilates plank. "If I can hold a Pilates plank for two minutes, I can handle the stress of making a TikTok for The Barque," O' Connor said.

At The Barque, we know that journalism isn't just a mental game, it's a full-body workout. Whether it's lifting, running, dancing or Pilates planking away the stress, our staff has found ways to balance writing with staying active.

So, if you see one of us on the way to an interview, stretching between edits, or silently crying over leg day, just know we're training for more than just the next big story.

beginners guide to the gym

May Koh - Focus Editor

So, you've decided to join a gym. Maybe you're looking to get stronger, improve your endurance, or just feel healthier. However, stepping into a gym for the first time can be intimidating, filled with people that seem like pros. If that sounds familiar, this guide is for you!

First off: Where should I work out?

Many students here at Bellevue High are proud members of Bellevue Club, which offers three floors of state-of-the-art machinery, weights, treadmills and even a yoga studio. It's the perfect spot for beginners!

"I love working out at Bellevue Club. It's like my safe place. Whether I'm working out with my friends or by myself, the Stairmaster on the third floor always helps me calm down and reset after a long day," senior Sanya Tiwana said.

For people who don't have a Bellevue Club membership, Pro Club is a great option as it offers the same, if not bigger, facility. LifeTime Bellevue and the newer Tiger Gate Gym are also amazing choices!

"I really like how Tiger Gate is open 24 hours. Sometimes when it's late at night and I can't sleep, I go hit a good workout there," senior Daniel Ji said.

A Simple Beginner Workout Routine

If you don't know where to start, keeping it simple is best. First time gym-goers often feel overwhelmed by the abundance of large, scary machines, and don't know which ones to use, however, I have constructed a perfect routine for you!

Three-day split: This means that you will work out for three days a week, focusing on different things. Rest days are super important.

Day One (Upper Body): Bench press 3x8 (sets and repetitions of excersize), Lat pull-down 3x8, Tricep dip 3x8, Shoulder press 3x8

Day two (Lower Body): Smith machine squats 3x8, Hip thrust 3x8, Leg press 4x8

Day three (Core): Planks 30 -60 seconds, Russian twists 20

reps, Leg raises 12 reps, or watch any 10-minute ab workout on YouTube!

Cardio

It is always important to end your workout with cardio, whether it is by running, incline walking, or hitting the Stairmaster. Go at your own pace!

Gym Etiquette: Dos and Don'ts

There are always unspoken rules at the gym, in order to make the experience better for everyone. Here are a few so you can avoid an awkward encounter on your first trip!

1. Always wipe down equipment: Nobody wants to deal with someone else's sweat. Gyms will always provide paper towels and cleaning spray- utilize them!

2. Re-rack weights and put things where you found them: Whether it's weights for a machine, a bench or weights from the rack, leaving them scattered around the gym is frustrating for everyone else.

3. Respect other's personal space: the gym can be a sacred place- everyone is working on their own goal and need their own space. Make sure you don't invade that.

How to Stay Motivated

Starting is easy. Sticking with it is the challenge. Here are some ways to stay on track:

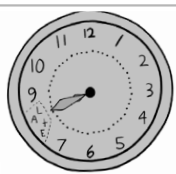
1. Set small, realistic goals: whether it's improving your endurance or lifting more weight, progress happens gradually.

2. Find a workout buddy: having a friend can make workouts more enjoyable and keep you accountable.

3. Mix it up: try new exercises or classes to keep things interesting.

4. Listen to your body: rest days are just as important as workouts to prevent burnout and injury.

Getting started at the gym might feel intimidating, but everyone was a beginner at some point. Keep it simple, stay consistent and focus on progress, not perfection. Good luck!



Tardy workshop or tardy workflop?

PIPER LIPON
Graphic Team

Imagine this: you wake up late, hit every possible red light while driving to school, get stuck behind the slowest drivers and encounter construction that forces you to detour. Once you finally arrive at the school parking lot, the only spots open are the spaces farthest away from the school entrance. You finally make it to class, three minutes late, and it looks like your teacher is already having a bad day. They mark you tardy. Uh-Oh! This is your second tardy this week; looks like you have to attend tardy workshop. The following week, you attend, sit for however many hours in grueling silence and leave. No repercussions; no advice or incentive to change the routine. Only a long and boring inconvenience; so the cycle repeats.

The goal of tardy workshops is to inform the students of their attendance and to motivate the students to change their habits within their morning routine. The workshop is also used as a form of "punishment," but it doesn't work very well. Many students mostly see it as an annoyance and an inconvenience and pay it no mind, and many of the tardies are out of the student's control. There are so many factors such as weather, other drivers, parents, late busses, construction, parking, unpredicted ailments before one leaves their house (bloody nose, nausea, crazy bowel movements, stroke, death, etc.) and teachers deciding if they will let the lateness slide.

"(The workshops) are annoying and aren't really effective because it just depends

on how much your teacher likes you and if they care about someone being two minutes tardy or not," said senior Addison Dyer.

Students may argue that not only are the workshops pointless, but also arbitrary with when they are held and who obtains the



LATE PASS: Junior Jason Woodward hands teacher Kimberly Richardson a pass for being tardy. Having to give your teacher a tardy slip is often an embarrassing experience yet not always avoidable.

workshop notice. According to the Bellevue School District website, if a student receives a tardy twice from one class in week, they get workshop. If a student receives one tardy from each of their classes in a week, they also get workshop. This is how the detentions are supposed to work, but it doesn't seem to work like that in reality.

"I've noticed that people seem to collect mass amounts of absences and tardies, but only certain students actually receive emails to attend a workshop -- the inconsistencies add to why the workshops are a horrible idea," sophomore Vasilisa Baginskaya said.

So, why do we still have the workshops when they seem to be doing nothing? Although the detentions seem like a good plan and reprimand for the students, is there really evidence to suggest that they are actually useful in helping improve the lateness of the students? It seems that the entire process is pointless and the school should just contact the parents instead of the detentions.

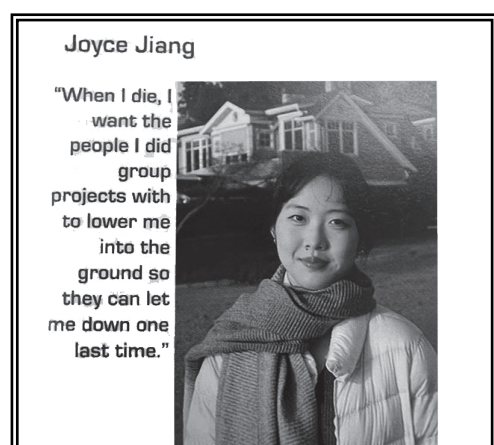
"I think tardy workshops are useless because it should at most be a call home or an email, and sitting in a classroom for two hours doesn't really seem to be promoting time management," sophomore Misha Rustogi said.

With so many arbitrary factors that can affect a student's punctuality and the impracticality of the could-be-an-email detentions, there is no doubt that the tardy parties are practically useless and should be rethought and/or changed to be more useful in the future.

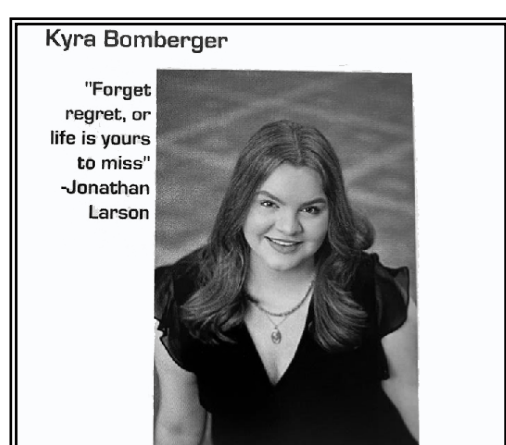
How to craft the perfect senior quote

WILLIAM FISHER
Graphic Team

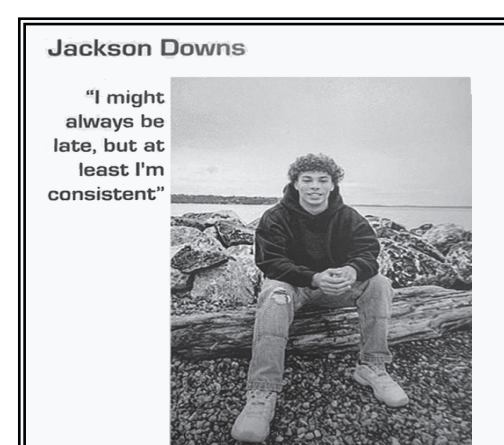
Senior quotes have existed longer than bubble wrap. Beneath rows of shining teeth and gelled hair, the graduating class has one final opportunity to cement their legacy in the yearbook. With centuries of quotes to pull from, the bar has never been set higher. Here's a crash course on the most common senior quote formats from last year's graduating class.



Using humor to express a disdain for group projects, this quote is a textbook example of a satirical response. Satirical messages are a great way to get a chuckle out of students and share personal opinions in a lighthearted, casual manner.



A serious quote, often from a famous author or significant individual, is the perfect way to spread a meaningful message or motto. However, be warned: famous quotes pose the greatest risk of being used by other students.

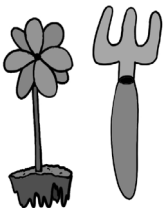


Joined by many others of this type, self-deprecating quotes can be extremely relatable to both staff and students alike. Being self-critical in an amusing manner is a great way to show humility and sneak inside jokes into a senior quote.

Apart from these typical quote formats, there have been countless creative submissions that cannot be tied to a specific category. Written morse code, casual conversations with neighboring frames, and complete musical compositions, all found their way into last year's yearbook. Thus, patterns are meant to be broken. Seniors are free to spend hours crafting a quote that speaks to their soul, or seconds grabbing the first post they find off a quick internet search. With that said, here is a message to all future seniors: It might just be a quote, but you only get one. Make it yours.

Why you should garden this spring

MADELYNE MASTERS
Opinion Editor



Spring has sprung, and so can your garden. You can fill it with a rainbow of florals or a variety of delectable vegetables and berries, even the fresh scent of herbs! These are the secrets to a stellar garden this spring.

One important thing to remember is that not all plants are created equal; for example, some might be good for just starting out gardening, some might be incredibly finicky and need very specific amounts of attention and some can be completely incompatible to grow in Washington. I have tried (and failed) to grow watermelon; however, watermelons are incompatible with the temperatures in Bellevue and only grew to the size of a baseball. It is very important that you check and see if the plants, vegetables or fruits can grow in the cooler environment of the Puget Sound.

"If you're new to gardening, start out with easier plants! Especially if you're not sure what soil you have or what pests may be around your area, research. Not every climate is the same, and not every plant will be able to grow in Bellevue's environment. It'll save you money and stress, so you don't have to impulse any supplies after forgetting it," junior Alexis Arinas said.

Arinas is an avid gardener with prior experience being a part of her previous school's gardening club. As she previously pointed out, be prepared to spend when you are gardening. If you are growing from seed, you will not have to spend as much. Seed packets are often range from under a dollar to five dollars and are even cheaper when you buy them in bulk. However, if you are using

starters from a nursery, which are easier if you are new to gardening, you'll have to deal with a heftier fee. Starters can range from five dollars to even over \$100 depending on what plant you are trying to grow. I prefer to get the plants on the cheaper side in case they do not work out; however, sometimes I enjoy splurging when there is a particularly fascinating plant.

You might be wondering, what type of plant is the right type of plant to start your garden off with this spring? (Spoiler alert: it is not watermelons.)

"I'd say start out with flowers or decorative plants, or if you are looking for edible plants, choose one that's easy to grow, like lettuce," Arinas said.

Coneflowers, cosmos, daffodils, marigolds and pansies are all easy to grow and work with in Bellevue's climate. My personal favorites are marigolds due to their vibrant orange or yellow color, medicinal benefits and delightful floral scent.

Even though we are in an urban environment, you need to watch out for sneaky animals who will steal your hard work.

"Natural fauna will absolutely eat your produce if you're not careful," Arinas said.

Putting up chicken wire, growing in raised beds and even covering your produce with nets are all ways to keep the animals away. Pinwheels and shiny objects additionally help because they scare the birds away. Deer also may sneak in for a bite to eat, so make sure you have barriers up from all sides to keep the cute critters out.

Gardening is one of my favorite ways to get out and enjoy the sun in spring. Not only will you get the satisfaction of seeing the fruits of your labor, but you will also learn how to be self-suffi-

cient and not need to get all your items from the grocery store. Even something as simple as getting herbs from your own garden can be enjoyable.

Take these tips and start get your own garden started this spring: you will for sure be gratified. Happy gardening!



WATERING PLANTS: Junior Hailey Samuel is pictured taking care of a flower. Even just one plant can be the start of your garden journey and add more life to your house.

Top vacation destinations to travel to

HAIDEN ADAM
Photo Team

In Washington, the month of April is filled with pouring showers and chilly weather that makes you want to stay inside all day wrapped in a blanket. But for those who don't enjoy being holed up at home, you can get your boarding pass and hop on a plane to a sunny destination!

The best spring break destinations are hotly contested topics, and many individuals have different beliefs about this matter.

But amongst Bellevue High students, the top four destinations boil down to Hawaii, Mexico, Palm Springs and Italy.

Palm Springs is the best place if you need a relaxing vacation away from all of the AP testing, college and SAT stress. The flight is short and quick, making for an easy travel day. The weather in Palm Springs is typically high eighties making it toasty, but pools are sprinkled all around if you need to cool off at any minute.

"My favorite thing to do in Palm Springs is to work on getting bronzed because I hate being pale in the winter," senior Addison Dyer said.

Acai bowl and coffee shops are all throughout the desert making it a quick grab and go. This is the best vacation spot if you want to sit poolside in the desert drinking a Shirley Temple, reading a book or gossiping with your family or friends.

If you are tired of being pale and yearn for UV 10, Hawaii is your place. You can find beaches everywhere with opportunities for boogie boarding and surfing. There are also shopping malls filled with souvenirs for tourists to buy, and local foods like poke, sushi and a fan favorite: shaved ice.

"Every spring break we travel to Oahu, Hawaii for two weeks because we visit our extended family members who live there, and it

is always the best trip of the year," senior Kaitlyn Cody said.

The weather in April ranges from the high seventies to low eighties which is perfect for Washingtonians because they cannot handle too much heat being used to arctic Washington weather. Overall, Hawaii is a classic,

beautiful place to spend your spring break at!

Other great destinations include parts of Mexico like Cancun, Cabo and Punta Mita. These places have many seeking adventures which creates unforgettable memories and experiences to last you a lifetime. There are plenty of excursions you can pack your day with like sunset boat trips, ziplining and hiking through mountains filled with exotic animals. The sun always shines in Mexico, and you can look forward to sitting on the beach and getting your tan on!

Last but not least, Savannah Anderson is a senior traveling to Rome and Paris in Europe.

The weather is moderate making it perfect to walk around and tour around the cities. Some of the most famous spots around the world according to tourists in Europe include the Eiffel Tower, Notre-Dame Cathedral of Paris, and Colosseum.

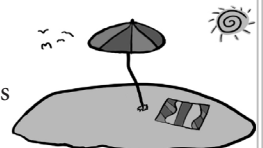
"I have never been out of North America before and I am excited to experience new cultures especially the food," senior Savannah Anderson said.

You will never be able to come back to American food because all you will want is Italian food. The best pasta, pizza and pastries you will ever eat in your life due to its authenticity and traditional cooking styles. In total, you will never get bored while on this trip due to all of the amazing sightseeing, people and food!

If you want to have the best week off of school possible, travel to one of these incredible places.



VACATION FLICK: A picture of senior Brody Ruckhaber's spring break trip at Lopez Island is taken. Taking pictures of locations or with family and friends is an amazing way to preserve vacation memories.



Day in the life of an influencer: Olivia Koo

VIDULA RAJESH
Photo Team

One day you're scrolling through Instagram and you see a girl and think, "I swear I've seen her before." Chances are, you probably have. Bellevue has many influencers, one of whom is sophomore, Olivia Koo, better known by her handle @yaejinscloset. Since starting her account last summer, Koo has more than 38,000 followers and has many successful brand deals, even with luxury brands like Prada and Versace. Her account focuses on Korean beauty and fashion offering her followers glow up and makeup tips, as well as life-style content including week in the life videos on her YouTube channel.

"Ever since I was little, I was really into making videos. I would steal my dad's phone and make home videos of myself to post on YouTube, but I would just show it to my family and friends instead. Last summer, I decided to start posting them online because I wanted to reach people not just in my family. My first video took off, so I decided to keep going," Koo said.

As a busy high school student, Koo manages multiple AP classes with lots of homework in each class, as well as extracurriculars like Distributive Education Clubs of America (DECA).

"It's really hard [to balance] but I allot time for recording in my week," Koo said.

To keep up with school and posting regularly Koo keeps a strict schedule, recording multiple videos on weekends and editing and posting them throughout the week.

"I try to record in my daily life, so if I'm going to a café, I try to film small clips there and turn that into content," Koo said.

In addition to having scripted videos, she also has some videos of her day-to-day life.

Her video process usually starts with random ideas she writes on the notes app on her phone.

"I have over 100 ideas in there so whenever I am stuck on an idea, I usually just scroll through the list to find one," Koo said.

She often gets inspiration from trends online. She uses the trend as a base idea and tries to make it her own.

On days she records, she wakes up early to maximize her time. Recently, she has signed with an agency and has more work.

"Right now, I am working on making a list to put together all the collabs I have done and the brand relations because I am preparing for an onboarding meeting with the agency," Koo said.

After preparing for her onboarding meeting she works on filming all her videos for the week.

"I'll film four to five videos in one day and I usually do it all in one sitting because I don't get much time otherwise," Koo said.

Many brands have reached out to Koo to collaborate with her, but not all of them make the cut.

"Usually, I only do brand deals with brands I like and align with because I try to show what I truly like to my viewers. Brands will reach out to me through email or Instagram DMs with the collaboration details. I read through it and if I like the brand or they send me the product and I try it and like it I will accept the brand deal," Koo said.

However, Koo sometimes rejects offers because she does not have enough time to make videos for them due to her schoolwork. When she was starting out, she would pitch to some of her favorite brands to get her name out there and would get a reply from some. Now she usually doesn't have time to pitch to brands and mostly only does brand collaborations with those who ask her first.

Koo has reached many people with her content. She skillfully balances her academic life while continuing to grow her platform. She advises anyone who wants to be an influencer to just go for it and to not be scared.



CLASS TO CONTENT: Sophomore Olivia Koo poses for the camera. Koo has learned over the years how to balance her life to be successful as an influencer as well as a student.

SOURCE / INSTAGRAM

ALL GRAPHICS / AMEEN

How students should prepare for AP tests

WILL O'HARA
Features Editor

The Advanced Placement (AP) exams in May are an important time for students who are looking to challenge themselves by taking these rigorous courses. These tests are taken every May by students looking to earn college credit for their classes through College Board's exams. AP exams cover a wide range of topics from science classes like AP Environmental Science to math classes including AP Calculus. The grading scale is tricky to navigate and despite College Board classifying a three as a passing, many universities will only take a four or a five for college credit. This competitive grading system has caused many students at Bellevue to stress and ask themselves, how do I get a five on my AP exam?

The key to AP exam success is starting early and creating a plan.

"Usually about a month before, I plan to create my own equation sheets, run through FRQs and peer review with my friends. All these things help me be confident on all different kinds of questions I will see on the AP exam," junior Justin Lee said.

Like Lee, who has scored a five on multiple exams, students must dedicate their time prior to spring to prepare for these rigorous exams. Although these classes, from September to May, cover exam material, students often still need to study more on top of that to have the best chance at a five. Many students resort to studying the week before, which makes it difficult to memorize eight months' worth of content. Keeping notes, completing worksheets and preparing for the exam a month in advance is one way to have the greatest chance at getting a five.

Knowing the test format is another great way to increase your chances at achieving a five. While some teachers focus a lot of class time on simulating the test, others focus almost entirely on content. Each test has a unique structure, and different formulas required for each part of the exam to get maximum points. Certain teachers at Bellevue even go as far as giving students an opportunity to take a mock exam. These practice exams give students a great

idea of what the exam will look like, and the timing needed for each part. Weeks prior to the exams, students should determine if they understand the format and questions that will be on the test. If you don't, it is time to start researching the format of all the exams you will be taking.

Using sources outside your classroom is also very helpful. The AP college board often releases helpful sources and information like short answer questions

from previous years.

Another great source is Heimlers History which is very effective study tool for students in a time crunch. Heimler's History is a YouTube account ran by Steve Heimler who releases chapter recaps that are short and concise for every AP history class.

"I always watch Heimler on the night before a test. It really helps me refresh my memory of what we learned in class," junior Andy Zhu said.

His fast-paced videos are perfect for students who are studying just a few weeks before the exam in May.

Scoring a five on the AP exam is not easy by any stretch; however, with the proper tools and preparation, it is an achievable goal for anyone. AP exams give students many opportunities to demonstrate academic performance to universities while obtaining college credit. Utilizing the helpful sources available and studying ahead of time can give students confidence into test day.



STUDY HOUR: Juniors Juleah Leapai and Mia Palcisco begin to study for their AP exams. While some students at Bellevue study early for their tests, others end up cramming a week before their exams.

PHOTO / CECIL WANG



Teachers share their biggest pet peeves

CECE WANG
Photo Team

Imagine you walked into your class late, and your teacher just gave you the biggest side-eye ever. You might think that it's not a big deal to be a few minutes tardy, but to teachers, this is super irritating behavior. Many teachers have their unique pet peeves, and if you want to be on their good side, watch out for them. Juniors, if you are considering asking a teacher for a letter of recommendation, make sure you avoid the teacher's pet peeves.

Here are some examples from teachers across the different departments.

"I think one of my bigger pet peeves is when students ask, 'Did you read my e-mail?' or 'Did you get my Teams message?' when I've already responded to it," math teacher Patrick Vandyke said.

Teachers have to balance grading piles of work, creating lesson plans, answering student questions and so much more. So, when you're waiting for a response from them, make sure to double-check your chats and emails before bothering them again to make their job a little easier.

"But bigger than that is skipping class," Vandyke said.

Do not try to skip Vandyke's class, particularly on a test day. He will find out when you cram all the homework in one night and "get sick" on a test day. This behavior hurts the trust between you and your teacher and takes away your learning time. If you're skipping out of fear for a test, the reality is that the extra few days of studying likely won't yield the drastic improvements you'd hope for. Try your best to be prepared for class.

"At the end of the semester with a day left, a bunch of students are always like, 'What about this assignment what about this assignment?' and they're trying to get to that point that gets them to the A or the B. And that is really frustrating because I wish that the students would be more proactive about their grades and approach issues when the actual assignment is published in Synergy," history teacher Andrew Cox said.

Don't procrastinate until the last moment possible. Asking your teacher to grade your 10 missing assignments the day before the semester ends is not the way to go. Your teacher will very likely be like Cox and get overwhelmed by the hundreds of assignments that are left to grade within a week.

"Coming in late—If you are a second late, I am so mad. I will dock on students if they are even 10 seconds late," Cox said.

Do not go to Cox's class late. He will be standing at the door and staring at you with disappointment as you

walk into the classroom after the bell rang.

"The 'soft-brag' is one that comes up a lot. [It's] a favorite among high-achieving students who need to compare scores and grades. They'll ask, 'how'd you do?' I find it irritating, but I rarely call kids on it because it adds to the negativity," English teacher Maria Stevens said.

Competition is a natural part of high school and life, and many students want to demonstrate their success and be recognized. But when competition becomes a superiority contest filled with toxicity and judgement, the original intent of seeking improvements and success gets lost. Next time you want to ask how others scored on a test, don't make a big deal about it, especially in front of teachers.

Wanting to be on the good side of a teacher is a common and valid reason to learn about teachers' pet peeves. But ultimately, their pet peeves don't simply reflect their opinions or "biases;" instead, these behaviors block the way for students to succeed in school and beyond.



ANGRY TEACHER: History teacher Andrew Cox checks the time as another student strolls in late to class. Cox, along with many other teachers is known to be irritated with students who are constantly tardy to class.

PHOTO / CECE WANG

ALL GRAPHICS / AMEEN U



Investing 101: a guide for financial gains

JACHIN LEE
Copy Team



It's never too early to think about the future, which holds especially true for investing: in fact, being passive with your money makes its value vulnerable to inflation. Additionally, investing early allows you to utilize the full snowball effect of compound interest. For example, an initial investment of \$100, with an average annual return of eight percent, will be worth \$10,000 after 30 years (notwithstanding inflation). But after

40 years—just a decade more—the investment will be worth nearly \$22,000. Investing now can therefore make a dramatic difference in the eventual value of your assets. Interested in investing but don't know where to start? Don't worry, because The Barque has created a how-to guide for teenagers who want to invest!

1. Review Finances and Determine Priorities

Your first priority should be to figure out how much cash you have to invest. Once you've figured out how much you can invest, establish what your purpose of investing is—this will help you determine the best kinds of investments for your situation. Are you saving for after college? Or are you looking for somewhere to keep your money safe right now?

Senior Andrew Cun's investing goals, for example, are "to fight inflation and to build a stable portfolio for my future endeavors."

Before you invest, your money should have a clear goal or purpose, just like Cun's. This will help you to make a more informed decision when choosing what to invest in.

2. Research Different Investments

After figuring out how much you're going to invest, the next step is to choose what exactly to invest in. Take your discipline as well as financial goals from step one into consideration: are you able to accept a short-term loss for the potential of greater long-term profits? If not, then look for lower risk options such as high-yields savings accounts, Treasury bonds, or reliable stock options.



A GLANCE INSIDE: Sophomore Sarah Liu takes a look at the market during lunch. More students at Bellevue have taken interest in the stock market making it even more important for individuals in school to learn smart investing strategies.

PHOTO / CECE WANG

"I'm fairly risk adverse, so I am looking for proven companies to invest in that have the backing to not fail fast," junior Hunter Howes said.

On the other hand, if your goal is to invest money and leave it to appreciate (increase in value) for several decades, then perhaps options that are riskier in the short-term, like stocks, are ideal—though do keep in mind that some options, like penny stocks, are risky in both the short and the long-term, and therefore aren't ideal investments for big-picture saving. Nevertheless, over longer periods of time, many higher-risk options tend to provide higher overall yields.

Freshman Will Serres, for example, invests in "index funds like IVV" and has historically seen his assets "go up about 10% a year."

Another key factor to consider is liquidity. An investment that can easily be turned into real money is considered liquid; on the other hand, some investments, like antiques, are difficult to quickly turn into cash. If you need easy access to your money, consider choosing liquid investments. Yet no matter what you do, make sure to have diverse investments—too much of a single asset can make you vulnerable to economic downturn.

3. Choose a Platform and Start Investing!

The last thing to do is determine the specific ways you'll use to invest, typically in the form of brokerage firms or their apps. Keep in mind that many firms and investments have age restrictions in place preventing minors from having accounts in their own name, though parents can create custodial accounts for children. Alternatively, consider firms like Fidelity (Serres's preferred broker) which has a separate Youth app designed specifically for teens. Accounts are free to open, though the app is primarily used for stock investments. Finally, once you've chosen your investment platform, all that remains is to purchase your assets, kick your feet up, and wait—patiently, of course—for your investments to appreciate!

Mastering Depop: the insider's guide

ANGELA ZOU
Graphic Team

Reflecting the saying “history repeats itself,” Y2K is back in style. Whether it is baggy wide-leg JNCO jeans, Carhartt work jackets, or V-neck Abercrombie & Fitch sweaters, it is all the rage for high schoolers to now dress in “vintage” styles. Clothes from secondhand shops and thrift stores that once originally supported local communities now fill the closets of this generation’s fashionistas. Thrifting has now become easier than ever with the creation of online marketplaces like Poshmark, Mercari, ThredUp and Depop.

“Depop has changed traditional thrifting in a way. Whenever I go to the Goodwill Bins, I just see these ‘Depop demons’ taking stuff to resell,” junior Logan Lorenzo said.

Due to it being an accessible side-hustle, many have started selling on Depop for a quick buck. If you want to start today, this is a quick how-to guide on becoming an experienced shopper/seller on Depop.

1. Download the app and set up a profile – creating an appealing profile with a photo and a short bio detailing your shipping process and policies will help buyers understand your listings and boundaries.

2. Find clothes to sell – the clothes you list do not have to be overly fancy; old clothing you have outgrown or no longer wear should be the first pieces you evaluate. Make sure to find clothing with minimal distress, stains or defects.

3. Take high quality photos – the photos of your listings are what catch the attention of buyers on the homepage. It is crucial your photos have bright lighting and a clear silhouette of the item. Laying the piece flat on the floor, uploading photos from different angles, and even trying on the piece for a photo all can increase your chances of selling.

4. Set up payments – Depop handles and processes sales and refunds for you through the app. Buyers can use PayPal, Apple Pay, Google Pay and their credit/debit cards to buy, therefore inputting your bank information beforehand is extremely important.

5. Start listing – with the photos you have taken you can now list your products. It is important to put hashtags/keywords, the measurements/size, any defects and the brand of the piece in the description and title. Keywords include the certain aesthetic the product gears towards, the type of clothing or the fit of the piece. For example, #grunge, #coquette, #crewneck, #vintage and #oversized are all common tags.

6. Shipping – Depop helps create shipping labels once an item is sold. You can print it out, stick it on a mailer or box and drop it off at your local post office.

However, if you plan on being on the other side of the process as the buyer, there are still many tips to find your perfect outfit. For example, you should master the use of keywords to find a specific piece. Do not underestimate the power of searching for a particular brand, luxury or not, as you may find the exact product you want, or an alternative to it. Additionally, reading the bios on sellers’ profiles can provide important details about bundles and deals you can get on products if you contact them. Remember: communication is key!

“I have found a lot of cool pieces on Depop, but they feel overpriced,” junior Jacqueline Hsiao said.

A major piece of advice to keep in mind is that these clothes are second-hand and used. Therefore, paying or selling pieces for exuberant and retail prices is not advised. Depop is a great tool whether you want a quick buck or a unique article of clothing but may be difficult to understand in the beginning. However, with these instructions, it is possible for you to become a master at online thrifting.



FITTED UP: Senior William Musolino proudly smiles as an avid depop shopper. The vintage/worn look is popular at Bellevue.

PHOTO / HADEN ADAM

EVAN DU
Copy Team

PR packages drive overconsumption

In the age of social media, young children will often provide one answer when prompted as to what their dream job is—an influencer. These people are either popular, informative, entertaining, or otherwise famous and have a large social media following. Top influencers also typically have a large income, much of it either coming from dollars-per-view or sponsorships and brand deals.

But while the idea of living in the limelight and getting paid for it is appealing, continuous brand sponsorships and specifically “PR packages” encourage or cause overconsumption and material waste.

A PR (public relations) package is a set of goods that is sent for free to an influencer from a brand or company. The recipient gets to have free things, and the company receives exposure from their audience when the influencer produces content about the free package. PR packages can create brand awareness, promote new collaborations, or advertise product launches.

But issues with overconsumption arise when PR packages go too far. The argument can be made that brand deals and advertising in the form of sponsorships being constantly fed to audiences encourages excessive consumerism.

“I think I bought around half of the clothes I own from TikTok shop and based on what people I watch wear. There really is an influence on me, and I think I don’t even need some of the things I buy” UW freshman Ema Lei said.

A more direct consequence is when companies send out products so frequently to influencers that they go to waste.

An example of this is the probiotic soda company Poppi and the controversial marketing campaign it ran during the Super Bowl weekend. Poppi sent out full-sized branded vending machines to thirty-two influencers, which their competitor Olipop claimed cost \$25,000 each. Comments criticized the excessiveness of Poppi’s PR campaign, saying that the machines could have been sent to places they would have been used—like hospitals—rather than to influencers who did not need them.

Some influencers even build their entire brand around PR packages and reviews or promotion of goods. Kristi Howard is a YouTube and TikTok content creator known for her 20-100 PR package unboxings, with videos showing a room completely of shelves of promotional items and packaging. Some take issue with the seemingly excessive gifting of items that Howard cannot use, like the high quantities of makeup and skincare products with

a limited shelf life she receives. Internet commenters say influencers like Howard appear disingenuous, only in it for the money and not really trying to provide a good review of the products.

However, it would be wrong to write off PR packages as a whole. Some students at BHS are brand affiliates, receiving useful items they can post about on social media.

“I am an ambassador for both Babe Lash and Jimmi Swim. My platform isn’t nearly as big as others, but these companies send me swimsuits and products and I promote them on my social media” senior Kellie Hawks said.

When taken too far, the wasteful culture of influencer advertising and PR packages only highlights the overconsumption social media can promote. While some brand affiliates can create genuine reviews of sponsored items, it’s important to shop responsibly and consider what you really want.



QUESTIONABLY WASTEFUL: Poppi, a probiotic soda brand, sends entire vending machines stocked with their sodas to influencers. People question who this could have benefited the most.

SOURCE / GOOGLE

Guide to **elevate** the Watershed experience

KATE PETERSON
A&E Editor



The Watershed Music Festival is an annual country music concert held in George, Washington that generally happens the first weekend of August. It takes place at the Gorge Amphitheatre, a scenic venue that overlooks the Columbia River. Watershed is one of the largest country music festivals in the Pacific Northwest and attracts lots of country music fans from the Seattle area. In 2024, over 30 artists performed, in addition to the three main headliners. However,

when people find out they'll be going without a shower and sleeping in a tent for three days, the excitement may dwindle. Enduring the 100-degree heat while living on a tiny campsite is not for the weak.

To have the best experience at Watershed, planning ahead is essential. Buying tickets and a campsite in the winter or spring will guarantee you a spot before anything sells out or goes up in price. It's not just the admission and campsite that costs money; you then must buy tents, sleeping bags, food, beverages, cooking supplies, outfits and more. Watershed is pricey, and it is the complete opposite of glamping. To get a good campsite in the general camping area, going early is a must. Campsites are first-come first-serve and usually open midday Thursday before the big weekend. To ensure a spot, Thursday is the day to arrive, even though day one of the concert is Friday.

"I've genuinely never felt more musty, but it was worth it. The first day, I waited in the shower line for over an hour. Every other day, I woke up at the crack of dawn to beat the lines. That's the way to do it," senior Ella Dash said.

Another way to stay cool and rinse the sweat is taking a dip in the Columbia River. Many Watershed fans spend the majority of the day before the festival begins at the river tanning, playing games and cooling off. If you're lucky enough, you might meet a friend that invites you to come hang-out in their air-conditioned house. You never know peoples accommodations so you should be nice to everyone to secure an invitation.

"I brought a portable stove; we saved so much money from buying over-priced food at the venue. I made hot dogs, burgers, quesadillas and pancakes

at the campsite. I also brought a generator for my friends and I to charge our phones. Those were definitely the two best things I'd recommend," senior Olly Sharp said.

Being prepared and going with a large group of friends is a game changer. Preparation makes the mustiness less distinct. Thousands of people staying on a campsite calls for no sleep, putrid steamy porta potties and probably a strange virus that will appear a few days later.

Watershed is the closest you can get to the most miserable time of your life and the best memories you'll ever make. It's not for everyone; germa-phobes should steer clear of the

Gorge. Country music fans love it, and even those who are tolerant of it will enjoy it with their friends.

"I went to Watershed summer after junior year with all my friends. It was easily a top five high school experience. I would 100% go back," senior Griffin Peyovich said.

The bottom line is, save your money, buy and prepare in advance and bring liquid IV. It's helpful to talk to people who have gone to watershed in previous years to get the insider scoop.



YEE HAW: Seniors Olly Sharp, Griffin Peyovich and Charlie Miller pose at their campsite before heading down to the amphitheatre for the night.

Redefine **trends**: ins and outs of spring

STELLA O'CONNOR
Graphic Team

Spring is here, and with it comes a fresh wave of fashion trends making a comeback. As winter fades away, a mix of classic styles and bold new statements are taking a stand. From playful prints to the must-have IT accessories, let's see what's hot or not for spring 2025.

"Some trends I want to see in the spring are polka dots and pastels like pale yellow," freshman Moriah Kim said.

One of the standout trends of this spring is the return of gingham and polka dot prints. These fun patterns, popular in the 1950s and '60s and often associated with summer and picnic styles, are perfect for enhancing basic outfits. Pair them with a denim skirt, and you're ready for casual outings and spring festivities. These prints are definitely making a bold comeback.

Color wheel analysis has become super popular among recent generations, making the upcoming color palette for spring even more exciting. One of the standout shades we are seeing this upcoming season is butter yellow—a warm and delicate hue that has been sitting well with Gen Z. Butter yellow is a flattering shade for a variety of skin tones making it the hottest trending color of the season.

"The ins for this spring in my opinion are denims and knitted crewnecks. What not to wear should include dark colors or sweats," junior Eduardo Molina said.

Additionally, this spring is introducing new denim styles. We're talking about jorts, overalls, skirts or even the comeback of skinny jeans. Skinny jeans are making a controversial comeback since their heyday in the 2010s. The skin-tight style is known to be a love-it-or-hate-it look. While skinny jeans were once considered out of style and "cheugy," influencers like Alix Earle are collaborating with well-known brands such as FRAME to bring them back into the spotlight.

As new seasons arrive, fashion evolves, and pieces go out of style. Students are switching sweats for lightweight materials like breezy knitted crewnecks and exchanging dark hues for vibrant, pastel colors. These changes really enhance the spring vibes.

"My outs for this spring are the Hailey Bieber initial necklaces and Tasman UGGs, on the other hand my ins are unique jewelry pieces and piercings, but if I see a guy wearing Timberlands, I'm going to be sick," junior Lina Cross said.



Accessories play a major role in one's personal style, and this spring, jewelry is taking the center stage. While statement pieces like the Hailey Bieber initial necklace were very trendy in the past, they now seem to be fading out. Students seem to be leaning towards more one-of-a-kind and thrifted pieces that are unique, such as necklace and earring stacks. They are also getting creative by mixing and matching different earrings to create layered looks.

The final part of an outfit being the choice of shoe. Shoes like UGG Tasmans, Adidas Sambas, and especially Timberlands are slowly losing their edge, which were popular among the student body, highlighting how quickly trends are shifting. Recently, a lot of social media influencers are showcasing riding boots and classic white sneakers as must-haves, as both are versatile and can be paired with almost anything.

Spring 2025 is shaping up to be an exciting season filled with nostalgic prints, fresh colors and a mix of denim styles. So, whether you are pulling off gingham, butter yellow or even skinny jeans, express your style and enjoy the spring vibes.

Spring 2025 is shaping up to be an exciting season filled with nostalgic prints, fresh colors and a mix of denim styles. So, whether you are pulling off gingham, butter yellow or even skinny jeans, express your style and enjoy the spring vibes.



TREND SETTER: Alix Earle wears skinny jeans in hopes to bring back the 2000s trend. Earle's large social media presence is likely to influence many.

Freshmen help shape varsity success

ANDREW VANAPPLEDORN
Sports Editor

As the spring sports season is in full swing, a new wave of talent is making its presence felt across the fields of Bellevue High School.

For most athletes, earning a spot on a varsity roster is a goal reached after years of development, but for a handful of talented freshmen, that dream has come early. These underclassmen are proving that sometimes age is just a number.

The first freshman getting the spotlight is Jessie Gonzales. Gonzales is on the baseball team and starts all across the infield.

"The feeling of being the youngest guy on the field is something special; it's a lot of pressure but the upperclassmen make sure to help me out whenever they can," Gonzales said.

Jessie is ranked as one of the top class of 2028 prospects in all of Washington by Prep Baseball Report and hopes to keep climbing the rankings during his time at Bellevue.

"So far, I love Bellevue, and the people and the program have been so great. I want to give a special thanks to the seniors who have been nothing but legends," Gonzales said.

Another one of Bellevue's powerhouse sports is their Lacrosse program renowned for its state championships and state championship appearances, always pulling athletes to come play at Bellevue. Usually their recruiting class has a freshman talent that makes a impact, this year there is a couple.

Freshman Teo Tagavilla is one of those talents. Tagavilla is one of the starting midfielders for boys Lacrosse, and is off to a hot start. Recently scoring three goals in a recent game against west coast powerhouse Jesuit.

"Getting to know everyone from all grades because of Varsity is really fun, and the competitiveness of everyone being older than me is super challenging and fun," Tagavilla said.

Tagavilla takes pride in being the young guy on the team. Knowing what's expected out of a underclassmen on a varsity team.

"There really aren't any bad parts of being on varsity, but I do have to pick up gear and balls after practice. But that's just a part of the game, I know my role as a young guy," Tagavilla said.

On the other hand, the girls lacrosse team also has a freshman who is on the varsity roster. Moriah Kim is a starting attacker for the team, she also plays as a midfielder.

"Being the youngest girl on the team is fun. I have become friends with all the older girls and it has allowed me to have a great high school experience so far," Kim said.

Moriah has nothing but great things to say about the girls lacrosse program.

"The coaches are really great and everyone on the team is super nice; I can tell the community really cares about the team too so it motivates me to do the best I can every single day," Kim said.

As spring sports comes to a full swing, these freshmen continue to prove that they belong on the biggest stage high school sports have to offer.

Whether it's swinging a bat, scoring goals, or making game-winning plays, they continue to prove themselves every time that they belong at the varsity level. With this kind of young talent emerging, the future of Bellevue athletics looks brighter than ever.



SOURCE: ANDREW VANAPPLEDORN

FIT CHECK: Freshman Jessie Gonzales poses in his game day outfit. Freshmen must wear their full uniform to school for their first game of the season as a part of their initiation for varsity baseball.

BRODY RUCKHABER
Business Manager

Pickleball's rise: tracing its origins



LOCKED IN: Senior Ashley Kwon leaps for the ball in the annual Barque pickleball tournament. Many students have picked up playing this new popular sport.

With pickleball growing faster than tennis in the United States according to The Wall Street Journal, it is no wonder that pickleball has become a staple sport in American culture. Bellevue has a unique connection to pickleball, considering it is only a 15-minute ferry ride to the original pickleball court. The sport was created just a short distance away, on Bainbridge Island, in 1965. Originally played as a mashup rendition of ping-pong and badminton, the sport quickly gained traction locally, attracting many Bainbridge Island residents. Although a common myth suggests that pickleball was named after one of the founders' dogs, it was actually inspired by sailing's 'pickle boat'—the last boat to finish a race, often crewed by leftover rowers or sailors. Over the span of a few years, the sport took on new heights as it gained traction in other parts of the state.

More recently, in 2022, pickleball was named the official sport of Washington state. The sport has become an international phenomenon and can be played at hotels and athletic clubs worldwide. Want to play pickleball in Mexico? No problem. Japan? You're covered. Hotels have found that people swarm to play pickleball on vacation. The sport connects players to something familiar and gets them active even far away from home. The worldwide adaptation of pickleball comes as no surprise. Pickleball offers advantages over tennis because it is easier to learn, less physically demanding, and more relaxed in pace. Pickleball is an awesome sport for people of all backgrounds and ages. Because it is played on a smaller court and has slower ball speeds, it can be adapted by younger and older generations alike. Many Bellevue area residents have taken up playing the game in recent years.

"My dad has become well known for his pickleball abilities. He recently came in first place for the senior trip tournament in Punta Mita," senior Tanner Jones said.

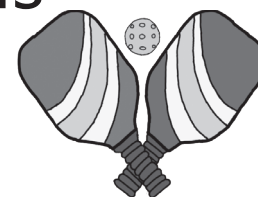
Local tournaments have become a summertime staple, with events in Medina and Yarrow Point drawing the participation of many residents. The Yarrow tournament, part of the Yarrow Point 4th of July celebration, allows locals to pickle it out for the reigning spot on the courts. Bellevue senior John Moss speaks highly of the tournament and thoroughly enjoys participating.

"It's a great community experience. It brings everyone together for the 4th of July in the good weather. It usually starts easygoing and gets super competitive in the later rounds," Moss said.

While summertime tournaments draw large crowds, many locals desire year-round action. In search of an indoor setting, many turn to the Bellevue Club, which offers weekly group tournaments on Tuesdays and Thursdays, indoor and outdoor courts, and plenty of paddles.

"My parents play at the Bellevue Club a lot. They like how it gives them a way to meet new people and be active," senior Kelly Cho said.

From its small-town beginnings on Bainbridge Island to becoming a global sensation, pickleball has established itself in Washington state history and Bellevue's athletic scene. With its easy accessibility, social connection, and international rising popularity, it's clear why so many locals—young and old—have picked up a paddle. Whether competing in the Yarrow Point tournament or enjoying a weekly game at the Bellevue Club, residents and students alike continue to embrace the sport. As pickleball's momentum shows no signs of slowing down, its presence in Bellevue will likely remain strong for years to come.



ALL GRAPHICS / HARRY ZHAO



Athlete of the Issue: Janie Moss

KAYLEIGH TUBB
Graphic Team

As the spring season kicks off, excitement arises on the Bellevue girl's lacrosse team. They begin their 2025 spring season with a fresh start: new teammates, new coaches and new captains. One of this season's captains is Janie Moss, a senior and the team's star goalie. Moss has been playing lacrosse since she was in sixth grade. Although she wasn't originally practicing as a goalie, she unintentionally figured out that it was her calling to be in goal.

"I've played goalie since my first lacrosse game. I was late and my coach put me in goal as a punishment, but I ended up loving it," Moss said.

Moss has continued out within the Bellevue program throughout high school, but she also played one season with Cityside, a club travel team. During the season, players travel to different states to play in tournaments against teams from all around the US. Some of the most popular destinations being Palm Springs, Arizona, Vegas and Colorado.

"My favorite tournament was definitely Vegas because it was coach supervised, and I got a lot closer with my team after," Moss said.

Moss finds getting to know her team to be essential to not only her success, but also the team's. Bonding with teammates is crucial, especially because one of the critical roles that goalies have is to communicate with their defense. As her teammate, I know Moss has a strong leadership role not only as a captain, but during games on the field as well. Her leadership on the field inspires and encourages her defense to play at their best ability and work together.

Although it may seem easy, being a goalie can take up to multiple years to master. Goalkeepers need quick reflexes, not only to catch the ball, but to also figure out who they can pass the ball to successfully. Goalie helmets can cause bad visibility, so it can be incredibly difficult to see receiving powerful shots, and also getting hit by one can leave a big bruise!

"The most challenging is getting over the fact that the ball is going to hit me and that I am going to get hurt. I overcame it over time because of how much I liked being a goalie, and I just got used to what it feels like when the ball hits you hard," Moss said.

Not only is it physically difficult and hard to get used to but can be mentally challenging as well. It took Moss lots of time and practice to get where she is currently. She now knows how to deal with frustration and how to stay focused throughout hardships.

Moss has been an essential part to the team ever since she was a freshman. It is rare and hard to find goalies, so occasionally she would have to play in both JV and varsity games. This shows her dedication. She has put in every ounce of her effort to the Bellevue girls' program, and Moss's teammates can agree.

"I don't know what us as defense would do without Janie, her communication helps bring up our energy and play better. She is a leader on the field and completely changes how we play," senior Marley Downs said.

The girl's lacrosse players believe it is an honor have Moss on the team. She is known as a hard worker, an encouragement to her teammates and a resilient leader. Moss will continue lead her team during her last year for a successful and memorable season for all girls lacrosse players.



LOCKDOWN: Senior Janie Moss making a clutch save during a hard defensive stand. Her leadership and quick reflexes at the goal have been key to the success of Bellevue girls lacrosse.

SOURCE / JANIE MOSS



Athlete of the Issue: Brody Gayte

DYLAN LEAIRD
Sports Editor

Every team needs a player who leads by example, and for Bellevue's baseball team, that player is Brody Gayte. A talented catcher and shortstop, Gayte has been a key part of the team's success. Heading into his junior year, he has already made a name for himself through his hard work, leadership and dedication. His impact on the field and in the dugout has made him an invaluable part of the program.

Gayte's love for baseball started when he was just five years old. Inspired by his dad, he quickly developed a passion for the game. Growing up, he played for Bellevue West Little League, where he honed his skills as both a catcher and a shortstop. One of his earliest baseball memories is hitting a home run in All-Stars. Since joining the varsity team as a freshman, Gayte has been a consistent contributor. In his sophomore season, he received honorable mention for Kingo 3A, which is often considered the toughest division in the state. He played a crucial role in Bellevue making the playoffs for the first time in five years.

Gayte's success isn't just natural talent, it's the result of relentless effort. His training regimen includes working out five times a week, with also throwing and hitting every day. In the offseason, he spends up to four hours a day doing different trainings. Beyond his skills, Gayte is also known for his leadership. His teammates describe him as hard worker who is always pushing others to be better and have also expressed that he has a bright future ahead.

"Brody is the kind of player who will be the first and last one in the cages every day," said head coach Matt Johnson

Whether it's during games, practices, or off the field, Gayte's presence makes a difference consistently batting over .300.

With two seasons left in his high school career, Gayte has big goals.

"I hope to receive first team all KingCo while also helping us make a deep state run. Looking beyond high school, I aspire of playing at the next level," said Gayte

His drive and determination make it clear that his baseball journey is far from over. When he's not on the field, Gayte enjoys playing golf and eating Thai food.

As he heads into his junior year, he's ready to take his game to the next level and continue being a leader for his team.

"We are ready to dominate and sweep this season. With our new coaching staff there is really a change in energy and momentum going into this season," said Gayte.

In the summer Gayte plays for the Walla Walla Sweets, a top select team in the area. Gayte's team is compiled of numerous colleges commits including multiple power 4 schools (SEC, BIG10, BIG12, ACC). Gayte hopes to join them soon by committing to a top school of his own, with this summer being the deciding factor. After some visits and discussions throughout this year, look for Gayte's commitment to come out.

The Wolverines along with Gayte's help won their opening game 13-1 in dominating fashion. As their season goes on, make sure to look for Gayte out on the field, hitting home runs and making diving plays.



SWING IT: Junior Brody Gayte steps up to the plate, eyeing a big hit for Bellevue. Gayte is versatile and smart on the field, and he's a key part of the team's offense and defense.

SOURCE / BRODY GAYTE

