



California Speech Bulletin

California High School Speech Association

CHSSA Executive Council / CHSSA Mission Statement	2
Letter from CHSSA President Sharon Prefontaine	3
Letter from Editor Marcus Walton	4
“Alternative Energy Topic Overview” By Chuck Ballingal, Damien High School	5
“Impromptu Essay” By Mike Himes, Monroe High School	6
2009 State Tournament Information	7
2007 State Tournament Results	8
2007 Winning Speeches	10
Bylaw Motions	20



CHSSA MISSION STATEMENT

The California High School Speech Association will encourage, support and sponsor both curricular and co-curricular oral communication which will empower students to be productive participants in American society and the global community To accomplish this, we adopt the following goals:.

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Designed by
ProjectINK

- 1. Every student will participate in communication activities which promote self-worth and self-esteem.*
- 2. Every student will develop the critical and analytical thinking skills necessary for academic success.*
- 3. Every student will develop the skills necessary for success in a competitive environment.*
- 4. Every student will develop the interpersonal skills necessary for productive employment.*
- 5. Every student will develop the oral communication skills necessary for effective public presentations.*
- 6. Every student will develop the listening skills necessary for reaching informed decisions.*
- 7. Every student will develop skills necessary for the peaceful resolution of conflict.*
- 8. Every student will develop interpersonal skills necessary for establishing understanding among members of a diverse society.*
- 9. Every student will develop the communication skills necessary for effective & active participation in a democratic society.*
- 10. Every student will demonstrate ethical responsibility in the acquisition and practice of communication skills.*

A MESSAGE FROM CHSSA PRESIDENT

sharon prefontaine

In this, our 50th year of hosting state championships, we should pause a moment to celebrate the founders of the California High School Speech Association, those who gave their time and energy to “foster a healthy and well-rounded curricular and extra-curricular speech program for the high schools of California” (CHSSA Constitution, Article II: Purposes). Without their dedication and foresight, thousands upon thousands of students would not have benefited as they have from speech education. As well, we should remember the schools, colleges, and universities who supported us by hosting the state tournament. The list is long and the memories (for those of us who are long-time veterans) are good: tournaments at UC Santa Barbara, the University of the Pacific, San Diego State, San Jose State, Alhambra High School, LA City College, and, more recently, Fullerton High School among many others.

We have changed with the times. We have seen events divided by gender --Girls’ Extemp and Boys’ Extemp give way to divisions by topic, Programmed Reading has morphed into Thematic Interpretation, Expository has been added and debate has grown to include Lincoln-Douglas, Parli, and Public Forum.

What has not changed is the passion that is the underpinning of the speech and debate activity. Students want to learn, to perform, to compete. And each year, as I have noted in previous messages, the CHSSA-sponsored state tournament brings together the very best that California speech and debate can offer: dedicated, hard-working students from all walks of life who spend long hours beyond their regular school day competing, practicing, and always improving, and dedicated, hard-working coaches who spend long hours beyond their regular work day helping their students develop their skills as well as their character.

As school budgets decline and activities are cut, speech and debate is suffering losses, losses of programs, of classes, of teachers and coaches. It is my hope that those of us who believe in the importance of speech education will make our voices heard; that we will tell our schools, and districts, and legislators how vital such education is and, as such, how it must be sustained in our high schools. With public acclamation, speech and debate may continue to grow and thrive for another fifty years, enabling the continuing success of all of its student participants.

Sharon F. Prefontaine
President
CHSSA

A LETTER FROM THE EDITOR

marcus walton

So there's a new editor for The Bulletin. What does that mean? Well, the new editor does not have the experience or the pedagogical knowledge of his predecessor who stepped down after being a part of the speech and debate community for 20 years. I guess that means that The Bulletin will be a bit less valuable in terms of sage advice. For good, award-winning advice, I'd suggest that you call Donovan Cummings or Carmendale Fernandes or any of the other award-winning coaches who have helped speech and debate thrive in this state for the last 51 years.

Since I am not a classroom teacher, I won't try to tell teachers how to do their jobs. Since I am not an individual events guy, I won't wade in on the rules surrounding individual events too much. I am a policy debate coach. So I will try to pass on my limited knowledge of that form of debate in what I hope is an entertaining and accessible manner. This doesn't mean that individual events or Congress or curriculum coverage will suffer. At least I hope they won't.

The job title is editor, not expert. I will need lots of input from the speech and debate community in California if The Bulletin is to remain a vital piece of our organization.

I don't just want to hear from teachers and full-time coaches. I think part-time coaches and judges and students deserve a voice in our deliberations. Hopefully, they can all find a platform in The Bulletin.

I have to admit to some obvious biases: I think there are too many forms of debate; I think more can be done to spread speech and debate to more schools and to more students; I believe that we need to find more ways to get good teachers into the profession and help them stay here.

These biases will creep into The Bulletin, I am sure. But I hope that if there is disagreement, that you tell me about it. Actually, don't tell me. Write it for me to put into the newsletter.

Hopefully through vigorous debate, we can discover the steps necessary to include more people under our umbrella.

A Call for Submissions

The Bulletin will gladly accept articles from students, coaches, teachers, former competitors. We are looking for articles that address such issues as curriculum, competition, what's happening in your league, how has speech changed your life, texts for the classroom (reviews), etc. The Bulletin will be published three times during the course of the academic year. Deadlines are Sept. 1, Dec. 1 and March 1. Items may be submitted to Marcus Walton by e-mail (mcwalton@gmail.com).

ALTERNATIVE ENERGY TOPIC OVERVIEW

*By Chuck Ballingal
Damien High School*

The voters from across the United States have cast their ballots, and the result is that high school debaters participating in policy debate next year will be debating the resolution, Resolved: The United States federal government should substantially increase alternative energy incentives in the United States. The purpose of this article is to provide a brief overview of this topic and some of the issues that will be discussed in next year's debates.

Given the increased worldwide attention to the issue of climate change, it's no surprise that the national topic vote was overwhelmingly in favor of debating alternative energy sources, even in preference to another compelling national issue, health insurance. As debaters will discover, quite a bit of coverage has been given to the issues surrounding this topic in the media, by government agencies, and by independent organizations. There will be no shortage of research sources on this topic.

This topic is similar to a topic debated by high school in 1997-1998, involving increasing the use of renewable energy. It's interesting to look back ten years and see how little progress has been made in this field. Many of the same advantage areas from the topic a decade ago will continue to be claimed by affirmatives defending cases on this resolution. The United States was then, and continues to be, dependent on fossil fuels for the vast majority of energy produced and consumed within its borders.

The consequences of the continued use of fossil fuels are many, but the two main ones talked about today are:

1. Global warming. The pollution caused by the use of fossil fuels is strongly implicated in the climate change issue. The harms of global warming may include the melting of the polar ice caps, coastal flooding, increasing severe weather such as hurricanes, dislocation of populations and the resultant difficulties of those migrations, and the possible disruption of the world food supply, with resulting consequences for peace and stability.
2. Geopolitical concerns. The United States' growing reliance on foreign oil has arguably been a factor in our current involvement in Iraq, and certainly plays a role in American foreign policy in the

Mideast. In addition, the U.S. will have to contend with growing energy demand from China, and the resultant effects on the world energy market. In addition, new supplies of oil in the Caspian Sea and Latin America may have far reaching effects on the global economy and in the world balance of power.

Of course, there are many other advantage areas that affirmatives will use to justify the use of alternative energy sources. But a large number of debates next year will be about issues relating to these two main areas.

What about the negative? Of course, given the controversial nature of the global warming issue, negative teams will certainly have much to say in debates involving climate change. And for as many arguments as there regarding the economic benefits of shifting to alternative energy sources, there will be just as many arguments defending the fossil fuel-based economy. Russia is among many nations that stand to benefit economically in the future from their newly discovered reserves of oil. In an unstable world, depriving these nations of their future economic gains could have dangerous consequences.

Negatives will also be able to address the practical issues involved in promoting alternative energy sources. Will they work? Are they feasible? How much will expanding these alternatives cost? What kind of incentives will be required to stimulate the use of alternative energy sources? These questions will provide fertile ground for negative debaters.

For advanced debaters, there will be plenty of counterplan and critique options available, in just about every round. Is the federal government the best agent of change in this area, or are the states more appropriate? Is there a more effective incentive than the one the affirmative is proposing? Will these government efforts actually constitute real reform, or will they be preventing progress towards real solutions, such as the adoption of an entirely different view of the environment and humanity's place in it? Regardless of the strategic direction negatives decide to take, they will certainly have ample ground for research, argument development, and a diversity of arguments that will last throughout the year.

The alternative energy topic promises to provide debaters with a great subject for a year of research, education and spirited competition. As much as any other topic in recent years, it will give those involved a chance to delve deeply into a topic which has tremendous consequences for everyone on this planet. It will certainly be time well spent.

impromptu essay

By *Mike Himes*
Monroe High School

“3. Preparation: No more than two minutes shall be allowed the speaker prior to the speech. Timing begins the moment the selection of the topic has been made.”

That is a direct quotation from the CHSSA bylaws pertaining to Impromptu speaking. The rules state no more than two minutes to prepare an impromptu speech. You get two ticks of the big hand, that’s all. That 120 seconds sets Impromptu speaking in a class of its own—no other event comes close to demanding the mental agility and acuity that it does, not even Extemp. If you don’t believe me, take a DI’er and ask them to speak about pencils for five minutes.

Like I stated previously, Impromptuers have a swagger none can match. We’re showmen (or women) we egg each other on, drawing parallels that seem tangential but really aren’t. Topic: Greece. Topic of Speech: Nuclear Proliferation in the 21st century. Prometheus brought fire to the humans without understanding the ramifications of his actions, Pandora opened the box out of curiosity, Oppenheimer brings us a split atom, and the United States drops Little Boy and Fat Man out of military necessity, now we fear not the sins released by Pandora, but the sins released by Cold War stockpiles.

We love a good show, the styles are as varied as the wares downtown. There’s the Versace, Guess, Armani, Ralph Lauren. There’s really little difference, we just identify with certain brands more than others and just like downtown, there’s the shady eastern European guy hawking the fakes from China. The trained eye can spot these charlatans from a mile away. Look for an intro that has nothing to do with the topic. Look for the movement timed to perfection, as if the speaker jangled to the tune and twitch of a puppeteer. Look for a Historical example, a Literature example, a Current example, in that order. Look for faux enthusiasm. Look for superficial analysis that equates the most brutal genocides of our time, grotesque, living, historical examples of Man’s inequity to Man, his savagery, his bloodlust, to Grumpy from the seven dwarfs. Oh those wascally Janjuweed deathsquads.

You may have picked up on my subtle distaste for such speeches. The roots of my personal hatred stem from my own hardscrabble Impromptu career, when men were men and sheep were nervous! When I was a ninth grader I hit the state champion in Impromptu every tournament, at least twice, and an assortment of some of the best Impromptu speakers I’ve ever had the pleasure of being a doormat for. It was the Poles charging Panzer Tanks in ’39 all over again, but you can bet I learned quick, every lexicon beatdown and rhetorical whuppin’ I ever got taught me how to be better.

I see kids using preplanned, “canned” speeches and I think about all the tournaments where out of three rounds I got dead last in every one. I think about paying my money, knowing I was going to lose. I think about crossing swords with kids that had been early accepted into Yale and Princeton. I think about the first time they ever called my name for a trophy in Impromptu. The happiness of earning my trophy against the best of the best. These kids, they don’t cheat me, or the system. They cheat themselves. Your coach wrote your speech, told you how to deliver it, worked the kinks out long before that fabled 120 second. You have three speeches, one for objects, one for quotes, one for people.

Do you hesitate when your topics are:

Honesty
Integrity
Duty?

Do they stare up from that little slip, every vowel what’s left of your decency demanding you try to play it straight? Every consonant a damning stare, calling you out for a coward? Do you think of the Honesty your parents taught you to have? The Integrity you would display before your future children? The Duty you have to compete without an unfair advantage? Or is it just a quick mental checklist of the integral components of your vaunted Scooby Doo opening?

Canned speeches are not the disease, they are the symptom (excuse me while I indulge in teenage idealism). Structure is the disease. When did we, as recreational orators, choose to place structure over substance? Did FDR need three points to rally us during the great depression? (Wilson needed 14 back in the day, but that’s beside the point) Did Frederick Douglas thunder and decry the actions of slaveholders after using a one-minute attention grabbing device? Did Socrates wait for the 10 second countdown before downing the hemlock? Pop your head in an OI

Continued on Page 7

impromptu essay

Continued from Page 7

round--I'm pretty sure they didn't. Impromptu is five minutes of oration, delivered spontaneously. I believe that lends it power.

Added emphasis and eloquence, passion and grace because as listeners, as well as speakers, we have no idea where the speech will lead us, to great insight, to great stirrings of our inner beliefs, to greater knowledge of ourselves. Isn't that reward worth it? Worth not knowing where the road takes us? Worth suspending our wanton hunger to be in control, and enjoy a neat trick? A verbal sleight of hand that leaves you unsure as to what happened, but creates a small sense of awe?

What separates a \$500 handbag from a \$5 one is the craftsmanship, the love, the vision of the designer, the deftness of the seamstress, the pride of the consumer, all of which are poured into this small, highly fashionable vessel that will eventually adorn Paris Hilton's shoulder. Sometimes this means that your bag has a stitch out of place, or perhaps the fabric's pattern starts in a different place than usual, but it is undeniably yours. That cannot be said for the millions of Walmart handbags pumped out by a 7-year-old sweatshop worker. Sure none of the stitches are out of place, but it still ain't a Louis Vuitton.

I'm not the best. I'm not perfect. That however, is the dichotomy of this. Impromptu should not be perfect or seamless. The judge and your audience should see you grope and articulate and dive up to your elbows in the muck and pull out a diamond, clear and vibrant, a diamond created within 2 minutes, with facets unlike any other, mined from the crevices of the competitor's imagination.

Editor's Note: Mike Himes, a senior at Monroe High School, placed 11th in International Extemp at the 2008 State Tournament. Kathy Graber is his coach.

2009 State Tournament to be held in the 'Heart of Screenland'

Culver City High School will be the site of the 2009 California High School Speech and Debate Championships, it was recently confirmed. The 52nd annual state tournament will be held April 24-26, 2009.

Fun facts about Culver City

Founded by Harry H. Culver

The city flower is a lantana

Culver City is also known as The Heart of Screenland

First known inhabitants were the Gabrielino Indians

Culver City High School opened in January 1951.

Culver City has been home to several movie studios including: MGM, MGM/UA, Sony Pictures and Lorimar among others.

Things to do in Culver City

Sony Pictures Studio Tour

<http://www.sonypicturesstudios.com/tourssection/Tours.html>

Get tickets to watch Deal or No Deal live at the Culver Studio

<http://www.tvtix.com/show.php?eventID=304>

Watch Jeopardy live at the Sony Studio

<http://tvtix.com/show.php?eventID=26>

Listen to live jazz at The Jazz Bakery

<http://www.jazzbakery.com/>

For more information about things to do in Culver City, visit:

<http://www.downtownculvercity.com/>

2007 STATE TOURNAMENT RESULTS

HELD AT FULLERTON JOINT UNION HIGH SCHOOL

Name	School	Coach
Original Oratory		
1 Patrick Le	Gabrielino	Derek Yuill
2 Katarina Mayers	San Marino	JJ Rodriguez
3 Natasha Gupta	Monte Vista	Dave Matley
4 Daniel Mesghina	James Logan	Tommie Lindsey
5 Bilal Malik	James Logan	Tommie Lindsey
6 Sagar Vijay	Bellarmine	Christopher Wolf
7 Fanny Xu	Gabrielino	Derek Yuill

Name	School	Coach
Original Advocacy		
1 Michelle Ho	Homestead	Shirley Keller-Firestone
2 Jacob Levine	North Hollywood	
3 Chip Morton	Bellarmine	Christopher Wolf
4 Anna Aroutiounian	Monroe	Kathy Graber
5 Edward Danielyan	Monroe	Kathy Graber
6 Gina Giovacchini	Arroyo Grande	Brandi Dias
7 Lucy Wallace	La Mirada	Nermin Kamel

Name	School	Coach
Impromptu Speaking		
1 Akash Pradhan	James Logan	Tommie Lindsey
2 Lina Kaisey	Torrey Pines	Ephraim Feig
3 Will Rafey	Bellarmine	Christopher Wolf
4 Alex Karaman	Taft	Doug Lasken
5 Peter Lu	Monta Vista	Sharon Prefontaine
6 Roy Liu	Leland	Gay Brasher
7 Caroline Casias	Sonoma Valley	Janet Hansen

Name	School	Coach
National Extemporaneous Speaking		
1 Brian Stephan	Bellarmine	Christopher Wolf
2 Evan Larson	Bellarmine	Christopher Wolf
3 Rustin Kashani	Bellarmine	Christopher Wolf
4 Maria Theophanous	Miramonte	Sandra Maguire
5 Rajiv Narayan	James Logan	Tommie Lindsey
6 Alina Hasanain	Miramonte	Sandra Maguire
7 Zita Aradi	Granada Hills	Jerome Robinson

Name	School	Coach
International Extemporaneous Speaking		
1 Nihaal Karnik	Bellarmine	Christopher Wolf
2 Akshay Rao	Leland	Gay Brasher
3 Nihar Shah	Bellarmine	Christopher Wolf
4 Markus Brazill	San Marino	JJ Rodriguez
5 Al Ho	Gabrielino	Derek Yuill
6 Raj Sidhu	Monte Vista	Dave Matley
7 Tony Wang	Miramonte	Sandra Maguire

Name	School	Coach
Expository Speaking		
1 Jennifer Brooks	James Logan	Tommie Lindsey
2 Lauren Kido	Leland	Gay Brasher
3 Karen Thai	Gabrielino	Derek Yuill
4 Stephanie Perez	Monroe	Kathy Graber

Name	School	Coach
5 TC Slamet	Gabrielino	Derek Yuill
6 Christine Blauvelt	San Marino	JJ Rodriguez
7 Sumati Hasani	Monte Vista	Dave Matley

Name	School	Coach
Oratorical Interpretation		
1 Rita Rozenbaoum	Arcadia	Ashley Novak
2 Ashley Grisham	Rancho Bernardo	Jane Wakeham-Lopez
3 Daniel Drake	James Logan	Tommie Lindsey
4 Breanna Downey	San Marino	JJ Rodriguez
5 Priyanka Adapa	Buchanan	Kay Hanamaikai
6 Christina Wong	Gabrielino	Derek Yuill
7 Matt Russo	Leland	Gay Brasher

Name	School	Coach
Thematic Interpretation		
1 Cameron Hovsepian	Monroe	Kathy Graber
2 Ruby Nguyen	Gabrielino	Derek Yuill
3 Austin Ashford	James Logan	Tommie Lindsey
4 Molly Quirk	Fullerton	Sal Tinajero
5 Hannah Nelson	Fullerton	Sal Tinajero
6 Evan Dowd	Helix Charter	Gregg Osborn
7 Julie Arenz	El Dorado	June Read

Name	School	Coach
Humorous Interpretation		
1 Cameron Steele	James Logan	Tommie Lindsey
2 Jibrán Khan	Monte Vista	Dave Matley
3 Rachel McCoy	Redlands	Steve Caperton
4 Varun Rajan	Leland	Gay Brasher
5 Celena Allen	James Logan	Tommie Lindsey
6 Deanne Chen	Leland	Gay Brasher
7 Crystal Adams	Leland	Gay Brasher

Name	School	Coach
Dramatic Interpretation		
1 Stephen Elrod	Bellarmine	Christopher Wolf
2 Tania Odesho	Leland	Gay Brasher
3 Taylor Murphy-Sinclair	Arroyo Grande	Brandi Dias
4 Lauren Cao	Leland	Gay Brasher
5 Manika Dixon	James Logan	Tommie Lindsey
6 Dominique Washington	James Logan	Tommie Lindsey
7 Janelle Chaney	Lodi	Jennifer Arishin

Name	School	Coach
Duo Interpretation		
1 Joshi - Grizzell	James Logan	Tommie Lindsey
2 Najibi - Najibi	James Logan	Tommie Lindsey
3 Khuu - Jenkins	Fullerton	Sal Tinajero
4 Quiroga - Rodriguez	La Mirada	Nermin Kamel
5 Leal - Kordi	James Logan	Tommie Lindsey
6 Truong - Truong	San Marino	JJ Rodriguez
7 Maine - Peronto	Claremont	Dave Chamberlain

2007 STATE TOURNAMENT RESULTS

HELD AT FULLERTON JOINT UNION HIGH SCHOOL

Name	School	Coach
Original Prose and Poetry		
1 Matthew Cangiamilla	Fred C. Beyer	Zack Kopecki
2 Steve Rubert	Ponderosa	Stacy Buchholz
3 William Hemsley	Fullerton	Sal Tinajero
4 Jonathan Chan	Arcadia	Ashley Novak
5 Kyle Curson	James Logan	Tommie Lindsey
6 Lisa Nguyen	James Logan	Tommie Lindsey
7 Zuleika Becerra	John F. Kennedy	Terry McSweeney

Lincoln-Douglas Debate			
1	Matt Slemmon	San Dieguito	Kerri Leonard
2	Nick Stanert	San Dieguito	Kerri Leonard
Semi	Tim McKenzie	Bellarmine	Christopher Wolf
Semi	Dustin Coffman	Yucaipa	John D. Eichman
Qtrs	Patrick Diehl	Lynbrook	David McGinnis
Qtrs	Alex Rausch	St. Mary's	Diane Roza
Qtrs	Zita Aradi	Granada Hills	Jerome Robinson

Policy Debate			
1	Liu - Young	Leland	Gay Brasher
2	Simmons - Wong	Bellarmine	Christopher Wolf
S	Dimitrov - Walia	Bellarmine	Christopher Wolf
S	Vijay - Deshmukh	Bellarmine	Christopher Wolf
Q	McLoon - Duran	Notre Dame	Jason Peterson

Parliamentary Debate			
1	Stephan - Larson	Bellarmine	Christopher Wolf
2	Maine - Rasheed	Claremont	David Chamberlain
S	Catterton - Stafford	Analy	Lynette Williamson
S	Ezray - Jones	Rio Americano	Ignacio Sanchez
S	Meyers - Price	Lodi	Jennifer Arishin

Public Forum			
1	Curson - Asir	James Logan	Tommie Lindsey
2	Subramanian - Shen	Lynbrook	David McGinnis
S	Chesbrough - Olson	Miramonte	Sandra Maguire
S	Way - Rubert	Ponderosa	Stacy Buchholz

Student Congress			
1	Nico Kirk-Giannini	Miramonte	Sandra Maguire
2	JP Padilla	Bellarmine	Christopher Wolf
3	Tommy York	Lowell	Terrence Abad
4	Connie Yee	Monte Vista	Dave Matley
5	Alex Bigman	Taft	Doug Lasken
6	Charlie Cavalier	Rio Americano	Ignacio Sanchez
7	Justin Rogers	Claremont	David Chamberlain
8	Andrew Kang	San Dieguito	Kerri Leonard
9	Ross Miletich	Claremont	David Chamberlain
10	Brittney Bevelaqua	Mark Keppel	Patrick Reis
11	Nikita Koraddi	Rancho Bernardo	Jane Wakeham-Lopez

Name	School	Coach
12 Sivakami Sambasivam	Saratoga	Janaki Murthy
13 Rajan Banerjee	Miramonte	Sandra Maguire
14 Arjun Shenoy	Saratoga	Janaki Murthy

Student Congress Presiding Officer			
1	Michael McKenery	La Costa Canyon	Krista deBoer
2	Peggy Truong	Mark Keppel	Patrick Reis
3	Jason Dyer	Ponderosa	Stacy Buchholz
4	Michael Flores	Leland	Gay Brasher

Sweepstakes (Top 10)

AAA

1. Bellarmine	133
2. James Logan	118
3. Leland	91
4. Gabrielino	71
5. Fullerton	44
6. Miramonte	38
7. Monte Vista	33
8. San Marino	33
9. Monroe	26
10. Claremont	17

AA

1. Granite Bay	16
2T Arcadia	14
2T La Mirada	14
4. Ponderosa	13
5T Lynbrook	12
5T Edison	12
7T Arroyo Grande	10
7T Rancho Bernardo	10
9. Lodi	9
10T Helix Charter	8
10T Loyola	8
10T Taft	8
10T Torrey Pines	8

A

1. San Dieguito	28
2T Analy	8
2T Damien	8
4. Homestead	7
5T Notre Dame	6
5T Saint Francis	6
7. Lowell	5
8T Flintridge Preparatory	4
8T Rodriguez	4
8T St. Mary's	4

2007 WINNING SPEECHES

Expository Speaking First Place 2007

“My Big Fat Expos”

by Jennifer Brooks
James Logan High School
Coach: Tommie Lindsey

Every day I have to watch my back. It's out to get me. I can't run, I can't hide, no, no. It's in my chips, it's in my cookies, it's in my auntie's triple fried rice, and who knows how it got in there. And they give it cute little names like Crisco...and butter. But once it gets a hold of you, no treadmill can save you. Fat. This poly-mono-unsaturated monster has struck terror and hunger into the stomachs of us all. But why are we so afraid of it? Fat is one of life's most mysterious, misunderstood... mysteries, but really, fat isn't so scary when you know what it is. That's exactly what we're going to discover. So after I'm done, I think I'll finally be able to admit how much I really weigh, because after all, a little bit of fat is what makes the whole world go round...aahh so corny...

So, first of all, everybody knows what fat is. But not everyone knows what fat IS. Fat is a lipid, and its structure looks a little like this. But don't worry, it's not as hard as it looks. There are three types of fat. Saturated fats are the solid fats and unsaturated are the oils because they have little kinks in the tails so they can't solidify (Zamora, p.1). And then, there's trans fats, which are made by people who turn liquid fat into solid fat to increase the shelf life of the food (“Revealing Trans Fat”, n.p). These delicious devils can be found in over 40% of the familiar faces at your local grocery store: Chester, the Pillsbury Doughboy, the Keebler Elves, and the most sinister of them all...Little Debbie...that little fudgeround traitor.

Because trans fats are artificial, our bodies don't recognize them and we can't break them down. It is so harmful that on December 5th 2006, New York completely banned trans fat from all restaurants after it was proven that it clogs our arteries, leading to coronary heart disease, high cholesterol, and other cardiovascular diseases (“New York City Passes Trans Fat Ban”, n.p). So even though the fries in New York might not taste the same anymore, this is probably a smart move, since no matter what kind of fat

we eat, the fat cells in our bodies only get bigger and bigger when we consume unhealthy foods you should never buy like iced honey buns, cosmic brownies, and double chocolate rolls (McGregor, n.p). I mean, come on, they already tell you in the name what your stomach's going to look like when you eat these things...double chocolate rolls.

But fortunately for us, we only have as many fat cells as we're born with, and the average person can have anywhere from 50 to 200 billion fat cells in their body. Men generally store fat in their chest and abdomen while women store fat in their breasts, waists, and hips and we all know that we can store a whole lot of fat in our AS I was saying, fat has definitely come a long way from the shelves and into our hearts...literally.

Nowadays, people are starting to believe that fats that increase the shelf life in our favorite foods could take a toll on our own lives. In today's society, being fat carries a negative connotation to it. But carrying a little extra weight wasn't always seen as sinful. Early European and Mediterranean cultures created statues of Venus and glamorized her full-figured body, considering it a symbol of power, fertility, and physical beauty (Witcombe, n.p). In the 17th century, obesity was seen as an indicator of social status and wealth.

So if being fat was such a beautiful thing before, why are people so afraid of it now? The most obvious reason is the health issue. Too much fat leads to a lot of health problems, including respiratory difficulties, type 2 diabetes, gallbladder disease, and a whole lot of cancers I can't pronounce (Herman, n.p). America's fast food nation sells us innocuous-looking burgers and fries that seem harmless, but have a little more to it on the inside. Research conducted at Harvard University has shown that those who ate a low-fat diet over the course of 8 years didn't prevent heart disease or cancer (“Low-Fat Diet Not a Cure-All”, n.p). They didn't even lose more weight. So maybe it's not just about cutting fat out of our lives that will make a difference in America's obesity problem. It seems like a new full-proof diet comes out everyday that doesn't require people to exercise or spend more time eating with their families. But that's what we should be doing.

It doesn't even seem like staying healthy is the goal anymore. Since the mid 1900's, it's become unfashionable to be fat. Models like Twiggy in the 1960's and Kate Moss in the 90's flaunted their skinny little selves all over televi-

Continued on Page 11

"My Big Fat Expos"

Continued from Page 11

sion, basically telling the rest of society that it's pretty to be underweight and, in some cases, anorexic ("Ernsberger", n.p). In 1994, An Esquire magazine poll of 1000 women between the ages of 18 and 25 showed that 54 percent would rather be run over by a truck than be extremely fat. 66% said they would rather be stupid. And it's way too easy for me to make a Paris Hilton joke right now so I'm not going to. But I think you all get the point.

So now that I've scared you with the whole "fat makes you enormous and could kill you all" thing, you're probably wondering what it can do for you. But, in reality, even though too much fat could kill you, we'd all be dead without it. The reason why we store fat in our bodies is for insulation, providing energy for heart and skeletal muscles, protecting our organelles, and maintaining our body temperature (Samuels, n.p). Vitamins A, D, E, and K can only be broken down and absorbed into your body with the help of fat. Certain types of fat called omega-3 fatty acids are actually good for you and reduce the risks of heart disease and lower your cholesterol (DeBusk, n.p). In fact, eating oily fish like salmon and tuna at least two times a week is actually recommended for maintaining a healthy lifestyle, as well as eating other oil-rich foods like tofu, walnuts, and soybeans. But these benefits aren't just skin deep. Fat supports healthy skin, keeps your hair shiny, and if that's not good enough for you, you can inject your own fat into your face...well.

A little procedure known as autologous fat transplantation, also known as fat injections, takes fat tissue from one part of your body, like your thighs or abdomen, and injects it into specific areas in your face to enhance your complexion (Berman, n.p). You can do anything from smoothen out frown lines to fill out scarred areas and give definition to your cheeks or chin. Unfortunately, this process isn't always permanent, but with 3-4 treatments over a 6-month period, you could turn your entire body around like that! This technique is especially useful for those who are sensitive to certain chemicals because fat is all natural, hypoallergenic, quick, clean and versatile. So versatile, in fact, that fat doesn't even have to be fat at all. Scientists at UCLA and the University of Pittsburgh have now become the first people to grow human tissue like bone, cartilage, skin and muscle by harvesting stem cells from fat (Page, n.p). This phenomenon may even put an end to the controversial issue of stem cell research since fat is in such excess

these days thanks to a little procedure known as lipoplasty, or more commonly known to us as liposuction ("Lipoplasty or Liposuction", n.p). Because we all know that if you don't like it, you can just suck it all out! Liposuction has helped trim off the stubborn little areas around people's bodies that don't go away even with strenuous exercise. Keep in mind, however, that liposuction isn't for those little cheaters who don't want to exercise or eat healthy. It's a way to make you look and feel more confident about yourself, because when it comes down to it, that's exactly why people have such a big problem with fat in the first place.

We're so embarrassed and afraid of the fat on our bodies that we forget that fat helps keep us alive. It's as important to our health as our blood and our bones, and it's ridiculous how far people will go these days to avoid being seen as fat because they think it's ugly. Sucking blubber out of your stomach from a tube and injecting it in your face doesn't sound that attractive to me. People tend to forget that not too long ago, the skinny craze didn't even exist, and celebrity icons like Marilyn Monroe were a size 12 and still considered one of the most beautiful women in the world. As long as we keep our bodies healthy by exercising, eating healthy foods and boycotting Little Debbie traitor cakes, I think we can all be a little bit more comfortable with not just the fat in our bodies, but with ourselves. And I think I'll finally be able to say with pride that I'm 5'10" and weigh a hundred and mmphh pounds...or not. But I'm definitely getting there.

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Continued on Page 12

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Continued from Page 11

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Original Prose and Poetry First Place 2007

Welcome to Little Caesars: An Original

by *Matthew Cangiamilla*
Fred C. Beyer High School
Coach: *Zack Kopecki*

NARRATOR CLEESE: Hello There, I am John Cleese I'm here today to add the Cleeseness, the Cleeseitude, the cleesocity for today's OPP, for those of you who know me. I'm grateful for those of you who don't, I'm terribly sorry, but it doesn't matter who I am, I'm John Cleese, and I'm going to be the Narrator today guiding our young friend Scott Hartman through his first day of work. He works at Little Caesars a pizzeria... you all know it, so with that I say buckle your belts and get ready for the adventure of your life, in...

Welcome to Little Caesars
An Original

NARRATION CLEESE: Now our young friend Scott got to work a whole 20 minutes late and lath just say the Manager wasn't that pleased to see him

MANAGER SIR: Scott you're late

SCOTT: Yes, I know. I'm so sorry. I got in an argument with my Dad... (Gets cut off)

MANAGER SIR: I don't want your excuses, child! (Bite thing)

SCOTT: It won't happen again, Sir. I promise!

MANAGER SIR: You're right, it won't happen again! (Bite thing) Now get to work!

SCOTT: Yes, sir... um where do I uh start?

MANAGER SIR: We need you up at the front counter to take the customer orders. Is that easy enough for you Scott?

SCOTT: Yes, sir, front counters, customer orders, you got it!

MANAGER SIR: All right then, go! (Creepy laugh)

Continued on Page 13

Welcome to Little Caesars: An Original

Continued from Page 12

NARRATOR CLEESE: Let me tell you all about the front counters. You basically ask the people that come into the store what they want to order, and how they want their pizza. And its here you get the craziest, most insane people you will ever meet, who have no virtues of patience and have no respect, especially for an employee at a Little Ceasers. I absolutely love it.

SCOTT: Welcome to Little Ceasers. How may I help you?

TONY: (Frequently adjusts tie) Hey, kid, howz it goin'?' Good? That's great. Hey, I'd like a large pepperoni pizza, and if you could do me a favor and make it look as good as I do. But we already know nobody and nothing can look as good as I do. Ya know what I'm sayin' kid? So how's that sound?

SCOTT: You got it! (Types in computer) Uhh... the wait will be ten minutes, and your total comes to \$5.37

TONY: Obhh kid! (Holds heart like he was just stabbed) You're killin' me! I only got \$2.45. Can you do me a favor and lend me a few bucks, and we call it even eh?

SCOTT: I'm. sorry sir, but I can't. I have no money, and if I borrow from the cash register here, I'll get fired; so I'm sorry sir, but no.

TONY: Oh, I get it. This hurts kid, this cuts real deep. Ya know what, screw the pizza and screw you! It's kids like you that have no respect, none at all! (Remember to casually adjust tie) Ya know what, I'm comin' back for you kid. And when I do, you better watch your back! Cause I'll stab your face with a sauntering iron!

SCOTT: Whoa! Mr. Mobster. Sir, settle down. I'm going to have ask you to leave now, but remember! Have a Ceaserfic day!

SCOTT: Welcome to little Caesars. How may I help you?

BOY: I'd like 100 pizzas! (Puts arm up in air)

SCOTT: Oh...I'm sorry. I'm not going to give you 100 pizzas little boy.

BOY: Well, my daddy said I can get whatever I want. (Puts arm up in air)

SCOTT: Well, your daddy's wrong, and you can tell him that. Oh and by the way there's no such thing as Santa Claus either.

BOY: Ah, I'm going to get my daddy and I'm telling on you mister! (Puts arm in air)

SCOTT: (Puts arm up in air) You go ahead and do that little boy. Oh, and remember, have a Caesarific day!

SCOTT: Welcome to little Caesars – Oh, my god, you're Gi-normous!

BIG MAN: (constantly yelling) Did you deny my son 100 pizzas?!!!

SCOTT: Yes, but I didn't take him seriously...

BIG MAN: And then he said you started using ethnic slurs!!!

SCOTT: I would never!

BIG MAN: What am I brown to order your pizza is that it??!!

SCOTT: No I have nothing against Hispanic people!

BIG MAN: I'm Samoan!

SCOTT: Samoan! Samoan! Of course... It's just that if a man of your size came in here ordering a pizza I would understand...

BIG MAN: What? Are you implying that all Samoan people are fat now too?! Is that it? Are you stereo-typing?!

SCOTT: No, No sir you have the wrong Idea!

BIG MAN: I'm sick of you kid! Let me speak to your manager!

SCOTT: (Yells to the back) Manager Sir! We have an upset customer upfront can please you please come save me.

MANAGER SIR: Ohhh Scott! I was in the middle of an intense game of strip solitaire; let me put my pants back on. (Puts pants on, turns around, zips fly, etc... then walks over to front counters puts hands on computer) How may I help you sir? (Looks at him with amazement at how big he is)

BIG MAN: Your employee here is a racist, made fun of my weight, and denied my order like I wanted!

MANAGER SIR: (Turns to Scott) Scott, did you make fun of this man?

SCOTT: (Hands up) No I swear!

MANAGER SIR: (Turns to Big Man) He swears he didn't make fun of you sir.

BIG MAN: He's a liar! (Points finger)

MANAGER SIR: (Turns to Scott) Scott, are you lying to me?

SCOTT: (Hands up) No, I promise!

MANAGER SIR: He promises sir.

BIG MAN: Well, you know what? I am not satisfied with

Continued on Page 14

Welcome to Little Caesars: An Original

Continued from Page 13

the service! I did not get to order! I want to speak to the owner!

MANAGER SIR: You could do that... or you could speak to me and I could take your order like you wanted.

BIG MAN: (Feeling stupid) Oh... well, OK, that sounds fine.

MANAGER SIR:

MANAGER SIR: OK then...what would you like sir?

BIG MAN: I want One Hundred pizzas!. (Holds up arm like kid)

MANAGER SIR: Oh... Well, no wonder you're fat!

BIG MAN: What!? Are you making fun of my weight, too?!

MANAGER SIR: Yes! I am! ... I'm ugly (points at face) deal with it! (Types into computer) Your total comes to \$586.72 and your wait will be 4 hours and 26 minutes.

BIG MAN: What!? I thought all your pizzas came hot and ready?!

MANAGER SIR: They do... just not one hundred of them, you fatty!

BIG MAN: Oh, we don't want to wait that long!

MANAGER SIR: Then leave. And stop harassing my employee!

BIG MAN: Alright... I will! (Leaves)

SCOTT: Oh, and sir, remember! Have a Caesarific day! (Looks at Manager Sir) Manger Sir... you just saved my life!

MANAGER SIR: Don't mention it, Scott. I've been dealing with these people for a long time now. (Bite thing) You have to know how to deal with kinds of people... so much so I've become the - very thing I swore to destroy. (Puts hand on weird side of face). Alright Scott, I'll be out back feeding the Zebras. Oh, and if you do anything like this again, I'll fire you...bye Scott.

SCOTT: Ok Manger Sir, have fun...feeding the zebras. What are you on? Crack?"

SCOTT: Welcome to little Caesars, may I help you?

EWAN: Good evening, I'd like a large pizza.

SCOTT: (Types in computer) Will that be all, sir?

EWAN: Ah yes, one more thing...Could you put love into

that pizza? (Sets hand on Scott's shoulder)

SCOTT: Love? I've never been in Love, let alone with a pizza...(takes hand off shoulder) So I don't think I could do that.

EWAN: Never been in love? Why a life without love why that's terrible; love is like oxygen!

SCOTT: What?

EWAN: Love is a many splendid thing all you need is love!

SCOTT: What?

EWAN: All you need is love!

SCOTT: Are you serious?

EWAN: All you need is love!

SCOTT: (looks over both shoulders) Love is just a game.

MANAGER SIR: Scott!!!! Are you singing Moulin Rouge?

SCOTT: Yes, Manager Sir. (Looks over like he shamed Manager Sir once again)

MANAGER SIR: My God! it sounds terrible; I'd rather listen to a lion in heat.

SCOTT: Oh, I'm sorry sir.

MANAGER SIR: You should be sorry. My god, take that music out of the store before my head explodes!

SCOTT: You got it. (Turns to Ewan, gets pizza) Here's your pizza, sir...with much love. I'm going to have to ask you to leave now.

EWAN: Thank you... I will never forget the time we spent together...never, goodbye.

SCOTT: Goodbye, sir! Oh, and have a Caesarific day!

SCOTT: Welcome to Little Ceasars, how may I help you?

PIRATE: Agrrrr! I'd like to get me a large fish pizza!

PARROT: Squak! Large fish pizza Squak!

SCOTT: I'm sorry sir. Are you dressed as a pirate?

PIRATE: Indeed, I am! Now quit jabbering and make me large pizza!

PARROT: Squak! Make me pizza.Squak!

SCOTT: You got it! (Types in computer)

SCOTT: (Finger thing/suction, then types in computer) The wait will be ten minutes, and your total comes to \$5.37. Oh, and by the way Mr. Pirate, sir, could you have your parrot wait outside? We have a no animal policy in the store.

DAVY: Arrrrr! You threatening me boy?

SCOTT: No, it's just, I could get in trouble!

PARROT: Squak! Sounds like a challenge to me! Squak!

DAVY: Indeed it does! Draw your arms, boy! (Pulls out sword)

SCOTT: OH...MY...GOD...It's a friggin' Machete!!!

(Hands up) Manager sir, where are you!?!? (Show

Continued on Page 15

Welcome to Little Caesars: An Original

Continued from Page 14

Manger Sir sleeping) Help me! Anybody! Anybody? God anybody!!!

TONY: Hey~Kid! I'm back!

SCOTT: Anybody, (hands still up) but him!

TONY: I got a bone to pick with you! Oh, I got the boys with me...meet Huey, Dewy, and Louie...say hello, boyz!

BOYZ: Hey, hey boss, what's up?

DAVY: ARRR actually, umm souse me maties... umm I do believe I was in line first! I was just about to impale this young man!

TONY: Oh, yeah, well, I got some business to settle with this kid! So how about you get out of my way? Ya pirate freak!

DAVY: What did you just call me? (Very upset)

TONY: I called you a freak! What of it?! (Casually adjusting tie)

PARROT: Squak...ohhhhh snap! That's not good! Squak!

DAVY: (sheaths sword, and looks down in despair) (yells) Ya know, that really hurts me feelings! arr arr arr... It's hard being a pirate in the 21st century; I have no job, I support 6 kids, I have overdue payments on me ship! And I haven't eaten in 3 days! 3 days! Do you have any idea what that's like?! I had to mud wrestle a raccoon for my last meal!

[mental image of raccoon fight] (goat sound)

TONY: Hey, hey...I didn't mean no disrespect or none... I may be a jerk, but I still got class. Hey, look, let me make it up to you. I know a good circus that's looking to hire a legit freaky pirate; you'd fit right in!

DAVY: Arrr...you really mean it?

TONY: My word, (covers heart) is my bond...oh, and kid!

SCOTT: Yes, sir! (Hands still up)

TONY: I'm leaving for now, but I'll be back someday, and when I do, I better see some respect around this joint...or I will stab your face with a sauntering iron!

SCOTT: You got it, but in the mean time, I'm going to have to ask all of you to leave now!

TONY: Alright then, (adjusts tie) let's get outa here!

(Snaps) Boyz, let go!

BOYZ: Hey boss, what's up?!

DAVY: Alright, well, I better get goin'... I'm terribly sorry about all this kid; catch ya on the flip side.

SCOTT: Umm Mr. Davy Jones Pirate Sir, wait...

DAVY: Yes Matie?

SCOTT: How many days since you said you hadn't eaten?

DAVY: Three days now, why?

SCOTT: (Looks down and ponders, and turns around to grab a pizza) Here take this...

DAVY: What? Really? Why thanks, kid. This really means a lot to me.

SCOTT: No problem sir. Have a Caesarific day! (Pirate leaves)

MANAGER SIR: Scotttt! Did you just give that freaky pirate a pizza!?

SCOTT: Yeah, I did...I'm sorry sir...

MANAGER SIR: Why Scott, that's the nicest thing I've ever seen.

SCOTT: Really?

MANAGER SIR: Yes...(points finger) you're fired!

SCOTT: But sir, I...

MANAGER SIR: I'm sick of your antics...get out of this pizzeria!

SCOTT: You know what sir? I'm not even mad. I'm kind of glad actually. But I will miss this place.

MANAGER SIR: Haha Scott, funny...See this Scott

?(points at face) This me smiling right now. Now get out!

SCOTT: Have a Caesarific day!

NARRATOR CLEESE: And so our epic quest comes to a close. Scott got fired and never returned to Little Caesars, but Later in his life became president of the United States. The day after Scott got fired, The Manger Sir died of a drug overdose on crack cocaine. So, I'm sure there's a moral in this tale somewhere... I just can't find it yet. But that's for you to decide; so I bid you all adieu and say... (Turn into Scott) have a Caesarific day! (Wave)

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Original Advocacy First Place 2007

Burden of Innocence

By Michelle Ho

Homestead High School

Coach: Shirley Keller-Firestone

In some cases, an apology isn't enough. Jennifer Thompson was nine months pregnant when she was kidnapped, beaten with a 2-by-4, and brutally raped. Police arrested 28-year-old Ricky Daye. She later identified Ricky in a photo lineup, and in 1984, the court sentenced Ricky to life in California's notorious Folsom State Prison.

The rude awakening came 20 years later. Thanks to new DNA technology, Ricky proved he had no involvement with the crime and was exonerated. After 20 years behind bars for a crime he didn't commit, Ricky was finally free.

But it wasn't that easy. "[They could] give me a hundred million dollars." he says, "[and] that still wouldn't be enough. I can't put a value on every minute, hour, or day. I can't get that time back." In fact, he didn't get his home, his job, or his daughter back. He didn't even get an apology. Ricky didn't get anything. ("Burden of Innocence")

According to the National Institute of Justice, three to 15 percent of America's prisoners have been wrongly convicted. That means 60,000 to 280,000 innocent people behind bars. Every year, we add another 10,000. Only 400 have been exonerated in the past decade, after serving an average of 12 years behind bars. Together, that's over 3,900 years. ("Burden of Innocence")

Even more disturbing, is what this says about our justice system. [in the lineup] with dark skin and facial hair...Of course I picked him." Mistaken eyewitnesses are the single leading cause of wrongful convictions. Anything from poor lighting to police dropping hints about the suspect can distort a witness's memory. Sixty percent of wrongful convictions involve police and prosecutor misconduct. In Eddie Lloyd's 14-hour interrogation, police claimed they found his fingerprints on the gun, and that confessing was the only way he could avoid the death penalty. For Troy Webb, prosecutors withheld forensic evidence that would've excluded him as a suspect. You see, in our justice system, the aim of the prosecution isn't necessarily the truth, but rather, a conviction.

With advancements in DNA technology in the 1990s, exonerations quadrupled. Yet only two states—Alaska and Missouri—guarantee post-conviction DNA testing. Thirty other states don't make it easy. Ricky fought for 16 years to win access

to DNA evidence, and another four years to ensure the results would point to someone else, before he could actually test it. By then, it was too late to convict the real rapist.

And getting out is only half the battle. "I'd rather be in jail." he says, "At least in jail, I got paid mopping floors." Out here, he has no job, no resume, no idea how to use a computer, and his conviction isn't even cleared from his criminal record. (Mulvihill) Meanwhile, ex-convicts—whose convictions were *never* overturned—get free job training, housing assistance, and physical and mental health care through state welfare agencies. The exonerated get nothing. (Higgins)

But according to psychologist Craig Haney, prison was even worse for them. The guilty understand why they're in prison and can build a life on better terms. But innocent people can't. The *American Criminal Law Review* reports that, while in prison, 90% lose everything they own, including custody of their children. And a study by the Associated Press found that nearly all suffer depression or post-traumatic stress disorder, and over half would much rather die than live with the knowledge that this could happen again. In Ricky's words, "Freedom isn't enough... because everything I once believed—morals, justice, fate, and reason—everything that once made sense is gone." (Armbrust)

How can we make up for that? Only 15 states and the federal government offer financial compensation. And all require a governor's pardon, which forces exonerates to beg forgiveness, for something they didn't do. Even then, two-thirds still get nothing. As Illinois Governor James Thompson puts it, "I simply don't grant pardons [to convicts], regardless of what the truth is." And no matter how many years they lost, every state gives no more than 20,000 dollars, while the federal government caps it at 5,000. (Armbrust)

Sounds like the perfect case for a lawsuit, doesn't it? But winning compensation this way is nearly impossible. You see, most wrongful convictions begin with mistaken eyewitnesses. Although 60% involve police and prosecutor misconduct, immunity laws, meant to give them enough room to do the job, are virtually shielding them from liability. Georgetown law professor Barry Scheck explains. "You can force a confession, manipulate a witness—you can do whatever it takes to get the job done—you won't be sued." ("Burden of Innocence")

Ricky was left with one option: a lawsuit. But winning compensation this way was nearly impossible. You see, police and prosecutors are protected by immunity, which gives them enough room to do the job...and virtually shields them from liability. Prosecutor Barry Scheck explains. "You can force a confession, manipulate a witness - you can do whatever it takes [to convict a man] and you

Continued on Page 17

Burden of Innocence

Continued from Page 16

won't be sued." Ladies and Gentlemen, this isn't about the money. This is about America's justice system recognizing its mistakes and fixing them. Thus, I advocate the following 3-part legislative solution to bring justice to those who deserved it all along:

First The Department of Health and Human Services should provide immediate financial compensation, *and* a written apology, to exonerated prisoners. The amount awarded will be based on two factors: economic losses and prison time. This covers any financial setbacks resulting from their wrongful conviction, such as loss of property, loss of income, and legal fees, so exonerees can finally move forward. But to recognize their pain and suffering, an additional sum of 50,000 dollars—equivalent to the median national income—will be granted for each year in prison. And any services provided to ex-convicts, including job training and therapy, will be extended to exonerees: Life After Exoneration welfare agencies will coordinate direct services to exonerees and also clear wrongful convictions from criminal records. With this solid foundation, exonerees can build independent and productive lives. It only makes sense that the innocent, who didn't belong in prison to begin with, deserve the same support given to the guilty who did.

Second, enforce safeguards against mistakes and misconduct. To avoid false identifications, police will use "double-blind" lineups. This means that witnesses are shown photos or individuals one at a time, by a police officer who doesn't know who the suspect is, so he can't influence the witness' choice. Unlike traditional lineups showing individuals side-by-side, a witness won't just pick out anyone who looks more like her attacker than the others, but compare each against her own memory to identify the attacker himself. Next, all interrogations will be videotaped. This prevents law enforcers from intimidating possibly innocent people into confessing. And the prosecution and defense will disclose forensic reports, to ensure both sides present the truth. (The North Carolina Center on Actual Innocence)

Finally, if a mistake is made post-conviction DNA testing will be available to all prisoners. Each test costs

as little as a thousand dollars, which is nothing, compared to the price of imprisoning, or even executing an innocent person, while the real criminal remains at large.

This isn't just a theory. Missouri clears more innocent people than any other state through DNA testing. New York provides financial compensation and support services to exonerees. And thanks to double-blind lineups, Massachusetts has the lowest wrongful conviction rate in the country. (The North Carolina Center on Actual Innocence)

Ricky Daye went in a healthy 28-year-old... and came out homeless, unemployed, and alienated. What more does he have to prove for America to realize this isn't something he can simply forget? And that just because they have their freedom, exonerated prisoners will *never* get their lives back. Ladies and Gentlemen, saying sorry isn't enough.

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Original Oratory First Place 2007

WHAT WE TRULY ARE

By Patrick Le

Gabrielino High School

Coach: Derek Yuill

December 6, 2005, was one of the most important and memorable days in my life. It was the day I arrived in the United States of America... You don't seem very excited... All right, but I have to tell you that my entire life living in the United States was a big dream. Living in Democracy, living in a country filled with opportunities and Wal-Marts... What?

You see, I'm French, I love cheese, I eat snails, and I'm romantic: Bonjour... Comment allez vous? Je voulais vous dire que vous etes tres belle... You know, when you've spent 16 years of your life eating cheese, America seems amazing and beautiful. In my amazement, I wanted to know absolutely everything about the American culture: I listened to American music, read books and dictionaries; I even tried to memorize the United States Anthem... And I'm still trying! But even failing miserably. I knew that America was opening its arms, offering me so much... The right to have free education, the possibility to stand up here and give you this speech... I wanted to shout: Friends! Together, let us pursue the American dream! Ah... They called me a fool. Telling me that I should get a Playstation 3.

Alone in my excitement, I realized that we as Americans have forgotten the true value of the opportunities offered by this country. Believe me, I don't have anything against the Playstation, but there is so much more that we have that seems insignificant to us. We are given so much; from TV shows and Myspace accounts to school... Yet having all of these, it is hard for us Americans to be thrilled. I mean, who here can honestly say, "I am so excited to go to school everyday!" You see, it seems that we no longer take value in what is given to us.

Where are those dreams about this wonderful land of opportunities? As a student, college applications, SATs and APs are seen as an obligation rather than a chance for success. And slowly, we are starting to take for granted what we have.

Today, we will try to reclaim the true value of America, by first seeing the reasons why it is hard to appreciate the many opportunities that we have. Secondly, we will see the consequences of losing value in the

American dream, and lastly, we will discover how can we, together, pursue this American dream.

Now, not everyone may realize it, but America is great. Not because there are so many ways not to do your homework, but because of everything that we have! We can go to the store and find endless kinds of chips and sodas: We can walk in the streets and find a restaurant at every corner. We can go online and spend hours visiting web pages. Better yet, we can go to school and take math classes to do thousands of Calculus problems! No? Okay.

But the problem lies right here: we are given a bit too much. Writer Alan Deutschman says, "Let's face the facts: Americans are spoiled ingrained in a society that concerns itself with status and power" (Deutschman). You see we are growing in a society that gives too much, and with everything we have, we often miss the true value of things.

Sadly, school is a perfect example. A research led by The Bill & Melinda Gates Foundation records one-third of American students dropping out of high school (Bridgeland). In a world that counts 854 million adults who cannot read and write (Global), who knows what one-third of American students might have been able to accomplish? This overload of opportunities have prevented many Americans to be great: they could have been doctors, lawyers, politicians...

You see, when we are given too much, we often fail to realize the importance of what is given. And living in the land of opportunities has blinded us to our privilege. But if we do not appreciate what we have, we may lose what is important to us. In his article "Reclaiming our Democracy," Burt Neuborne stresses that voter participation is shockingly low, four out of 10

Americans vote each year. What he is trying to say is that we are slowly losing our democracy. But we have to remember that we live in a world where only 82 countries are truly democratic (Global). The UN states that half of our planet has not the luxury to live in Democracy. You see, we are hurting ourselves by not enjoying every bit of what this country offers.

This belief that what we have today will be there tomorrow, is preventing us from seeing that we are quite lucky to be Americans. And consequently, we fail to realize that the world is in far more suffering than America. The *Baltimore Sun* reports that "anti-American feeling has grown even more pronounced over the past year" (Englund). Because we take what we have for granted, Americans seem selfish and arrogant. We forget that not

Continued on Page 19

WHAT WE TRULY ARE

Continued from Page 18

all people have the chance to be here in the United States. So for a few moments, let us remember that the world is also suffering. Sadly there are terrible examples. Millions of dead throughout Africa, a result of genocide. Millions of children exploited to death in third world countries. Tell me, do we have that kind of suffering here? Reporter Jeff Koinange describes life in Uganda, Africa, where everyday children of our age have to flee genocide and mass murders. Thousands of children stripped of everything: family, home, even clothes, just because the color of their skin is different. Through intolerance and hatred, there are reports of little girls raped, entire families slaughtered. How do we stand in front of that suffering? While children are slaughtered in Africa, American kids are more concerned about updating their Myspace.

Now I'm not saying that America doesn't have its challenges or people suffering—because we do. There are still inequities that exist in our nation that need to be revealed. However, taking for granted the many opportunities that we do have can paralyze us from solving these problems.

Because we always find ways to complain: School being too boring, video games too expensive...The most horrible thing that can happen to a teenager is defined as missing an episode of "Desperate Housewives." Indeed it is truly horrible, but let's not forget everything that has been given to us. We can go to school, we can get educated, we can join speech and debate, we have a future. And just by having this future, America has offered us so much. So let the world know that you are grateful to be here. Because if we don't, not only we are forgetting the world, but we are also forgetting ourselves. The solution is to realize. To realize how great it is to be here in America.

When you go to malls buying clothes, when you go to libraries reading books, when you go to school, we cannot say that we rightfully own these opportunities we have to know that they are gifts. And that with these gifts, we can accomplish anything we want. We can accomplish our wildest dreams and fulfill our greatest ambitions! Ladies and gentleman look around you! When we look at this room we do not see men, women, competitors or judges. We see Americans, Americans who have the potential to

be great. A potential that can be even more amazing the moment we know, that America is offering us so much. The moment we know that the United States is a place where dreams can actually come true, then we have taken our first step in being what we truly are: Americans.

Call me a fool, tell me to get a Playstation 3 or ask me to sing the French national anthem, all I care is that you know that each and every person in this room is a lucky person.

Ladies and Gentlemen, how can I feel like an idiot when I can proudly say: "Friends, together, let us pursue the American dream."

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**Motions to amend bylaws for the CHSSA meeting
of Sept. 15, 2007**

**MOTION TO REVISE THE BY-LAWS 07-05-B:
M/Pinza, S/Underwood**

Article VII, section 5, paragraph A, page # 10-11 (new next in bold, deleted text stricken):

Insert new Paragraph A: *The Vice President of Activities will by the preceding January meeting designate the due date for all State Tournament registration information to be delivered to the Area Chairperson or the Vice President of Activities. Such date shall be approximately four weeks before the start of the State Championships.*

Change current "A" to "B" and amend thusly:

B. The president of each League shall forward to the appropriate Area Chairperson by certified mail postmarked not later than ~~April~~ *the designated due date*:

Change current "B" to "C" and amend thusly:

C. The coach of each contestant qualified for the State Tournament shall send notification of participation to the Area Chairperson **with delivery confirmation by April** ~~the designated due date....~~Entry fees for contestants dropped from the State Tournament after ~~April 20~~ *less than two weeks before the State Tournament* will not be refunded.

Change current "C" to "D" and amend thusly:

D. Failure to send notification of entry on or before ~~April~~ *the designated due date....*In addition, failure to send notification of entry as required on or before ~~April~~ *the designated due date* shall result in disqualification of entrant(s). ...

Renumber subsequent paragraphs.

Passes, 25-1-3

Entries and scripts will be due March 18.

MOTION TO REVISE THE BY-LAWS 07-05-E:

M/Pinza, S/Munsell

Article X, Section 2, Paragraph A, Page 2 (new next in bold, deleted text stricken):

3. If a contestant speaks in a room in which s/he is not scheduled, that contestant's scores shall not count, and other scores shall be adjusted as if the 'extra' contestant never spoke in that round. That contestant shall be ranked last in the room in which he was originally scheduled to speak.

4. If a contestant does not speak in the room in which he is scheduled,

a. The tab room shall immediately attempt to contact the coach of the absent contestant.

b. If it is discovered that the student spoke in the wrong room due to the error of a tournament official the Tournament Director or his/her designee in consultation with the appropriate tab room pit boss has the authority to order additional adjustments to scores as warranted.

Passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-A:
M/Kamel, S/Hamilton**

Article X, Section 2, Paragraph A, Page 2 (new next in bold, deleted text stricken):

h. Manuscript Requirements: Photocopies of interpretation selections including title pages (and table of contents if from an anthology) and the publisher page must be submitted with each contestant's entry to the State Qualifying Tournament. Scripts provided by Script City, Book City of Burbank, and Hollywood Collectibles or similar script publisher need not have a publisher page, but must provide proof of being commercially printed, published, readily available, and nationally distributed. Such proof may be in the form of a receipt for purchase which shows above criteria have been met. Each page used in the interpretation must be copied in its entirety. Words not used in the cutting must not be crossed out. The portion(s) of the author's work being used in the interpretation must be highlighted. League Presidents shall forward to the Area Chairperson proper photocopies of all contestant interpretations which have qualified for the State Tournament.

Motion passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-B:
M/Kamel, S/Novak**

Article IX, Section 1, Paragraph A, p.1 (new text in bold, deleted text stricken):

4. Preparation: Preparation shall be made without consultation and without references to prepared notes. Students may consult published or electronic sources, books, magazines, newspapers and journals or articles there from, provided that:

- a. they are originals, printouts or xeroxed copies of the originals;
- b. that original article, print or copy is intact and uncut;
- c. there is no written material on that original, print or copy;
- d. topical index without annotation may be present.

No other material shall be allowed in the extemp prep room other than stated above. Extemp speeches, handbooks, briefs and outlines shall be barred from the extemp prep room.

Underlining or highlighting in materials will be allowed if done in only one color on each article or copy.

No electrical retrieval device may be used.

The preparation room shall be proctored at all times to enforce these rules. Extemp boxes shall not be searched unless directed by the Tournament Director or designee.

5. The State Tournament Director will designate a time and place for all extemp competitors and their coaches to check in extemp materials. At the time of check-in coaches and students will sign a certification that their extemp materials are in accordance with the above criteria. Students who are found after check-in time to be in violation will risk disqualification.

Motion (without the search provision) passes, voice vote

**MOTION TO REVISE THE BY-LAWS 07-09-C:
M/Kamel, S/Novak**

Article IX, Section 3, Paragraph A1, B1, C1, D1 (new text in bold, deleted text stricken):

c. Time: Interpretations shall be no more than ten minutes in performance including introductory and transitional materials. There is no minimum time limit. Exceeding this time limit by more than 30 seconds shall be penalized by a lowering of one rank. ~~Judges should use discretion if the speaker is forced to exceed this time limit due to audience reaction.~~ **For each final round, a tournament official, or designee shall serve as the official timer, and will have the discretion of waiving time violations for contestants exceeding the time limit due to audience reactions. This may be extended to the semi-final round at the discretion of the tournament director or designee.**

Motion passes, 15-7-3

**MOTION TO REVISE THE BY-LAWS 07-09-D:
M/Kamel, S/Osborn**

Article IX, Section 3, Paragraph D2 (new text in bold, deleted text stricken):

b. Introductory, explanatory and connective material must not exceed one-third of the total presentation. **No more than 150 of these words may be embedded within the contestant's selections.**

Motion passes, voice

**MOTION TO REVISE THE BY-LAWS 07-09-E:
M/Barembaum, S/Kamel**

Article IX, section 3, paragraph D2c, p.17 (new text in bold, deleted text stricken):

The thematic selections must be interpreted from a manuscript in the hand or hands of the contestant. . . must hold the manuscript in his/her own hand or hands at all times.

Passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-F:
M/Barembaum, S/Kamel**

Article IX , section 3 , paragraph D2a, p.17 (new text in bold, deleted text stricken):

The contestant is to present a program of interpretation based on a theme of his/her choice. **A theme is an abstract statement or theory. Topics are not themes. 'True Love' is a topic. 'True love cannot exist in the modern world' is a theme.**

M/Kamel, S/Novak to remand to IE Committee, passes unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-G:
M/Kamel, S/Keller-Firestone**

Article XIV, Section 2, paragraph D1 (new text in bold, deleted text stricken):

Those coaches involved in the operation of the State Tournament shall be credited the equivalent of 12 rounds of judging. Each coach not involved in the operation of the state tournament will be required to judge a minimum of **eight** rounds and may be required to judge more in the event of severe judge shortages. Coaches with more than **five** contestants will be required to judge a minimum of **eight** additional rounds or be required to provide additional qualified judges according to the following schedule:

**Entry exceeds 5 = 1 additional judge
Entry exceeds 10 = 2 additional judges
Entry exceeds 15 = 3 additional judges
Entry exceeds 20 = 4 additional judges
Entry exceeds 25 = 5 additional judges
Entry exceeds 30 = 6 additional judges
Entry exceeds 35 = 7 additional judges
Entry exceeds 40 = 8 additional judges
Entry exceeds 45 = 9 additional judges
Entry exceeds 50 = 10 additional judges**

Passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-H:
M/Kamel, S/Novak**

Article VII, Section 4, p.4-5 (new text in bold, old text stricken):

B. League presidents by the January CHSSA meeting will have on file with the Vice- President Activities their league's procedures for administering their state qualifier(s). These procedures should include at minimum provisions for entry, paneling, tabulation and protest. In the event of a protest, the league will be held to these guidelines by the protest committee. In the event of a protest for which the submitted procedures do not apply the protest committee will use the CHSSA bylaws, to the extent possible, to rule on the protest. It will be the league president's affirmative duty to distribute copies of league procedures and CHSSA bylaws to all member schools.

In the event that a league chooses not to submit state qualification procedures qualification tournaments shall be run according to the State Tournament rules as closely as possible.

1. Single judges may be used in preliminary rounds if an insufficient number of judges is available.
2. At least three judges shall be used in semi-final and final rounds of qualification tournaments.
3. At least two preliminary rounds shall precede the final round in any event.
4. Fee schedules to cover the costs of tournaments and League expenses may be set by the sponsoring League.
5. Suitable awards may be presented by the League.
6. Rules for all events shall be the State Tournament rules as set by these By Laws.
7. The method of tabulation of event results shall be as close as possible to the method outlined for the State Tournament.
8. Leagues may appeal 1-7 above to the CHSSA President.

C. Scripts for all prepared individual events with appropriate cover sheets shall be sent to the League president by certified mail or hand-delivered at least three weeks prior to any state qualification tournament.

The League President shall notify a coach of any rule violations no later than one week prior to the tournament. Any corrections necessary for a script to be legal for State Tournament competition must be delivered to and approved by the League President prior to the first round of the State Qualification Tournament in order for the student to compete. (Subsequent sections to be re-lettered, C to D, D to E, etc.)

Passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-I: M/
Kamel, S/Keller-Firestone**

Article II, Section 3, p.1 (new text in bold, old text stricken):

Individuals wishing to run for Area Chairperson must declare their candidacy to the CHSSA President ~~by the no less than three weeks prior to the state tournament conclusion of the Winter meeting of the CSSC.~~ Those declaring their candidacy must be affiliated with a school from within that Area. Those individuals will provide to the President no later than ~~April~~ **three weeks prior to the state tournament of that year** a statement of no more than 200 words. Each candidate's statement will be printed on a ballot and posted on the CHSSA website. The member schools of each Area will then popularly elect Chairpersons at the State Tournament through a ballot box at registration. Schools not attending the State Tournament may submit their ballots by mail. The CHSSA Historian or his/her designee should handle ballot collection.

Write in candidates will be accepted.

Passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-J: M/
Matley, S/Cummings**

Article XIII, Section 7, p.4 (new text in bold, old text stricken):

E. At the conclusion of the final session the members shall elect the Outstanding Presiding Officer (1st) and the Superior Presiding Officer (2nd). A tie shall be resolved by a vote cast by the ~~judges~~ **official parliamentarian.**

Article XIII, Sections 16-18 (new text in bold, old text stricken):

~~Section 16. Parliamentarians. Parliamentarians for the preliminary sessions shall be presiding officers not serving at that time. Parliamentarians for the semifinal session and for the final sessions shall be a qualified adult designated by the Congress Director.~~

Section 16 ~~17.~~ Area Chairpersons shall prepare registration cards for Congress, the same as for individual events and debate.

Section 17 ~~18.~~ The Vice President Activities shall prepare a tally sheet, seating forms, and master tabulating sheet for Congress.

Passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-K:
M/Matley, S/Cummings**

Article XIII, Section 5, p.2 (new text in bold, old text stricken):

~~B. The Presiding Officers and Parliamentarians shall be randomly assigned from one House to another for each of the four preliminary sessions.~~

Presiding officers assigned to each session shall serve one-half a session and then exchange with another presiding officer who shall have been acting as the parliamentarian for that house, that session.

Passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-L:
M/Matley, S/Cummings**

Article XIII, Section 5, p.3 (new text in bold, old text stricken):

C. Presiding officers for the first preliminary round shall be assigned randomly and adjusted to avoid the following:

1. Contestants from the same school.
2. Contestants from the same league.
3. Contestants from the same area.

Presiding officers shall be assigned for succeeding rounds following in the precedence to avoid:

1. Contestants from the same school.
2. Contestants with the best ranks from the preceding rounds.
3. Contestants from the same league.
4. Contestants who have competed against each other in preceding rounds.

5. Contestants from the same area.

~~DE~~. Presiding officers shall begin each session by reading a bill/resolution assigned by the Congress Committee and shall call for an affirmative speaker to begin the discussion.

Passes, unanimously

**MOTION TO REVISE THE BY-LAWS 07-09-M:
M/Matley, S/Osborn**

Article XIII, Section 6, p.3

~~C. Four presiding officers shall be elected by the combined popular votes of all congresspersons at the end of each preliminary session. Each judge will vote for the best presiding officer of each round. Judges' votes will be used only in the event of a tie in the student voting at the end of preliminary sessions.~~

Four presiding officers shall be selected for the semifinal round based on the following criteria:

Students in each of the preliminary sessions will vote for the best presiding officer in that session. The presiding officer with the greatest number of votes in each session will be given a win. The four presiding officers with the most wins will advance to the semifinal round. Ties shall be broken in the following precedence:

1. Total number of votes in preliminary rounds
2. Total number of votes head-to-head
3. Greatest number of judges' ballots
4. Special election by all semifinalists and qualifying presiding officers.

Passes, unanimously

**Motions to amend bylaws for the CHSSA meeting of
Jan. 5, 2008**

**MOTION TO REVISE THE BY-LAWS 07-09-F:
M/Barembaum, S/Kamel**

Article IX , section 3 , paragraph D2a, p.17
(new text in bold, deleted text stricken):

The contestant is to present a program of interpretation based on a theme of his/her choice. A theme is an abstract statement or theory. Topics are not themes. 'True Love' is a topic. 'True love cannot exist in the

modern world" is a theme.

Motion fails, 8-17

**MOTION TO REVISE THE BY-LAWS 08-01-A:
M/Barembaum, S/Graber**

Article VII, section 1, p.1 (new text in bold, deleted text stricken):

Section 1. Date: The date of the State Tournament shall be determined by the CSSC at the preceding Spring meeting. The preferred date for the State Tournament will always be the last full weekend of April or the preceding weekend of April. **Whenever practical, the date of the tournament shall be chosen so as to avoid conflicts with major religious holidays, as well as state and national testing.**

Passes by voice vote