

February 19-25, 2006



*The White House Project believes that Democratic Senator Hillary Rodham Clinton and Secretary of State Condoleezza Rice are among the women who have a good shot at the Presidential nomination in 2008.*

► This Week's Focus:

## A Woman President?

Could a woman be elected President in 2008? Experts say that there is a 99% chance that at least one of the major party candidates will be a woman. Is the U.S. ready to accept a female leader? If so, which one?

Ask your students to decide. In another lesson plan, we look at the long winter and the blues that may accompany it. We provide some tips to pull you through to spring. Finally, we focus on the melting polar ice caps. What can we do to stop climate change—and save the polar bears?

### Everyday Newspaper Activity

**Activity #25: Women in the News.** Have students look through the newspaper. How many stories center on men? How many on women? Are the types of stories different? What is the most interesting story involving a woman? The biggest? Can they draw any conclusions about women in America? In the world?

### Coming Up Next Week

- The Oscars
- Justice Samuel Alito
- Government Secrets

► In the News:  
**Beating the Winter Blues; The Melting Polar Ice Caps p.2**

► In PARADE: **A Woman President? p.3**

► Skills Sheets:  
**Letters to the Editor p.4;**  
**Taking a Stand p.5**

## Beating the Winter Blues

**Curriculum links:** Psychology, health, family and consumer science, personal development

**Briefing:** As winter drags on, many teens develop the blues. This may be simple post-holiday letdown, winter doldrums or cabin fever. Often these feelings can be relieved by adding exercise, social activities, time outdoors, rest and other enjoyable activities (listening to music, going to the movies) to your daily schedule. More severe feelings can signal Seasonal Affective Disorder (SAD)—a cyclical depression that can be treated with light therapy—or a more serious psychiatric condition. If depression lingers, it is important to seek professional help. Counseling has proven effective in treating this condition.

**Newspaper activity:** Ask students to look through the paper for listings or news about activities that might give their winter days a spark. These could range from funny movies to ski clubs to cooking classes to volunteer work. Which seem most promising?

**Resources:** Books: Kathleen Winkler's *Teens, Depression, and the Blues* (Enslow, 2000), Norman Rosenthal's *Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder* (Guilford Press, 2005). Web sites: Check out Web sites with suggestions for conquering the winter blues.\*

### Classroom Debates

• **Why do so many people get bored and depressed as the winter months pass?** Is it natural and inevitable, like hibernation among bears? Or are there ways to avoid it? What types of activities can help beat the blahs? Why can the doldrums be so hard to shake? Would a buddy system make it easier? How can you tell the difference between the blahs and more serious depression? What should you do if depression lingers—in yourself or in someone close to you?

## Melting Ice Caps

**Curriculum links:** Science, current events, environmental studies, civics

**Briefing:** The polar ice caps are melting. According to scientists at NASA and University of Colorado, the Arctic ice cap has shrunk to 2 million square miles. That's 500,000 miles—or 25%—less than its average size between 1979 and 2000. Why is this happening? The Earth's temperature continues to climb. The year 2005 was the warmest on record. The next warmest years were 1998, 2002, 2003 and 2004. Earth's average temperature has risen more than a degree in the past 30 years, and scientists say this is just the beginning. The Arctic warming is threatening polar bears, some of whom have drowned because of the meltdown. After Secretary of the Interior Gale Norton failed to answer petitions asking that the polar bear be named an endangered species, three environmental groups filed a lawsuit asking for its protection. The meltdown in the Arctic could also have effects far beyond local species, since the ice cap helps to keep the Earth cooler in general. The vast majority of scientists believe that the world-wide warming is due to greenhouse gases, generally a result of smokestack and vehicle emissions.

**Newspaper activity:** Ask students to find articles in the paper that provide anecdotal or statistical evidence for or against global warming (e.g., pieces on rising ocean temperatures or lower-than-normal temperatures). Is there any pattern?

**Resources:** Books: James Haley's *Global Warming: Opposing Viewpoints* (Greenhaven, 2001) and Laurence Pringle's *Global Warming* (SeaStar, 2003). Find out more about global warming from news reports, the National Academy of Sciences and others.\*

### Classroom Debates

• **Should the U.S. take immediate steps to combat global warming?** For example, should it set higher minimum standards for gas mileage or lower the level of allowable smokestack emissions? Why or why not? If the U.S. does not take steps such as these, who benefits? Who loses? How would such steps affect you personally? How does an energy policy that relies on fossil fuels affect the environment? Are there alternative ways to deal with U.S. energy needs? If you were in charge of U.S. energy policy, what would you propose? What can you do personally to help?

# A Woman President?

**Curriculum links:** Social studies, civics, current events, history

**Briefing:** In the Feb. 19 issue of PARADE, the “Intelligence Report” column looks at the prospects of electing a woman President. It’s 99% certain that one or two women will be running in 2008, says Marie Wilson, head of the White House Project, a nonpartisan group that promotes women in politics. And 80% of Americans are ready for a female President, a recent Roper poll reveals. PARADE lists eight women who, although not yet officially in the race, may grab nominations. Among them is New York Senator (and former First Lady) Hillary Clinton (D-N.Y.). In the Senate, Clinton focuses on defense issues, homeland security, education and labor. She has reached out to Republican colleagues but remains a staunch opponent of the Bush Administration. Republican Condoleezza Rice, the first African-American woman to serve as Secretary of State, is another possibility. She is a big influence on George Bush and is frequently credited with the Bush doctrine of pre-emptive action. Other possibilities include Arizona’s Democratic governor Janet Napolitano, Senator Kay Bailey Hutchison (R-Tex.), Republican Maine Senators Susan Collins and Olympia Snowe, Atlanta’s Democratic mayor Shirley Franklin, and Kathleen Sebelius, the Democratic governor of Kansas. Although women have run for President in the past (Victoria Woodhull was the first in 1872), no woman has been a Presidential candidate for one of our two major parties.

## Classroom Debates

- **Many other countries have had female heads of state.** Why has the U.S. never had a woman President? Is the U.S. ready for a woman President? Why or why not? What would be the pros and cons? Which of the women listed has the best chance of being nominated? Which has the best chance of being elected? What obstacles would she face? Who do you think is best qualified to be President? Why?

**Newspaper activity:** Divide the class into eight groups. Assign each group one of the eight women. Have them report back to the class on what they find written about them in the newspaper. Which women get the most attention? Why?

**Resources:** Web sites: Visit the White House Project. Learn more about the women’s views at Project Vote Smart and OnTheIssues. Visit sites that reveal more about their individual backgrounds.\*

## ASK MARILYN

### What Would You Say?

Senator James Watson originated the proverb, “If you can’t lick ’em, join ’em.” What would *you* say? Fill in the blank with one or more words: If you can’t lick ’em,

---

**Interact:** Do students have questions or comments for Marilyn? Send them to Ask Marilyn, 711 Third Ave., New York, N.Y. 10017, or e-mail them to [marilyn@parade.com](mailto:marilyn@parade.com).

## FRESH VOICES

### Pet Peeves

**For class discussion or writing assignment:** Kristen’s pet peeve is people who throw cigarette butts on the ground. Tori, 18, can’t stand misspelled words. Michelle hates it when people bring noisy babies to the movie theater. What’s your pet peeve? Why?

**Interact:** Ask students, “Have you ever been duped?” Send students’ writing to Fresh Voices, Box 5103, Grand Central Station, New York, N.Y. 10163-5103, or e-mail [freshvoices@parade.com](mailto:freshvoices@parade.com). Students whose letters are published will receive Fresh Voices T-shirts.

## Answer Key:

**Letters to the Editor (p. 4):** Answers will vary.

**Taking a Stand (p. 5):** Answers will vary.

## Letters to the Editor

**Do you read the Letters to the Editor?** Who is the editor of the paper in your community? What issues have inspired people in your town to write to the editor? Find the section of the paper that lists the staff, then find the "Letters to the Editor" section and answer the questions below.

1. Who is the editor of your newspaper?

---

Is there an editorial/opinion editor? Who?

---

2. Is there a readers' representative or ombudsman? Who?

---

3. Read the Letters to the Editor. Have you ever written one? If so, about what?

---

---

---

---

4. Is there a particular letter with which you strongly agree or strongly disagree? Why?

---

---

---

---

5. What is the average length of the letters?

---

6. Do any of the letters address issues of particular interest to teens?

---

7. Make a list of arguments for and against a particular position on an issue that interests you.

---

---

---

---

8. Write a brief outline of your own position on the issue. How might someone argue against you? What might you argue in response?

---

---

---

---

9. Write a letter to the editor expressing your opinions. Watch for it in upcoming issues of the paper.

---

---

---

---

## Taking a Stand

**Which woman do you think would be the best President?** Before you answer, write down four issues that are important to you on the lines below (e.g., Issue # 1, Issue # 2, etc.). Then compare and contrast the views of three women candidates of your choice.

**Issue # 1:** \_\_\_\_\_

**My stand:** \_\_\_\_\_

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

\_\_\_\_\_

**Issue # 2:** \_\_\_\_\_

**My stand:** \_\_\_\_\_

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

\_\_\_\_\_

**Issue # 3:** \_\_\_\_\_

**My stand:** \_\_\_\_\_

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

\_\_\_\_\_

**Issue # 4:** \_\_\_\_\_

**My stand:** \_\_\_\_\_

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

**Candidate** \_\_\_\_\_ **'s stand:**

\_\_\_\_\_

\_\_\_\_\_