

THE DART

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Pro leagues face hazy future

Tyler Yarbrough
Staff Writer

In recent months, the WNBA and the Women's United Soccer Association (WUSA) have experienced financial turmoil due to lack of support from sponsors and fans.

As a result, in September, the WUSA folded. After only three seasons, the WUSA suspended all operations.

According to the *Philadelphia Business Journal*, the WUSA founder and chairman John Hendricks said the WUSA was unable to attract enough corporate sponsors to cover a \$16 million to \$17.5 million shortfall. He said the league could resume play in 2005 if at least six new corporate sponsors come forward.

The Dart made several attempts to contact both the WUSA and WNBA, but there was no response.

In April of 2003 the WNBA and its players' union signed a four-season deal that would keep them on the court, but for less pay.

The deal guaranteed a 4 percent a year increase in the amount that teams will spend on salaries, totaling more than 17 percent over four years. In the first year, minimum salaries for veterans will increase by 5 percent, from \$40,000 to \$42,000, while the rookie minimum salary will remain at \$30,000. Before the labor deal was made, the players had asked



Freshmen Caroline Orscheln and Emily Tummons practice dribbling and a one-on-one defense drill during November basketball tryouts.

for a \$48,000 minimum, and the league's original offer was \$41,200 with rookie salaries cut to \$25,000.

The WNBA's parent organization, the NBA, keeps it afloat. The NBA has given the WNBA \$12 million this year in order to ensure that the league continues for another season.

"The WNBA would not even survive if it were not for the NBA," said Ms. Sue Serafini, an assistant coach of the Kan-

sas State University women's basketball team. "It costs a lot of financial dollars to keep the league going, but the NBA has always stepped up to the plate and helped the league financially."

Attendance at WNBA games will determine how long the league will last. The WNBA must now rely on the fans to change the situation.

"Men's basketball has been supported [by fans] for decades,"

said Serafini. "In the past they wouldn't let women play basketball for silly reasons. But now they are starting to show women athletes-role models on television. Middle school students and youngsters still in grade school are growing up seeing women athletes."

There are several steps the WNBA must take in order for the league to have a firm financial foundation for the next

see WNBA, page 11

Albright signs new memoir for audience

Rose Dillon
Business Manager

Tuesday night at 7 p.m., former Secretary of State Madeleine Albright appeared at Unity Temple on the Plaza to promote her new memoir, *Madame Secretary*.

Albright spoke to around 1,000 people about personal experiences (such as working in a male-dominated environment) and explained why she wrote the book.

"I believe in the goodness of American power," Albright said. "When the U.S. is engaged, good things happen."

After speaking about the topics in her memoir, Albright took questions from the audience.

"The best part about not being Secretary of State is that I can actually answer your questions," she said.

Throughout the talk, Albright spoke about President Bush and his foreign policy decisions. She refrained from accusations towards the President yet expressed her opinions on the matter.

"You don't provide democracy with troops," she said.

Born in Prague in 1937 to a Czechoslovakian diplomat, Albright grew up greeting European dignitaries. In 1948, her family fled from the Communists in Czechoslovakia and moved to the United States.

"I desperately tried to become a good little American girl," she said.

At her Denver high school, Albright won a U.N.-sponsored competition for correctly naming all the members of the agency.

"All [my family] ever did was talk about foreign policy, all the time," she said.

Albright went on to attend Wellesley College on a scholarship, was married, and got her master's and her Ph.D. at Columbia University while raising three daughters.

"I tried to do everything and I obviously couldn't," she said. "You can do everything, just not all at the same time."

She taught international affairs at Georgetown University, which became one of her reasons for writing the book.

"As a professor, I understand the need for primary sources," she said.

She served as president of the Center for National Policy and as a member of the National Security Council staff before being appointed U.S. ambassador to the UN in 1993. In 1997 she was appointed Secretary of State for the Clinton administration and became the highest-ranking woman in the federal government to date.

Throughout her speech, Albright kept the atmosphere light by telling stories, such as one about Saddam Hussein's accusation that she was a snake. As a result she wore a snake pin on TV whenever speaking of Iraq.

Seniors give present of life-saving device to respond to heart failure

Katie Hembree
Staff Writer

As their senior gift, last year's graduating class purchased a \$2,250 automated external defibrillator (AED) for STA.

AEDs are user-friendly, heart-shocking devices that treat people with cardiac arrest. They are becoming more common across the country in locations such as schools, churches, hotels and airports. AEDs are designed to be used by non-medical personnel and they are approved for treating anyone who collapses, loses consciousness or lacks a pulse.

"I suspect the reason for purchasing [an AED] was that there have been times at other schools where someone collapsed," said Ms. Mary Anne Hoecker.

The machine was purchased through the community outreach program at St. Luke's Hospital. Nurses from the hospital invited all STA faculty and staff to attend a two-hour training session on campus. Ms. Anne Bode-Rodriguez, Hoecker, Ms. Karen Moran, Mr. Mike Egner, Mr. Jack Garvin and Mr. Rich Wilson all attended

the meeting and are now certified users.

"The senior class wanted to donate something that was meaningful and that would be around for a while," said Mr. Rich Wilson. "I'd say they accomplished their goal."

Ms. Betsy Hansbrough, R.N., is certified yearly off campus through the American Heart Association. Freshman Katrina Abella and Sophomores Laura Kearns and Trish Rogers were certified off campus as well.

AEDs are used to treat people with rapid, irregular heart ar-

rhythmia by depolarizing heart cells in attempt to restart them in an orderly manner. Dr. Anthony Albracht, cardiologist, tells his patients to think of this concept like

"yelling shut up in a room full of people everyone stops what they're doing and then starts again in an 'organized fashion.'"

According to the American Heart Association, there is a one in five chance

that a defibrillator will be used within a given year to treat a person with cardiac arrest. The only issue is deciding if a defibrillator is

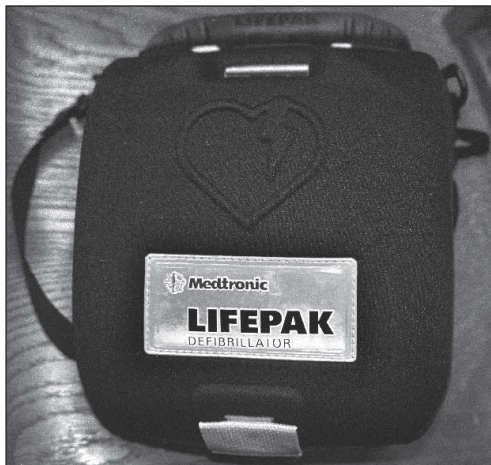


photo by Katie Hembree

Last year's graduating seniors presented STA with an automated external defibrillator as their senior gift. The defibrillator is located in a utility closet in the Goppert Center.

best placed at STA.

Mark Fendrick, M.D., professor of internal medicine at the University of Michigan recognizes three crucial factors to determine where a defibrillator should be placed. These include: how many people are at the location, amount of time people spend there and whether or not these people are potentially at risk for cardiac arrest.

"In an ideal world, a defibrillator would be present wherever large numbers of high-risk people congregate," Fendrick said. "What concerns me is that instead of being routinely placed in high-risk locations such as crowded senior centers, these devices are frequently put in locations such as elementary schools, where their use is very unlikely."

On the other hand, if a school can afford a defibrillator, some believe it could be beneficial to own one for safety precautions.

"We have never had to use [the defibrillator], but we never know when we might have to," said Hoecker.

Over 460,000 Americans die see Defibrillator, page 5

Teachers' dress shapes students' perception

Allison Jaros
Associate Photo Editor

Each day, 500 students walk through STA hallways in plaid skirts, polo shirts and sweaters. Students are so used to the uniform that the teachers and administrators, who don't have a uniform, get extra attention.

"Last year [Kate Graham] decided to record everything Ms. Rowland wore to see if she ever wore anything twice," said Junior Rachel Cook. "We were analyzing what she wore. It was fun and she never prevented us from doing it so I guess it wasn't too distracting."

Even though not all students analyze what teachers wear, chances are they notice sometimes.

"If someone is up there talking for forty minutes, you're going to notice what they wear," said Theology teacher Ms. Anita Reznicek.

For some students, one particular outfit or piece of clothing a teacher wears sticks out, like Ms. Sara Acton's sweaters or Mr. Mark Fudenberg's socks.

"I like looking at [Ms. Rowland's] shoes while she is talking," said Cook. "She usually has some kind of interesting shoe or a skirt with a pattern. It's like watching fish in a fish tank; you don't know why they

are so interesting but they are." Besides being entertaining, the teacher's clothes at STA have to serve a more practical purpose. They tell the student something about the teacher.

"Mr. Fud always wears these funny socks and he's kind of a funny guy," said Sophomore Alex Farkas.

How a teacher dresses can be an indicator of their personality. Clothes can also be used as a device to change a perception of a person.

"I like Ms. Harman's blue polka dot shirt," said Cook. "It's pretty modern; she wears stuff we would wear. Maybe we feel like we can relate to her more because of this. She also wears a lot of bright colors and that makes her seem like a more vibrant person."

In general though, a teacher's main goal is to look professional and to dress appropriately for the school environment.

"Students form an impression about us based on what we wear," said Reznicek. "We have the responsibility to present ourselves professionally. We have a professional uniform just like you [the students] do."

Teachers don't always have the time or money to have an extensive wardrobe. They have to wear

clothes that are comfortable and that they can work in.

"Mostly our clothes are clean, basic, typically not very expensive," said Reznicek. "I don't know anyone who wears 181 outfits."

"We all dress professionally, according to our own descriptions," said Sandra Rowland. "What's comfortable for me is not always comfortable for someone else."

Ms. Reznicek thinks that if the teachers dressed sloppy that the students would act less attentive.

"The students behave differently on dress down day," said Reznicek. "You get squirrelier; you feel different about yourself based on what you wear; because people treat you different."

Ms. Jo Ann Weller doesn't think there is as direct a connection. "If I want to scare my student I can do it no matter what I wear," said Weller.

Although there is some debate about how direct the effects of what teachers wear, all the teachers seem to agree that it is their job to present themselves professionally to the students.

"I'm a professional," said Rowland. "When I get up I put on make-up and dress-up, it sends a message to my students that I'm ready to teach."



Theology teacher Ms. Anita Reznicek, who thinks dress influences a student's behavior, lectures her World Faiths class.

“OVER HEARD” Student Stress

Ann Stacy
Associate Editor



"I'm so stressed out!"

Consider this hypothetical situation: you have two tests, a paper and a project due tomorrow. Don't forget about your mandatory meeting during activity period, practice right after school and rehearsal tonight at seven, after which you have your grandma's 85th birthday party and your favorite show is on TV. Oh yea, sometime in there you might need to work in a few hours of sleep.

Now, how do you feel? Stressed, perhaps? For many students, this hypothetical situation is frighteningly close to reality. There's no doubt about it, life is full of stress and STA girls don't hesitate to express their own.

"Ya know, if I didn't have this test tomorrow my life would be a little bit better," said a student thinking ahead to a study-filled night.

"Junior year can be expressed in two thoughts," said a stressed junior. "Knots in your back and bags under your eyes."

"I think I lost my accountability," said a girl digging through her backpack stuffed with notebooks, crinkled papers and massive textbooks.

"I think I lost my mind," responded her friend, staring blankly at a computer monitor.

Some students try to ignore their stress and continue their lives in a normal fashion. Others however, knowing that this approach usually fails, prefer to formulate plans that would rid their lives of stress altogether.

"I'm moving to Greece and

alternative to school and her stressful life."

"Aren't you allowed to drop out of school when you're 16?" asked a clearly defeated and stressed girl.

"I'm passed that, I quit," announced a student. "I'm going to work at McDonald's."

Girls are often so consumed by stress that they are unable to put their thoughts into coherent sentences. It is at times like these when strange, animal-like noises can be heard escaping from the mouths of seemingly normal and human girls.

When a girl enters a classroom with her shirt untucked, her hair tousled unneatly, a deer in the headlights look in her eyes and she is making one of these sounds, it is best to steer clear of her and let nature take its course.

"Ahhhhhhhh!" "Huuuhhh!" "Ehhhhhhhh!"

Comments of the stressful lives of students are often accompanied by small actions. Stressed girls commonly bite their nails, pull their hair and chew pens or pencils.

Some girls even sing self-composed songs about tests, projects and other causes of stress in their lives. If any of these songs ever make it big, then "I'm Going to Flunk My Test," "I Think I'm Going Crazy" and "I'm Going to Pull My Hair Out" might be a few of the hit singles that will top music charts in the future.

At the end of a stressful day, most students desire to take the "Office Space" approach to solve their school stress. In the opinions of many students, when applied to school, Peter Gibbons' comments about work express their desires the best.

"Uh, I don't like my job, and uh I don't think I'm gonna go

Distance strains romance

Juana Summers
Staff Writer

Long distance relationships, including internet relationships, have recently become a viable alternative to the local dating pool.

These types of relationships vary. Some participants meet their significant others at camps, on vacation, or over the internet.

Sophomore Christine Farris, who is in a long distance relationship, defines distance as "when you can't see a person as often as you should."

Internet relationships have become increasingly more common since the 1990's, when the World Wide Web made its public debut.

Farris met her boyfriend through Habbo Hotel, an avatar chat based in England. She and her boyfriend, Shaun Albery, have been together for eight months. Being in an internet relationship is considered perfectly acceptable by some, but dangerous by others.

"[Long distance relationships] are harder to get wrapped up in," said Freshman Meaghan Taylor. "It's very different when you haven't seen them for a long time."

Counselor Tanya Hamilton finds that long distance relationships initiated over the internet are risky, because it is impossible to validate their age or honesty. Services like Faceparty give you the opportunity to fill out a profile on yourself, but there is no way to validate that the information given is true.

A graduate student from Fordham University's school of Social Sciences said, "Long distance relationships] can be more troublesome for teens, where not fully developed levels of self-esteem can lead to addictive, dependent attachments, especially fostered through the deceptive, pseudo world of the internet, at a time when these kids should be interacting with those they can do things with, see observe

"We know each other so well; it would be impossible to keep up an eight month relationship with him pretending to be a seventeen-year-old boy," Farris said.

Freshman Kim Thomas believes that in some relationships, there is a certain appeal to dating someone from a different place.

"A lot of people think that the farther away from home they get, the better," said Thomas. "They get bored and figure that there's more variety outside."

Thomas has never been in a long distance relationship, and is concerned for the safety of those involved.

Farris will be meeting her boyfriend in December, when he comes to visit Kansas City.

"Everything is leading up to this," said Farris.

However, many people

discourage internet romances.

Hamilton says that meeting the person that you are involved in a long distance relationship with can be risky because you are only going off of what they say.

Taylor is engaged in a different type of long distance relationship, with someone she calls "brother." Taylor met her brother, who shares her last name, on the internet in a Nirvana forum. She has known him for almost six months, and hopes to meet him when in college.

Taylor said that internet relationships require caution. She also said that a romantic internet relationship influences more people to "have cyber sex."

Long distance relationships can be difficult to maintain, and are not suitable for all couples.

"It's not for everyone," Farris said. "Some can deal, some can't."

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Letters Policy

The Dart encourages letters to the editor. All letters are to be submitted



photo by Juana Summers

Students in Mrs. Hansborough's room drop their heavy backpacks behind their chairs at STA, 92 percent of those surveyed have back pain attributed to the weight of their backpacks.

Studies weigh in on risk of overloaded backpacks

Chandler Domian
Staff Writer

Students at STA not only carry around the weight of stress on their shoulders but also the weight of their backpacks. This situation has become too familiar to some.

"The first time we had homework this year my backpack weighed 32 pounds," said Freshman Melissa Rhodes.

According to the American Chiropractic Association and the American Occupational Therapy Association, students should carry no more than 10 percent of their body weight in their backpacks.

Senior Kat Liljegen is a part of the nine percent of students surveyed at STA that wear a shoulder bag instead of a backpack. Liljegen started wearing a shoulder bag last year when she

either lean forward, arch back, or lean to the side if only utilizing one strap, in order to prevent falling over.

The improper use of backpacks can also affect head and neck positions, knee alignment, and can restrict blood and nerve supply to the arms and hands.

A survey conducted among STA students unveiled that 90 percent of those surveyed experience mainly lower back and shoulder pain more than once a week, and 92 percent of those that experience back pain contribute the discomfort to the weight in their backpack.

Associate Professor of Graduate Physical Therapy at Simmons College, Shelley Goodgold says a student carrying a backpack that exceeds the proper weight must

realized her schedule allowed for frequent locker breaks enabling her to carry lighter loads. Liljegen says that if her loads were heavier, she would experience a lot of back pain.

"The shoulder bag keeps me from carrying around a lot of stuff I don't need," Liljegen said.

When a backpack is worn with only one strap, the bag's weight is distributed unevenly promoting stress to the back. Backpacks and shoulder bags carried with one strap can cause lateral spinal bending, uneven shoulder elevation and a forward lean of the head and neck.

Junior Candace Darden began carrying a roller backpack in the seventh grade to prevent back discomfort caused by an

see Backpacks, page 12

Waking Up Our World: 21st Century Slavery

Brittany Cummings
Editor-in-Chief



The estimated annual contribution by slaves to the global economy is 13 billion dollars according to National Geographic magazine.

Slavery is illegal in every country of the world but can still be found in over 100 nations.

Modern slavery is hard to explain because Americans often connect slavery with the abolition in the 1800s. Slaves today are forced to work through mental or physical threat; are owned or controlled by an "employer" through mental, physical, or threatened abuse; are bought and sold as property; and have restrictions on their freedom of movement.

In fact, slavery is quite different from its past and has become a black market in places such as the United States. Slaves in the 1800s were expensive, owned legally, held captive their whole lives and were of a different ethnicity from their owners.

Now, slavery is illegal. Individuals from all backgrounds are sold to various owners for short periods of time. The main reason slavery has become so popular, however, is because slaves are cheap.

Frighteningly, around 150,000 slaves are held captive in the U.S. according to Kevin Bales, director of U.S.-based Free the Slaves. In addition, 20,000 people are trafficked into the U.S. each year says the Department of State.

The majority of these people end up as prostitutes or farm laborers. Some serve as domestic

slaves in private homes.

Slavery exists in many forms. Frequently, slaves are thrown into bonded labor; forced labor, child labor, commercial sexual exploitation of children, trafficking, early/forced marriage and traditional slavery.

At the National Catholic Youth Conference in Houston last week, Craig Kielburger spoke to more than 23,000 teenagers about child labor around the world. In a passionate speech he said, "Often assumed to be the leaders of tomorrow, our generation must be the leaders of today."

By the age of 20, he has traveled to over 40 countries defending children's rights. He has gathered 300,000 young adults to volunteer and support victims of poverty and abuse through "Free the Children." His example is something we should all live by.

Slavery plagues the United States and hundreds of other locations! Millions of people want to move to find new jobs and freedoms. Tight restrictions on legal migrations in countries all over the world have made the buying and selling of people a highly profitable business. This problem we (Americans) thought we got rid of centuries past is worsening as it grows in popularity. Few people know to what extent it is still occurring.

People of all ages are held captive with no chance of escape. Don't they deserve the right to be free? They need all the help and exploitation they can get. For more information on this topic, refer to <http://www.antislavery.org/> and learn how you can help put an end to slavery. Grab a copy of the form letter on their website and send it to our state representative!

Invest now, become a smart saver

Leslie Herring
Staff Writer

If a twenty-one year old put \$163 in the bank every month, by the time they were 60 they would be a millionaire. Saving every week or month can pay off in the long run.

The importance of saving money early is becoming more apparent because of inflation. Smart saving as a teen can affect financial stability later.

"I save a lot of the money I make so that later in life I will be able to afford the things I want," said Junior Amy Mashburn.

In a 2002 Merrill Lynch survey 54% of teens said they save half of what they earn. 24% save

all of what they earn and 17% don't save money at all. Saving early means less work later.

As a teen, saving money can be difficult. While some teens are able to turn to their parents for money, others can only depend on themselves.

"My parents bought me a car, pay my insurance, cell phone bill, and my tuition," said Mashburn. "But I have to pay for the things I want, like clothes, movies and other things I do with my friends."

Merrill Lynch gives tips for teens on how to be a smart saver. First, decide how much is needed for spending, but be sure to differentiate between what is

necessary and what is not.

Learn how to budget spending money. Tracking income and expenses teaches teens money skills and responsibility.

\$ Smart Saving?

50 STA students polled:

- 83% save money
- 62% have savings/ checking account
- 71% save for college
- 68.5% save for car expenses
- 63% save for recreation
- 37% save for trips/ vacations

Set goals for saving. Decide on something big to save up for, like college or a car.

Inflation makes it difficult to know what our money will be

worth in the future.

Keeping money in a savings or checking account gathers interest off the money in the accounts.

"I keep money in the bank so I am not as tempted to spend it," said Junior Allie Brown. "Plus I am making easy money from the interest."

Investing money is another option, however, it is not risk free. Investing gives you a chance for a higher return but you can also lose the money you invested.

Find an expert on investing to help you make informed decisions.

Earning money is key to saving money. You can't save

money you don't have. Jobs can bring in income and they can teach responsibility. Find a job that you enjoy so making money is fun. Mashburn is a nanny.

"I would not consider my job working," says Mashburn. "They are like a second family to me and they treat me like a member of the family and not like a baby-sitter."

Now is one of the best times to start saving money. Expenses are low because we don't have to pay bills like rent or food.

"I am trying to save a lot of money now because later on I will have to pay for things that I don't have to pay for now," said Brown. "Like laundry detergent and toilet paper."

Gaining beauty, pride in 15 minutes

Jen Vogel
Editor-in-Chief

"Sick! This is disgusting! Would you please look at how pale I am? The sun is actually reflecting a glare off my skin. I have to go tanning."

How many times have you walked past an STA student staring at her reflection in the bathroom mirror, and heard her utter these same words? In fact, you may have said something similar. If so, you're not alone; in the minds of many teens, pale equals ugly.

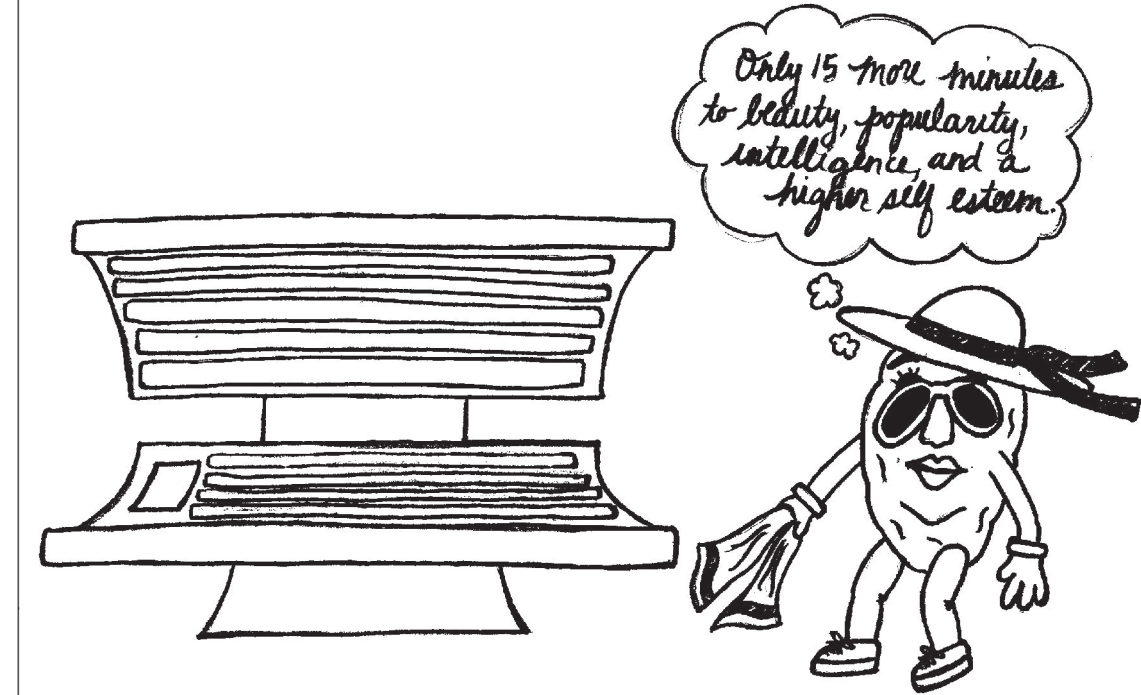
Walking through the halls, one STA student noticed an unusual number of red faces around the school. Slightly puzzled, she thought for a moment; then she remembered it was the week before Teresian. Some students tanned every day, determined to attain that radiant glow. One anonymous student got sick during class and had to leave school, but made a quick stop at the tanning beds on her way home. That's dedication.

Tanning beds have even extended their office hours to

accommodate late night tanners. Refusing to miss a day of tanning, one STA student rushed to the salon at 10:50 p.m., barely beating the 11:00 p.m. closing time. She didn't get her homework done that night, but her skin was slightly darker. Clearly the academic sacrifice was necessary.

The path to a beautifully bronzed body is scattered with obstacles. The most daunting challenge: parent opposition. Citing ridiculous risks like skin cancer, wrinkles and liver spots, many parents forbid tanning. Do these warnings discourage a determined tanner? Of course not. Teens tell their parents they're leaving for a quick smoothie, and then head straight for the tanning beds. Those who can't drive might catch a ride with an older friend. If these secretive tanners get burnt, a slick excuse like "I spent a lot of time outside today," will often satisfy parents' curiosity. After all, many students burn while walking across the quad.

While tanning is an expensive obsession, creative students



editorial cartoon courtesy of Jen Vogel

devise plans to its costs. Some attend a new salon for each tan, taking advantage of free first tan offers. It involves a little planning, but the rewards are well worth the effort.

Tanning instantly enhances

your beauty, increases your popularity, raises your intelligence level and boosts your self-esteem—all in less than 15 minutes. Its effects are nothing short of miraculous. Who cares if exposure to ultraviolet light is

linked directly to skin cancer? Who cares if 15 year olds are being diagnosed with melanoma, the deadliest form of skin cancer? Your peers are getting skin cancer, but it could never happen to you, right?

photo poll: What is your most memorable Thanksgiving?



"When I was 14, my mom was sick on Thanksgiving so I made dinner for everyone by myself sweet potatoes and all!"
Stephanie Carr, senior



"One year at my aunt's house, her dogs ate all of the pies. We didn't get to eat any dessert that year."
Emily Welch, junior



"Last year I spent Thanksgiving at my step mom's side of the family and they are Muslim. It was a cool and interesting experience."
Meigan Yarbrough, sophomore



"A few years ago we bought two turkeys. My mom cooked one and then we ran the other one over with our go-kart."
Betsy Miller, freshman



"I spent one Thanksgiving in India and was terribly sick. My dinner consisted of chicken noodle soup, and I haven't eaten that since."
Ms. Heather Macintosh, spanish teacher

Three Perspectives
One Issue

Parents and Drugs

Caroline Findlay
Staff Writer

Should your parents be able to check your stats?

Background Information: In the early 1990s, at-home drug tests were introduced to the United States market, but it wasn't until 1999 that consumers began purchasing them. Now hundreds of companies distribute at-home drug tests to parents nationwide. These tests can cost anywhere from \$5 to \$500. The basic ones are one-time use tests that detect marijuana in someone's system by using saliva and urine samples. Other more expensive tests can be used over and over again and test all drugs such as cocaine, heroin and ecstasy. They are available online or in local drugstores.

Are at-home drug tests fair?

Heather Coakley, junior

Junior Heather Coakley doesn't feel that giving an at-home drug test is fair. She thinks that it is the parent's responsibility to monitor their kids so they don't do any drugs. If parents have to give their child a drug test, they must be doing something wrong.

"First of all, it is a complete invasion of one's privacy," said Coakley.

She believes that it is the parent's job to keep an eye on their kids. Giving them such tests really pushes the envelope.

"My mom would never have to do this to me, but if I came home to a drug test waiting for me to [urinate] on, I wouldn't take it," she said.

She says being a teen is about learning lessons and taking risks. She doesn't mean kids should go out and be crazy, but they shouldn't have their parents always in their face.

"Today if someone's parents are breathing down their necks with discipline, then the child will usually rebel," she said. "Just let teens have a little independence."

Krystol Griffin, senior

Krystol Griffin had never heard of at-home drug testing before. After reading one of the articles found on the Internet she feels more educated.

"How do they work?" she asked.

She was informed that some are like pregnancy tests where instant results are available. The child's saliva is swabbed and urine collected, and both samples are sent to a laboratory. The lab will analyze the samples to determine whether the person had any type of drug in his or her body. Results are either sent back to the home or posted on the internet with an I.D. number given with the original test. It is completely confidential.

"I didn't realize it was so complicated," said Griffin. Her stance is neutral.

"I agree with at-home drug testing because it can allow parents to keep their kids in line and get them help if they are, in fact, using drugs," she said. "But I disagree with them because it can really tear up a kid's relationship with his or her parents, causing a tense family atmosphere."

That is what the Food and Drug Administration has been saying; the home will be too torn up by these allegations from parents to kids. However, now most drug tests are approved by the FDA.

"Basically I think if you are 100% sure that your kid is doing drugs, then you don't have to test them in the first place, just get them help," she said. "But if parents are unsure then just sitting down and talking about it would work." Unfortunately no matter what they do, the trust is shot."

"It is basically a lose-lose situation," said Griffin. "Either your kids are on drugs or they don't trust you."

Ms. Pat Dunlay, English teacher

Ms. Pat Dunlay, English teacher, did not have much first-hand experience dealing with drug-testing her own children but she does have some advice for parents who have to face that problem.

"Most parents probably haven't reached that level of gravity with their kids," said Dunlay. "I would say, for the most part, parents have not had the experience of drug-testing, let alone catching the children doing drugs."

But does she think these tests are fair?

"I think any type of drug test given to a teenager should be the last resort," she said. "If a kid has gotten help or tried to stop using drugs, then maybe a drug test is necessary."

Dunlay says she would have never personally made her kids (they are now in their thirties) take a drug test from her. "The risk parents take by giving their children drug tests is undermining the trust in the relationship," said Dunlay.

Dunlay's children were teenagers growing up the 1980s. She says the drug of choice was alcohol. There were not hard drugs as easily available. Even though there was marijuana, it was not as widely used.

"Teens are probably more exposed now than they were 10 or 20 years ago."

She admits teens will experiment, but she doesn't think giving your kids an at-home drug test will stop it. If the problem persists, though, she recommends professional help.

"I think it is a shame if parents are so naive but then force their kids to take a drug test," she said when ultimately asked if at-home drug tests were fair. "So, I do not agree with them."

HOW TO... survive a family shindig



Ann Langworthy
Associate Editor



In honor of the upcoming holiday/family shindig season, I will attempt to heighten your partying skills. The first step in this intensive and complicated process is the ability to chitchat with almost anyone, from your Uncle Eddie (let's face it—everyone has one) to a far distant kinsman.

Everyone knows the basics, the classic "Hi, how are you?" or "Good to see you again." Here is a little known fact: people are sick of hearing these pathetic, overused phrases. If you want to make a lasting impression then you need to mix it up a little.

As you make your entrance, instead of the usual "Hey, what's up?" why not opt for a more seasonal choice like "What's cookin', besides the turkey?"

The trick is to catch people off guard, keep them on their toes.

Surprise is the key to a decent conversation starter, keep in mind it is quite alright to the stretch the truth. For instance, "Pardon me, have you seen my missing Nobel Prize around here?" or "Help me! I'm stuck in a moment and I can't get out of it." (Disclaimer: Avoid usage on non-family members.)

Don't let the initial excitement you have created die down. We have all been in this predicament before—sitting for hours upon hours angelically

listening to the old timers rant about how the world is going to pot, most likely due to some global scheme of teenagers everywhere. Sometimes you listen, sometimes you don't, sometimes you might choose to tune in and out in a very Kevin Kline like manner.

No more. You are not a wall ornament. You are a human being and, thanks to good ol' Jefferson, the First Amendment guarantees you the right to express yourself. (Special thanks to Mr. Whitney and the entire social studies department for the enlightening Constitution test.)

Do something crazy. Anything to get the attention off of politics and back onto something important, like you. Begin telling jokes, screaming, dancing, or choking. (If worse comes to worse you can even cry.) Warning: in this time of confusion do not reveal anything too personal at risk of it being held against you at a later date, after all this is your family.

The time has flown by and sadly the evening is drawing to a close. It would be an awful mistake to leave on a low note, you wouldn't want to be remembered as anything less than endearing. An infallible technique is to shower all adults with compliments as you leave. It is a scientific fact that once you reach a certain age the old memory box starts to go. The fam won't remember anything but your adorable ways.

And don't worry, your family doesn't have a choice. They have to love you.

Modifying fast food makes healthy choice

Ali Ryan
Associate Editor

Every day, one in four Americans eats some kind of fast food. Though all know the great health concerns that come along with these meals, thousands continue to gobble them up.

"Fast food" is convenient tasty food," said Junior Melinda Parra.

Recently, the Surgeon General published a Call to Action regarding fast food. It recommended that restaurants offer healthier options as well as smaller portion sizes.

Often, teens see fast food as a quick and easy meal on the go. However, many don't realize that their meal could contain about 1,500 calories of the typical 2,000 calorie diet.

"It's ridiculous how many calories and fat it has," said Sophomore Kate Harbin, who sometimes has fast food as a quick and easy meal.

Fast food is often loaded with

grease. Foods are deep-fried and provide few nutritional benefits. Sodas, which often come along with these meals, are a major source of "empty calories." These calories provide little if any nutritional benefits.

Luckily, there are many ways to make these meals on the go healthier. Though they are still not perfectly healthy, these are improvements.

The key word to fast food is moderation. If someone is ordering French fries, ordering a small instead of a large can reduce the 540 calories to 210.

"Sometimes I try to make my meal healthier by ordering a salad instead of a Big Mac," said Parra. "Even though it's still fast food, I feel like I'm eating healthier."

Cheeses and sauces are huge contributors to fat and calorie counts. Holding the mayonnaise on a sandwich reduces the fat content up to 65%, and calorie content up to 25%.

Salads often seem like healthier options, but you have to pick the right one. Order a salad that is mostly vegetables, rather than meats, cheeses or croutons. Order salad dressing on the side and add to taste. Choose a low-fat, non-creamy dressing, which can take away around 250 calories.

Drinks are an often ignored source of empty calories which provide no nutritional value. Ordering water or a 100% juice is a much healthier choice than sodas.

Fast food restaurants are catching on to their consumers' growing concern for health. Taco Bell now provides a "fresco" style, where salsa can be substituted for cheese and sauces. Grilled and broiled options are available for many sandwiches.

Though these tips make fast food healthier, these are still not the best meals to choose.

"I don't eat it much and I exercise, so I think every once in a while it's OK," said Harbin.

Defibrillator

(continued from page 1)

Hoeker:

Over 400,000 Americans die each year from sudden cardiac arrest, with 250,000 of those deaths occurring outside a hospital.

"For good reason, the public is worried about cardiac arrest," said Fendrick. "It is an extremely common cause of death in the United States."

The defibrillator is not guaranteed to work one hundred percent of the time, but it is much more effective than CPR and is cur-

rently the most effective method of spontaneous care. An AED works by sending electrodes to pick up electrocardiogram (EKG) the tracking of the heartbeat from the surface of the body. The voice-activated machine then detects whether or not shocking is needed and it continues to reassess and re-shock as necessary. The device sends a flow of electricity through the tissues and on through the heart, forcing it back into normal rhythm.

"You'd have to be a deaf monkey not to be able to use [an

AED]," said Wilson.

The faster a problem is detected, the more effective an AED will be. A person is more likely to recover if a defibrillator is used immediately than if a person collapses and is left for a long period of time.

"Usually if someone can talk, then [the use of an AED] is not necessary," said Albracht. "You want to try to get the person to respond before taking extreme measures, but if you are in doubt, put the device on them...the machine will take it from there."

Trend hits STA, students tote initialed bags

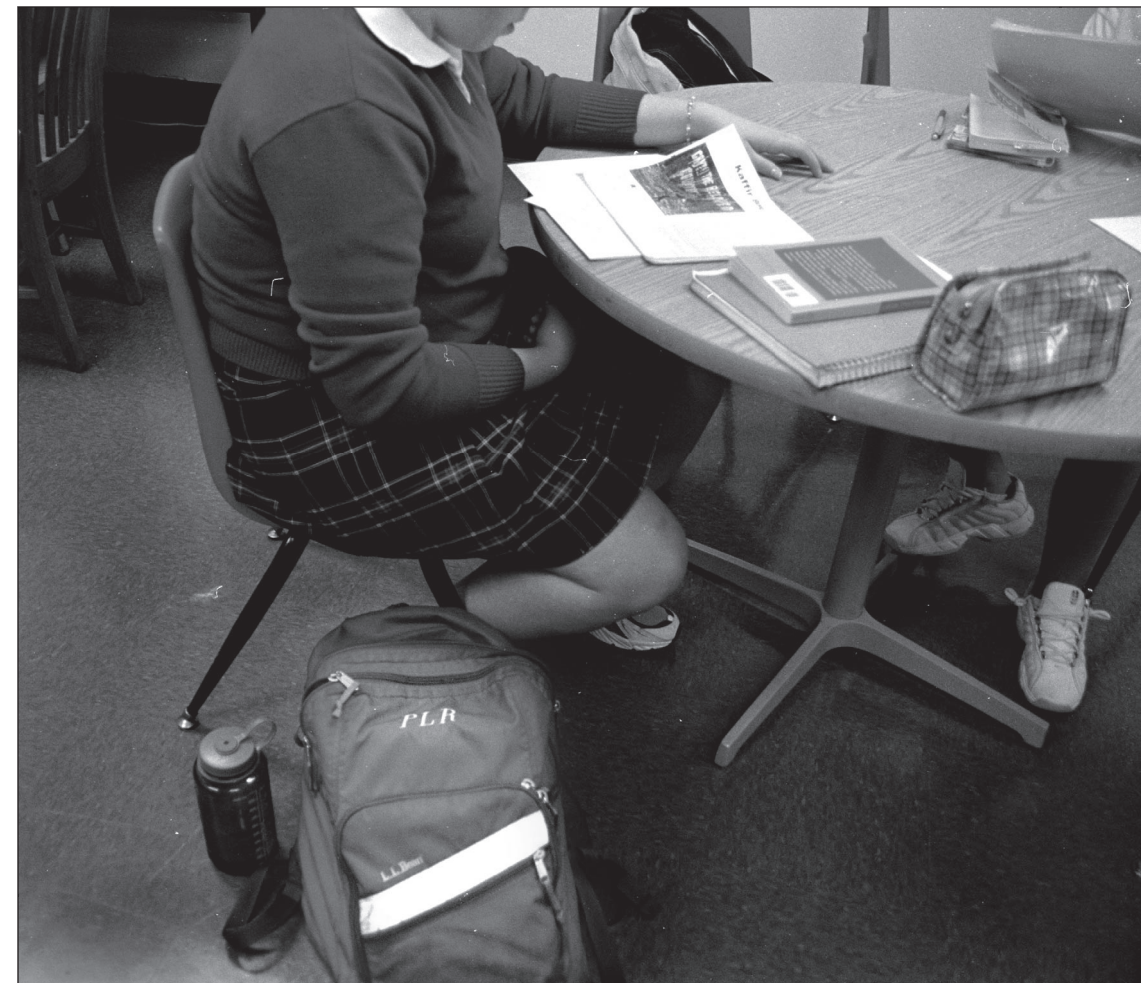


photo by Colleen Slentz

Sophomore Patricia Rogers does her homework in the ERC, with her initialed backpack on the floor.

Colleen Slentz
Staff Writer

STA girls have been seen sporting backpacks and handbags with monogrammed initials.

"People are going to realize it's a new trend," said Sophomore Patricia Rogers.

Patricia Rogers and her sister, Junior Elizabeth Rogers, both have backpacks with monogrammed initials. Patricia Rogers owns a red backpack and her sister's is blue. Rogers think it's no big deal that they both have initialed backpacks.

"Actually, I think it's kind of dorky," she said.

Others think that initials on purses and backpacks are not trendy, and that they never will be.

"It's probably going to die soon," said Sophomore Katie Metzger, who ironed her initials onto an old backpack (she doesn't use it anymore because she found a moldy apple in it). "It's just a purse and it's just a name."

However, Sophomore Adrian Crumpton is not so cynical about the new initial craze. She owns a blue handbag with a tan letter "A".

"A lot of people have these purses," said Crumpton. "It's fun." Students also own these accessories for practical reasons.

"You can find your backpack

because it has your initials," said Sophomore Laura Kearns.

Initials might also be a way to express individuality.

"It personalizes my backpack," said Sophomore Magdalene Vick, whose backpack is monogrammed with the initials "MTV". "It's like a part of me. No one else has an MTV backpack."

Patricia Rogers agrees. "The initials picks you out from everyone else," said Rogers. "It's different; it's not the plain old book bag that everyone else has."

Backpacks can be specially ordered with initials monogrammed on them from magazines, Vick and the Rogers sisters had initialed backpacks ordered by their parents from an L. L. Bean magazine.

"I got it when I was really young," said Vick. "I was surprised because that was the first time I realized my initials were MTV."

Lettered handbags are sold at several stores, including Dillard's, the Jones Store, and Wet Seal. Senior Justine Cotter purchased an initialed handbag while working for Wet Seal.

"I got mine when Wet Seal first sold them," said Cotter. "I was one of the first people to have one. I just thought it was cute. [That's the] same reason I buy anything else."

New drivers learn new responsibility

Cierra Obioha
Staff Writer

Have you eyed the yellow X-Terra or red Mustang captivating the STA parking lot? These are just a few of the pricy cars girls at STA drive. But parents and faculty question if this is safe or time for teenagers to obtain such nice cars due to their lack of experience and contribution towards their car.

By sophomore year, many girls at STA begin driving to school, usually in cars purchased by their parents. This was not the case for Junior Lauren Hance. Hance worked two jobs all summer just to save money to afford her 1996 Ford Mustang convertible. She also pays a little over \$150 for insurance and gas per month.

"I did not get the chance to

hang out and talk to my friends at all last summer," said Hance. "But though the only thing on my schedule was work, I've learned that if you work hard and pay for something yourself, you'll appreciate it more."

"If you work hard and pay for something yourself, you'll appreciate it more"

—LAUREN HANCE, JUNIOR

This seems true for Hance since she has only received one ticket and took the time to go to a four-hour class on a Saturday for its removal. But Sophomore Ellie Boyd has just recently caused a car wreck after having her car for just two months.

"My [red '98 Mustang] was given to me by my brother after he bought himself a new car and my insurance and gas are covered by my parents," said Boyd. "It's kind of true and I understand why people would call this being spoiled, but I'm not rich and [don't] get everything my way. My parents just trust me to do what's right and therefore trusted me with a car, though I would have been more responsible driving if I had paid for it myself."

Junior Patsy O'Connor received her mother's '98 Blazer a couple of months after earning her license. Although she has a job, she pays only for her gas and does not feel it deprives her experience of learning to be responsible. She feels it's a privilege.

"My daughter at the moment only has a permit," said father of Freshman Brittney Cowing. "She has been taking Drivers Ed and has made me fairly comfortable with her driving. So by the time she receives her license, there will be a car waiting for her, because at the age of 16 and 17, driving is a privilege."

Other parents feel that 16 is too young for a student to take on the responsibility of a car, let alone a luxury one. Patsy O'Connor for example, has received one ticket,

been hit by a drunk driver, and has caused three "little" accidents herself.

While the number of accidents involving teenage drivers dropped, the number of teenage girls involved in accidents increased at the same time.

"A car is very expensive," said Caroline Ford, mother of Sophomore Trenisha Ford. "I need to be able to know that my daughter will care for her car as if her life depended on it, so she will have to go out and provide her own money to afford a car. This will be a lesson of responsibility."

Junior Camille Kimbrough has had her car for two years. She received it right after claiming her license. Although she does not pay for insurance and does not have

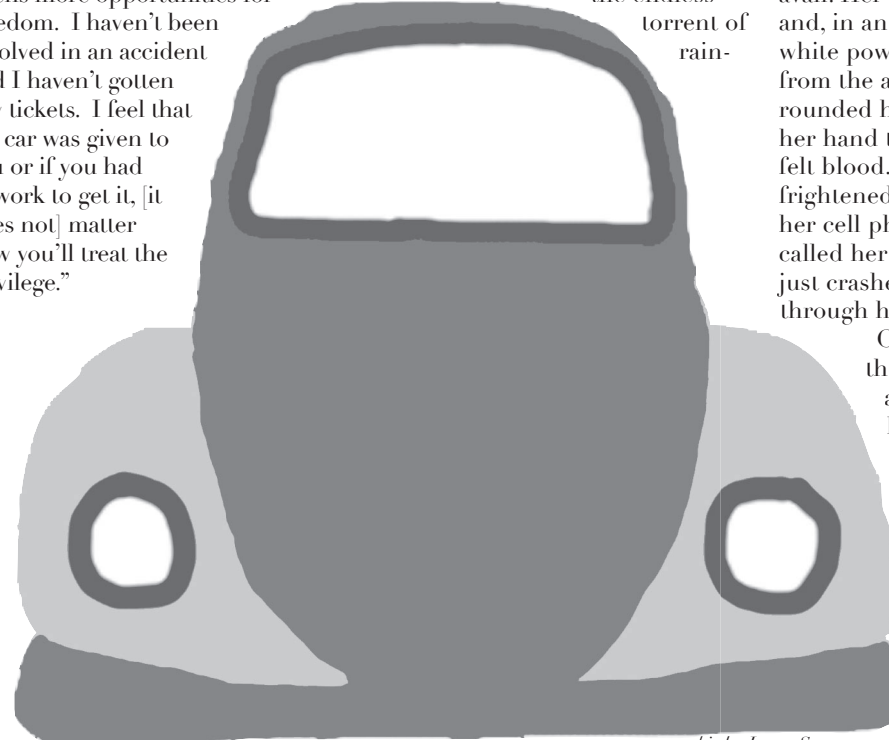
to contribute to gas, she has not received a ticket nor has she been in an accident.

"Because my parents do not allow me to work during school and know that I wouldn't have been able to afford a car by [the beginning of]

school, they decided to give it to me," said Kimbrough. "I am spoiled because I'm the only girl and the youngest, but I mainly have a car because [my parents] understand that I need my money saved as much as possible since college and school trips are approaching."

Of those interviewed, the same amount of girls who had received a ticket or caused accidents, were both those who had a car given to them, rather than those who worked hard to obtain one.

"My [2001 Jeep Grand Cherokee] was given to me as a birthday present the day I received my license," said Sophomore Jen Schuler. "I love having a car because it opens more opportunities for freedom. I haven't been involved in an accident and I haven't gotten any tickets. I feel that if a car was given to you or if you had to work to get it, [it does not] matter how you'll treat the privilege."



graphic by Juana Summers



photo by Allison Jarras

Teenagers, like Sophomore Jessica Clossen above, anxiously await their sixteenth birthdays when they will receive their long-awaited ticket to freedom: their driver's license. What these excited teens probably don't consider is that their inexperience may put them at risk for costly, damaging, and life-threatening accidents.

Alex Hercules and Molly Huber
Staff Writers

Outside, it was pouring rain as Senior, then sophomore, Justine Cotter drove along the dark, slick roads in her family's '94 Toyota Previa. John Mayer sung softly to her through the van's speakers, assuring her that her "Body is a Wonderland" and calming her anxiety. She turned right on Renner Boulevard, her windshield wipers swiping furiously at the endless

torrent of rain-

drops. Cotter saw the car up ahead of her, but gave little notice. Suddenly, she realized that this car was not slowing down, as she had previously thought, but was already stopped completely, waiting for the car ahead of it to turn left. Cotter immediately reached for the break pedal and slowly pressed it to the floor, but her van did not slow down. In a panic, she stomped on the break, but to no avail. Her wheels spun and, in an instant, a white powder exploding from the airbag surrounded her. She lifted her hand to her face, and felt blood. Shocked and frightened, Cotter found her cell phone and called her dad. "Dad, I just crashed," she said through her tears. "I'm sorry."

Cotter is just one of the thousands of teens that are involved in automobile crashes each year.

Cell phones, other passengers, the radio, drowsiness and other such distractions are common, and put teens at risk of getting into a motor vehicle accident.

"Teen crashes have become an epidemic," said Rose McMurray, associate administrator for traffic safety programs at the National Highway Traffic Safety Administration (NHTSA). "[Teens] think they are immortal."

According to the National

How safe are teenage drivers?

- Teens make up 7% of all drivers
- Teens get into 30% of all accidents
- Teens are involved in 14% of all fatal accidents
- Teen accidents per 10,000 trips, based on number of passengers in car:
 - 1.6 accidents, 0 passengers
 - 2.3 accidents, 1 passenger
 - 3.3 accidents, 2 passengers
 - 6.3 accidents, 3+ passengers

According to the National Center for Analysis and the Insurance Institute for Highway Safety in 2000

Center for Policy Analysis, teens make up seven percent of all drivers in America. Yet, teens get into 30 percent of all accidents.

Here at STA, there are no exceptions to these statistics. Cotter has been in two wrecks, the most serious of which totaled the family van and scared Cotter into becoming a better driver.

"The air bag popped out and hit me in the face, so my lip was bleeding," said Cotter. "I

was really scared because it all happened so fast that I didn't know what was going on. People stopped and called the police. I couldn't because I was crying so hard. It was scary to drive after that, especially in the rain. My driving definitely changed. I

thought I was more careful, but I got into another accident [after that]."

Junior Meg Franke was also involved in an accident this past summer.

"I was in a parking garage on the Plaza; it was kind of dark and I couldn't really see," said Franke. "The front of my car hit the back of his car, but he wasn't in it at the time. I broke [the plastic shield that covers the lights] on my car and scratched his a bit. I left him a note with my phone number under his windshield wiper, and when he called, he thanked me for leaving a note. There are lots of teens who would have just driven off."

Franke covered the cost of the repairs with the money she earned working over the summer, but said she is more cautious in parking garages now. She advises other teenage drivers not to cut it

close like she did.

Sophomore drivers should be particularly careful, according to Cotter.

"Sophomore year, there's really nothing else to do, so you just drive around with your friends, blaring music and probably not paying as much attention as you should," said Cotter.

The experts from DriveHomeSafe.com agree. Inexperience and lack of driving skill are big contributors to crashes in a teen's first year or two of driving.

"My first accident happened within 48 hours of getting my car," said Junior Anna Beckett. "I saw my friend Sally driving in front of me and I wanted to surprise her so I ducked down. Sally started to stop and I didn't notice because my head was down because I was trying to hide. I ran into the back of her car."

Dennis Doverspike, PhD, a professor of psychology who studies teen risk-taking attitudes at the University of Akron in Ohio, suggests that a teenager's driving will improve with more experience.

"It takes several years for driving to become an automatic response," Doverspike said. "Teens just don't have these years of experience under their belts."

Girls voice opinions about school parking

Colleen Slentz
Staff Writer

Many people at STA feel that the hassle of parking on campus is getting worse and worse every year.

"It's vicious," said Sophomore Briana Bailey.

The problem is that there are not enough parking spaces for everyone who drives. There are 125 spaces in the circle drive and all are taken before school starts.

"I have to go to school ten minutes early to get a spot because it fills up really fast," said Senior Kate Stueve. "I think it's because the sophomores who can drive start parking there, but it's really only supposed to be for juniors and seniors."

Some people think that the school is not doing enough to insure that only upperclassmen park in the circle drive.

"I know it's mandatory to have a sticker," said Junior Samantha Putthoff. "Only juniors and seniors have a sticker, but I don't think they really check."

Putthoff's suggestion for alleviating the problem is carpooling.

"It would be nice if the school helped organize carpools," she said. "That would cut down on people driving."

Ms. Mary Montag, Physical Science and Biology teacher, has another idea for distributing the spaces.

"Perhaps if we had a num-

bered parking lot...students would be issued a parking spot so they know exactly where to park," said Montag. "If there's an overflow of sophomores, then they know they have to park off campus, and can leave time for that. You really almost have to utilize the neighborhood."

Mrs. Casey, Director of Admissions, feels that a numbered parking lot is not feasible.

"I have to go to school ten minutes early to get a spot because [the lot] fills up really fast."

—KATE STUEVE, SENIOR

"The problem with that is policing it," she said. "We don't have enough resources to police it."

She thinks that students should realize that they are not the only ones who are inconvenienced.

"There's not enough teacher parking, either," she said. She is also concerned about those who live near STA. "I think the biggest problem in my opinion is that we should be very cautious and considerate of our neighbors. I think people who live

around here are more annoyed at our parking than we are."

She does not support changing the campus to accommodate the lack of parking.

"Kids have to realize how expensive it is to do these projects and we've done so much to the campus and it's so beautiful," she said. "I really don't want to see any more asphalt."

Montag agrees about the campus.

"I would hate to ruin the landscape and the balance by adding another structure that's just dedicated toward parking," she said. "I think we've got to come up with a different answer. It gets worse and worse every year because we have bigger classes. It's only my fifth year here, but there've been large classes every year."

It is not only administration and faculty who want to avoid a campus alteration.

"I like having a pretty campus," said Putthoff. "I wouldn't want to see the parking lot expanded. I probably would just leave it the way it is; [the parking] is not that bad."

Casey said there's only one place she would want to expand the parking lots.

"I do think that there's some more room for parking down by the tennis courts," she said. "I mean, if you had the money to do it, I would do it by the tennis courts."



photo by Rachel Straughn

By 7:30 am, the main parking lot is full of students' cars. The lack of parking spaces has caused issues among drivers who don't appreciate missing out on sleep to arrive early enough for a parking spot.

Upcoming Fine Arts Events

Today through Dec. 13: Artist Marcia Miller Gross will have her art displayed at the Joseph Nease Gallery. Gross' art focuses on the use of towels and various furniture in order to create original contemporary art. The gallery is open Fridays and Saturdays from 12-5 p.m. Call (816) 421-2166 for more information.

Today through Dec. 19: The H&R Block Artspace is holding the Charlotte Street Fund exhibition. The Charlotte Street Fund recognizes outstanding local artists. Call (816) 561-5563 for more information.

Today through Jan. 4: The Johnson County Museum of History will be hosting an exhibit called "The Spirit of the Mask." Masks from around the world will be displayed showing the wide variety of forms that these objects can take. Visit www.jocomuseum.org or call (913) 631-6709 for more information.

Nov. 18 through Dec. 31: The Coterie Theater will be producing the Newberry Award winning children's classic "Sarah, Plain and Tall." This play focuses on two children in the 1900's as they learn to accept a new mother. Call the Coterie at (816) 474-6552 for more information.

Nov. 28 through Nov. 29: The Kansas City Symphony will be performing various swing hits at the Music Hall located downtown. The show times are at 8 p.m. both Friday and Saturday night. Visit www.kcsymphony.org for more information.

Dec. 5 through Dec. 6: The Nelson-Atkins Museum will host "Marsden Hartley: The Color of Sound." Poetry, images, and music will be used to depict the life and art of Marsden Hartley, an American painter. The performance will take place at 7 p.m. Friday, and 2 p.m. Saturday. Visit www.nelson-atkins.org for more information.

Nov. 21 through Nov. 22: UMKC's White Hall will be producing the opera "The Crucible." This musical, by Robert Ward, deals with the Salem witch trials during the Puritan period. Visit www.umkc.edu/opera/ for more information.

Young Audiences Moves into STA

Rachel Straughn and Jen Vogel
Photo Editor and Editor-in-Chief

Kansas City Young Audiences (KCYA) moves into M&A in December, and offers its first classes at STA on Jan. 5. Students pass by the renovated space on the third floor, aware that it will soon be home to KCYA, but many do not understand what that move means.

The KCYA is the largest arts education provider in the region. "We provide arts experiences for 165,000 students every year," said Suellen Dice, Director of Public Relations. "We send storytellers, musicians, puppeteers, writers and dancers to the students and enrich their learning experience."

In October, the Greater Kansas City Community Foundation awarded a grant to STA to com-

plete the renovation of M&A, and to KCYA to meet program needs. In order to receive these grants totaling \$2.5 million, STA and KCYA must match that amount by June of 2004.

The move to STA will provide KCYA with a location to offer art classes of all types, including dance, drama, voice, instrumental instruction, creative writing and visual arts. Some of the most skilled artists in the area will be teaching the classes.

"Students are going to be able

to continue their education in the arts right here at STA," said Kevin Flattery, Director of Institutional Advancement. "New artists will constantly be moving through the school, merging their talent into our daily curriculum. KCYA is also looking for volunteers, so students will have the opportunity to perform community service on campus."

Students involved in the arts look forward to the opportunities the move will bring.

"I'm really into music and dance, so I hope to get involved

with KCYA outside of school," said Junior Candace Darden. "I'm already planning on volunteering with them."

KCYA classes begin Jan. 5, and will run in the evenings, on weekends and during the summer.

"We hope that the young women of STA will be interested in taking classes from us," said Dice. "We have such a unique partnership with the school."

Although the classes will not become a part of the STA curriculum, STA students can use the KCYA facilities during the school day. These facilities include two 400-seat venues, dozens of classrooms, multiple rehearsal rooms, offices and conference spaces. These renovations will be completed by the end of 2005.

KCYA Winter Session

- The session lasts from January 5 until March 26, 2004.
- Classes include West African Dance; Jazz Dance; Yoga; Improvitation; Juggling and Mime; Private and Ensemble Music Lessons; and Musical Composition.
- Most classes are \$165 per session.
- For information on registering, visit www.kcya.org.
- All classes will be located in M&A.

'Effects of Gamma Rays' on Audiences



photo by Allison Jarvis

Sophomore Lizzie Beier acts alongside Junior Chandler Domian (above) and Domian and Senior Emily Willets comfort Beier through a seizure (right) in the fall play November 6-8 at STA. The play was entitled "The Effect of Gamma Rays on Man-in-the-Moon Marigolds." It also featured Senior Kat Liljegren and Senior Madison Garcia. The play was directed by Mr. Shannon Peery. It dealt with a dysfunctional family and how they lived through a wide variety of problems. Peery saw the play as a challenge which he was willing to take on as his first STA play.



photo by Allison Jarvis

Author's Novel a Not So 'Sloppy First'

Julia McQueeney-Thorpe
Staff Writer

Upon opening the 2001 bestseller *Sloppy Firsts*, you find yourself in a labyrinth of angst. The core of teenage emotion, which author Megan McCafferty describes as "fun" and "interesting."

Sloppy Firsts, is the diary of Jessica Darling, who makes the average teenage protagonist look "so last summer." Jessica is a bright, introverted and somewhat awkward teenager. She runs cross country and track, maintains a position at the top of her class, and writes for her school's newspaper. So what makes Jessica different from any other teenager? A boy interest named Marcus, friends she has nicknamed the "Clueless Crew", and a best friend who lives a hundred miles away.

In her sophomore year of high school, Jessica finds

herself in a whirlwind of everything. The only person to ever fully relate and understand Jessica was her best friend Hope, who has moved away from Pinneville. Thus leaving Jessica all alone, with the exception of the "Clueless Crew," the group of girls that are not burdened by Jessica's presence, but don't appreciate it either. Unlike every other girl at her lunch table, Jessica has never had a boyfriend, and doesn't have much of a social life. To make matters worse, her period is missing in action and her father is continually on her back about something. Sounds like a remake of Judy Blume's novel, *Are You There God? It's Me, Margaret*, doesn't it?

This book is far from that.

There has never been such a book that has hit almost too close to home. Throughout the novel, you get a sense that Jessica feels that no one understands her, especially adults. However, McCafferty's accuracy

Jessica Darling. I was soon conspiring against my friends, sequestering my emotions from everyone and compiling all my thoughts in journal with the romantic vision that maybe my diary would be an ALA Popular Paperback too. I think at one point I actually thought I was Jessica Darling.

Adults and teenagers alike will most certainly enjoy this novel. I would recommend it to anyone who wants the slightest bit of insight on the somewhat elusive teenage mind.

Megan McCafferty also writes for *Seventeen*, *Cosmo-GIRL!* and *Glamour*. She is currently writing a series from the point of view of Jessica's best friend, Hope. Additionally, the sequel, *Second Helpings*, hit stores summer of 2003.



"My insomnia kicked in three months ago, right after Hope told me she was crossing the Mason-Dixon Line. Since then, I've learned to hate every inch of my body"

is uncanny, proving that some adults actually do understand. From page one to page 279, you walk through the halls, overhear every conversation. But most of all you experience Jessica's innermost feelings. I felt myself slowly assimilating

The love of the game is how you celebrate

Megan Kelly
Staff Writer

Football has always been a favored American past time. Lately, however, it's not which team wins or loses, it's how you celebrate the game.

"I love football," said Sophomore Clare Morris. A girl with hometown pride, Morris' favorite team is the Chiefs because their record is "so good this season and they've improved so much."

Morris' family has Chiefs season tickets, so she will attend one or two games at Arrowhead this season.

When Morris isn't able to go to the games she makes special preparations to watch them on TV.

"I always know who they're playing the week before to prepare for the game," said Morris. "If I'm not going, I make sure all my homework is done early so that when game time rolls around I can focus all my attention on the game."

Morris gets "really excited" when the Chiefs win. The game is usually her favorite topic of conversation for the next week.

Senior Kelly Shuss also cheers on the Chiefs, but likes to watch Sunday afternoon games for fun, no matter who is competing.

"My friends and I will get together at someone's house and all watch the games together on Sunday," said Shuss.

To prepare for these weekly gatherings, Shuss and her friends "call a bunch of people and get food together." Someone offers their house for everyone to congregate and watch the game.

Shuss doesn't do anything special to celebrate victories won by her favorite team, but if the winning continues Shuss thinks the parties "will get more intense."

Junior Brandi Kerens professes that her family are "huge [football] fans." Kerens enjoys football at the high school, college, and professional levels. Like many in Kansas City, Kerens supports the Chiefs.

In preparation for games, Kerens uses reverse psychology.

"I always say I'm going to root for the other team so I'm not disappointed if the Chiefs lose," said Kerens.

Kerens said she has found this technique to work to the Chiefs' advantage.

Not a football fan? Don't worry, these STA football buffs have advice on how to throw a successful party.

Kerens believes that food selection is essential for football parties.

"If you don't have chips and dip, it's not a party," said Kerens. "[Games] are most fun with family and friends and people who know a lot about football," said Morris. "It's nice to relax and watch the game together."

Shuss agrees that the company is important in throwing an enjoyable football party.

"You've gotta get all your friends together and get a lot of food," said Shuss. "Just pig out and have a good time."

"Radio" Brings Few to Tears

Besides good acting, "Radio" lacks emotion

Megan Kelly
Staff Writer

If you enjoy tedious drama or movies whose scripts fail to effectively portray an event, "Radio" is a movie for you.

James Robert Kennedy is a mentally retarded young man who has lived in Anderson, South Carolina his whole life. James spends his days wandering the town, pushing an old shopping cart filled with various odds and ends. The town members, not quite sure how to interact with James, simply pretend he isn't there. Life continues in this monotonous routine until Coach Harold Jones of the football team takes James under his wing and stirs up more trouble than the town

Movie: Radio
Actors: Cuba Gooding Jr., Ed Harris
Rating: ★★☆☆

of Anderson ever expected.

Coach Jones slowly but surely acclimates James to the team and vice versa, fondly giving James the nickname Radio for his love of radios. Radio serves as the football

team's manager and number one fan. The structure of helping with the team allows Radio to open up to the community more than ever. Most

of Anderson welcomes the change, but there are a few who feel Radio's participation has a negative impact on the community.

The series of events that follows will ultimately change Anderson so much that it will never be the same small-minded town again. Cuba Gooding, Jr., does

an excellent job in his role as Radio. He is remarkably believable while watching the movie, I didn't see the struggling marine of "Pearl Harbor" or Robin Williams's solemn tour guide for Heaven

in "What Dreams May Come." I saw only Radio. Gooding must have had an exceptional understanding of Radio's handicap to portray the character so realistically. Ed Harris is the perfect choice for Coach Jones. The movie's actors are excellent in their roles, but the film still doesn't live up to the storyline's full potential.

"Radio" has promise, but unfortunately never quite delivers. The parts that are

supposed to make the audience tear up did nothing of the sort for me. At one point, Coach Jones has to tell Radio that he will not be allowed on the bus with the team to travel to an away game. Radio is left out,

alone, in the pouring rain. Apparently, the viewer is supposed to focus on how Radio feels at this moment of rejection, but

I'm too busy thinking of other things such as how Radio will get home and what his mother will think when she sees him soaking wet. Neither of these questions is addressed and the film cuts directly to the next scene.

"Radio" is very emotionally uniform never once was I overcome with, or even slightly nudged towards excitement or remorse. The actual events that the movie portrays are dramatic, I'm sure, but "Radio" takes a very cautious approach to bringing these events to the screen.

Take, for example, the scene where Radio is arrested and put in jail for delivering Christmas presents to his neighbors. One would think that the arrest (complete with handcuffs) of a mentally retarded person for distributing presents would stir up some drama in a town. However, Radio is casually released from jail after which he sits and watches basketball with the resident police officers.

To put it bluntly, you could spend \$7.75 to see "Radio" but I would advise you to save your money and stay home to watch a daytime melodrama on Lifetime.



photo courtesy of Columbia Pictures (Sony)

James Robert Kennedy, "Radio" (Cuba Gooding Jr.), enjoys spending time pushing around an old shopping cart and messing with radios while trying to fit into a "small-minded" town.

'Everyone Knows Your Name' at Strother's

Katie Monaghan
Entertainment Page Editor

Walking down the cobblestone streets of downtown Lee's Summit, I find my stomach with a grumble and look for the nearest restaurant.

The historical ma-pop stores line the way with white twinkle lights as I walk past window after window of unique looking antiques and gift shops, using my nose to guide my way to lunch.

Suddenly, I stop dead in my tracks at the whiff of the unmistakable cooked hamburger smell. I've found my destination...

Back in 1865, a man by the name of William B. Howard founded the town of Strother after the struggles of the Civil War had ceased. But by 1867, a group of elite town members voted to change the name. The name they chose reflected the Civil War leader, Robert E. Lee. The name was Lee's Summit.

Today, the only legacy of

Strother, Missouri is the bar and grill restaurant called Strother's, located in the heart of downtown Lee's Summit, 235 SE. Main St.

With pictures of regular customers and employees posted in a collage in the front entryway of the restaurant, Strother's can immediately be pegged as an "everybody knows your name" type place.

Katie Johnson, a waitress at Strother's, said, "It's a homey feel. The same people come in all the time to get their regular cobbler and coffee or to sit and visit. Something draws them here."

Strother's is decorated with umbrella covered patio furniture for tables and down-to-earth décor consisting of dark marbled tile floors and red brick walls. But, it's not only the atmosphere and history that make Strother's an enjoyable place. For the most part, the food offers quite a selection.

From several varieties of burgers and clubs to steak dinners and salmon platters, Strother's offers a plethora of choices for your appetite.

Each burger or sandwich meal comes with a wide selection of side dishes such as their famous seasoned fries or a fresh dish of coleslaw.

Prepared quickly and hot, Strother's Reuben, clubs, burgers, fish, and chicken platters make a filling meal for any eater.

Other than a few minor menu changes, the owner, Dan Donaldson doesn't have any plans for changes towards Strother's in the future. It appears that this homey, down-to-earth restaurant has been working pretty well for him since Strother's opened in 1996.

With a *Cheers*, "Hey Norm!" sort of atmosphere and a variety of menu choices, Strother's makes its own legacy, much like its name.

Stuff

Nov. 7 - March 21: Crown Center Ice Terrace opens for skating

Nov. 20 - The play, *A Christmas Story*, opens at the Heartland Theater, 8 p.m.

Nov. 21 - *Cat In The Hat*, the movie, comes to theaters

Nov. 22 - *Starry Starry Night*: St. Teresa's annual auction and dinner with Larry Moore

Nov. 26 - Christmas in the Sky at Longview Lake, 6 p.m.

Nov. 27 - Thanksgiving

Nov. 27 - Country Club Lighting Ceremony, 7:30 p.m.

Nov. 28 - Shania Twain Concert at the American Royal

Nov. 28 - Mayor's Christmas tree lighting ceremony at Crown Center, 5:30 p.m.

Practice Makes Perfect Dance Team Prepares for Competition

Kelly Woodward
Sports Editor



I watched in amazement as the STA dance team performed their warm up. Yes, I did say, "warm up."

Even the "before dance stretches" caught me by surprise when I saw the extent of their movements. The dancers positioned themselves in three or four horizontal lines and began their stretches. Justine Cotter led in front with an eight-count.

"5, 6, 7, 8, turn," said Justine.

Everything was nsync and seemed to be done with no problem.

The stretching included concocted positions of splits, backbends, and other deformations most people are unable to do because of their lack of composure and ability to position themselves into stretches. Legs were thrown in 90-degree angles and stretched high above their heads.

After stretching, the girls start their crunches and push-ups. Again, this is done completely in unison using the eight count.

Imagine doing five to eight minutes of straight crunches with intervals of push ups. Then if you are still alive after all this, you dance...non-stop.

The girls started off with a routine they had been working on. It had to be perfection.

If one person messed up, they started again. They never stopped. It was so amazing to me that these girls could make dancing look so easy.

Coordination. The one thing you have to have to be a dancer, and the one thing I am lacking.

I am beginning to see the achieved talent these girls possess.

The dance team practices 3-5 times a week depending on their upcoming performances. Occasionally you can catch them at STA in the mornings as early as 5:30 or 6:00 a.m.

Generally practices consist of dancing, dancing, and more dancing. Fridays are designated for technique. This is when the major jumps, leaps and turns are practiced.

The dance team now has a competition to prepare for. They will compete on December 6th for the first time in STA history. Not only do they feel confident in themselves, but also very excited to get up against other school's competition.

Welcome to the world of

Tennis Team Wins at State

Kathryn Fitzsimmons
Staff Writer

The STA Tennis team went all the way to state this year. The team placed third, doubles team Sophomore Franny McShane and Junior Anna Beckett won fourth, and Sophomore Kaitlin Dunham won the first place trophy as the singles champion.

"We played awesome [at the State tournament this year]," said McShane. "We played tough teams so I think we did really well."

According to players, the team had a great year, with a record of 21-2. One of their losses was to Pembroke, their rivals, who ended up placing

first at State in the Class 1 Division.

In preparation for the District and State tournaments, the team began working harder in practices. According to players, practices usually weren't very difficult, since tennis is more of an individual sport and the coach knew that most people left practice to go work at their own tennis lessons or clinics.

"We worked more on our weaknesses," said Beckett. "Franny and I worked more on our doubles play, where as during the season it was normally just singles."

The varsity team won the District Tournament, qualifying them for State. Team members

that traveled to Springfield included Junior Maggie Mullane, Sophomore Charmaine Willis, Sophomore Caitlin Aaron and Junior Kelly Connor. Connor also played as an individual during the tournament.

This is the second year that the team has won third place at the State tournament. The team expects to do even better next year, since they had no seniors on the varsity team this year.

"We have everyone coming back next year," said Sophomore Caitlin Aaron. "I think next year we will be good and do even better [at State]."

Dunham pulled through and won the singles championship.

The team was afraid that they would not receive this title with the loss of Colleen Rielley.

"We were really excited that Kaitlin won," said Aaron. "The doubles team win was another exciting factor of the year."

"It's exciting for anybody to go to State especially for me as an individual," said McShane. According to the team, the favorite part of the entire season was attending the District and State tournaments.

"[My favorite part] was when we went to Districts and went to Waffle House," said Aaron. "But really, I just loved being with my team and eating breakfast together."

Chiefs Mania Hits Kansas City

Kathryn Fitzsimmons
Staff Writer

The Chief's winning start to the 2003 season has affected the way Chiefs players feel about themselves and the season.

"To be sitting here 7-0 [after the game against the Raiders] and continually working to get better is not only a great accomplishment for this team but it says a lot about the character of the team," said Quarterback Trent Green during a press conference after their 17-10 win against the Oakland Raiders.

The team has an undefeated record of 9-0, a first in the 44 years of the Kansas City franchise. They are the ninth team since 1970 to begin their season 9-0.

The players seem very humbled, however, even though 56% of teams that started out their season 9-0 have gone on to win the Super Bowl.

"The great thing about this

team is we're focused on the long term," said Green in a press conference. "I don't think anybody's satisfied and that's what Coach Vermeil keeps stressing."

Head Coach Dick Vermeil takes one game at a time. "I just go from week to week," Vermeil said in a press conference Oct. 22. "You've heard me say this: the only thing you have to do is win one game."

The game against the Cleveland Browns on Nov. 9 was Vermeil's 200th game. Previously he has coached the Philadelphia Eagles to win the Super Bowl in the 1980 season and the St. Louis Rams in 1999.

Chiefs Wide Receiver Dante Hall thinks Vermeil's coaching could lead the Chiefs to victory.

"The thing is, he demands a whole lot out of you as far as practice time and meeting time," said Hall in a press conference. "He asks a lot of you, but I believe the thing that separates him from other coaches is that he

gives the same amount in return. He's a great person first and it carries over to football."

The Chiefs not only have a veteran coach this year, but also some key players in the NFL.

Hall was named the AFC Special Teams Player of the Week for the fourth consecutive time after the Oct. 26 game against the Buffalo Bills.

Running Back Priest Holmes currently holds fifth place for Most Career Touchdowns for the Chiefs. After the Cleveland game Nov. 9, he has 48 in his career, beating out Marcus Allen with 47.

Tight End Tony Gonzalez has caught passes in 45 consecutive games, tying his personal record, and good enough for the third-longest pass catching series in Chief's history.

Some players agree that Green is another key player in the Chief's lineup, although his stats might not reflect that.

"You don't measure a guy by stats, in my opinion," said Hall in

another press conference. "Trent has a great heart and a will to win. That's more important than stats."

Although high statistics and key players are very important, the team morale this season may be the key to a Super Bowl win.

"A lot of people still have doubts about the Kansas City Chiefs right now," said Wide Receiver Eddie Kennison. "They continue having doubts and we continue winning. Regardless of what people say or think, this is a together football team. We're in this together and we'll always play together."

Vermeil's attitude sticks with this idea.

"All I can say is it's great to sit here and represent a group of kids like that," said Vermeil during a press conference after the Buffalo game. "They play their [butts] off. They like the feelings of winning. They appreciate the organization they're in. We have a good football team."

WUSA FOLDS

Ann Langworthy
Associate Editor

The recent events surrounding the demise of the WUSA have left many STA students with mixed emotions, especially those on the soccer team.

The news came Sept. 15. Due to lack of funding, the Women's National Soccer Team is gone. "I'm appalled," said Senior Geri Pedicino, a STA varsity soccer player, upon hearing the news for the first time. "That is so sad."

Katie Kelly, junior and team member, agrees. "I was really upset because that is the only thing to shoot for after college. That was a lot of kids' goal. This just makes me want to do something else until it reopens"

Some see things differently. "The professional players loved soccer and I think the last thing they would want is for kids to stop playing," said Pedicino.

"This just makes me want to play harder to start [the league] back up again," said Lauren Fowlkes, a freshman who began playing soccer at the age of four. "I didn't believe the news at first. That was one of my dreams. It still is."

"I don't think it was ever about the money to the WUSA girls

they loved the game."

The league began in 1999 after the US national team won the World Cup in Los Angeles in front of 90,000 fans.

Some think the reason behind the lack of support is due to the newness of the program.

"The women's league has only been around for four years," said Kelly. "The amount of fans grows with time. The men have been around longer which gives them the advantage."

That's not the only thing that separates the men's league from the women's league.

"They are in two different worlds," said Kelly. "The women are consistent in their game. Men try anything; they take more chances."

Junior Jessica Hixson has a different theory. "It's because of football," said Hixson. "All Americans like football. In Europe soccer is much more popular."

The one thing everyone agrees on is that the women's league will be back sooner or later.

"Officials will see how much people care and how important this league is to the public," said Kelly. "Then they might do more

Basketball Undergoes Changes

Maggie Mullane
Staff Writer

After a powerhouse season last year, new head and assistant coaches and old players filling new spots, the STA varsity basketball team is in for a season of transformations.

"I think that with Mr. Wilson as our coach, there are going to be a lot of changes in the program," said Junior Rachel Wilson. "I'm excited to have Mr. Wilson as a coach."

Mr. Mike Egner retired from his position as head coach after last season and Mr. Rich Wilson is stepping up from assistant to head coach. Mr. Patrick Crider is filling in as the new assistant coach.

"I feel really good about the upcoming season," said Mr. Wilson. "I feel very positive. The girls are working hard."

With a new coach come new coaching methods and philosophies. Mr. Wilson's approach to the game is focused on defense.

"You have to start with defense," said Mr. Wilson. "Practice is centered around defense. We run an up-tempo practice, going from drill to drill quickly with a lot of intensity and aggressiveness."

Varsity players, like Senior Elizabeth Sherman and Rachel Wilson are also ready for the season.

"I'm really excited for this season," said Sherman. "Coach Wilson has cool ideas for the team. We have new uniforms, and things will be run differently."

Both coaches and players believe the new coaches will make a great team.

"We're very good friends," said Wilson of Crider. "He has really good knowledge of the game and tremendous enthusiasm."

The players agree. "The two coaches are going to make an awesome combination together and are going to help us be the best we can be," said Rachel Wilson.

It's early in the season, but it is evident that the coaches' enthusiasm and passion for the game are vital to the success of the team.

"The coaches' excitement makes everyone else excited," said Sherman. "You play the game because you love to play, but the coaches make it fun. I think we have so much potential. [Mr.] Wilson will demand that we work hard. He won't let us get away with anything."

New games on the schedule this year are Olathe East and the Gardner-Edgerton tournament.

The team also plans to go to an overnight tournament in Jefferson City in January. The first game of the season is set for Dec. 1 at home against Park Hill. The Stars will also participate in a Blue Springs tournament in December. The STA/Sion game is scheduled for Feb. 20.

Despite the changes for the basketball team, the players hope that the team can come out on top.

"I expect a lot of changes in the way we play this season and I think we do have potential," said Wilson. "We'll need the whole team to step up their game. We'll definitely play hard."

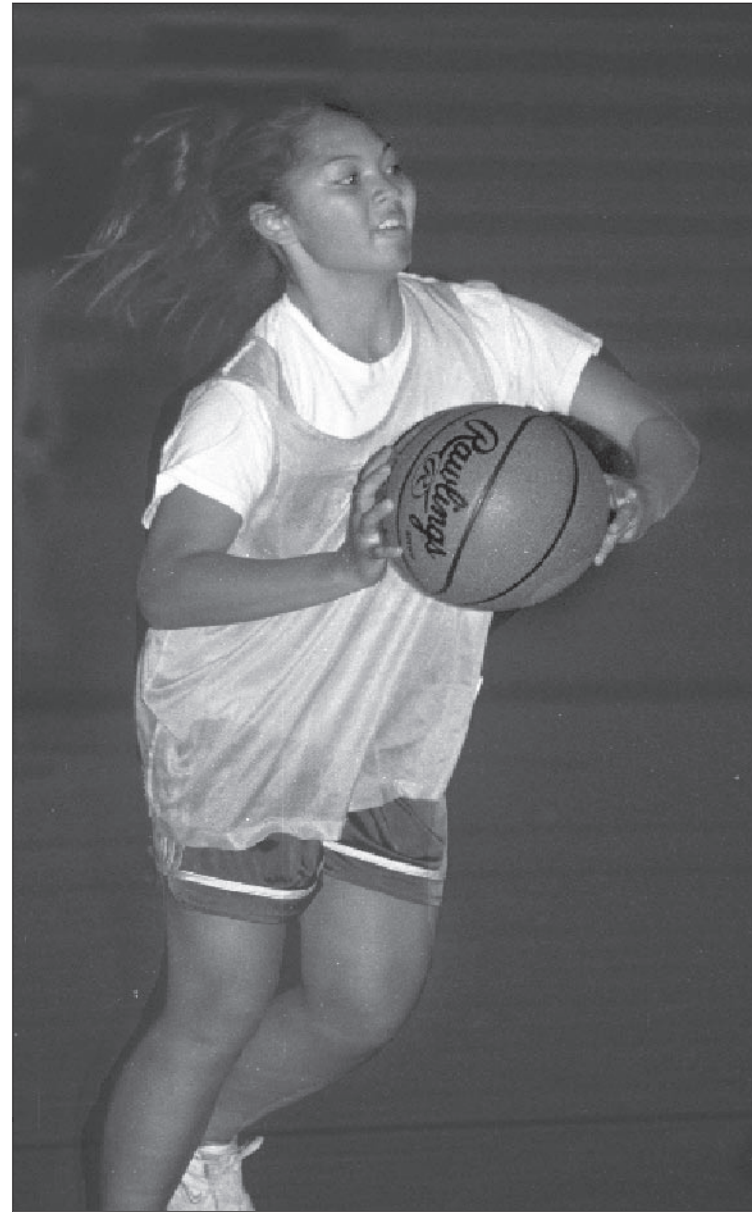


photo by Allison Jarvis

Junior Sara Penaloza passes the ball during a warm-up drill.

WNBA

(continued from page 1) couple of seasons.

"I think we have to get the average attendance up to 1,200," said David Stern, NBA commissioner, in an interview with the Associated Press. "Or increase television revenues.

Or increase sponsorships. Or increase prices. I think all of these things are going to happen at the same time."

Stern continued to tell the Associated Press that he estimates that it will take the next three to five years to get the WNBA back to a financially stable state.

Serafini was not shocked by the news that the WNBA is in a

state of financial adversity.

"It is no surprise that the [WNBA] has had financial problems," said Serafini. "Since 9/11 many industries have had problems. But if the league were to fall, it would be hard to get it up and running again."

The WNBA will enter into its eighth season next summer, while the WUSA soccer players seek other alternatives.

The WUSA is making tentative plans for a shortened 2004 season in case the league resumes operations next year, according to *The Mercury News*.

"The tide has changed, but we haven't gotten to the point where people support the women as much as they do the men athletes," said Serafini. We haven't arrived yet."

"The tide has changed, but we haven't gotten to the point where people support the women as much as they do the men."

—SUE SERAFINI, ASST. COACH AT KANSAS STATE UNIVERSITY

What's been going on in the World of Sports at STA?

Varsity Basketball

Season to come:
*Dec. 1: Vs. Park Hill
*Dec. 5: Vs. Center
*Dec. 6: Vs. Benton
*Dec. 8: Vs. Blue Springs
*Jan. 2: HyVee Shootout
*Jan. 5: Vs. Lafayette
*Jan. 9: Vs. Helias

JV Basketball

Season to come:
*Dec. 1: Vs. Park Hill
*Dec. 5: Vs. Center
*Dec. 6: Vs. Benton
*Dec. 9: Vs. Pembroke Hill
*Dec. 11: Vs. Blue Springs
*Dec. 15: Vs. O'Hara
*Jan. 5: Vs. Lafayette

Cross Country

Season to date:
*Team placed 5th at districts on October 25th.
*Bridget Moran, Maureen Healy, and Diana Jantsch moved to sectionals.
*Moran placed 21st at sectionals and ran in the state meet on Nov. 3rd

Dance Team

Season to Come:
*The dance team prepares for STA basketball games where they will perform during half time.
*The dance team also prepares for a dance competition on December 6th in St. Louis.

Golf

Season to date:
*Two girls competed in the state competition in Springfield.
*STA is a part of the class 2 girls
*Freshman Mary Kate Bird tied for 28th place
*Junior Liz Hansen placed 88th

Star Athlete

Jenny Jantsch

Ann Stacy
Associate Editor

Her name adorns banners that hang from rafters of the STA gym. She has made countless kills on the volleyball court, rebounds on the basketball court and stops on goal on the soccer field. Throughout her four years at STA, Senior Jenny Jantsch has made an indelible mark on the athletic program. Jantsch has been a three-sport varsity athlete all four of her



years at STA, participating in volleyball, basketball and soccer. She has played all three sports since she was in grade

school, and says she can't think of what her life would be like without them.

"I've played sports ever since I was little," said Jantsch. "I don't think I know what a day would be like without playing."

Jantsch's dedication and long history with sports has paid off. She recently helped lead the STA volleyball team to a record of 24-4-1 and a district championship. She also held the team record of kills per game with an average of 4.5.

This past summer her club volleyball team, Power, placed third in nationals. At the same tournament, Jantsch was named to the all-tournament team.

During her junior and sophomore years, Jantsch was a part of the STA state champion soccer team, and her freshman year she was a part of the third place state soccer team.

She was also named to the all tournament team at the Aquinas tournament. "She's a really driven player," said STA head Varsity volleyball Coach Amy Carlson. "She puts everything into every practice and still continues to get better."

Jantsch says that volleyball is her favorite of the three sports. "I like the team aspect," she said. "It's fun."

Next year, Jantsch will play volleyball for Kansas State University, something her mom, Ms. Kathy Jantsch, also did. According to Jantsch, she is looking forward to playing in college and likes her new coach.

"I'm really excited. I think it will be a good experience. I've always wanted to play in college, ever since I was little, and now I have the opportunity to play D1 volleyball."



photo by Allison Jarvis

Senior Elizabeth Sherman guards Sophomore Caitlin Aaron during a defense drill. Junior Emily Welch practices defensive skills on Sophomore Caitlyn McFarland.

Varsity Team of 2003

Mr. Rich Wilson, Head Coach
Mr. Patrick Crider, Asst. Coach
Caitlin Aaron, sophomore
Maureen Healy, senior
Molly Hough, junior
Jenny Jantsch, senior
Alexandra Kurth, freshman
Eli Medina, junior
Sara Penaloza, junior
Elizabeth Sherman, senior
Emily Welch, junior
Rachel Wilson, junior

JV Team of 2003

Mr. Mick Fletcher, Head Coach
Jill Cousins, sophomore
Ashley Devine, sophomore
Jazmyn Froe, sophomore
Caitlyn McFarland, sophomore
Lauren Belfort, sophomore
Amanda Trouta, sophomore
Jessica Bukaty, junior
Amber Bryant, junior
Joelle Mack, junior
Elizabeth Murray, junior
Jessie Baker, junior

a photo column

Reflected
by Rachel Straughn

photo by Rachel Straughn

Transparent figures wander the halls of STA, November 2003

Backpacks

(continued from page 3) increase in books. Yet, Darden said that she rarely utilizes the rolling advantage of her backpack and will probably buy a non-roller backpack in the near future.

"I'm too busy climbing stairs to worry about rolling my backpack," Darden said. "It isn't very steady and will tip over when it goes over bumpy ground."

There are steps an individual can take to decrease the chances of back pain and injury caused by heavy backpacks. When worn, the backpack should fit between the bottom of the neck and the lower back region, in order to prevent strain on the lower back.

Heavy books should be packed closest to the wearers back, moving the weight closest to the feet, the base of support.

Face the backpack before lifting it, bend the knees, lift with the legs, and put one shoulder strap on one at a time.

Last, lighten the load by making more trips to your locker whenever possible.

New ergonomic backpacks with padded and wider straps help to distribute the weight across the shoulders.

Air packs are a brand of backpack that claims their product will distribute the weight evenly no matter how the student wears the backpack.

The Air packs include an inflatable lumbar support and straps, enabling the wearer to adjust the amount of padding. The Air packs range from \$39.95 to \$69.95 and can be purchased at <http://www.evertise.com/airpacks/products.htm>.

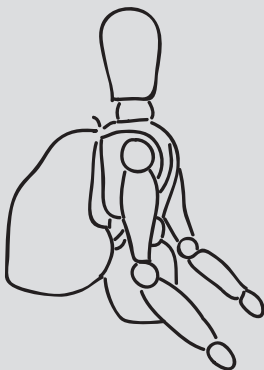
The long term effects caused by carrying a heavy backpack are disputed. There is no evidence that heavy backpacks cause permanent damage such as scoliosis or fractures.

However, recent testing using MRI (magnetic resonance imaging) concluded that heavy backpacks can alter the fluid-filled content of disks in the spine, making the wearer more susceptible to problems like herniated or slipped discs and osteoarthritis later in life.

In order to prevent inju-

The effects of carrying backpacks improperly

Wrong: The backpack is overloaded creating stress on the spine.



Right: The backpack is not overweighted and the posture remains upright.

Graphics by Chandler Domian
Information provided by
<http://www.backpacksafe.com/safety.htm>

ries presumably caused by heavy backpacks, laws have been passed in California, Tennessee, Georgia, Illinois, Massachusetts and Virginia requiring the state board of education to limit textbook weights.

Similar laws have been proposed in New York and in at least four other states. According to a recent article in the *Kansas City Star* no legislation is pending concerning backpack safety in either Missouri or Kansas.

Thanksgiving with a twist

Ali Sherman
Page Editor

Thanksgiving is a holiday driven by family, tradition and thankfulness. Unlike Christmas, which is commercially dominated, Thanksgiving really provides an opportunity for togetherness.

"It's my favorite holiday because it's so pure," said Mrs. Betsy Hansbrough. "Christmas is so commercial and there are so many tiring obligations. Thanksgiving is really just about being thankful. It keeps us intact as a family."

Family is an important feature of most Thanksgiving celebrations.

"My relatives have dinner at my uncle's," said Junior Samantha Putthoff. "We hang out, talk, listen to music, and walk to this spot on the edge of the Plaza to watch the lights."

While many are sharing an enjoyable meal with their family, others are not so fortunate. There are several organizations around Kansas City that do their best to help others and provide so many things to do on Thanksgiving that may not warm the belly, but will warm the heart.

Volunteering at a local soup kitchen or food pantry is a

perfect place to begin. All over Kansas City there are local charities that could use your help, other than during the holiday season.

Food pantries such as Christ the King and Holy Cross, as well as other local parishes, are happy to receive food donations at any time of year. St. James, a local food kitchen, is located at 3909 Harrison and can be reached at 816-561-8515.

All community service organizations appreciate volunteers whenever they can get them, not just during the holidays.

—MRS. BETSY HANSBROUGH,
THEOLOGY TEACHER

Although giving time is a great way to help, not all Thanksgiving gestures require changing tradition. Many make small changes to their habits just to make one person have a better holiday by taking part of a their Thanksgiving meal and donating it because there are so many others who do not have any food at all. Another idea is inviting someone new to share in the meal and family gathering.

"We ask 'orphans' over people that we don't know well and don't have anywhere else to go, and we just have the best time. I think they really appreciate it," said Hansbrough.

**beyond cool
fashion savvy**

Katy Corogenes and
Rose Dillion
Page Editor and Staff Writer

Fashion. It's a fickle little bird. Suddenly flares are out and everyone's wearing straight legs, which is bad news because you just bought a slamming pair of bell-bottoms. It can be expensive trying to keep your cool when styles keep changing and you only have one job.

Not only does fashion change with the wind, it can be difficult finding clothing that fits your "me-ness." Or clothes that fit, if you're an uncommon shape. Wondering what to do? Make your own clothes!

Come on, ladies, it's not that hard. Sewing machines, although sometimes more complicated than they appear, can be a girl's best friend. That's why people take fibers.

Picture this: you have THE coolest pants. You got them on sale at Target for \$6, and you LOVE them. You go to a party, and there are three other girls wearing the same pants. Uh, what gives them the right to wear YOUR pants?

This could have been so

easily been avoided if you made your own clothes.

The pants would fit you about twelve times better, and you would be the hottest thing anyone has ever seen. Sewing is quite possibly one of the only ways to ensure your own unique wardrobe. By browsing fabric sales you can buy enough fabric for a whole new fall wardrobe. But I digress.

Another way to make your clothes completely your own and completely awesome (is it hot in here?) is to alter or embellish them. Take that skirt you've had since 6th grade and cut a seductive little slit in it, or embroider a bumblebee on the hem. All you need is scissors, self-confidence, and maybe a needle and thread.

Then there is always fringe. Many people avoid it like the plague, picturing hippies who never wash their hair, but used correctly fringe has the power to enhance even the most blah of dresses.

Another way to avoid every woman's worst nightmare (and not accidentally sew your fingers together) is to shop at thrift stores. Yes, a lot of you

probably just put the paper down and ran away, but it's not that bad. Avoid the secondhand underwear, and you'll be fine. Plus, where else are you going to find a bright pink jersey knit polo dress?

Honestly a thrift store find can brighten any girl's day. Especially the realization that you just bought a 1970's beaded cardigan that looks exactly like the one you saw in Express last week, but yours was \$4.

A few words of warning to all who are cool enough to enter a thrift store: first, try on the clothing because sizes vary. Second, wash the clothes before wearing them. You can never be too safe, and who wants to smell like a thrift store?

Whatever way you choose to update your wardrobe just remember to stay true to yourself. Investing in a few key elements to any wardrobe is a necessity. Spend money on what you'll wear in the future, and be a cheapskate on everything else. Because animal prints may come and go but little black dresses are forever. Word.