



more years



OHIO EXPECTED TO LOCK BUSH'S RE-ELECTION

STA/RHS SWITCH DAY



Rockhurst junior Brian Chalmers joins juniors, from left, Danielle Yeager, Laura Strickland, Frannie McShane, Katie Kennaley and Alex Horton in Honors Algebra II on Monday. Chalmers and seven other Rockhurst students visited STA to observe differences between the two communities.

Rockhurst student council members shadow for day

Alison Raybould Staff Writer

As the morning bell rings, eight skeptical Rockhurst boys stepped onto the quad, their dress pants and ties breaking up the sea of plaid skirts. On Monday, eight members of Rockhurst High School's Student Government Association shadowed at STA to study how the administration runs academic affairs and how SCO operates. Many felt that the presence of the Rockhurst students was huge during their day. good and didn't act at all macho even though so many girls were focusing their attention on them."

Rockhurst students visited to see student activities.

"The biggest objective of the switch day was to see how you run your student organization," said SGA treasurer and secretary senior Patrick Curran. "Second, we are really interested in the teachers. I attended some of the same classes that I take at Rockhurst, but the whole topic changed depending on how the teacher presented it. We also experiment with the contrasting techniques."

Rachel Straughn

Several months of planning went into creating the switch day, which began with a meeting between the schools' SCO members.

"There, we bounced around questions at each other, so that when we offered it to our administrations we would have a game plan," said Curran. "We wanted to make it a joint project."

KCMO POLICE IMPLEMENT NEW TRAINIG

Brookside death calls attention to flaws in system

Tyler Yarbrough Copy Editor

Two years ago, police shot and killed Mr. Aaron Dougherty, then 26, in his home on 56th and Main for fear that he was a threat to himself and his father. But what they did not know was that Dougherty was mentally ill.

Not only did the family receive \$250,000 in compensation from the Kansas City Police Department's self-insurance fund, but the pressure the Doughertys put on KCPD caused a change in their police policy dealing with the treatment of mentally ill suspects as well.

The police department promised the Doughertys that 20 percent of all officers were to receive the crisis intervention training (CIT). This training was implemented to prevent other incidents where suspects are mentally unstable.

"For the crisis intervention program, the training is extremely intensive," said Officer Calle Mc-Gregor, a patrol officer of the KCPD. "We trained for 40 hours in a week. We learned about different medical conditions and the medicines that suspects may use. We had to meet with several doctors who deal with the patients."

bush 51%

kerry 48%

McGregor said that there are around 100 CIT officers now. The crisis intervention training is voluntary.

"We actually had more officers that wanted to be a part of it than we had room," said McGregor.

Because of the Dougherty case, the police have promised to assign a duty officer to the grieving family members at the scene of police shootings to ensure that they are taken care of. According to Mc-Gregor, in correspondence with that new reform, the police also have a crisis holline.

"We use the crisis hotline to call local experts and doctors that deal with people who are emocionally disturbed," said McGregor. "We don't have to take them to a mental facility, we just bring the experts in to them at the scene."

According to McGregor, one of the other major reforms to police policy is the use of "less-lethal" weapons for emocionally disturbed suspects. The "less-lethal" weapons are powerful enough to stop and wound a suspect, but not potent enough to hurt anyone.

In a news conference with Mr.

"The girls will probably be in

awe of having boys at school," said SCO vice president senior Amen Iyamu.

Teachers agreed that girls were distracted in the classroom.

"Even the most serious of student's could not get their act together," said Ms. Kjersten Metzler. "I mean in AP Chemistry the girls could not focus. The simplest of things stumped them. And these are girls who are normally really bright, but they just became giggly with the guys around."

Sophomore Carina Murchphy said that the girls were so adapted to

single-sex education that the coed environment just felt weird

"I noticed a difference in some of my classmates," said Murphy. "Sure, it was awkward at first and I was slightly more self-conscious at the beginning. But in my opinion, I never want to look dumb in front of a guy, so I was less inclined to act ditzy."

Though some teachers saw their students as sidetracked, it was not because of the Rockhurst students' behavior.

"The boys were awesome," said Metzler. "They were really at After their meeting, the two

organizations presented the idea to their advisors, who immediately agreed.

> "It sounded like a great idea in order for us to receive input on how to improve as an organization," said Ms. Stacie O'Rear. "I hope that the girls return with a better understanding of [Rockhurst's] ways for doing things and thoughts on how to enrich STA."

On Nov. 11, SCO will send in eight members in their organization - to shadow at Rockhurst.

When they arrive at Rockhurst before school starts, the girls will attend a SGA meeting, which is their monthly gathering to discuss past events and plan for upcoming affairs. They will attend a pep assembly.

If the switch

day is successful, then it might eventually be opened up to the entire school.

"Hopefully, the switch day will later involve more people outside of SCO," said McKenny. "SCO is a good start to experiment because it will keep the experience controlled. This is something we hope to repeat and extend through the years."

As the final bell rung, the Rockhurst boys once again walked out into the quad, this time with a little more swagger and hopefully a lot more knowledge about STA. Karl Zobrist, the president of Kansas City's Board of Police Commissioners, Mr. Jim Dougherty said, "...It was incredible...Our son's spirit lives on."

Feast day honors past, looks toward future

Sarah Tampke Staff Writer

STA celebrated the feast day of St. Teresa of Avila and the completion of the Bridging Three Centuries Capital Campaign with an assembly on Friday, Oct. 15.

The entire school and over 100 guests gathered in the gym for this occasion. The guests included STA alumni, parents, donors and 20 Sisters of St. Joseph of the Corandelet. The assembly included scripture readings, a performance by the STA Singers, reflections and concluded with a surprise presentation to Dr. Faith Wilson.

The first reflection was given by STA Alumna Bonnie Vontz, graduate of the class of 1965. She spoke of how wonderful her experience was at STA and how she hopes that one day her granddaughter will attend the Academy. Since she has been connected to STA since the 1960s, she has witnessed many physical changes throughout the years.

"My class was the first to evolve from the jumper to the pleaded skirt, similar to the one the girls wear now," said Vontz. The skirts are not the only changes Vontz has witnessed. She spoke of how the campus looks different, but the principles are still the same. Now when she looks at the campus she thinks of memories of the past, actions in the present and the dreams of the future for the school.

"[STA girls] have confident and loud opinions on things that matter, the world should take note when we speak," said Vontz.

Vontz concluded her reflection by stating that after 139 years STA still has the same mission. That mission is the foundation the campaign was built on.

The second reflection was given by STA athletic director and teacher Mr. Mike Egner. Egner first came to STA in 1988 and has witnessed the recent changes firsthand. When he first arrived here he noticed that the buildings had lots of "character," other words for character being classic, antique or old-fashioned. Egner said that we are lucky for the facilities we now have at the school.

"When sports teams from out of town come to play at our gym, they are amazed at our campus,"

See ASSEMBLY, page 2



Nicole Farlev

Sisters of St. Joseph of Carondelet bless the STA community at the assemble held Oct. 15 to honor the completion of the Bridging Three Centuries Campaign, which gives \$14 million dollars to STA in the next 10 years.



Rachel Straughn e

Rockhurst and STA students mingle in the quad between classes. The Rockhurst students, who shadowed Monday, gave the STA community a better understanding of a co-ed environment.

Eight RHS Student Government members attended STA for a day Monday. The following members of SCO will shadow at Rockhurst on Nov. 11. **STA Student Council RHS Student Government** Senior Michaela McKenny Senior Jeff Herrera Senior Amen Iyamu Senior Chris Rhoades Senior Ann Langworthy Senior Pat Cohen Senior Katie Hembree Senior John Graves Junior Katherine Schilling Senior Patrick Curran Junior Laura Strickland Junior Brian Chalmers Sophomore Lauren Fowlkes Sophomore Gibran Chavez Sophomore Carolyn Wiedeman Sophomore Frank Reardon

want to know about your ad-

ministration and how they run

things. The scheduling that you

guys go by is really complex and

difficult to understand without

Many felt that the switch day

would be futile, but the students

involved in the activity have

"People are kind of like,

'Well what is the point?'" said

SCO president senior Michaela

McKenny. "[Rockhurst teachers]

ently, so we can compare to find

which system is better and then

go about doing things differ-

particular goals in mind.

experiencing it."

The Dart, St. Teresa's Academy





Favorite Food: A zesty emon pepper chicken drizzled in a creamy alfredo sauce with a side of grilled cucumber....what? It's lean cuisine

Democrat or Republican: have no idea. What CD is in your car right now? Lil John & The East

Favorite Food: Anything spicy, ust like me Democrat or Republican: "Vote Democrat; it's easier than work-

What CD is in your car right ow? Bob Marley and the

Vailers - Legend Chocolate or Vanilla: Twist, I

Favorite Food: Sliced carrots Democrat or Republican: Republican What CD is in your car right **now?** Saves the Day & Elliott Smith **Chocolate or Vanilla:**

Favorite Food: The Wendy's 99 cent menu **Democrat or Republican:** Republican; John Kerry looks too much like a dead man walking to get my vote.

What CD is in your car right **now?** Dave Matthews, Live at Boulder, Co Disc 2

Favorite Food: I don't have

one, but I fancy a Chipotle every

now and then. (Steak of course)

Democrat or Republican: Democrat What cd is in your car right **now?** A burnt one, the last song that I played was "Two Princes"-by Spin Doctors

talking about ice cream? Because it's all good to me. What do you look for in a girlfriend? I want to say personality, but that is second on the list Favorite Chick Flick: Robocop

like to mix things up What do you look for in a girlfriend? Someone who is looking for a good time, and someone I can hold an intelligent conversation with. Favorite Chick Flick: You've Got Mail

Strawberry What do you look for in a **airlfriend?** Strong teeth, likes inish soap operas, and has to have a good liver. Favorite Chick Flick: The Notebook

Chocolate or Vanilla: I'm not a racist; I have no preference. What do you look for in a girlfriend? I like girls that are easy going, flexible, and good compliment givers. Favorite Chick Flick: The Ya Ya Sisterhood

Chocolate or Vanilla: Milk

chocolate What do you look for in a girlfriend? Smile/able to have fun, long walks on the beach sipping piña coladas and getting caught in the rain **Favorite Chick Flick:** Say Anything

6OVER*HEARD*: Round II Guys

Ann Stacy Editor-in-Chief



classroom or science lab. Observe the line drawings on bathroom door signs. What do

Take a look

Walk across the

quad. Wander

into any history

around STA.

ou see? Girls, girls, girls Now, listen to laughter ascendng from the pit in the cafeteria; excited whispers passing between riends and animated discussions of movies, TV shows or weekend tctivities. What topic do you conistently hear? Boys, boys, boys. Throughout its entire exisence, STA has been an all-girl nstitution. Considering this, the presence of boys here is curiously strong. And although the .5 male faculty members all play mportant roles at the school, 'm not talking about them. I'm alking about Usher, Brad Pitt, Paul Walker and that really cute guy who your friend talked to at Molly's party on Saturday night These boys and men didn't pass he High School Placement Test ind receive acceptance letters rom STA, yet their daily presence is as alive as that of any STA tudent

"Oh my gosh, did you see that one guy?" a girl asked her friend, ecalling the past weekend's events. "No, not the one in the black shirt, the one in the blue striped shirt," she said. "The OC starts in two weeks," a girl announced. "I'm so excited to see Seth." "I know," a student added. "He is so hot."

A concern for many potential 3TA students is, if they go to STA hey will never see boys again. This is far from the truth. They vill see boys all day, every day. Magazine cutouts of famous acors, athletes and musicians make ip shrines on the fronts of stulents' planners and binders, and

inside their lockers. The men in these pictures are always ready to offer smiles and glimpses of their defined cheekbones and dazzling white teeth, and STA girls are

more than happy to accept them. "Have you seen my new pictures of Michael Phelps." a girl asked her classmates as she displayed her photo-covered planner. "Yep, that's my husband," she said as the girls swooned over the Olympian. "I don't think so," her friend responded. "I'm gonna marry him.'

The commonness of situations like this suggest many men will be exceptionally busy traveling up and down the aisle over the next few years, thanks in large part to STA girls. And since for most students, communicating with the guys isn't necessary to really knowing them or to be willing to stand up for them, the usually important detail of developing a relationship with someone before marriage can be cast aside.

"Ohh, I do not like him," a girl said, referring to the actor by whom her friend was captivated. "Unh unh," her friend responded defensively, "he's so cute, and he's really nice, too."

Since STA girls' reactions to boys can often be worrisome near-fainting accidents and voice octave increases that sound quite painful) it's nice to know that from an educational viewpoint. STA girls' sometimes overboard fascination with boys can be considered positive. After all, if students can memorize words to songs and movie lines from their favorite guy, or his birthday and obscure facts from his personal life, such as the girl he took to homecoming-who by the way totally isn't as perfect with him as you would be-then memorizing Spanish conjugations and geometry theorems should be a breeze.

"Orlando Bloom's birthday is Jan. 17. That's the same day as mine. I totally think that means something.²

Ryan, all are famous couples who have stood the test of time. Now, *The Dart* staff is attempting to add

a couple names to the list of love. We have teamed up with Rockhurst's Prep News for a little game of matchmaker. The twist is: you, the readers, get to call the shots. Based on the following information, you get to pick a senior from each staff to go on a date with each other, as well as what they will be eating and what they will be doing that night. In the next edition of The Dart, both seniors will profile their experience along with a look at how the world of dating has changed over the years. Please follow the instructions

on the enclosed ballot to cast your vote. You can drop off your ballot in Mr. Eric Thomas's room, M205.



bleeding heart liberal hippie Democrat What CD is in your car right **now?** "My" car has a tape player.

#2

helorette

Favorite Food: Hot wings and

Democrat or Republican: Neither, because I vote based on issues, not political parties What CD is playing in your car right now? CD? My car only plays tapes. I don't even get the radio. Chocolate or Vanilla: Vanilla

What do you look for in a Favorite Food: Pancakes or

marshmallows Democrat or Republican: The donkey is not only the animal that carried Mary when she and Joseph traveled to Bethlehem, but also the symbol of my political party: the Democratic

What CD is playing in your car? Bob Marley and the Wailers- Legend Chocolate or Vanilla: In terms

of cake, chocolate, but when Favorite Food: Chocolate chip pancakes

Democrat or Republican: G-Dub for life What CD is in your car right

now? Rascal Flatts Feels like Today

Favorite Food: Fuji Apples Democrat or Republican: Democrat

What CD is in your car right **now?** U2 The Best of 1980 - 1990

Chocolate or Vanilla: Chocolate

What do you look for in a **boyfriend?** A sense of humor and no prison record. Favorite chick flick: Rocky IV

boyfriend? Sexy...again...sexy, intelligent, ambitious, believer in Christ, spontaneous, 5'7" or taller, nice dresser, not too preppy, but classy when needed. up for anything that isn't sinful or dangerous; comical, respectful, sociable, considerate, trustworthy, outgoing Favorite Chick Flick: Save the Last Dance and Center Stage

heading down the ice cream path, why not spice things up a bit and go with a little chocolate and vanilla twist? What do you look for in a **boyfriend?** I look for a guy who will take long walks on the beach and has a passion for reading and analyzing poetry into the early hours of the morning.

Favorite Chick Flick: "Dirty Dancing" always brings home the W in my book.

Chocolate or Vanilla: Chocolate What do you look for in a boyfriend? Tall, dark and handsome with an Australian accent Favorite Chick Flick: Never Been Kissed

What qualities do you look for in a boyfriend? Someone candid and super fun, with great stories! Favorite Chick Flick: "One Fine Da

ASSEMBLY: Pays tribute to Teresa, legacy of Academy **J**L.

Continued from page 1

said Egner. The third reflection was given by senior Ann Stacy, who explained why she loved coming to school at STA

"Everyday I have the privilege of spending the day with the lovely girls at St. Teresa's Academy," said Stacy while explaining her motivation to get out of bed in the morning.

Stacy said that a simple smile from a stranger in the hallway brightens up her day when she is stressed

"It is important that we have this ceremony to honor and thank those who made the capital campaign a success because it ensures the future of this outstanding institution," concluded Stacy.

was a performance of the life of St. Teresa of Avila, written and performed by STA parent Mrs. Ann Dillon. During the performance, STA learned about the entire life of their patron saint starting with her rebellious child hood, the reason she was sent to the convent and why she is now

called a doctor of the church The ceremony concluded with a surprise presentation of a compass to Dr. Faith Wilson for her services to the school. Wilson was honored and she stated that not just one person but hundreds of people made the capital campaign possible. She explained that the whole ceremony was overwhelming to her and Vontz's reflection made her once again realize the importance of this tradition of giv ing back to the school. Now this legacy and privilegde is passed on

St. Teresa's Academy, 5600 Main Kansas City, Missouri 64113 (816) 501-0011

Ann Stacy Editor-in-Chief	Ann Langworthy Managing Editor: News/Front Page	Ali Ryan Managing Editor: Design/Center Spread	Rachel Straughn Managing Editor: Visuals
Cierra Obioha	Rose Dillon	Tyler Yarbrough	Maggie Mullane
News Page Editor	Feature Editor	Copy Editor	Graphics Editor
Caroline Findley Co-Sports Editor	Katie Hembree Lifestyles Editor	Molly Huber Copy Editor	Kathryn Fitzsimmons Advertising/Business Manager
Alex Hercules	Julia McQueeny Thorpe	Juana Summers	Mr. Eric Thomas
Co-Sports Editor	Entertainment Editor	Center Spread Editor	Advisor

Staff Writers/Photographers: Mary Kate Bird, Jessica Closson, Chandler Domian, Mollie Esposito, Nicole Farley, Leslie Herring, Katie Meyers, Colleen Owens, Kathleen Pointer, Alison Raybould, Colleen Slentz, Sarah Tampke

Editorial Policy: The Dart is a student newspaper written, designed, and typeset by members of the newspaper staff. The Dart is published with funds from the St. Teresa's Academy general operating fund. Unsigned editorials present the opinions of The Dart staff. Signed editorials reflect the opinions of the individual

Letters Policy: The Dart encourages letters to the editor. All letters are to be submitted to Mr. Eric Thomas in Music & Arts 205. If a letter is to be considered for publication, it must be typed and signed by the author. The author's name may be withheld upon request.



WANT YOUR OWN BULLSEYE?

Advertise in The Dart. E-mail your mailing address to dart@stteresasacademy.org

or call 816.501.0011 ext 226 to recieve a brochure.

The next part of the ceremony

to the students.





STA plans to surpass last year raffle sales Incentives for students push greater sales

Colleen Owens **Staff Writer**

This year STA is selling raffle tickets with the mentality that the total sales will be larger than the year before. Considering the usual pattern of sales, this goal may be attainable

"Every year we beat what the year before sold," stated Ms. Joan Jordan from the Development Office

Each ticket is sold for 10 dollars, which according to Jordan, is purely to make sales easier for the students and consumers.

Although the drawings are not until November 20[,] there is much buzz about what each ticket could win a person. These include a

lease on a Nissan Xterra, \$10,000, or two years of free tuition. Last year the total sales from the car raffle came to \$52,000 making this years estimate to be about \$55.000.

The main attraction, being the car that STA sells every year, is bought from STA at a bargain price of about \$10,000.

Jordan identifies with students, knowing that rewarding students with pants and food are great incentives for students to sell. "Girls love to win treats," said

Jordan. "It's a pretty wide appeal for everyone.⁴ In observations Jordan under-

stands that the pants are much more sought after than the food. "Pants are more popular

because they last longer than a bagel," stated Jordan.

To raise the stakes the admin istration allows students to wear the pants until Christmas break

But why all the emphasis on selling tickets? After all, the alumnae does aid the cause along side student sales. "It's true, the loyalty from the alumnae helps quite a bit," Jordan said. "But it's hard to make that

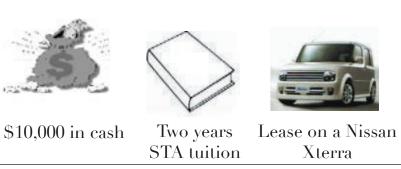
much money in fundraisers." When it all comes down to it Ms. Terry Egelhoff from the Development Office knows that STA couldn't do it without the students.

"Students make a huge difference in the overall outcome of the auction," Egelhoff stated.

STA needs these tickets, based on the fact that every year parents pay STA for education, leaving a \$900 deficit. The tickets help to make up for this loss of revenue, which is added into the General **Operating Budget.**

If one does the math the entire student body must sell a total of 5.500 tickets to achieve this goal With this in mind, STA keeps their fingers crossed, hoping for the pattern to continue, beating last year's goal, and setting an all

Raffle Prizes



Teens choose own career

Colleen Slentz Staff Writer

Hundreds of years ago, there was no such thing as a career choice. Farmers' children became farmers, blacksmiths' children became blacksmiths. Almost every conceivable career passed down from parent to child.

Today, teens have several more careers and choices. One of the founding principles of America is that with enough determination, you can do anything. You can be a doctor, nun, banker, firefighter

career choices are much more varied than they were even a century ago, especially for women. The element of family careers

does exist, but it is more the exception than the rule.

"My mom just wants me to graduate college," said sophomore

Rose Dillon

in a pocket.

songs, and the

model.

regular iPod can

depending on the

ity]," said Murphy

are in New York City, according

aldson, who spent her summer

"Everyone and their dog has

an iPod [in New York]," she said

to senior Mary Martha Don-

other plus.

Krugh.

there.

hold 5,000 or 10,000,

Features Page Editor

and is four inches tall?

What weighs less than six

ounces, holds up to 10,000 songs.

If you guessed the Apple iPod.

you would be correct. The new-

est technology in portable music

amount of music that can now fit

is gaining popularity due to its

flexibility, ease of use, and the

"I'm passionate about my

Murphy. "I uploaded every CD

my brother and sister and I own.'

to the ease of use and the sheer

magnitude of the music. The

iPod mini holds up to 1,000

iPods' popularity is mainly due

iPod," said sophomore Katie

Ashton Smith, laughing. Smith says that although parents play a big role in bringing their children up, they "just want their kids to grow up and be fine."

However, Smith says there is an element of pressure from her family

"My grandmother is in the lawyer business, and my mom would love for me to go in that," she said Kate Harbin, junior, has a

compelling reason to follow a particular career path: both of her parents are chemists. Harbin however, denies any interest in pursuing chemistry as a career.

"I loathe chemistry with every fiber of my soul," she said. "I don't like numbers and math. I've never been good at it, despite my genes. And I really don't care

about it." Harbin admits that it's "rather

Pocket-sized iPod

awkward" when she comes home with a D on a chemistry test. She says, however, that she feels no particular pressure from her parents to be a chemist.

"They just kind of tease me about it sometimes," she said. Harbin says that although her parents have not influenced her to become a chemist, they may have

influenced her in another way. "It's because I'm probably supposed to like it that I don't," she said. "If I had no affiliation with chemistry whatsoever I might not hate it that much."

Many believe teens today are more independent than teens of yesterday and although parents may still play a role in a child's career interest, it is no longer the norm for parents to force their children into their own career paths.



Staff Writer

The music from the piano keys floats melodically across the auditorium. Voices extend from the choir, united in their hymn of praise to Jesus Christ. A crossbearer leading the processional enters from the right and everyone in the crowd turns to watch. as they prepare to begin celebrating their faith. The community setting makes for an open scene. However, not everyone present feels welcomed.

Many assume that all STA students are Catholic, or of another faith. Despite STA's Catholic association, some students consider themselves to be atheistic or agnostic. Of the 528 students in the 2003-04 school year, 381 said they were Catholic, making up for about 72 percent of the school population. The other 147 students considered themselves non-Catholic, thus including all other religions as well as those who did not have a specific reli-

"As adolescents, they're in the process of deciding what they believe," said theology teacher Mr. Matthew Bertalott

In a 2002 survey, the Pew Research Council conducted a survey of 2,002 adults. They found that 82 percent of adults in the United States considered them selves to be Christian. However, only one percent considered themselves atheist, while about two percent considered themselves agnostic.

But what does all this mean? What is the difference between an 'atheist' and someone who is agnostic. According to Webster's Online Dictionary, an atheist is someone who believes that a god does not exist, while an agnostic is someone who doubts the truthfulness of religion. Ms. Mimi Harman, theology teacher, defined 'atheist' similarly, but had a clearer definition for 'agnostic.' "[Being agnostic is] believing in a god or higher power but not

having a specific religion," Harman said. Senior London Tatum con-

siders herself agnostic, despite having been raised in a religious home. Her parents are Protestant and she has always attended Catholic schools. She has since decided that her beliefs are no longer what they used to be.

"It's just not right for me," said Tatum. "There's so much I don't agree with."

Students who regard themselves as agnostic or atheistic will often attend Catholic schools in order to receive the benefits of a private education. However, along with the educational benefits, comes theology class.

At STA, all freshmen are required to take an Old Testament theology class, while sophomores focus on the New Testament and Morality. However, when

students become juniors and seniors, they have more say in the theology classes they take. Although all juniors are required to take a semester of Social Concerns and seniors are required to take a semester of World Faiths. juniors and seniors may choose their classes for each of the remaining semesters. Options include classes such as Spiritual ity and Contemporary Theology.

Tatum believes that the higherlevel classes do a better job of accepting girls who are without religion.

"When you get to World Faiths and you can actually take really far-out classes when you're a senior, then sometimes you get acknowledged," she said.

Bertalott, however, feels that all STA theology classes embrace students who are non-religious. "I think that in the classroom

that I've experienced, it is very open and accepting," said Berta lott. The STA community, includ-

ing both faculty and students, often prides itself on being very accepting towards all whether they are of a different religion or non-denominational. How ever, sophomore Chelsea Burton speaking from a student's point of view, does not believe this is always the case.

"[Being atheist is accepted] by some people," said Burton. "Bu other people kind of look at you weird when you try to express yourself in that way.²

Bertalott said he is sensitive to the beliefs of others; however, students must still do the required work.

"I care what my students believe, but I can't make them believe something they don't," he said.

Harman said she tries to make everyone feel welcome in her classes. She also discussed the way in which prayer services have replaced school liturgies.

"We are a Catholic school, and Mass comes out of the Catholic tradition," she said. "It's hard to make that more open for atheists and agnostics."

Despite the fact that not everyone accepts them for their nonbeliefs, many of the girls who are atheist or agnostic are very openminded toward those who follow an ordered religion.

Senior Laura Brewer, an atheist, says she can see why some people want religion to be a part of their lives.

"I think some people need religion," said Brewer. "I don't think that I personally do, but some people do, and they find a lot of comfort in it."

Burton agrees. She feels that everyone is entitled to his or her own opinions on religion.

"That's their choice," Burton said. "They can believe in what ever they want to believe in, just as long as they accept me."

ter known as "I have like 1,300 songs, and a boom box. that's only one third of [its capac When first released, they cost up to \$400, but The way owners have control now are available of their personal stereos is anfor less than \$30. However, they are "I have all the songs that I like organized how I want them in the heavy, take up little [iPod]," said senior Caitlin a lot of space and wouldn' Kansas City, however, has been really be slow following this trend. iPods considered are not as popular here as they

portable by today's standards.

Next came the transportable tape player, also known as a Walkman. They weigh between seven and eight ounces and are a inconveniently sized, which explains the splash made by the iPod.

With the iPod, there is finally a completely portable

music option. With the correct hardware, an iPod can go in a car, on the treadmill or in a purse. And that's the beauty of the machine.

one at \$13. On the other hand, magnetic tapes are unreliable and have to be carried around along with the Walkman. After that came the Discman,

or portable CD player. They are about five inches across and one inch thick and weigh between seven and 11 ounces. The drawback is that if the wearer moves The iPod is the first of the

portable music devices to store the music inside. Before the iPod and other mp3 players, the device wasn't the only thing that had to be carried around. Tapes and CDs are heavy and

makes musical mark little big larger than a magnetic "I used [mine] all the time while] was walking." tape. They are small and cheap, with the starting price for a basic The iPod comes in two styles:

the regular and the mini. The mini comes in five colors, has four gigabytes of storage and costs \$249. The original iPod is white, has either 20 gigabytes or 40 gigabytes of storage and costs

either \$299 or \$399, depending on the size of the hard drive. The iPod is just another device

in a long line of portable music options. The first was the portable stereo, bet-

too much, the disc will skip.

Voles with Mac or PC. Over a millio



November 4, 2004

Man under cape: true superhero

Reeve's life serves as example of perseverance

Faster than a speeding bullet. More powerful than a locomotive. Able to leap tall buildings in a single bound. People have used these

familiar phrases since 1938 to describe Superman, the comic book turned film hero with remarkable superpowers. For nearly three decades, the story of this fictional superhero has delighted fans and made children stand wide-eved in awe.

In 1978, actor Christopher Reeve wooed moviegoers with his portraval of Superman. He brought the brave rescuer its debut on the silver screen in "Superman: The Movie.' nine years, the story cape, a story of true heroism, has been more inspirational

Reeve's Oct. 10 death has incited reflection on the contributions he made during his life, and the legacy he left behind. His familiar story is often told, but its message

In 1995, Reeve was in a

that paralyzed him from the neck down. In an instant, he became one of the approximately 250 thousand people in the United States who live with spinal cord injuries. For the rest of the Ameri-

people would not have questioned him. Today, people would probably remember him as a talented actor. Instead, he left us with a different legacy. After his accident, Reeve



can population, imagining the lifestyle of a paraplegic is difficult. Reeve's dedication to investigating, urging and supporting research of spinal cord injury and central nervous system disorders helped raise the country's awareness of the common challenges paraplegics face.

If Reeve had decided to leave the public eye and live a he volunteered, and pushed sustained a spinal cord injury private life after his accident, for insurance reform to lower Superman himself.

worked collaboratively with doctors, researchers, other paraplegics and members of Congress and various foundations, including his own foundation, The Christopher **Reeve Paralysis Foundation.** Reeve encouraged and raised funds for research and new therapies, including some experimental ones for which

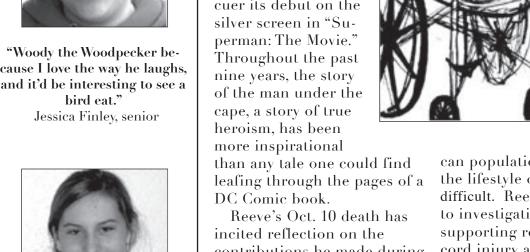
patients' expenses. Through this and other work, Reeve strove to overcome high hurdles not only for himself, but for other people as well.

When dealing with a daunting challenge it is difficult for many people to think outside their own needs. Despite his personal struggles, Reeve supported others and served as a model of courage

An infection caused by a bed sore, a comnon affliction of paraplegics, caused Reeve's recent death. Although the 52-yearold did not achieve one of his post accident goals, to walk again, the work he did and effort he put forth may help make his goal a possibility for submitted by Carolyn Wiedeman other paraplegics.

Reeve once said "A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

By persevering, Reeve overcame his accident-what could have been his cryptonite. And, by carrying others with him, he went on to soar higher than any fictional superhero could, even

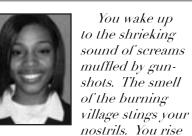


never fades.

horse riding accident and

What's **-REALLY-** Goin' On: Genocide in Sudan

Tyler Yarbrough Copy Editor



from your clay cot only to see your father and older brother lying lifelessly in their own blood. The 12 men that sucked the life from your protectors go after your mother next. But they don't kill her. Instead they take turns raping *her. The sight sends pain through* your body, and the fear sets in. Your mother vells for you to get your little brother and go. You can't move. You can't escape. The men's eyes burn with hate and they laugh. They rip your mother's abuses that have left more than 1.2 Darfur again.

СП C \mathbf{C}

her neck and wrists and throw her against the twig hut when they are finished with her. Their evil eyes are now fixed on you. You are only 15-years old. They tear your 6-year-old brother from your arms. You are next.

For you, this is only a dream. It is simply a tale of terror that you can't even fathom. But for another girl, just like you, thousands of miles away, in Darfur, Sudan, this is real life.

According to the Washington Post, on Sept. 9, U.S. Secretary of State Colin Powell announced that genocide, an attempt to wipe out an entire race of people, has taken place in Sudan. He said the government in Khartoum and the government-sponsored Arab militias, known as Janjaweed, are responsible for the rapes, killings and other

To more interrupting episodes of Gilmore Girls with a com-Mercial for George W. Bush. No more debates. No more 30-minute conversations on CNN about who really won the debates. No more looking at the ten John Kerry signs in the neighbor's front yard. No more Rock the Vote. Four more years without a commercial followed by "My name is (insert name of presidential candidate) and I approved this message." Thank goodness for Nov. 4, and thank you, Mr. President and other newly elected leaders for ending the chaos.

S TA students, like many people, often use the word "re-tarded" to describe a person, situation, or rule that they consider stupid or objectionable. Hardly anyone stops to think about how offensive this word is. In using this word, they insult the mentally impaired and thereby strip away their given human dignity. The families of the mentally impaired can be offended as well. People need to realize that disabilities are nothing to make fun of, and be more conscientious when describing something stupid.

Deople who whine and complain to their teachers need to put themselves in the teachers' shoes. Teachers are just as stressed out as students. They have the responsibility of grading tests and papers and planning lessons. Like us, they also have a life outside of STA. Teachers' jobs are to educate and prepare students for college, and they are doing their best. Even though they may be piling on the work and causing stress for us, they have our best interests at heart. So, the next time you talk behind your teachers back or act out in class, think of their side of the story.

gown off, snatch the jewelry from million black Africans homeless and 70,000 dead. Over the past 18 months, the Janjaweed have tried to execute all of the tribal blacks in Darfur

> Over the past 17 months, thousands have been killed, but this war has clearly been targeted toward the women and children of Sudan. Rape has become one of the most destructive weapons throughout the genocide. The Janjaweed rape the women in order to produce a light-skinned offspring.

Samantha Power, the winner of last year's Pulitzer Prize for her book, A Problem from Hell: America and the Age of Genocide, told "60 Minutes," "Children are targets. Women are targets. The government and the Janjaweed seem to be intent on ensuring that life, African life, does not exist in

Neither the United Nations nor the United States has implemented any plans to rescue the 1.2 million Sudanese refugees from the violence of the Janjaweed. We have simply acknowledged that this is genocide.

I didn't realize the severity of the situation in Darfur until my adviser, Mr. Craig Whitney, brought it to my attention. I couldn't imagine living in Sudan-to see the blood, to smell the burning flesh and to feel the pain. I couldn't possibly envision my family taken from me.

But it will continue to go on and 10 thousand men, women and children from Darfur will die this month. We must increase our awareness about international crises even though the problems are thousands of miles away.

Open your eyes; imagine that it is you.

lcohol has become a staple in some teenagers' weekend plans, but alcohol and drinking are more work than they are fun. Alcohol is expensive, it makes people act the way they usually would not, it makes people sick and it is illegal for people under the age of 21. So why spend the time, energy and money on something that could maybe make you feel good for an hour or two, but can than make you feel horrible about yourself and your decisions?

C easonal hair: it may be one of the most vague phrases ever Created. This summer the seasonal hair favorite was sleek straightened hair. Every morning girls would get up to pre-heat the iron that would inevitably mangle their natural hair into a brittle, thin disaster. This winter, people should stress the idea of wavy or curly hair. This style of hair is perfect for the usually bitter chilled weather. People might be thinking, Why not curl my hair in the summer, too.⁹ Well, the humidity usually does not allow for full, lustrous curl but a more limp, beaten 'do. Consider how gorgeous and freeing everyone would feel if they could break away from those flat irons, and warm up to the shiny curling iron that waits as winter nears.

Every year advisories come together for two activity periods to discuss respect. Even with this over-emphasis on the importance of respect, students sometimes take advantage of flexible teachers. This behavior must stop. It is not only demeaning to the teacher, but it also creates an environment that is non-conducive to a challenging learning environment.

4

PHQTO

If you could have

any person al

your

Thanksgiving

dinner table, who

would it be?

bird eat."

Jessica Finley, senior

"Justin Timberlake, because

he's hot!'

Caitlin Madden, junior

"Former President John F.

Kennedv because he embodies

what America is all about."

Caitlyn Crawford, sophomore

"An original pilgrim because

they could tell us about what

life was like back then."

Amy Hymer, freshman

"Thomas Jefferson because

he has a great mind, and is a

Francophile.."

Ms. Alice Amick, French

teacher

compiled by Juana Summers

Women only gyms on the rise

Curves offers new approach for women

Chandler Domian Staff Writer

With 8,000 worldwide locations, close to four million members and approximately 47 facilities in the greater Kansas City area, Curves is the largest fitness franchise in the world. Dedicated to providing women an encouraging and comfortable atmosphere in which to exercise, Curvess' phi losophy is "No men. No make-up. No mirrors.'

"Women are slaves to the scale," said Ms. Dana Willett, coowner of three Kansas City Curves locations and creator and president of the Kansas City Curves Co-op. "Instead, Curves teaches women to think in terms of, 'How do I feel? How's my blood pressure? How am I going to feel in 20 years?"

Curves offers a 30-minute cardio and strength training routine where members burn 500 to 600 calories, which is equivalent to the benefits of a typical 90-minute workout. Willett emphasized the technology of the exercise machines as she explained that all machines found at Curves are sized especially for women. All equipment is also hydraulic, which eliminates the need for weight stacks and allows members to exercise according to their physical abilities.

"Resistance is a function of speed," said Willett when explaining the hydraulic machines. "The faster you go on a machine, the more resistance you will have."

At all Curves locations, exercise equipment is arranged in a circuit. Members rotate in the circuit using each machine for 30 seconds. A 30-minute workout requires either two or three trips around the circuit, depending on the location. A fitness technician always staffs the circuit to check members' heart rate, blood pressure and to make sure all participants are using the equipment correctly and with proper form.

"I used to go to the YMCA to work out every once in awhile," said senior Jessica Bradford, who joined the Southtown Waldo Curves last spring. "My mom and I joined Curves because it was

General Mills, the nation's No. 2 cereal

producer behind Kellogg Co., announced

plans Sept. 30 to convert all of its cereals,

including Cocoa Puffs, Lucky Charms and

Rice Chex, into whole grain products. Forty

percent of the company's cereals will make

the switch by early next year. The other 60

Nutritionists are ranking the change,

Total, already use whole grains.

in the food industry in decades.

percent, including Cheerioes, Wheaties and

which began in October, as one of the biggest

"[It] could signal the most comprehen-

sive improvement in the nation's food sup-

ply since the government began mandatory

Kessler, former commissioner of the Food

and Drug Administration, told USA Today.

Eating whole grains is better than pro-

cessed grains (such as corn meal and wheal

ing, according to nutritionists. General Mills

said the whole grain switch will increase by

1.5 billion a year the number of whole grain

servings eaten by Americans. According to

General Mills, the switch will not add calo-

worse. A General Mills test of 9,000 consum-

ers showed that the new whole grain cereals

taste as good as or better than the original

versions.

ries, nor will the taste be changed for the

Ms. Susan Crockett, a nutrition researcher at

flour) because they contain more fiber,

vitamins and minerals, and are more fill-

fortification of grains in the 1940s," Mr. David

Molly Huber

Copy Editor



— November 4, 2004

Chandler Domia Senior Jessica Bradford (third from left) makes use of the calf raising machine at the Southtown Waldo Curves, located at 323 E. Gregory.

a lot closer, and because of the circuit training. I try to go four to five times a week. It's fun to go; I never get bored with the machines.

Curves also offers a weight loss program where members have a weekly meeting with a trained nutrition coach. These classes work in conjunction with the 30-minute fitness routine.

"As women age, they naturally lose lean muscle," said Willett. "We have to fight to keep what we have. If a woman has more lean muscle, she

has a higher metabolism. [Curves] create[s] a healthy member of life with enough lean tissue to eat 2,500

calories a day.' Curves locations in Kansas City have an average of 300 members. The youngest member at Willett's three locations is ten vears old, and the oldest member is 85. Curves'

average membership fee is \$29 a month. College students can join for four months at \$99, and mothers and daughters who join together receive a \$10 dollar discount each month. Willett credits Curves' high membership to the results women are receiving and to good advertising, such as commercials that use real members

instead of models

In a study conducted by Mc-Master University, images of perfectly sculpted women dampen women's motivation to exercise. According to Willett, Curves' mes sages in commercials and at the facilities teach women to think in terms of body composition and physiology.

As Curves grows in popularity, other all-women health clubs are becoming more common. Slim and Tone and Designing Women' Weight Loss are other health clubs whose

equipment

and 30-minute

fitness routine

mimic that of

The emer-

gence of all-

that women-

only gyms

women health

clubs has insti-

gated comments

promote gender

discrimination.

ticle stated that

although much

A WebMD ar-

Curves.

Curves teaches women to think in terms of 'How do I feel? How is my blood pressure? How am I going to feel in 20 years?'

-Ms. Dana Willet, creator and president of the Kansas City Curves Co-op

> opposition to all-female fitness facilities comes from males, the National Organization for Women (NOW) is also against women-only gyms.

"I'm totally sympathetic-- we live in a culture where women are harassed and objectified," said Ms. Andrea Mullin, president of the Massachusetts NOW chapter. "But our objection is to passing a law

that permits discrimination."

Willett explained that many of the women that attend Curves would not otherwise workout at a co-ed gym. She said that weight rooms intimidate many women because of the unfamiliar equipment, sweaty body builders and the mirrors that cover the walls. Curves is different in that it gets to know each member's name, takes their picture when they first join and calls their home if they are not attending.

"[Curves] is a really fun and supportive atmosphere," said Willett. "There is a lot of emphasis on getting to know the members."

Willett clarified that legally, the Curves facilities in Wisconsin are the only Curves that can reject men from memberships. Lobbying efforts of Curves owners in Wisconsin made the denial of male memberships legal. Willett expects that other states will soor follow in this effort.

"If a man calls and asks about Curves, we say 'come on in and check us out, but know that the workout machines are designed for women." said Willett

According to Bradford, discrimination is not an appropriate term to describe a facility geared towards women.

"The atmosphere is different than at other gyms," Bradford said "Here they have health tips for women, do [prize] drawings and give away sweatshirts. Guys go to the gym to just work out. Curves is about working out, meeting new people and socializing."

HOW TO... How to be an

eater...STA style Ann Langworthy Managing Editor



True story: At recent prayer ervice honoring the feast day of St. Teresa, Dr. Faith Wilson announced that a special treat

(a.k.a. item of food) was waiting for us, the students, outside Within seconds, mobs of screaming girls bounded up the risers and out the door, despite the fact that the service had not yet concluded. What does this tell us about ourselves? We love to eat. Perhaps more importantly, we love, even worship food; there is a difference.

In every single 7/8 class I have attended in my 3.25 years at the Academy, someone has groaned, "I'm starving! Is it ever going to be lunch time?" Hungry eyes circle the clock waiting for the strike of 10:46 am.

After ten agonizing minutes of annoucements, lunch finally rolls around and craziness abounds. Girls can be seen in every hallway, classroom or crevice with their food of choice. The remaining chicas begin their scav enger hunt. If you find yourself lunchless, remember these little

1. Use your nasal intuition Not only do STA girls have the best quadraceps in the city (special thanks to the 12 flights of stairs on campus), but we also have incredibly strong sniffing glands. If there is popcorn anywhere on campus, we know about it.

2. Don't be caught in an advisory party stampede. The arrival of Chipotle, Planet Sub or Waldo Pizza consistently causes traffic jams in the halls. Do not be deceived by this decoy. We are talking about STA girls: there will be no leftovers. Conserve your time and energy and move on to more likely targets.

3. Take advantage of club meetings. In most cases, club day offers the most impressive array of food this side of State Line. For lovers of gourmet, I would recommend cooking club. Those spicy ladies take food to a whole new level.

4. Accept all handouts, even if you are not a fan. There are always bartering options later and you may be able to trade up.

Above all else, the most popu lar way of scoring a snack is the mooching technique. Everyone knows just the right person to hit up for a little somethin' somethin'

Don't be deceived. There is a method to our madness. Girls develop an eve for spotting the high rollers, or those lucky sons of guns carrying doggie bags from an excursion the night before. They linger just close enough to be overheard, "Does anyone have any extra food? I can't believe I forgot my lunch. I'm starving." If they are lucky and the target is weak, they can walk away with a delicious mor-

Once lunch has passed there s a new problem: stomach expansion. These two words are enough to set many girls into tears on a Friday or Saturday eve. But at 5600 Main, we don't mind. Girls proudly unzip their skirts for a little extra room, ignoring the warnings of uniform violation crackdowns by administration. Another thought: some people say that deep breathing can aid in digestion, therefore decreasing the expansion level.

So are we really starving? Is his an emotional hunger mani fested in our minds due to our hectic high school lives? The ongoing debate continues. One thing is certain: STA girls will always be on the hunt for food. My personal advice? Take the time to eat breakfast.

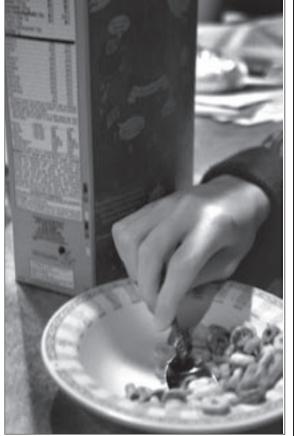
that people should eat whole grain products rather than refined grains to reduce the risk of heart disease. This, combined with consumer demands for improvement in cereal nutrition, encouraged General Mills to make the change.

General Mills revamps recipes

"If I had kids, I would not allow them to eat [children's cereals], the way they're made right now," said Ms. Lona Sandon, nutritionist at the University of Texas Southwestern Medical Center in Dallas. "Kids need to get whole grains in their diet just as much as adults. Right now we're looking at a childhood obesity crisis, and this is maybe one way to address that."

General Mills's attempt at healthier food production is by no means the first by a food company to make their products more nutrition-friendly. Last year, Kraft Foods Inc. began reducing the fat content in 200 products in North America and capping portions for single-serve packaged snacks. Fast- food chains McDonald's Corp. and Wendy's International Inc. have added products to their children's menus that promote milk and fruit consumption. General Mills and Kellogg both began selling cereal with less sugar this sum-

Studies show that the fiber contained in whole grains can help control blood sugar by slowing digestion, lowering glycemic load and slowing the release of insulin. It may also help prevent constipation and diverticulitis. The vitamin E contained in the germ portion of the grain can protect against heart disease as well.



Rachel Straugh General Mills, one of the nation's top cereal producers has announced plans to convert all of its cereals, including Cocoa Puffs, Lucky Charms and Trix into whole grain products. Forty percent of the company's cereals will make the switch by early next year.



Teen shows portray extreme stereotypes

Leslie Herring StaffWriter

6

The recipe for a successful teen TV show or movie is as follows: the hot blonde cheerleader and her cohorts, the star athlete (football is most common), the homosexual, the new kid, the punk-rockers, the goths and the nerds. Mix slightly, and serve to an awaiting audience.

No teen TV show or movie would be complete without all the stereotypes mentioned above. The media takes the stigmas of certain types of teens, stretches them to the maximum and presents the resulting product as a part of their "real" TV show or movie.

Requirements for the hot

blonde cheerleader include dvedblonde hair, a rich family, a nice car and a hot boyfriend (most frequently the star athlete). She has a loval following, consisting primarily of her cheerleading squad Blonde hair is not a must for her lemmings, but the typical "valley girl" attitude is always a plus. The big-breasted, blonde beauty will unavoidably make the lives of several peers miserable throughout her high school career.

The star athlete is the school heartthrob, the guy who never fails to make the knees of his female peers go weak as he struts down the hall. He is not as shallow as his cheerleader girlfriend, but appears almost too unintelligent to realize

his appeal to the opposite sex. The athlete always throws the winning touchdown pass, scores the winning free throw or blocks the penalty shot to win the championship game. He also unknowingly crushes the spirit of the token nerdy girl whom he does not even know exists.

The homosexual boy is either very flamboyant or still confused about his sexuality. In the latter case, even the boy's close friends do not have any clue as to his persuasion, due to the fact that he is ashamed. It is almost always a "he" and not a "she" that plays the homosexual character. If the homosexual character is portrayed as flamboyantly feminine, he will

undoubtedly be the best friend of the new girl, who is in the somewhat similar position of social discomfort.

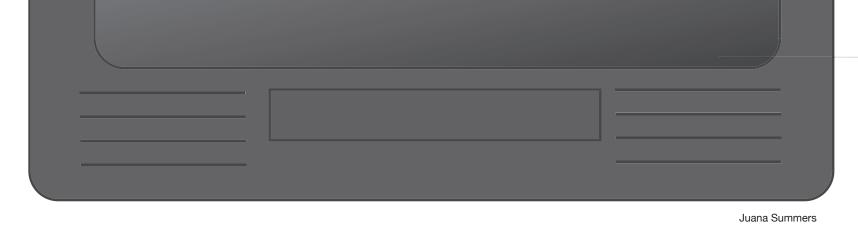
The punk rockers and the goths can go in the same category. Both have multiple piercings, tattoos and wear heavy, dark make-up. Baggy, dark clothing is the popular style among both groups and they could not live without their loudmusic. They get their kicks out of belittling the "in crowd," and the popular kids in return do not hesi-

tate to taunt the punks and goths. Nerds never leave home without their pocket protectors, large boxy glasses and high-water pants. They do not know how to properly associate themselves with their peers. In desperate attempts to fit in, the get trashed or experiment with drugs at parties they were only invited to as a joke. They are very intelligent, but also easily taken advantage of by "superior" cliques because of their widely-known ability to nail down good grades. To avoid any harrassment, the nerds hand around their homework to be copied by people such as the star athelete and the head cheerleader.

Of course the stereotypes contained in such plots are tweaked a bit in order to make the characters different and to put a slightly varied spin on the storyline, but overall, a viewer cannot expect much more than these. It is the stereotype that sells.

Teenagers the and 6 2 m

How does the media portray teenagers, and how do shows and commercials affect the behavior of everyday teens?





Senior Elizabeth Murray catches up on rest at school with her Birkenstock



Decisions make STA students stand apart

Ali Ryan Managing Editor

St. Teresa's Academy: home to plaid skirts, sloppy ponytails, successful sports teams and 528 teenage girls. Among these girls, there is a great deal of diversity. They represent all ends of every spectrum, whether it be academics, religion or social activities. Some students represent the extremes in every situation, from grade-obsessed workaholics to the girls who would rather party every night than be caught with a book. However, in a world of extremes, who is the girl who stands on the middle ground, and what exactly is that middle ground?

The typical STA student is involved in school. Her brightly decorated planner is full of scribbled in homework assignments, which she tosses in her loaded Jansport

backpack at the end of the day. An important math test may lead to a long night of studying, but sometimes the latest episode of "Will and Grace" has to take priority over that history reading assignment. Free periods become the perfect time to cram those in.

After school, the student does not just head home to plop on the couch for a nap, as tempting as it may sound to her sleep deprived body. Instead she heads off to at least one more activity, whether it be work, a sport practice, volunteering, a play rehearsal or another activity that fills her time. There, she gets the chance to get to know new people and push herself beyond her limits, and she seizes it. Even if it means later nights of homework, this chance is well worth it to her.

When weekends come around the student gets a chance to step

out of her plaid skirt and wear something that actually doesn't break every fashion rule. She looks to the nearest YM for inspiration on outfits, but lets her own personal style shine through as well. It doesn't matter to her whether her clothes have the labels of all of the trendiest designers, as long as she's happy with what she's wearing.

After preparing the perfect outfit for the night, the student scans through her extensive cell phone phonebook to find out the night's plans. She may choose to attend a party, or just go out with a small group of friends. She'll have the chance to drink alcohol, and she might. She'll think about her parents and how they may be disappointed in her, but she'll also think about how fun and casual drinking looked in the latest episode of "The OC." She'll have the chance to ex-

periment with drugs, and she might. She'll think about her promise to her coach, but she'll see her friends all trying them. She's in high school, and she sees it as a time for her to experiment and try new things, even if she later decides they aren't for her. If she or her friends choose not to, then she'll know that people make their own decisions based on what's right for them, and she'll respect that.

Having boys around on weekends provides the student with many opportunities. Not only do they provide lots of opportunities to giggle about the "crush of the day" with friends, they also provide new friendships and sometimes relationships. Her relationships may involve innocent kissing or much more, but she has set her limits for herself and stands by them.

Friends are always there for her

when boys fail. She has a strong group of friends which she counts on for support, advice and shared lunches. They are a diverse group, each bringing something special. Some she has known since preschool, while others for only a few weeks. They make her laugh as they cross the quad with details of their hairy legs. She values her friends for all they do and works hard to be a good friend in return.

The most important characteristic of the typical STA student is that she makes choices. Unlike her television counterparts, she is not stuck in one pattern of life. She may decide one night to drink and another night to not. She may choose to focus on homework one night, but to relax another and watch her favorite shows. These choices give her the opportunity to become the independent thinking young woman that she is.



Producers gain from showing misconceptions to audience

CENTER SPREAD Kansas City, Missouri

Cierra Obioha **News Page Editor**

In this show, we have the rich girl who does whatever she wants, a hot new guy, a hot jealous guy and the girl who hides her problems in order to be forever adored. Name this show. "The OC?" Correct. "One Tree Hill?" Correct again. Just about any program that attempts to depict the life of a teen could answer this enigma.

November 4, 2004

Television shows like "The O.C." and "One Tree Hill" are the shows that highlight how life is for a teen, but they are all the same. In actuality, however, all teenagers are different. When teens look at a portrayal of themselves in the media, they don't see who they really are. Instead, they see a highly dramatized reflection of their lives played by a majority of actors and actresses in their early twenties. These shows take the life of a teen to the extreme and despite messages conveyed, the inaccurate drama of a teen's life continues. Producers see it as a marketing technique.

"You know how the news show only the bad side of life?" asked senior Marcie Conway. "Shows do the same thing. They focus on the bad stuff, like that's what teen life is all about. Obviously a lot of [teens] do things like drink and get pregnant,

but the media makes it out to be all we're about. I think it's 50-50." According to a 2002 Health and Science Report, 81 percent of high school students have consumed alcohol, compared with 70 percent who have smoked cigarettes. According to the National Research Council which provided statistics on adolescent pregnancy, by age 18, one in four young women will have

a pregnancy. So as Conway stated,

a lot of teens have done or are do-

ing the things portrayed on these

shows. However, there is another

side of teens. A survey of American teens ages 13 to 19 by the Horatio Alger Association of Distinguished Americans, found that seven in ten young people care about this year's election. They also found that college enrollment has been increasing steadily in recent years, especially among female teens. These statistics show that teens make unwise choices but that there is more to them than that. Unfortunately the media doesn't make this clear. Many teenagers, like sophomore Katrina Abella, think the media does not care to depict what teens are really about because it is more concerned with high ratings.

"In some ways, I think the media is accurate," said Abella. "Some of the things I see on the shows happen at our school, only the media

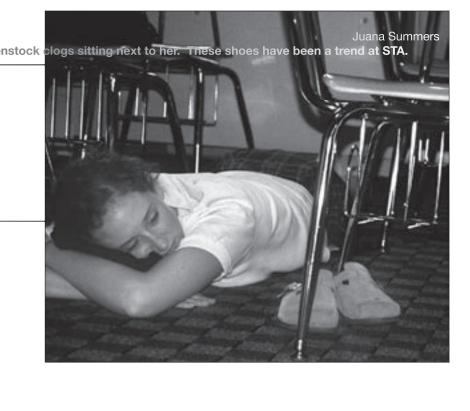
FOX

aracters Ryan and Theresa are part of a love triangle, one of the many common elements in teen shows.

takes it to the extreme. They do this with the attitude of finding what's exciting because they know people don't watch TV to see their everyday life. But I feel at times [taking stereotypes to the extreme is wrong because it sends a message to kids that this is how to be a teen. They don't see it as a way for producers to get money."

Although many teens can agree about the wrong messages sent to easily-influenced children, a countless amount of them subconsciously schedule their lives around these shows. Nevertheless, teens still find time to stay glued to the television to see whether or not Lucas from "One Tree Hill" will hook up with Felix's sister, and if Ryan will come back to "The OC." People get addicted to watching these fictional characters go through life, and this is why the media continues to depict teen life in such a way. Writ ers and producers know that our world becomes alive and excited by drama. This is why they continue to focus on the extremes of teen life like drinking, drug abuse, suicide, teen pregnancy and eating disorders. Writers and producers know that people love stepping out of their life to watch new and shocking things in someone else's. Therefore, they will continue to focus on these extremes to keep the ratings high and their pockets full.

The WE characters on "One Tree Hill," are married high school students.



Juana Summers r talks with friends at lunch



Freshmen discuss the shows they have watched the night before in the cafeteria during lunch.

Media gives students first impressions, views of high school

Alex Hercules **Co-Sports Editor**

The lives of teenagers on "One Tree Hill" have often been portrayed as tangled and confusing webs. These are high school teenagers that are related, married or have multiple relationships and parties with random people on weeknights. Even though the show is highly rated and lots of teenagers watch it, does it really portray high school life?

Some freshmen came to STA thinking that everyone was going to look more mature because the high school characters on shows like "One Tree Hill" are played by actors and actresses in their twenties.

"I thought everyone at STA was going to look a lot older," said freshman Amy Hymer. "I also thought that it would be a little bit crazier and a little bit harder."

Lots of students last year began to watch the show "The OC." This is a show about high school kids growing up in Orange County, California, whose lives are consumed by money and parties. Even though this show was fun to watch and became a craze last year, the show did not accurately portray the life of a normal high school student.

"Some of the TV shows portray high school as being all about rumors, gossip and girls being ditzy,' said junior Claire Foley. "I watch 'The OC' to see what they are wearing and because the show is entic-

Some of the freshmen thought that high school life was going to be one big party because of these shows. They thought that everyone got to go out on weeknights and everyone was getting drunk and partying all the time.

"They make [teens] look like they get drunk and have sex all the time," said freshman Abby Switzer. "I mean, there are people who do that, but not every high school teen is like that?

Sometimes it's hard to see if these shows are portraying high school students correctly because in shows like MTV's new show "Laguna Beach," the characters have more money and time than "normal" stu dents have.

"There are some similarities in reality TV compared to high school life," said senior Betsey Birt. "But the differences are greater than the similarities. Kansas City life is a lot different because [the producers of those shows] try to find the students with the most drama, not the students studying for the ACT."

Other students feel as though money is the reason that these shows appear to be untrue. For instance, "Laguna Beach" shows a group of high school students with lots of time and money on their hands. Some students feel as though this is misleading, because not everyone has that type of money to spend.

"They're all too rich," said senior Joelle Mack. "The show is very misleading because there aren't really any high school kids that have that kind of money."

These types of shows only seem to be misleading and scare teenagers about high school life.

"Sure, I wonder why they have all the money and clothes they do, because I know that I don't have anywhere near that amount of stuff," said Birt. "But reality shows seems to be the most interesting thing on TV. I mean you just become addicted to it and want to watch it."



Pixies reunite for comeback tour

Caroline Findlay **Co-Sports Editor**

8

The Pixies, an alternative band in the late 80s and early 90s reunited to make a new album and go on tour this fall.

Senior Claire Lapping attended the Oct. 1 concert at the Uptown theatre. "It was the best concert ever," said Lap-

ping. "I know people say that about a lot of concerts, but this one really was the best. " Lapping first heard the Pixies in fifth grade because of her older brother, but she didn't start listening to them until seventh and eighth grade. Then during her freshman and sophomore years she listened to them non-stop. She said she eventually got tired of hearing the same songs over, and over again.

"I hadn't heard their music for a while and I thought about how awesome it would be if they got back together," said Lapping. Not too long after Lapping thought of the possibility of a Pixies reunion, the band

announced their plans for a tour. At first, Lapping had doubts that the band would come to Kansas City, but before she bought tickets for the show in Columbia, she found out they were going play at the Uptown.

The Pixies is credited for the alternative music movement of the 1990s. They began in **bum is in the works.** 1986 when front man Charles Thomson, now

referred to as Black Francis and guitarist Joey Santiago dropped out of college to start a band. They recruited bassist Kim Deal and drummer David Lovering, which made the band official. They have released four full-length albums, though they never topped the charts or went multi-platinum. Their fans believe that their lasting impression on the music scene outweighs any other honors they could receive. Their music melded classic pop, surf influences, indie guitar rock, and screaming punk noise with lyrics about sex, religion, space, and mutilation. They influenced musicians and bands like Nirvana, The Strokes, PJ Harvey, Ash, and The White Stripes. After touring for over six years, the band disbanded in 1992, much to the



The pixies performed Oct. 1st at the Uptown theater as part of their reunion tour. A new al-

surprise to their fans.

Spanish teacher Ms. Heather Macintosh attended the Pixie's concert last month. Like Lapping, Macintosh's older brother influenced her musical interests. Due to a faulty tape player in her brother's car, Macintosh had no choice in listening to the same tape all summer.

"It had the Red Hot Chili Peppers on one side and the Pixies on the other, and my brother didn't want to break the tape, so he kept it in," said Macintosh. "So, I became very familiar with the Pixies that summer."

Macintosh went into her freshman year of high school and met one other person, her classmate Mike, who liked the Pixies as much as she did. Her dad took her and Mike,

o a Pixies concert at Municipal Auditorium when they were 14 years old.

Macintosh and her high school friend kept in touch. A few weeks before the concert, Mike called Macintosh told her he had tickets.

"Mike asked if I wanted my dad to drive us to the concert for old times sake," said Macintosh, laughing. "The concert was just as good this time as it was when I was in high school."

It was a shock to Pixie fans to hear of their plans to tour because of their ugly breakup in 1993, but the announcement came last April. They have plans to make an album as well, but have yet begun recording.

Junior Melinda Krum is also a Pixies fan. She has liked them since she was thirteen because her neighbor introduced her to the band's music. Krum has their old singles and b-sides, and she said she owns every album by the Pixies.

"[The Pixies] were like no other band when they began in the 80's," said Krum "I wasn't old enough to appreciate them in their time, but I know that they were so submitted photo ahead of other bands of the decade. Everything else was like poppy-crap, but they broke out of the box.²

The Pixies had already broken up when Krum began listening to them, but it never crossed her mind that they would get back together ever. But information began trickling out and eventually it was confirmed they would make an album and go on tour. Krum got tickets right away.

"I pinned the tickets up on my bulletin board, so I was reminded of the concert every time I saw them," said Krum.

She agrees with Lapping that it was the best concert ever. "I cried when they came out," Krum said. "I was nervous that they would sound old and cruddy, but they were amazing. They ended up sounding better than when they were in their twenties.

Talent, leadership play Puppets miss intricate roles in 'The Women' Intended point

With a senior-packed cast, STA's "The Women" opens Nov. 11 and runs through Nov. 13.

The play revolves around "the women's" relationships with each other and how they interact, communicate and live.

"[The play] is all about gossip, a satire on women in that time period," said sophomore Melissa Rhodes, whose character Peggy a.k.a. Mrs. John Day, is one of "The Women."

"The Women" plays up to the pre-conceived notion that all female friendships are based off of trivial things.

"It is centered on the actual women," said Rhodes, "basically making fun of how awful they are to each other: the backstabbing,

the cheating." Ms. Shana Prentiss, director and drama teacher, described their relationships at auditions as: "your best friend to your face, but if you were hit by a bus, they wouldn't care."

Of the major characters in the1966 revision of Clare Boothe

Luce's play, six are seniors. Senior Mary Martha Donaldson leads the play as Mary, a member of "The Women," whose husband cheats on her with another

woman "I've been bugging Prentiss to do this play since freshman year," Donaldson said. "It's one of my favorites, {and} she finally agreed to do it this year."

Other seniors playing roles are: Laura Brewer as Crystal, the mistress, Chandler Domian as Jane, Kate Graham as Mrs. Moorhead, Emily Lodigensky as Nancy a.k.a. Mrs. Blake and Colleen VanBuskirk as Miriam Aarons, another mistress

With these six seniors graduating, the future drama department

is going to have shoes to fill. "I don't know that it is going to effect the drama department that much," said Donaldson. "There are an awful lot of juniors who are extremely talented and dedi-

cated to theater." The rest of the cast seems to disagree on the effect graduation



Juana Summers

Junior, Melinda Krum (left) and senior, Mary Martha Donaldson rehearse their characters in the fall play. The play revolves around the lives of women and their every day activities. Topics range from gossiping about neighbors to cheating on their husbands. Krum and Donaldson have lead roles in the play, and anticipate the opening night on Nov. 11th.

will have for the drama departplace.

ment at STA.

a lot of really talented people."

agrees with the impact that the

seniors have had on the cast.

volved," said Warwick. "As a

tion itself works."

"The seniors are really in-

freshman, they were really nice

about helping you get into things

and showing us how the produc-

However, with the five fresh-

the cast is that, in coming years,

they too will have an impact on

Freshman Stephanie Chap-

man plays Olga, a manicurist, and

"All of the freshmen are really

ambitious," she said. "I think as

we get more mature, we'll have a

to hopefully, take [the seniors']

better grasp on things and be able

the drama department.

Helene, a French maid.

man involved, consensus amongst

Freshman Elizabeth Warwick

Chemistry has been a factor in "This year is going to be a huge the beliefs that the freshman will loss for the theater department," become a key part of the drama said Rhodes. "The senior class has department in later years.

"It's a good feeling knowing that STA theater has something to live on after we've graduated," said Donaldson.

Chapman believes that the credit is due in fact, to seniors like Donaldson.

"I've met a lot of people in this school who I wouldn't necessarily have met, if it weren't for this play," said Chapman. "The seniors, like Mary Martha, are really outgoing and kind; this has been a really good learning experience.

For the time being, the cast of 26 will continue to practice two hours daily after school with the occasional weekend practice until opening night on Nov. 11.

"We're going to have to really focus the next few weeks," said Rhodes. "It's go time."

"South Park" creators mock terrorism, no strings attached

From the twisted minds of Trey Parker and Matt Stone, the men who brought the world "South Park," comes the glorified puppet show of "Team America: World Police." Theirs is an interesting world. Like a mirror, they see all that is pop culture and reflect it back to us, riddled with disdain.

The movie opens with a beautiful day in Paris; the streets are busy with people. One little boy

course, awkwar

sexual references.

destroyed the city and lost their target, Team America is ready to

Team America, resembling a ombination of "The Matrix" crew, and the boys of "Top Gun" reside in a hidden lair behind the faces of Mount Rushmore. Their goal is to rid the world of terrorism and convey the message that "Freedom is the only way," as described in the team's theme song.

After Team America has several destructive face-offs with their Middle-Eastern enemies, the Film Actors Guild (FAG), lead by Alec Baldwin, takes it upon itself to stop the fighting. The organization gathers its most powerful members, including Samuel L. Jackson, Tim Robbins, Helen Hunt and Matt Damon, for a star-studded political statement, letting the world know that movie stars care,

Another interesting character s Kim Jong Li, the team's enemy, who spends his time planning his global attack using weapons

of mass destruction. In one of his first scenes, he is shown trying to get rid of a United Nations inspector. Later he sings a lighthearted little number, "I'm lonely,"

or as Kim says, "I'm wonewy." Thanks in part to the "I'm lonely" song, "Team America" has one of the most original soundtracks this side of Broadway. Composed of cliché movie tunes, with lyrics that mock the typical movie soundtrack, it is full of wonderfully sarcastic songs. For

What could have been an ingenious slap in America's collective face turned into a 90-minute mess of comit scenes and

example, there is a song about the main character needing his girlfriend like, according to the song, "Ben Affleck needs acting lessons.' Another of the memorable tunes is the

montage song used, of course, during a montage scene. Its lyrics simply state what a montage is, how they're used and as the song goes, "even Rocky had a montage. With its obvious political refer-

ences, such as America's "war on terrorism," and its numerous entertainment references, this film acts as a depot of ridicule and buffoonery. But despite its pop culture brilliance the movie is stifled by its gratuitous use of "potty humor." What could have been an ingenious slap in America's collective face turned into a 90-minute mess of vomit scenes and sexual references.

The point is, if you like "South Park" you'll love this movie. If you don't like "South Park" then you won't love this movie. And f you're still undecided, ask yourself these questions: "Do I like potty humor?" and "Do I like making fun of people?" If you answered yes to either of these questions, chances are you'll love "Team America: World Police."

Staff Writer

looks up from his sucker to spot a terrorist and immediately a fleet of

red, white and blue appears in the sky. Of karate scenes and misguided missiles ensue Once they've



Controversy Managers have strong presence on teams

Officiating Errors and Triumphs

Caroline Findlay Co-Sports Editor



ery important aspect to sports. Even though hunan error is a par of sports, officials are often the mos scrutinized for

their decisions. When officials make the correct call they go unnoticed because it is their job, but when they make a controversial or wrong call, they are despised, heckled, and disrespected by coaches, athletes and fans.

In the case of bad officiating, the STA varsity volleyball team played a match against Shawnee Mission Northwest Oct. 12. The Stars won the first game, and were close to winning the second, but because of two wrong calls from the line judge at the end of the game, STA ended up losing. The Stars did win the match in three games, though. Granted, the line judge was not professionally trained, but according to many of the onlookers the calls were obviously incorrect.

So, are errors by officials part of sports that should be accepted or are their errors inexcuseable?

In the case of good officiating, there were two calls in game six of the American League Central Series between the Boston Red Sox and New York Yankees. that were overturned. One call was pertaining to whether a hit was a home run or a groundrule double, and the other was pertaining to a ball that was hit out of the pitcher's hand while trying to tag a runner. Both calls were rightfully changed after the umpires conversed. Fans were furious with the calls because the game was in New York and both favored Boston. But nonetheless after I viewed instant replay, it was clear that the umpires made the correct calls.

During the Olympics last August, US gymnast Paul Hamm was awarded the gold medal in the all-around competition, only to be asked days later to give it back due to an unnecessary scoring blunder. The Olympics are the pinnacle of world sports and even officials in that competition make mistakes.

There have also been instance in the National Football League and National Basketball Association when fouls and penalties are called, which can throw off the rhythm of an entire team and affect the overall performance of an athlete. But is that just a bad excuse for a team that does not do well?

What is the overall effect of bad officiating? Can one bad call turn the course of a match or game? Is it even fair to put such blame on officials?

Error in officiating is part of sports. It is the athlete's job to overcome bad calls and show they can win no matter what is thrown their way. It is so easy to scapegoat a referee or umpire for a bad call or the loss of a game, but the bottom line is that officials do the best they can in all situations. The fans, coaches and players need to come to an understanding of the hard work that is put into making sports as fair as possible.

Cross Country:

Basketball:

(Junior Varsity)

Dance Team:

(Varsity

Nov. 6 State @ Jefferson City

Nov. 22 @ Lee's Summit North

Nov. 22 @ Liberty Tournament

Nov. 29 vs. Benton High School

(Freshman/Junior Varsity/Varsity

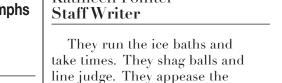
Nov. 7 Performing @ Open House

Nov. 25 Macy's Thanksgiving Day

Parade (six girls will dance)

Mark Your

Calendar



coaches and cheer on their team. They are the managers. Four out of the five fall sports eams have managers. Managers complete many of the behind-thescenes tasks, while maintaining the status of "one of the girls."

"I feel like everyone considers me a member of the [cross-country] community," said freshman Meredith Pavicic, cross-country manager. "I am included in all team activities.'

All the managers expressed a sense of inclusion within the team. Tennis manager, senior Claire Gude, said the girls miss her presence more than the coaches miss her assistance when she doesn't go to practice.

"I totally feel like part of the team," said Gude. "I made Tshirts and when I cannot make it to practice, the girls always ask

the coach why I'm not there." The cross-country managers, Pavicic and sophomore Megan Rogers, have difficult tasks to complete. At meets the girls are responsible for obtaining mile times and places often for 50 or more girls.

After a long week of taking mes at practice and forcefully breaking apart ice in the ice machine, Pavicic and Rogers head to the cross-country meets where they wait at the start for the start gun to go off. Once the stampede of girls begin running, they hurry over to the first mile marker, bracing themselves for a tiring couple of minutes during which they count places and attempt to gather the times. The managers have to employ the help of runners on the team who are injured to assist them in what Pavicic

> but that didn't really affect my game," said Blackburn. "On the second day it was 55 degrees and rainy and I didn't play as well as I could have."

calls "the most difficult aspect of

task of obtaining times is evident

to runners at the practices follow-

ing the meets when informative

sheets are passed out to the team

These sheets, which show miles

splits and places, often contain

runners in the dark about how

"Getting times is the most

While Rogers and Pavicic take

miles splits, Gude sits on the side-

lines of the tennis courts joking

with the coach, making smoothie

runs and throwing balls back to

stressful aspect [of managing

cross-country]," said Pavicic.

they did on the course.

blank spaces, leaving many of the

cross-country". The impossible

The team, along with Coach Jack Garvin, were hoping this would be the year for a banner. Teams recieve a banner in the gym when they place in the top four at State. Although the girls were not complete ly satisfied with the final results,

TENNIS Oct. 21 and 22 the tennis team competed in the State tournament ngfield, Missouri, placing

the players.

Gude.

"I don't really do much," said

Managing can be bittersweet

for some, as in the case of sopho-

Janose, managers the junior

varisty volleyball team. Both

were approached by Coach Amy

in a different way than they had

became managers after they were

"I've played volleyball for the

past five years," said Wilson. " I

didn't make the team and Coach

Carlson approached me about

originally planned. The girls

cut from the squad during try-

Carlson to participate on the team

mores Amanda Wilson and Megan

second out of four teams. Senior Anna Beckett and junior Franny McShane placed third in doubles, junior Kaitlin Dunham placed fourth and senior Kelly Con nor placed sixth in singles.

"This was the best team we have had at STA," said coach Bob Riley. "They worked hard and played well

in Districts, Sectionals and State." They lost only three matches as a team this season. They made it to State by beating Sion Oct. 14 in

Sectionals. "I had played [Jennifer Kedzierski, from Columbia Rock Bridge] before, but not in three years," said Connor. "I won the first set 6-3, but

she came back with 7-5 and 6-3." Dunham played senior Kara Hickey from Columbia Rock Bridge Hickey won doubles in State the past three years and the a singles title this year.

"Kaitlin was the only person at State who won a set against Hickey, said Riley. "After that match though Kaitlin was out of gas and lost." Freshman Katie Jackson, sopho-

more Charmaine Willis, and senior Caitlin Burke were also on the team Both the golf and tennis teams

were grateful to make it as far as state and look forward to next year when they will work hard to make i to State again.

into A and B teams. Softball

The varsity team played in Districts Oct. 5. They beat St. Joe Central, 3-0, but lost to Park Hill South, 3-2, in the semifinals. Their record was 14-2. Seniors Michelle Collins and Catie Turney were named first-team all-District and senior Amanda Konz was on the second-team. Briefs written by Julia McQueen Thorpe, Caroline Findlay and Alex Hercules

Kathleen Pointe Cross country managers sophomore Megan Rogers, left, and freshman Meredith Pavicic compare times at the Kearney meet Oct. 12. Other tasks the girls complete are collecting places and assisting runners and coaches. managing. I decided to do it because I love the game and wanted

to be involved in the program in

any way that I could. At the end of practices, games or matches, and after meets, when all the stats have been written down and times taken, the teams benefit from the help of managers. Pavicic, Janose and Wilson all said that they planned to continue providing their services to the Athletic Department for the rest

high school As the seasons come to a close, managers will take attendance for the last time, prepare the last ice bath and yell one final cheer. "It's been fun," said Gude.

Golf, tennis take stars to state

Jessica Closson **Staff Writer**

Two sports teams have gone to and golf team both competed in a two-day tournament last month.

GOLF

The golf team competed at the State tournament at Silo Ridge Golf and Country Club in Bolivar, Missouri, Oct. 18 and 19. They placed eighth out of 11 teams with a total team score of 792.

Participants were seniors Natalie Blackburn, Katy Boat, Liz Hansen, junior Kelley Seitter and sophomore Mary Kate Bird.

To be eligible for State, the team had to place first at the District meet, which was held Oct. 4 at Swope Park. They placed second behind Sion, but because five girls qualified indivdually, the whole

team was able to go. At State, Bird placed ninth out of 150 girls with a score of 75. Last year, Bird and Hansen went to state as individuals.

"It was harder to go to State as a team," said Bird. "When you go as an individual, you know that if you mess up it only affects you. But when you go with a team, your score affects four other people.²

Although the team played well, the girls thought they could have performed better had the weather

The team will be compet-

The dance team will

perform at Open House

ing at State Nov. 6.

Dance Team

permitted. "The first day was super windy,

Nov. 7 and the first home Cross Country basketball game Nov. 29. The varsity team They will take part in placed fourth in Secthree competitions: the tionals Oct. 30 at Lake Kansas Spectacular at Jacomo. Freshman Elizabeth Keaveny was the Secionals champion with a time of 19:45. Freshman Etagegn O'Neill finished sixth and senior Bridget Moran took thirteenth.

the end of January, one at Lee's Summitt North and State in February. Correction from last issue: Junior Abby Edsall, freshman Kyle Houghland, and freshman Maddie McGannon will also be traveling to New York City to dance in the Macy's Thanksgiving Day Parade. Volleyball

school."

The varsity team beat

They played in Districts Oct. 27, beating Raytown South in two games, but lost to Blue Springs in three games—ending their season with a final

Monday through Wednesday after school and final cuts will be made tonight. The varsity and junior varsity teams will each accept ten players, while 20

Bridget Moran, Elizabeth Keavenv and Etagegn O'Neill

Star Athletes



The three runners approach the first mile marker in the district meet at Lake Jacomo.

Senior Bridget Moran History

• Began running as a freshman Accomplishments

• Went to State as a freshman and junior

• Personal record in 5k is 19:05 • Holds the school record in the 3200m in track (11:22) • 10th at Districts, 13th at Sec-

tionals Goals

• To run in college • Place in the top 25 at State Freshman Elizabeth Keaveny

History • Began running in fifth grade Accomplishments

• Won Districts and Sectionals • PR in 5k is 19:00 (3rd best time in school history) Goal

• Place in the top 10 at State Freshman Etagegn O'Neill History

• Began running in fourth grade Accomplishments • 8th at Districts; 6th at Section

• PR in a 5k is 19:35

Goal • Place in the top 25 at State

All Three girls

Training/ Motivation • XC practices are usually 3-10 miles and include long runs, speed workouts, and hills as well as weight training and abs • Help motivate each other during races

• Moran tells O'Neil and Keaveny how to start each race



were very excited to go to State. "This was the first time our team qualified [for state]," said junior Kathleen Heermann, junior varsity golfer. "I was really excited for our team to go and represent our

> Sion Oct. 21 at Avila. record of 20-10. Basketball

Tryouts were held

freshman will be divided

9

10

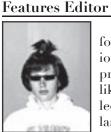
The Dart, St. Teresa's Academy



Kansas City, Missouri



Rose Dillon



With the recent focus of fashion on animal prints and skins, like crocodile or leopard, my mind landed on fish. Why aren't their

skins a popular adornment for bags, the way python is? You could totally take a rainbow trout clutch out to the club, where you might forget it, and it would be so cool that Mischa Barton would find it and call you and say, "Dang, girl, this bag is awesome. Where'd you get it?" And then you'd sell it to her for \$500 ... but I digress.

Fish have penetrated the human consciousness, because they live in water, without which humans would be walking raisins. Fish are everywhere, although you probably wouldn't notice them if you weren't looking. For instance, St. Francis Xavier Catholic Church is shaped like a fish. To clarify: from above, it looks like a fish. How cool is that?

Another Christian reference to fish are those fun little metal decals on the backs of cars that say "Jesus" inside. I haven't figured out if that means that the driver is a creationist or just likes Jesus, but it doesn't really matter. I have to say that I prefer the Phish fish or the Darwin fish with feet, just because they look cooler and are less overtly religious, always a nono in pop culture. This one time, I saw one fish decal eating the other. I can't remember whether Darwin was eating Jesus or Jesus was eating Darwin, but it was trés chic.

The movie "Shark Tale" followed quickly on the heels of the insanely popular (and amazing!) "Finding Nemo." It's just another example of how much fish totally rock. They travel in schools and live in reefs, they're shiny and they have names like Bruce. Well, sharks have names like Bruce. But sharks are fish too, and we shouldn't discriminate just because they're larger and have more teeth. Fish aren't just in the movies. They're also in music. Besides the obvious (the aforementioned jam band Phish), 70s "progressive rock" band Yes has a song on their "Fragile" album called "Fish (Schindleria Praematurus)." It's in Latin, it has keyboards and acoustic guitars and it's totally psychedelic. You can borrow my copy of the album if you're interested. Another great thing about fish is that they contain omega-3 fatty acids, unsaturated fat compounds that are good for the heart and might prevent cancer. Delicious and nutritious, ladies. Kind of makes you want to go out for sushi tonight, doesn't it? Other fish food is Pepperidge Farms Goldfish, "The snack that smiles back." They're delectable without tasting anything like a real fish, they have a little bit of food value, they're small and you can get them in colors like purple, although personally I think that's vile. A hot tip: there's a competitor to Goldfish, made by Stauffer's and available at Dollar General called "Whales." They're crunchier and tastier and everyone knows that whales are by far the coolest aquatic mammals, leaving dolphins and elephant seals way in the dust. And who can beat imitating fish? It's le awesome, you look really cool with your lips pursed like that and you can strengthen your kisser for I'm not going to go there. I'll let you fill in the end of that sentence. So, ladies, remember: when it comes to all things fetch, water will keep you cool. Let's put the fish back in fashion.



The Intro to Dance class practices their moves in front of the studio mirror.



Sarah Tampke Dance Team practices in the cafeteria.

ance comes in many forms al the Academy. There's the Introduction to Dance class, taught by Liz Jeans; the freshman mixer, where the newest students boogied down on Oct. 22; and the Dance Team, who dances from April to February. То quote Men Without Hats, "You can dance if you want to." But at STA, you don't have to leave your friends behind.







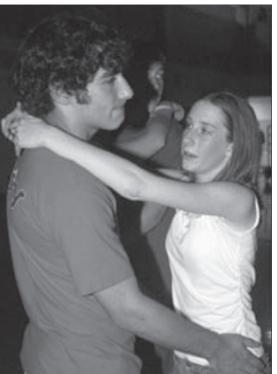
Ali Ryan

Katie Hembree

The Dance Team completes a leap at practice in the cafeteria.

Sarah Tampke

Freshmen mix it up at the mixer.



Ali Ryan Young love, maybe, at Care Club's mixer.

Fine arts education takes center stage

Juana Summers Co-Center Spread Editor

Ms. Liz Jeans, the Intro to Dance teacher and Dance Club moderator at Saint Teresa's Academy hopes to share her passion for dance with her students by offering them the chance for hands-on interaction with professional dancers from the Alvin Ailey Dance Theater.

"It's one of those things that years later, when [students are] in New York taking a class, they'll realize the value of it," Jeans said.

The Alvin Ailey American Dance Theater was founded in 1958, and is composed primarily of African-Americans. Judith Jameison has been the artistic director of the company Since Ailey died of AIDS in 1989. The company has performed *Revela*- *tions*, its signature piece, since 1960. Previous Intro to Dance students have viewed this performance, and Jeans plans to take the class this year.

Representatives from the company will conduct a one-week workshop during lunch-activity period that is open to any current or former Intro to Dance student, as well as Dance Club members. The company will also give two performances in early 2005, open to the entire school. A male trio of dancers, who are typically New York City performers with the theater, and will give positive focus on the male dancer, will give one of the two performances. The other performance, titled "Setting the Stage," focuses on African-American dance history and choreographers.

Jeans says that the two performances will be informal, and will involve interaction between the students and the dancers.

Jeans started the Dance Club this fall, in hopes of building relationships between the STA community and professional dancers from companies such as Alvin Ailey and the Kansas City Ballet. The Dance Club also works with fund raising in order to give back to the STA community through performances such as these.

"I'm looking forward to meeting professional dancers...seeing their passion to dance, and how they're bringing it to us," said junior Jazmyn Froe. Froe is a member of the Dance Club who had previously heard of the company, and she has already attended several performances. "I love Alvin Ailey," she said. Jeans hopes that the students will focus on fundamentals during the workshop.

"[Students] don't give recognition to the significance of every step," Jeans said. "I want to expose them to internationally known professional dancers...fundamentals are still fundamentals."

Jeans teaches very conceptually, as her classes contain students from a variety of skill levels. However, Jeans tries to make her classes stimulating for everyone, because she feels that art applies to everyone.

"Dance is a visual, theatrical, musical art form," she said "Art is a symbol for life. Art works because it is man's attempt to communicate about life."