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THE DART

STA/RHS SWITCH DAY



Rachel Straughn

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.

"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 co-ed 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

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."

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."

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 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.



Rachel Straughn

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 administration and how they run things. The scheduling that you guys go by is really complex and difficult to understand without experiencing it."

Many felt that the switch day would be futile, but the students involved in the activity have particular goals in mind.

"People are kind of like, 'Well what is the point?'" said SCO president senior Michaela McKenny. "[Rockhurst teachers] go about doing things differently, so we can compare to find which system is better and then

KCMO POLICE IMPLEMENT NEW TRAINING

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 McGregor, 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."

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 McGregor, in correspondence with that new reform, the police also have a crisis hotline.

"We use the crisis hotline to call local experts and doctors that deal with people who are emotionally 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 emotionally 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. 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 Corandele. 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 Farley

Sisters of St. Joseph of Corandele bless the STA community at the assembly 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.

Looking for Love

The Dart staff pairs up with Rockhurst for our own version of "Blind Date"

Bachelorette #1	<p>Favorite Food: A zesty lemon pepper chicken drizzled in a creamy alfredo sauce with a side of grilled cucumber....what? It's lean cuisine.</p> <p>Democrat or Republican: I have no idea.</p> <p>What CD is in your car right now? Lil John & The East</p>	<p>Side Boyz - Kings of Crunk</p> <p>Chocolate or Vanilla: Are we talking about ice cream? Because it's all good to me.</p> <p>What do you look for in a girlfriend? I want to say personality, but that is second on the list.</p> <p>Favorite Chick Flick: Robocop</p>
Bachelorette #2	<p>Favorite Food: Anything spicy, just like me</p> <p>Democrat or Republican: "Vote Democrat: it's easier than working"</p> <p>What CD is in your car right now? Bob Marley and the Wailers - Legend</p> <p>Chocolate or Vanilla: Twist, I</p>	<p>like to mix things up</p> <p>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.</p> <p>Favorite Chick Flick: You've Got Mail</p>
Bachelorette #3	<p>Favorite Food: Sliced carrots</p> <p>Democrat or Republican: Republican</p> <p>What CD is in your car right now? Saves the Day & Elliott Smith</p> <p>Chocolate or Vanilla:</p>	<p>Strawberry</p> <p>What do you look for in a girlfriend? Strong teeth, likes Spanish soap operas, and has to have a good liver.</p> <p>Favorite Chick Flick: The Notebook</p>
Bachelorette #4	<p>Favorite Food: The Wendy's 99 cent menu</p> <p>Democrat or Republican: Republican; John Kerry looks too much like a dead man walking to get my vote.</p> <p>What CD is in your car right now? Dave Matthews, Live at Boulder, Go Disc 2</p>	<p>Chocolate or Vanilla: I'm not a racist; I have no preference.</p> <p>What do you look for in a girlfriend? I like girls that are easy going, flexible, and good compliment givers.</p> <p>Favorite Chick Flick: The Ya Ya Sisterhood</p>
Bachelorette #5	<p>Favorite Food: I don't have one, but I fancy a Chipotle every now and then. (Steak of course)</p> <p>Democrat or Republican: Democrat</p> <p>What cd is in your car right now? A burnt one, the last song that I played was "Two Princes"-by Spin Doctors</p>	<p>Chocolate or Vanilla: Milk chocolate</p> <p>What do you look for in a girlfriend? Smile,able to have fun, long walks on the beach, sipping pita coladas and getting caught in the rain</p> <p>Favorite Chick Flick: Say Anything</p>

Bachelorette #1	<p>Favorite Food: Thai noodles</p> <p>Democrat or Republican: Democrat</p> <p>What CD is in your car right now? "My" car has a tape player:</p>	<p>Chocolate or vanilla? Chocolate</p> <p>What do you look for in a boyfriend? A sense of humor and no prison record.</p> <p>Favorite chick flick: Rocky IV</p>
Bachelorette #2	<p>Favorite Food: Hot wings and fries</p> <p>Democrat or Republican: Neither, because I vote based on issues, not political parties</p> <p>What CD is playing in your car right now? CD? My car only plays tapes. I don't even get the radio.</p> <p>Chocolate or Vanilla: Vanilla</p> <p>What do you look for in a</p>	<p>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</p> <p>Favorite Chick Flick: Save the Last Dance and Center Stage</p>
Bachelorette #3	<p>Favorite Food: Pancakes or marshmallows</p> <p>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 party.</p> <p>What CD is playing in your car? Bob Marley and the Wailers - Legend</p> <p>Chocolate or Vanilla: In terms of cake, chocolate, but when</p>	<p>heading down the ice cream path, why not spice things up a bit and go with a little chocolate and vanilla twist?</p> <p>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.</p> <p>Favorite Chick Flick: "Dirty Dancing" always brings home the W in my book.</p>
Bachelorette #4	<p>Favorite Food: Chocolate chip pancakes</p> <p>Democrat or Republican: G-Dub for life</p> <p>What CD is in your car right now? Rascal Flatts Feels like Today</p>	<p>Chocolate or Vanilla: Chocolate</p> <p>What do you look for in a boyfriend? Tall, dark and handsome with an Australian accent</p> <p>Favorite Chick Flick: Never Been Kissed</p>
Bachelorette #5	<p>Favorite Food: Fuji Apples</p> <p>Democrat or Republican: Democrat</p> <p>What CD is in your car right now? U2 The Best of 1980 -1990</p> <p>Chocolate or Vanilla: Chocolate</p>	<p>What qualities do you look for in a boyfriend? Someone candid and super fun, with great stories!</p> <p>Favorite Chick Flick: "One Fine Day"</p>

ASSEMBLY: Pays tribute to St. Teresa, legacy of Academy

Continued from page 1

"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.

The next part of the ceremony 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 childhood, 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 giving back to the school. Now this legacy and privilege is passed on to the students.

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“OVERHEARD: Round II”

Guys

Ann Stacy
Editor-in-Chief

Take a look around STA. Walk across the quad. Wander into any history classroom or science lab. Observe the line drawings in bathroom door signs. What do you see? Girls, girls, girls.

Now, listen to laughter ascending from the pit in the cafeteria; excited whispers passing between friends and animated discussions of movies, TV shows or weekend activities. What topic do you consistently hear? Boys, boys, boys.

Throughout its entire existence, STA has been an all-girl institution. Considering this, the presence of boys here is curiously strong. And although the 5 male faculty members all play important roles at the school, "I'm not talking about them. I'm talking 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 the High School Placement Test and receive acceptance letters from STA, yet their daily presence is as alive as that of any STA student.

"Oh my gosh, did you see that me guy?" a girl asked her friend, recalling 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 STA students is, if they go to STA, they will never see boys again. This is far from the truth. They will see boys all day, every day. Magazine cutouts of famous actors, athletes and musicians make up shrines on the fronts of students' 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.

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."

In observations Jordan understands 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 administration 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.


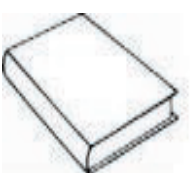

"It's true, the loyalty from the alumnae helps quite a bit," Jordan said. "But it's hard to make that much money in fundraisers."

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.

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

\$10,000 in cash

Two years STA tuition

Lease on a Nissan Xterra

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 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 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.

Pocket-sized iPod makes musical mark

Rose Dillon
Features Page Editor

What weighs less than six ounces, holds up to 10,000 songs, and is four inches tall?

If you guessed the Apple iPod, you would be correct. The new-est technology in portable music is gaining popularity due to its flexibility, ease of use, and the amount of music that can now fit in a pocket.

"I'm passionate about my iPod," said sophomore Katie Murphy. "I uploaded every CD my brother and sister and I own." iPods' popularity is mainly due to the ease of use and the sheer magnitude of the music. The iPod mini holds up to 1,000 little big larger than a magnetic tape. They are small and cheap, with the starting price for a basic 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 too much, the disc will skip.

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 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.



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.

Different beliefs seen at STA

Nicole Farley
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 cross-bearer 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 religion.

"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 themselves 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 considers 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 higher-level 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 Bertalott.

The STA community, including both faculty and students, often prides itself on being very accepting towards all whether they are of a different religion or non-denominational. However, 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. "But other people kind of look at you weird when you try to express yourself in that way."

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 non-beliefs, many of the girls who are atheist or agnostic are very open-minded 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 whatever they want to believe in, just as long as they accept me."

PHOTO

If you could have any person at your Thanksgiving dinner table, who would it be?



"Woody the Woodpecker because I love the way he laughs, and it'd be interesting to see a bird eat."

Jessica Finley, senior



"Justin Timberlake, because he's hot!"

Caitlin Madden, junior



"Former President John F. Kennedy 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

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-eyed in awe.

In 1978, actor Christopher Reeve wooed moviegoers with his portrayal of Superman. He brought the brave rescuer its debut on the silver screen in "Superman: The Movie." Throughout the past nine years, the story of the man under the cape, a story of true heroism, has been more inspirational than any tale one could find leaping through the pages of a DC Comic book.

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 never fades.

In 1995, Reeve was in a horse riding accident and sustained a spinal cord injury

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



submitted by Carolyn Wiedeman

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 private life after his accident,

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 he volunteered, and pushed for insurance reform to lower

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 common affliction of paraplegics, caused Reeve's recent death. Although the 52-year-old 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 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 Superman himself.

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

Tyler Yarbrough
Copy Editor



You wake up to the shrieking sound of screams muffled by gunshots. The smell of the burning village stings your nostrils. You rise 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 yells 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

gown off, snatch the jewelry from her neck and wrists and throw her against the twig but 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 abuses that have left more than 1.2

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 Darfur again."

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.

10-Second Editorials

No more interrupting episodes of Gilmore Girls with a commercial 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.

STA students, like many people, often use the word "retarded" 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.

People 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.

Seasonal 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 chilly weather. People might be thinking, *Why not curl my hair in the summer, too?* 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.

HOW TO...

How to be an eater...STA style

Ann Langworthy
Managing Editor



True story: At a recent prayer service 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 announcements, 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 scavenger hunt. If you find yourself lunchless, remember these little tips:

1. Use your nasal intuition. Not only do STA girls have the best quadriceps 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, you 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 popular way of scoring a snack is the mooching technique. Everyone knows just the right person to hit up for a little something something.

Don't be deceived. There is a method to our madness. Girls develop an eye 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 morsel.

Once lunch has passed there is a new problem: stomach expansion. These two words are enough to set many girls into tears on a Friday or Saturday eve. But at 5:00 PM, 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 this an emotional hunger manifested 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.

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, Curves' philosophy is "No men. No make-up. No mirrors."

"Women are slaves to the scale," said Ms. Dana Willett, co-owner 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



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 years 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

...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 Willett, creator and president of the Kansas City Curves Co-op

instead of models.

In a study conducted by McMaster University, images of perfectly sculpted women dampen women's motivation to exercise. According to Willett, Curves' messages 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's Weight Loss are other health clubs whose equipment and 30-minute fitness routine mimic that of Curves.

The emergence of all-women health clubs has instigated comments that women-only gyms promote gender discrimination. A *WebMD* article stated that although much 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 soon 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."

General Mills revamps recipes

Molly Huber
Copy Editor

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 percent, including Cheerios, Wheaties and Total, already use whole grains.

Nutritionists are ranking the change, which began in October, as one of the biggest in the food industry in decades.

"[I]t could signal the most comprehensive improvement in the nation's food supply since the government began mandatory fortification of grains in the 1940s," Mr. David Kessler, former commissioner of the Food and Drug Administration, told *USA Today*.

Eating whole grains is better than processed grains (such as corn meal and wheat flour) because they contain more fiber, vitamins and minerals, and are more filling, 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 Ms. Susan Crockett, a nutrition researcher at General Mills, the switch will not add calories, nor will the taste be changed for the worse. A General Mills test of 9,000 consumers showed that the new whole grain cereals taste as good as or better than the original versions.

A federal advisory panel recommended

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.

"If I had kids, I would not allow them to eat [children's cereals], the way they're made right now," said Ms. Loná 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' 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 summer.

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 Straughn

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
Staff Writer

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 dyed-blond hair, a rich family, a nice car and a hot boyfriend (most frequently the star athlete). She has a loyal 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 loud-music. They get their kicks out of belittling the "in crowd," and the popular kids in return do not hesitate 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, they 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 harassment, the nerds hand around their homework to be copied by people such as the star athlete 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.

Producers gain from showing misconceptions to audience

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.

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 doing 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

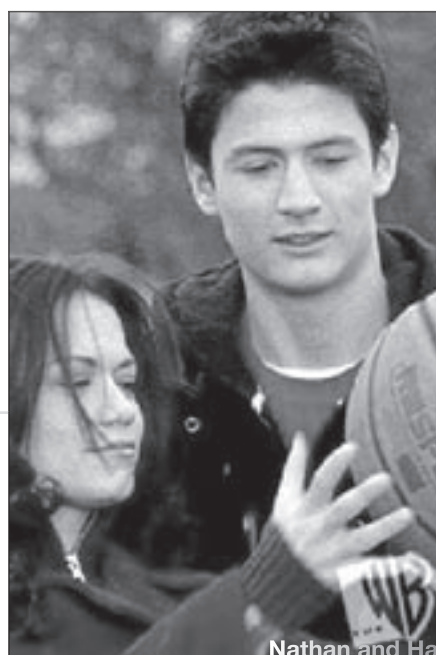
takes it to the extreme. They do this with the attitude of finding what's exciting because they know people don't watch TV to see their everyday life. But I feel at times [taking stereotypes to the extreme] is wrong because it sends a message to kids that this is how to be a teen. They don't see it as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

FOX



"The OC" characters Ryan and Theresa are part of a love triangle, one of the many common elements in teen shows.



Nathan and Blakey, characters on "One Tree Hill," are married high school students.

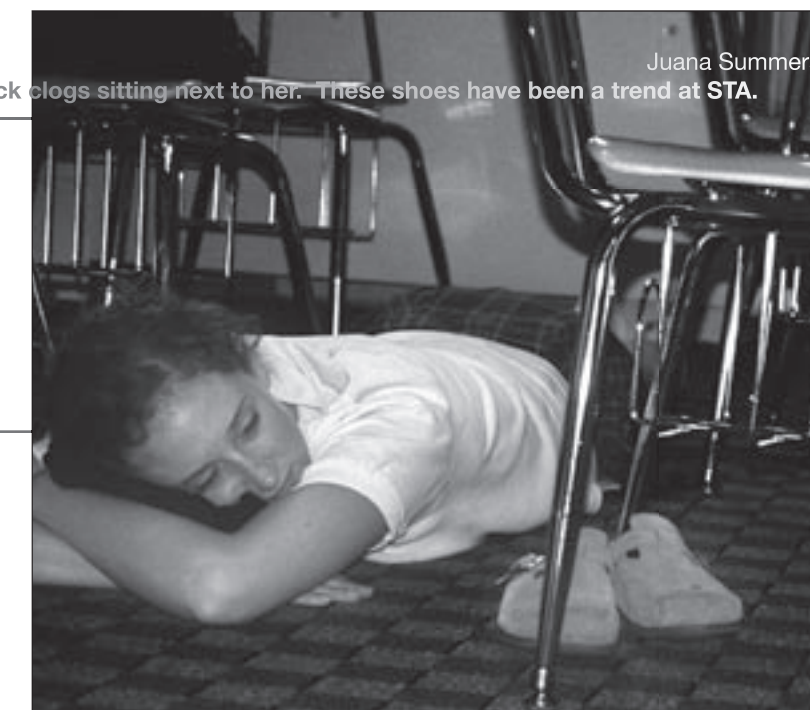
The WB

Teenagers and the media

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

Juana Summers

Senior Elizabeth Murray catches up on rest at school with her Birkenstock clogs sitting next to her. These shoes have been a trend at STA.



Juana Summers



Sophomore Kelly Becker talks with friends at lunch.

Juana Summers

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 *JM* 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.



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

Juana Summers

beyond



cool

Rose Dillon
Features Editor



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 no-no 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 *très 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.



Katie Hembree



Sarah Tampke

Dance Team practices in the cafeteria.

Dance comes in many forms at 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. To 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

Freshmen mix it up at the mixer.



Sarah Tampke

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



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 Alvin 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."