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# THE DART



VOLUME 64 | ST. TERESA'S ACADEMY | APRIL 1, 2005 | KANSAS CITY, MISSOURI | ISSUE 6

For the third straight year, the journalism students of St. Teresa's Academy created an issue of the Dart newspaper around a theme of their choice. Students paired up to create a story, photographs, captions and headlines regarding any aspect of health. The editors and staffers for the Dart then helped to edit and design the issue. For some students, you will see their first bylines. For a few students, you will see a byline that might later grace the pages of the finest newspapers and magazines in the world.



## Farmers, consumers reap organic benefits

Carina Murphy  
Carolyn Wiedeman  
Journalism Students

Over half of American grocery stores now stock organic products and sales indicate that more health-conscious individuals are turning to organics. According to organic farmer Ms. Joan Vibert, eating and growing natural food is a rewarding experience for her personally.

"There's something totally magic about the energy that comes from this food," said Vibert. "You nurture and raise the food, and then it nourishes you."

Vibert, who has been growing and selling organic produce and honey for 10 years, claims the organic food business requires more time and is more "labor-intensive" and "hands-on" than conventional farming. This and the lack of mass production cause prices to be higher than conventional products.

While some consumers are willing to pay the extra dollars, many buyers avoid the higher costs of organics. Vibert and her family often spend hours weeding and handpicking bugs because herbicides, pesticides, and chemical fertilizers are not an option.

"We can't go out to eat anymore because we are so healthy and can't handle all the preservatives," said Vibert. "But the way we eat is our best health insurance."

According to Vibert, this lifestyle connects sellers and their customers. Markets like the Farmer's Community Market at Brookside allow the consumers to meet with the producers of their food.

Ms. Kathleen Wiedeman, a regular at the market, also stressed the importance of eating healthy and knowing why the food is nutritious.

"I believe that what we put into our mouths is as important as anything else we do for ourselves," said Wiedeman. "I don't want to put bad things into my body like hormones, pesticides, and preservatives just like how I don't smoke and I exercise."

Because of the rising interest in organics, groceries such as Whole Foods Market and Wild Oats Market are becoming more popular among American households according to the Organic Trade Association. USDA studies show that the average annual increase in organic sales is about 20 percent. However, some of these products lack freshness if they are not locally produced.

"Local food is the most critical thing you can get," said Vibert. "It's the freshest. It can be a day from picking. Organic on top of that is just icing on the cake."

According to the Farmer's Community Market in Brookside, conventionally-grown produce sometimes takes two weeks to travel 1,500 miles to its destination, as opposed to locally grown food which is often sold within 24 hours of picking. Naturally such vegetables would wilt and lose flavor, but preservatives and other chemicals allow them to maintain a ripe appearance and taste.

"I know it's healthy when I can bite into an apple and not

have to scrub it with soap and water," said Wiedeman.

Though the USDA has not stated that organic food is healthier than conventional food, many farmers and consumers believe that they attain more energy and better personal health from eating purer products.

"[Organic food] makes me feel better," said Sophomore Mikhala Lantz-Simmons. "When you eat fast food and stuff you feel bloated and disgusting."

While some consumers have been raised on organics, others have more recently turned to non-conventional foods. Vibert began her organic lifestyle when she moved to Ottawa, Kansas, in 1994. Wiedeman feels the benefits as well, though she has only been buying organic products for about three years.

"I feel a more sustained energy throughout the day, and when I eat this way I want to continue my healthy habits," said Wiedeman.

Farmers and consumers both value the time and energy that growing such natural and pure food requires. Vibert and her family left their suburban life in Leawood, Kansas, and since then her children have joined in her passion for organic farming.

"I would never want to change the way of life we have now," said Vibert. "All my friends are farmers or Brookside market customers. We are totally connected through this food."



Carina Murphy  
A customer browses the produce department of Wild Oats Market in Mission, Kansas, which consists of products from local farmers, regional farmers and orchards from around the world. Since its foundation in 1987, Wild Oats has carried over 200 varieties of certified organic produce every season in all of its 101 stores in the United States and Canada

### In years past

The topics for the journalism issues of the Dart newspaper

2005: Health

2004: Teen hangouts

2003: War in Iraq

## Pharmacists personalize prescriptions

Katie Pfeiffer & Sam Sprinkle  
**Journalism Students**

One percent of new prescriptions are compounded by mixing ingredients to form a drug.

"Most believe that if it does not come in pill form then it is not medicine," said Nurse Kathleen Kramm, co-owner of Logic Medical Solutions (LMS), a local compounding pharmacy.

Compounded medicine is new technology replacing pills. Patients rub an antibiotic such as a cream into their skin for treatment. Studies from the Professional Compounding Center of America show that some patients are not able to swallow their medicated antibiotics when they are in a pill form.

"Through the skin is often the best way to deliver pain drugs, which can be specially compounded to meet patients needs," said Mr. Kramm, pharmacist and co-owner of LMS.

Compound pharmacies make it easier for patients to intake their prescriptions. Medicine that has been compounded has shown to be more effective and safer than typical medicines.

"We can put pediatric medications in the form of creams, gummy bears or even lollipops," said Ms. Kramm.

Swallowing pills, could taint the structure of the molecules in the stomach, where as a cream instantly searches for the source of the problem.

"But many drugs are absorbed as effectively through the skin as they are through the gastrointestinal tract, often with fewer side effects," said Mr. Sam Metzler, pharmacy director of LMS.

"Some patients had all but given up on finding effective medications, but with compounding we can tailor-make prescriptions for each individual," said Metzler.

Rather than matching a patient to a prescription, it matches a prescription to a patient. "Everything has to have a prescription, and that's what draws the line between compounding and manufacturing," said Mr. Kramm.

Most mass -produced medicines have limited strengths and dosages which do not fit the needs of many patients. Patients may respond better to a discontinued medicine than to its newer equivalent.

"We tailor-make anything that a patient needs that's not commercially available through a standard manufacturer," said Ms. Kramm.

If pharmacists can obtain the medicine in its chemical form, they are capable of compounding a prescription to include the quantity of medicine in the discontinued product. Many physicians ask for customized formulations and dosages for their patients.

Some defaults and questionable problems with the uses of compounded medicines are that it allows pharmacists to make amounts to their own line of generic nonprescription products. Unlike other manufacturers they don't have to show analyses.

Many times the quality, purity, and potency of bulk ingredients cannot be guaranteed. The safety of compounded products is a concern. Improper compounding and pharmacy fraud has become a dilemma.

"Compounding drugs is about the patients' safety," said Mr. Joseph Defenbaugh, director of public health and quality for the ASHP Practice Standards and Quality Division.



Katie Pfeiffer

**Ms. Sally Pfeiffer prescribes combined replacement hormone cream, pictured above, custom made to meet her body's needs from Logic Medical Solutions.**



Claire McInerney

**Mr. Michael McInerney Sr. draws insulin into a syringe after dinner. McInerney must take insulin twice a day: after breakfast and dinner.**

# Diabetics survive daily risks

Erin Vogel & Claire McInerney  
**Journalism Students**

Fourteen years ago, Mr. Mike McInerney Sr., diabetic of 28 years, had the worst insulin reaction of his life to date. When he woke up and tried to turn off his alarm, he found he wasn't able to move.

His wife immediately ran to the nurse living across the street. The nurse provided McInerney with juice so he could get moving again. Most insulin reactions are not as serious as this. However, they are a worry for people with diabetes.

"People need to know, this is a very serious, chronic illness," said Ms. Patti McInerney, his wife. "Bad things can happen if we don't keep it under control."

Diabetes is where the pancreas doesn't produce insulin, which is used to break down sugar, according to Mr. Mike McInerney Sr. Symptoms of diabetes include excessive thirst, extreme hunger, unusual weight loss, increased

fatigue, irritability, and blurry vision according to the American Diabetes Association. Keep in mind, you must experience one or more of these symptoms for a long period of time.

Diabetics receive insulin through various forms: shots, pills, inhalers, and pumps.

"I didn't start taking shots until 1983, when I was 22 years old," said Mr. Michael McInerney Sr. "Before that I just took pills. The doctors taught me to give myself shots on an orange because the skin is like skin and muscle on a person. I give myself shots in my thighs, biceps, and stomach. The really talented people can give themselves shots in their butt."

When insulin is taken without eating enough, serious consequences can occur. These reactions are commonly known as insulin reactions.

"When I don't eat enough and still take my shots, I go into an insulin reaction," said Mr. Michael McInerney Sr.

"That's where I become incoherent and disoriented because my blood sugar is too low. It is kind of like I am drunk," said Mr. Michael McInerney Sr. "And of course, keep most often after he has been asleep for a few hours."

"The insulin reactions are mainly at night because he hasn't eaten enough that day and has done physical activities," said Ms. Patti McInerney. "He breaks into a cold, clammy sweat that gets the whole bed wet, and his body temperature cools. He becomes confused, slurs his words, and is unbalanced on his feet."

The American Diabetes Association states that a healthy meal regimen for a diabetic should include a balance of several food groups: vegetables, whole grains, fruits, non-fat dairy products, beans, lean meat, poultry, and fish. Diabetics are also recommended to drink diet soft drinks because of the amount of sugar in the regular soda could throw off their insulin levels.

"I have to control the sugars and sweets I eat, drink only diet sodas, and take insulin two times a day," said Mr. Michael McInerney Sr. "And of course, keep most often after he has been asleep for a few hours."

Ms. Mary Margaret McInerney, mother of Mr. Michael McInerney Sr., had to watch her 17-year-old son's diet when he first was diagnosed with diabetes.

"I went to meetings with dietitians to work out what he should eat," said Ms. Mary Margaret McInerney. "I felt bad for him because all of the kids his age would eat junk food and I knew it wasn't good for him."

Mr. Michael McInerney Sr. has some advice for those with diabetes. "A diabetic should watch [his or her] diet and eat three meals a day," said Mr. Michael McInerney Sr. "Unfortunately, this is easier said than done."

For more information on diabetes go to [www.diabetes.org](http://www.diabetes.org) or visit your local physician.



Michelle Jantsch

**The Stowers Institute for Medical Research in Kansas City supports stem cell research. The institute was founded in 1994 by Mr. Jim and Mrs. Virginia Stowers who have dedicated their life savings of \$1.7 million towards stem cell research.**

## Research holds promise

Rosie Neenan & Michelle Jantsch  
**Journalism Students**

The Missouri legislature is confronted with the question of when life begins as they consider Senate Bill 100 which will ban human stem cell research in Missouri. The term "Stem Cell Research" has become a controversial topic throughout the country and in Kansas City because of the Stowers Institute for Medical Research. Proponents of the research talk about the promise it holds for advancements in medicine. In Kansas City there is hope not only

for medical, but economic advancement as well.

Somatic Cell Nuclear Transfer is a new method that does not require the union of an egg and sperm. In this method researchers take an egg and remove its nucleus. They then take a nucleus from an ordinary body cell and transfer it to the hollowed-out egg cell. The egg cell is stimulated to divide just as an egg cell after fertilization by a sperm cell. The cells are then placed in a nutrient culture and develop into a ball of about 300 cells. Inside

that ball are stem cells - the building blocks of every type of cell in the human body.

Mr. James Stowers, founder of American Century, and his wife Ms. Virginia Stowers have contributed \$1.7 billion in order to create the Stowers Institute.

"Our mission is to make a significant contribution to humanity through medical research by expanding scientists' understanding of the secrets of life and by improving life's quality through innovative approaches to the causes, treatment and prevention of diseases," said Mr. Stowers.

Scientists working at the Stowers Institute, employ this new method, but don't do stem cell research; they currently work only with flies and mice. They don't think Somatic Cell Nuclear Transfer will be able to produce a child and aren't trying to clone because they don't believe in it.

"We're not trying to clone period," said Mr. James Stowers. "We are trying to grow cells that can be instructed to produce, for example, a pancreas, so that a person would no longer have to take insulin."

Mr. James Stowers, Dr. Carmie Nulton and Fr. Benedict Neenan O.S.B. all believe language and the definitions assigned to such is important in attempting to understand this topic.

"The most important thing we can do is tell people what we are trying to do in words that everyone can understand," said Mr. Stowers.

According to Fr. Neenan, the Catholic Church teaches that every embryo, at the moment an egg and sperm unite, is a human life and shouldn't be intentionally harmed. The Church believes the use of embryonic stem cells requires the destruction of human life and is against God's law and will.

"I don't know what the majority of Catholics believe," said Fr. Neenan. "They probably follow the secular media because that is what they hear and read the most."

Dr. Nulton believes there isn't enough science available or adequate understanding for people to reach a conclusion on ethical questions.

"There are a lot of different and complicated aspects of stem cell research," said Dr. Nulton. "Basically all are designed to develop a line of stem cells that have the potential to develop into particular cells that will benefit scientists in helping find cures for diseases."

In evaluating Senate Bill 100, senators are forced to weigh the objections of people who say the research kills human beings against the potential benefits for people suffering from various diseases.

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## Teen dieting leads to problems

Elizabeth Nelson & Kristin Newman  
**Journalism Students**

Although diets can help some teenagers reach a goal weight, they rob teens of the nutrition they need.

"Dieticians really encourage the increase of physical activity," said registered dietician Ms. Karen Sherbondy. "Teenagers who need to lose weight should aim for overall healthy eating habits: more nutrients and less empty calories. In some cases a diet may be needed, but only under the supervision of a doctor."

The word "diet" can refer to what a person eats, even if that is fast food and cookies. The word is most commonly used to mean a regulated selection of foods.

In the book, Healthy Teens, Body and Soul, Dr. Andrea Marks and Ms. Betty Rothbart wrote that many teens turn to diets to lose weight. Dieting to solely lose weight can detract from learning healthy eating practices to maintain and enjoy for life.

Between the ages of 15 and 18, teenagers are completing their final growth spurt. During this time, girls' bodies naturally start accumulating extra fat. Ms. Judith E. Foulke, author of On the Teen Scene: Good News About Nutrition, wrote that this change often encourages girls to diet unnecessarily to stay slim. This can lead to health problems and probably not provide the desired weight loss.

Foulke wrote that skipping meals to lose weight is not a good idea. Instead, she recommended that teens should follow the dietary guidelines published by the US Department of Agriculture and Health and Human Services. These include refraining from drinking alcoholic beverages, eating a variety of foods, balancing the food with physical activity,

choosing a diet low in saturated fat and cholesterol, and moderate in salt and sodium, with plenty of grain products, vegetables, and fruit.

Freshman Kelsey Norris has been on a diet for a little over a month. Norris began dieting because she didn't feel happy with herself and her mom suggested dieting as an option to lose weight. "I was dissatisfied with myself," said Norris. "I didn't talk to a doctor first, my mom recommended it. I take diet pills and eat better, and it's working."

Norris has lost about five pounds so far. There are several types of diet pills, but are dangerous and do not have long term benefits, according to Newman. They're harmful to the body due to them containing ephedrine or amphetamine.

"When people stop taking diet pills, many have withdrawal because [the pills] are addictive," said Newman. "Even if you do lose weight with the pills, you'll eventually gain it all back when you stop taking them. This also happens with fad diets."

Sherbondy also feels that fad diets, such as the grapefruit diet, are especially unhealthy because they cut out entire food groups. Sherbondy doesn't recommend any specific diets for teens, but feels that teens should follow dietary

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# Tap dancing involves youth

Alexandra Bojarski-Stauffler & Jacqui Lindsey  
**Journalism Students**

One, two, three and four-click, click, clickity, click.

"Tap dancing is making music with your feet," said Mr. Tony Caruthers, tap dance instructor at Caruthers' Creative Center. "Your feet become instruments."

Tap dancing has a long history of jumping and stomping on the ground in rhythmic patterns. During segregation in America, black dancers were excluded from white clubs. According to Myon Caruthers, KU dance major, black dancers would tap in a small room at the back of the club, called The Hooper's Club. Hooper is slang for professional tap dancer. In The Hooper's Club, dancers would have a competition called trading fours. Trading fours refers to one dancer giving his or her best four measures. Then an opposing dancer would give his/her best four measures. Dancers would go back and fourth like this in an attempt to outdo one another. The competition would get hotter and hotter until one person couldn't take the heat. Another popular term among tap dancers is called "stealing steps." Stealing steps refers to dancers trying to figure out what another dancer is doing. Hoopers would steal one another's steps and use them in clubs for pay. This was a very controversial issue.

"Attitudes toward copying someone's style was very strict," said Ms. Suzanne Ryan, tap dance instructor at Kansas City Young Audiences. "It was like how plagiarism is considered today."

According to Ryan those views have turned around.

"Today people learn from imitating others," said Ryan.

However, Ryan stresses that at some point students should create their own style.

Two basic styles of tap today are Broadway and Rhythm. According to Ryan, Broadway tap is all about performing for the audience and putting on a smile, while Rhythm tap places an emphasis on complex sounds and footwork.

"Tap dancing is definitely good for your legs, specifically your calves," said Mr. Jeff Porter, a dance major and tap instructor. "Most dance forms aren't really aerobic. You don't really get your heart rate up enough because you are constantly stopping to figure out a step. It's not a dance for the entire body so a lot of muscles won't get used."

Ryan agrees.

"Tap dancing is exercise because it's aerobic," said Ryan. "You can build muscle tone in your legs but it doesn't require the strength of the entire body as other dance types do."

STA senior Rose Dillon, also considers tap dancing to be an exercise.

"Tap dancing is definitely an exercise," said Dillon. "You work up a sweat."

Dillon is one of five STA students who had to learn how to tap dance for the school's play "Nunsense."

"Once you get the basic steps you can put it all together really quickly," said Dillon.

According to Ryan abilities needed to tap dance are rhythm and coordination.

In Kansas City there are a number of dance studios that try to maintain affordable fees.

"We try to keep our price down to make it more accessible to kids," said Myon Caruthers. "We're not doing this to get rich." The Caruthers' Creative Center charges \$7 an hour for tap dance lessons. Another local dance studio called Dancing Plus charges \$9 an hour for tap dance lessons. Tap lessons generally last an hour and are usually once a week.

"I look at tap dancing like an artist looking at a white canvas," said Porter. "And I try to make something beautiful out of it."



Alexandra Bojarski-Stauffler  
**Mr. Myon Caruthers, tap dance instructor, demonstrates an advanced move to beginner adults.**

# Yoga helps mental, physical being

Kelly Nelson & Tracy Haden  
**Journalism Students**

With finals two months away, many teens are forced to cope with the stress of school. Some turn to yoga, which can not only relieve stress, but ailments such as back pain, muscle soreness, and breathing problems.

Yoga, the practice of stretches, movement, and body positions that focus on the mind and body working together harmoniously, has its roots in the Indian religion of Hinduism. Since its beginning, doctors have recognized the health benefits of yoga.

"Although ancient yoga is not outdated, it has value for the modern world," said Dr. Mary Pulig Schatz, a pathologist and leading authority on back care. "Yoga offers us the opportunity to deepen our self-understanding through physical movement, breathing, and meditation."

Yoga improves muscle strength, flexibility and balance, according to Dr. Dean Edell, the host of the syndicated radio talk show, "The Dr. Dean Edell Show." Moreover, evidence suggests that yoga helps with a variety of medical problems, including stress-related illnesses, insomnia and neck and back pain.

Yoga instructor Ms. Pamela Miller-Shults began practicing yoga 30 years ago and is devoted to giving others the opportunity to experience its benefits at her personal yoga studio.

"When I started teaching in my twenties it gave me tremendous fulfillment to see people feel better," Miller-Shults said.

She believes that she has experienced many personal rewards from yoga.

"I have scoliosis and diabetes, and yoga has helped to decrease all of the pains that go along with those," she said. "Because I am always so relaxed, my blood sugar level is almost that of a normal person. Yoga also has eased my constant back pain to the point where I feel as if I no longer have scoliosis. I can't believe it's gone."

Stress relief is reason that STA



Tracy Haden  
**Lisa Szablewski, from left, Ms. Julie McCann and Ms. Karina Wallace practice the one-arm plank position during their yoga class at Pamela Miller-Shultz's personal studio on Feb. 25. This stretch, also known as the vasisthasana, strengthens the arm and spine.**

sophomores Mary Nulton and Mikhala Lantz-Simmons have chosen yoga to balance their active lives.

"I have a lot of stress because of things like homework," Nulton said. "Yoga really helps me to relax and keep my mind off of everything."

During cross country season, Nulton often practices yoga.

"Cross country really put a strain on my muscles and doing yoga at home would help to freshen my legs for the next race," she said.

Lantz-Simmons, began practicing yoga in eighth grade, enjoys both its exercise benefits and its pacifying nature.

"The soothing music, the teacher's melodic voice, and the overall ambience of the place calmed me," Lantz-Simmons said.

Miller-Shults believes yoga is the

best way of alleviating stress. She frequently teaches teens and their mothers yoga stress relief techniques in her classes. Yoga relieves stress by building endurance, improving circulation and breathing, and relaxing the nervous system. As a practitioner's body feels healthier, the mind releases unhealthy thoughts and worries.

However, not all types of yoga are well suited for everybody. Hot yoga is yoga practiced in a heated environment. It concentrates on relaxing muscles, preventing injury, and burning more calories in classrooms up to 105 degrees.

While hot yoga uses the same body positions as regular yoga, the order of the poses never changes. Nevertheless, it is not recommended for people with certain medical conditions.

"For people with asthma or allergies, [hot yoga] can be irritating since breathing may be challenged," said Miller-Shults. "Mold allergies, prevalent in the high humidity of the summer, are made worse by humidity and heat. One must drink plenty of water before, during, and after class to avoid dehydration. Some folks can't take the heat."

However, not all people have problems with hot yoga. Many love it because it accelerates yoga results.

Testimonials from doctors, instructors, and students point to yoga as a remedy for common ailments and problems.

"Yoga has allowed me to focus better as opposed to being scattered, live in the present moment, calm while in stressful situations and stay perky even during cloudy weather," Miller-Shults said.

# Experts agree running affects fitness, esteem

Bailey Lynch & Meredith Pavicic  
**Journalism Students**

Doctors and running experts agree that running can yield diverse consequences and benefits.

"A person's mind is sharper when she exercises," said Ms. Karen Moran, head cross-country coach at STA.

Moran Redlich feels that running has benefited her life in many ways. She started running in her freshman year of high school because of a friend's suggestion and has continued running ever since. Moran believes that running is a universal sport.

"It could be for everyone, but if people aren't willing to give it a chance, they won't enjoy it," said Moran. "To enjoy running a person has to be motivated to do it. The decision can only be made by the individual. If you decide on your own you are more likely to enjoy it."

Moran and Dr. Steve Schuman of Children's Mercy Teen Clinic agree that running requires focus and careful training. Runners always need to be aware and not overdo it, said Schuman.

"They say to listen to your body," said Moran. "There is a difference between soreness and pain. If a runner experiences soreness, she can still run as long as she starts out slowly, but if a runner feels pain, running is probably not a good idea."

Moran recommends that runners follow a routine, while varying the intensity of the workout each day. She, as well as Schuman, stresses the importance of good eating habits.

"You should eat healthy," said Schuman. "You need more carbs because you burn more calories."

Carbohydrates, proteins, fruits, vegetables and a certain amount of fat are all important elements of a runner's diet, said Moran. It is important for runners to remember to avoid soda, while drinking more water and juice.

"You need to eat quite a bit more than a non-athlete," said Moran.

Moran and Schuman both stress the importance of proper hydration. They say that many runners do not receive proper hydration without even realizing it.

"It's easy to get dehydrated if students don't carry water bottles with them throughout the day," said Moran.

According to Moran, dehydration isn't the only problem that runners experience. Blisters, side stitches, knee pain, shin splints and stress fractures are all problems prevalent in runners, according to Schuman and Moran.

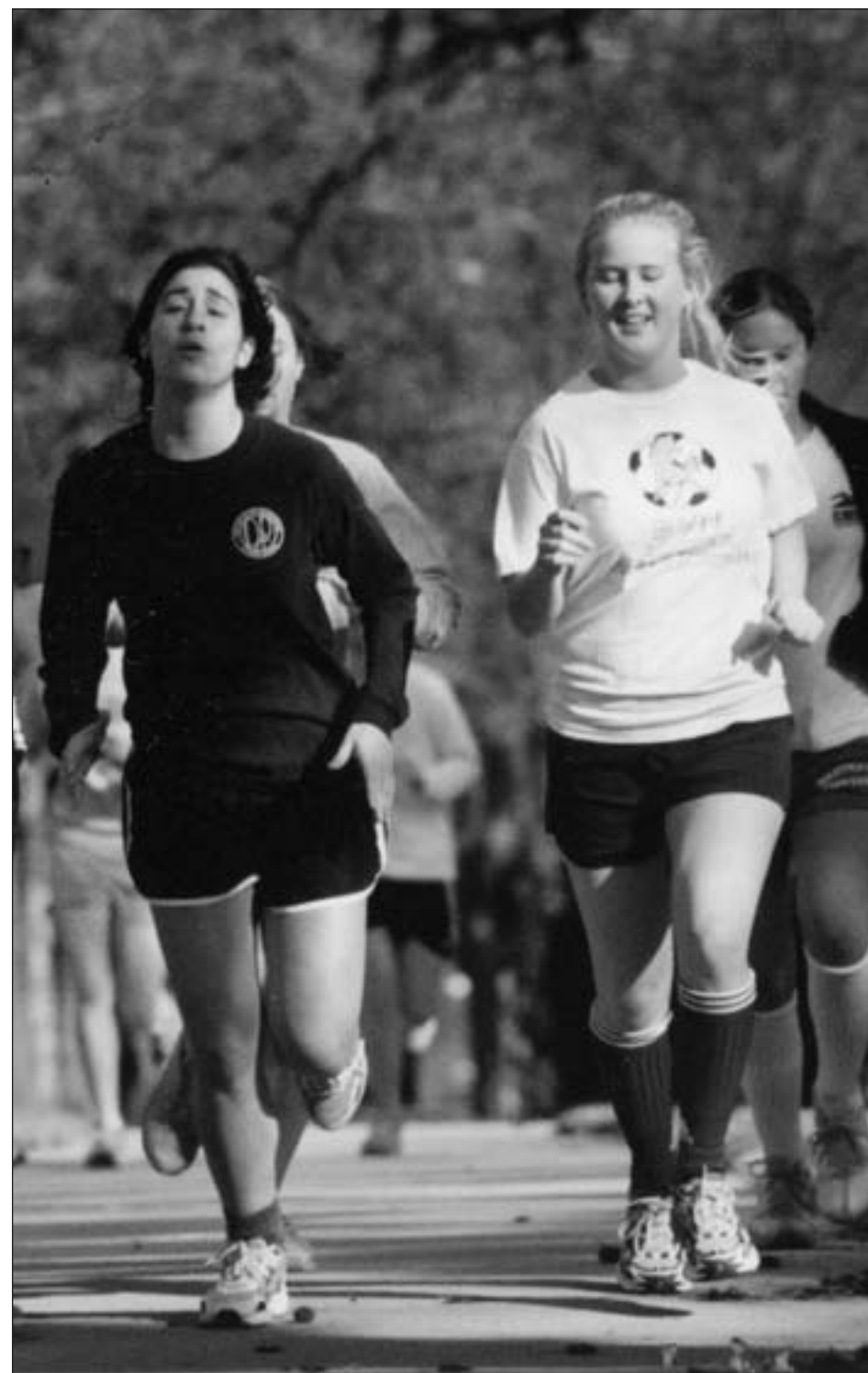
Senior Merritt Lee, a runner at STA, has experienced some of these complications.

"Freshman year I had two stress fractures in each shin," said Lee. "I had to wear a boot on my right leg for six weeks. I wasn't allowed to do anything."

In addition to wearing a boot, Moran mentioned ice baths, Ibuprofen, stretching, and better running shoes as treatment for less severe injuries.

While running can cause physical injuries to the body, it can also aggravate conditions such as anemia, asthma, and hypoglycemia, a blood condition that Lee and others experience.

"Hypoglycemia has been a big challenge," said Lee, who was diagnosed during her sophomore year. "I have problems running. Sophomore year I kept passing out...after many trials and errors



Bailey Lynch  
**Freshmen Jessica Nouri, left, and Emily Thompson run at STA conditioning Feb. 24. The girls are runners on STA's cross country team coached by Ms. Moran.**

we found out that I'm hypoglycemic." Though running can cause problems, both Lee and Moran agree that they still enjoy running.

"I love it," said Moran. "It is one of my great passions in life."

Moran commented on the physical and emotional benefits of running, such

as self confidence, a positive body image, a sharper mind, a fit body and weight loss.

"When a person runs, they have more energy in everything else they do," said Moran. "They feel better about themselves. The benefits carry over into many aspects of daily life."

# SION OPENS A CAN ON STA

Rose Dillon  
**Features Editor**

Notre Dame de Sion declared war on St. Teresa's Academy late last night as peace talks deteriorated. The students and some of the teachers have secured funds to launch a full-scale Windmoor campus invasion, allegedly dubbed "Kill and Maim."

The declaration of war is a culmination of escalating antagonism between the two all-female college preparatory schools. The conflict was to be resolved by a rousing game of powder-puff football, but Sion refused to participate, due to the fragile nature of their students.

"I wanted football," said senior Julie Crowe. "I was outnumbered though. Everyone else thought a full-scale war would be better."

STA's ambassador to Sion, Kate Harbin, has doubts about their motivations.

"[Sion girls] are a lot of wimps who want to hide behind Kevlar and Humvees," she said. "They know we could take them in powder-puff and they're scared. Just because they all live in Johnson County and have a lot of money..."

Most Kansas City area residents are aware of the long-running rivalry between the schools, but tensions rose last week when information leaked out

that STA's President Dr. Faith Wilson and Sion's Head of School, Ms. Alice Munninghoff, had been discussing the possibility of merging the schools to create one powerhouse all-girls institution. Students were outraged and riots began. Wilson appears to have escaped, as her whereabouts are now unknown. Munninghoff, on the other hand, was taken hostage by Sion seniors. Police efforts to free her have been unsuccessful.

The declaration has divided the metropolitan community along lines of gold and purple. St. Thomas Aquinas allied with Sion almost immediately in order to secure the acronym STA for their use only. Sion's coalition of the willing also includes Blue Valley North and Blue Valley West, as well as all the Olathe and Shawnee Mission schools, with the exception of Shawnee Mission East, which is in talks with St. Teresa's right now.

St. Teresa's has the allegiance of Center High School, Lincoln College Preparatory and Paseo High School, all of which have pledged to send troops. Bishop Miege and Bishop Ward will supply ammunition to St. Teresa's, but have declined to send troops, citing student lack of interest.

Rockhurst High School has declared neutrality in order to avoid the riots that have torn apart other schools and caused

extensive property damage.

"Our student population is divided almost down the middle," said Rockhurst Dean of Students Mr. Dave Alvey. "Choosing one side would cause half our students to feel that they could no longer identify with the administration and goals of the school. Plus, angry teenage boys can be really destructive."

St. Teresa's faculty and staff members are standing firm with the students. With the exception of conscientious objectors Sr. Harriet Koutsoumpas and Sr. Joan Tolle and the administration, which has fled in the face of angry students, the whole STA community has banded together to retaliate.

"This is my first year, but I still feel attached to the Academy," said advisor Ms. Alice Amick. "We're being attacked, and we're not going to take it lying down."

PE teacher Ms. Ann Bode-Rodriguez and coaches Mr. Rich Wilson, Ms. Karen Moran and Mr. Jack Garvin have begun training students for war.

"Really, this is just like normal sports," Moran said. "This is proving our power over the school to the south. The only real difference is that you could die."

The St. Teresa's military uniforms are both fashionable and functional, in

# STA is "a good thing" Martha Stewart to help with redesign and refurbishment

Nicole Farley & Caroline Findlay  
**Staff Writers**

After finishing multiple campus improvements, there was a large sum of money left over from the Bridging Three Centuries Capital Campaign. After much consideration, the STA administration has come to a final decision.

Interior design guru/television personality/pop culture phenom/Wall Street victim of misdeed insider trading, Ms. Martha Stewart, has been commissioned to redecorate the Music & Arts and Donnelly buildings.

The plan took action when Mr. Kevin Flattery, the Director of Institutional Advancement, tuned into Stewart's press conference after she was released from "Camp Cupcake," the prison in Alderson, West Virginia where she did time in for five months. Stewart was sporting a handmade poncho at the conference that she had received from a fellow inmate, and Flattery immediately fell in love with the flawless crocheted and vibrant violet coloring.

"I love the idea of imprisoned women doing crafts," said Flattery.

He acted on his genius idea to acquire Stewart as STA's new decorator and immediately called Martha's best friend's brother's ex-girlfriend's college professor's dog walker and asked how he could contact her directly. He was eventually able to reach her publicist who then contacted Stewart. She agreed to the proposal after Flattery offered an undisclosed amount (grapevine sources say it was \$1,866,000), an unlimited amount of deviled eggs at her beck and call, and that the next building built on the STA campus be named Queen Martha Hall.

However, there were some legal hurdles to jump. First of all, many of the donors were not pleased to hear their money was being used to hire Stewart. Flattery spent hours convincing institutions like Hallmark, Catholic Schools for America, Chipotle, and Oopsy Daisy to let STA keep their generous donations. K-Mart was also up in arms because Stewart has been slacking off of her Blue Light special line at their stores all around the country, and she has now chosen to commit her time to STA.

"There were some problems with the K-Mart line," acknowledged Mr. Walter Dellinger, one of Stewart's lawyers. "But

really... who could turn down unlimited deviled eggs?" In addition to the agreement benefits, Stewart says she is looking forward to spending the end of her upcoming summer at STA (as soon as her house-arrest is up for August).

"I'm raring to go," said Stewart. "Camp Cupcake has given me such a sense of community, and I'm eager to give

back. And besides I have just spent five months in a women's prison, and St. Teresa's is an all-girls prison...I mean, an all-girls school! What I'm trying to say, is that I could relate well to these girls, knowing what it's like to be held in solitary confinement against your will."

When students return to STA next fall, Stewart says it will be an entirely different atmosphere.

"I see change," Stewart said melodramatically. "I'm planning to redecorate with the normal things like antique chandeliers, grandfather clocks, Van Gogh and Monet originals and La-Z-Boy recliners in the classrooms. I also see statues like The David lining the quad."

Other additions will be bear skin rugs, pure gold sinks and doorknobs, granite desks, brick and stone fireplaces, sparkling grape juice in all the water fountains, plasma televisions in all bathroom stalls and a cell phone usage room in both buildings that can be used during passing periods and frees. Plus, many classes will be added to the STA curriculum to reflect Stewart's lifestyle. Ms. Lisa Dibble will teach "Bird Feeder Construction," Mr. Patrick Sirdrige will teach "The History of Interior Design" and Ms. Stacie O'Rear will teach "Nature Walking 101."

While the general feedback from the STA community has been positive, Physical Education teacher and Track & Field coach, Ms. Ann Bode-Rodriguez, was slightly disillusioned by the blatant exclusion of the Goppert Center from renovation plans.

"I was shocked," said Bode-Rodriguez. "But you know what? Goppert doesn't need some fancy-pants interior designer! Little Sally Jo wouldn't be phased by a situation like this, and neither am I! Besides, we still have that marvelous gym floor!"

All in all, Stewart summed it up quite nicely with her top-secret motto, developed specifically for STA, which she plans to have moved emblazoned onto the lawn between the parking lot and the quad.

"STA," she said with a warm smile. "It's a good thing."



Photo Illustration by Eric Thomas

order for soldiers to blend easily into surrounding crowds. They consist of ordinary flare-leg jeans in one of three washes and tops in colors that are in the plaid, such as yellow, white, black, green and blue. All fabrics will be woven with Kevlar, and there will be a poncho wired

with communications systems for the commanding officers.

"It's lucky we're prepared," said art teacher Lisa Dibble, who designed the uniforms. "I never thought they'd actually invade, but I'm glad that we knew a little in advance."

# PETA vs. Hand: Accusations of murder

Chandler Doman  
**Managing Editor**

Last Thursday, 50 members of People for the Ethical Treatment of Animals (PETA) descended upon the STA campus and captured principal of academic affairs, Ms. Nancy Hand in response to an anonymous phone call describing Hand's choice of clothing. The PETA officials then proceeded to transport her to their headquarters in Norfolk, Virginia for questioning.

One hour after the incident occurred, senior Kate Graham confessed to reporting Hand to the Kansas City PETA chapter for her leather-wearing tendencies.

"I tried for so long to ignore her choice of animal hide for proper school attire, but last Thursday I guess I snapped," said Graham. "I just couldn't deny my obligation to our furry, feathered, and sometimes wire-haired, friends any longer."

As of PETA's founding in 1980, the organization has acquired more than 800,000 members dedicated to the banishment of animal cruelty.

"Like humans, animals are capable of suffering and have an interest in leading their own lives," states PETA's web site. "They are not ours to use for food, clothing, experimentation, or entertainment."

On the day of Hand's capture, five PETA vans pulled up around the circle drive at STA's south entrance just after the commencement of minis 3/4 at 8:40 a.m. In less than one minute, 50 PETA officials jumped from the vehicles and scattered themselves throughout the campus. Students and teachers on the second and third floors heard piercing screams from students on the first floors of Donnelly and M & A as PETA members peered through classrooms windows in hot pursuit of the defiant Hand.

As hidden camera footage shows, three PETA members used their sense of smell of genuine fur and leather to lead them to Hand's office window. Once they identified her, the three blew on their dog whistles to alert the other members of their discovery. Many PETA members experienced extreme shock as they took a closer glimpse at Hand's morning routine.

"She was swiveling in her oversized

leather office chair listening to the American Beef Council's theme music as she enjoyed an entire quart of bananas and cream yogurt," said an anonymous PETA official. "She then proceeded to open her closet door to reveal a collection of furs and leatherwear. She activated the appearance of a floor to ceiling mirror on the north wall of her office, and began to try on all of the clothing, laughing in extreme delight and making cow noises with each leather piece she tried on."

After observing Hand for 15 minutes, the PETA members used sticks to break Hand's window, then crawled into her office and captured her

by the large amount of yogurt she had just put into her mouth. Ms. Kathy Walters happened to be glimpsing out of her window in her M & A office when she noticed the PETA crowd transporting Hand's body to their parked vehicles.

"I called the police, but they didn't believe me," Walters said. "I decided to take measures into my own hands. I kicked off my dress shoes and ran towards Hand and the PETA vehicles, but it was too late. The vans were already leaving the parking lot, and [Hand] was in the furthest-most vehicle, clapping the bars that covered in inside of the windows and screaming for help. She looked so scared."

Hand was then transported to the organization's headquarters where she endured hours of harsh interrogation. Hand was released after four days of captivity and transported back to her house where she is presently recovering.

"It was the most surreal experience of my life," said Hand. "They brought me into their office in the middle of the woods where I had to answer to the executive council, whose members included ducks, cows and minks. I explained to them that I had no idea my garments were made of genuine leather. The truth is, I received all of the pieces as gifts and told they were made of pleather."

After a vote and a majority approval of PETA's executive council, Hand was released on house arrest. Hand will not be returning to work for 4 weeks, during which she will attend Leather Anonymous meetings and take classes on veganism.



**The truth is, I received all of the pieces as gifts and was told they were made of pleather.**

**-Ms. Nancy Hand, principal of academic affairs**

At the end of this year, STA will be making a new parking lot to accommodate all of the students who drive. This parking lot will consist of two different levels and will be twice the size of the parking lot we have now. The parking lot will also have a Starbucks on the bottom floor so students can enjoy coffee before entering school. STA purchased the land right in front of the school and will be tearing down all the houses in the summer. "It was something that needed to happen so all the students could drive to school and not have to park in the street," said Dr. Faith Wilson. "The parking lot is going to be finished in 2007 and will be wonderful for our school!"

-Alex Hercules

Academy Woman Ann Stacy was spotted last night dancing and rocking out to Bob Marley's "Exodus" on the STA seal. Security Bob reprimanded Stacy and called the local law enforcement. Stacy spent the night in the downtown penitentiary. She is scheduled to appear in court April 6.

-Anonymous

As of Aug. 23, St. Teresa's Academy will become a year-round school. Dr. Faith Wilson made this decision after receiving a petition from the faculty members. The faculty feels that due to the modular schedule, they had difficulty following through their lesson plans. Now that the school is becoming year round, teachers will now be able to get through all their lessons without stressing over the five schedules.

-Cierra Obiola

The STA athletic department plans to remove the soccer program due to loss of state champion title in 2004.

"It's nothing personal to Scott Siegel," said Mr. Jack Garvin, assistant athletic director. "There is only so much money we have to spend and the soccer team just didn't make the cut."

According to the athletic department, STA only has room for the best of the best. Even though the soccer team won the Missouri state championship in 2002 in the small school class and 2003 for the big school class, that just isn't enough.

"I don't really consider the removal of the soccer team that big of loss for the school," said athletic director Mr. Mike Egner. "It's not like girls choose to come to St. Teresa's just because of the soccer program, right?"

The athletic department plans to construct a new building where the soccer field now stands. This building will be used for the dance team because now they have no place to practice.

-Sarah Tumpke

An illegal STA resident was discovered on Saturday, March 19 in the basement of M&A. Mr. Robert Neilson, a former prominent Kansas City attorney has been living in several rooms for a total of three years. After being fired from his job, he believed a few days of solitude would clear his head. What he thought would be a few days turned into a few years of sleeping on Prentiss's desk every night after the security guards left the school.

"I saw the door was left open one day... and I went for it," said Neilson. "Hey, I mean, who wouldn't take up free bathroom use and water access for their own advantage if given the opportunity?"

Now in jail, Neilson admits that his actions, although tempting, were wrong.

"Well, I feel bad," said Neilson. "I've used over 200 rolls of toilet paper...but I plan on paying it all back."

-Colleen Owens

Alex Farkas, junior, has been asked by the National American Discus Association (NADA) to represent The United States of America in the 2008 Summer Olympics. Farkas is ebullient about the opportunity. "Oh yeah!" said Farkas. "Hey, I'll be like, famous! Who cares if I'm actually good?"

Farkas said an Olympics experience would provide her with "awesome" things to tell her family and friends, including but not limited to: "I'm so special when you're not," and, "Beijing or bust!" An anonymous source from NADA told *The Dart* in an exclusive interview that they are overjoyed to have Farkas on the team. "We're just so blessed to have her," said the source. "She will be a ray of shining light for the rest of the discus-throwers." Farkas said she is looking forward to 2008. "I just can't wait," she said. "Finally people will see that I am the best."

-Colleen Slentz

STA is changing its uniform policy so that each student will be required to wear a neon yellow shirt with a black STA emblem and black squirts (skirts that are tapered into shorts, with a flap covering the tapering). The squirts can exceed no more than one inch above the knees. Each student will be required to wear the already available black and yellow striped knee-highs and solid black shoes. Tights and pants will be permitted only during the winter time, but these must be solid black, with no runs or too many pockets. A hair ribbon will also be mandatory, either black or yellow. All of the uniforms will be available for purchase at the star shop, all throughout summer. The prices for the shirts are \$20 and the squirts are \$60, due to the extra labor entailed in the making of each squirt. Because the pants are not required they will need to be purchased at another location, as long as they are appropriate.

-Jessica Closson

Last Thursday, theology teacher Mrs. Robin Good was arrested on several counts related to an underground mafia. Good has been the alleged ringleader of a Kansas City based theologian mob. As of Friday morning, Good's bail was set at \$1.5 million. She faces a trial date on April 13. The arrest was a shock to the STA community as well as other mafia related criminals. Another STA theology teacher, Mr. Matthew Bertalott, who was charged late 2003 with assault with a deadly weapon, had mixed feelings about Good's arrest.

"I never thought she would get caught," said Bertalott. "She was one of the best at what she did. It certainly was a shock."

Good, known on the streets as Ms. Bad, faces 25 years in prison without parole.

-Julia McQueen-Thorp

In the past week, your *Dart* reporters went undercover to investigate some shady activity that has reportedly been going on during school hours.

According to an anonymous tip, students have been selling jelly bracelets behind the M & A building during Activity I and II on Thursdays and Fridays, in an apparent effort to promote sexual scandal and violence among STA girls. It is a widely-known fact that wearing these so-called "sex bracelets" will bring about mayhem and will undoubtedly deplete the high prestige of the Academy. It is unknown to our reporters by what means these bracelets will promote such wickedness, as STA is an all-girls institution and, as such, sex at school is not a looming problem in the first place. However, your *Dart* did discover that the selling of these bracelets is a very real anxiety among those STA students not involved in the forbidden activity. Many were forced to skip Mother Evelyn O'Neill day out of fear. We are glad to contribute to the crackdown of this horrendous atrocity and will keep you updated as this story unfolds.

-Molly Huber

# GIRLZ II MEN

## Teresian staff exposed as males Senior and yearbook editor Liz Hansen tells all

Kathryn Fitzsimmons & Leslie Herring  
Business Manager & Staff Writer

For years we have all wished boys could roam these historical halls with us. We envy those who go to coed schools with their endless supply of prom dates. Who knew that boys really were walking beside us in those halls the whole time? And hanging out in the Publications room. Now Hansen gives us an inside look into a day in the life of a yearbook staffer; and the secret they've been living.

"It was hard keeping this a secret for so long," said Hansen. "It's hard to walk around with so much estrogen and know that you have this secret you must keep inside. I almost feel as if I can't be myself."

Hansen and the other members of the Yearbook staff were exposed last week after being hospitalized with maleonucleosis. Only boys can receive this rare form of mononucleosis. Symptoms include ADD, becoming increasingly directionally challenged, and stinky feet.

It was not easy for Hansen and the other staff members to decide to come to STA because of the big sacrifice they had to make.

"In the end, it just seemed like the best fit," said Hansen. "We knew this school had the best yearbook and in order to be a part of it, we had to create some sort of plan."

This plan included keeping the secret from everyone in the school. If their secret got out, they would be kicked off the publication and expelled. Their future job plans would be ruined.

Not everyone at STA was kept in the dark. Ms. Ann Bode-Rodriguez has known about the boys' situation since freshmen year, when they asked for

separate locker rooms during gym class.

"It wasn't an easy secret to keep for me either," said Bode-Rodriguez. "But once the boys explained their situation to me, I knew it was for the best. It was a bigger sacrifice they made to come here. The least I could do was keep their secret."

Fellow students also had suspicions.

"I had my doubts," said one source the *Dart* staff interviewed who wished to remain anonymous. "I would see them walk out of the boys rest-room sometimes. A friend of mine even said that she heard them suggest *The Matrix* as their movie for Yearbook bonding time. What girl wants to watch *The Matrix*?"

This lie, however, is not only a lie to the students, but also the administration. Ms. Mary Casey already has formulated new plans for screening prospective students.

"It's important that we require more official identification," Casey said. "I think we're going to start to ask for birth certificates now."

Rockhurst High School knows how talented these boys are. They recognized the large risk these boys took to be a part of a great publication. The school will let Hansen complete his high school credits there if he explains the situation to the public. They are reviewing the admission of the other staffers at this time.

"It's embarrassing to have the secret come out," said Merritt Lee, photo editor for the Yearbook. "I have developed such a relationship with all of these girls over the past few years and I'm sad I will no longer be a part of the fine Academy."

## California here we came... STA staff member related to "The OC" cast member

Katie Hembree & Cierra Obiola  
Page Editors

"The O.C." is the most talked about show in America. Teens everywhere can't get enough. "The O.C." has even grabbed the attention of many adults. However, adults like Matt Stewart, computer technician at STA, cannot bring themselves to view the show.

Every time Stewart sees an advertisement of the show he becomes enraged. According to Stewart he "hates the show with a passion" due to his feelings regarding Benjamin McKenzie, McKenzie, who plays Ryan, is in fact Stewart's younger brother.

"He knew my dream was to be an actor," said Stewart. "I never wanted to do anything with computers...I hate them. I don't even know what I'm doing...I just walk around and use fancy words like "hard drive" and "monitor"...people think I'm a computer genius, but boy are they stupid!"

According to Stewart, a week before the "The O.C." auditions, he had McKenzie practice with him day and night. Stewart explained that at first McKenzie was very supportive in his road to stardom, but the evening of the audition, he announced that he was going to try out as well.

"At first I was a little upset, but then I figured hey I'm hot, I'm sexy, who wouldn't want to hire me?" said Stewart. "I have beautiful strawberry blonde hair and a flawless complexion, plus I am a

way better kisser than my brother."

When Stewart received the phone call announcing that McKenzie would play Ryan Atwood, he was outraged. He "felt like vomiting."

"I wanted to slap him silly," said Stewart. "I was so mad I even changed my last name so I wouldn't be connected to him."

For the past year and a half Stewart has been dealing with his anger through psychotherapy and acupuncture. Stewart is now a changed man. Instead of obsessing about canceling the show, he has accepted the fact that his brother was right for the role. At times he still becomes bitter about his job and life at STA, but at the end of the day, he realizes STA is where he belongs.

Managing editor of *The Dart* Ali Ryan is thrilled that Stewart has decided to remain at STA.

"Matt contributes so much to the STA community," said Ryan. "I love having him around."

Ryan went on to comment that, "Matt's svelte body provides exceptional eye candy for me and my friends. I scream inside when a computer crashes because I know that little hottie Matt is on his way to save the day and my college comp. paper."

Teachers at STA are also overjoyed that Matt has decided to be the school's official computer technician.

"Matt is an adorable young man," said Sister Harriet Koutsoumpas. "I sometimes can't help but blush at the sight of him. Sometimes I secretly unplug my computer just so he'll come walking into the ERC."

Although Stewart often finds himself fantasizing about what his life might have been like as Ryan Atwood on *The O.C.*, he is now content with being Matt Stewart, STA's "computer guy."



Matt Stewart and brother Benjamin McKenzie have many evident similarities. Both are the strong and silent type, as shown by their serious expressions when photographed.

Atwood on *The O.C.*, he is now content with being Matt Stewart, STA's "computer guy."



## Advisory fed up with parties, stages revolt

Alison Raybould & Colleen Owens

Staff Writers

"It is time to end the madness," screamed Ms. Jo Weller to her advisory, chanting and carrying wooden splints of fire.

Weller's advisory, in a recent revolt, overthrew her after the relationship between advisees and advisor was no longer "groovy".

"We were all just fed up," said senior Hayley Price. "I mean, who can stand all of her needless advisory parties she just randomly throws...all designed I'm sure to fatten us up. She was just getting out of control."

This upheaval was not a result of countless hours of math equations or bad teacher assessments. It all started when she would make her advisory watch her eat her lunch and drink at least eight cans of Diet Coke during activity in a desperate attempt to make the students tardy for their next class. She also took advantage of the late start days, coming about an hour late, so that all her advisees could not check-in, causing them to be late for their first mod.

A mandatory meeting that consisted of watching reruns of "Frasier" and drinking more Diet Coke was forced upon the advisees as a daily ritual.

"What kind of monster does that?" asked junior Katherine Schilling with a tear in her eye. "We are people too. I will drink regular Coke for the rest of my life."

The final straw came on March 21, the first day back from spring break when she made each person in her advisory pay her back for the 120 advisory parties that she has thrown over the past month.

"She just stood there with her hand in the air waiting for us to dole out the cash and smiling," said Price. "I'll never forget that smile. It sends chills up my spine to this day."

With a single throw of the desk from an unidentified senior the entire room starting chanting in unison - a song that pierced every ear on the second floor of Donnelly.

"No more Weller! No more food," shouted the newly liberated advisory "No more Weller! No more food!"

Mr. Rich Wilson sprinted down the hall to see what all the commotion was about. When he peered into her room, he saw Weller tied to her computer chair while students wrote obviously and blatantly wrong math equations on the chalkboard in front of her. The doors were locked and all advisories were hanging on edge to see what would happen next. Students began to ponder their anger seriously enough to overthrow their own advisor.

"Yeah, they made the whole scheme up," said senior Merritt Lee. "It almost makes you think...you could do something like that." Their devious plans for the future include taking over neighboring advisories, the math department, and eventually the entire school. According to sophomore Lauren Fowlkes, a member of Weller's advisory and leader of the mutiny, if the school does not take immediate action, someone will get hurt.



Alex Hercules

Weller speaks to her advisory soon before the revolt as students plot in the background.

Professional golfer Tiger Woods filed for divorce in the state of Florida Saturday, citing irreconcilable differences. He was married to his wife, model Elin Nordegren, for only a few months but speculation came out recently about problems with their relationship.

"I can confirm that he did file for divorce, but the particulars involving the split are the couple's business," said Woods's publicist.

Woods was also seen leaving KCI Sunday evening and getting into a red Ford Escort.

An unknown *Dart* investigator, driving by Miss Katie Dolan's house on Sunday evening, evening saw a similar red Ford Escort in her driveway. Under further investigation, Dolan's credit card bills indicate four recent trips to Miami, Florida, 30 minutes away from Woods's house.

Dolan seems to be responsible for this celebrity breakup. Keep an eye on that left hand ring finger of hers.

-Kathryn Fitzsimmons

Birkenstock has just announced a new line of shoes entitled "Star." The line is dedicated to St. Teresa's Academy as a sign of gratitude for the school's perennial consumption of their shoes.

The shoe will look like similar to other Birkenstock styles; however, will only be offered in white and black with a gold buckle. Engraved in the buckle will be the word "STAR." Also, on the label the phrase "For the Academy" will be stitched in to every shoe.

These shoes will be offered to any STA student at one-third the retail price, and will only be sold on the Birkenstock web site, www.birkenstock.com, and in the STA STAR Shop. The STA uniform council is currently debating whether or not to make the new Birkenstock a mandatory part of the school uniform.

-Katie Meyers

A store that has been shrouded with conflict is going back to its roots and hoping to leave the image associated with it behind. As of the first week of April, Abercrombie and Fitch will be returning to its original venue: men's sporting utilities. The corporations stated that although they had been accused of promiscuous advertisements they wanted to return to wholesome nature the store had processed before. "We now realize what a mistake it was to project our image like that and we are looking forward to going back to the original purpose of Abercrombie and Fitch," stated the company's CEO.

-Kathleen Painter

STA principal of student affairs Ms. Mary Anne Hoecker has announced her plans to leave STA at the end of the 2004-2005 school year.

"I've decided to pursue my lifelong interest in becoming a professional bongo player," said Hoecker. "Little did all of you know that I am also highly skilled in the art of tap." Hoecker is the lead bongist and singer of the underground alternative band Twisted Mother. Hoecker formed the band in 2000 with faculty members Ms. Mimi Harman and Mr. Eric Thomas.

"I had to kick Mimi and Eric out of the band because now they're actually parents," said Hoecker.

Auditions will be held at Hoecker's newest business venture, America's Pub, the last week of May through the first week of June.

"Any STA faculty member that's interested and not a parent, come on down!" said Hoecker.

-Mary Kate Bird

Last week, *Fortune Magazine* put out its annual issue rating the popularity of the 50 states. Iowa has come in last place for the tenth year in a row. In an effort to change the state's image Governor Tom Vilsack has appointed several officials to head a project he calls, "Iowa, the Remix." The committee plans to tour the Midwest in search of, what Vilsack calls, "Hot new trends," to take back to Iowa. As of now plans include changing the State's song from the *Iowa State Song* to Usher's *Yeah* and making customized, sequin encrusted jackets for all of the State's cows. The citizens of Iowa hope to move up two spaces by this time next year.

-Mollie Esposito

STA Academic Principal Ms. Nancy Hand will star in a series of promotional commercials, funded by PETA, an animal rights organization. She says that the ads will be a play on the Anna-Nicole Smith Trinzspa commercials, in which she praises the "superficial feminine beauty," and focuses on losing weight. Hand believes that women should focus on what's inside, rather than on having the perfect physique, and having a great deal of money. Infamous on the STA campus for her leather ensembles, Hand will take a stand against the misuse of animal products in society. She will proudly exclaim, "It's Pleather Baby!," according to Hand in an interview yesterday. She feels that students will generally be accepting of their new stance, and hopes to be a positive role model, unlike Jennifer Lopez, who is being attacked by the organization for her promotion of fur fashions. Hand will formally make an announcement to the student body next week.

-Juana Summers

The STA administration recently decided to adopt a pet duck for the school. The duck was found struggling with a flock of crows in Loose Park by Ms. Mary Anne Hoecker. She pulled the duck from the fight and took it home with her where she bandaged its injuries, fed it and kept it overnight. She brought the duck to school where rest of the administration fell in love with it so much so that the Stars' former mascot Twinks has been replaced by the duck. Hoecker affectionately named the duck Fluffy and has allowed it to wander the halls of the school, visit classes and hang out with students. For weekends and holidays, students will be allowed to take Fluffy home to duck-sit. The administration is currently in the process of determining how to "potty train" the duck.

-Maggie Mullane

In a surprise statement to the St. Teresa's community on Monday, exchange student Carolina Vidal told students and faculty that she is not actually Chilean.

"I am sorry to cause any confusion," she read from her written statement to the astonished crowd. "I am actually from Turkmenistan. I hope that no one has been hurt by my deception."

Vidal went on to say that she told STA that she was Chilean because "Turkmenistan is not as romantic as Latin America."

However, she declined to be interviewed, saying that making her statement was taxing enough.

Teachers, students and staff shared a sense of amazement at being bamboozled for so long.

"Even I had no idea, and I live with her," said senior Ali Sherman.

-Rose Dillon

President Bush just signed a bill last week that prohibits teenage girls (ages 13-17) from wearing tank tops (unless it is covered by a jacket or a sweater or unless the girls are in a beach-like, summer setting). Teenage girls all around the U.S. have formed a coalition Girls United for Tanks (GUT) that is pushing Congress to amend such a law. GUT is composed totally of teenage girls and their parents have no part in the coalition. Vice President Dick Cheney described the girls as "a group of scanky girl scouts" and said that the law will remain. A few students in the STA community are part of this coalition, they would be sources for this story as well as GUT president 13-year-old Traci Verla.

-Tyler Yarbrough

ONE SCHOOL REVOLUTION



Rachel Straughton

Teachers Katie Dolan and Karen Moran actively protest in the cafeteria while Jo-Jo's workers continue to prepare and sell food. The faculty has been on strike for several weeks and there is no sign of an impending negotiation.

# STA faculty on strike, classes are not spared

Tyler Yarbrough  
Copy Editor

Because Jo Jo's denied giving them a discount on lunch, the faculty and staff, led by vegetarian Mr. Craig Whitney, have stopped teaching their classes and running the school and instead come on campus during lunch and activity periods to do sit-in style civil disobedience.

"Ms. Rey taught us a few tricks from Ghandi before we began this strike," said Whitney. "We are trying to hit Jo Jo's where it hurts, because of their injustice, by breaking them down psychologically."

The staff sit around the table where the food is cooked in shifts. Interdisciplinary teachers protest on Monday, Wednesday and Friday on A weeks, while the mathematics and science instructors sit in on those days during F weeks. And other faculty members, such as the administration, sit in on Tuesdays and Thursdays every week, said Whitney.

According to former president of STA and faculty spokesperson Dr. Faith Wilson, the staff wants their lunches to be reduced to \$3.50.

"Educators are already so underpaid," said Wilson. "We are just asking Jo Jo's to take into consideration how difficult it is to tame and sculpt wild girls into women for so little compensation. Every once in a while we would find it refreshing to enjoy a warm, delicious meal without burning a hole through our pockets."

But Jo Jo's has remained firm in their decision to charge teachers and students the same price. With this, the strike continues.

"It has gotten so bad that when the teachers sit around the cooking table staring at the Jo Jo's lady, the maintenance men have to remove them one by one and place them in the center of the quad," said freshman Maureen O'Rear. "But on a few occasions, police officers took teachers away including my mom."

While teachers are on strike, students must fend for themselves and educate each other, said school counselor Ms. Bernice Colby.

The students have done just that. "Under heavy public scrutiny, these young women at the academy have been able to learn beyond the chaos," said film director Steven Spielberg who has recently completed a documentary about St. Teresa's Academy. "It is amazing how they have all come together during

such a tough time to decide leadership roles and to continue in the proud tradition of STA."

The week following the teachers strike, the student body met for an all-school meeting.

"The students came to the meeting a little hummed out and complained about having to be there but once me, Ann and the rest of the Spirit Club began chanting a few cheers, we definitely lifted some spirits," said senior Maddie O'Connor. "And in the end, we accomplished a lot."

The students nominated a temporary administration to keep the school running. Senior Katy Boat is the president of the school, junior Katherine Shilling is the academic principal, while freshman Alisha Henderson takes the place of Ms. Hoecker.

"The school is running smoother," said Boat. "The students respect each other and rely more on each other for a relationship that extends far beyond friendship."

After taking freshman seminar and seeing the students adjust to the strike, Henderson understands another thing about STA.

"Not only are we the oldest school in Kansas City, but we will go down in history for being the first school who had students teaching students," Henderson said.

While Henderson may believe that STA's current situation is good, senior Monique Newton, a newspaper editor at Notre Dame de Sion has another opinion.

"It is total chaos at STA," said Newton. "I don't know how they learn when they are teaching each other, when there is music constantly playing over the intercom, and when they have two hour lunch periods. STA girls already have too much fun. But this has gone too far."

The strike began on Mother Evelyn O'Neil Day and some students are starting to miss their teachers, according to Boat.

"Even with all the order and organization, the teachers have something that we will never have," said Boat. "The passion behind their lectures, the love in their instructions and their care in their discipline keeps students coming back and pushes them. But all alone, that part of STA is missing."

How many times have we wished upon a star for a Rockhurst boy worthy of our love? Since this doesn't seem to be coming any time soon, we took matters into our own hands. Wish no longer ladies, we proudly present...

# Mr. St. Teresa's Academy

Head: Brad Pitt

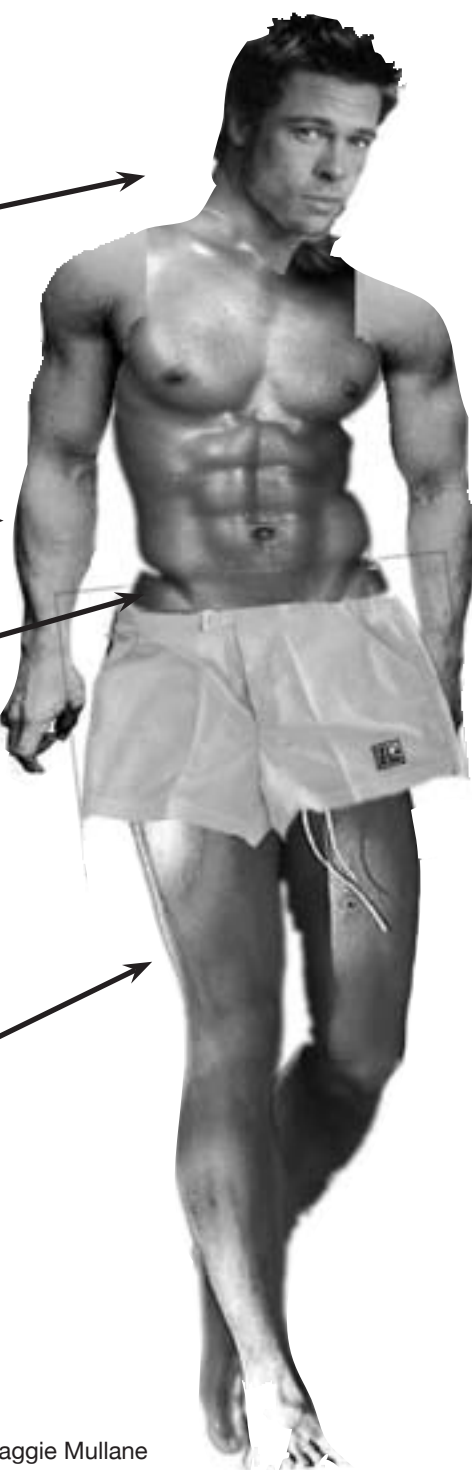
Eyes are important because they speak without words. Their beauty and intensity have the power to melt a girl's heart.

Arms: Mark Wahlberg  
Arms have the strength to protect from harm while holding a girl's purse and camera at the same time.

Torso: Usher

Stomachs are just plain beautiful. When a man has washboard abs like Usher, no girl can resist him.

Legs: Ian Thorpe  
Legs are the basis for a man's entire body. Just like the columns of ancient Greece, a man's legs are systems of strength and support qualities that are ultimately transferred into his relationship with you!



Graphic by Maggie Mullane

# Dunlay calls classroom "homey"

Mary Kate Bird & Kathleen Pointer  
Staff Writers

It has been years since any members of the faculty have lived at STA. The fourth floor is nothing but rooms occupied by an eerie silence and KCYA equipment. Or so everyone thought. *The Dart* recently uncovered some startling facts, and it would seem that STA isn't quite as boring after-hours as we had all thought. Everyone knows STA English teacher Ms... Pat Dunlay, a college composition and world literature teacher by day, is a secret STA boarder by night. The proactive, feminist Dunlay has taken matters into her own hands and taken up a protest within the confines of STA.



Rose Dillon

After a sleepless night, Ms... Pat Dunlay can't seem to keep her eyes open during a College Composition class. Dunlay has taken up residence in STA to protest a possible Starbucks addition to campus.

During the day she roams the halls coffee cup in hand. It's almost like an American Express commercial; she never leaves home without it. When one thinks about it, it's absolutely necessary; Dunlay needs the caffeine after long hard days of covering her tracks.

Every Monday morning during mids 1/2, Dunlay always manages to arrive at the English Resource Center without the

keys to the door, leaving students who have already been waiting for another 10 minutes as she goes to retrieve her keys.

"It makes sense now that I think about it," said Sophomore Alyson Russell. "If she lives in the school all day long she never needs her keys. That's why she's never prepared on Monday morning. And here I thought she was just making us late because she enjoyed making people suffer."

One may wonder how Dunlay maintains this method of living. Dunlay has her food specially delivered from her son's restaurant, Dunlay's on Clark in Chicago. Thankfully for Dunlay, when the Sisters of St. Joseph left their residence at STA the school didn't bother to remove the showers and bathroom on the fourth floor of M&A. The Dart's investigative reporters have spotted Dunlay leaving CVS Pharmacy in Brookside every Friday afternoon with several large bags full of what we assume to be toiletries, and immediately heading back to the STA campus. Sources have also spotted unfamiliar lights in the wee hours of the morning on the top floor of the M&A building.

"We have had several calls complaining about loud rap music and what appears to be a strobe light in the M&A building of STA," said Kansas City Chief of Police Ronald Miller. "After several trips to the school to investigate, the police department has been unable to come up with anything of substance. We have simply written it off as teenagers trying to pull a prank."

Throughout the STA community, Dunlay is known as the most feminist of the faculty. Through several sources that wish to be kept anonymous, *The Dart* has learned that Dunlay has chosen to

reside in STA in an attempt to further the continuation of reputable women's institutions around the country. "Many people would just hold a protest or a sit in for a day," said a source close to Dunlay. "But not Pat. She had to just move in and stay there until the world listens to what she has to say." STA is a member of Kansas City's historic section register. Recently, however, there have been several proposals from Seattle-based Starbucks to build their world headquarters on the STA campus. "Kansas City is a perfect atmosphere to move our world headquarters to," said Starbucks chairman and chief global strategist, Howard Schultz. "Kansas City locals have a flair for good coffee and that's what Starbucks is. STA is a prime location because it looks over the entire Plaza area, which is prime realty in the city."

Sources close to Dunlay share with us that turning STA into a Starbucks is against everything that Dunlay believes and upholds. According to these sources, selling the STA campus to Starbucks would be selling out to "The Man." "The Man" is the establishment; the one with power; the one with money. He is the one with the ability to hold a person back. "The Man" controls everything and holds anyone down, the one who has the power when you don't and the one who makes sure you will not get that power.

# Adolescents see viable option in plastic surgery

Sarah Cooper & Breanne Sigler  
Journalism Students

The number of teens undergoing plastic surgery to ease their body image concerns has risen significantly in the past few years. In 2003 alone, 335,000 teens had cosmetic surgery, which is an increase of 29,000 from the year 2000, according to a 2004 *Teen Health* Article.

Ms. Julie Mehta and Ms. Polly Sparling wrote for *Current Health* magazine that girls feel pressure from the media and celebrities, to have a certain body type. The recent plastic surgery craze in Hollywood sends the message that plastic surgery is a quick fix to body problems.

"I think the female obsession with body image is not a new phenomenon, but young girls are now exposed to more images of 'perfection' all the time- in magazines, on TV, in films and music videos and advertisements," Ms. Chantelle Horton, deputy editor of the UK magazine, *Bliss*, told Ms. Laura Barton of the *Guardian*.

Horton said reality television shows that focus on plastic surgery are seen as ridiculous or grotesque to many adults, but can have psychological impact on teenage girls.

Dr. Barbara McGrath, a plastic surgeon in Prairie Village, says that 5 percent of her patients are under the age of 18. She has performed rhinoplasties (nose reshaping), otoplasties (ear reshaping), tattoo removals, breast reconstructions and reductions, skin lesion removals, and birthmark modifications for her teenage patients.

Her patients have these procedures to correct a deformity they are born with, to soften their features, to ease physical pain, and to have better self-esteem.

But no surgery is ever without risks. "Plastic surgery carries a risk of com-



Sarah Cooper

Plastic surgeon Dr. Barbara McGrath of Prairie Village consults a teen in her office on March 6. She stresses that avoiding harmful UV rays is key to the prevention of surgery.

plications, side effects, such as scarring, and the risk of disappointment with the results," Dr. Nick Parkhouse, a plastic surgery consultant, told BBC news. "All these things need to be taken very carefully into account."

Some teens think of plastic surgery as a physical body change, but the changes can be psychological as well. A 2004 *Teen Health* article said that doctors want to be sure their patients are emotionally mature enough to cope with the stress that comes with surgery. They also want to be sure

that their patients are in a healthy mental state beforehand, as depression can distort a person's body image.

Dr. McGrath recognizes that the decision to have plastic surgery is tough to make, and advises that it be made with one's parents or guardians after serious consideration.

STA students have a variety of opinions regarding teenagers and plastic surgery.

"I think everyone should love who they are, even if that means having help,"

said freshman Claire McInerney. "If it's going to make the person feel better and improve their outlook on life, I say go for it."

Of 44 STA students polled, one thought that cosmetic plastic surgery was appropriate for teens. In another survey, 13 out of 36 students said they would consider plastic surgery for themselves.

"[Teens] are still growing and they don't know what they're going to look like when they get older, so why have plastic surgery?" said freshman Erin Vogel.



Rachel Schwartz

Freshman Jordan Behnken washes her face after a full school day. Behnken said that washing her face is one of many things she does to keep her skin clear and healthy.

# Diet a contributing factor to skin health

Sarah Hylander & Rachel Schwartz  
Journalism Students

Although it is not scientifically proven, unhealthy diets are said to have a negative effect on skin. The issue is still being debated, yet many people believe that poor nutrition can contribute to or cause acne.

"I know I'm supposed to eat healthy foods because they are good for my skin," said freshman Libby Ring. "I try to stay away from junk food and candy."

Ring is one of many people who associate unhealthy foods with the appearance of acne.

Acne is an inflammatory condition of the hair follicle in certain areas of the body that usually develops on the face and back. Hormones change into the White House. That company is going to have to wreck STA with Pat still inside; they won't be taking over the entire world if she can help it."

does not allow all of the oil and bacteria to drain out easily; thus, a pimple is formed.

Freshman Mandy Mendenhall has been told how to avoid this problem by her physician, among other sources.

"My doctor said that I should always eat from the food pyramid in order to have clean and healthy skin," said Mendenhall.

But according to Reisz, drinking water is relatively unimportant in staying acne-free.

"Water is overrated, in terms of its effects on the skin," said Reisz. "Most people get enough fluids through food and whatever fluids they are drinking to stay hydrated."

Although the vitamins and minerals in fruits and vegetables nourish the skin, some believe that store-bought multivitamins amplify acne.

"I see acne worsened by some of the multivitamin preparations out there," said Reisz. "Also, the protein

Reisz recommended avoiding foods with a high glycemic index and load, such as watermelon, popcorn, and white bread. She explains that foods with a low glycemic index and load, including sweet corn, strawberries, and peanuts, are healthy alternatives.

"I've also been told to drink lots of water," said Mendenhall.

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Although the vitamins and minerals in fruits and vegetables nourish the skin, some believe that store-bought multivitamins amplify acne.

"I see acne worsened by some of the multivitamin preparations out there," said Reisz. "Also, the protein

drinks and some of the anabolic preparations gym rats and athletes use are a problem."

However, many doubt that food can lead to skin problems.

"It's mostly hormones," said Ms. Julie Dreesman, RN. "Teenage girls go on the birth control pill and their acne will go away. No specific food does it to you."

Reisz agrees that certain foods do not directly cause everyone's acne. "Foods that spike insulin can provoke acne in some individuals," said Reisz. "There are many teens that eat poorly and have little to no acne."

Mendenhall feels it is unfair that some teenagers can eat what they want and have acne-free skin, whereas others must eat selective foods in order to clear their complexion.

"Acne is just a part of growing up," said Mendenhall. "And I guess some people are just lucky."

# Students seek beauty through safe tanning

Maureen McMahon & Molly Campbell  
Journalism Students

As summer approaches, many STA students are trying to get that "golden tan" before the pool opens. 38 out of 70 STA students surveyed reported that they had been to a tanning salon at least once in the last six months.

According to a recent Boston University study, artificial tanning is on the rise in teens, mostly due to the five billion dollar artificial tanning industry.

Dr. James Spencer, chairman of dermatology at Mount Sinai School of Medicine, told *USA Today* that the general trend is for younger people to have elective plastic surgery.

The National Cancer Institute reported that two million US teenagers use tanning booths, and those teens are 2.5 times more likely to be diagnosed with skin cancer than those who do not.

Experts say that the danger of indoor tanning is that tanning beds emit dangerously high levels of shortwave (UVB) rays, which can burn the outer layer of skin. UVA rays are also emitted, which penetrate more deeply into the skin and damage the connective tissue, said Ms. Annette Hanson, a member of the New York State Cosmetology Association.

"I don't tan because it could be bad for your skin, said freshman Rachel Schwartz. "A girl from my old school tanned and got skin cancer and it freaked me out."

Many tanning salons are taking steps to warn their clients about the potential risks of tanning beds.

The owner of Hot Spot Tanning on Wornall Road in Kansas City said that her salon has a minimum tanning age of 16 and warns clients not to tan while on medications, to start out slow, and informs them of the risk of skin cancer.

However, some experts say that there is no such thing as a "safe tan."

"There is no safe tanning mechanism," said Dr. Kevin Ring, a specialist in internal medicine. "Whenever you expose yourself to UV rays, you are at an increased risk for cancer."

The president of the Sun Tanning Association for Education, Mr. Glenn Welt, told the *Chicago Sun-Times* that in moderation, tanning beds will not cause long term health problems.

Tanning salons argue that sunlight, artificial or not, produces Vitamin D which helps the body fight disease.

"To say that Vitamin D prevents cancer is a wild speculation. To say that ultraviolet light causes skin cancer is a fact," Dr. James Spencer told *ABC*.

The National Cancer Institute said that melanoma cases has increased by 60 percent among women ages 15-29 over the past 3 decades. The National Cancer Institute attributes this to too many ultraviolet rays.

Cancer is not the only risk associated with tanning. Dermatologists find that premature wrinkles, brown age spots, blotchiness, and leathery, sagging skin are also results of tanning. According to the American Academy of Dermatology, people receive about 80 percent of their lifetime sun exposure by the time they are 18.

"You have to ask yourself 'Is it worth it to look good?'" said Ring.



Maureen McMahon

The eight tanning booths at Hot Spot Tanning Salon are all centered around a hallway. In the front is the "sanitation station", where water bottles and clean beds sit.

## Fruit drink trend targets athletes

Libby Conwell &  
Shannon VanBuskirk  
Journalism Students

Health-conscious Americans spent more than \$31 billion on smoothie products last year, according to the US General Accounting Office. Dietitian Mr. Phil Lempert has noticed a growing trend of smoothie consumption.

"Juice bars are supplying a very real nutritional need to aging baby boomers that want to stay young, fitness buffs who want to get the most out of their nutritional intake and exercise, dieters who want to make sure they get a well balance of protein and nutrients as they cut their caloric intake and families who just want to get a cool and 'healthy' nutritious drink," said Lempert.

Smoothies are typically made from fruits, juices and herbal supplements. According to Mr. Zac Bennett, employee at Juice Stop, the most popular combination is strawberry and banana.

Juice Stop offers a variety of "boosters," which provide the smoothie extra nutrients. Boosters are supplements filled with vitamins, minerals and amino acids. According to Lempert, more smoothie drinkers are now opting to mix them into their drinks.

"The boosters" conjure up improved health and for some, the cure-all or fountain of youth," said Lempert. "It's great marketing and no doubt increases brand loyalty and drives sales."

Bennett noticed boosters being common among athletes.

"I was getting ready for a swim meet and got an energy blend," said sophomore Allie Fiss. "I didn't need one of those sugary Gatorades, and I felt totally energized."

Sophomore Kathleen Pointer agrees with Fiss about the benefits of smoothies.

"Gatorade has mainly electrolytes," said Pointer. "Smoothies have protein, carbohydrates and vitamins you can't find in other sport drinks. Not only is it a healthy drink, but also a meal."

As Pointer explained, smoothies may provide fuel for daily activities. They can also serve as meal replacements. To Pointer, smoothies are more than just snacks.

"I drink smoothies as meals because they are filling and afterwards I feel like I've gotten the main nutrients that I would've from a well-balanced meal," said Pointer.

Athletes do not just drink smoothies as meal replacements and to better their performance, but also to refuel their bodies. Bennett explained that often soccer and volleyball players, runners and wrestlers players come in after workouts.

According to Fiss, smoothies are also handy for people on the go. She explained how easy it is to have a healthy snack while doing daily tasks.

"Teenagers don't have time to peel an orange," said Fiss. "But it's so convenient to cart around a smoothie and still be healthy."

According to Lempert, smoothies have increased society's daily intake of fruits, because of their versatility, fresh taste and healthy persona. Consumers are more likely to reach the target goal of fruit servings per day, and America is getting on the right track with health.

"The average American today consumes less than three servings a day of fruit and vegetables, well short of the minimum five servings recommended by the USDA Nutrition Guidelines," said Lempert. "If preparing fruits and vegetables for our meals is too much trouble for many of us, isn't it easier to just mix them up and drink them?"



Shannon VanBuskirk  
Mr. Zac Bennett, 21, front, and Brandon Miranda, 17, create fruit smoothies at Juice Stop.



Laurel Beekman

Ms. Beverly Collins of Waldeaux Wine and Spirits Inc., sells a bottle of wine to a customer Feb. 25. The store is family owned and sells specialty wines. "If anyone who doesn't look like they're of age to drink, we ask them for their I.D.," said Collins.

## Drinking initiates problems in teens

Laurel Beekman &  
Amy Hymmer  
Journalism Students

Alcoholism is a dangerous disease that can have lasting effects on the mind and body according to the National Association of Alcohol Abuse and Alcoholism (NAAA). These effects can begin at a young age.

"Don't fool with [drinking]," said Mr. Joe Bader, a recovered alcoholic. "It's a deadly disease."

However, a recent poll of STA freshmen found that some students do not care about underage drinking. About 39 percent of the students were not concerned. Another 14 percent of the students viewed underage drinking as cool, while 2 percent of the students think it is okay. About 22 percent believe underage drinking is bad, and another 22 percent think it is very wrong.

Sami Setter, a student who took the survey and did not care, had a reason for not being concerned.

"I know if I say to other people not to [drink underage], they would still do it," said Setter.

In Kansas, police are currently allowed to search a party for alcohol without a warrant. Police can also fine a parent \$200 if they are caught giving away alcohol on their property. Though these changes have not yet been made in Missouri, others have.

Liquor stores now have to keep records of every person who buys a keg. The person buying the alcohol must also sign a form stating that the misuse of alcohol could result in civil liability or criminal prosecution.

Ms. Bernie Colby, STA counselor, said that in the case of pressure to drink, there are a few ways to say no. One is to think of the possible consequences, such as being grounded or cut from a sports team.

Another is to change the subject or make a joke out of it. Friends can also agree to help out another peer if they are about to

give in to the pressures of drinking.

Ms. Tracy Johnson, parent of two teens, believes she cannot keep them from drinking. She would, however, like to educate and make them aware of the dangers.

"It's kind of like teaching them not to walk into the middle of the street," she said. "You need to show them the dangers, and what could happen, along with teaching them how to stay safe."

Long-term affects of alcohol include cancer, heart disease, and lung and brain damage. NAAA says that alcohol is also capable of dulling the senses and causing drunk driving to be a risk to the drinker and others. They also say if a woman is pregnant, drinking can damage her child.

Bader said once he got started with drinking, it was hard to stop. NAAA says this is common for people with alcoholism.

"I got into final treatment when I was 53, and I made some attempts to stop drinking, but I always came back and it

was worse," said Bader. "The danger is that drinking progresses all along. You can go for 15 to 20 years [without drinking] and then come back full blown."

Bader said the line to alcoholism is crossed when the drinker starts lying about how much they drink.

Alcoholism is a chronic dependency on alcohol. Alcoholics Anonymous (AA) says alcoholism is a disease because the craving is so severe and it is hard not to give in. According to AA, these cravings can be similar to a craving food or water.

"Everybody thinks they can control [their cravings], and they can't," said Bader.

Alcoholism can bring serious symptoms such as blackouts. However, this problem should not be confused with passing out. Blackouts are long periods of memory loss that take place while a person is drinking.

Bader says the best way to prevent a future drinking problem is to never get started.

health conscious and that's who we market towards."

According to Hall, there are some healthy choices on fast food menus, however consumers must be aware of the ingredients. The Rhode Island Cancer Council said that creamy salad dressings, fried items and processed cheeses detract from what would otherwise be a healthy salad.

"You can never be too careful," said Hall. "I just learned that one of the salads at McDonald's has more calories than their burgers. I find that kind of scary."

Hall recommends requesting a nutrition chart, which restaurants are required to make available. These charts are the most reliable source for nutrition information.

"Everything on the menu's healthy," said Scroggin. "It's just how much you eat. You can't live on broccoli alone."

The Rhode Island Cancer Council says to avoid specialty burgers like Burger King's Double Whopper and McDonald's Big Mac. These burgers often have more meat and sauces than regular sized options. The Double Whopper with cheese has 51 more grams of fat than a regular size hamburger. McDonald's Super Sized french fries have 19 more grams of fat than a small size.

"You shouldn't eat fast food every day," said Scroggin. "You should watch what you eat, no matter where you go. It's just as easy to eat bad at home."

According to Hall, preparation is another factor. Some fast food restaurants offer grilled and fried options. The Rhode Island Cancer Council recommends choosing grilled sandwiches because fried has about 20 more grams of fat and more sodium.

According to Hall, grilling is not always better. McDonald's uses a flat grill, which does not allow grease to drain. According to Hall, when the flat grill is used, there is no difference between the grilled and fried foods.

Hall and Scroggin agree that limiting the amount of fast food eaten creates a healthier lifestyle.

"There aren't a whole lot of benefits from eating fast food," said Hall. "Of course, it's not like you need to eliminate fast food from your diet altogether. Just be careful with what you eat."

pear more health conscious."

While McDonald's has embraced marketing techniques such as the "Go Active" campaign which encourages Americans to exercise, other fast food franchises have not made changes.

"Our marketing has not changed," said Mr. William Scroggin, owner of five Hardee's restaurants in southern Missouri. "We just introduced the Hardee's Thick Burger, which has even more calories than a normal burger. Not everyone is

Hailey Caywood &  
Leah Hogan  
Journalism Students

Many recent health studies by dietitians and doctors show that eating breakfast helps students to be more awake and productive during the day. Not only that, but breakfast can also help with many other things such as metabolism and eating habits.

"If we eat breakfast, studies have shown that we eat less throughout the day," said Ms. Sandy Procter, a dietitian with Kansas State University. "Your appetite is not so out of control by the time you finally do eat."

Ms. Ann Bode-Rodriguez, teacher at STA, notices that students who do not eat breakfast in the morning tend to get hungrier and choose unhealthy foods at lunchtime.

According to Dr. James Rouse, if a person skips breakfast, their metabolism and mind gradually slow down.

"Utilizing high fiber, whole grains and adequate protein will set the tone for a high energy day and help keep the cravings down for junk food and nibbling the whole day long," said Rouse.

A recent study about "Nutrition Explorations" proved that students who eat breakfast score higher on tests, which results in higher grades, and an easier time concentrating in class.

"Without [breakfast], I feel like I have no energy," said freshman Claire Hickey, who eats breakfast everyday.

Hickey and twin sister Maddie have a schedule for breakfast everyday, a tradition that started when they were in second or third grade.

"We had a schedule in our car of who sat in the front seat on which day," said Hickey. "On the day you got to sit in the front, you got to pick your favorite breakfast. Then it filled in a full week and that's how our schedule began. It's been the same ever since."

As a physical education and health teacher, Bode-Rodriguez sees many students throughout the day and notices that the ones who eat breakfast tend to do

## Breakfast aids in health



Hailey Caywood

Maddie Hickey, left, and twin sister Claire eat a waffle breakfast at their kitchen table while their mother, Ms. Ann Hakan, prepares other food in the microwave on Feb. 25. Hakan has made breakfast for the twins since they were in second grade.

better in class.

"Many students use the excuse that they have no time to eat breakfast in the morning," said Bode-Rodriguez.

In addition to helping people to be more awake and productive, Procter also believes that breakfast is a matter of health.

"Your body has been working all night, even while you're asleep, and a lot of our water needs to go into processing calories and our basal metabolism," said Procter.

"So there's a need to replenish water first thing in the morning, too. People should include some type of beverage and maybe two of three [beverages], for breakfast."

Procter believes that water and other

liquids the body needs can be attained with no trouble.

Although just eating breakfast alone won't do the trick, health experts encourage students to eat healthy foods in the morning.

Procter gives cereal as an example of healthy food in the morning. Cereals are rich in carbohydrates and are prime sources of energy. They are also a good source of B vitamins and iron.

Bode-Rodriguez suggests a whole grain cereal with fresh fruit and milk for breakfast. This helps to get some of the nutrients the body needs, such as calcium and fiber. She believes that sugary foods

or junk food for breakfast are unhealthy. She states that these breakfast items just fill students up for the time, but later they will be just as hungry, if not more.

Rouse agrees with this position as well.

"Brain and memory functions are better maximized with the use of healthy breakfast foods in the morning," said Rouse.

"The brain needs food; breakfast increases the health of your head."

Although there are students that don't eat breakfast in the morning, Hickey makes it a daily priority.

"Breakfast is definitely the most important meal of the day," said Hickey. "There's no question about it."



Amy O'Connor

Students at Shawnee Mission East pack into their cafeteria for third period lunch. Lunches at Shawnee Mission East consist of foods like McDonald's, Pizza Hut and Little Ceasar's. Even though there are some unhealthy choices, students say that if you don't eat too much and make healthy decisions then it isn't bad for you.

## Unhealthy lunches concern teens

Anna Warm &  
Amy O'Connor  
Journalism Students

Parents may not be the only ones worrying about what high schools are serving for lunch. Some teens think what their school is offering may be influencing their unhealthy decisions.

Pembroke Hill School offers a variety of choices for lunch. Everyday there is a salad bar, sandwich bar, desert bar, two hot entrees and soft serve ice cream.

The students have the option of lemonade, water or Tang to drink. The hot entrees at Pembroke range from pizza to chicken nuggets, taco salad, baked ziti, quesadillas, or chicken stir-fry, and spring rolls.

Pembroke students have no regulations on the quantity of food they are allowed to take. This makes it hard for students to make a healthy choice.

"If the hot food doesn't look good then I'll just have an ice cream cone

or two," said Pembroke freshman Tessa Petete.

Unlike most schools, Pembroke does not allow you to bring your lunch unless you have special dietary or religious needs. The cost for school lunch is included in the tuition at the beginning of the year. It costs approximately \$1000 per student just for lunch. Unlike Pembroke, who makes their own food, other schools are resorting to fast food.

Today over 20 percent of schools in the United States sell food from fast food chains including McDonald's, Pizza Hut and Little Caesar's.

Some people wonder why these food chains persist in selling food at schools that is unhealthy. The reason is in 2002 McDonald's realized that their revenue was not meeting expectations, so they proposed selling in public schools. Selling the food in schools would help to increase income without having to pay

for additional employees.

Along with the increase of processed food, studies have shown an increase of overweight teenagers. An article in the *Wall Street Journal* said the number of overweight teenagers has tripled since 1970.

According to a survey conducted by the Agriculture Department only 20 percent of schools nationwide stay inside the required limits on fat made by the United States Department of Agriculture. Only 15 percent of schools stay inside the required limits for saturated fat.

Some teens don't mind what the Shawnee Mission School district serves.

"The food at our school isn't what a nutritionist would call healthy," said Shawnee Mission East student Anne Hundley. "If you don't eat too much of it then it's not a problem. Also, there are healthy choices you can make when it comes to deciding on lunch."

What makes students buy the unhealthy foods? Most teens agree that the hot lunch, which provides a balanced diet, isn't as good as other options.

"I never get the hot lunch because it's gross," said student Parker Hine. "I always get the chicken strips and fries." Pembroke even has a comment box so the students could give their opinions on the food.

"After we started leaving comments complaining about how bad the food was we started noticing improvements," said Petete.

Some teens believe schools should eliminate all the unhealthy foods and only offer foods with nutrition and vitamins.

"If they took away most of the junk food at our school it wouldn't be so bad," said Petete. "I mean, after all, it wouldn't kill us to eat healthy once in a while."

## Caffeine addiction increases in teens

Kayla Crandall &  
Megan Rogers  
Journalism Students

Teenagers consume caffeine daily throughout the world, however the effects may be hazardous and often people are unaware of them.

Caffeine is a drug that is naturally produced in the leaves and seeds of plants. It is commonly found in coffee, tea, chocolate, and soft drinks. Caffeine stimulates the central nervous system causing heart rates and blood pressure to increase.

"Caffeine causes blood vessels to constrict, slowing down the flow of blood and oxygen," said dietitian Ms. Myra Michaels.

If taken in the right amount, caffeine may stimulate alertness, awareness, and increase one attention span, said dietitian Ms. Mary Anne Brown. However, large amounts of caffeine may cause a person to become nervous, jittery, and often get headaches.

"Many people become high strung because they consume too much caffeine," said Michaels.

Caffeine is considered an addictive drug. Just like any other drug, the more caffeine a person consumes, the more dependent one will become. According to kidshealth.org, addiction has become an increasing problem amongst teens.

"There has definitely been an increase in the amount of caffeine I consume, said sophomore Caitlyn Crawford. "I usually drink about four to five diet sodas a day, and two cups of coffee."

One of the effects of being addicted to a drug is that it is difficult to stop consuming it.

"When people who drink a lot of [caffeine] stop, their body reacts in different ways such as headaches," said Brown.

Caffeine is harmful for teenagers because their bodies are still growing and caffeine affects their body weight and growth rate. Many teens and kids who drink a considerable amount of caffeinated beverages do not get the right amount of calcium.

"Studies show that children who drink an excessive amount of soft drinks do not drink much milk," said Brown.

Doctors and scientists suggest that teens should consume no more than 100 mg. of caffeine a day. According to kidshealth.org, a 12-ounce can of Mountain Dew contains 55 mg. of caffeine and five ounces of brewed coffee, contains 115 mg. of caffeine.

Soft drink companies said the reason they put caffeine in beverages is because of the taste, but a study performed by John Hopkins proved this theory wrong. In the study, 25 adults who regularly drank cola were put to the test. These adults were blind folded and then told to pick out the caffeine free versions of Pepsi and Coca-Cola from the regular, caffeinated versions. Only eight percent of the tested adults could tell the difference.

To cut back on caffeine intake, little steps such as substituting a caffeine free beverage for the regular caffeinated one can be taken.

"Cutting back has become a problem that people everywhere face, said Brown. "To cut back on caffeine is like loosing that extra burst that keeps some going."



Megan Rogers

Muddy's employee, George Mayors, makes a latté for a customer, Feb. 25. Muddy's has become a popular hangout for teens over the past years.

## Pressure influences teen dating

Kate Christian &  
Rebecca Rogers  
**Journalism Students**

Relationship stress is a frequent problem among teenagers today.

According to a poll taken of 40 freshmen and 40 juniors at STA, 10 percent of freshmen and 35 percent of juniors have boyfriends. In this same poll, 50 percent of freshmen and 43 percent of juniors find relationships to be stressful.

"[Stress] is something we will always have with us," said academic counselor Ms. Bernie Colby. "We just really have to learn to manage it and not let it over run us."

According to Colby and the Merriam-Webster Dictionary, stress is a positive or negative pressure, physical and emotional reactions to certain events and a burden that bothers and worries a person.

Common stress can be found among family, friends, school and peers, but relationships do not always pose a problem to teens. Ms. Ann Bode Rodriguez, STA physical education/health teacher, helps students cope with everyday life stress and gives them advice when needed.

"People allow [stress] to be a part of everyday life," said Bode Rodriguez.

According to Rockhurst High School freshman Matthew Quinn, his peers are his biggest source of anxiety; they pressure him about his relationship with St. Thomas Aquinas High School freshman Brie Stingley, but he has learned to handle it.

"[The relationship] is worth the stress," said Quinn.

For Stingley, attending different high schools is the main source of stress. She said that she hardly sees her boyfriend because of it.

Colby said that relationships are important to some girls of the STA community because their whole self-worth is wrapped up in it. Others have their eyes set on college. Some girls spend more time with their boyfriends and less time studying and worrying about school.

According to Stanford University, stress is part of most relationships and is usually unavoidable. A cause of relationship stress is the fear of rejection.

"Everyone wants to feel that they are wanted and loved, that they are attractive to others," said Bode Rodriguez.

Bode Rodriguez said that it becomes an obsession; what they say, do, and wear revolves around the boyfriend. In the end it affects the girlfriend's relationships.

Stanford University has said that teenagers can easily be caught up in the image of having boyfriends or girlfriends, which can cause stress. Some think that they have to have a boyfriend or girlfriend because their friends do or because it is cool.

While in a relationship for a few months, partners or friends can add stress by influencing the decision of becoming sexually active. Different expectations are set and not everyone will agree to them. Some feel that due to previous experiences, that their partner won't change his or her mind.

According to Stanford University, there are three stages in a relationship, the beginning, middle, and the end. In the beginning, there is a fear of rejection and the experience of new territory. In the middle, there is a difference of value and interest. More responsibilities, communication barriers, and dependence on each other make the relationship stressful. In the end, at least one, if not both, people will be hurt. All relationships come to an end, and when they do it creates a new sense of vulnerability.

"[A relationship] won't last forever so you shouldn't make it too serious," said Quinn.



Kate Christian

**Brie Stingley, left, and Matthew Quinn hold hands. They find their relationship more fun than stressful.**



Mikhala Lantz-Simmons

**A teenage girl casually smokes a cigarette in her Kansas City home on a Sunday evening. Despite the state's lack of funds for tobacco prevention, teens like this girl are aware of the risks of smoking. However, many continue to smoke.**

## Legislators disregard teen smoking

Mary Nulton &  
Mikhala Lantz-Simmons  
**Journalism Students**

High school students have become more aware of the damages of smoking, said the National Institute of Drug Abuse. However, smoking cigarettes continues to be the number one cause of avoidable death in the United States.

"If the advising legislature and foundations would implement higher tobacco prevention, within the state, the savings of health care would be huge," said Dr. Robert St. Peter.

St. Peter, President and CEO of Kansas Health Institute, provides information to policy makers about important health issues such as teen smoking. According to him, the focus of their company's tobacco prevention program is centered on today's youth. St. Peter said that 80 percent of adult smokers began smoking in their teens.

"If you don't start smoking by the age of 18, you are unlikely to ever start," said St. Peter. "Therefore the key is to stop kids

from smoking."

But because the effects of smoking are not immediate, many teens and legislatures are content to ignore the risks, said St. Peter.

The Center for Disease Control (CDC) has estimated that the state of Kansas needs to spend a minimum of \$18 million on tobacco prevention each year. Presently state is spending less than \$3 million.

"Legislatures have a short term focus when it comes to preventing smoking in teenagers," said St. Peter. "They see this problem as many years down the road and therefore think they do not need to address it."

Dr. Stan Hall, a retired pathologist, has seen the physical effects of smoking in the autopsies he performed. Hall has seen deaths caused by emphysema, tumors of the bladder, and other smoking related diseases. Smoking causes a reported 440,000 deaths each year.

"[Smoking] is a horrible thing to do," said Hall. "It takes a long time for young people to figure that out."

Hall's opinion came through personal experience. According to Hall, he started smoking when he was 20, due to late night studying and boredom. He would drink a Coca-Cola and have a cigarette to stay awake.

"You get in the habit of having something in your hand," said Hall. "If you do it for fifty years, and you want to quit, you say 'Gee, what will I have in my hand?'"

Hall recalls the early 1940s, when glamour surrounded cigarette smoking.

"It wasn't cool to have a character without a cigarette," said Hall. "In the movies, it was typical to smoke before and after sex."

Even with pressure from the media, Hall decided not to smoke in high school because of his commitment to his basketball team. Sophomore Betsy McKenny, who runs on the varsity cross country and track teams, also realizes the influence that good health has on her ability to compete.

"I know smoking is bad for my health, and I'd be letting my team down if I [smoked]," said McKenny.

A recent poll of 50 STA students clarified other information about teen smoking in the community. The poll showed that one in three students has tried smoking cigarettes. All those who tried it said they knew and understood the risks of smoking. Thirty percent reported that peer pressure factored into their decision to try a cigarette.

Hall believes that the social aspect is a leading cause for nonsmokers to begin smoking. However, senior Emily Welch is part of the 70 percent that feel otherwise.

"People think there's peer pressure about [smoking] but there really isn't," said Welch. "If you turn someone down, they're like 'Hey, more for me.'"

Despite the lack of funds for tobacco prevention, the number of teen smokers is decreasing. Long term smoker Hall hopes that the numbers will continue to drop. He encourages teens to avoid cigarettes all together.

"If I can prevent one person from smoking, I will consider my life a success," said Hall.



Aly Brownlee

**Freshmen Anna Boisseau, left, and Molly Gould chat at lunch in the cafeteria. "Talking with friends helps students deal with depression," said STA counselor Ms. Karen Sinco.**

## Adolescent depression rises

Leslie Sear &  
Ali Brownlee  
**Journalism Students**

Depression is the leading psychological disorder in the western world, and 4 percent of teens will be diagnosed with clinical depression this year. According to Uncommon Knowledge Limited, a psychiatric institution in England, the largest increase in depression rates can be found in adolescents.

"Everyone gets depressed," said Ms. Karen Sinco, school counselor. "However, some people don't get over it as quickly as others."

According to the American Psychiatric Association, depression is a mood disturbance characterized by feelings of sadness, despair and discouragement. These feelings can be caused by stress, personal experiences or a neurological imbalance.

"Depression is an overwhelming feeling of sorrow," said Sinco. "It's an emotion. Some of the symptoms of depression are sleeping too much or too little, strange eating habits, low energy, moodiness, withdrawal and a possible drop in grades."

Uncommon Knowledge Limited has conducted several studies that found that

depression is harder to diagnose in teens, because many of the symptoms of depression appear as "normal teenage behavior." These symptoms can have an effect upon a teenager's grades, friendships, family and extracurricular activities.

"You just feel like everything's dark," said Sally, a teen whose name has been changed to protect her identity. "I fought with my parents and sister a lot more, and sometimes I would go home crying for no reason. I would also put others down, which made me feel even worse about myself."

The Rotary Club of Santa Monica and

the Center for Healthy Aging reported that 8.3 percent of teenagers suffer from depression in the United States today. At STA, nine out of 80 students surveyed said that they had experienced depression before.

"There is a rising number of depressed teens, due to many things," said Sinco. "Pressure to get into college, get good grades, scholarships and peer pressure could all cause someone to become depressed."

Uncommon Knowledge Limited reports that depression can cause low self-esteem, acting out, feelings of guilt or worthlessness, alcohol and drug use, self-injury and, in serious cases, suicidal attempts or thoughts.

"I felt guilty and useless much of the time, even though I hadn't done anything wrong," said Sally. "When my mom told me she was proud of me, I became upset and I felt like such a bad person, though I didn't do anything."

Sally feels that her depression set in because of stress from school. Although she never had to take any medication, Sally said that speaking with her mother made her feel better.

"Talking to someone really helps," said Sally. "I had a place to let out my feelings and know that people loved me."

Sinco said that partaking of activities like exercise and writing can help a person suffering from depression.

There are different treatment options available to a depressed individual. Focus Adolescent Services, a web site that offers help to troubled teens, believes teens can relate better to others who are struggling with the same problem they have.

"After I got help, I could recognize when I was unhappy and I could go talk to one of my friends about it," said Sally. "It really helped to have people support me."

Focus Adolescent Services promotes good relationships with friends and family, along with healthy coping skills, because they can assist teenagers when they are feeling low.

"We put so much on ourselves to do well, and please other people," said Sally. "We have to care for our health."