

THE DART

ST. TERESA'S ACADEMY



leaving her heart at STA

Sister Harriet Koutsoumpas retires after over
30 years of service to the school

see page 2

Students unzip, untuck, and underestimate STA uniforms

KATE RAINEY



CAMPUS CRIER

It always surprises me how many students break the dress code at STA. Most students roll their skirts, leaving them unbuttoned and unzipped. They haphazardly tuck in their polos, leaving parts of the hem peaking out over the top of the skirt.

Students underestimate the importance of the uniform.

Our uniforms make us unique; no other school wears these tartan plaid skirts and STA monogrammed sweaters. When I wear my uniform off campus, middle-aged men and women often approach me and ask, "Do you go to STA?" This turns into a long conversation about "my best friend's cousin went to STA..." and many questions about what it is like to be a Catholic schoolgirl. The point is STA students are recognized by their uniforms. Off and on campus, we act as advertisements for our school; we are walking billboards for STA.

Rolled skirts and stained polos do not represent the school well. The all-girls atmosphere has become an excuse to stop worrying about one's appearance. Students have become more focused on comfort than looking nice. Sloppiness signifies liberation and focus on schoolwork; we don't wake up early to put on makeup to impress Jimmy in government class. We roll out of bed at 7:30, throw on the same polo and skirt from the day before and hustle to class to discuss electoral colleges.

But becoming too relaxed in dress risks becoming too relaxed in the classroom. Despite the assertion by politically correct people to the contrary, physical appearance is important. It sets the tone for the classroom environment. When students dress casually, they don't approach their studies as seriously.

I attended a summer program at Thomas Aquinas College at which the students adhered to a dress code for classes. Women wore skirts or dresses and men wore collared shirts and dress slacks. We discussed heady stuff, attempting to tackle philosophical questions, such as whether a line goes on infinitely or indefinitely, and the difference between the two terms. The dress code helped us take ourselves seriously. It would have been easy to take one look at Euclid's "The Elements," roll our eyes and go outside to play ultimate Frisbee. But the formal attire created a formal atmosphere, which kept us from underestimating our intellectual capacity.

The tartan plaid skirts and red and black sweaters have the potential to create the same formal atmosphere. They provide students with nice attire, so each student comes to class looking respectable. One cannot don the uniform without thinking of school, whether one is on or off campus. It puts one in the scholarly mindset. When students dress nicely, it shows they take themselves seriously and will approach their schoolwork thoughtfully.

Take a moment to tuck in your shirt and button your skirt. Walk into class with the visual sign of how seriously you take your studies and you will be surprised how much it affects the classroom environment. ★

'New York, New York' aids yearbook



Painting the town ★ Above, senior Emily Thompson, left and juniors Katie Kenney and Mary Lee Ptacek paint a New York themed banner to hang at the Teresian dance Oct. 20. The yearbook staff stayed until 5:30 p.m. to set up for the event. **PHOTO BY KAYLA LOOSEN**

Publication staff puts on 'Big Apple' theme for this year's Teresian dance

by TRACY BURNS-YOCUM
Staff Writer

As most of the STA student body and dates danced their way around the gymnasium Saturday, few likely thought of who planned it. The preparation for the Teresian dance started in September when Mr. Eric Thomas, Editor-in-Chief Meredith Pavicic and the three managing editors of the *Teresian* yearbook, first met to plan this night.

"We started planning too late this year," Pavicic said. "We forgot about it until our first publication night two or three weeks ago."

The *Teresian* yearbook staff planned, set-up and decorated the Teresian dance, which is STA's Homecoming. The *Teresian* staff was broken up into five committees, ranging from ticket sales to coat check committee.

"I am on the same committee as last year, but it's nice how you do not have to stick with them the whole time," said graphics and business ads manager Maura Lammers. "You get to go where you are needed."

The girls on staff were also required to put in numerous hours outside of school to help with the set-up. They spent roughly seven hours decorating the gym Friday to make sure everything was ready for Teresian.

They were also at STA Sunday for a few hours cleaning up and taking down the decorations that donned the gym the night before.

The *Teresian* staff is responsible for the security, chaperones, disk jockey, the coat and shoe check, ticket sales, hiring a photographer, setting up tables and chairs and scheduling the dance. The amount the *Teresian* staff can spend on the Teresian dance depends on how much they are going to make off senior and business ads, yearbook sales and the dance itself.

"Part of my job is to go through and look at the budget to see how much we can spend on things," said senior ad designer and business manager, Emily Thompson. "I have to think 'can we afford to do this or not?'"

Teresian yearbook is in charge of planning the dance as a fundraiser for STA's yearbook, which this year will cost an estimated \$42,000 just for printing. The school provides the *Teresian* with no financial support so they depend solely on the Teresian dance, ads and yearbook sales to cover printing and other expenses such as camera supplies, fonts and computers.

The Teresian dance usually makes about \$7,000 to \$8,000 for the yearbook's use. Pavicic believes without the Teresian dance, the *Teresian* yearbook would not be able to publish as elaborate of a yearbook. ★



City of lights ★ Sophomore Allison Pericich untangles Christmas lights to decorate trees in the quad for the Teresian Dance Oct. 20. This year's theme was 'New York, New York'. The Yearbook staff members set up more than seven hours before the event. **PHOTO BY ALLISON POINTER**

News ★ Briefs

Art club welcomes guest speaker at next meeting

Ms. Philomene Bennett will speak to Art Club meeting in December. Bennett, senior Jessica Marak's grandmother, is a nationally renowned Kansas City painter and the co-founder of the Kansas City Artists Coalition. She will lecture about her history and style as well as present examples of her work.

The speech is part of Art Club's new "artist of the month" program aimed at introducing artists to the club members. In the future, other local artists' presentations will encompass their experiences along with their artwork. ★

Dance Team fundraiser helps fund competition cost

The dance team hosted a fundraising party featuring Dottie Girl purses, belts, sunglasses, jewelry, T-shirts and watches Oct. 7 in the commons. Although they have yet to receive their check from Dottie Girl, the total is expected to be around \$1,000, 30 percent of the profit. The team also does four car washes each year.

Future fundraiser include raffling off a Chief's hall of fame football at an upcoming Chief's game as well as hosting a junior dance clinic.

Although the team will not be competing at national's this year they are hoping to raise enough money for travel expenses, competition fees and costumes. ★

Canned food drive adds meaning to Halloween fun

Food for Thought will be held on Halloween from 5 p.m. to 9 p.m. this year. Members of the STA community are invited to trick-or-treat for canned goods, dried foods, and small amounts of money, which will be donated to the Bishop Sullivan Center. The center will distribute these donations to the less fortunate residents of Kansas City. Food for Thought is sponsored by Community Service Club. According to Ms. Betsy Hansbrough about 100 girls participate each year.

"This is a great bonding opportunity for all the girls," Hansbrough said. "Everyone is encouraged to wear costumes and have a ton of fun." ★

25 october 2007

★
The Dart
★

St. Teresa's Academy

STA plans for security additions

Visit from suspicious man on campus prompts administrators to evaluate system, consider changes

by TAYLOR BROWN
Staff Writer

St. Teresa's Academy is currently evaluating its security system and looking into possible additions, including camera surveillance and electronic check-in devices at the main doors. These assessments and changes of the security system are a constant routine at STA, but a recent visit of a suspicious man on campus also triggered them.

In mid-September, a male visitor entered STA administrative assistant Marion Chartier's office.

This man said he was interested in STA and asked for an informational packet. Chartier retrieved a brochure for him. When she started sharing information about the school with the stranger, she said he responded unusually by smiling at odd parts of the presentation. That is when Chartier grew suspicious of his motives. The man asked to use the restroom, so she noted the time and directed him there. When she felt he had been in the bathroom for too long, she alerted STA facility managers Ben Casey and Mike Farmer, and they immediately attended to the situation.

"We spoke to him encouraging him that he didn't belong here," Casey said. "We escorted him off campus and watched him go to his truck on Wornall [Road]. After he left, we called the police just to be safe, and they revealed that the truck he was driving had been stolen."

Although this situation was harmless it could have been dangerous had it not been handled correctly, according to Casey.

"If [Mr. Farmer and I] hadn't been called, someone could have been harmed or something could have been stolen," Casey said.

STA president Nan Bone also agreed the situation was managed in the right manner.

"Ms. Chartier did what she should

have done by calling security, and they did the right thing by escorting the man off of campus," Bone said.

Chartier said this visit was a rare occasion.

"We do not have many people who come on campus with ulterior motives," Chartier said. "People who visit are usually truly interested in the school. We do not find a lot of people who are questionable."

The STA staff avoids dangerous situations and ensures safety in the school by the use of alarms after school hours, keeping all but the main doors of the three campus buildings locked during school days, checking visitors in at the main offices and using the new public address system. The public address system is a telephone communication device that allows STA to contact parents and community members for reminders or in case of emergency. Recently, "no public restrooms" signs have been posted on all buildings to help discourage unexpected strangers on campus.

To add to the present system, STA is looking at estimates for surveillance cameras. Only exterior cameras are expected. These cameras would cover all grounds: parking lots, sidewalks, playing fields, etc.

Casey, being a retired police officer after 27 years of service, feels he is experienced in the field of safety. The familiarity with security and protection that Casey contributes is helpful, according to Bone. Casey has a few suggestions about protection for the STA students.

"The biggest concern is to be aware of what and who is around you," Casey said. "The students get complacent with the heavy backpacks they carry. The girls are always looking down, but you need to be looking up and looking around and see what is there. When you are walking to your car, look up. When you are walking on campus after school hours, look up. Be observant of your surroundings." ★



Big man on campus ★ St. Teresa's Academy's evening security guard, Bob Wessling, stands guard as he scans the campus Oct. 11. Wessling remained in the quad until all STA activities ended for the evening. PHOTO BY KAYLA LOOSEN

25 october 2007

★
The Dart
★
St. Teresa's Academy

Jumping ahead: junior prepares for horse show

Excitement for American Royal competition builds as Allison Brennan balances school, equestrian practice

by ALY BROWNLEE
Graphics Editor

Many STA students spend 3 p.m. to 9 p.m. studying, working or maybe eating dinner with their families. Junior Allison Brennan spends that time in a barn, practicing with her five-year-old horse, Gus, for her upcoming horse show at the American Royal.

"This will be my first year at the Royal, and my first hunter/jumper show," Brennan said, about the division she jumps in. "I'm very excited to be going."

Brennan began participating in shows in the Kansas City area during the summer, and spends about 48 hours a week at the Misty River Equestrian Center preparing for the hunter/jumper horse show, one of the five horse shows that takes place at the end of the month.

"Most people think horseback riding isn't exercise, but I'm training at the barn every day," Brennan said. "When I'm not, I'm out looking for sponsors because of the cost. When you show, you have to be prepared to spend your life savings."

The total expenses for taking part in a show at the Royal are around \$1,500. That cost includes stall accommodations for the horses, showing supplies and entry fees for the showing times.

"The classes are a pretty good size," Brennan said. "I'll be competing on an amateur level, and I've been down there to watch friends at the show. It'll be a new experience, though."

Ms. Janet Brennan, Allison's mother, agreed, saying that quite a big crowd usually appears, and that the competition can be pretty stiff.

"[Allison has] only been working with her horse for a year and a half, and I think she will do very well," Janet said. "We're hoping for her to network with a lot of people from all over the country."

Allison's show starts Oct. 31, and then continues on Nov. 1, 3 and 4. Junior Sarah Slaven said she plans to attend and watch her friend compete, after supporting her through the weeks of preparation.

"She has a pretty hectic course load," Slaven said. "She takes AP and honors courses, and sometimes she'll come to school stressed because she doesn't get home until late. We try to help her out with her classes."

The American Royal began as a cattle show in 1899 in the Kansas City Stockyards. The first horse show was added in 1907. Today the Royal contains five different horse shows: Quarter Horse, Hunter/Jumper Horses, Arabian Horses, American Saddlebred/UPHA National



Saddling up ★ Junior Allison Brennan waits with horse Gus for her trainer at Misty River Equestrian Center Oct.10. Brennan has been training around 48 hours a week for an amateur division horse show at the American Royal. PHOTO BY SYDNEY DEATHERAGE

Championship and a 4-H show.

"It's exciting for a parent, and it's also a bit anxious," Janet said. "Jumping can be dangerous, but it's very exciting. Even if she doesn't place, it will be a good experience."

Allison agreed, saying she hopes to

make some new connections while she is competing.

"I love horse shows because you're around people who are interested in the same things as you," Allison said. "As long as we do our very best, I'm always proud." ★

BY KAYLA LOOSEN

Sept. 16: Army questioned

The Iraqi government contemplated the removal of the Blackwater USA organization after 17 innocent Iraqi citizens were shot by Blackwater guards Sept. 16. Blackwater USA is a mercenary military organization currently contracted by the USA for military assistance in Iraq. On Sept. 21 it was determined that Blackwater would remain in Iraq, under the conditions that guards may have to accept Iraqi laws and pay compensations for Blackwater victims and their families. According to the US policies, Blackwater regulations must become more austere if they are to remain in war. Regardless of these proposals, the Iraqi government is still reviewing Blackwater USA's presence in Iraq.



Sobering news ★ Erik Prince, founder of CEO of Blackwater, listens during a hearing in front of the House Oversight and Government Reform committee on Capitol Hill Oct. 2 in Washington, D.C. **PHOTO COURTESY OF MCT CAMPUS**

Oct. 3: Darfur conflict

Former President Jimmy Carter found himself in a verbal confrontation Oct. 3, when Sudanese security officials blocked him from entering a town in the Darfur region of Sudan. Carter was visiting on behalf of his organization, "The Elders," a group of famed public officials that strive to solve global issues. Security claimed that Carter's visit to town was not planned; therefore he could not be granted access. Carter responded to this by telling security officials they did not have the authority to stop him. Once a crowd of spectators had gathered, Carter left saying, "I'll tell President Bashir about this!"

Oct. 3: Mine rescue

More than 3,200 mineworkers were trapped in a South African mine Oct. 3 after a water pipe burst, causing the shaft to collapse. By Oct. 4 each miner had been rescued with no casualties, bringing an end to one of South Africa's largest rescue operations. The event has prompted investigations regarding whether or not the mine was up to current safety code. The government suspects that mine owners were overlooking safety regulations in order to maintain profit. As a result the government said it will make health and safety legislations become better supervised and stricter. ★

Racial tension builds in Louisiana



Out on a limb ★ Supporters of the Jena 6 climbed trees to get a view of speakers in front of the LaSalle Parish Courthouse during a Thursday morning rally to show support for the Jena 6 in Jena, La. Sept. 20. **PHOTO COURTESY OF MCT CAMPUS**

As trials for six African-American students continue, celebrities, advocates flock to small town in protest

by **EMILY BECKER**
Co-Editor-in-Chief

As the trials of the African-American students arrested in Jena, La., for assaulting a white student continue, several celebrities including the Rev. Al Sharpton, rapper Mos Def and singer John Mellencamp have offered their support to the six teenagers. Jena Mayor Murphy R. McMillin remained generally quiet about the celebrity involvement, but when Mellencamp released a music video comparing the situation in Jena to the race riots of the 1960s, McMillin thought circumstances had been taken too far.

"The town of Jena has for months been mischaracterized in the media and portrayed as the epicenter of hatred, racism and a place where justice is denied," McMillin said in an official statement.

Last year, racially motivated tensions broke out at Jena High School after

African-American students sat under a tree in the school's yard that was generally considered a "white" area. The next morning, nooses were hung from the tree. The white students who admitted to hanging the nooses were suspended from school for three days.

The tensions eventually culminated in six black students beating a white student at school. These black students became known as the "Jena Six" after they were originally charged with attempted second-degree murder and conspiracy to commit second-degree murder.

"The central conflict would be the punishment of the Jena Six and the white students, especially the fact that both participated in acts of violence, but the Jena Six are being much more heavily punished and scrutinized than the white

kids," senior Sarah Luecke said.

One of the six students, Mychal Bell, was tried as an adult and convicted of aggravated second-degree battery and conspiracy to commit second-degree murder by an all white jury. He faced up to 22 years in prison, until the state appeals court dismissed the adult conviction.

"Ultimately, the issue in the case is can black people be treated equal in state and local governments, especially in the criminal justice system," said government teacher Patrick Sirridge.

Some aspects of the case still remain unclear. It is still debated whether the

assault of the white student was provoked. Accounts range from the student using a derogatory term directed at the Jena Six that morning to the student being attacked because he is acquainted with the students who hung the nooses on the tree.

"The facts still remain kind of murky to me,"

said Sirridge.

Last month, thousands of protesters visited Jena in support of the six students. Of the six, four are being charged with aggravated second-degree battery and conspiracy to commit second-degree murder. One remains in juvenile court and one, Kenneth Purvis, has not yet been called before the court.

"This is clearly a national issue and that is why 15 or 20 thousand people showed up to protest," said Sirridge.

Purvis's trial is set to begin next month. While some hope that by this time media attention will be directed elsewhere, Luecke believes there are lessons to be attained from the Jena Six situation.

"I would hope people would learn to treat crimes on the action, not the race of the person," said Luecke. ★

"I would hope people would learn to treat crimes on the action, not on the race of the person."

Sarah Luecke, senior

Jena Six Timeline

The events surrounding the Jena Six case span over fourteen months, and have caused discussion and controversy nationwide.

Aug. 31, 2006	In an opening school assembly, African-American student Kenneth Purvis asks if he is allowed to sit under a tree in the school yard that is generally considered a place for white students to sit.
Sept. 1	Nooses hang from the tree's branches. The students who take credit for the incident are suspended from school for three days.
Thanksgiving weekend	An academic wing of Jena High School is set on fire.
Dec. 1	Five black students are kicked out of a party and a fight breaks out.
Dec. 4	White student Justin Barker is assaulted by six black students at school. The Jena Six are arrested and charged with attempted second-degree murder and conspiracy to commit second-degree murder.
June 27, 2007	The trial for Mychal Bell, one of the six, begins. The previous week, his charges were reduced to aggravated second-degree battery and conspiracy to commit second-degree murder. Bell is tried as an adult and an all-white jury finds him guilty.
Sept. 14	The state appeals court dismissed Bell's adult conviction.
Sept. 20	Thousands of protesters visit Jena in support of the six students.
Oct. 1	Rapper Mos Def releases a video that asks students to walk out of class in support of the Jena Six.
Nov. 7	Trials for other members of the Jena Six are set to begin.

25 October 2007
★
The Dart
★
St. Teresa's Academy

Meetings begin five-year plan

President Nan Bone, focus groups gather to make changes to STA policy

by BREANNE SIGLER
Managing Editor of Design

STA president Nan Bone will hold her first meeting with faculty, recent alumnae and students next Tuesday to get feedback and gather ideas for the new five-year plan for the school. The first meeting will be with faculty and recent alumnae, and two more meetings will be held the following Tuesdays with freshmen and sophomore parents, followed by junior and senior parents.

"The plan takes all the community people's input," Bone said. "We look at basic demographics and the vision and mission. We'll create where we want to go in the next five years."

The planning board will concentrate on five areas: academic quality, buildings and facilities, community image, parent communication and school leadership. Questions like, "Were you prepared for college?" and "What was your image of the school?" will help the board make decisions regarding the new plan.

Bone is excited to work on a new strategic plan her first year at STA.

"If this hadn't come up, I would have pulled in focus groups on my own," Bone said. "You have to have input from everyone. [Starting my job here as president] was timed perfectly."

Although the five-year plan will be a contribution from the STA community as a whole, Bone has many ideas and aspirations for improving STA for the students. For example, Bone is concerned that the rising tuition is lowering diversity at STA.

"All girls that qualify for STA should have a chance for education here," Bone said.

Other improvement ideas include updating the auditorium, modernizing the chapel, becoming more environmentally friendly, marketing better to grade schools and add-



School strategy ★ Ms. Nan Bone and her board committees concentrate on five areas: academic quality, buildings and facilities, community image, parent communication and school leadership. Meetings will be held on Tuesdays for the planning. **PHOTO BY ALLISON POINTER**

ing more AP classes.

"I have a lot of thoughts, but they're just my thoughts right now," Bone said. "I always ask myself, 'Is this best for the girls at STA?'"

Bone hopes the STA community will

benefit and enjoy the possible changes and improvements.

"I would hope the impact would be positive since the whole STA community is going to form the five-year plan," Bone said.

Once the strategy is finalized in May,

the smaller changes, like improvements with marketing, will begin. Larger changes could take up to five years.

"We have 140 years of history, so we're doing something right, but that doesn't mean we can't do better," Bone said. ★

25 October 2007

★
The Dart
★

St. Teresa's Academy

Latin class to challenge 'injustice'

Latin III, IV complete the same curriculum, receive different course credits

by JULIA STAPINSKI
Staff Writer

According to Latin teacher Sue Marquis, Latin III deserves more credit than it receives.

For several years, Latin III and IV have been a combined class at St. Teresa's due to small class size. Juniors and seniors complete the same work, but seniors receive a weighted grade, and the opportunity to work towards college credit. Juniors, on the other hand, reap neither of these benefits. Marquis believes this curriculum is unfair to Latin III students, because not only do they receive less credit for their work, but they also have less Latin experience than the Latin IV students, which often causes confusion and dissatisfaction among students.

"If Latin III and Latin IV were separate, Latin III wouldn't have to move as fast," Marquis said.

Junior and Latin III/IV student Haley Doyle agrees.

"Latin IV will always have an unfair advantage," Doyle said. "They will always have another year of experience, so Latin III will really be behind. We are choosing to take this class; it's not required. We should be getting some credit for that."

Sophomore Samantha Roach said the

situation may even cause her to rethink her original plan to take Latin as an upperclassman.

"Knowing that I could get the same number of [questions] right on a test but end up with a lower grade than the senior sitting next to me will probably [affect my decision] whether or not to take Latin III next year," Roach said. "It just doesn't seem fair to me."

French teacher Alice Amick offers a similar perspective.

"The problem Latin faces is that level three and level four learn the same things but they end up with different grades," Amick said. "On top of having less opportunity, there's injustice added to the situation."

Amick, the foreign language department's curriculum council representative, proposed the idea of making all third year languages weighted with the opportunity to receive college credit, but says her request has been pending with the administration for two years.

"We think the level of academic challenge is there," Amick said. "There are other schools in the metro area who have this opportunity."

According to Rockhurst High School's 2007 course catalog, students enrolled in level three languages receive a weighted grade and are also given the chance to enroll in Rockhurst University's Advanced College Credit Program.

At Bishop Miege High School, all third year languages are considered ad-



Epic discussion ★ Latin teacher Sue Marquis discusses Vergil's "Aeneid" with junior Haley Doyle during a Latin III class Oct. 5. Students read the epic poem in Latin and translate it into English in preparation for the AP exam. **PHOTO BY CARLIE CAMPBELL**

vanced placement, meaning that students' grades are weighted, but students are not offered the opportunity to earn college credit.

At Pembroke Hill School, Latin III and Latin IV are also a combined class, but the class as a whole receives the same amount of credit for their work. Marquis agrees with this method, and believes a

similar arrangement would benefit Latin III/IV students at St. Teresa's.

"If they're going to have the same class taught the same way with the same curriculum, they should receive the same credit," Marquis said. "I'm not going to argue with the administration; I'm sure they do have their reasons for whatever they do, but to me, this doesn't make sense." ★

Hook-ups take toll on self-esteem

Research shows frequent hook-ups might cause health issues, poor self image, non-consensual sex

by CAROLINE QUINN
Copy Editor

She looked forward to a Friday night full of adventure and spontaneity with no worries or obligations. She thought she'd gotten exactly what she wanted. But when Monday morning came, along with self-realizations and chatter and glances from peers, she didn't feel so carefree anymore.

Being dubbed "the hook-up generation" may mean more than just having a bad reputation. As established in the first article of this series, hooking up can signify something different for each person, but is decisively described as sexual behavior without the anticipation of future commitment. While some young women do engage in hook-ups with no expectation for a potential relationship, many hope physical intimacy will tie the relationship knot, said University of Kansas graduate student Lauren Brian.

Brian believes sometimes young women only get the message that hooking up is straightforward and worry-free and don't hear the other side.

"A lot of times people are talking about [their hook-ups] because it was a positive experience," Brian said. "If a hook-up is terrible or traumatizing in some way, people are less likely to talk about it. So basically, you always hear about the good stories, and some may not even think there are bad [stories]."

Brian completed her undergraduate honors thesis on "The Heterogeneity of Hooking Up" last April at Bucknell University. In her research, she found, while each gender experiences a spectrum of emotions after hooking up, women are far more likely to suffer from negative feelings. This is said to be caused by several factors, one called the "double standard theory," which can make young women feel immoral and out of place.

According to Brian, the double standard theory enforces the idea that women are supposed to be the gatekeepers. The theory suggests women should be pure and virginal. Men, on the other hand, are encouraged from a young age to "sow their wild oats," or spend their time engaging in sexual activity and doing exciting things. Society ac-

cepts men who have many sexual partners; their behavior is rewarded by positively labeling them with names like "stud," Brian said. Brian said while the double standard theory may not shape women's hooking up behavior, it does affect their overall reaction.

"Double standard plays into why women may feel more guilty after hook-ups than men would," Brian said. "Women may be struggling internally with what society expects of them versus what they want personally. If you want to be exploring sexuality... girls have to worry about the repercussions of people talking about it."

Ms. Lisa Martin, spokesperson for The Metropolitan Organization to Counteract Sexual Assault (MOC-SA), believes this inner struggle Brian referred to does leave young women with negative feelings.

"If people don't feel like they have a choice because everyone is [hooking up], then they might do it even if they don't want to," Martin said. "And if what you're doing is against your values, you're going to feel guilty afterwards."

The statistics support Brian's and Martin's ideas that young women

often feel guilty after hook-ups. For this story, *The Dart* created a survey patterned after polls that Brian created in her research. Seventy randomly chosen STA students responded, using the following definition of hooking up: "a sexual encounter between two people that can range from kissing to sexual intercourse without the expectation of future commitment." From that group, 66 percent of students said they have hooked-up at least once. Of these students, over half reported feeling "awkward" and "excited," while about one-third of the students reported feeling "interested," "nervous," "confused" and "regretful" after hook-ups.

STA counselor Karen Sinco believes media and teenagers sometimes present uncommitted sexual acts in too much of a casual light. This leads to pre-conceived notions about hooking up, which could be sending young women false messages.

"Some girls have these unrealistic expect-

Hooking Up a three-part series

This generation of teenagers has been called the "hook up generation." The next two issues of The Dart will continue to explore what this means and how this affects students at STA.

Part One: Issue 1 Sept. 27
What is "hooking up?"

Part Two: Issue 2 Oct. 25
How does hooking up affect teenage girls?

Part Three: Issue 3 Dec. 6
What are the dating alternatives to "hooking up?"

25 october 2007
★
The Dart
★
St. Teresa's Academy



Lust over love ★ Today's teens have been labeled the "hook-up generation." Hooking up can be defined differently for each person, such as sexual behavior without the anticipation of future commitment. PHOTO ILLUSTRATION BY JAIME HENRY-WHITE

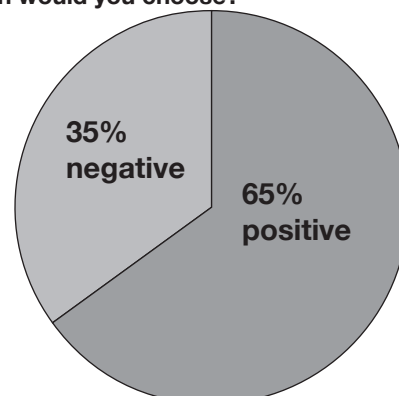
See HOOK-UPS, page 22

Hooking up, not feeling down

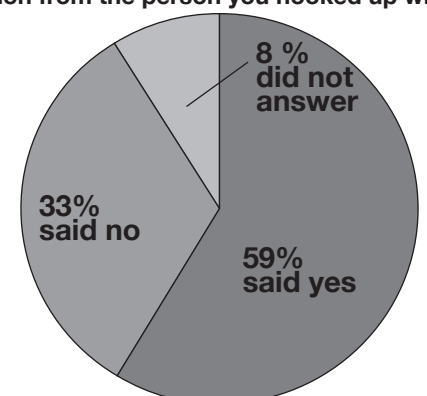
The Dart surveyed 70 students about hooking up. For the purpose of the survey, students used the following definition of hooking up: a sexual encounter between two people that can range from kissing to sexual intercourse without the expectation of commitment.

Of the students who said they have "hooked up,"
28% have hooked up once
37% have hooked up two or three times
9% have hooked up about five times
26% have hooked up more than five times

If you could only describe the majority of your hook-ups as either "positive" or "negative," which would you choose?



The week following a hookup, do you typically hope for a phone call or other form of communication from the person you hooked up with?



GRAPHIC BY ALY BROWNLEE

Teens face dark battle in depression

Former STA student, counselors discuss causes, effects of depression, a common tribulation among teenagers

by HALEY VONDEMKAMP
Staff Writer

Studies have shown that about 20 percent of teens will suffer from some form of depression before they reach adulthood. Depression, when gone untreated, is the number one cause of suicide, which ranks third among the top killers of teens. If left ignored by those who suffer, teen depression can escalate and lead to greater problems, such as drug and alcohol abuse, dangerous sexual behavior, self mutilation and violence.

"Growing pains are normal and expected...but long-lasting changes in personality or behavior are red flags of a deeper problem," said Ms. Rachel Assal, Licensed Masters Social Worker at Two Rivers Hospital, a center for acute inpatient hospitalization.

Assal works on a daily basis with teens afflicted by depression. She stressed that teenage depression should not be confused with typical growing pains and teen angst.

STA counselor Karen Sinco explains the distinction between depression and grief.

"True depression may last much longer [than grief] and may not be caused by any one event," Sinco said.

Junior Kelsey Stephan, a former STA student who has been openly battling depression since early adolescence, shares similar thoughts.

"Obviously its totally normal to be sad and lonely at times," said Stephan. "Those are perfectly normal emotions."

She adds, however, that when those emotions become ever-present in a teen's life, depression is likely to blame.

According to Sinco, teen depression often goes unrecognized because the accompanying behaviors vary from those associated with depression in adults. Sinco said adults suffering from depression often come across as lethargic whereas teens tend to display "acting out behaviors," such as skipping school, drinking and fighting with their parents uncharacteristically.

Stephan described different affects of depression more prominent in her own case.

"It's hard for me to bring up any emotion," said Stephan. "[Depression] just made everything else so much worse in my life. Perfectly simple events became, like, nightmares."

Stephan also describes at times being distant, lonely and having a lack of passion for things.

Assal sites post-traumatic stress, bullying, high expectations of parents

and conflict within the family, divorce, all as prominent sources of depression in teens. Above all, Assal emphasizes abuse as a primary inflictor of depression among teenagers. She says significant events regarding abuse are often what first prompt teens or their guardians to seek help at Two Rivers.

It is said that less than 33 percent of teens suffering from teenage depression actually receive such treatment.

"A lot of depression is unknown because [those depressed] don't want to burden anyone else," said Assal.

According to Assal, about half of the teens she sees at Two Rivers visit in response to their parent's concern while the others seek help by their own free will.

"They are afraid of themselves," said Assal. "They are afraid of what they could do to themselves."

Stephan fell into the first category of teens.

"I greatly appreciate my mother for realizing I needed help even though I didn't necessarily consider it appropriate help," said Stephan.

In addition to therapy with professionals, different medications are recommended to treat depression. Assal however, is hesitant to advocate medication for those unwilling to participate in therapy.

"[Medication] is not nearly as effective unless it's in conjunction with therapy," said Assal.



Sitting seriously ★ Shawnee Mission South junior Kelsey Stephan sits outside her house Monday, Oct. 15. Stephan was a student at STA as a freshman but sophomore year, she transferred back to where her friends were. PHOTO BY ALLISON POINTER

She also points out that medication only works in the short term, it must

See DEPRESSION, page 23

Lacking what's necessary

The National Sleep Foundation (NSF) says that teens need about 9 1/4 hours of sleep every night in order to be at their best. A 2006 NSF study found:

- Only 20% of teens reported getting the optimal nine hours of sleep on a school night.
- 31% of the teens that were surveyed drink two or more caffeinated beverages a day.
- More than 51% reported driving while drowsy in the past year.

When you get up

- Make it a habit to stand up as soon as you hear the alarm. Eventually, your brain will make the association that the alarm going off means to get up.
- Take a shower in the morning, with cold or lukewarm water. Hot water will make your body drowsy, because it has to do less to keep your warm.
- Make time for breakfast in the morning. Food provides your body with energy and nutrition, and it will last much longer than the caffeine from a cup of coffee.

Before Going to Sleep

- ◆ Put your alarm clock out of reach. This way, you have to get out of bed to turn it off.
- ◆ Don't sleep with the TV or a nightlight on. Both can distract your sleep.
- ◆ Sleep in a cooler environment. This will help you to wake up in the morning.

Wake Up Call

Tips for helping you get up and at 'em, without feeling drained and tired.

Sources: <http://www.sleepnet.com/rest7/messages/793.html>
http://www.sleepfoundation.org/site/c.hulXKjM0IxF/b.2419167/k.14D6/2006_Sleep_in_America_Poll.htm

GRAPHIC BY ALY BROWNLEE

25 october 2007
★
The Dart
★
St. Teresa's Academy

Ask a Doctor ★ Dr. Daryl Lynch

COMPILED BY EMILY BECKER



How much sleep do teens need?

According to the National Sleep Foundation, teens need between 9 to 10 hours of sleep per night. Over 25 percent of teens report sleeping only six and a half hours or less each night. Not getting enough sleep can lead to poor concentration and may lead to mood swings and other behav-

ior changes. Tips to help promote good sleep habits include: limit caffeine intake, avoid computer games, television, or listening to loud music right before bedtime and do not watch television or read in your bed. Also, try to go to bed and wake up at the same time each day during the week. Weekend bedtime and wake time should be no more than 2 hours later than through the week.

Can you exercise too much?

Most of the US population, including teens, does not get adequate exercise. Physicians encourage regular physical activity for 30 to 45 minutes most days of the week as a part of a healthy lifestyle. This activity can include a team sport, dancing, walking, swimming or any other number

of activities. It would be difficult for the average person to exercise "too much," but each person has physical limitations to how much exercise he/she can manage. You could be limited if you do not drink enough water throughout the day or if you have not had enough sleep. Also, some teens exercise to the point where they lose so much weight that it becomes dangerous. Another at-risk group are athletes who may not properly stretch and warm up, or push themselves to the point of injury.

Is diet soda better than regular soda?

Since there is an epidemic of obesity among children and teens in the US, most doctors are recommending a reduction in consumption to reduce caloric intake. Because of this, diet soda has been rec-

ommended as a substitute. Obviously, this deals with the calorie issue but there are some problems with drinking too much diet soda. Any carbonated beverage has a high acid content and attacks the enamel of the teeth. Each time a sip is taken, it takes about 20 minutes for your mouth to clear the acid. Compounding the issue is that many people take sips of a soda every few minutes over a long period of time. This equates to the teeth being attacked by weak battery acid until the soda is consumed. Another problem with the increase in soda consumption is that this has replaced the consumption of beverages such as water or skim milk with important calcium to build developing bones. As with many things, moderation is the best rule to follow. ★

25 october 2007 • The Dart • St. Teresa's Academy

Hidden Treasures of Kansas City

(Places you may have never heard of but should definitely visit)



Ruchi's Indian Restaurant

11168 Antioch Rd.
Shawnee Mission, KS 66210
(913) 661-9088

The air is heavy with the smell of spices as I walk through the glass doors into the dimly lit restaurant. The sound of Indian music reaches my ears and reminds me of Bollywood movies I've seen. I look around as we are seated at a private corner booth. The entire restaurant has a warm feeling, with its golden walls, red furniture and gilded statues. Although the restaurant is full, it's surprisingly quiet. All the customers lean toward each other across tables, talking in hushed voices and enjoying steaming plates of tempting dishes. I'm a little

intimidated by the quiet at first, but I finally start to relax and enjoy not having to shout across the table to be heard. My friends and I each order different dishes and decide to share. Bowls of mixed vegetables, chicken with spicy sauces and nan (flat bread) clutter our table and slowly disappear until we are stuffed to the brim. Ruchi's is the perfect mix of relaxation and excitement with its mellow atmosphere and spicy ethnic dishes.

Gottlieb Planetarium

30 W. Pershing Rd.
Kansas City, MO 64108
(816) 460-2020

Have you been searching for a creative date place, but ended up doing the same old thing? The Gottlieb Planetarium in Union Station offers the perfect opportunity for a unique, and possibly romantic, outing for you and that special someone. I discovered the Gottlieb Planetarium with my boyfriend last weekend. Essentially, it consists of a movie theater featuring a domed camera with hundreds of lenses shooting out of it in every direction. The plush seats reclined backward to give a comfortable view of the ceiling, on which the lenses projected the night sky. The show we saw was about Mars and featured many pictures of the beautiful planet. This show is the current feature playing, but a new film plays every few months.



If you are looking for a cheaper option than a regular movie, and are eager to learn a little something, Gottlieb Planetarium offers just that.

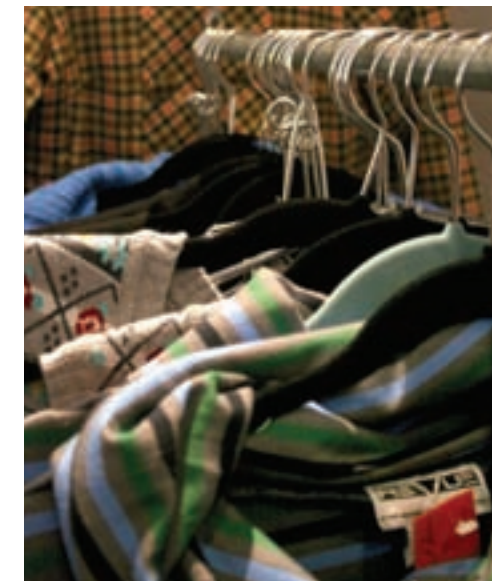
Hours: 1:30 and 3 p.m. Tues.- Fri.; 10:30 a.m., 12, 1:30 and 3 p.m. Saturday; 1:30 and 4:30 p.m. Sunday

Revue Boutique & Vintage Shop

1415 W. 39th St.
Kansas City, MO 64111
(816) 561-6059

I walked into Revue expecting clothes more fitting for a costume party than a dance, but I left the boutique with a bag weighed down by two adorable and affordable dresses. Revue is two stores in one, with a trendy boutique in the front of the shop, and a room of vintage racks in the back. I was mesmerized by tweed coats, puff-sleeved dresses and shiny satin. Hats of all shapes and styles covered one wall next to a glass case displaying dazzling jewelry. Racks of dresses

lined the center of the store and shoes were stacked on a table. I was nervous about looking at the price tags at first, but I dared to grab a stack of dresses to try once I realized that none of them were over \$50. After narrowing my choices to one dress, the woman who worked there sent me two doors down to Fabulous, Revue's sale store where I stumbled on a \$15 long-sleeved dress and realized that I had found my new favorite store.



Succotash Catering & Bruncheon

15 E. 3rd St.
Kansas City, MO 64106
(816) 421-2807

After the fifteen-minute wait on Sunday morning, my friends and I were seated at a long, dirty desk from the 80's. Our lax waitress sauntered over and casually said, "Hey. What do you want to eat?" Despite the quick order process, it took over 30 minutes for our delicious food to arrive. But as my good friend Tess Palmer assured me, it was worth the wait. The long delay gave me time to admire the art and atmosphere of this wonderful breakfast hot spot. I couldn't help but stare at a massive painting of a woman eating tomato soup. This image consumed by mind most of the morning. All of the workers and a few customers were simply characters. Most were dressed in crazy, artistic clothes. Once my sloppy plate of pancakes and home fries arrived, I dove in and stuffed my face. It was one of the best breakfasts I've ever had. Although I was extremely irritated with the service, Tess was right. The tasty food made up for the long wait, and Succotash did not suck.

Hours: 9-3 Tuesday-Sunday, 8 a.m. Saturday, 6-9 p.m. Wednesday



Cave Springs Nature Center

8701 E. Gregory Blvd.
Kansas City, MO 64133
(816) 358-2283

A 20-minute trip down Gregory Boulevard will bring you to Cave Springs, a secluded nature preserve just off the road. Cave Springs consists of a small house filled with stuffed and mounted animal heads, glass cages full of snakes and samples of different kinds of wood. The true find however is out back behind the house, where beautiful trails twist and turn through the colorful woods. Fall is the perfect time for a relaxing and picturesque jaunt through the for-

est. An amateur asphalt path winds through the trees, perfect for those who are not interested in getting dirty. There are also smaller dirt trails for girls who are ready to become one with nature. Along with autumn foliage, a few small caves line the trails just waiting to be explored. Cave Springs is a unique destination for friends who are looking for a pretty view, a breathe of fresh air or a fun picnic.

Hours: Tues.- Frid. 10 a.m.



Your Picks

compiled by Breanne Sigler

Kansas City is full of hidden treasures just waiting to be discovered by STA students. There are exotic restaurants, stylish boutiques and inspiring museums. Next time you have nothing planned for a Saturday night, check out some of these recommendations.

What is your favorite unknown destination in Kansas City?



"Bella Napoli is an authentic Italian coffeehouse/deli/restaurant. All the people who work in the kitchen there are from Rome or Spain."

- Linda Kovac, senior



"[Envy] is a small boutique in downtown Overland Park that sells cute designer clothes. They have big sales a lot."

- Tess Palmer, senior



"[Aloha Chopsticks] is Chinese food that's really cheap and good. No one really knows about it because you'd think it's Hawaiian."

- Meg Hart, junior



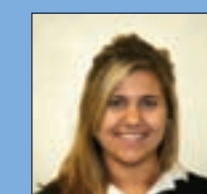
"[Babycakes] sells fancy cupcakes and chocolates. It's a really small store in City Market. It's amazing."

- Jessica Bullington, freshman



"[Johnny Ray's] hamburgers are really good and every time I go through the drive-thru, they give me a free dog treat for my dog."

- JoEllen Redlingschafer, junior



"The outside of [Addie Rose] is pink, so it really attracts your attention. They have a lot of dresses and glittery, outgoing jackets."

- Naina Raimo, freshman

Volleyball looks to defend title



Brick wall ★ Freshman Grace Whitley, left, and senior Erin Vogel fight for the ball with Raytown South High School's Danielle Carner during the first round of Districts Tuesday. STA won the game and advanced to yesterday's championship game at Blue Springs South High School. **PHOTO BY CLAIRE MCINERNEY**

Stars beat Raytown South High School 25-12, 25-14 in District win, look to progress in postseason play

by MICHELLE REICHMEIER
Staff Writer

In the semifinals of the volleyball District tournament Tuesday, second ranked defending state champions STA, defeated #3 Raytown South High School 25-12 in the first match and 25-14 in the second.

"We didn't start out the way we wanted to, but we came through in the end," sophomore Lindsay Bowers said. Senior Hailey Caywood passed a perfect game with 10 digs. Senior Erin Vogel led the team with nine kills.

"[The team] expects commitment, hard work and drive especially from the girls who played last year," Vogel said.

Teammates say freshman Grace Whitley, who finished the game with 6 kills, and freshman Liz Powell have increased power and intensity on the front line. This game, they faced a team led by six seniors.

"I don't even notice I'm a freshman anymore," Whitley said. "These girls are like my sisters."

In the beginning of the season, the team expected to be strong due to the seven re-

turning juniors and seniors.

"Our main goal is to go to state," said Bowers. "We are all really excited and pumped to play for the seniors."

Vogel said winning state last year has caused an increase in both pressure and confidence for the team. Last year throughout the tournament, opponents labeled them as the underdogs. However, holding the State title this season, STA team members hold high expectations for the program.

"Once you know what it feels like to win [state] it makes you want to work even harder," Vogel said.

The team played #4 Blue Springs South High School in the District championship Wednesday. ★

Softball strikes out in District tournament

Team credits improved record to new players, seniors' experienced play

by SARAH COOPER
Managing Editor of News

The varsity softball Stars ended their season with a 3-1 loss to Park Hill High School Oct. 4 in the first round of the Districts tournament. They finished their season with a 10-14 record.

"It was a well-played ball game on our part and on the other team's part," head coach Don Lang said. "They were just able to put a few more plays together than we were...I felt we should have won it."

STA played Park Hill earlier in the season, and the Stars won that game.

"We expected that it was going to be a tough game to win," senior and first base player Katie Drummond said. "[Park Hill]

didn't expect to lose to us earlier in the season, so they wanted to come back and end on a good note."

Sophomore pitcher Jessica Ann said the team did not bat well in the game.

"We played pretty well defense-wise, but our hitting wasn't good," she said. "Hitting has been a weakness for a while; it's why we lose games usually."

Two of the team's goals for the season were to win more than 14 games, which is STA's record for the most wins in a season, and to get past the first round of the Districts tournament. Drummond said that even though they didn't reach their goals, the season overall was not disappointing. Ann agreed, and cited the improvement from last year's record of 5-19.



Ann

"A lot of the new players really helped," Ann said. "Last year we were a pretty young team."

Ann and Lang said the team was very good defensively, with eight seniors making up the infield.

"Defensively, they're going to be hard to replace," said Lang. "We had a lot of experience there."

Ann worries next year's team will suffer without the leadership and experience of the seniors. Lang acknowledged that it will be a very young team, but has a positive outlook, and looks forward to having returning pitchers and catchers. ★

game line

DISTRICTS, Oct. 4

STA...1

Park Hill...3

DISTRICTS ROUND:

1st Round

SEASON RECORD:

10-14

Save the three sport athlete

LINNY KAUFMAN



SPORTS EDITOR

Students who were previously admired as a source of pride have been pushed out of existence.

Who or what is to blame? The answer is simple: growing pressure on athletes who already lack time. Coaches, teachers, parents and colleges are wanting more. This pressure eventually exterminated an important type of competitor at STA.

I'm talking about the demise of the three-sport varsity athlete.

Let's look at the Jantsch family dynasty for further proof.

Glancing back four years, we find a legendary outside hitter, star defender for the soccer team and starting post wrapped up in one competitor: Jenny Jantsch. Jenny was on the field bearing black and gold every season of every year. Fans could always count on her to score the winning basket or make the winning kill, and her admirers ranged from 3rd grade soccer players to varsity basketball coaches. Jenny was the epitome of the three sport varsity athlete.

A few years later, we came across Jenny's sister Michelle. Michelle was as talented and driven as Jenny. However, in Michelle's time at STA, the process of extinction had begun. Coaches started to expect summer training and participation in club teams, along with longer practices after school. Scholarships for sports pushed athletes to conserve themselves for the college court; Michelle said many times she was worried about playing soccer at STA because she couldn't risk getting hurt before playing college volleyball.

As a senior, Michelle led the volleyball team to State in the fall and still managed to play varsity soccer in the spring. Her schedule was crazy and sometimes almost unbearable; some days she went to school, soccer and volleyball practice, arriving home just in time to begin hours of homework. There was no denying the process had begun when this incredible athlete could barely manage two varsity sports.

The third and final phase of the process began this year with current STA senior Ellen Jantsch. Ellen is the best natural athlete of the three. She was an all-state hitter her junior year and helped lead the soccer team to two state titles in 2005 and 2006. But as a senior, Ellen plays only one sport. Why? She doesn't have enough time. Ellen compared her club soccer schedule with the volleyball schedule and found too many conflicts. She chose soccer.

High school, club and college athletics threaten the existence of a three sport varsity athlete. Three high school sports, three club teams, service requirements, college planning and homework? Do the math. ★

Tennis team takes District title

After winning districts, the STA tennis team advanced to the state tournament where they received 9th place

by MICHELLE REICHMEIER
Staff Writer

The STA tennis team took first place in the district tournament Oct. 4 for the second consecutive year. Senior Katie Jackson and junior JoEllen Redlingshafer placed second in doubles, and sophomore Kylie Hornbeck took second in the singles division.

"I see girls progress in each game and gain confidence," said assistant coach Lana Krause.

The tennis team was excited to begin this season after a strong finish last year, winning districts and coming within one match of sending the whole team to state.

"Our main goal is always to go to state," said Redlingshafer. "We don't always expect to win state; we expect to have fun."

Feelings of nervousness and anticipation filled the cars of students as they caravanned to Belton High School for the district tournament. Schools from across the area put the team's countless hours of practice and hard work to the test.

"Before games, I always tell the players never to give up," Krause said. "Anyone can win the match. They are just as able to

win as the person across the net."

Jackson is the only senior on the varsity team this year. The players worked hard to send her to state; however, her ultimate wish was for the whole team to go. Krause said Jackson has provided the team with immense inspiration and leadership throughout the season.

"They have really come along and become a team," Krause said. "They support each other and help each other out."

The tennis team topped Lee's Summit West High School, who placed second overall, and Blue Springs High School, who received third place.

One match short of sending the entire team to state, the team fell 5-3 to district 8 rival Liberty High School at sectionals Oct. 13.

"We had a lot to be proud of though, with great play and even better sportsmanship," head coach Meghan Parrott wrote on the sports website.

Hornbeck, Jackson and Redlingshafer represented the team in the state tournament Oct. 19 winning one match and losing two. ★

game line

STATE, Oct. 18

STA...9th Place

DOUBLES:

Katie Jackson

JoEllen Redlingshafer

SINGLES:

Kylie Hornbeck



Serve's up ★ STA junior Jenny McLiney serves in her tennis match against opponent Lee's Summit High School junior Emy Luebessing during tennis Regionals at the Country Club Plaza tennis courts. PHOTO BY JAIME HENRY-WHITE

Golf team wins eighth place at State tournament

Stars qualify to compete as team, individuals; see room for improvement

by SARAH COOPER
Managing Editor of News

Five golf Stars competed as both individuals and as a team at the State tournament in Bolivar, Mo. Oct 15 and 16. They took eighth place out of 12 teams.

"We all felt like we could have played a little bit better, but it was a fun season, so we're happy with the way it turned out," freshman Colleen Corcoran said.

The golfers played 18 holes each day, and their scores were added to rank the 122 individual players, and each team's top four scores were added to determine its place. Sophomore Casey O'Flaherty was STA's top finisher with a score of 170 and 22nd place.

"I did pretty well for my first time [at State], but I think I could have done better," O'Flaherty said. "My putting was pretty bad. I'm going to work on [my game] over the summer, improve and see what happens next year."

Coach Jack Garvin said the team did well despite not achieving their season goal of winning a banner and trophy with a fourth-place finish, and ended the season with a 49-21 record. He added that the team dynamics were different this year without last year's state champion, Mary Kate Bird.

"We had good senior leadership from Nicole [Gravino], Jordan [DeLorenzi] and Julia [Oldenberg]," Garvin said. "We have a more ability than a lot of other teams. It's a strength to have a lot of good players rather than one really good player, and the others not so good. A team can go a long way."

The team next year will have nine



Lining it up ★ Senior Jordan DeLorenzi lines up her shot during her match on Oct. 8. The STA golf team went on to State on Oct. 15 and 16 and finished in 8th place. PHOTO BY CLAIRE MCINERNEY

game line

STATE, Oct. 15-16

STA...8th place

TOP FINISHER:

Casey O'Flaherty...170

SEASON RECORD:

49-21

Cross country grabs second place at districts

Runners to compete in Sectionals Oct. 27

by MICHELLE REICHMEIER
Staff Writer

The STA cross country team received second place at the district tournament Oct. 20. Senior Emily Thompson earned

game line

DISTRICTS, Oct. 20

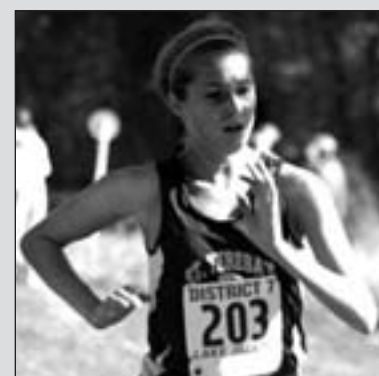
STA...2nd Place

TOP FINISHER:

Emily Thompson...9th

NEXT RACE:

Sectionals, Oct. 27



Snatching Second ★ STA Varsity runner senior Julia Gigliotti sprints at the Class 4 District 7 cross country meet at Lake Jacomo in Blue Springs. PHOTO BY JAIME HENRY-WHITE

9th place, senior Julia Gigliotti took 10th place, sophomore Caroline Thompson got 12th place, senior Elizabeth Keaveny received 13th place, and Katie Sharp earned 29th place in the race. Overall, in the competition, Lee's Summit West High School took first and Lee's Summit North High School got third place.

Sophomore varsity runner Caroline Thompson says the season is going well. This feeling provides runners with motivation and a high self esteem she said.

The team is striving to achieve their goals and obtain high accomplishments such as surpassing team and personal records in the state competition.

"We have so much potential and we work so hard, but there is always room for improvement," Thompson said.

Before each meet, the team gathers to discuss their goals for the upcoming race. Each individual always hopes to

beat their personal record or keep up with a certain group. As a team, their ultimate goal is to compete with the best and win state.

"We definitely have the potential to win," Thompson said. "If we all run our best we will have no problem [winning]."

The program began holding vigorous workout sessions for the girls throughout the summer, something they have never done before. Thompson said that participating in challenging workouts over the summer has helped carry a steady level of intensity throughout the season.

The cross country team will participate in Sectionals Oct. 27 in hopes to send many runners to the state competition. ★

Soccer program highlights Missouri's finest players

Athletes compete in Olympic Development Program for recognition

by ROSIE HODES
 Staff Writer

I'm really excited to do ODP this weekend, I've never done it before!

What? Mary, I hope you're not getting mixed in with the wrong crowd and that you're making good decisions. Please don't do drugs.

No, the Olympic Development Program is not a weekend fix, although Missouri soccer players consider it consuming.

"It's soccer all day, every day," sophomore Maegan Kelly said.

ODP's purpose is to train the highest caliber soccer players from around the US so they may compete alongside each other and be recognized for their ability. At tryout sessions in St. Louis, about 150 players in each age group from around Missouri gather to identify themselves as a potential roster fill on the regional and national ODP teams. Girls and boys pay \$115 to participate in three sessions. Some athletes make the regular ODP team for their age group in Missouri, and others go further.

"Tryouts are actually really easy," freshman Caroline Gray said. "If I do well, I can make [regional or national] teams."

According to Missouri ODP administrator John Casey, "doing well" includes skills and tactics like playing at higher level, attacking, handling and receiving the ball and defending. Coaches evaluate the players at a higher pace.

"The only time you get anything out of [ODP] is if you make the regional team," sophomore and fourth year ODP player Mary Warwick said. "But I wouldn't even do it if I made the team. It's a waste of time."

According to Warwick, once on the ODP team, the tryouts change to a summer camp. Players go to Dekalb, Ill. with players from 13 other states from their region. The camp is actually the tryout for the regional team. Coaches pick a pool of about 30 to 40 girls who stay an extra 3 days.

"I just don't get nervous that much," Kelly said. She recently made the regional team after participating in the program for four years.

Regional players are bused to North Illinois University where they stay in dorms and play in tournaments for five days.

"The only other thing they can do is sleep," Casey said.

Sleep and possibly impress the 60 college coaches scouting the games from the sidelines, according to Casey and Gray. Casey said there are two types of coaches hired: college coaches who work at the summer camps, and full time coaches



Just for kicks ★ Seniors Ellen Jantsch, left, and Molly Campbell practice soccer drills after school. Both are enrolled in the Olympic Development Program and will play soccer at University of Notre Dame next year. PHOTO BY SARAH SMITH

who work at the regional and national level.

"It's a good opportunity for us to get looked at," Kelly said.

If the coaches are satisfied that the play has met their criteria, individual players and winning teams move on to nationals. Once at this level, prices bump up to \$600 plus travel costs. People have voiced their opinion to Casey.

"Tryouts used to always be in St. Louis because that is where the best players were from," he said. "That just isn't the case anymore. Four girls on the national team for Missouri's region are from Kansas City."

To aid the problem, there are to be two preliminary tryouts in each district before state tryouts now held in Columbia.

"The worst part is traveling to St. Louis for these little practices that aren't worthwhile," Gray said. "The best part is meeting new and fun girls." ★

Just a side note

STA athletes who participate in the Olympic Development Program:

Freshmen:
 Caroline Gray

Sophomores:
 Elizabeth Wilson
 Tracy Burns-Yocum
 Kerry Cummings
 Maegan Kelly

Seniors:
 Ellen Jantsch
 Molly Campbell
 Brittany Scott

Varsity Tennis

Sept. 25	Aquinas Tournament	8th
Oct. 1	Blue Springs South	W
Oct. 4	District Tournament	W
Oct. 8	LS North (State Sectionals)	W
Oct. 11	Park Hill (State Quarters)	W
Oct. 12	Liberty	L

★ The team was named District champion on Oct. 4. In Sectionals, the Stars were one match short of sending their whole team to State. Katie Jackson and junior JoEllen Redlingshafer and singles player sophomore Kylie Hornbeck competed on Oct. 20 at State. The team's captains, Jackson and Redlingshafer, came in 9th place.

Varsity Softball (10-14)

Sept. 6	Notre Dame de Sion	W
Sept. 8	Winnetonka Tournament	1W 3L
Sept. 10	St. Joseph - Benton	W
Sept. 11	O'Hara	L
Sept. 12	Hickman Mills	W
Sept. 20	Smithville	L
Sept. 24	Notre Dame de Sion	W
Sept. 28	Helias Tournament	3L
Oct. 1	Platte County	L
Oct. 4	District Tournament	L

★ The varsity softball team competed in Districts but lost their first game on Oct. 4. This season the Stars beat Sion twice for the first time in four years. The team is to graduate eight seniors this year.

JV Softball (7-0-1)

Aug. 20	Lee' Summit	W
Aug. 28	Grain Valley	W
Aug. 30	Park Hill	W
Sept. 6	Notre Dame de Sion	W
Sept. 10	Benton	W
Sept. 11	O'Hara	W
Sept. 18	Lafayette HS	Rescheduled
Sept. 19	O'Hara	Rescheduled
Sept. 20	Smithville HS	W
Sept. 24	Notre Dame de Sion	Tie

★ With its two last games rained out, the JV team ended their season early in a tie against Sion on Sept. 24. The team's final record of 7-0-1 was one of the best any STA JV softball squad has ever seen. Ten girls from the class of 2011 were on the team.

★Scoreboard★

Cross Country

Sept. 29	Lawrence Invitational Varsity	6th (of 20)
Oct. 6	Clinton Invitational Varsity	3rd (of 8)
Oct. 18	Richmond Invitational Junior Varsity	4th
Oct. 20	Districts Varsity	2nd (of 9)

★ The Cross Country team competed in Districts Oct. 20 finishing in 2nd place. Sectionals take place Oct. 27. Varsity runners, seniors Elizabeth Keaveny, Emily Thompson, Claire Hickey, Julia Gigliotti, and Kellyn Smith, and sophomores Caroline Thompson and Katie Sharp will all be representing the Stars along with alternates sophomore Grace Krause and freshman Addie Thompson at State on Nov. 3 in Jefferson City.

Varsity Volleyball (21-7)

Sept. 27	Aquinas	L
Oct. 2	Shawnee Mission S.	W
Oct. 6	Visitation Academy	W
Oct. 9	Shawnee Heights3W Quad	
Oct. 11	Harrisonville	W
Oct. 13	Aquinas Tournament	2W 2L
Oct. 18	Notre Dame de Sion	W
Oct. 23	Districts	1W

★ The varsity volleyball team beat St. Louis rival Visitation Academy Oct. 6 at STA. The team ended its regular season games with a close victory over Notre Dame de Sion Oct. 18.

JV Volleyball (20-4)

Sept. 18	Park Hill South	W
Sept. 21	Incarinate Word	W
Sept. 22	Miege Tournament	3W 2L
Sept. 26	St. James Quad	2W 1L
Oct. 6	Visitation Academy	W
Oct. 11	Harrisonville	W
Oct. 18	Notre Dame de Sion	W

★ The JV volleyball team ended their season by beating rival Sion on Oct. 18. The team, led by two freshman setters, Casey Miller and Jenny Schorgl, lost only four games all season. Three matches played against O'Hara all marked memorable wins for the Stars.

Varsity Golf

Sept. 26	Richmond	W
Sept. 27	Notre Dame de Sion	L
Oct. 2	District Tournament	2nd
Oct. 4	Sion & Pembroke Hill	L
Oct. 8	Sion & Pembroke Hill	L
Oct. 11	STA Skirted Scramble	
Oct. 15-16	State Tournament	9th

★ Despite losing former stand-out Mary Kate Bird, the varsity golf team managed to place ninth at this year's State Tournament. Sophomore Casey O'Flaherty performed best shooting an 85 both days of the tournament. She placed 22nd overall.

Freshman Volleyball

Sept. 22	Aquinas Frosh Tournament	3W 2L
Sept. 24	Blue Valley West	3W
Sept. 25	Notre Dame de Sion	W
Oct. 10	Notre Dame de Sion	W
Oct. 15	Oak Park	1W 1L

★Despite losing middle hitter Emily Wilson to a knee injury for six weeks and outside hitter Samantha Scheuler who transitioned to the JV team, the freshman volleyball team completed a winning season with a record of 23 - 5. They placed 2nd at both the Lee Summit West and St. James' tournaments. The tournament at St. James' consisted mostly of sophomore teams.

Senior practices henna



Henna hands★ Senior Eleanor Dillon tattoos UMKC student Sabina Saakora's hand at Muddy's. Dillon took a henna class at UMKC and practices the ancient art on friends. PHOTO BY SARAH SMITH

Eleanor Dillon creates temporary body art, ancient Indian tattoos become part of her life

by BIANCA DANG
Staff Writer

With senior Maggie Henehan's leg carefully propped up on a Nalgene water bottle, senior Eleanor Dillon meticulously applied thick brown paste onto Henehan's ankle, using a steady hand and a tin foil cone full of ink. The paste hardened, Henehan washed away the remnants and a light brown flower-like design was revealed.

The temporary tattoos Dillon produces are part of an ancient Indian art, henna. She has been creating henna since early June after she took a traditional Indian tattoo class at the University of Missouri-Kansas City. The course, taught by Mr. Ajay Sood, a seven year henna instructor, consisted of basic techniques and a tutorial on making henna paste. After only one class, Sood believed Dillon was a natural.

"I have 300 students and only 15 or 20 [including Dillon] have the God-gifted skill [of creating henna]," Sood said.

Henna began in India over 4,000 years ago. It is historically a predominately female field. Unlike most tattoos in American culture, henna tattoos are painless and eventually fade.

The art does not use chemicals; it is created through a paste made from the henna

plant. According to Dillon, only the black paste contains chemicals. Dillon still buys henna powder from Sood and also goes with him to events to create the tattoos.

"The only problem is that I'm not Indian so people might not take me as seriously," Dillon said. "When I'm with [Sood], I feel like people take me more seriously and not that I'm just some blonde girl."

Dillon has become confident with her skill after practicing at many places around Kansas City, including Muddy's Coffeehouse, First Fridays and Loose Park. She now does most of her tattoos freehand, but also copies designs out of books and off the Internet. She practices on her friends and charges about \$10.

STA students as well as dozens of others are part of Dillon's clientele. Since June, she has earned over \$200 through henna. Senior Hannah Bailey was surprised by how quickly Dillon was able to become proficient in the art.

"I think it has made [Dillon] more comfortable with her artistic abilities," Bailey said. "Now she's proud of her tattoos

and will give them to anyone who asks."

Dillon plans to continue creating the art. After telling Dillon of people who have made a living from creating henna, Sood imagines Dillon will be able to do the same. Dillon believes if she ever needs money, henna will always be there for a profit.

"If I don't have a job [when I'm older] I can just travel places that are warm and do henna on people at music festivals," Dillon said. ★

Just a side note

Dillon's Henna Recipe

1. Buy henna powder.
2. Boil water with tea leaves.
3. Strain the tea leaves out of the water and mix the liquid and powder together.
4. Add lemon juice and henna oil.
5. Leave in a warm place for a few hours then store in a cool, dry place.
6. Before applying, apply eucalyptus oil onto skin.
7. After application, apply lemon sugar to help the henna stay and stain skin.

Student dreams up 'Once upon a Mattress' set design

Paris Mantz hopes to gain experience, skill to pursue her passion next year

by KAYLA LOOSEN
Staff Writer

STA senior, Paris Mantz, is losing sleep over the auditorium's piano organ.

For the past nine weeks Mantz has been designing and building the set for this year's fall musical "Once upon a Mattress," a comedic version of "The Princess and the Pea." This project entails constructing a stack of mattresses around the auditorium's piano organ. She serves as the first student to design a production set at STA and aspires to become professionally involved with theatrical design.

"I've been drawing and painting ever since I could hold a crayon," Mantz said. "So I'm really enthusiastic about designing this set."

After taking four years of drama electives and concentrating on technical theater in and outside of STA, Mantz and drama teacher Shana Prentiss, mutually agreed Mantz would be well-suited for the job.

"She had never had any experience [with set design], and I hadn't started the design yet," Prentiss said. "I know Paris very well and she's a great artist. I had no doubts that she could take this project and run with it."

According to cast member, sophomore Julia Barnett, the cast is ecstatic about Mantz's sketches and designs.

"We're all really proud of what she drew and came up with," Barnett said. "She's determined; she knows what she likes and has a good eye for design."

Mantz explained that the set will be a whimsical portrayal of the Middle Ages, with castles, knights and armor.

"The set has this 'I'm-a-serious-fairy-tale,' vibe" Mantz said. "But it's got some quirky twists that are amusing too."

Mantz also hopes that the set will give a blissful and family-friendly sense to the audience.

"The colors are happy and bright," Mantz said. "Imagine Hansel and Gretel going to a candy shop in the woods."

According to Mantz, the most anticipated piece of the set is the colossal mattress surrounding the organ in the auditorium. Already, a 12 ft. tall, 9 ft. wide scaffolding has been made by Mantz and her father surrounding the organ in the auditorium.

"It's like nothing that's been done before," Mantz said. "Everyone's just going to come into the auditorium and say 'Wow.'"

Prentiss estimated that Mantz's efforts will save the theater department \$1,200 compared to last year's production, "Sexual the Musical" and will also serve as a pioneer for future students interested in technical theater.



Sketching success★ Senior Paris Mantz writes the measurements of the organ in order to build the framework for the mattresses. Mantz planned on building the framework of mattresses over the organ. PHOTO BY CLAIRE MCINERNEY

According to Mantz, there are varying degrees of stress because she has little free time, but overall the process has been enjoyable.

"Whenever I'm doing set I forget about homework and girl/boy drama," Mantz said. "I can focus on this amazing production and everything falls away."

Mantz hopes the set will help people

recognize she is an artist and not only a theater student, but emphasizes this is not the set's real purpose.

"It's not about making a statement with my personal style, but more about doing what the director wants and what the play calls for," Mantz said. "It's about taking what I have and working with it." ★

25 october 2007
 ★
 The Dart
 ★
 St. Teresa's Academy

Garden flourishes on library roof

EMILY BECKER



NO DIRECTIONS HOME

I set off on my first adventure on a Friday afternoon. My school day of four classes and my certainty in my navigational skills fueled my excitement. That confidence soon dissipated.

The first 10 minutes down Main Street went smoothly, but then, as I entered the center of downtown, the street became crowded with investment banker types, power suit wearers and briefcase clutchers. I became stressed out from the number of streets that dead ended onto one way streets and the lack of parking spaces. I doubted that I would find any place special here, this sea of corporate America. But it occurred to me as I once again spotted an open space on the curb, only to find there was no parking between 4 p.m. and 6 p.m., this place had to be hiding something between the blocks of sky-rise plexi-glass buildings.

"But I found the jewel of the building up on the roof"

And then I spotted it: the Central Library. The white marble and columns of the five-story building stood out from the 10 plus story, brown AMC building it sat next to at 14 West 10th St.

Shelves upon shelves of books greeted me as I entered and I instantly fell in love. The smell of coffee wafted over from the café and posters displayed advertisements for a film series every Saturday. But I found the jewel of the building up on the roof.

I wandered, waiting for the inspiration to write about to hit me, when I was lured to the top floor. When the elevator doors opened, a fancy conference room caught my attention, but to the left a set of glass doors led onto the library's rooftop garden. I peered through the doors at an oasis amongst the surrounding desert of concrete. The perimeter of the terrace was lined with boxes of drought resistant plants. Black tables and chairs were scattered across the rooftop. Large plant boxes in the middle of the garden housed more of the plants and a white bench completed with a footrest offered a comfortable spot to sit. A life-size chessboard sat in the corner, one black pawn in the middle of the board, the remainder of a forgotten game. The blue sky dazzled overhead and the light breeze swayed the plants gently; I knew this place was the escape from a hectic day and just the place I had been looking for. ★

NIGHTMARE

downtown

Characters like Ratman, right, terrorize at Kansas City's nationally acclaimed haunted houses that provide high price tags, little entertainment.

Review by Elizabeth Nelson ★ Photo by Allison Pointer

The Edge of Hell

Price: \$20

Location: 1300 West 12th Street

Dates Open: Through Nov. 3

Rank: ★★ / 4 Stars

One would think nothing could be scarier than going to the edge of hell, short of actually going to hell, but that wasn't the case with this haunted house.

When you first arrive at The Edge of Hell, you'll notice the long winding line. It took my group over half an hour to finally reach the ticket booth, but some entertainment was provided – a Lynyrd Skynyrd cover band. The famed "Rat Man" also wanders around the alley. He holds his pet rat inside his mouth and removes it to allow people to pet it...not so scary, just disgusting.

Once inside the foyer, beware of human "statues" for you may encounter one or two. I was lucky enough to see one walking around before I entered the building, but the group behind me was clueless.

If you're only going to this haunted house, you'll have to shell out \$20. If you buy the combo ticket (which is for The Edge of Hell and The Beast) it will cost you \$33. Besides this high price tag to scare you off, you will also notice the "Enter at your own risk" and "We are not responsible for your injuries" signs hanging all over the walls.

My group finally made it to the staircase, which leads up to the attraction, when the ticket collector split us into two groups of four – a little disappointing, since I had been planning to rely on everyone to protect me.

Once up the stairs, we entered into a little room, where a monster instantly scared us. After that, we were not quite sure of where to go because there appeared to be no clear exit. In this haunted house you will quickly learn that you need to feel all of the walls. Many of the doors to the next chambers are actually curtains, and since most of the building is dark, you will need to rely on your hands.

In The Edge of Hell, pitch black corridors with hazardous items in your walkway are common (such as giant stones which you may stub your toe on if you are in sandals). Also in these sinister spaces you may suddenly find yourself at a staircase. Be warned, generally there is no cautioning of such changes in geography, so you must be feeling ahead of you at all times if tripping is something you would like to avoid.

Overall, The Edge of Hell really did not fit its theme. There were little, if any, hellish or devilish aspects to this house. There were plenty of dark rooms with people ready to jump out and scare

The Beast

Price: \$20

Location: 1401 West 13th Street

Dates Open: Through Nov. 3

Rank: ★★★ / 4 Stars

Because we purchased the combo ticket at The Edge of Hell, there was no long line at The Beast – we went straight to the front. Unlike The Edge of Hell, the ticket collector did not split us up into two groups so we started out as one. We ended up splitting up anyway because some members of the group were more adventurous than others and wanted to go off by themselves.

Also unlike The Edge of Hell, The Beast actually made some sense. The theme was being lost in a forest while someone, or something, was after you. You will travel through a foggy forest and feel your way around every wall and walkway, hoping to find the right path...not an easy task. In the forest there are werewolves ready to growl at you, but I only encountered one.

The problem with this forest is every other huge group visiting that night is lost in the same room, making it less scary and easier to find the way out, especially if someone whips out a cell phone to cheat with light. Also, when someone does find the way, everyone else just follows, eliminating a large part of the experience. My group actually split off from this huge pack, which intensified the scariness, but then we were the ones to find the way out first.

One aspect of The Beast that I particularly enjoyed was the enthu-

you, but I was definitely expecting better than a couple of anacondas behind glass along a wall, with a name like The Edge of Hell. Scenes of fire and Hell and torture were what I had pictured. There were some "heavenly" aspects, however.

At one point, you will see a pretty angel smiling at you, not exactly scary. Towards the end you'll also find a room full of stars on the ceiling, floor, and walls (Heaven?) and a fun surprise. Right before ending in the room with two multi-story slides, you must exit through two black air-filled walls, which were probably supposed to make you feel like you were suffocating or being smashed. We joked it was supposed to be birth, and also recognized that amount of sweat that was covering our faces and clothes from all of the people who had gone before us. (Did I mention there is no air conditioning?)

The conclusion is the multi-story spiral slide. Apparently there is supposed to be a God figure, who points you to the Heaven or Hell slide, but we either missed him or he had the night off. The slide was another let down. Not only will you get baby powder on your clothes, you might also hurt your back because of the metal pieces connecting the sections.

The Edge of Hell was long and dark with a lot of plastic monsters to hit you in the face, people hiding in walls and around corners and basically no point.

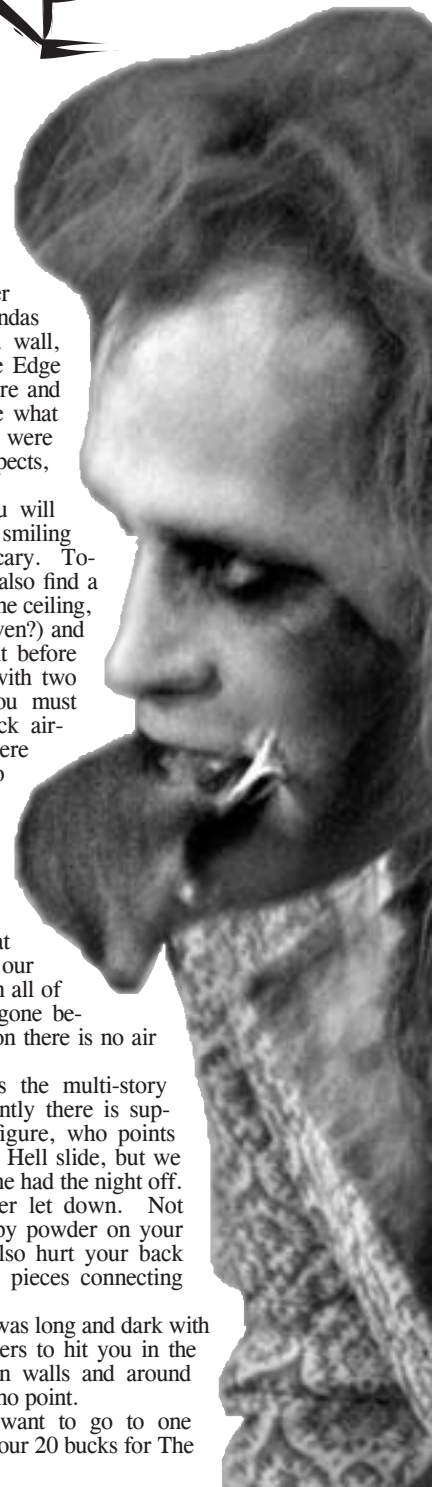
So, if you only want to go to one haunted house, save your 20 bucks for The Beast. ★

siasm of the actors. There were a couple of people in particular who saw how startled I was by their presence, so they made sure to get me at least five more times as I made my way through their district. At the time I was angry with myself for being so stupid – how could I not see these guys coming up to me multiple times from behind, especially since these occurrences were in lit rooms? Looking back now, I realize it was funny.

There were some things in The Beast that were not so great though. An encounter with Jack the Ripper in London was just weird, because we could not figure out how it was related to a beast in a forest. The characters also seemed to be generally more violent, which you could consider a positive, if that's what you're into. One man I found particularly frightening had some sort of iron chain whip (which I could not see) that he hit on the floor as we came near. Mostly, I was concerned for my poor toes, because it sure sounded realistic. There were also several strobe lights, which most people tend to find annoying, and in some rooms the fog was made from baby powder, making it hard to breathe.

You will also run into a man wielding a chain saw who will insist upon holding it to your skin for several seconds, but you can escape it by making another person guard your body so they get the brunt of it.

The Beast was definitely the better house of the two partners, with multiple pathways to allow you to explore on your own along with an actual theme, but you may find yourself a little irritated after spending a good amount of money for what lasted about 30 minutes. If you are planning on making a trip down to the West Bottoms to visit one or both of these haunted houses, I would suggest going in a group with both males and females to make the experience better and less scary if you would like some protection. It is also especially fun to bring someone along who is easily and frequently scared (like me) to provide the entire group some laughs. ★



Silence is key at Kemper Museum

Art gallery features silent films with live musical accompaniment

by RACHEL FLATTERY
Staff Writer

Piano chords and harp tunes filled the room while 19 faces stared at the screen. An unhappy man with a hunched back gazed downward from a cathedral at a beautiful gypsy girl dancing in front of a group of people. The actors on screen spoke, but no sound came out of their mouths. Dialogue flashed on screen for the audience to read.

As part of its Silent Cinema Series, the Kemper Museum of Contemporary Art showed on October 14 "The Hunchback of Notre Dame." The 1920 film, starring Lon Chaney, Sr., is adapted from Victor Hugo's book about the lame bell ringer, Quasimodo, who adores a gypsy girl, Esmeralda. Wallace Worsley directed the black-and-white film.

Ms. Beth Harris, education curator at the museum, oversees the programs and the Silent Cinema Series.

"[The series] is a way to draw in different audiences to the museum," Harris said. "Often the movies will tie in themes to exhibitions with different workshops."

Silence is key because the music is a character too. The actors' dramatic facial expressions, gestures and music set a tone and tell a story that viewers can understand without talking. Throughout "The Hunchback of Notre Dame," different music chords were played. When Esmeralda appeared, soft harp music would play. When the villain Clopin came on, drums and horns sounded. Murmurs and shouts represented the crowds in Paris.

Kemper Museum is in its 12th year of the Silent Cinema Series, which it presents four films. One of the films is accompanied by an original score played live.

Mr. Michael Fabrizio, curator of film service at the museum, has been in charge of the series since it began in 1996.

"Most silent films did not have written scores," Fabrizio said. "Many had pianists or organists who remembered [music] from different movie scores."

The Kemper concludes the series with



Sound of silence ★ Mr. Jonathan Carbin, left, and Mr. Alex Duval rehearse for Kemper Museum of Contemporary Art's showing of *Dr. Jekyll and Mr. Hyde*. The movie will perform as it was originally seen, silent with a live music accompanying the scenes. **PHOTO BY CLAIRE MCINERNEY**

"Dr. Jekyll and Mr. Hyde" Sunday. It will be accompanied by a live performance featuring one UMKC graduate student conductor along with eight other musicians performing an original score.

"We've had a jazz group, church organist, BCR group and solo guitarist play," Fabrizio said. "This is the first time we have been a partner with [a school]."

Mr. Lee Hartman, Mr. Jon Robertson and Ms. Nihan Yesil are UMKC graduate composers who collaborated on the film's

score.

"This is my first film score and my first collaborative composition," Hartman said. "It was a challenging process because I usually don't compose with a formal structure in mind, but in this case, the film was concrete and I had to follow it."

UMKC graduate Ben Stonaker, is the conductor for the ensemble.

"We work our way through the music and work on as many things as possible," Stonaker said. "It becomes challenging

with a piece of music that's nearly 90 minutes long."

UMKC's music ensemble, Musica Nova, had a month to learn the music before the performance.

Kemper Museum has five silent film series that are different each year. It shows a variety of movies from horror films to comedies to romantic adventures.

"My favorite part about doing the series is choosing the titles," Fabrizio said. "It is the most time consuming, but the most fun." ★

25 october 2007
★
The Dart
★
St. Teresa's Academy

movie



"Rendition" is a movie about the torture of an innocent man accused of aiding a North African terrorist organization. The film boasts significant star power in Jake Gyllenhaal, Meryl Streep and Reese Witherspoon. At times difficult to watch, "Rendition" graphically captures the different methods of torture the CIA and its foreign affiliates resort to. It lacks subtlety, but never at the cost of the story line. The movie cleverly incorporates several points of view and ends with an equally well-crafted conclusion that leaves the viewer with an even greater appreciation for the film as a whole.

-Haley Vondenkamp

cd



Can you forgive someone who ruins a classic Beatles song? Thankfully, "Across the Universe" doesn't make us answer this question. The 14-song album is comprised of covers of Beatles songs from 1963 to 1969. The music is completely transformed with more instrumentation and both male and female vocalists. The cast from the film create unique takes of "I've Just Seen a Face," "I Want to Hold Your Hand" and especially Bono's cover of "I Am the Walrus" (which actually sounds like a U2 original). The downside to the album is that it isn't complete. The album in stores is less than half of the songs from the film, but iTunes allows you to download the rest.

-Bianca Dang

book



The book *Ana's Story*, written by first-daughter Jenna Bush and based on her experiences working with UNICEF in South America and the Caribbean is the touching narrative of Ana, a girl born with HIV/AIDS to a teen mother. Ana struggles through the first years of her life with secrets she has sworn to keep. As the book progresses, Ana realizes that she isn't dying of AIDS, but *living* with the disease. This book conveys its heavy message in a way that is pleasant to read. The chapters are succinct and the accompanying photo illustrations add depth to the book that moves the story along and provides good visuals for readers to relate to.

-Carlie Campbell

tv show



"Aliens in America," a new series airing on the CW Network, chronicles the life of the Tolchucks. The show has all the usual characters - the controlling mom, the oblivious dad, the pretty sister and the older brother. Hoping to make her awkward teenage son popular mother Franny signs up to be a host family for a foreign exchange student. Raja Murrarrah shows up and brings a lot of comedic baggage. This brilliantly show captures the oddity of American culture. It reveals America's tacit prejudices in a light which promotes shedding those ridiculous stereotypes about Middle Eastern people.

-Caroline Quinn

song



When I first heard the song "Lollipop," from singer Mika's debut album "Life in Cartoon Motion," I thought I was listening to a children's CD. After further examination of the lyrics, however, I realized the song was meant for a slightly older audience. Mika fills this song with an eclectic mix of snapping, hand clapping, piano and other percussion. He even adds a child's voice for a verse. Underneath the colorful rhythm is the astute advice to accept life and not waste time searching for something, because disappointment can be the result. After a while, the song has grown on me, but is only tolerable in small amounts.

-Carlie Campbell

Nun leaves legacy beyond classroom



So long, sister ★ Senior Katie Embree hugs Sr. Harriet Koutsoumpas after the pray service held for her on Oct. 15. Koutsoumpas worked at STA since 1979 teaching and working the score boards for the sporting teams. **PHOTO BY CLAIRE McINERNEY**

25 october 2007

★
The Dart

★
St. Teresa's Academy

Sister Harriet Koutsoumpas retires because of health issues after 30 years of chemistry in and out of the lab

by **SARAH SMITH**
Section Editor

"If this were my classroom, the first thing I would say is get rid of the gum," Sister Harriet Koutsoumpas joked as she came to the microphone during the St. Teresa of Avila Feast Day assembly Oct. 15.

Koutsoumpas was awarded the Teresian Medal, the highest honor bestowed by St. Teresa's, for her years of commitment to the school.

That same day, after more than 30 years of STA science bowls and score boards, elements and English, teaching and true friendships, Sister Harriet announced she was retiring.

"While she was teaching here, some people called her 'Sister Scarriet,'" PE teacher Ann Bode-Rodriguez said. "She was tough and she had high expecta-

tions, but she was an excellent teacher and she was always very caring."

Koutsoumpas was legendary in the classroom. During her time at STA, she taught all levels of chemistry, physics and mathematics. More recently, she worked in the English resource center, in the library and helped in the business office. She always knitted scarves for the auction and made herself available for anything that needed to be done.

"She is no nonsense," STA graduate Joan Scheiber said. "But she was going to teach you. Some teachers let students hit their ceiling and she never let us do that. There wasn't any limit to where your knowledge could go. If you extrapolate that at a place like STA, then there is no limit to what you can do if you really want to. Sister Harriet wouldn't take no for an answer."

Scheiber, who is now an OBGYN

physician at St. Luke's Hospital, graduated from STA in 1993. She was in Koutsoumpas's general and advanced chemistry classes and remembers the energy of her classroom.

"She would get so excited at the chalkboard," she said. "She always looked out to the class while she taught. By the end of the class her face and clothes would be covered in chalk dust and none of the markings on the board made sense. I guess she thought if she looked into your eyes she could get the idea in your head. You had to pay attention, it was a tough class but you really came out appreciating [chemistry]."

Her enthusiasm went well beyond the stadium-seated chemistry lecture room.

"She was the most devoted sports fan we've had," Bode-Rodriguez said.

Koutsoumpas ran the scoreboards for soccer, volleyball and basketball and regularly accompanied teams to state championships on the bus.

See **SISTER**, page 22

Just a side note

Celebrating Sister

There will be an open reception in Zahner Lounge for family and friends of Sister Harriet Monday, Oct. 29 2:30-6 p.m.

Cards and well wishes can be sent to:

Nazareth Living Center
2 Nazareth Lane
St. Louis, MO 63129

She has also set up an endowed scholarship fund. Contributions can be made at <http://stteresas.imodules.com/sister-harriet> or sent to the Office of Advancement at STA.

inside out



musical, "Once Upon a Mattress."

See Page 17

Fine Arts:
Senior Paris
Mantz designs
and con-
structs the set
for this year's

Front page.....1
From the front.....2
Campus News.....3
Local News.....4
World News.....5
Opinion.....6&7
Open Forum.....8
Academics.....9
Student Life.....10

Health.....11
Bull's-eye.....12&13
Sports.....14-16
Fine Arts.....17
Entertainment.....18
Reviews.....19
Features.....20&21
In the Mix.....22&23
The Last Look.....24



and goals for this cross country season.

See Pages 20-21

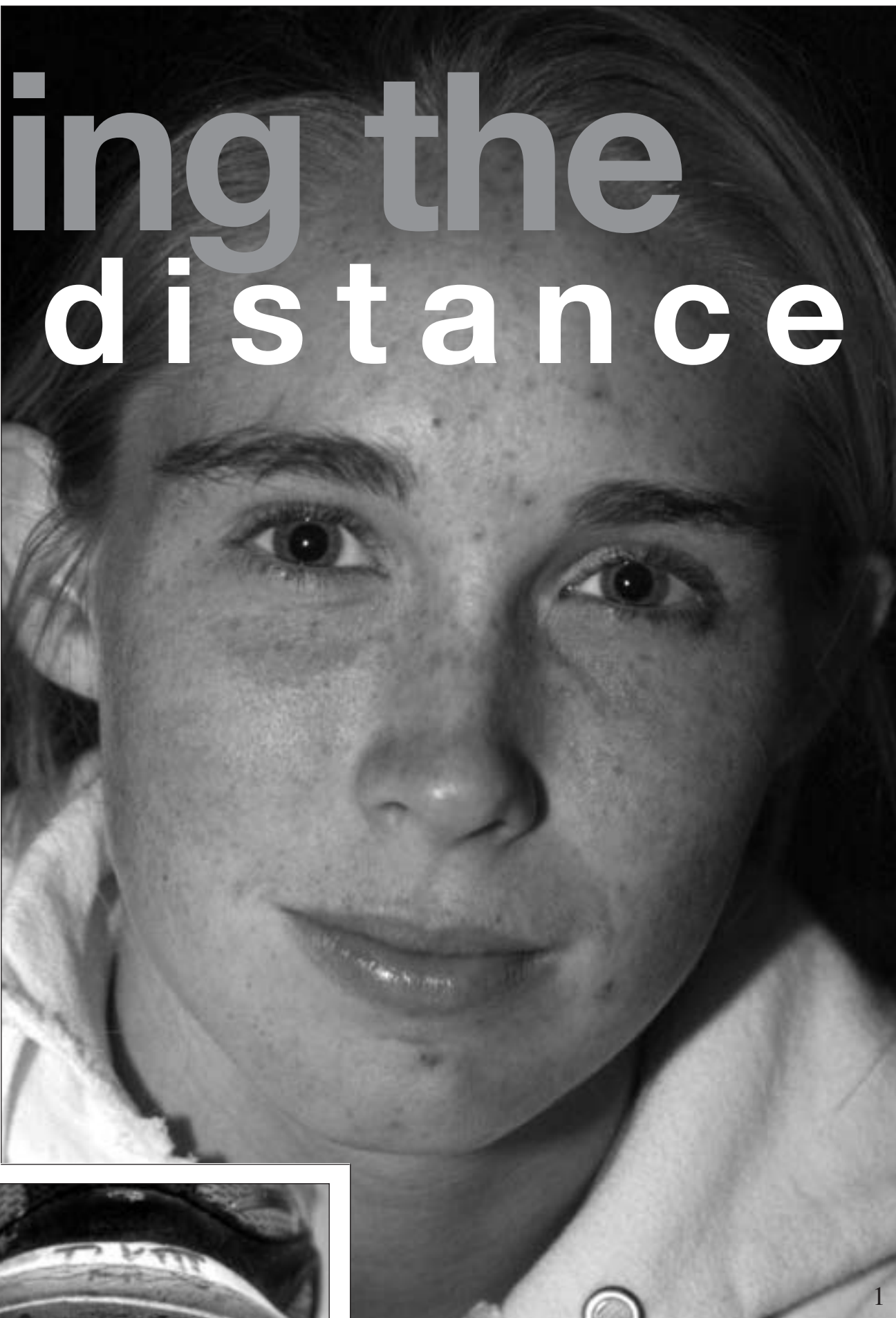
Features:
Senior Eliza-
beth Keaveny's
memories of
her father moti-
vate her running

Going the distance

25 october 2007

★
The Dart
★
St.. Teresa's Academy

Born to run ★ **1.** Senior Elizabeth Keaveny has been a driving force for the cross country team since her arrival. **2.** Keaveny runs in shoes marked with her father's initials. She remembers her father's impact on her life each day she wears them. **3.** A rock with a picture of her and her father sits in her room. Tom Keaveny passed away when Elizabeth was in seventh grade after a long struggle with cancer. **4.** Keaveny's goals for the 2007 season hang on her wall. Being her final year, Keaveny's top goal is to win state. **5.** As a four time varsity runner Keaveny hopes to do even better this year. Last year, Keaveny broke the STA record for a 5-kilometer race at Kansas City Metro. **PHOTOS BY CLAIRE McINERNEY**



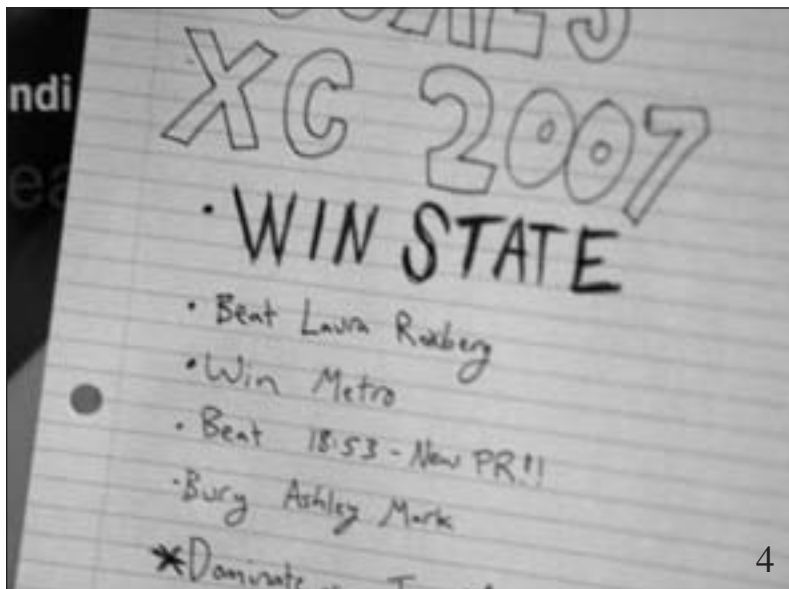
1



2



3



Senior Elizabeth Keaveny brushes her teeth before every race to get rid of the annoying taste in her mouth...

After the race, her mouth is filled with the taste of pride or frustration.

The night before a race, she and the rest of the varsity cross country team meet to scarf down pasta. The next day, the team arrives at the track and pitches a tent among a sea of other schools. Will the girl many consider the best runner in STA history reach her goal of winning State or have an anticlimactic finish to her senior year?

Back at the starting line, the runners line up in their designated STA box. Keaveny looks around at the runners from other schools. She knows their names, their schools, but has never spoken to them; they are competition. She picks out the girls she wants to beat.

The starter announces the rules and fires the starting gun. Keaveny gets out fast and tries to keep that pace through the entire 5-kilometer race.

"First impression, everyone is intimidated by Elizabeth because she's so fast," senior and varsity cross country runner Emily Thompson said.

Story by **Kate Rainey**

Co-editor-in-chief

"Everyone thinks she's so scary because she's so quiet and shy when you first meet her. That's totally not Elizabeth. When you get to know her, she's really goofy and silly and you can make her laugh about anything."

Senior Claire Hickey, another varsity runner, also felt intimidated by Keaveny.

"Freshman year . . . I saw her as this immortal person, like a superhero," Hickey said. "I didn't know her as a person, just as this crazy runner. She's so determined and passionate about running and just . . . so mentally tough. [She] has a lot of endurance to just do her best through the whole race. And she doesn't let others affect her."

Keaveny has run on the varsity team all four years at STA. As a junior, she set the school record for the 5-kilometer race with a time of 18 minutes and 53 seconds at the Kansas City Metro Race. She beat the previous record, set by Karina Milan in 1993, by three seconds.

"That was a really good day," Keaveny said. "That was, like, one of the best days ever."

Keaveny rounded the 90-degree turn which lead to the 200-meter uphill finish at the Metro Race. Assistant cross country coach John Little stood on the sideline when Keaveny turned the corner. He shouted encouragement and told her her time.

"I knew I could do it if I sprinted all out for the end of the race," Keaveny said. "And after the race, I was delirious. [People] helped me stand up and I heard them mention I broke the record and I wasn't sure if I should believe them. Then people started coming over and they told me what my time was."

As Keaveny tried to catch her breath, people came up to congratulate her.

"All these people were around us and part of me was really annoyed because I couldn't catch my breath and people were trying to hug me," Keaveny said. "It was cool because the record hadn't been broken since Ms. Moran was in school and I was also proud of myself for doing it."

Keaveny usually breaks away from the other runners and spends most of the race on her own. At the State cross country championship two years ago, she finished 9th and last year, she finished 5th.

This year, she has not been running as well. Keaveny finished in 13th place at districts last Saturday. This frustrated her because she does not know what has changed.

"It's sort of frustrating now because I'm running really hard, but I'm still a minute behind what I was last year," Keaveny said. "I run as hard as I can, but for some reason, I'm not where I used to be."

When Keaveny runs, she thinks about random things at first. Then she thinks of her father, Tom.

"He wasn't a major runner; he just did it to stay in shape," Elizabeth said. "I'd run with him sometimes. He was pretty good."

The two of them ran together, even before Elizabeth was old enough to keep up.

"When I was in third or fourth grade, if he would go out on a run, I'd ride my bike with him because he was too fast for me to keep up," Elizabeth said.

In 2001, Tom had back and stomach pain and appendicitis, but otherwise was in good health. Then doctors discovered colon cancer when they removed his appendix.

Elizabeth's parents sat her and her siblings down in the family room to tell them.

"It suddenly became real to me that people get cancer," Elizabeth said. "I'd always thought that's what happens to other people, but it doesn't affect me at all. I started crying because I was scared at first."

In the beginning, his chemotherapy worked well. One scan in the spring following his diagnosis showed the cancer had disappeared. The family believed he would get better. But over the summer, he got worse.

"From my point of view, there was no way he wasn't going to get better," Elizabeth said. "He was so positive. He told me everyday he was glad to be alive. There was no way anything could happen, from my point of view."

Tom died in 2002.

"The morning we found out he died, my mom told me and I wanted to go for a bike ride," Elizabeth said. "Running and exercising [are ways] to push myself and get away from things."

Elizabeth often thinks of her father when she runs.

"When I'm running, when I'm in a lot of pain, I think about how much more pain he went through," Elizabeth said. "Sometimes I run just to try to do something fairly big, just to make him proud. I try to run for

him and dedicate something to his memory."

After her father died, Elizabeth began writing his initials - TLKIII - on the heel or toe of her running shoes with a black Sharpie.

"The first time was at the Amy Thompson Run [to Daylight] when I was in seventh grade because we always ran that together and that was the first one I did alone after he died," Elizabeth said. "I just wanted to run for him and remember him and do my best."

Elizabeth also thinks about her teammates during a race.

"I focus on myself, but I still think about where Emily and Claire are and if they're running hard. I need to run hard too for them," Elizabeth said.

According to cross country coach Karen Moran Redlich, Elizabeth never boasts about her achievements or running talent.

"[She is] so competitive and just hates losing," Moran Redlich said. "But at the same time, she's not cocky; she's very low key. I've never heard her brag about herself or her accomplishments. She's serious when it's race time, but otherwise, she's just one of the other girls."

Before races, the varsity team fills out goal sheets. One of the questions asks how the runner will meet her goals. According to Moran Redlich, Elizabeth writes, "run faster than I can."

"I used to always write 'I'm just going to run as fast as I can,' but last year, running track, Emily came up with 'run faster than you can,'" Elizabeth said. "We would just tell each other to 'run faster than you can' because it doesn't really make sense, [and] I think it's funny."

Thompson added that the saying "came out of the mentality that you can run faster, . . . kind of like, run faster than you think you can."

"[Elizabeth] understands she has limitations, but she is always wanting to push, to go beyond what she's done before," Moran Redlich said. "She has this intensity about her that most other people don't have."

As Elizabeth approaches the end of the race, she sees a mass of people cheering her on. After she crosses the finish line, she lets the crowd hold her up and can hardly keep her eyes open. She needs time for her mind to clear before she learns her time and how well she did in the race. ★

"Freshmen year... I saw her as this immortal person, like a superhero."

Claire Hickey, senior

25 october 2007

★
The Dart
★

St. Teresa's Academy

Junior swallows camera, discovers bigger picture

JAIME HENRY-WHITE



TALK TO YOU LATER

Editor's Note: Jaime Henry-White will write an interactive column each issue of The Dart. We welcome you to write your own stories or responses, in 100 words or less, to her column. Drop off your writing in room M205 and your work will be published in The Dart!

Heavy footsteps pulled me onto the quad. One, two. My nervous stomach ropes began to tangle, loop by knot. A deep breath made me remember what I was doing. In, out.

On Sept. 27, you might have seen a terrorist "uni-bomber" prancing around STA, pretending to be a junior. You might have seen a medical patient adorned with wires and flashing lights lumbering through the halls with a Legored Adidas backpack. You might have seen a funny-looking tourist walking to the 3rd floor of M&A trying to find the

beach to go parasailing. Or you might have just seen me.

Nevertheless, Sept. 27 was the day I went to the doctor to swallow a miniature camera in a pill. My doctor's and I needed to take a closer look inside of me to find out what exactly was making me feel so incredibly under the weather all the time.

The details of these weather conditions are fairly difficult to explain and can be summed in my quick, jumbled response to everyone, "I-wasn't-feeling-well-so-my-doctor-had-me-undergo-this-camera-test-and-I'm-better-now-thanks-for-asking." Yet, what is vital to understand is how the STA community still made me feel incredibly accepted, even as this strange little medical patient and even more so as the typical goofball I am more or less every day.

After I visited the doctor, my stomach had been suction-cupped all over with stickers attached to wires, which then flowed off me and plugged into a device that stored the pictures sent from the camera, strapped onto me by a thick navy belt with suspenders. Basically, I looked classy.

I walked from class to class, inwardly and outwardly laughing at my quirky self, continuously passing my confused and entertained friends. Some people just asked me a few questions out of cu-

riosity and concluded that the test was "neat," "cool" and/or "weird." Others purposefully had me stand in front of the whole class as scorer for a history game just for the fun of looking at the oddity of me in my lovable STA plaid uniform with a not so adorable something stuck to my side. And some people just knew that it was simply me and that was explanation enough.

Even though I made fun of myself along with everyone else knowing that I looked absolutely ridiculous, I felt more comfortable than ever at STA. I realized that not only are there people here that made me laugh as if I wasn't anything unusual, but there are people concerned for the genuinely dorky girl with glasses (see mugshot above), one out of 500 plus STA girls, and if she is feeling well.

After this whole experience, STA had become like "Mr. Roger's Neighborhood" to me. I recognized how, in this small high school community, we, just like Mr. Roger, address various individual and collective issues; we also wear sweaters a lot. But from all these experiences and issues, we eventually learn to accept all types of individuals and how special they are as our "neighbors." So, STA, won't you always be my neighbor? ★

In response to last issue's "Talk to You Later," freshman Molly Kenney submitted her own cell phone story.

All my friends had a cell phone, except me. I was always asking to borrow theirs to call my mom. My plan to get one was to bug my parents about it every chance I had. On Labor Day, I had asked my mom to buy me some lunch and a cell phone. She came home with only lunch.

At dinner, my family goes around the table saying what we accomplished that day. My mom said that her accomplishment was that she bought lunch for me, and I shot back at her, saying it would have been a great accomplishment if she had bought me a cell phone instead. Meanwhile, my sister Katie said someone had "text-ed" her and she must reply, so she left the room. The minute she left the room, there was a loud rooster sound. I had no idea of what was happening. My dog kept barking at the butter dish, where I thought the sound was coming from. So I reached for the butter dish, took off the lid and found the cell phone with the rooster sound as the ringer! The rooster sound has been my ringer ever since.

Hook-ups: guilt stems from 'double standard'

Continued from page 10

tations of the benefits of hooking up," Sinco said. "They believe if they are hooking up, it means they're pretty or in love, but then it doesn't work out. So they're left with low self-esteem."

In the survey, 64 percent of STA students who have hooked up said they typically hope for a phone call or other form of communication from their partner the week after the hook-up.

Brian agrees these sometimes false expectations of hooking up may be another reason why women more often experience negative emotions than positive ones after engaging in random sexual activity.

Not only has hooking up been associated with low self-esteem, depression and feelings of shame and self-blame in women, it is also considered a risk factor for unwanted sex. Brian said although unwanted sex can occur in any context, hooking up with various people increases the like likelihood of it. According to Ms. Leddy Glenn, education and outreach specialist for MOCSA, sexual assault is never the victim's fault. Even if women are engaging in sexual behavior with many different partners, Glenn feels people should hold the perpetrator accountable if unwanted sexual acts occur. Sinco agrees, but said young women who engage in frequent uncommitted sexual behavior are naturally going to be more at

risk for health issues. Sinco believes physical affects can also be the result of hooking up, saying "when girls frequently hook-up, they're 100% at risk for STDs, endometriosis and other female disorders."

Brian said talking to young people about the costs of casual sexual behavior is really all that can be done to stop the negative effects of hooking up. Sinco adds that focusing on setting boundaries, enforcing self-confidence and challenging traditional beauty myths can help young women not become involved in hooking up.

But in a culture where hooking up has become the norm and is considered an essential part of high school life, is it possible for teenagers to resist the pressure? ★

Sister: alumna, teacher reflect on school icon

Continued from page 2

Bode-Rodriguez credits her with a district win in volleyball, saying she completely transformed the momentum of the game after catching an illegal substitution.

"She was more than a scorekeeper for me," Bode-Rodriguez said. "She was a sounding board. She was a confidant. She was a good friend; she still is a good friend."

Koutsoumpas was a theater advocate as well. Senior Elizabeth Warwick got to know her during the 2004 production of "Nunsense," a musical comedy about nuns. She introduced the show every night and brought other nuns to watch.

"Her positive feedback helped shape the theater department today," Warwick said. "Without her, it wouldn't have been as meaningful. Her enthusiasm helped fuel the rest of the school's enthusiasm."

Koutsoumpas' retirement comes after almost a year in and out of the hospital. She received a pacemaker last May and has had many medical complications since then. Koutsoumpas is moving to St. Louis to live in the Sisters of St. Joseph Nazareth Living Center.

"She is still as sharp as could be," theology teacher Anita Reznicek said. "But her mind is one place and her body is somewhere else."

Reznicek worked with Koutsoumpas for 20 years and helped with many of the medical logistics.

STA faculty visited Koutsoumpas regularly while she was in the hospital and many plan to maintain a relationship with her.

"We are her family here," Bode-Rodriguez said. "That is why I think this is so hard [for us]."

Sister Harriet has been described as passionate and loving, as an inspiring mentor, a critical thinker and a faithful servant.

"There is nothing I can say except, have you heard of the song 'Left My Heart in San Francisco?'" Koutsoumpas said after receiving the Teresian Medal. "Well, I am leaving my heart at St. Teresa's." ★

25 october 2007
★
The Dart
★
St. Teresa's Academy

Perspective on privilege



Line it up ★ Senior Berta Navarro, left, and Rochurst High School sophomore Sean Crain participate in an activity to show the spectrum of privilege granted to people based on many aspects at Ourtown Oct. 6. The students began in a line and moved forward and backward as directed by statistics and facts. PHOTO BY CLAIRE MCINERNEY



Singing for sales ★ Ms. Shana Prentiss, left, and Mr. Craig Whitney dance together during the auction pep rally on Sept. 28 in a rendition of the musical "Hairspray." Whitney dressed in drag to encourage ticket sales for this year's auction raffle. PHOTO BY CLAIRE McINERNEY

25 October 2007
★
The Dart
★
St. Teresa's Academy

Depression: counselors offer advice

Continued from page 11

be carefully monitored, and the effects are different for each individual case. Both Stephan and Assal also emphasized the importance of self-evaluation of the treatment process.

"We always want the kids to be more proactive in their own therapy," said Assal.

Not to be overlooked though is the importance of outside support from friends and family. According to Sinco, if a sudden change in behavior is observed in a close friend or family member, someone who can help should be told. Assal and Stephan explained that there are certain ways to confront the situation as an outsider. Both were eager to lend their advice.

"Don't overestimate, but don't underestimate," Stephan said. "Don't impose on someone [who's] just extremely introverted, but don't ignore a situation that could become volatile."

Assal addressed a different angle.

"Don't try to talk them out of their depression, but acknowledge their sadness," she said. "Validate their feelings." ★

Self-checkout reveals value degradation

CAROLINE QUINN



OPINION PIECE

I never had to buy them for myself. My mom had lovingly taken the burden

of purchasing them every 28 days, and if she wasn't available when I needed them, my dad would redden and silently appease my begging. So when mom gave me \$5 and told me to "quick, go grab some," I really did want to make it a speedy process.

When I had finally chosen a product from an entire aisle devoted to one simple thing, I faced the biggest decision yet. Should I go to a woman or man cashier? Should I go to a cashier who is young or old? Should I just drop the box on the grocery store floor and tell my mom I'm too embarrassed? In the middle of my mini-crisis, something new, something exotic caught my eye. Thank you, self-checkout machine, for saving a way too analytical 12-year-old girl from buying tampons at the

counter.

I know I owe my life to self-checkout machines, but I no longer respect them like I once did. They've lost their luster and entertaining aura. What was once an object that alluded to a futuristic world has now become a symbol of America's obsession with time and eagerness to avoid human contact.

First, let's delve into the stated purpose of this self-checkout contraption. The machine was invented to be time saving and convenient, just a fast way to get in and out of the store. If you've ever tried to use one, that's

clearly not the case. Waiting behind an elderly woman with 86 cans of cat food in the cashier's line is a better use of time than anticipating when the guy at the self-checkout counter will finally discover the location of his gum's barcode. And there's nothing

more frustrating than the people who come through the self-checkout line with nearly a full grocery cart. I understand the need to try the machine once or twice, but if you're a regular, please take one for the team and go to one of the dozens of lit-up counters where someone can quickly scan your products and send you back into the world.

Not only are self-checkout machines truly a waste of our "precious time," they're also a threat to working class and middle-class people. Millions of Americans depend on cashier and

bagging jobs to get by. We can't keep eliminating people with devices; there's simply no way to equate the two. There are the occasional hopeless cashiers who stare at the scanner, refusing to say "hello," or on the other side of the spectrum, the cashiers who launch into full-fledged dramatic monologues at the utterance of "How's it going?" but the majority of these people are pleasant, stable and helpful. I understand we all have those days when we'd rather talk mindlessly to our pets than engage in conversations with humans, but is that really every day? Somehow, it just doesn't seem right to stare at a robot when I could interact with a person.

Everybody has their own idea of what is efficient and worthwhile. If you're gung-ho about self-checkout machines, I urge you, use them. And when you need to buy athlete's foot cream or a plethora of toilet paper, you might consider the self-checkout machine. Just expect to see me over in line 12, listening to cashier Dale talk go on his recent break-up. ★

We can't keep eliminating people with devices; there's simply no way to equate the two.

Issue 1 ★ Corrections

★ From "Varsity Stars hit their stride," junior Victoria Heule was misidentified.

★ From "Faith Club' aims for diversity, misses target," Ms. Ranya Ildliby's last name was spelled incorrectly.

The Dart regrets these errors.

Ain't no party like a
Senior Party



Crank that ★
Below: STA Senior Jessica Nouri listens to her friends sing during their senior lunch activity Oct. 5 in the quad. "Sunglasses" was the organized theme for "Team Theme" Friday, a privilege dress down day every week for most seniors, organized by senior class president Maddy McGannon.



25 october 2007
★
The Dart
★
St. Teresa's Academy

Chatter boxes ★ Seniors Lindsay Pericich, left, Megan Woodrum and Anne Tampke enjoy a quiet conversation during the senior bonding lunch. **PHOTO BY JAIME HENRY-WHITE**

Class of 2008 continues and embraces new tradition of class bonding activities, leadership

This year, seniors will cast aside their homework, college applications and cares for an hour every Friday afternoon. The senior class has been permitted by the administration to eat lunch in the Quad on Fridays this year. This new senior privilege came about when several seniors voiced the idea to their class officers. The senior class officers met with President Nan Bone and wrote a proposal to present to the administration, who approved their request. These yard days are one of the many things this year's senior class is doing to come together as a group, along with their "Team-Theme Fridays," when the senior class picks a theme and everyone can participate on Fridays.

By Carlie Campbell



Dance fever ★ Above: STA seniors Elizabeth Warwick, left, and Emily Thompson dance with their fellow seniors in the quad during their senior lunch activity Oct. 5. **PHOTO BY JAIME HENRY-WHITE**



Circle of friends ★ Above: STA Seniors sing together in the quad during their senior lunch activity Oct. 5. Senior class president Maddy McGannon, vice president Mary McCue, secretary Jordan Leinen and treasurer Kellyn Smith scheduled. **PHOTO BY JAIME HENRY-WHITE**

Movin' and groovin' ★ Seniors Maria Koppen, left, and Katie Jackson dance to music in the Quad. **PHOTO BY JAIME HENRY-WHITE**

Privileged seniors

At STA seniors have been given several privileges that other students do not have. Is this fair and should seniors have more privileges? Two of the three managing editors and the co-editors-in chief of *The Dart* discuss STA's resource centers. The following should help you decide where you stand.



Emily Becker

As a senior who has completed her service hours, I am more than happy to reap the benefits of senior privileges, that include leaving during my 15/16 frees and dressing down on Fridays. While I think that as seniors we have worked hard and deserve a break during 15/16 or on Fridays, I can't help but think of the other seniors who have not completed their service hours, thus, are not given the same advantages that I am.

I understand they have not completed a requirement for graduation, but then why don't students who have not yet completed all their academic requirements for graduation wear uniforms on Fridays as well?

I also understand that our junior/senior service projects are an important aspect of our role in the community. Volunteering helps give STA students the chance to learn life lessons and plays an important role in the development of our values and personalities. But what I don't understand is why service hours are singled out as the only graduation requirement that when not completed has a consequence besides the already huge consequence of not being able to graduate. Getting senior privileges back does not seem to be a huge motivation for seniors to complete their service hours, judging by the number of seniors who are still walking around in their uniforms on Fridays. ★



Elizabeth Nelson

"In its position as the oldest, most mature class, and as the class most familiar with the school, the senior class carries responsibility distinct from and exceeding that of underclassmen... Seniors have the following privileges as long as they act responsibly, following the school rules and expectations."

Believe it or not, privileges given to recognize seniors for what they do for their school, such as arriving late and leaving early, eating lunch off campus and studying outside, are not fictional. In fact, the above statements are taken directly from Pembroke Hill Upper School's student handbook.

At STA, seniors already have several privileges, but there are more that should be added. Seniors should be able to leave school for lunch and not be counted a half-day absent. In addition, the policy of counting students a half-day absent for leaving early or coming late, especially if the student has unstructured mods, should be eliminated. Why should a student sit in school all afternoon if they have no classes, when they could be more productive elsewhere?

STA should consider adding new freedoms for all students, especially seniors. If STA truly is a college preparatory institution, it should consider treating its students more like adults and less like children. ★



Kate Rainey

As an underclassman, I envied the seniors in jeans on Fridays. I counted down the days until I could dress down and leave school early. Now that I'm finally a senior, I catch myself taking those privileges for granted.

Many seniors want more privileges. The request I most commonly hear is the ability to come to school late and leave early if one has a free. For example, if a student's first three classes of the day are frees, she would not come to school until 7/8. And if those frees came at the end of the day, the student could leave early, not just 15/16. Seniors argue STA tries to emulate a college atmosphere; why not emulate college in this way by being more lenient about when we can leave and arrive on campus?

No matter how much STA prides itself for being like a college, it is a high school. The administration cannot give us the same freedom as college students because they are responsible for us; we are minors. The school can't allow us to come and go as we please. And to expect Ms. Berardi to keep track of seniors checking in and out at random times is unreasonable. She would go crazy.

Seniors, appreciate the privileges you have this year and look forward to the new privileges you will receive when you go off to college. ★



Breanne Sigler

Tuesday afternoons second semester, I have absolutely no classes after lunch. This means I have about three hours of complete nothingness. Yes, I have time to finish my homework or maybe catch a quick nap in the back of the newspaper room, but I would rather be at home curled up on my bed typing a paper on my Mac.

Being a senior, I am a big fan of privileges. I love leaving early three times a week, dressing down on Fridays and eating lunch in the quad. However, I have begun to want more. I want to leave after lunch on days where I have no afternoon classes. I want to have an open campus so seniors can go out to lunch. I want the freedoms that other seniors have at schools nearby.

The senior class moderators told us at our last class meeting that our class has a good reputation, which is why we were allowed to have senior lunches in the quad. If our class has a good reputation, we should be allowed more freedoms and privileges as long as we don't do anything to loose the school's trust. The senior class has come together this year as true leaders in the STA community. We deserve the chance to prove that we can handle more privileges. ★

25 october 2007
★
The Dart
★
St. Teresa's Academy

the dart staff

Editors-in-Chief:

Emily Becker & Kate Rainey

Managing Editor of Design:
Elizabeth Nelson

Managing Editor of News:
Sarah Cooper

Managing Editor of Visuals:
Breanne Sigler

Copy Editor: Caroline Quinn

Graphics Editor: Aly Brownlee

Photo Editor: Claire McInerney

Taylor Brown
Tracy Burns-Yocum
Carlie Campbell
Bianca Dang
Sydney Deatherage

Writers & Photographers:

Rachel Flattery
Nicole Gravino
Rosie Hodes
Kylie Hornbeck
Paige Kuhlmann

Center Spread Editor: Breanne Sigler

Fine Arts & Entertainment Editor:
Maddy McGannon

Lifestyles Editor: Rachel Schwartz

News/Features Editor: Sarah Smith

Opinion Editor: Elizabeth Nelson

Sports Editor: Linnay Kaufman

Staff Photographers:
Jamie Henry-Whitire & Allison Pointer

Kayla Loosen
Michelle Reichmeier
Julia Stapinski
Haley Vondenkamp
Elizabeth Wilson

Ownership and sponsorship: *The Dart* is created by student members of the newspaper staff and is published with funds from the St. Teresa's Academy general operating fund and advertising revenue. St. Teresa's Academy is a Catholic, independent college preparatory school, sponsored by the Sisters of St. Joseph of Carondelet.

Editorial Policy: The administration of St. Teresa's Academy reserves the right to restrain news and editorial content based on Catholic values and respect for the educational environment. Signed columns reflect the opinions of the individual, not necessarily the staff or school community.

Letters Policy: The Dart encourages letters to the editor about topics covered by the paper or other issues. Letters can be sent in the following ways: In person to Mr. Eric Thomas in Music & Arts 205; by mail to St. Teresa's Academy, Attn: Eric Thomas, 5600 Main Street, Kansas City, MO 64113; or by e-mail to ethomas@stteresasacademy.org or to dart_letters@yahoo.com. Letters should be limited to 150 words. The Dart staff reserves the right to edit or shorten letters for publication.

Photo Illustrations: Photo illustrations are conceptual photos that combine the limitless possibility of the drawing with the realism of the photograph.

Commander-in-Chief crunches SCHIP bill

KYLIE HORNBECK



STAFF WRITER

When he recently vetoed the State Children's Health Insurance Program (SCHIP) bill, President George W. Bush showed what he felt to be truly important: spending nearly \$700 billion for the war in Iraq but denying health care to a vast number of low-income American children.

Those in objection to Bush's decision to veto the SCHIP bill wanted to expand the State Children's Health Insurance Program from an enrollment of close to 6.5 million children to an enrollment just over 10 million.

Of uninsured children, those admitted to a hospital due to injuries were twice as likely to die while in the hospital than those carrying insurance, according to a February 2007 study by Families USA.

It's unfortunate that so many children and families suffer each day because they are uninsured. With the help of SCHIP, many more children could have the possibility of being insured. However, Bush feels the bill would cover too broad a group, which would include those who could possibly afford Medicaid and some who would unfairly take advantage of the funding. He'd rather cut a great deal of the funds the government is using for SCHIP. Perhaps his veto would be saving our country a lot of money, but think about how many people he would be helping if he approved the bill.

Although over 9,000 children in Missouri alone are still without health insurance, according to a 2006 report, SCHIP has greatly reduced the number of uninsured children since its start and has served as a safety net for those families who had lost access to private family coverage.

According to the Missouri Foundation for Health, uninsured children are most likely to go without any immunizations, have less access to primary care, miss school due to untreated illnesses and utilize emergency rooms for serious conditions that could have been less severe had they been treated earlier.

Bush has argued that the bill would steer SCHIP away from its intended purpose of providing insurance for children



Fighting back ★ New Jersey Governor Jon Corzine speaks hoping to influence Congress to override President George W. Bush's veto of the SCHIP bill Oct. 17. Congress failed to get the necessary vote to do so Oct. 18. PHOTO COURTESY OF MCT CAMPUS

of poor families, toward covering children of lower middle-class families. Are those families on the border (between paying for private insurance and not being eligible for Medicaid) not eligible for federal health insurance either? Two families might have similar incomes, but because one carries private insurance, should neither of the two be eligible for federal insurance? Bush feels that families on the border would want to drop their private insurance to receive this federal health insurance and doesn't seem to believe that any family on the border deserves to receive federal insurance assistance. Although it may sound somewhat reasonable for him not to want people taking advantage of the state, Bush may be hurting a tremendous number of families in this border situation who do not have private health insurance by forcing them to choose the "flip side" of a difficult choice.

It is evident that our president would rather put his effort into a war in Iraq than this aspect of the future of our country. Some may argue that foreign policy is an effort for the country's future, but what about the future of those suffering here today? ★

Just a side note

Understanding SCHIP

SCHIP stands for the State Children's Health Insurance Program.

In 1997, the Federal Government created SCHIP under

the Balanced Budget Act to increase the health insurance coverage for children of low-income families.

Most states cover children of low income families that are below or at 200% of the Federal Poverty level, but policies vary by state. The program covers those children in homes with incomes too high to qualify for Medicaid, yet too low to purchase private health insurance.

Individual states have their own SCHIP program, which is funded by both the federal and state government.

It was to expire Sept. 30 but was postponed to November. With the President's veto of the children's health insurance bill October 7, much of SCHIP's funding will be cut, causing short-falls.

Bush claimed that by passing the bill, the country's health care system would be moving in the wrong direction and a better bill was needed to put poorer children first.

MOCSA seminar shows statistics, avoids depth

SYDNEY DEATHERAGE



STAFF WRITER

In early September, sophomores were informed they were required to attend a six-week seminar presented by the Metropolitan Organization to Counter-Act Sexual Assault (MOCSA). The program's ultimate goal, theoretically, is to teach girls how to prevent sexual assault and recognize abusive relationships. However, MOCSA fails at reaching this goal because of how it presents its topics.

As a sophomore required to participate in MOCSA, I didn't spend a lot of time before the seminar began thinking about what would be taught or what I

was supposed to walk away with. But it became apparent on my very first day of class that MOCSA was insufficient in empowering girls to recognize and prevent sexual abuse, assault and dating violence.

The first week began with a survey attempting to determine our knowledge on the topic, an interactive good-touch, bad-touch activity, and a series of bullet-pointed handouts and diagrams explaining what the different topics were. There was no emphasis on discussion or questions, and in truth, the instructor used little rhetoric to introduce the issues. I'll be honest; I was bored and disappointed.

The next few weeks, the instructor read directions and questions word for word from a piece of paper and then gestured to sit or stand in response. Sometimes, we would answer a penicillin question such as "What names do girls get called? Boys?" I watched and weakly threw in expected words such as "weak!" or "strong!" to contribute to the Venn diagrams on the board labeled

"girls" and "boys." My respect for the program steadily waned.

I had a serious issue with MOCSA at this point. How can the emotionally complex maze that sexual abuse, dating violence and sexual assault compose ever be fully understood by activities like these? Where were the discussions, the questions and the Socratic atmosphere, all proven to be exemplary tools for learning?

Everything about the seminar was so black and white, so defined by raw statistics, such as "Every three minutes, a woman is sexually abused," or "One out of every four girls will be sexually abused by the age of 18." Not mentioned alongside these intimidating statistics was the fact that sexual abuse is an umbrella term for a whole range of actions, from the extreme of rape all the way to your boyfriend's unintended pressure for you to make out with him. I provoked this gray area between statistics by asking the instructor questions that weren't the typical questions she had

been trained to answer, and in doing so, was politely encouraged just to accept what she said.

Exactly how is one supposed to understand sexual abuse, assault, and dating violence if one is not allowed to ask questions and explore the issue? How can MOCSA expect its students to just accept and immediately understand what they present without hesitation or questioning? The topics the seminar covers are far too complex to learn through mere statistics and handouts.

I can't speak for all sophomores, but after five or six weeks of this program, I don't feel any safer, or harbor any deeper understanding of the issues. All I feel I've walked away with is the ability to recite a few facts.

MOCSA, a potentially powerful program capable of greatly influencing the lives of girls at STA, is inadequate when it comes to teaching and exploring issues in depth. It's dejecting to see time and effort spent on a program that's so vital to young women go to waste. ★

25 october 2007

★
The Dart
★

St. Teresa's Academy

Homework obligations hurt weekend schedules

TRACY BURNS-YOCUM



STAFF WRITER

Weekends. A time to relax, hang out with friends and get away from all of that school work. Not anymore. It seems that over time the homework load for over the weekends has become increasingly heavier.

I understand why teachers give students homework over the weekend, but the amount is ridiculous, not to mention the heavy books we must lug around to accomplish these assignments. This past weekend, my backpack weighed 39 lbs. That is the equivalent of putting a second grader on your back to carry. Also on most weekends, not even all of my books fit into my backpack, meaning that almost every teacher has made an assignment.

As to the hours spent on homework each weekend, if I am extremely lucky, I will have a minimum of ten hours. Some of that work though, comes with the territory of taking challenging classes such as honors general chemistry, newspaper, Latin 2, accelerated world history and accelerated world literature. The teachers are not all to blame; I wanted to take the most challenging courses because to get into a top-notch college, you need these on your resume, plus I do have high expectations for myself. But with all of the extra homework, these challenging courses are challenging my sanity.

My weekends tend to look something

like this: get home from school on Friday about 3:45 p.m., grab a snack and look at my plans for the weekend. I may go out later with my friends or I may not depending on whether or not I believe I can afford to take time away from my school work and contingent on my soccer schedule. Saturday, wake up at 9 a.m., if I do not have an early game, eat my breakfast, play with my dog and then dive right in to fiery depths of homework hell. Then I would generally do homework until church at 5 p.m.

After church, my family eats dinner and heads back home. Now, it's 7:30 p.m., time for my brain to retire for the night and watch a movie. Sunday, wake up at 5:45 a.m. for my 8 a.m. soccer game, get ready and leave. I would probably get home around 10 a.m., shower, then hitting the books before a basketball game and then finally confirmation from 4 to 6 p.m. Once I return home, I tie up any loose ends with my homework. After a typical weekend like this, I would probably head off to bed around 10:45 p.m.

I know I am one of a high percentage of girls here at STA that try to achieve the balancing act of rigorous courses, extracurricular activities, a job and a social life.

The weekend should be a chance to escape from the constant action of a crammed full week. With most days starting at 5:45 a.m. when I wake up to a 10:30 p.m. bedtime, I may have an hour of free time daily. A less crammed weekend would seem helpful to everyone's health and sanity. A little respite would recharge us for yet another demanding week ahead.

My weekends are pretty packed, with no time to breathe or just de-stress myself. Last year, I had a teacher who responded to a student's inquiry about correcting tests on the weekend by saying that she had a life and wasn't going to look at the tests over the weekend. The teacher then proceeded to assign homework. ★

Letters to the Editor

After reading Kate Rainey's review of *The Faith Club*, I almost wondered if we read the same book.

I believe the authors' goals are to improve their knowledge of each other's faiths, to discover what their faiths have in common and to appreciate the value of beliefs they cannot share. Perhaps because I am much older than Ms. Rainey and have had my share of shouting matches with members of my own faith, I was awed by the women's determination to sit on that keg of dynamite together.

Ms. Rainey suggests sameness and diversity are opposites, and that they cannot exist together. The authors discover, however, that as divergent as their religions are, at the core they are united. The call to "love God with all your heart, soul, mind and strength and to love your neighbor as yourself" is shared by all three religions. If this commandment is not the bedrock of a Christian, Muslim or Jew's faith, whatever else he or she does or believes is hollow, at best.

Anne Dillon, STA parent

STA is a Catholic institution. Our school promotes religious education so we can make a well-rounded decision about our beliefs. As a Jew, I have learned about Catholicism and have been encouraged to share my thoughts, enabling me to look at my faith critically.

I encourage everyone to reflect on our school's religiosity. Jesus preached social justice and acceptance. STA embraces this message - juniors and seniors take a week to do service, and students love the cultural awareness assembly.

As underclassmen, we study the Judeo-Christian traditions and the New Testament. In both classes, I wrote papers using the Catechism and other related documents. Upperclassmen choose religion classes, and in those classes, as

well, I feel Catholicism is a strong underlying theme.

The teachers at STA have helped me to embrace and explore my faith. I think it would be a shame to consider STA "not Catholic enough" because the courses do not focus solely on Catholic teachings.

Roni Katz, senior

In response to "STA: consider embracing your Catholic roots," the reader can infer that STA does next to nothing to instill Catholic teachings in its students. That assumption is incorrect.

Freshmen are required to take Fundamentals of Faith: The Judeo-Christian Tradition in which students explore specific themes, such as faith and covenant. Catholic traditions, teachings and practices are also studied, establishing a common ground for students from non-Catholic background and for students with no previous exposure to religious studies.

Sophomore year, students are required to take New Testament/Morality in which Jesus and his teachings are reiterated through reading and discussion of the Gospels. Junior year, in Social Concerns of the Gospel, students are forced to apply their Christian and Catholic beliefs and knowledge to the outside world. STA succeeds in implementing the basis for a firm grasp of Catholicism in its students. If a student does not feel this, there are other opportunities to get involved.

To say campus ministry is a mere accessory to the school's curriculum is a lack of one's initiative to take action and promote change. If one disagrees with how the theology department handles the way Catholicism is enforced in the school, this issue should be taken up with the administration and respectively, the theology department.

Kathleen Bryant, senior

Voice Off

compiled by Sydney Deatherage
96 students, 4 faculty polled
margin of error 8.81 percent

Which of the forerunners of the 2008 presidential elections do you think best fits the position?

Barack Obama, Democrat, current Illinois Senator: **66 percent**

Hillary Clinton, Democrat, current New York Senator, former First Lady: **19 percent**

Mitt Romney, Republican, former Massachusetts governor: **2 percent**

Rudy Giuliani, Republican, former New York City mayor and US attorney: **13 percent**

30 seconds with Akiko Yoneda



compiled by Sydney Deatherage

Junior Akiko Yoneda is visiting as an exchange student from Utsunomiya, Japan. She arrived in Kansas City in August and will return home in July 2008. In Japan, she attends a co-ed public high school and lives with her parents and three older sisters.

Q. What was your first impression of STA?

A. "The teachers are very good and the pupils are nice to me and curious about [me]. I'm so glad about that."

Q. How do girls in America compare to girls in Japan?

A. "I think Japanese girls are more shy. They make groups of girls at school and often leave other girls out. American girls are outgoing and friendly, more than Japanese girls."

Q. What was the hardest part about transferring to STA?

A. "I'm learning American history. It's difficult because I've never really learned about it before so it's new to me. The words in the textbook are really technical. I need my dictionary all the time."

Q. Has STA been welcoming to you?

A. "Everyone is so nice. They [don't] ignore me and they often talk to me."

Q. Would you want to come back to America?

A. "Actually, I want to go to college in America. I will have to go back to Japan to graduate at my high school there...but I want to get a job about world relationships and I heard from my host family that California has a good school for that." ★

Photo Poll

compiled by Sydney Deatherage

At STA, seniors have several privileges that other students do not.

These include leaving early if the student has 15-16 free, dressing out of uniform on Fridays and being exempt from some final exams second semester.

Some students believe all students should have these privileges. Others believe seniors should be given additional freedoms.

Check out the Main Editorial on page 6 for more information.

How do you feel about senior privileges?



"[Seniors] shouldn't get priority in the parking lot because there are [other] people that drive who deserve the right to park."

- Jordan Brown, freshman



"Seniors deserve their privileges, but we have [a] beautiful quad and [seniors] are the only ones who get to experience it."

- Brady Essmann, sophomore



"I think the accountability [system] is unfair. If a freshman goes first semester without doing anything bad, then they should [be off] accountability."

- Kit Landwehr, junior



"There is [not] a privilege seniors have that [underclassmen] should have too. [Privileges] are like a right of passage. It's something everyone has to earn."

- China Rusch, senior