

THE DART

ST. TERESA'S ACADEMY



J.T.'s story

In a desert landscape, a soldier patrols with a mosque at his back.

Across the world, his parents pray that he will return home safely.

This scenario has happened millions of times in the last four years for US soldiers and their families.

This is the story of how it happened to the family of STA principal Nancy Hand.

See Page 2

Away from son, Hand family holds onto hope

Soldier's return to US lifts some concern, alleviates stress of worried family

by NICOLE FARLEY
Co-Editor-in-Chief

Editor's Note: The Dart would like to acknowledge the other family members and friends of the STA community who have dedicated themselves to serving our country. We realize, however, that we are unable to find all of these men and women on our own. The Dart staff would like to offer our readers the chance to submit their stories, photos and names to be included in a future publication. Please email us at dart.editorinchief@gmail.com, drop off information to Mr. Eric Thomas in M&A Building 205, or write to St. Teresa's Academy, Attn: Eric Thomas, 5600 Main Street, Kansas City, MO, 64113.

When people talk about the War in Iraq, they think of suicide bombs and desert land and terrorists. When Ms. Nancy Hand, STA principal of academic affairs, thinks of the War in Iraq, she thinks of her son, J.T., a Marine who served 7,300 miles away from their Brookside home.

"I would wake up at night, in the middle of the night, and he would be on my mind," said Nancy. "Many, many times. Wondering, 'What's he doing now? Is he safe? What's going on?' And then when you hear these incidences when he's come so close to dying and he didn't ..."

One of seven Marines asleep in a bunker in Iraq when a suicide bomber drove in, J.T. Hand was only one of three that survived. J.T. was trapped in the wreckage for an hour and a half. When he was removed, both of his legs were swollen and thought to be broken. Today, J.T. is left with nerve damage and does not have feeling in his left foot. Doctors are uncertain how permanent his injuries will be.

"You see on the caller ID, Twentynine Palms, and you know something's wrong," said Nancy.

When a Marine dies in overseas duty, all lines of communication are shut down until the family of the deceased has been notified. If the Marine has died, a government vehicle goes to the house to speak with family members. If the Marine is injured, a phone call is made to family members, in which they are read a basic report of what happened, along with the victim's condition.

After he was taken to the hospital in a Black Hawk helicopter, J.T. immediately asked a nurse for a cell phone to call his parents though he wasn't allowed to make calls. He wanted to call them and let them know that he was okay before they received the phone call from the Marines. Later that evening, about six hours after his parents had heard from J.T., the Marines called to notify them of his condition.

"You're scared, and then you're kind of numb when they first give you the news [of the injury]," said J.T.'s father and Vietnam veteran, Mr. Mike Hand.



Hometown Hero ★ J.T. shows off his hometown pride as a Marine in the Iraqi region of Al-Anbar. He was injured three times during his deployment. J.T. was flown by helicopter to a Marine hospital, where he immediately found a cell phone to call home. **SUBMITTED PHOTO**

"You're having trouble knowing what questions to ask."

With over 1 million American troops deployed since the beginning of the Iraq war, many other families have faced this situation. Each of these families has been forced to learn how to cope with the absence of a loved one.

"You're just scared to death," said Mike. "You're worried all the time that that government vehicle is going to drive up in front of your house, and you live in fear of that."

J.T. was a student at Kansas University when he came home one day in March 2005 and told his parents that he didn't like school and was joining the Marines.

"You could have picked me up off the floor," said Nancy.

Mike was also surprised.

"I was both upset and worried, because here he had the chance for a college education, and he was going to go off and join the Marines," he said.

A Vietnam veteran who had served in the Army for 19 months, 14 of which were spent in Vietnam, Mike had experiences that backed up his concerns.

"[Parents] never want our sons and daughters to go through the things we went through," said Mike.

Nancy said that prior to J.T.'s decision to join the Marines, she did not support the Iraq war, or any other type of war.

"War doesn't accomplish anything," she said. "People need to learn to talk and appreciate each other for who they are."

J.T. left for boot camp at the end of May 2005. The following March, he went to Iraq for his first deployment of seven months. In September, J.T. returned to the US for what will be a six or seven month stay, before he is deployed again. Because he signed a four-year commitment

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A soldier's letter home

J.T. Hand is the youngest son of STA principal of academic affairs Nancy Hand and Vietnam veteran Mike Hand. He answered questions from Co-Editor-in-Chief Nicole Farley in an email interview.

Q: How did you say goodbye to your family and to your friends?

A: I never really said goodbye. Told them I would talk to them as soon as I could. I enjoyed as much time as I could with them.

Q: What memories of being in Iraq stand out to you the most?

A: The friendship and bonds I developed with fellow Marines. Being able to help people who do not even have the basic necessity to live. Doing something we all believed in.

Brian, our Iraq interpreter, became one of my best friends, learning Arabic, interacting with the Iraqi people each day. The times that I spent with the guys who did not make it home and the memories I have of them.

Q: How did you cope with being mostly unable to communicate with your family?

A: I tried to keep myself occupied. I did think of them a lot.

Q: What was it like when you finally came home? (How did you readjust to daily American life? What were reunions with families and friends like?)

A: It is harder to adjust to America than going to Iraq. We are so used to being observant to everything around us...sounds, I am edgy, thinking something is going to happen. Driving back from the airport, a motorcycle backfired (next to us) and for a

moment I thought we were being shot at. I am trying to go back to doing what I did before I left, relaxing, being with family and friends. I am so much more cognizant of what Americans have and the living conditions the Iraqis put up with everyday such as no running water, no or little electricity, sanitation needs and little or no food and water while trying to provide for children, growing up without an education. Always in fear for their lives.

Q: What did you tell the families you spoke with who had lost their sons?

A: We would call and talk to them while in Iraq whenever we could. They were more concerned about us and what we needed. When we returned to the States we greeted them with big hugs. We went to dinner with them and told funny stories about their sons and how we remembered them and always will.

Q: Do you ever regret your decision to join the Marines?

A: No, this is something I believe in and offers me the opportunity to help people.

Q: Is there anything you will take from serving in Iraq that you can apply to other areas of your life?

A: My training will help me as a police officer. Day to day life in the states does not stress me out. I appreciate family, friends and "things" more. ★

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★in brief

Twentynine Palms

Naval Hospital Twentynine Palms, located in the Mojave Desert of Southern California, provides care to Marine Corps Air Ground Combat Center Marines, Sailors and their families. The hospital's services include: Family Practice, Internal Medicine, Pediatrics, Orthopedics, General Surgery, Obstetrics/Gynecology and Mental Health.

According to Captain Mark O. Boman, "The staff of Naval Hospital Twentynine Palms represent the best in Navy medicine."



Health:
Sophomore Alissa LaManno describes her struggles with a stuttering disorder

and how it affects her social and school lives.

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Sports:
Round-up on the five fall sports: golf, tennis, volleyball, softball and cross country. District

and State coverage from all five fall teams.

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inside out



SISTERHOOD OF THE PLAID SKIRT

'Flavor of Love' tastes more like flavor of sexism

I am slightly embarrassed to admit that I was a faithful viewer of VH1's, "The Flavor of Love," seasons one and two. I tuned in each Sunday in a hushed daze as I knew I was exposing myself to television that had never been explored like this before.

The show itself is utterly despicable, grotesque and shameful and every other synonym to those words you can look up on your own. But I could not stop watching it, like a car wreck, like a really bad dancer, like Jerry Springer on crack.

It was not until the final episode of last week when my eyes almost burned out of their sockets and my ear drums burst with all I had just seen and heard out of pure, unadulterated horror.

One of Flavor Flav's female contestants vying for his affections, New York, was making conversation with Flav about how they would be a good team together. Now, I will admit, she did say this to him with a crazy glint in her eye, but what came next made my head spin off onto the floor. Flav, distraught by her visions of their relationship as equals, immediately stormed away and would not allow her to kiss him in submission until she told him, "You are the master."

Um ... What?!

Was I hearing this right?

I hope I am giving this loathsome low in television history some justice with my descriptions, because just picture this. Here is some crusty, almost 50-year-old man training his girlfriends on how to be submissive to him as master. He was training a dog.

So my point, STA, is that I am so glad I can recognize how vile that moment was. I owe my recognition of this sexism to STA. I recommend everyone take Women in Theology at some time, because, from it, I learned how to detect sexist behavior and gender stereotypes. This environment gives us a fighting chance, ladies, more than a fighting chance to go out there and make it a woman's world.

We have to keep this mentality, because even though we live in this bubble of equality now, in the real world, there are going to be those girls who feel too "unfeminine" to raise their hands in a college class and there are going to be those guys like Flav, who would rather have us on a leash than side-by-side.

Last year on the first day of class with Mr. Fud in American Literature, I remember the first question he asked.

"What is a feminist?"

I thought I would be the bold one, and answered first, "They're crazed, femme-nazi fools."

And to this day, I will always remember him asking me who I actually knew of that fit my description. I was speechless. I had no idea. I was the fool.

Since when has feminism in our lives ever meant constantly sporting an I-HATE-MEN attitude accompanied by a femme-mullet haircut? This is not what feminism is. STA gets it. It has subtly and not so suddenly transformed my views on feminism and myself as a woman.

Now if only I could say the same for Flavor Flav. ★

Committee seeks next president

As application deadline looms, Board works to fill Dr. Wilson's presidency

by KATE RAINEY
Copy Editor

As Dr. Faith Wilson's tenure as president of STA comes to a close, the search committee and Board of Directors prepare for the next steps in finding a new president.

Applicants nationwide can send resumes until Oct. 31.

"Right now we're getting down to the nitty-gritty of the whole thing," said executive of advancement Kevin Flattery.

The search process began the second semester of last year. The Board hired Dr. Bob Watkins to assist in the process as a private search consultant.

"My job as a search consultant is to work with the Board and assist them [in] assessing the opinions from parents, community, religious order, faculty, students, etc. in order to define the characteristics and skills they believe are necessary for the candidates for the position of president," said Watkins in an e-mail interview.

Watkins gathered the desired characteristics through focus groups held last spring.

The focus groups suggested the qualities of the president should include experience in the secondary education field, administrative work and fundraising. The next president must be female, Catholic and in her fifties to insure she will have a long career, said Flattery. He explained the next president will be female because STA has historically been led by a woman.

"The general consensus by the board is that we want a woman ... [because] we want to promote women in education and primarily because we want to set an example to the school," Flattery said.

The search committee responsible for recruiting candidates published an advertisement in professional journals and other publications describing the position in August. The president's job involves admissions, fundraising and disciplinary actions, among other things. According to Flattery, she is responsible for everything.

"One of the things about the job search is you need to find someone with experience as a principal, who knows something about finances, school curriculum and life, so it's just not any person ... they need some type of expertise or experience," said principal of student affairs Mary Anne Hoecker. "You really need a person willing to give many, many hours to the school, so they need someone with energy. It's not an eight-hour-day job."

The search committee, which includes alumnae and parents of current and former students, will read through resumes and choose the most qualified candidates based on criteria gleaned from focus groups.

"We are now in the final steps," said Board member Kathleen Hauser in an e-mail interview. "We are receiving applications and processing those applications. Finally, there will be an interview process that will involve a number of persons and finally, there will be contract negotiations before the process is complete."

According to Flattery, interviews will take place between November and February. By spring there should be an idea of who the next president will be, but the exact date remains indefinite.

Flattery feels that this long procedure is necessary.

"It is a process that any organization should go through to get a good leader," he said.

Flattery believes the hardest part of this process will be losing Wilson, who has been a part of the STA community for 30 years. Hoecker agrees.

"It's a little tough to talk about, because on the one hand, Dr. Wilson has been wonderful and I'm going to miss her," she said. "On the other hand, she's ready to leave and I want to support her ... and support the next person who comes in." ★



Homecoming reunites STA alumnae

Ceremony allows for graduates to gather, reminisce on past days

by ANNE TAMPKE
Staff Writer

Alumnae Laurelle O'Leary and Francis Wagner Huber reminisce at STA Homecoming about "back in the day" when Mother Evelyn O'Neil roamed the halls, most girls were not allowed to date, senior prom was held at Mission Hills Club and classes were primarily instructed by nuns.

When O'Leary and Wagner graduated in 1936, the school was half as old as it is now. As STA blows out 140 candles on its birthday cake, past students gather to celebrate their legacy they left behind.

"[Alumnae are] the past, present, and future of the school through their support," said Ms. Jennifer McBratney of the development office. "It is not just financial support either; alumnae dedicate a lot of time to volunteer work towards the school."

Homecoming is an opportunity for alumnae to see the campus and visit with classmates at STA. This year it was held Oct. 8 at 9 a.m. in the auditorium. School president Dr. Faith Wilson opened up the mass celebrated by Fr. Norman Rotert. Reunion classes were honored during the ceremony with medals and roses.

A reception followed in the Commons. The classes in attendance ranged from 10 to 70 years. Many things have changed both architecturally and academically since their days at STA.

O'Leary recalls that she attended school during the Great Depression. "I remember I was 11 years old when Sr. Benzoga bent down and asked me, 'Would you like to come here,' and I said, 'Oh I would love to,'" said O'Leary.

According to O'Leary, half of the students enrolled were attending STA on a scholarship because everyone was poor.



STA Class of 1936 ★ Ms. Francis Wagner Huber, left, and Ms. Laurelle O'Leary recall their high school years at the STA Homecoming brunch. The women displayed the design of the senior gift from the class of 1936. PHOTO BY CLAIRE MCINERNEY

"[STA] embraced so many different groups of people," said O'Leary.

While O'Leary was at school, she recalled not being allowed to use the front doors of M&A because the first floor was reserved for the college students. High school students were restricted to the second and third floors of M&A. Nuns taught students mathematics, sciences, music, literature, painting, theology and drama. Huber said she was the baby Jesus in a Nativity play put on by the school.

Although most students valued their educations, women had few career options.

"The only thing we could do was marry," said O'Leary. "Not many women went to college. There were very few

opportunities to get jobs."

The debate team inspired O'Leary to study law like her father, but couldn't afford to further her education.

"Women are doing fabulous here!" said O'Leary upon hearing that women from STA were pursuing professional careers through medicine and law. "[STA] empowers women and gives them the confidence they need so they can move ahead."

O'Leary and Huber share their STA tradition with their families. Huber's son's construction company recently completed renovations on the Commons and O'Leary's niece Rosemary O'Leary graduated from STA in 1977.

"It's passed down through the generations!" said O'Leary. ★

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Food Collection

On Tuesday night, students will participate in Food for Thought, a food drive sponsored by the Community Service Club. Instead of spending Halloween night scouring streets for candy, club members and volunteers will go through the pre-determined boundaries trick-or-treating for canned food to donate to Bishop Sullivan Center. Participants will span a 40-block radius around Brookside, from 55th Street to 75th Street and from Ward Parkway and Oak Street.

October revives hope for cancer research

Breast cancer awareness events emphasize cures, faith for women's health

by SARAH SMITH
Staff Writer

Signified by a pink ribbon, a dedication for a cure and a passion for women's health; every October, people throughout the country come together to participate in Breast Cancer Awareness Month.

By the end of the year, over 200,000 women will be diagnosed with breast cancer, and over 40,000 will have died.

Breasts are an ultimate symbol of femininity but have also come to stand for the necessity for continued research. Advances in medical science have been harbingers of great things to come for eradicating breast cancer completely; however, breast cancer remains the leading cause of death in women between ages 40 and 59.

"We started with \$200 and a promise," said Ms. Lori Maris, executive director of the Susan G. Komen Kansas City Affiliate. "A promise to find a cure, and do it with a passion, urgency and focus until the day when breast cancer is eliminated from the face of the earth. We now have invested over \$630 million in the fight against breast cancer."

National Breast Cancer Awareness month started in 1985 in an effort to increase awareness, especially the importance of early detection. The Kansas City community comes together in support each year with events such as Race for the Cure, Passionately Pink for the Cause and free mammograms at hospitals all month long. Fountains were dyed pink and local businesses agreed to donate a portion of their profits during the month to breast cancer research through the Back in the Swing program.

"This month really seems like the community support is so much bigger than the past," said Ms. Alena Willy, who has been involved with the Komen Foundation since six years ago when her sister passed away.

"Pink is everywhere," she said. "It has grown so fast and gives me hope that people are raising funds to find a cure."

According to Maris, the Komen Foundation is the second largest funder of research, behind the federal government.

They have over 75,000 volunteers and



Fight for the Cure ★ Ms. Mindy McDermott, left, opens a gift from the Kansas City affiliate of the Susan G. Komen Foundation at the fifth annual Lunch for the Cure last Thursday at the Central Exchange. Ms. Tammy Butterfield, right, volunteer coordinator for the foundation, helped organize the event which included a panel who spoke of their breast cancer experiences. PHOTO BY SARAH SMITH

work year-round looking for a cure, funding grants and supporting education and screening projects.

"The biggest thing is to become more educated," said STA college counselor Ms. Steph Hart. "One in eight will be diagnosed with breast cancer. That is staggering when you think about your group of friends. Be brave enough to do something about it."

Hart has been involved with the Kansas City Komen Foundation since 2002 and was in charge of STA Passionately Pink day, which raised over \$1,000.

The Komen Foundation is stressing the importance of routine mammograms and self examinations more than ever before. Breast cancer doesn't require a family history and there is no such thing as being "too young."

Over \$2.8 million was raised at the 2006 Kansas City Breast Cancer 3-Day walk.

"I'm walking because I believe our strong, unrelenting voice for breast health is helping bring greater attention to women's health, and a greater personal support, love and hope to those facing life-threatening diseases," said Ms. Cheryl Jernigan, a ten year survivor. "So they know they do not have to face this challenge alone or in isolation ... and so they know that their lives, although altered, can still be rich."

The Komen Foundation, in association with the Kansas City Central Exchange, presented the fifth annual Lunch for the Cure event Thursday. Women and their sisters came together, passionately-pink-clad, empowered by the miracle of survival and aware of the realities of loss. A panel of

three "co-survivors," women whose sisters have had breast cancer, shared their experiences, how their lives have changed and what needs to be done in the future.

"Life can change in a heartbeat," said Ms. Mindy McDermott, whose sister was a breast cancer survivor. "Seize the day, as trite as it sounds, it is a constant reminder to love what you do. Face every day with vigor, energy and positiveness."

Komen and its supporters do not want awareness to end after October. They plan on upholding the power of the promise to find a cure.

"I enjoy making a difference in the lives of others," said Maris. "My hope is that we have a world without breast cancer. Between now and then, women will find time to take care of themselves and their health." ★

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New risk factors
Newsweek reported in July that new research suggests that women who are overweight or obese have a higher likelihood of developing breast cancer. Researchers at Boston's Brigham and Women's Hospital tested nearly 90,000 women over two decades to determine that the more weight women put on, the greater the danger. As concerning as the information is to health experts, researchers remain hopeful about the new findings, citing that weight is a factor women can change. Lower your weight—lower your chance of breast cancer.

New soccer park could provide for youth teams

Upcoming vote in Johnson County calls residents to decide on youth complex

by RACHEL SCHWARTZ
Staff Writer

Over 46,000 kids ages 4 to 18 play soccer in the Johnson County area. Last year, 19,000 games were played on 80 fields. However, this may change in the future, making more practicing and playing space available for kids.

On Nov. 7, Johnson County citizens will vote on Yes on Youth Soccer Question 1. If passed, Johnson County citizens will pay taxes to raise the \$75 million necessary to build a new soccer park in southern Overland Park. It would contain natural and synthetic-surfaced soccer fields and lighting and score boards. It would also have picnic shelters, restrooms, parks and community facilities. The remainder of the money would be used for infrastructure, such as roads and land acquisition. These fields will be available for youth soccer teams to practice and play.

However, according to Blue Valley Stars Madrid coach Missi Hyder, many believe that this complex is associated with the Wizards. People believe that this new park is being built for the Wizards. Hyder, however, says there is no connection.

"The Wizards have nothing to do with

it and the Wizards will be a separate thing all together," said Hyder. "They'll have a lot of things to take care of - questions and logistics to do before even asking the voters about it. The Wizards would like to eventually put a stadium there, but that's a totally separate item and it has to be taken care of separately; it really has nothing to do with this vote."

According to Hyder, these fields will be an improvement compared to the conditions of the fields they now use for practice.

"We practice at Leawood Middle School," said Hyder. "We do always practice there, but we don't have any goals. There are no lines. I mean, it's just basically a flat space. It's not really a regular soccer field."

Freshman Grace Krause plays for Blue Valley Stars Celtic who practices at Indian Valley Elementary School. Although they do practice on fields that are actual field size and have goals, Krause believes that the conditions are still inadequate.

"They are usually really bad," said Krause. "They are usually really bumpy and have places of grass missing. It's not kept up very well because it's just an elementary school, so it's not the best."

Sophomore Kelly Younger believes her current practice fields could be better, but are okay. Younger plays for Omega Soccer Club, and practices at Franklin Park.

"[At Franklin Park] the grass is pretty good and it's just a regular soccer field,"

said Younger. "However, it doesn't have goals and nets and stuff. We just do conditioning and other drills."

For their games, both Krause and Younger play at Heritage Soccer Park. Younger said their field conditions have improved.

"They are trying to take better care of them," said Younger. "And this year they are better than last year, because they have new grass and stuff."

Younger says the conditions of Heritage are much better than the Polo Fields, where some of her team's other games are held.

"The Polo Fields are really far away and they are really bad fields," said Younger. "The ground is not grass, but weeds, and the ground is all bumpy. And it's harder to pass so you have to figure that in when you're playing."

Younger believes that the new fields would be nicer on which to play. Hyder also believes that these new soccer fields would be a big improvement from what they have now.

"It would give us top quality soccer fields," said Hyder. "Right now, the fields we play on aren't really well kept soccer fields. They're basically pasture and farm land that's just been leveled and had sod put down. So these would actually be very nice fields."

There would also be other advantages of the new soccer fields, according to Krause.



Kick it! ★ The Kansas City Wizards drew 15,878 fans for a home game at Arrowhead Stadium Oct. 7. A misconception about Question 1 is that it will be paying for a new stadium for the Wizards. Question 1 is strictly for building a youth soccer complex. PHOTO BY KELLY NELSON

Democrats challenge Republicans for Senate

Close polls in McCaskill, Talent race cause heated debates between voters

by CLAIRE McINERNEY
Staff Writer

As the upcoming elections for the 110 Congress session, the Democratic Party is attempting to take control over the Republican Party in the US Senate. The Republicans currently control the Senate with 55 representatives, while the Democrats have 44 and only one independent is represented. If the Democrats replace the Republicans in six seats, they will regain the control they lost in November 2002.

This year, 33 seats are up for election, including Republican Senator Jim Talent's position. State Auditor Claire McCaskill, a Democrat, challenges Talent in the election Nov. 7. In an Oct. 11 poll, the Mason-Dixon Polling and Research found the polls were tied with 43 percent voting for Talent and 43 percent voting for McCaskill. The remaining 13 percent of voters were still undecided with the election almost a month away.

One of the major issues this election is the conflict in Iraq. During the fifth and final debate Oct. 18, both candidates agree this is something that needs attention, but each has their own views.

"The engagement [in Iraq] is obviously difficult, more difficult than we expected it would be," said Talent. "The wrong thing to do is pull out, because then it would all have been for nothing. The right thing to do is to continue training up the Iraqi army so they are able to defend their country themselves. Now that is the area, maybe the only area, where the mission is making progress."

McCaskill believes there needs to be change in Iraq, because "Iraq is an incredible mess." In the debate, she also said there needs to be a check and balance in the administration, especially concerning the situation in Iraq.

Both candidates discussed the distribution of government money to schools,

especially in regards to the No Child Left Behind Act, which President George W. Bush put into affect in 2001.

"I think we need to change the way No Child Left Behind is providing the umbrella of accountability," McCaskill said during the debate. "I don't think one size fits all, especially when it comes from Washington. They're very good at mandating one standard for every school district in the country. We are squeezing creativity out of the classroom."

The final major issue of the debate was minimum wage. Record shows that Talent has not supported the bill to raise the minimum wage eight times. He feels that if it is raised, it will cause small business to hire less people in order to meet the minimum. McCaskill, however, supports the proposal.

"We need to raise the minimum wage in this country, hopefully we are going to raise it in November in Missouri," said McCaskill. "That has not been able to get passage in the Republican Congress."

In the final statement by McCaskill, she addresses the current Republican Congress.

"I will hear [the voices of Missouri]," said McCaskill. "I will work for them. I will bring straight talk and strong values and hard work to do the right thing in Washington, to change it to be on your side."

According to an article by Mr. John Whitesides in for Reuters.com, Democrats are leading in five of the ten races against Republicans. Five others, including Missouri, are still in the air. McCaskill and others believe there is a need for change, one that depends on the November election. ★

Opinion:
The debate rages on between Talent, McCaskill
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Scramble for Senate ★ Mr. Justin Smith places signs for Senator Jim Talent in front of the signs of Talent's opponent, Auditor Claire McCaskill, outside of the senatorial debate last Thursday. "I support Talent because he is the best candidate for the position of U.S. Senator," said Smith. "He has taken his conservative values and made a difference." PHOTO BY MIKHALA LANTZ-SIMMONS

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Out of Africa
Sunday, the government of Sudan gave Jan Pronk, the top UN envoy currently in the country, three days to leave. This expulsion marks the last international effort to end the civil war in the Darfur region of Sudan. The violence in the area has continued to rage even though a peace agreement was signed last May. One of the reasons for Pronk's ejection is the criticism of the government and rebel groups on his web log.

Increase in school violence prompts safety assessment

Due to recent shootings in schools across the country, STA becomes apprehensive about possibility of attack

by COLLEEN OWENS
Manager Editor of Design

"Statistically, the safest place for a child to be is in school," said Mr. Pete Pochowski, the Milwaukee director of school safety.

However, citizens from the small towns where a recent slew of gun violence has occurred disagree.

Aug. 24 in Essex, Virginia, Christopher William, 27, shot himself after killing several teachers in search for his ex-girlfriend.

Sept. 13 in Montreal, Canada, Kimveer Gill, 25, opened fire at Dawson College, killing one girl and leaving dozens wounded.

Sept. 27 in Bailey, Colorado, Duane Morrison, 53, sexually assaulted six girls at Platte Canyon High School before fatally shooting one girl and then himself.

Oct. 3 in Nickel Mines, Pennsylvania, milk-man Carl Charles Roberts IV, 30, slaughtered five girls from the West Nickel Mines Amish School, before shooting himself in the head.

Oct. 9 in Joplin, Missouri, a 13-year-old boy wearing a trench coat fired an AK-47 replica into the ceiling of Memorial Middle School in front of students and administrators before jamming its gears and fleeing the scene.

Three hours north of Joplin, nestled in the secure neighborhoods of Brookside,

STA has survived 140 years without such violence.

"We are a girl's school, and there have always been weirdos [in the world]," said STA counselor Ms. Bernice Colby. "There always will be."

According to Col. Jeffrey B. Miller, the Pennsylvania school commissioner, Roberts, the Amish School murderer, "wanted to find female victims."

Ms. Mary Anne Hoecker, principal for student affairs, states no such incidence has ever taken place at STA.

"School's are safer if they provide a sense of caring and listening," said Hoecker.

She remains vigilant about protecting the school from strangers.

"There are things to look for; not a profile, [but] certain signs," said Hoecker.

Having previously worked at Sumner Academy, a high school in a dangerous part of town, Ms. Sue Marquis began locking classroom doors like it was second nature to her.

"There was always a possibility that someone might wander in off the street," she said. "[When I came here,] I was very surprised when I heard teachers never locked their doors. Now I am getting better."

Administrative assistant Julia Berardi worries about outsiders since the influx of violence in schools. As the guardian to the Music and Arts Building's main en-



Saying Goodbye ★ The first of several Amish funerals proceeds down Georgetown Road Oct. 5 to bury one of the five young girls killed in a school shooting at West Nickel Mines Amish School in Georgetown, Pa. PHOTO COURTESY OF MCT DIRECT

trance, she is responsible for making sure visitors sign in. But she is uncertain an actual intruder would be likely to sign his or her real name.

"Nobody can go past here without going through me, though," she said.

Hoecker assures the schools safety.

"People in the front office have some information, in terms of what to do [if there was an intruder]," said Hoecker. "They would call the police. It has been

our desire to talk to the police and have some sense of the steps we would take. If there ever was a threat, they have made it clear they would take over [the situation], because we are not equipped for something like that."

Colby understands that complete protection is impossible.

"There is no way to fully ensure [our safety]," said Colby. "We keep our eyes open." ★

Heated Senate race sparks debate

Claire McCaskill offers change needed to build a stronger, safer America

The *Kansas City Star* called Claire McCaskill an, "experienced, politically astute fireball," while *The St. Louis Dispatch* said she had, "unbridled drive, sheer determination and intellectual integrity." But it is not just a coincidence that Missouri's largest city newspapers support the Democratic candidate for the 2006 Senate race because Claire McCaskill understands the changes that need to be made in our country. The people are gravitating towards her new outlook on the way things should be run, because her Republican opponent Jim Talent is old news.

Claire sticks to the important issues. She supports fair trade policies, using renewable energy and alternative fuels and reducing government waste and spending to improve the Missouri economy.

Talent has admitted time and time again he is comfortable maintaining what Missouri already has, and this is not saying much. The people want a change and McCaskill pledges to deliver. While some might be quick to assume her left-leaning ways may produce a weak defense, this former Jackson County Prosecutor, who was the first female to hold the title, knows safety. She has stated she believes America must pave the way for safety and stability. She is realistic in effect and wants to reestablish diplomacy in the US by mending relationships with our allies, achieving an energy independence from the Middle East and maintaining our military protection.

Education is another key component for McCaskill's reform. She is prepared to back up the empty-promised No Child Left Behind Act, which has failed to deliver Missouri funding. McCaskill has taken into account the staggering cost of a higher education and plans to establish affordable tuition for all. With affordable health care for the elderly and other reforms for the working class, she has truly covered all of her bases.

As revolutionary, bright independent young females, Claire McCaskill is the best candidate for STA. ★



CARTOON BY MIKHALA LANTZ-SIMMONS

The main editorial board of *The Dart* concluded in a 3-2 vote that Claire McCaskill is the best choice, over Jim Talent, for Missouri Senator. Our editorial board is comprised of the co-editors-in-chief and managing editors.

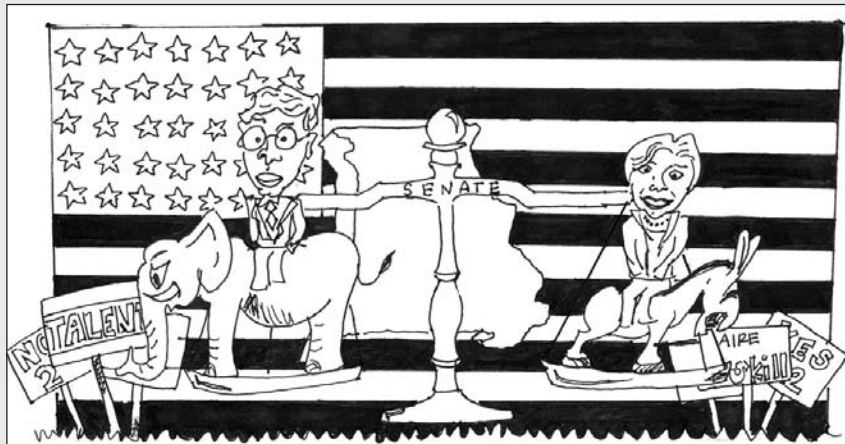
Breaking down the issues

Jim Talent

Abortion: Pro-life
Embryonic Stem Cell Use: Against
Iraq War: Supports
Social Security: "Preserve and protect"
Healthcare: Supports lower costs
Energy: Supports alternative fuels
Education: Important for future
National Security: "Primary" job

Claire McCaskill

Abortion: Pro-choice
Embryonic Stem Cell Use: Supports
Iraq War: Against
Social Security: Against privatization
Healthcare: Supports lower costs
Energy: Against oil dependence
Education: Important for future
National Security: "Families first"



CARTOON BY SARAH SMITH

Senatorial incumbent Jim Talent displays values needed for state growth

Former Missouri state auditor Claire McCaskill and Senatorial incumbent Jim Talent stood on opposite stage sides on NBC's *Meet the Press* Oct. 8. The tangible example of the two opponents, facing each other from either side, is explanatory of the senatorial race between Talent and McCaskill in Missouri.

Talent is a strong supporter of banning stem cell research in Missouri. He helped sponsor a bill with Senator Sam Brownbeck that would ban all types of cloning including embryonic research that his challenger, McCaskill sees as crucial to the development of stem cell research. Talent is in opposition to the current amendment being proposed in November that would allow for embryonic stem cell research.

However, Talent did help support the Sickle Cell Treatment Act, which was passed as law, which helped to increase funding for sickle cell treatment and research.

The Combat Meth Act was passed with the USA Patriot Act in 2002 behind the voice of Talent and Senator Dianne Feinstein of California. The act restricts the sale of products necessary to cook methamphetamines, which in turn, also restricted certain cold medicines to be sold over the counter in drug stores.

Talent also supports President Bush in the Iraq War. He stated earlier this month that even had he known Iraq had no weapons of mass destruction, his vote would have remained the same in efforts to remove Saddam Hussein from power. He does not support the removal of troops in Iraq until it is clear an Iraqi army is capable of protecting its citizens and creating a stable government. Talent has also spent years fighting for a larger defense budget to help modernize our forces and provide retirees with the benefits necessary to survive post-war.

Talent has said he represents Missouri's core values. He supports life in all forms, has committed to fight the war on drugs and supports his contemporaries in the Iraq War. Republicans need to unite around Talent in what has been considered, to be a close race between two worthy opponents. ★

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★in brief

Bush assassinated

In a British made 'docudrama,' that was created to portray the effects of the War on Terror, President George W. Bush was depicted as having been assassinated after an anti-war rally. The scene was created by superimposing Bush's head onto that of an actor. The film has caused outrage among many around the world. Actor Kevin Costner, a "left-wing" supporter blasted the film after it premiered in Toronto at the same time as his most recent film "The Guardian." He insisted that the director should have considered how Bush's family would be affected by the images.

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Editorial Policy: In cases of potentially controversial material, the students of the editorial board will meet to resolve conflict and reach decisions. However, 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. Unsigned editorials present the opinions of the individual, and 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 to the staff 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 email to ethomas@stteresasacademy.org or to dart.editorinchief@gmail.com. Letters should be limited to 300 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.

Club owners undersentenced for 100 deaths

MARY KATE BIRD



MANAGING EDITOR

The night of Feb. 21, 2003 started like any ordinary night at The Station, a nightclub in West Warwick, Rhode Island. The club owners, Mr. Michael Derderian and Mr. Jeffrey Derderian, had landed heavy metal band Great White to play a concert in the small one-story club.

As the band started into their opening song, "Desert Moon," pyrotechnics were set off by tour manager Daniel Biechele, catching flammable soundproofing foam on fire behind the stage. According to police reports, the stage was engulfed in flames in less than a minute. An ensuing stampede by crowd-goers caused the main doors to become blocked and resulted in numerous deaths and injuries. With 404 people in attendance, nearly three times the club's maximum capacity, roughly one quarter died and one half suffered injuries.

Investigators determined that the cause of the fire was the foam soundproofing put up around the stage. The foam was intended for use in packaging and display, not for sound-treating buildings, and thus was not fire-retardant.

On Dec. 9, 2003, club owners Michael and Jeffrey, as well as Biechele, were charged with 100 counts of involuntary manslaughter with all three pleading not guilty.

Biechele was sentenced May 10, more than three years after the fire. The superior court of Rhode Island sentenced Biechele to 15 years in prison, with four to serve in prison and 11 suspended, as well as three years of probation.

Michael and Jeffrey were sentenced Sept. 29, pleading no contest to 100 counts of involuntary manslaughter. Michael was



Missing loved one ★ Friends of a woman lost in The Station Fire mourn their loss. The fire caused many families to face tragedy and consider taking action against the owners. PHOTO COURTESY OF MCT DIRECT

sentenced to four years in a minimum security prison, based on his purchase and installation of the foam material. Jeffrey was suspended; meaning placed on probation to suspend a sentencing, for 10 years and was ordered to complete 500 hours of community service and three years probation.

Family members of those who perished in the fire were outraged, filing nearly 300 pending federal lawsuits.

The question now lies in whether the sentencing between the three men of only eight years in prison for 100 deaths is just. Did our legal system carry out the punishment fit for the crime? Did the United

States of America's court system make these three men face their responsibility?

The simple answer is no, our legal system did not uphold the rights of those 100 citizens. For each case of involuntary manslaughter these three men were found guilty of, they should have served 10 for each case. That comes out to 1,000 years of prison sentence, or life in prison, for the Derderian brothers and Biechele. Yet our court system, because they were "sorry" and expressed no malicious intention let them off with eight years collectively in prison and 24 years spent suspended or on probation.

Judge Francis Darigan's explanation at

the time of sentencing was, "My greatest regret, however, most sincere regret, is that this criminal justice system cannot give you the relief you seek."

The American justice system needs to take a giant step backwards and re-examine this specific situation. We have three men who, involuntarily, killed 100 people and injured just as many. Collectively they get eight years to serve in the confines of a prison. One hundred lives lost, and those accountable struck plea bargains and didn't even make it to trial? Those 100 lives deserve a trial. And they deserve much more than eight years prison time. ★

Once upon a time, I was just a fish swimming circles in my little tank

JAIME HENRY-WHITE



STAFF WRITER

Back, forth. Bubble, bubble. Swish, swish. Bubble, bubble.

One little fish, all on his lonesome, swims round and round. Time and time again he follows his box-like pattern in his same-old ten-gallon fish tank, just traveling with regularity as always.

Eat, eat. Sleep, sleep. School, school. Work, Work.

One girl, all on her lonesome, endlessly speeds through the norm of her monotonous schedule. The expectance of preoccupation is accepted; moment-by-moment seems to be planned.

There seems to not be much difference in the two of them; both are bounded by limitations.

Geez, my fish (that girl) really can't be me ... but it is.

As Aug. 18 brought me back from my layaway of leisure in the summer, I knew I was destined to return to another continuous journey from door to door at STA. Homework, tests, teachers, cross country, ballet, tiredness, hunger. My

yearly pattern would pick up its pace once again. You'd think I would need someone to slap me on the face to see if I would snap out of my daze.

When all of us, the united STAG (STA Girls), fall back into the swing of our old ways, don't let the dreary devour us, dearies!

Try transforming the task of getting up in the morning into a scavenger hunt for your lost "polo" bear in the dangerous depths of the plaid arctic. Then in those drowsy first couple of mods, just remember what's waiting for you- lunch! Have a test you're dreading? Just think, "When I'm done with this test, I'm so making this into a paper airplane." Even the nonstop walking of every inch of this campus can be changed. Well, you still have to get to class on time, but that doesn't mean you can't break out in the disco along the way.

Whatever it takes, STA, enjoying the small, good things are a necessity and a priority. That's my newfound revelation.

Yes, STA is a college preparatory school and therefore college is definitely big, big, big, but so is keeping the little moments of happiness in everyday. Plus, only once in lifetime do us fishes swim in this school.

Whether it's a cross country pasta party at the end of the week, Grey's Anatomy on Thursdays, or the thought of Christmas returning once again, there will always exist a cherry on top my, and your, Sunday... through Saturday week. Just keep swimming. ★

Foley's mask deceives Congress

ALY BROWNLEE



WEB EDITOR

House Representative Mark Foley, a representative for Florida's wealthy northern Palm Beach County, is under FBI investigation for salacious internet exchanges with teenage pages in Congress.

The irony is that Foley himself helped to advocate and pass laws against those who used the internet for the sexual exploitation of children.

Last year over spring break, I attended the National Youth Leadership Conference. We had a day to explore Capitol Hill and see the House floor, where I had the opportunity to meet Foley.

Foley spoke to us about being in politics. He talked about himself, his life and his influence in the House. I remember him speaking about the child internet law he'd helped to pass. He discussed what it was like to be a Representative, and his own political views, but also how he tried to represent the people in his area.

He was passionate and extremely articulate. I went into the Capitol Building with no interest whatsoever in politics,

and came out enchanted.

Foley's views were moderate, and in most ways, mirrored my own. Afterwards, we filed out of the room, lining up to shake his hand. I inched closer, and paused while shaking his hand to smile and tell him my name. After asking him a few more questions, I followed my friends out of the room, exclaiming how charismatic our speaker had been, and how much I liked him.

As of now, ABC has received instant message transcripts from pages describing graphic messages that Foley sent. I went through them with horror; some describe having internet sex.

All this from the same man who once said in an interview, "[Internet predators] are sick people. They need mental health counseling, and they certainly don't need to be interacting with children."

The world is a dangerous place today and the lure of the internet is intense. You can be an entirely other person, and to many people, that's a strong desire. These days it's getting harder and harder to come by people you can trust. The internet opens a tangled web of connections.

Perhaps Foley was trying to escape his own demons through his online persona. Never before denying claims to his sexuality, the 52-year-old has now openly admitted he is gay.

Now, I do not condone Foley's actions, but we must be aware that appearances can be deceiving. Foley proved that point himself, by going from inspiring politician to hypocrite. ★

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Mid-term race
President George W. Bush says he believes Republicans will retain control of both the House of Representatives and Senate in the upcoming elections by campaigning on the issues of national security and a strong economy. Bush stated this in Florida last week where he was raising funds for Republican candidates.

Nonintervention policies: symptom of lacking morality

ELIZABETH NELSON



POLITICAL PERSPECTIVE

The Iraq War has created obvious controversy on many levels. One area is the idea we should not have gotten ourselves involved in the first place.

Noninterventionists, people who believe we should not mess with other countries, will tell you there is no moral or practical reason to intervene in the affairs of another country because the world will never agree on the code that all nations must follow. The reason, however, there will never be agreement is the exact reason intervention is sometimes necessary.

As Americans, members of the Western world, we are not perfect. That is not to say that we do not have morals, ethics, values, and an understanding of the world. There are many misguided people in the world, and a great deal of them inhabit America. Most Americans do understand the concepts of freedom and life and liberty, and yes, the pursuit of happiness. While spreading our beliefs around the world is not the right approach, neither is turning away and pretending a problem doesn't exist. Democracy is not necessarily the right government for every group of people, but anyone who believes that a dictator who rapes, tortures, and murders his own people is the "right" government should probably go live there and find out firsthand just how well it's working for the people.

There are several examples throughout history where intervention was necessary. For example, the Holocaust is the most obvious one. Would it have been okay for the leaders of our country to say that since it was not occurring in America, the Holocaust was not something to concern us? What about the Rwandan genocide? A more modern example could be the conflict in Darfur. First of all, intervention does not necessarily mean war, so why is diplomacy not an option? Second, diplomacy does not always work. Some people are willing to die for their cause (suicide bombers) and no matter what you offer them, or what you threaten them with, they will not be hindered in their attempts to reach their goal - the downfall of America and other Western nations.

Basically, the Iraq War is not going well. It's not that hard to see that it is not turning out as we had hoped, and it is taking a lot more time than we thought it would. Getting involved was the right decision though. Sitting back and allowing other people "to live as they please" is just a way to make excuses not to get involved, because no one chooses to live in a place where, one day, they will be raped, tortured or murdered. ★

Senator Obama rises above Presidential hopefuls



Our next president ★ Illinois Senator Barack Obama speaks at a press conference discussing immigration in April. Obama may be a candidate in the 2008 Presidential race. PHOTO COURTESY MCT DIRECT

MARY KATE BIRD



MANAGING EDITOR

There's a little thing called the Presidential elections coming up in 2008. Heard of it? It's where we, as American citizens, elect someone to run our country for the next four years. By my count, you have six likely candidates: Republicans Senator John McCain from Arizona, former New York City Mayor Rudy Giuliani, Senator George Allen from Virginia and Democrats Senator Joe Biden from Delaware, Senator Hillary Rodham Clinton from New York and Senator John Kerry from Massachusetts.

Somewhere else further down that list, hopefuls question about potential candidates like Republican Vice President Dick Cheney and former Florida Republican Representa-

tive Mark Foley. Well, Cheney will be too busy hunting with pals and we don't want to know what Foley will be up to.

Let me put myself out there in suggesting to you, faithful *Dart* reader, that you consider another potential candidate for 2008: Senator Barack Obama from Illinois. While the argument may be made that, "Oh well, he's too inexperienced blah-blah-blah," remember that this 44-year-old is running the Senate floor every day. His experience of being a good senator, one that hasn't overstayed his welcome, will be the surest bet for that oval-shaped office in Washington.

Obama is currently making his mark in national security by visiting countries such as the Ukraine to check on the disarmament of nuclear weapons. He has also voted in favor of distributing homeland security funds to those states and cities most in risk of a potential terrorist attack in prevention efforts. Obama helped to pass the Chemical Safety and Security Act, which dictates clear regulations chemical plants must follow that are considered a risk to largely populated areas. Obama, in July 2005, also helped amend the Safe Drinking Water Act, which will allot \$5.75 million to help prevent a terrorist at-

tack in our drinking waters.

Obama also played a key role in the drafting of the immigration reform bill most recently passed in May. The bill will provide more funds for border security and prevents companies from hiring illegal immigrants. The bill also helps immigrants who are responsible members of society the opportunity to remain in the country and earn citizenship. Obama recommended to the Senate that they authorize \$3 million a year to the FBI to improve the accuracy of background checks for immigrants seeking citizenship.

Among other issues, Obama is also the Senate leader on preventing the outbreak of avian flu, opposed to the Iraq War and promotes finding an exit strategy out of the war-torn country. He offers criticism on President George W. Bush's initiative for tax cuts and promotes finding alternative energy sources for our world.

Timing is everything here. In Washington, if you pass on an opportunity, it's most likely non-cyclical - it won't be back. Obama needs to strike while he's hot; this

See OBAMA, page 22

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War in Iraq

The US ambassador to Baghdad Zalmay Khalilzad says success "within a realistic timetable" is possible in Iraq. Rising numbers of insurgencies and violence provide little hope, but Khalilzad spoke during a joint news conference in Baghdad with US military commander General George Casey of the possibility for a positive outcome.

30 Seconds With ★ Ms. Julia Gargallo

by Rachel Schwartz

Ms. Julia Gargallo moved to America from Barcelona, Spain. She is currently the Spanish III teacher at STA.



"[In Spain] we didn't need cars. We had to take public transportation everywhere. We spent a lot of time outside on walks. [When I came to America], I had to learn English because I took French in

school so I didn't know it. I had to get my driver's license again because I didn't drive much in Spain. I had to learn about pounds and feet because, in Spain, everything is in the metric system. People here focus on jobs ... working [is put] first. [In Spain], people put friends in front of everything else." ★

Photo Poll

Should students be able to join more than one club at STA and why?



"People have more than one interest and they shouldn't be limited. It forces a lot of people to choose." -Hannah Bailey, junior



"Yes because [students at] places like Sion and Pembroke can be in more than one because they give their own time after school." -Libby Hastert, junior



"No, because then you can't do your best in one club. You have one half here and one half there." -Lucila Bernal, Spanish teacher

our opinion BY THE NUMBERS

Last Saturday, the Teresian dance caused controversy among some STA students who were under the impression that breathalyzers would be used. How do you feel about breathalyzer tests before school dances? One hundred students were polled.

53% said breathalizing is not okay

42% said breathalizing is okay

5% said they did not know

COMPILED BY MIKHALA LANTZ-SIMMONS

COMPILED BY CLAIRE MCINERNEY

Retreat participants juggle Kairos, class

Juniors, seniors miss three days of class, are expected to make up work on time

by LINNY KAUFMAN
Staff Writer

Each year STA seniors who attend the Kairos retreat miss three consecutive days of class. Since they are absent from school, sports, work and other responsibilities, these students must learn to balance other commitments with Kairos. Participants say that although they often end up with a lot to do, the experience is worth it.

The Kairos retreat offers three sessions each year, each with 30-35 student participants, 6-7 student leaders and 5 adult leaders. Theology teacher Robin Good says this year's first retreat, which is set for Nov. 14-17, has a full list of participants. So far this year, 60 seniors have signed up to attend a Kairos retreat. Good said it is up to these students to balance their classes and schoolwork with Kairos.

"I think students missing class for anything causes them to miss opportunities to learn, whether it's for Kairos, college visits, sports, sickness or anything else," said Good. "They have to make a conscious effort to do what needs to be done for their classes. They need to be motivated to do the work and stay caught up with their classes if they're planning on attending Kairos."

Senior Mary Garcia is one of the students signed up for one of this year's Kairos retreats. She said she is not worried about falling behind in class.

"I'm not too worried about missing my classes," said Garcia. "I'm able to catch up easily because I'm pretty organized."

Senior Sarah Gramlich attended Kairos as a junior last spring. She said she was initially worried about missing important classes and material for the retreat.

"For awhile I was kind of worried that I wasn't going to be able to go to Kairos because I couldn't fall behind in my classes," said Gramlich. "But then I just decided I was going to go, and it turned out to be an amazing experience. Most of my teachers were really understanding and supportive."

Good said the idea of planning ahead for missed material is stressed at Kairos meetings.

"We make a big deal telling them they need to plan ahead because they will be



Balancing act ★ Senior Mary Nulton poses with a textook and her Kairos necklace Monday. Nulton was one of about 100 participants last year, and often holds her cross, which is issued to all participants, while studying. PHOTO ILLUSTRATION BY MADDY MCGANNON

missing three days of school," said Good. "We try really hard to make people get it but if they don't want to get it then they won't get it."

The rules and information on Kairos can be found on the Kairos Retreat Information Sheet. The rule that is highlighted, boxed in, written in bold print and at times capitalized relates to missed class. The last sentence reads: "Please do not use Kairos as an excuse to fall behind in your classes- have missed work completed on your return from Kairos and turn in all assignments, not just those of your choosing!"

Gramlich said she turned in her assignments the day she returned, and some even before she left.

"Most of the teachers were really

nice and gave us our assignments ahead of time," said Gramlich. "We gave them at least a week's notice, so we could have our assignments ready the day we got back or turn them in ahead of time."

Good said despite the absence of students from class, she believes teachers are mostly in favor of Kairos.

"Teachers are very supportive of Kairos," said Good. "It's a part of the STA experience. Students just need to talk to their teachers, peers, or ask someone in class who is an especially good note taker to help them make up work and stay caught up with their classes."

Gramlich said her teachers expected as much from her as any other student in the class even though she was missing

three days for Kairos.

"Ms. Herton told us that it was our responsibility to make up all the work we would miss," said Gramlich. "She said it was our job to get the notes from another student. She wasn't going to be lenient with us just because we were going on Kairos."

Garcia said that despite the missed classes and make up work, she knows Kairos will be worth the experience.

"I don't foresee any problems because of missed school," said Garcia. "Every person I've ever known who has gone on Kairos has had a really great time, and I want to experience it too. If I come out of Kairos with a new self awareness or awareness of my friends at school then it's worth going." ★

University policy changes to affect future applicants

Critics claim 'early decision' favors wealthy; several institutions announce elimination of the option

by KATIE MEYERS
Section Editor

Four students from the class of 2007 are applying to colleges under the "Early Decision" (ED) plan. Next year, that may not be possible.

Harvard University announced Sept. 12 that beginning in the fall of 2007, they are doing away with the early admission program and moving to one application deadline of Jan. 1. Since Harvard's announcement, several other schools, including Princeton University and the University of Virginia, have made similar statements.

Senior Carina Murphy has applied ED to the University of Virginia, meaning that if she is accepted, she is contractually obligated to attend that school, even if she receives no financial assistance. This is a commitment that she has carefully considered; she spent months discussing the decision with her parents.

"I'm in the last year that anyone can apply for early decision," said Murphy. "I feel like it might have been easier if I didn't have the option."

The most recent STA student to apply ED graduated in 2004.

"Early Decision is a legally binding contract," said STA college counselor Steph Hart. "If you're not willing to write a check for full tuition, you shouldn't apply."

According to Hart, every few years Harvard makes a big show of changing the way they do something. Several years ago they came up with the "Early Acceptance Single Choice" plan, which is very similar to Early Decision, except that it is not legally binding.

In his statement to the *Harvard University Gazette*, the school's interim President Derek Bok said, "The college admissions process has become too pressured, too complex and too vulnerable to public cynicism. We hope that doing

away with early admission will improve the process and make it simpler and fairer."

Bok went on to say that early admissions favors the financially advantaged students because students who need financial assistance are often unable to make a commitment until they find out how much aid they will receive. He also implied that this was an effort to keep high school students working hard throughout their senior year rather than slacking off once they are admitted.

"I think that there has been a realization on the part of some schools that it's too much pressure to decide in November [of your senior year] the next four years of your life," said Hart.

Hart believes that while this decision may affect her job in the next few years, it will not cause problems for the future seniors.

"I don't think it is going to be a huge effect because, as juniors this early in the process, they don't really understand the difference [between early decision, early action and regular decision]," she said. ★

early decision BY THE NUMBERS

Several top universities use early decision in their admittance processes.

What percentage of this year's freshman class was admitted through early decision?

50% from Princeton

30% from the University of Virginia

33% from Cornell University

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Collegiate Costs
The College Board recently announced that the tuition and fees for a four year public college rose 6.3 percent this year. This makes the average cost \$5,836 annually. The average cost of private four-year college rose 5.9 percent, with a new annual cost of \$22,218. Tuition and fees at public two-year colleges rose 4.1 percent, making their average cost \$2,272.

Seminar informs sophomores



Group setting ★ MOCSA speaker Leddy Glen talks to a group of sophomores at their weekly seminar in Ms. Shauna Prentiss's room Oct 11. This year was the first year for the seminar, organized by Peer Helpers and MOCSA. PHOTO BY ELIZABEH NELSON

Student values college education closer to home

KELLY NELSON



SECTION EDITOR

“So, where are you looking/applying/ thinking about?”

“Well... Boston College, Dartmouth, Duke and Stanford for sure, and then probably just MU, you know, for backup.”

Okay, so this conversation never actually happened, but hundreds like it have been exchanged among this year's senior class as well as the many classes that came before us. And almost every time, the last five words of that sentence are echoed in variation.

As a college prep institution, it comes as no surprise that our students apply to, are accepted by and enroll in some of the “best” colleges and universities in the country. The real question is, however, what defines a school as the “best” or the “hardest” or the most prestigious? Nowadays, it seems that while the rigor of course work and selectivity carry some weight in this debate, reputation, cost and distance carry more.

Duh, the Ivy League schools are tough, but what makes them any better than some of our own Midwestern state and public schools? When honors and National Merit students tell parents, peers and teachers that they have decided on the University of Kansas, Missouri or UMKC for the next four years, the overwhelming response seems to be a taken aback, “Oh, really? How come you just decided to go there?” as if colleges that are cheaper and closer to home will leave them with a lot to desire.

“It isn't the return address on my letter of acceptance that will take me places in life, but my diploma and what I choose to do with it.”

According to rankings by the Princeton Review, two non-private institutions are included in the Top 10 business schools in this country, two are considered in the Top 10 law programs and nine grace their Top 20 in engineering. The University of Kansas and The University of Missouri-Kansas City are both nationally recognized for their superb medical programs. Not bad for “backup schools.”

Though I have begun all seven of my college applications, the one I value as the most important will be sent a mere two hours away. I am working towards admission into one of the nation's most highly regarded schools of journalism at none other than MU. Not only will I receive an outstanding education, but I will be paying in-state tuition without worrying about plane tickets home or anything more than a two-hour drive.

I understand the need to get out of this place, and I'm glad many students here have the means by which to do it both academically and financially. However, my philosophy on the matter is that in the end, it isn't the return address on my letter of acceptance that will take me places in life, but my diploma and what I choose to do with it. ★

Seniors, STA counselor, MOCSA host sexual assault prevention series

by EMILY BECKER
Section Editor

According to the Metropolitan Organization to Counter Sexual Assault (MOCSA), one in four females will be sexually assaulted in their lifetime. One sexual assault occurs every four minutes in the Kansas City area, while 84 percent of these attacks will remain unreported; making sexual assault the number one unreported crime in the US.

It was statistics like these that prompted STA personal counselor Karen Sinco to create a seminar for sophomores this year in conjunction with MOCSA's Teen Exchange program.

“There were a lot of issues regarding safety and relationships that I felt the girls at St. Teresa's needed to know,” said Sinco.

After being invited to address the senior class last year before spring break, MOCSA approached Sinco about the possibility of implementing their Teen Exchange program at STA. In the program, MOCSA employs aid from older girls to help teach the topics in a

long term setting.

From her work in Peer Helpers, senior Meredith Stoops and the other senior members of the organization were approached last year to help develop a sexual harassment and assault education and prevention series. The students worked about 10 hours last year during Activity to create the course, worked outside of meetings in small groups and attended sessions this year on how to facilitate.

The seniors then signed up to assist a session through administering an activity related to the topic. Junior Peer Helpers this year are required to observe a seminar once a week in order to prepare for administering the activities next year.

“We're there as sort of a link between the representative from MOCSA and the sophomores from St. Teresa's because there's such a big gap there,” said Stoops. “Being a senior makes it easier to connect.”

The seminar lasts for seven weeks and the sophomores attend with their advisory once a week. The topics covered include setting boundaries, date rape drugs and sexual harassment. Through a grant, the seminar is also offered to schools free of charge.

“The first session starts with healthy relationships and the topics escalate to

rape and what to do if that happens to you,” said Sinco.

While Sinco was optimistic for the seminar, some sophomores were surprised by its institution.

“I couldn't believe it,” said sophomore Martha Tillmon. “I thought we were through with the seminars. I really couldn't believe it, I was stunned.”

Stoops believes that even though the sophomores may not be receptive to the seminar now, it is important for them to have the information in case they find themselves in an unsafe situation later in life.

“A lot of us seniors were unable to identify that we or someone we knew had been in an unhealthy relationship until we were able to see the facts about what an unhealthy relationship is,” said Stoops. “Learning about it from an objective perspective has really opened my eyes.”

After going through part of the seminar, Tillmon agrees that it was important for the students to attend the seminar.

“When we were talking about sexual harassment, I was surprised how many things throughout the day could be considered sexual harassment; things you don't even think about,” said Tillmon. “I think it's really educational and it helps teach how to prevent things like that from happening.” ★

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St. Teresa's Academy

★in brief

Coed Unitown
Unitown faculty sponsor and STA principal of student affairs Mary Anne Hoecker are planning a coed Unitown with Rockhurst High School. Five student leaders and ten student delegates will be invited. The event will take place Nov. 19-20, but will not be overnight, at Rockhurst.

up to date

next week: Oct. 29- Nov. 4

Tuesday

Pumpkin decorating: Advisories will celebrate Halloween by competing in the annual contest during activity. Prizes, which feature food, will be awarded according to building. The event is sponsored by STUCO.

the week of: Nov. 5-11

Sunday

Open House: STA will host an open house for prospective students from 11 a.m. to 3 p.m. with tours led by current students.

Tuesday



Fall Sports Awards: Athletes will be recognized and those who qualify will receive varsity letters. The event will take place at 7 p.m. in the

Goppert Center.

Wednesday

PLAN test: Sophomores will take the standardized test, which is meant to prepare students for taking the ACT.

Thursday-Saturday



Seussical the Musical: STA's fall musical will show in the M&A Auditorium three nights. Performances start at 7:30 p.m. and admission is \$5 for

students and \$7 for adults.

the week of Nov. 12-18

Monday

Warning Notices Due: Teachers are required to send out warning notices when a student has a 'D' or below in the class.
Swimming Tryouts: Swimming tryouts will begin at 7:30 p.m. at Shawnee Mission East High School.

Thursday

Parent-Daughter Liturgy: Students and their parents are invited to attend a Mass before school in the M&A chapel. The Mass begins at 7 a.m. and should last about 30 minutes.

Saturday

STA Auction: The annual event raises money primarily for scholarships and features a catered dinner from Garozzo's. The silent auction runs throughout the evening while the live auction begins at 8 p.m.

the week of Nov. 19-25

Tuesday

School Celebration: STA will hold a prayer service, meaning classes will follow Schedule 2, and advisories will eat lunch together to celebrate Thanksgiving.

Wednesday-Friday

Thanksgiving Break: Students will be out of school for three days in order to celebrate Thanksgiving. Classes will resume Monday, Nov. 27.

E. coli outbreak causes spinach recall

Dangerous bacteria traced to fresh spinach products, Kansas City responds by pulling them from shelves

by JAIME HENRY-WHITE
Staff Writer

"Sweetie, Mommy says don't eat your spinach."

In 26 states, over 200 cases of sicknesses and three deaths have been reported and linked to a contaminating outbreak of *Escherichia coli* bacteria O157:H7, known as E. coli, found in fresh spinach products. Spinach, a nutritious "hero" that rescues the human body with fiber, calcium, vitamins C and A, has now been charged as the guilty culprit, the "Green Meany."

"Absolutely nothing has been found in the state of Missouri, but as soon we found out about [E. coli in spinach] on the news, we pulled [spinach] off the shelves," said grocery store director Mark Lenz of Cosentino's Market in Brookside. "We were pro-active. We pulled anything that had any ties to spinach."

The primary source of the E. coli bacteria has been traced to three large food distributors of California: Natural Selections Foods, RLB Food Distributors and River Ranch.

All fresh spinach packages with "use by" dates of before Oct. 1 were recalled by the FDA (Food and Drug Administration) and CDC (Centers for Disease Control and Prevention). The distribution of E. coli spread not only through the US, but also to areas of Canada, Taiwan, Hong Kong, Iceland and Mexico, where possibly infected packs were also distributed.

Therefore, the FDA and CDC's concern was, and still is, the consumer. An unhealthy, large dosage of E. coli, which is found safely in small amounts of other meat, dairy and natural food products, can cause fever, abdominal cramps, diarrhea

and sometimes kidney failure due to HUS (hemolytic uremic syndrome).

"To give us and our customers a peace of mind, we pulled all the fresh spinach off the shelves," said Mr. Chuck Pittsenbarger, grocery manager of Price Chopper in Brookside. "We wanted to assure customers they were purchasing a safe product."

All spinach that is not fresh, whether frozen, canned or mixed into an artichoke dip, is secure for consumption. The process of blanching, killing all bacteria by cooking spinach at around 190 degrees, allows for all spinach products, not specified for sale as "fresh," to be sold in stores and restaurants, according to Kacee Hardy of consumer affairs for Pictsweet Frozen Vegetables.

Phew! Popeye the Sailor Man is good to go!

However, for some local Kansas City consumers, the recall has caused inconveniences. Both Dole and Earthbound Farms, the most commonly purchased brands of the Brookside area, have organic mixed greens and baby spinach that are missed.

"There was a guy that came in who had a dinner party for 40 who had spinach salad on the menu," said Lenz. "We just couldn't give him that."

Once the news of E. coli in spinach, in a CDC health alert, hit headlines locally and nationally Sept. 14, Lenz, Pittsenbarger and their grocery store staffs pounced onto the Internet to find out more about the situation.

"We're on this kind of stuff in the food business," said Lenz. "Anytime anything like that happens we're on it."

After checking and rechecking email and news updates, Lenz learned that more

The Dirty Facts About E. Coli

Rumors have been circling about E. coli due to the recent outbreak of the bacteria in spinach and lettuce. Below are some facts about E. coli.

- An estimated 10,000-20,000 infections occur each year in the US alone.
- Approximately 61 people die from E. coli each year.
- E. coli is found in uncooked beef, unpasteurized milk and juice and on raw sprouts and lettuce.
- Children, the elderly and those with weak immune systems are the highest risk for infection.
- There are 100 strains of E. coli bacteria, most of which are beneficial.
- Wash all vegetables and fruits thoroughly and cook all meat to prevent bacteria.

Sources: www.cbsnews.com

GRAPHIC BY ALY BROWNEE AND BREANNE SIGLER

evidence of E. coli bacteria had been sourced. Although neither Cosentino's nor Price Chopper carried the affected products, certified organic ground beef patties of Davis Mountain Organic Beef and Foxy green leaf lettuce were also recalled due to E. coli.

However, the biggest problem E. coli caused for Kansas City was the demand for the spinach leaf's return. This also includes the return of lettuce, for the lack of spinach has created a lack of lettuce to support the absence of salad greens.

But Lenz has no worries.

"Our customer base is so supportive," said Lenz. "If we don't sell spinach, they do with something else."

Spinach is expected to make a debut back on the shelves of food stores and menu specials of restaurant over the next few weeks. As the FDA concludes its investigation of infected E. coli irrigation systems, salad bars fill up their slots with new shipments of safe spinach. Most places will soon be reunited with their long lost friend, as will some happy tummies. ★

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St. Teresa's Academy

Student manages stutter's challenges in classroom

Sophomore uses speech therapy to combat social, educational obstacles

by ALISON RAYBOULD
Co-Editor-in-Chief

"If I want to grow up and do what I dream to do, which is to become a lawyer in the CIA, then I have to stay motivated," said sophomore Alissa LaManno.

Alissa shares the same pressures as a typical high school student: homework, relationships, teachers and family, but she has an added pressure that complicates all the rest: she stutters.

According to the National Stuttering Association (NSA), stuttering is a communication disorder involving disruptions in the forward flow of speech. Most children outgrow any prevalence of speech sound disorder. In fact, by the first grade five percent of children (as opposed to the nine percent of three-year-olds) have noticeable speech disorders.

"I just wish that people were more aware of the problems I face because I stutter," Alissa said. "I have had to deal with teachers who, because they didn't know, rudely interrupted me and told me to hurry up. I have had friends laugh at me. There have been times when people mimic me. It seems like people feel the need to dumb themselves down around me but they don't need too."

Alissa recalls one particularly painful moment between herself and her fourth grade teacher.

"I was reading aloud in class and like usual, was struggling with some of the words," she said. "This teacher knew that I had a stuttering problem, but at that moment she didn't pay any attention to it.



Bonding time ★Sophomore Alissa LaManno spends time with her brother, Dian, Monday. Alissa and Dian both have histories of stuttering. PHOTO BY KATHLEEN POINTER

I think the bell had just rung and people needed to leave, but I was still reading. So she yelled at me and said something like, 'Hurry up, you stuttering slow poke.'"

Her mother, Ms. Terri LaManno, admits that her daughter's "life circumstance" upsets her.

"I get sad and I get frustrated, but I would not say I am resentful about [Alissa's stutter]," she said. "It is just something that she will need to live with and learn to cope with."

Now, Alissa takes preventative measures to avoid situations like these in the future.

"I just have to tell my teachers at the beginning of the year about my stutter," she said. "I try not to read aloud because

that is where my stutter is most noticeable. I do pretty well in class discussion; people can only tell that I stutter when I get really, really stressed."

Speech therapist Michelle Embree realizes how the complexion of the learning environment changes for a student with a stutter.

"Class participation and discussion certainly pose a challenge," said Embree. "[Students with a stutter] may depend on written discussion to display knowledge to instructors, but what they learn doesn't change."

Alissa enrolled in freshmen choir, which forced her to confront her stutter.

"I think it helped me most because you

learn to breathe with your diaphragm," she said. "I could apply what I learned in choir to my normal speech."

She also took a drama class in grade school at the Academy of Performing Arts.

"For some reason, when I got up on stage, my stutter disappeared," she said.

Alissa is still working up the courage to try out for a school play, but in the meantime, she continues to attend speech pathology classes at Research Medical Center. While there, she learns about the four different "targets," which include full breath, or using one's diaphragm to breath out of one's chest; continuous tonation, or keeping one's voice on at all time; stretch syllable, or repeating and holding syllables that one might have trouble speaking; and pre-voice, or breathing a full breath and then slowly exhaling before talking. She also uses a special computer program and participates in group discussion to focus on the four targets.

"I find the stretch syllable and continuous tonation to be most helpful especially because I have a problem with something called blocks where I cannot get the word out," Alissa said. "Blocks are really embarrassing, you have the word in your brain and you just can't get it out."

Since she was five years old—the age that her parents first sought the help of a speech therapist—Alissa has had to deal with emotions of embarrassment and frustration.

"Reading aloud is my weakest point, but I am a really good reader," she said. "I know the words, even some of the hard words that other people can't pronounce, but I hate having to read because of the way people react [when I start to stutter]. Their

See STUTTERING, page 22

★in brief

Brain Food
Research from the Rush University Medical Center in Chicago suggests that eating vegetables helps preserve mental sharpness. The study found that people who ate two or more vegetables a day had a 35 to 40 percent decrease in the decline in cognitive ability over a time period of six years.

Trans fat threatens health of country

Recent bans in New York City, Chicago spur national interest

by ELIZABETH NELSON
Page editor

Trans fatty acids, commonly known as trans fats have created controversy in Chicago and New York, and some hope this trend will travel across the country. Sept. 26, New York City's Health Department proposed two initiatives to phase out trans fats in New York City restaurants, following Chicago as an example from the year before.

"I really think [the ban] will spread," said Ms. Lyn Daugherty, who has a bachelor's degree in nutrition and food sciences. "Something you can compare it to is the no smoking ban - just look at how far that spread."

Trans fats are used in processed foods. They are created through a process called partial hydrogenation, which makes the originally liquefied oil solid. This provides a longer shelf-life (the length of time before it expires) for items and a specific texture to some foods.

According to a report from the Harvard School of Public Health, the replacement of partially hydrogenated fat in the United States with natural, unhydrogenated vegetable oils would prevent between 30,000 and 100,000 premature deaths annually.

"Basically [trans fats] are bad fats; they're going to cause more fats in the blood which puts more fats in the arteries," said Daugherty. "That's when people start getting bad cholesterol. When you have high cholesterol, it can lead to heart disease, and that is the number one killer of men and women in America."

Proponents of the bans in New York City say these changes will not negatively affect restaurants. The first initiative will give restaurants six months to phase out all partially hydrogenated oils that contain over 0.5 grams of trans fat per serving. The second initiative will require all restaurants that already offer nutrition facts for their food to publicly post it on menus by next March. The

taste of foods will be the same, and the cost of healthier oils will not be a significant increase.

Throughout the country, people are involved in the effort to expose and remove trans fats. A California-based organization called Ban Trans Fat, Inc. aims to reduce and eliminate partially hydrogenated oils from all food products. They have stated that changing these "bad" oils to "good" oils will not change the taste or cost of food. At STA, one student has cut trans fat from her diet.

"It was probably in February when I really starting watching [what I eat]," said senior Brynne Lee. "[Trans fats] raise your cholesterol and I don't even know what that means. I just know that its bad for you. When I read about trans fats in the newspaper, I thought it was disgusting. That's what got me started."

Other students aren't so sure how they feel about trans fats.

"I figure you only live once, so why not just eat what tastes good," said Rockhurst High School junior Evan Daugherty, Daugherty's son. "Of course, that's coming from someone who runs 30 miles a week, so I probably just burn them off anyway."

Research shows increased exercise will not actually have much of an effect on trans fats in the body. According to Ban Trans Fat, Inc. these fats will continually build up because the human body does not know what to do with them, which is why they are so dangerous.

"I think if everyone knew how bad [trans fat] was for them, people would pay attention and care more about it," said Lee. "I also think that if it wasn't that big of a deal, newspapers wouldn't cover it and people wouldn't write books about it."

Overall, most agree something needs to be done about trans fats.

"We've got a nationwide epidemic of 'fat-related' illnesses," said Lyn Daugherty. "There's obesity, diabetes, hypertension and heart disease. [The recent trans fat ban] is just one step in the right direction." ★



Photo illustration by KATHLEEN POINTER AND COLLEEN OWENS

SUPERSIZE ME, STA

Quik Trip Nutrition Facts	
Serving Size: 64 oz. Rooster Booster	
Amount Per Serving	
Calories	980
	Calories from Fat 0
% DV*	
Total Fat	0g
Saturated Fat	0mg
Cholesterol	0mg
Sodium	68mg
Total Carbohydrate	246g
Dietary Fiber	0g
Sugars	246g
Protein	0g

Starbucks Nutrition Facts	
Serving Size: 16 oz venti caffe mocha	
Amount Per Serving	
Calories	400
	Calories from Fat 200
% DV*	
Total Fat	22g
Saturated Fat	13g
Cholesterol	80mg
Sodium	160mg
Total Carbohydrate	42g
Dietary Fiber	2g
Sugars	33g
Protein	13g

Planet Sub Nutrition Facts	
Serving Size: 6 in. Planet Sub Sandwich	
Amount Per Serving	
Calories	596.27
	Calories from Fat 197.51
% DV*	
Total Fat	21.82g
Saturated Fat	11g
Cholesterol	71.67mg
Sodium	1603.95mg
Total Carbohydrate	62.93g
Dietary Fiber	3.53g
Sugars	8.77g
Protein	30.84g

Chipotle Nutrition Facts	
Serving Size: 1 Burrito	
Amount Per Serving	
Calories	1279
	Calories from Fat 430
% DV*	
Total Fat	48g
Saturated Fat	18g
Cholesterol	166mg
Sodium	3529mg
Total Carbohydrate	147g
Dietary Fiber	13.5g
Sugars	9g
Protein	64g

ALY BROWNLEE



WEB EDITOR

Junior praises healthy appetite for growing girls

The largest pancake ever made weighed three tons, measured 15 meters across and two meters deep.

Even though it could probably feed a small country for a week, I doubt it would satisfy the hunger of the student body here at STA. Seeing as Bridget Dougherty holds the record, eating 26 pancakes in one sitting, I doubt it would even feed the entire senior class. Maybe the freshmen, because they are still getting used to the STA diet. But not the whole school.

One of the first things I remember hearing about this school was that the students like food. That's an understatement. STA girls LOVE food. Not like. Love.

From advisory parties, to the senior that's awarded "Best Moocher" in the Teresian, our school has a great appreciation for all things edible. After all, we are growing girls. So, when the vending machines run low, be warned. A riot could occur on campus.

Teens need to eat three well-balanced meals a day, of average portions. Still, between those meal times, nutritionists recommend a snack, which we occasionally have more than one of.

It comes as no surprise then, to hear that it is sometimes said we eat too much. I don't think that's a fair statement. We eat as much as we want. There's no such thing as eating too much. Well... maybe there is, but as an STA girl, I don't think so.

Here at the Academy, a girl always has the option to decline food. Not many do, considering the appealing dishes that seem to magically vanish when placed in front of the watering mouths of girls here. But, hey, for those of you who want to shove aside that last glorious piece of cake... I'll take it.

We also have the ultimate Stair master. Third floor to third floor is a workout that makes everyone cringe. STA girls have the best calves in town, thanks to puffing into classes two seconds before the bell rings. Racing across the Quad is my favorite calorie-burning workout.

Heavy backpacks are another reason we can eat as much as we want. Don't be fooled, those bags that cause us to bend in two are the best weight-lifting exercise you could ever get during a school day. Lifting from our legs and both arms really tones our muscles. STA girls are strong, and our "conditioning" keeps us up our strength.

We don't eat too much; we just love eating. And as far as I can see, there's nothing wrong with that. We're growing girls, we need our strength. So long as we stay healthy and fit, either through exercise or through moderation in our snacking, I see just a bunch of girls who really like star-shaped cookies. ★

Expert gives advice about teen habits

A Q&A with nutritionist Kathi Bjerg

by KELLY NELSON
Staff writer

Kathi Bjerg, R.D., L.D.

Registered Dietitian (R.D.) licensed (L.D.) in Kan. & Mo. Practices nutrition therapy at the Shawnee Mission Medical Center Nutrition Clinic (9100 W. 74th St., Shawnee Mission, Kan.) and at CenterPoint Counseling & Recovery (9221 Ward Parkway, Kansas City, Mo).

What is the main job of a nutritionist?

There's a wide variety of jobs for a nutritionist; they could work at the hospital—that's a clinical dietitian. Another job is a nutritionist that sees patients to make sure that they're getting their nutritional needs met.

Do you think teenagers, in general, eat healthy enough?

Usually, no.

What tips in general can you give teens to help better their nutrition?

Be sure to eat breakfast, to not skip any meals and you also probably need an afternoon snack for sure and quite possibly an evening snack also. Try to include at least some protein in each meal and in the afternoon snack, and make sure they get enough dairy and enough calcium in their diet.

Are these the same guidelines you give to adults?

The only difference is that teenagers need a little bit more calcium, because when you're a teen that's when the bones are getting very dense and if you don't get enough calcium at that time then the bones reach a point where they won't get any denser and when they get older they're more prone to osteoporosis.

What affects can bad nutrition have on a teenager?

Well in the bones again—I've seen some teenagers who have been really restricting [with their diets] and they can have the bones of a 70 year-old.

I've seen it too with athletes. Female athletes can stop menstruating, they don't get enough estrogen and if they're restricting their intake somewhat because they think they perform better, their bones take a huge hit and you can't always have total recovery of all that bone loss.

Is bad nutrition linked to stress?

Actually yes, it's usually if the person isn't getting in enough calories—they're going to be more irritable and have a harder time focusing, but often times when we're stressed that can actually lead to poor nutrition.

What can parents do to ensure that their teenagers are maintaining a healthy diet?

Having the food available, if they can have a family meal, that's ideal, being a good role model, and they've found that it won't help, it can actually harm, if they try and restrict the teen's food intake.

St. Teresa's girls are allowed to order out for lunch sometimes, what would you consider healthy alternatives to unhealthy fast food?

Subway sandwiches are great, even things like going to Wendy's and getting chili can be good and their hamburgers are pretty lean too.

What take-out should teens try and steer away from? All of them have good options if you can find them, but I would just totally stay away from the meal deals. They really give people large portions that they don't need and didn't want in the first place and people think they're

saving money and they usually end up eating everything that they're given. Instead, if they just do more a la carte and get exactly what they want and what their body needs, that will really help them.

What do you think about vending machines in school cafeterias? Should they be taken out completely?

Well, I know the school wants to make money, and what they have found is that if they provide alternatives like fruit or yogurt or nuts, most kids will still go ahead and choose things like chips, so usually the best way to do it so that they can still make money and make sure the kids eat healthy is to not offer the chips and those sort of things and to just provide the good things.

What benefits will a healthy diet now give teens later in life?

Well first of all, they're laying down really great habits because it's very hard to get out of unhealthy habits and you're laying down the routine for the rest of your life. The biggest thing with that is you can't fix it and repair it when it comes to the bone mass issue. For those who don't get enough protein, your hair will start falling out, etc., but if you starting having more protein it will start growing back so you won't see the affects later, but the affect that you will see is bad bones.

For teens on the go, what do you recommend in the way of quick snacks and meals when there's no time for a big dinner to be pre-

pared?

The things you want to be sure and include for a snack or meal would be protein, some carbs, usually in the form of a starch, and if possible fiber and then also a fruit or vegetable, and then dairy sometime throughout the day. So it could be something like cottage cheese, grapes and triscuits or a tortilla with melted cheese inside and salsa. It can be really quick and easy. Some people also take triscuits with cheese on top and maybe some marinara and just microwave it for a few minutes. It doesn't have to be a home cooked meal, if you're getting all the essential ingredients. It could be just a sandwich and a piece of fruit too.

A lot of people go on low calorie and no-carb diets. What are the negative affects they can have on a teenager that's active?

Well, the muscles need licothine, which is a carbohydrate, to function their best and we have a very small store of it in our muscles, so, when we do a workout it's usually those licothine stores being used. They need to be replenished for the next time and if they aren't, we won't play as well or perform as well. Athletes really suffer and don't do their best if they aren't getting enough carbohydrates. With a low calorie diet, I already mentioned the bones, but then the muscle mass is being used for energy and so they're going to be weaker and if it continues on, the body even has to pull from the heart muscle and they heart gets weaker. There can be hair loss, people can start passing out and it can just be really dangerous.

What kinds of fluids are most healthy for a teen to take in?

Moderation is the key to this. Some people use caffeine in place of food for energy. It's better to go with mineral water, milk, of course, and for athletes, a sports drink. ★

McDonald's Nutrition Facts	
Serving Size: 6 oz Large French Fries	
Amount Per Serving	
Calories	570
% DV*	
Total Fat	30g
Saturated Fat	6g
Cholesterol	0mg
Sodium	330mg
Total Carbohydrate	70g
Dietary Fiber	7g
Sugars	
Protein	6g

Panera Nutrition Facts	
Serving Size: 8 oz Sourdough bread bowl	
Amount Per Serving	
Calories	560
% DV*	
Total Fat	1.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	1210mg
Total Carbohydrate	115g
Dietary Fiber	5g
Sugars	3g
Protein	22g

Taco Bell Nutrition Facts	
Serving Size: One Beef Crunchwrap Supreme	
Amount Per Serving	
Calories	560
% DV*	
Total Fat	24g
Saturated Fat	9g
Cholesterol	35mg
Sodium	1350mg
Total Carbohydrate	70g
Dietary Fiber	4g
Sugars	7g
Protein	17g

Ben & Jerry's Nutrition Facts	
Serving Size: 1 New York Super Fudge Chunk Pop	
Amount Per Serving	
Calories	390
	Calories from Fat 279
% DV*	
Total Fat	31g
Saturated Fat	13g
Cholesterol	30mg
Sodium	55mg
Total Carbohydrate	27g
Dietary Fiber	4g
Sugars	23g
Protein	6g

Graphic by BREANNE SIGLER

Nutrition information provided by: www.quicktrip.com, www.calorie-count.com/calories/manufacturer/390.html, www.chipotle.com/, www.panerabread.com/, www.mcdonalds.com/, www.starbucks.com/, www.tacobell.com/, www.dietfacts.com/list.asp?brand=Planet_Sub

Team wins Districts, sets sights on State

Volleyball advances to Sectionals after clean sweep of competition

by KELLY NELSON & CLAIRE McINERNEY
Section Editor & Staff Writer

The varsity volleyball Stars won the District tournament Tuesday night at Raytown, advancing them on to Sectionals play. The Stars beat both Raytown and Blue Springs in two games apiece. After their performance, junior Ellen Jantsch discussed Sectionals with confidence.

"We played very, very swell," said Jantsch. "The last game was especially tough, but we kicked it into gear. We are ready for Sectionals."

Next Saturday the Stars will compete at Sectionals at 3 p.m. and 6 p.m. at Blue Springs South against teams yet to be determined at press time.

The Stars played their second match Tuesday night, winning their first game against Blue Springs handily 25-11.

After four lead changes in the second game, the Stars came out victorious, winning 25-22. Senior manager Alexandra Kurth said the game was hard-fought.

"They played pretty sweet," she said. "It got pretty heated on the bench. It was pretty nerve wracking with the subs."

Nevertheless, Kurth did her best to reassure the team members.

"I told Jessie, 'we're going to win, don't worry Jessie,'" said Kurth.

In their last regular season game on Oct. 11, the Stars defeated Sion in two games. This marked the third time they have faced and beat the Storm this year. Their winning regular season allowed them a bye in the first round Monday.

The bye set the Stars to play the Raytown Bluejays in the second round. After

game line

1ST ROUND:

Bye

2ND ROUND: (2-0)

STA 25 Raytown 5

STA 25 Raytown 8

3RD ROUND: (2-0)

STA 25 Blue Springs 11

STA 25 Blue Springs 21



Killing for victory ★ Junior Ellen Jantsch, left, spikes the ball across the net with back up from teammates seniors Jessie Kramer and Michelle Jantsch and junior Erin Vogel during the STA/Sion game Thursday. The Stars won the first game 25-7 and the second, 25-20. The home game doubled as senior night and the last regular season game for the Stars. PHOTO BY MIKHALA LANTZ-SIMMONS

29 minutes of play, they were victorious in both games.

"We knew going in they weren't quite the competition we're used to," said senior co-captain Michelle Jantsch, who has committed to play volleyball at Ohio University.

Before the game however, senior co-

captain Jessie Kramer was nervous at what was to come. After a slow beginning, the Stars picked it up and won the game 25-5.

"I think we were unfocused," said Kramer. "It's harder to get focused in a silent gym. We just needed to get ourselves together."

The second game's atmosphere was similar to the first. Junior Erin Vogel scored the game-winning point on an ace. The final score was 25-8.

The final match capped off the Stars' season with a total record of 32-2. According to Prepvolleyball.com, the Stars are ranked 16th in the nation. ★

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★in brief

Season Tips Off
Varsity and junior varsity basketball tryouts will begin on Monday in Goppert Center directly after school. Freshmen tryouts will be Wednesday at the same time and place. Both tryouts are subject to change due to volleyball results.

This year's head coach will be Mr. Rich Wilson, again. Former STA player and alumna Rachel Stark-Boylon will join him as assistant. Mr. Mick Fletcher will coach junior varsity while Mr. Eric Thomas will continue to coach the freshman team with assistant coach Jamie Cooper, STA alumna.

Bird swings record score at State

STA sends three golfers to Springfield, senior captain comes from behind to capture state title by six strokes

by KELLY NELSON
Section Editor

Seven individual nine-hole school records, three individual 18-hole records, three team nine-hole records, two team 18-hole records, a second place finish at Districts and one state champion. These numbers have left varsity golf coach Jack Garvin with a lot to be pleased about.

"This is the best team STA has ever had," he said.

Following a second place finish behind Sion at Districts held at Drumm Farm Golf Course Oct. 4, senior Mary Kate Bird, juniors Nicole Gravino and Jordan DeLorenzi, began to prepare for state competition. The three state competitors qualified for State by finishing in the top ten at Districts. Senior captain and state champion Bird said they continued to practice and tried to emulate Deer Lake Golf Course in Springfield, where

State would be held.

"We did a lot of practice greens before, a lot of short game work," she said. "The greens down there are pretty fast and we usually practice at Blue River, but moved over to Swope Memorial because the greens there are harder to practice on. We kept it really low key and simple."

DeLorenzi added that Bird also helped the more inexperienced golfers prepare throughout the season.

"I think she just tried to keep us motivated with our goals especially of beating Sion and was pretty excited for us all throughout the season."

The Stars' did not succeed in their goal of beating Sion's team at Districts.

"The way it's set up, it's very diffi-

cult to qualify for a team in our district and Sion has always been very strong and typically a deadlock," said Bird. "This year was probably our best chance at winning, but we have a varsity that has a senior, two juniors and two freshmen, so we were kind of all over the place."

Undeterred by second place, Bird tried to remain focused and calm for her fourth and last State appearance.

"I don't typically get very nervous, but I got pretty nervous," she said. "There was just a lot of expectation riding on it and a lot of 'this is your year' type of thing. It was kind of like the last piece of the puzzle to my junior career at St. Teresa's, but it was a little daunting."

On the first day of competition, Oct. 16, golfers found themselves competing in cold, rainy and windy weather. These circumstances seemed to affect the golfers as Gravino opened with a score of 103, while DeLorenzi shot a 93.

"I was hoping to do a lot better, but I was okay with how I shot with the weather conditions," said DeLorenzi.

Bird found herself in second place after shooting 78 the first day and was

content with her performance.

"I'm glad I was only one behind, actually, because I didn't have that title as the leader and I didn't have that pressure like everyone's got it in for me," she said.

On the second day, Bird set a state record of 69. Though she felt good prior to beginning, she did not predict a record.

"I was very confident because I played really well during the first practice round," she said. "You just kind of have to believe you're the best one there. I still never did see a 69 though. I thought even par would be good."

Next year, Bird will play for the University of Nebraska. Garvin said she will be hard to replace in next year's season.

"You can't [make up for her]," he said. "We would just hope for a balanced team. Even without a bunch of superstars, you can do well with good players."

Garvin maintains the experience was a good one for the two juniors and he will keep the same goal for next year.

"We want to qualify for State and get that banner," he said. ★



Bird

Team sprints toward Sectionals

After their third place finish at Districts, cross country hopes for success

by RACHEL SCHWARTZ
Staff Writer

Last Saturday, 69 shivering girls clad in running jerseys, tank tops and shorts, stood in their team's box awaiting the start of the race. The starter raised his arm to shoot the gun and then, within a matter of seconds, it blasted and the girls were off.

On Saturday morning, the St. Teresa's varsity cross country team attended the District race at Grandview.

C o a c h

Karen Moran Redlich and coach Jon Little had been preparing these girls for this race all season and Moran Redlich expected great things from them.

race
line

SCORES:

Blue Springs ... 62
Lee's Summit North ... 73
St. Teresa's ... 82
Raymore Peculiar ... 86

PLACE:

3rd out of 10 teams

"I think the team has an excellent chance of not only qualifying for Sectionals but to have the best team finish we've had in years," said Moran Redlich. "We have beat most of the teams for our district this year. There is a good chance we could win it if the girls run to their potential."

As the time to run grew closer, the runners, including freshman Caroline Thompson, prepared for the race in the tent.

"I'm really nervous but really anxious for our team, too, because I think



Photo finish ★ Freshman Caroline Thompson, from left, juniors Elizabeth Keaveny and Emily Thompson, freshman Katie Sharp, sophomore Jaime Henry-White, and senior Jacqui Lindsey practice at Mill Creek park Oct. 23. Team members wore hats in celebration of coach Jon Little's qualification for the Olympic trials. The team will compete in Sectionals on Oct. 28. **PHOTO BY ALLISON POINTER**

we will do good, hopefully...but, yeah, really nervous," said Thompson before the race.

Junior Elizabeth Keaveny led the STA runners the whole race, beginning in third at the mile marker with Thompson close behind her in eighth. Keaveny fell to fifth at the two mile marker and

Thompson was ninth. Both maintained those places for the rest of the race and, then, each passed one person in the finishing stretch.

Keaveny was the third place finisher with a time of 19:17, while Thompson finished eighth with a time of 19:53. The top five runners finished in the top thirty,

causing the team to finish third overall and advance to Sectionals.

"I think [varsity] ran okay, but it was certainly not their best," said Moran Redlich. "They should finish in the top three at Sectionals."

Sectionals will be held this Saturday at 11:45 a.m. at Lake Jacomo. ★

State closes with both wins, losses for varsity tennis team

Team support and unity comes through after feats and defeats at finals

by ALLISON POINTER
Staff Writer

The ending of the tennis season went back and forth like the ball on the court. Win one. Win one, lose two. Lose one, win two. Triumph or defeat, STA's tennis team came out with positive attitudes for the closing of their season.

"It was a really fun season," said sophomore JoEllen Redlingshafer. "We had a good team and good coaches and captains."

After winning Sectionals, three matches were to be played if the team would be able to go forward to State. The team won the first two, but lost the last.

"I was kind of mad because if we had just won that last one, the whole team could have gone," said freshmen Caroline Farchmin.

Although they didn't get that particular outcome, Redlingshafer and junior Katie Jackson, also captain of the team, qualified for state individually as a doubles team.

"We had to play the number one seed and lost," Redlingshafer said.

After losing the first round, they were sent to the constellations bracket and won their two matches. In the end, they were third in the constellations bracket. Although it wasn't really what they had hoped for, Redlingshafer was not terribly upset.



A Successful Return ★ Sophomore JoEllen Redlingshafer returns Blue Springs South's Brooke Bell's serve Oct. 11 on the Plaza Courts. Her victory ensured STA a spot at Sectionals. **PHOTO BY KELLY NELSON**

"Everyone is pretty happy that we've won districts," Redlingshafer said. "That was really good."

Besides being happy about their success, the players were delighted with the atmosphere of the team.

"People don't really see that tennis is a team sport when it really is," said Farchmin. She explains that each of the players must put in forth their effort, because not one person can do it alone.

Redlingshafer agrees and comments that the team is close.

"Overall I think everyone had a lot of fun this year," she said. ★

Districts throw team curve ball, end season

Despite a first round loss, softball team remains optimistic for next year

by EMILY BECKER
Section Editor

The air was heavy with remorse on Oct. 5 as Park Hill defeated the STA softball team three to seven in the first round of districts, effectively ending their season.

"It wasn't disappointing because we played well," said coach Don Lang. "The only disappointment was that we didn't hit the ball better. But our pitching and our defense were outstanding."

Freshman pitcher, Jessica Ann, agreed with Lang's perspective on the loss.

"We played really well that game, but it was one of the stronger teams in the district," said Ann.

Other members of the team were not able to remain optimistic after the loss. Junior Katie Drummond felt it was disappointing because the team believed they could win this year after the district appeared to be weaker than last season. However, she agreed with

Lang and Ann that the game was played well and added that, overall, the team improved from last season.

"This year compared to last year was a lot better because there were a lot more people on the team that understood what it was going to be like on a competitive level," said Drummond.

The season began Aug. 21 with a loss of zero to one at Liberty. The team's final record was 5 to 17. While this is an improvement over last season's one win to 18 losses, team members hope to improve next time.

"Next year, I hope we'll do even better than this year, that we can go to finals in districts and that it's a lot of fun this being our senior year," said Drummond.

Lang also feels optimistic about next season because as the team currently lacks seniors, all 19 girls will be returning.

Accordingly, Ann said if the team wishes to achieve these goals, they must work harder and practice during the off-season to acquire more skill on the field.

"All the players need to work over the summer to get a lot more experience," said Ann. "That's kind of what we lack right now." ★

game
line

SCORE:

St. Teresa's ... 3
Park Hill ... 7

FINAL RECORD:

5 Wins, 17 Losses



Drummond

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Coach Qualifies

Assistant cross country coach Jon Little ran the LaSalle Bank Chicago Marathon last Saturday. His time of 2:21:48 qualified him for the Olympic trials next Nov. 2 in New York. Little placed 56th out of around 44,000 runners.

Mr. Robert Cheruiyot of Kenya won the 26.2 mile race with a time of 2:07:35, an average mile pace of 4:51 minutes.

Coaches content with athletic funding

STA administration allots sports budget each year; \$46,000 distributed according to coaching staffs' needs

by SARAH COOPER
Section Editor

Last year, the STA administration budgeted the athletic department \$46,000. The money allotted each year covers transportation, entry fees for meets and tournaments, officials, awards and banquets. Money is distributed among the 10 sports at STA according to need.

Athletic director Mike Egner handles these expenses. The money comes from STA's general account, which is comprised of tuition, book fees and other annual revenues. The athletic department contributes to the account with \$125 sports fees that each athlete pays at the beginning of every season in which she participates. Last year, the fees brought in \$37,000.

The Booster Club is a separate source of monetary support for the STA athletics. Booster Club president Kathy Jantsch said the athletic department usually requests about \$30,000 each year toward equipment, off-campus practice locations, the athletic trainer's salary and team uniforms, which are replaced about every five years.

"We pay for a ton of stuff," said Jantsch.

The Club raises money through selling advertisements, operating the Star Shop and concessions at athletic events, collecting entrance fees as basketball and volleyball games and selling memberships to the Booster Club.

Coaches' salaries are not distributed through the athletic department, but through the administration. Principal of academic affairs Nancy Hand contracts 26 coaches and determines their salaries, which come from STA's general account.

The administration also determines each school year's budget for the department.

"[STA president Faith Wilson] is working on the budget for the 2007-2008 school year," said Egner. "[The budget] is based on a prediction of what things will cost. The school has about 30 different departments, and athletics is just one of them."

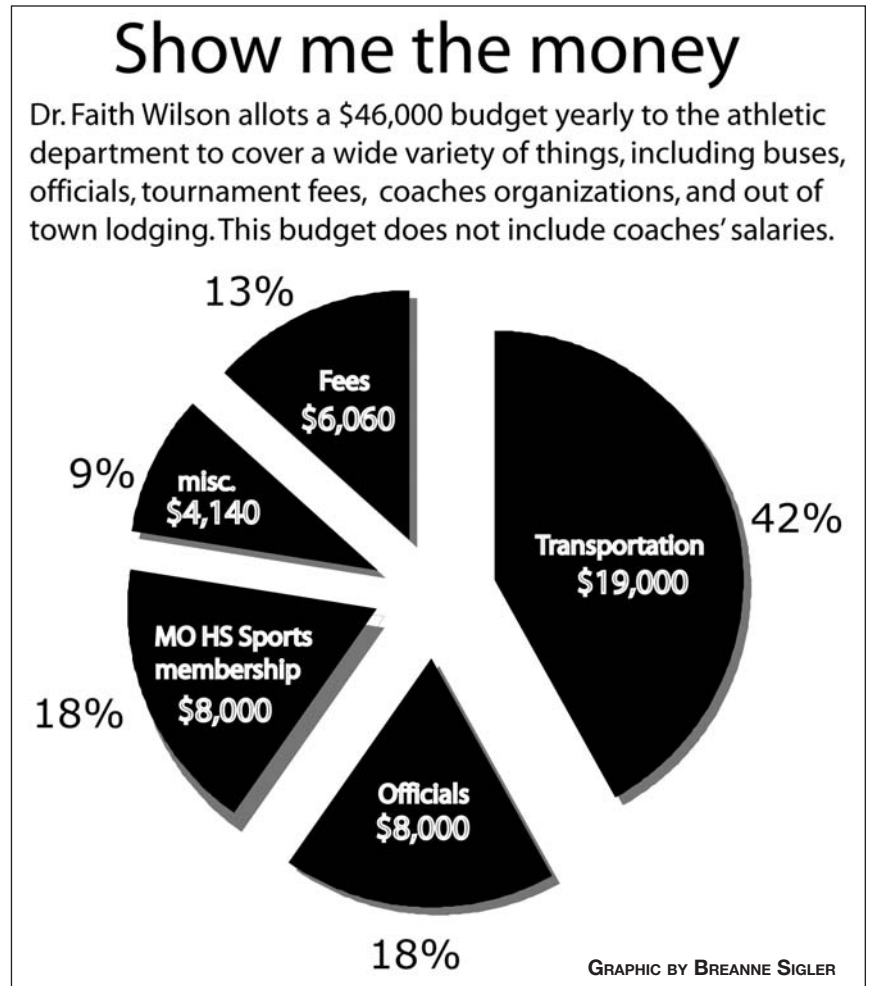
The largest annual expense for athletics that STA covers, aside from coaches' salaries, is consistently transportation, which costs about \$19,000 last year. Basketball coach Rich Wilson said this trend carried into basketball. The basketball teams take buses for most away games during the week, and this year Wilson will experiment with taking buses only to games, as opposed to both to and from games.

"Transportation costs are very, very expensive, and they're relevant to gas prices," said Wilson. "When we have buses it is for a good reason: to keep kids safe. We'd like to keep [transportation expenses] down to keep participation [in athletics] up."

Cross country coach Karen Moran Redlich feels content with the funding covered by the athletic department for cross country, which is the cheapest sport for STA at \$80 per athlete.

The cross country team uses buses for three meets and uses a van for two meets each season. Because most meets are on the weekends, parents drive the athletes to the locations. Moran said the system works very well.

Egner said that athletes complain about not having new uniforms or not being able to participate in out-of-town competitions, but those issues are up to their coaches. He recommended students talk to their



coaches about wanting new equipment.

"If kids had complaints, it would be because they don't know how [the system] works, like who pays for what or how ex-

pensive it is," said Egner.

Egner said that coaches seldom com-

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Kansas cuts

The University of Kansas' athletic department received yet another year of athletic probation Oct. 12 to add to the two years already in place.

Following an NCAA Division I investigation academic fraud and compliance infractions, Kansas self-imposed the two years of probation as well as numerous scholarship cuts. The allegations date back to Mr. Al Bohl's time as Athletic Director.



Different strokes ★ Junior Mary Clara Hutchinson dives into a pool during practice last Thursday at the Roeland Park Aquatic Center. Hutchinson swims competitively for the KC Blazers swim team year round. PHOTO BY MIKHALA LANTZ-SIMMONS

New swim season causes schedule changes, conflicts

Missouri girls' swimming season changes from spring to winter, forces STA to look for competition elsewhere, adjust practice times around boys' season

by NICOLE GRAVINO
Staff Writer

The swimming season for the 2006-2007 school year has been moved from spring to winter by the Missouri State High Schools Activities Association (MSHAA). The MSHAA changed the season to accommodate local club swim teams whose meets often conflicted with the high school season.

"Swimming and diving club sports have most of their meets and qualifying meets in the spring," said athletic director Mike Egner. "Swim and dive club teams are becoming very popular and so the season was switched so as not to conflict."

Junior Rebecca Rogers has been swimming for the Kansas City Blazers since fifth grade and is beginning her seventh year on the club team.

"[The high school swimming season] didn't really conflict with my swimming because it is year round," said Rogers. "Practices with my club team are available five days a week and whenever I needed to miss practice for a meet, I would just tell the [STA] coaches ahead of time and it was never a big deal."

Moving swimming from spring to winter will balance the number of fall sports. There will be two sports in the winter instead of only basketball. The swimming season will overlap the end of the basketball season.

According to Egner this will not have an impact on winter sports, but it may allow more students to run track or play soccer in the spring.

"Some freshmen who want to do swimming and basketball might have problems because of the overlap," said Egner. "Not too many upperclassmen on the basketball team have been on swim team in the past so I don't see it as being an issue."

The STA swim team competed with all of the Shawnee Mission high schools last year, but because of the season being moved to winter, they will no longer be able to compete against Kansas swim teams. This season, they will compete against Missouri teams such as Truman, Blue Springs and Park Hill.

"I would prefer it was still in the spring because I liked competing against Kansas schools," said junior Libby Ring. "I also like it being in winter because I can stay in shape from the cross country season."

According to Egner, more Kansas high schools have their own swimming pools available for scheduling meets and practices than Missouri high schools do. STA will practice at Shawnee Mission East and Shawnee Mission West like they did last year, but will now compete for practice time with swim meets scheduled for the boys' season, which conflicts with the change of season. The boys' swim season was moved from winter to fall under the same proposal which changed the girls' season from spring to winter.

"One of the impacts of that change is that we now have to schedule all meets in Missouri," said Egner. "This has been the challenge created by this decision." ★

DESIGNING

a fashionable future

Senior Maggie Burke ... art student and budding fashion designer ... and three of her creations

Burke plans to major in fashion design in college, and has applied to Columbia Chicago, Pratt Institute, Parsons and Chicago Art Institute. Burke is currently enrolled in a fashion illustration class Kansas City Art Institute, where one of her design drawings is displayed.



Burke wore this brown satin dress to Teresian this year. She designed it to be fun and easy to wear.

Design Process:

1. Draw out design
2. Drape fabric
3. Use trial and error to design dress on dress form fitted to Burke



Burke used curtain fabric for this colorful floral sundress that she designed for spring. Burke saw the pattern and wanted to create a short, fun dress.

Burke designed this dress for a fibers project. She dyed the cotton fabric using a process called arashi shibori.

GRAPHIC BY BREANNE SIGLER

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Horse Lover? Daniel Radcliffe, aka Harry Potter, is branching out from his well known magical role to play a young man that is pathologically obsessed with horses, in the London production of "Equus." Potter fans are shocked to learn that in one scene the 17-year-old will be completely nude ... while riding a horse.

Performance pleases proud parents

Fall concert shows off student talent, draws adoration from audience

by ALLISON POINTER
Staff Writer

The piano echoes die down as girls in black, silver and gold share a smile. The new chorus of reverberated clapping fills the auditorium as men and women stand up with pure admiration on their faces.

"I thought it was all wonderful," said Ms. Julie Torrence, mother of sophomore Molly Torrence. "[The girls] clearly enjoy this."

On the gray, rainy night of Oct. 10, students gathered in the M&A Auditorium to perform in front of their number one fans, their parents.

Although the seats were not entirely full, delight and satisfaction was seen among parents as they fiddled with their programs, smiled and nodded their heads to the sound of the music.

"I really enjoyed the singing as well as the piano piece," said Ms. Ann Dunn, mother of freshman Maggie Dunn.

At the beginning of the program, choir director Shauna Moore explained that the theme for the concert was love songs. This included, "I Once Loved a Lad" and "Shenandoah," sung by the Concert Choir, "America, the Beautiful,"

performed by the Chamber Orchestra, "Yesterday," the piano piece played by junior Ashtin Bryde, "What'll I Do" and "Gershwin for Girls," sung by STA singers and "Te Quiero," sung by the A Cappella Choir.

"You really can see that Ms. Moore is truly inspirational for the girls," said Torrence.

Other than the chorus performances, there were two solos sung by seniors Chelsea Burton and Mary Monachino. After the show, a crowd surrounded the two girls and admired their voices and talents. Monachino sang an amusing song, "Taylor the Latte Boy," which Moore stated was a song about "puppy love." Burton took a more serious song, "Quella Fiamma," a song sung in Italian.

Dunn admits that it takes a lot of effort to put on such a show.

"Maggie was very nervous," she said. "She kept saying how everything needed to be just perfect."

In the end, Dunn felt as if it all paid off.

"It was beautiful," she said. "Great choice in songs."

According to her mother, Maggie has enjoyed music since she was young and is grateful to be a part of the St. Teresa's Concert Choir.

Sophomore Laura Nendick is also a part of the Concert Choir. Her mom, Ms. Pattie Reis, notes that Laura is constantly singing, dancing and acting in



Picture Perfect ★ Courtney Salman, left, STA freshmen Becky Seese and Stacy Hymer pose for a picture by Seese's brother, Alex, after the Fall Concert Oct. 10. The theme of the Fall Concert, which showcased the STA orchestra and various choirs, was love songs.
PHOTO BY KATHLEEN POINTER

plays.

"She loves to sing at home," said Reis. "When she does, that's how I know she is happy."

This was Nendick's first STA concert since she transferred this year from St. Pius, but she says that she was not nervous.

"I don't really have nerves anymore," she said. "I have been doing this kind of stuff for a long time."

Nendick explains that participating in concerts and plays means a time commitment for her parents also.

"They really support me," she said. "They are always behind me saying 'You can do it!'"

Her parents' involvement comes partially from their own love of music.

"They love musical productions and appreciate how much hard work goes into it." ★

Seniors pursue art opportunity

Internship inspires artistic expression

by LIBBY CONWELL
Advertising Manager

While most teenagers hang out with their friends at parties, movies or social gatherings on Friday nights, seniors Meredith Snyder and Alice Collins prefer sticking their hands in clay.

The two girls began a 10-week internship at Red Star Studios Sept. 22 after being referred to the studio director, Ms. Tara Dawley, by STA art teacher Lisa Dibble. After taking the ceramic classes at STA, the girls became interested in taking a class at the studio and jumped at the chance for the internship.

"We took ceramics at STA and liked it," said Collins. "We were really excited about the internship."

In the studio, the girls clean and help with art shows and First Fridays. They are rewarded with free studio time in which they can throw and glaze their own pottery. Throwing, as Collins defines it, is getting a big ball of clay and putting it on a wheel to make a pot. Glazing is painting on a glass-like liquid, which is shiny when heated by the kiln. A kiln is a structure for firing ceramics. When the pieces are fired, they become usable.

"The best part is making things you can actually use," said Collins. "You have to use a different part of your brain. With painting you can cover up mistakes, but with ceramics there's no turning back because all parts of the project can be seen."

Snyder agrees and says she likes making functional pieces as well.

"[Ceramics] is different from drawing or painting," Snyder said. "You can actually pick it up and use it instead of just look at it."

Their love of art did not start at STA. Snyder and Collins have always been interested in art.

Collins likes that it is a different part of her love of art since she has always been interested in making things.

"It's like when I was a little kid," she said. "I would play with mud and make things. Now, instead of mud, its clay and they're a lot prettier."

After a week at school, the girls know they can come to the studio and take their stress out on the clay. Snyder enjoys the feeling of the clay and believes it is some-



Clay in action ★ Senior Meredith Snyder works on a ceramic piece Oct. 6 at Red Star Studios. In repay for her work cleaning and helping at Red Star, Snyder gets free studio time to throw and glaze pottery. PHOTO BY LIBBY CONWELL

what therapeutic.

"The clay makes it easy to take out all your anger," she said. "If you're mad, you can smash it and it makes you feel better."

Collins agrees and feels life experiences help inspire the pieces. She and Snyder like that they can express themselves through

their projects.

"Ceramics is a different form of self-expression," said Snyder. "I don't make art for other people, I make it for me. My pieces are like a snap shot. It's like a scrapbook of what I was feeling and different times in my life." ★

Young Audiences classes created for STA

To strengthen their ties with St. Teresa's KCYA offers classes to students

by CARLIE CAMPBELL
Staff Writer

This year, Kansas City Young Audiences (third floor of the M&A Building) is offering two new classes exclusively for STA students. After sending out a survey to the student body, KCYA decided on the classes: jewelry-making and swing dance.

"The dancing class had about 50 percent support, the jewelry-making, about 40 percent," said KCYA Director of Marketing and Business Development Marty Arvizu. The survey went out to about 500 students and Arvizu received 317 surveys back. According to Arvizu, students also expressed an interest in fashion classes such as knitting and sewing.

For the jewelry-making class, they decided on Mr. Bill Hargraves because he has taught jewelry making at several area schools.

"Because he already had that program developed, we thought that it would be a natural fit to have him come teach that class on site for us, as opposed to teaching out at other schools," Arvizu said.

Hargraves has competed in jewelry shows around the country and has even made pieces for President Ronald Reagan.

The tuition of the jewelry class is \$160, including all materials. In the class, students will complete one or two projects whose end result will be worth about \$50. The students had a choice between making a ring or a pendant. The class is being held until Dec. 5. The three students enrolled in the class said they wanted to learn how to make jewelry because they had some prior experience but wanted to further their knowledge.

"I can't wait to finish my ring," said sophomore Phyllis Cole. "I'll probably wear it every day."

The dance class is being held on Mondays after school through Dec. 4 in the Dance Studio. The class tuition is \$100 for an individual participant, or \$160 per pair.

The dance instructor, Mr. Jeremiah Bagunu, came to KCYA over the summer and taught part of their dance camps and the dance portion of their musical theater camp.

"Right away we saw he had a good rapport with the students and that he was energetic and well-spoken, so we knew we liked him after this summer," said Arvizu.

There are five students in the dance class, and they also like Bagunu.

"He's good," said sophomore Casey O'Malley, who is taking the class with her brother, Conor, also a sophomore. "He re-

spects us. He knows if we're ready or not to do something."

O'Malley said she wanted to take the class to learn new dance steps for school dances like Teresian and Homecoming.

Besides just learning how to make jewelry or dance steps, Arvizu expects students to gain something more out of these classes.

"Hopefully, they get opportunities to improve on a skill that they may have had some experience in or none at all," said Arvizu. "To learn something new, an opportunity to develop confidence as a result of learning new skills and a feeling that they have a way to express themselves in a positive way." ★



"Dancing with the STArS" ★ KCYA Dance instructor Jeremiah Bagunu leads freshman Kat Wiens through a basic ballroom dance Oct. 9. PHOTO BY CAROLINE QUINN

KATE RAINEY



VIDEOPHILE

Comedy tries at humor, sinks like a rock

Two of TV's most successful producers introduced new shows on NBC. Lorne Michael's ("Saturday Night Live") launched "30 Rock" and Aaron Sorkin and Thomas Schlamme ("West Wing") launched "Studio 60." These producers clearly stamped their personalities on their new series.

"30 Rock," which airs Wednesdays at 7 p.m., possesses one of "SNL's" worst qualities: it's not funny. The show stars Tracey Morgan, Tina Fey (who also writes for the show) and Alec Baldwin in a virtual "SNL" reunion. It follows the head writer (Fey) behind the scenes of a comedy show, "The Girly Show."

This should be a no-brainer. The characters (Fey, Baldwin and Morgan) basically play themselves. But the show remains simplistic and fake. It consists of a set up, punch line, set up, punch line, sarcastic comment, Morgan acting like an idiot format.

"Studio," which airs Mondays at 9 p.m., on the other hand, successfully follows the inner workings of a sketch comedy show. It features an amazing cast, including Amanda Peet, Matthew Perry (who luckily left Chandler Bing on the "Friends" set) and Bradley Whitford. More importantly, the show possesses great writing and directing. It blends smart humor with a dash of physical and slapstick comedy. In one episode, Perry's character engages in witty banter with a reporter writing about the show. A man in a lobster suit interrupts their bickering to ask about his costume. The same lobsterman pops up throughout the episode, sleeping on a couch in one scene, or strolling around the set.

This series takes after its predecessor, "Wing." Luckily for Sorkin and Schlamme, that is a compliment. Much like "Wing," the characters spend a lot of time speed walking in a pack in front of the camera. They also talk rapidly while keeping it conversational. Instead of simply bouncing lines off one another, they produce a realistic, if at times frantic, atmosphere. The only difference is one deals with running a TV show and the other deals with running a country. Sometimes, it is hard to tell which is more difficult.

The writing separates these shows into brilliant and mediocre. "Studio" flows beautifully from scene to scene and the storyline makes sense. The dialogue, characters, interactions, even the wacky stuff that takes place (Perry inadvertently breaking a window with a baseball bat) seems realistic. It possesses something genuine that comes from a polished script and knockout cast.

"Rock" lacks the writing to take it above D-list TV. Fey must be stuck writing for sketch comedy because the show is choppy. The scenes don't flow together, as if she meant for each one to stand on its own. The dialogue, characters, interactions and wacky stuff that takes place (Morgan running around in tighty-whities yelling "I am a Jedi") seem unrealistic.

If searching for a backstage look at sketch comedy, watch "Studio." It achieves intellectual comedy without being heady and slapstick without being juvenile. "Rock" attempts to capture the same original perspective, but misses the mark by a light year. ★

26 october 2006

★
The Dart

St. Teresa's Academy

★in brief

Grave competition

Rock n' Roll legend Elvis Presley is no longer the top-earning dead celebrity. The list released Tuesday by Forbes.com ranks grunge singer Kurt Cobain number one after earning \$50 million between October 2005 and October 2006. Presley's income dropped this year from \$45 million to \$42 million.



SECTION EDITOR

Finding the key to my future

At the tender age of five, I began taking piano lessons, and at the not quite as tender age of six, I quit. At the time, I thought I would never again be subjected to sheet music or long recitals. Boy was I wrong!

About one year ago, my eight-year-old sister became friends with a set of twins named Lucy and Sanne. One day, they were playing at my house when their father came to pick them up. He walked in the door, said a quick hello to my mother and spotted our dusty old upright piano. I can't remember exactly what was said, it's all a bit of a blur, but the next thing I knew, this man was playing our piano. He was playing our piano really well.

As it turns out, this "regular Joe" father to my sister's friends is, in fact, Bram Wijnands, a famous jazz pianist that has played venues all over the world from the Kansas City "Rhythm and Ribs Festival" to Carnegie Hall. But this is only the beginning.

Next came my first real piano recital. Most people have been to the fun little kid recitals where a little girl (in my case) wears a "cute" dress with God-awful puffy sleeves and when she finishes pounding out her songs the teacher gives her a treble clef pin and a pencil with music notes on it. This is not the kind of recital I'm talking about. I'm talking about a full-blown conservatory recital.

Shoko Hino is a graduate student at the UMKC Conservatory of Music, a friend of my family and my sister's former piano teacher (that's right, she quit too). Several weeks ago I attended one of her recitals and I realized three things:

1) This was her doctoral recital. That means that this woman is going to be a DOCTOR in playing the piano. It kind of makes me wish I was really good at something (I wonder if I could be a doctor in procrastination).

2) There is a lot of piano etiquette of which I was completely unaware. Tip: don't start clapping until everybody else does.

3) I just spent an hour and a half listening to someone play Bach and Chopin, from memory. And almost more importantly, next time I hear someone discussing Bach and Chopin I will no longer have to pretend I know what they are talking about.

Not even two days after my Shoko experience, my mom found an advertisement saying that the "5 Browns" were going to be in town the following Friday; she immediately got us tickets. "The 5 Browns" are five siblings between the ages of 19 and 25 all of whom have been trained at Juilliard and have banded together to share their love of classical music with the world. The three-hour concert was mind boggling, and it is just plain cool to deck out stage with five grand pianos and have a bunch of kids go at it, granted they are highly trained kids, but still.

All in all, my recent pianotic adventures have made me realize that it is a pretty small world. I've also realized that people can do some pretty amazing things and according to the transitive property of personhood, since I am a person I am capable of amazing things as well. Therefore, I'm going to take advantage of that ability and learn to do something amazing. I'll let you know what it is once I figure it out. ★

T-Rex leaves tummies

GrowLi

Restaurant fails to live up to its colossal name-sake

When our buzzer went off, we cheered loudly scaring those around us. However, we were disappointed when we reached the hostess only to wait in yet another line of people whose buzzers also went off. We were finally seated in the shark room, where we sat in a seashell shaped booth. I am not really sure what this had to do with dinosaurs but we went along with it.

The service was painfully slow throughout the evening but our waiter was very friendly. The menu had a variety of choices all with catchy names such as Meteor Meatloaf or Mammoth Mushroom Raviolis. Mikhala [Lantz-Simmons] decided on the Caesarsaurus salad with a side of tomato basil soup. Kathleen [Pointer] and I both chose the Prehistoric Margherita Pizza.

While waiting for our food, I explored the restaurant a little bit. Various fake dinosaur bones and fossils were scattered on the walls, while the constant roaring of a dinosaur who sounds like he is suffering from indigestion echoed throughout the facility. I made my way to the restrooms and chose the door that said She-Rex.

The bathrooms really were not that special, except for little girls whining about how they were scared to leave the stall because the dinosaurs might eat them. I returned to my table and waited ice ages for my pizza. We all got headaches from the constantly groaning dinosaurs, or maybe it was just our stomachs.

Our food finally arrived and we dug in. We were not that impressed with the taste of our meals, but they did not taste terrible. The portions are big, and Kathleen and I decided we should have shared especially because the price was a little out of a high schooler's budget.

By the time we had finished and received our bill, we were desperate to get out of there. The roaring, the little kids, the crowdedness had not been pleasant. In fact, Mikhala had to take an Advil.

The atmosphere was fun and it was a cool idea. Saturday evening was not a good time to go and it probably would have been more pleasant if we had visited in the middle of the day. If you want some good little kid fun and can deal with the deafening noises, I recommend T-Rex. However, if you are afraid of mechanical roaring dinosaurs, I would stay far away. ★

by LIBBY CONWELL
Advertising Manager

Imagine a place where Tyrannosaurus-Rexes roar and Pterodactyls soar. T-Rex is the new restaurant out at The Legends. Much like the well-known Rainforest Café, T-Rex is a pre-historic restaurant experience with electronic dinosaurs moving back and forth and roaring.

Being high school seniors, my fellow Dart staffers and I may have been a little too excited for this adventure, which is why we willingly waited an hour and a half for a table. T-Rex does not take reservations Friday through Sunday, so if you go on a weekend, it is best to go in the afternoon to avoid a wait. The restaurant was crowded with over-excited children and antsy parents, which could make anyone feel claustrophobic so we took our table buzzer and stayed outside.

'Man of the Year' fails to impress movie goers

Williams takes on not-funny comedy, again

by CAROLINE QUINN
Staff Writer

Betrayed, disappointed, and disgusted - that's exactly how I, and probably millions of other fans, felt when Robin Williams took the humiliating role in this year's scorned family flick "RV."

Your respect for Williams may be lost forever, but his unique character may grant him a second chance. If you're looking for a movie to completely restore your faith in Williams, it's probably not his latest "Man of the Year."

So here's the 411 on the plot: To stir things up around the country, a goofy political talk show host, Tom Dobbs (Williams), decides to run for president. Not expecting to actually win, he instigates trouble at serious political events, like refusing to stay behind the podium and lower his voice. To the great surprise of Dobbs and the world at large, the comedian lands a spot as the head of the White House. After he is elected, Dobbs meets Eleanor Green (Laura Linney), a former employee of cutting edge company Delacroy, a corporation whose glitch in

their new electronic voting machines creates the central conflict in the film. As Green attempts to uncover the scandal of Delacroy, the movie takes a sharp turn from an original comedy to the classic "discover the corporate evils of a big company" thriller/drama. And this is where I lost interest in the movie and resorted to looking around the theater to observe the rest of the audiences' reactions.

When I see that a Robin Williams comedy is coming out, I expect to be falling off of my chair in the theater. But in "Year," I often found myself forcing the chuckles out to save Williams from embarrassment.

What happened to Williams' cool de-

"I often found myself forcing the chuckles to save Williams from embarrassment."

meanor and natural humor? In the beloved 1993 comic drama "Mrs. Doubtfire," Williams plays a character that is uncannily like his true self. You know, the typical Williams traits' - genial, amusing and genuine.

That's what viewers want to see when they shell out 20 bucks on a film's opening night, but this wish was not fulfilled. Instead, the viewers were delivered a suppressed version of Williams, one that fails to make you smile and unconsciously warm you heart.

Despite the disappearance of Williams' true individuality, "Year" successfully makes a mockery of the current government and political system. The film reveals the absurdities of the government as seen by many Americans, including the high prices of gas, same-sex marriage bans and the idea of having a "clown" as the president. In fact, when Dobbs was elected to office, the news reporter in the film proclaimed that the country's new leader is a comedian, not a politician, and a woman to the left of me blurted out, "Yeah, well what else is new?" At this point, that the satirical value of "Year" became recognizable. The movie presents itself as a watered-down comedy, but the real understanding of it lies in the film's ability to poke fun at our society.

So where do we go from here? It's hard to say whether Robin Williams has redeemed himself, or dug an even deeper whole that may be nearly impossible to climb out of. But I can say that "Man of the Year" is worth renting when it hits the movie store because of the authentic truths that it discloses. ★

26 October 2006

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★in brief

A rough week
One day after burying her 20-year-old son, Daniel, Anna Nicole Smith was booted from the \$1 million dollar Caribbean home where she stayed with her infant daughter and lawyer/lover Howard K. Stern. If Smith returns to the U.S., she will be forced to submit her daughter to a paternity test in compliance with her ex-lovers law suit.

26 october 2006
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★in brief

Getting to Know You

Born last spring, here are some facts about Mo O'Rear's son.

Full Name: Tarin Isaac

Born: 4:26 p.m.

Weight: 8 pounds
12 ounces

Height: 22 inches

Eye Color: Blue

Hair Color: Blonde

struggle. tears. family. **pressure**. decisions. gossip. life. sacrifice. fear. pain.
courage. relationships. love. struggle. tears. family. pressure. decisions. **gossip**.
life. sacrifice. fear. pain. courage. relationships. love. struggle. tears. family.
pressure. decisions. gossip. **life**. sacrifice. fear. pain. courage. relationships.
love. struggle. tears. family. pressure. decisions. gossip. life. sacrifice. fear. pain.
courage. relationships. **love**. struggle. tears. family. pressure. decisions. gossip.
life. sacrifice. fear. pain. courage. relationships. love. struggle. tears. family.
pressure. decisions. gossip. life. sacrifice. fear. pain. courage. relationships.
love. **struggle**. tears. family. pressure. decisions. gossip. life. sacrifice. fear. pain.
pain. courage. relationships. love. struggle. tears. family. pressure. **decisions**.

Fifteen months ago, junior Mo O'Rear was faced with a life changing decision when she discovered she was pregnant.

With support from her family, friends, Mo now recalls the challenges she overcame in her journey.

“The adoptive mother was not going to get to experience this, so I wanted her to be as close as possible”
Mo O'Rear, junior

by MADDY MCGANNON
Staff Writer

The O'Rear family returned home from the three and a half hour drive from St. Louis Dec. 5 after celebrating their great-aunt's birthday. Three sisters grabbed their suitcases and shuffled into their Brookside home. Each girl went into her room and began to unpack her clothes.

Junior Mo O'Rear relaxed on her bed and picked up the phone. The topic of her pregnancy came up in conversation with her boyfriend, the father of her baby. Downstairs, Ms. Stacie O'Rear, a teacher at STA, picked up the telephone to hear her daughter's discussion. She realized there was no more time for denial, walked slowly up the stairs to Mo's room and was faced with opportunity of confirmation. She entered and asked Mo, "Is it true?" and Mo replied, "Yes."

Together, they sat on Mo's bed as the tears streamed down their faces. The fear and worry disappeared for a moment, as mother and daughter hugged and cried. Mo felt a great sense of comfort and support from her mom and dad, Greg, as they began to consider her options, including adoption, and talk about where Mo's life would lead for the next four months.

"I was scared [to tell my mom] because I always thought that I was stronger than feeling like I needed [a boyfriend]," said Mo. "I felt like I had nobody else to go to. I knew I had [my mom] and that sooner or later I would have to tell her, but I just wasn't quite ready to feel like I had disappointed her. So I just pushed it off and pushed it off and then she finally figured it out."

The O'Rears were close with families who had chosen to adopt, and watched the children playing in the green grass of neighbors' backyards. Mo decided to give

the baby up, knowing adoption was a safe and reliable option.

"When we found out [about the pregnancy] and were talking to Mo about it, so many times we wanted to think about what we emotionally wanted to do," said Stacie. "Instead we had to think what is the best thing for the child."

The question of what was best lingered in their minds. The family wondered. Was it best to have two parents who want this child so badly they would do everything they could to get him? Or do they want this child to have a teenage mom, who, although surrounded by people who love her, is still a teenager?

Being fairly familiar with adoption, Mo and her parents knew adoption could be local.

"It wasn't like you have the baby in some foreign place ... a state or two away and then come back and people say, 'Oh! Guess what? She's not pregnant anymore,'" said Mo. "We knew this would be the best place for me because this is where my family was."

By staying in Kansas City surrounded by constant love and support, her life would eventually get back to "normal."

"Greg and I would never, ever consider sending [Mo] away," said Stacie. "But it was something Mo had thought about before we knew [about her pregnancy]. She didn't want to give up her education and everything else. Then she realized that we wouldn't send her away and that the people of St. Teresa's would be so supportive."

When Stacie and Greg became aware of Mo's pregnancy, they called principal of academic affairs Nancy Hand to inform the school. Hand set up a meeting with Stacie, Mo and all of her teachers. During the meeting, they discussed how to help Mo through the next four months. Together, everyone settled on a supportive agreement.

"We wanted to get her through finals," said Stacie. "We wanted to wait until Christmas break began for all the news and gossip to hit the internet highway."

The next four months were very stress-

struggle. pressure. fear. love.
 tears. family. sacrifice. relationships. love.
 decisions. gossip. life. sacrifice. fear. love.
 pain. courage. family. pressure.
 struggle. tears. family. pressure.
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 pain. courage. relationships. love.

“We preach and say things, but if they make that decision, even if, maybe, that isn't the decision that we should make, they think we won't be supportive and that's not true.”

Stacie O'Rear, mother of Mo

and the birth mother, and every adoption is different.

As many people became aware of the decision and action Mo took with her pregnancy, she felt there were a few people who didn't completely understand. According to Mo, people did not realize her pregnancy did not change who she was as a person, it

was just a fact about her.

“I think the fact that I was so open about it towards the end made it a lot better,” said Mo. “People stopped asking questions like, why is she getting so big?”

Through the adoption and pregnancy process, Mo learned a lot about herself and her relationships with her parents, sisters and friends.

“I can be a vocal person when it comes to adoption,” said Mo. “If anyone has a question about it or who to get in contact with, I can answer it.”

Mo realized she was a much stronger person because of her experience and learned she doesn't need a boyfriend, just family.

During an interview, Stacie sat proudly and watched her daughter as Mo spoke about her experience. Stacie rested her chin on her fist as tears came rolling down her cheeks. Mo sat up straight, self-assured, and continued to tell her story.

“I think sometimes girls don't realize how supportive their families will be,” said Stacie with tears in her eyes. “I mean, we raise our children to try and make certain decisions and they're going to make their own. We preach and say all these things, but if they make that decision, even if, maybe, that isn't the decision that we would make, they think we won't be supportive and that's not true.” ★

Pro-Life group educates student body on issues



It's a girl ★ Sophomore Samantha Barker digs into a piece of cake during the Stars for Life baby shower in The Commons Oct. 12. Students who donated infant items or money during Respect Life week received the cake. PHOTO BY CAROLINE QUINN

Stars for Life attempts to help STA students understand life topics

by MADDY McGANNON
 Staff Writer

The Catholic Church deemed October Respect Life Month. STA honored this observance through Stars for Life week, Oct. 9-13.

“The main reason we have Stars for Life is to educate STA,” said Ms. Mimi Harman. “The point is to have everyone understand that virtually every decision we make either builds up or tears down life.”

A baby shower was held Oct. 13 for students who brought in baby items such as diapers, baby clothes and toys. All of the items were donated to Light House, an organization through Catholic Charities.

Not only does the week deal with decisions made by mothers, but other life issues.

“The term pro-life is often just associated with abortion,” said Harman.

“But Stars for Life wanted to branch out and raise awareness that all life should be respected.”

Stars for Life covered topics such as poverty, war, abortion, death penalty and drinking and driving. For senior Brynne Lee, who helped to bring this week to STA, covering all topics was important. She felt that before Stars for Life, there was not enough recognition and awareness about pro-life issues at STA. She said the idea came from an inspirational rally she attended.

“I went to a Pro-Life Rally at Holy Trinity when I was in eighth grade,” said Lee. “I don't know how anyone could sit through it and not support life. Everyone was in tears.”

Lee, along with seniors Libby Conwell and Shannon Van Buskirk, proposed the idea of a Pro-Life Week to campus ministry. Harman jumped on it. In its second year, Stars for Life strived to succeed in raising awareness among students.

“With my faith, I saw that we have to respect life at all stages as a gift from God,” said Harman. “This means everybody's life.” ★

“I knew I had my mom and that sooner or later I would have to tell her.”

Mo O'Rear, junior

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★in brief

By the Numbers

2 US ranking in world comparison of number of pregnancies aborted

11.12 Average amount of money needed to pay rent on a two bedroom apartment in Missouri, twice minimum wage

52 Inmates on Death Row in Missouri as of April 2006

1047 Executions in US since reinstatement of death penalty is 1976

637,891 Number of Missourians living at or below poverty level

47,282,923 Abortions in US as of 2005 since Roe v. Wade in 1973

Complex: Debate rises over new field

Continued from page 4

"We would get nicer practicing facilities," said Krause. "We would have stable fields to practice on so we wouldn't have to change our practice locations. The conditions would be kept up more. They would actually mow the grass when needed because it would be an actual complex. There wouldn't be as many ditches and ruts and it would be easier to get our work done at practice."

Krause, Younger and Hyder believe Question #1 will pass Nov. 7.

"I think the vote will pass because people want to help kids get involved in exercise and sports and I think that would help," said Younger.

Krause believes it will pass, too, but for a different reason.

"I think it will pass because a lot of soccer teams probably feel the same way," said Krause. "And I've seen a bunch of signs in people's yards which mean that they want it to pass." ★

Stuttering: Student reaches for her dreams despite obstacle

Continued from page 11

reactions make me feel really insecure. The way they look at me just says, 'What's wrong with her?'"

Her mother has big dreams for her daughter, just as Alissa has big dreams for herself.

"I would like to see her become more confident in herself and feel better about her speaking ability," Terri said. "My hope is that she can follow her dream. She has a great mind that she could solve mysteries in the FBI. I would never want to squelch the lawyer dream, and at the same time I know that would put a lot of pressure on her. I don't know that that would fit her personality, but she could prove me wrong. I would certainly support her in whatever she chooses to do." ★

Obama: Illinois senator makes strong candidate

Continued from page 7

is a man whose office receives nearly 300 requests for appearances a week. Bush only had six years of political office under his belt before he ran, and won, for President. Former President John F. Kennedy falls under nearly the same time constraints.

Take notice Americans, this is a man who will belt out a Dionne Warwick song to a crowd of 300 high schoolers. He most assuredly is not afraid to take on Washington.

Okay, okay ... you want my real advice? Christopher Walken for President in 2008. Or Oprah, ask that Patrick Crowe. ★

thizzle dance



Shake your groove thing ★ Rockhurst High School senior Kelly Mercer grooves to the Thizzle dance at Teresian Oct. 21. Mercer was accompanied to the dance by senior Mary Nulton. PHOTO BY KATHLEEN POINTER

Funds: Athletic department strives for fairness

Continued from page 16

plain about a lack of funding because athletics get substantial aid from the Booster Club. Wilson supported this statement.

"I think [basketball] is adequately funded for the most part," said Wilson. "[Money] comes from multiple sources and I think it is adequate from all of them. Between the athletic department and the Booster Club, in basketball, we manage pretty well. Mr. Eg-

ner and I work pretty well together. We're organized enough to know our needs."

Egner said he uses "common sense" to determine the budget for each sport.

"We don't really use figures because [each team's budget] changes so much," said Egner. "It's not really fair to cut a team off at a certain point. You can't use 'equal' as a judge; you have to use 'fair.' There's a different criteria for each sport."

He compared the expenses of basketball and cross country to emphasize this point.

"There aren't officials for cross country but you have to pay for meets," said Egner. "Basketball doesn't have [entry] fees, but you have to pay for officials and that's expensive."

Wilson agreed.

"The athletic budget is limited, but I think it is fair and does what it has to do," said Wilson. "From a coach's standpoint, I don't think there is any controversy [around fund distribution]. Some sports are more expensive." ★

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Mother House
Ms. Anita Reznicek represented St. Teresa's Academy at the annual Sister of St. Joseph sponsorship day Oct. 16. She returned to the mother house in Carondelet, Missouri near St. Louis. Mr. Charles Bouchard from the Aquinas Institute presented. The legacy committee introduced the new video on the CSJ's mission. The video also covered all of the places the sisters serve, which includes Japan and Hawaii. Reznicek said that the day also was a chance to meet and catch up with members from the other institutes the CSJs are affiliated with.

Speaker offers inspirational thoughts on balance

During her Oct. 12 presentation in the auditorium of the M&A building, Sister Rita Larabee offered ten points for finding and achieving balance in life. Larabee has been the publisher of the National Catholic Reporter since March 2005, and is the first woman and first sister to hold that position.

- 1) Find beauty
- 2) Take ten minute vacations
- 3) Sit and be still
- 4) Practice nonviolence and listening
- 5) Have compassion
- 6) Be grateful
- 7) Remember less is more
- 8) Surrender to God
- 9) Practice forgiveness
- 10) Step back



Speaker in action ★ Sister Rita Larabee speaks to STA students, faculty and staff during Faith-In-Action Oct. 12. Larabee is one of four speakers that will be on campus this year; the next will be Sister Rosemary Flanigan Nov. 29. PHOTO BY KATHLEEN POINTER

Iraq: 'He's doing something very honorable'

Continued from page 2

to the Marines, J.T. could possibly serve up to four tours of duty.

While in Iraq, J.T. was primarily stationed in the Al Anbar region, out of Fallujah. He was in the infantry, where the soldiers did not have days off. At one point, he spent 38 straight days in the field, during which time he was unable even to take a shower. He was injured three times during his deployment.

"When they're boys, they always play war," said Mike. "We always told [J.T.] the real stuff - it's not a game. It's not like on TV."

After saying goodbye to J.T. on May 23 at 5pm at the downtown Marriott Hotel, where all the men going into the Marines were spending the last night before they left, Nancy and Mike didn't hear from J.T. for several weeks. When they finally heard from him, communication was mainly through written letters.

Nancy also said that once or twice J.T. was able to get permission to call home, but only to talk for a short period of time. At one time, she heard she could finally send him things, and sent him a package with some food. She later found out that she shouldn't have.

"They made him eat it all at once in front of everybody," she said. "Because he got something that he shouldn't have gotten. I don't quite understand the logic, but that's what it was. I guess that's training ... [But] I think that's very dehumanizing for someone."

However, Mike said that during the times J.T. was able to call, he usually sounded cheerful.

"He maintained a really good attitude throughout his whole deployment," Mike said.

Because of Marine policies, J.T. was never able to tell his family where he had been or details of what he had experienced, until after he had been there.

"They were getting in contact every day," said Mike. "They wear you down mentally and physically. He'd say, 'Dad, it's just every day.' It just doesn't



The war's shadow ★ J.T. lies with fellow Marines next to a vehicle, after patrol in Al Habbaniyah. The Marines slept under the vehicles to evade the Iraqi sun. **SUBMITTED PHOTO**

let up. That just wears you out."

Though the stresses of war were weighing on J.T., Mike wanted him to remember the piece of advice he had given him before leaving. It was the same advice that Mike, Officer in Charge of Jackson County Drug Task Force, had given many times before to all of his police officers.

"Never get complacent," he said. "That'll do you in real fast. [When] you drop your guard, that's when something's going to happen."

Both Nancy and Mike would like to see J.T. get his college degree after he finishes his service with the Marines.

While in Iraq, he was able to take some classes at a Marine-sponsored college near his base, that also offered classes online, and that was able to suspend work when soldiers were in the field or on an assignment.

When J.T. is finished with the Marines, he hopes to go into law enforcement. Nancy said he wants to be a policeman, like Mike. She also said that J.T. has wanted to go into law enforcement "ever since he was a little baby boy."

After a year and a half of J.T.'s service with the Marines, Nancy said she still has not adjusted.

"But, I have to support my son," she said. "This is the decision he made. I don't know how else to say that ... you have to support your children. It's not as if he went out and committed a crime; he's doing something very honorable."

Nancy said it is that thought that keeps her going.

"He's serving the people, and basically that's what he said he wanted to do, was help people," she said. "And of course, I immediately said to him, 'You can help people in other ways,' but [joining the Marines is] what he wanted to do. That's why he did it. He said, 'I really like helping people.' ★

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Deaths in Iraq
According to *The New York Times*, the number of American soldiers killed in Iraq passed 2,700 in September. Iraq's Body Count reports nearly 47,000 civilian deaths. Some sources claim there are as many as 655,000 unreported deaths since the US invasion in March 2003. *The New York Times* also reported a senior defense department official saying that the insurgency attack rates have doubled since January 2005. October is on track to be the third deadliest month for American troops in Iraq with 23 killed in the first week.



Under attack ★ J.T. and fellow troopers run in to clear a house after a sniper attack. As the team leader, J.T. was always in front during house clearings. **SUBMITTED PHOTO**



Leading in courage ★ J.T. clears a house in Al Habbaniyah with a fellow Marine. He was stationed in Al Habbaniyah during July. **SUBMITTED PHOTO**

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Nov. 18, 2006

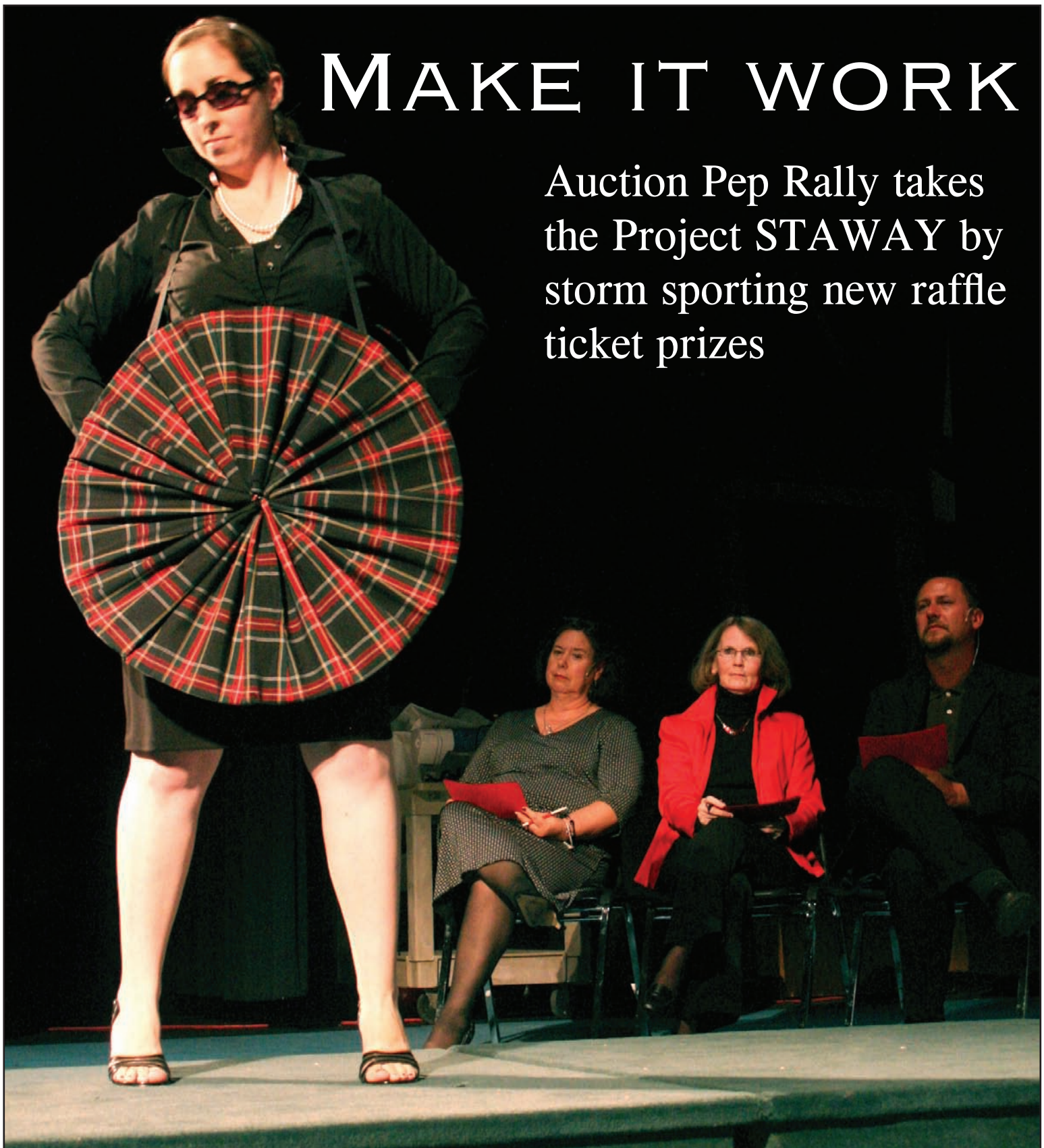
Annual STA Auction

Attending guests will bid on 700 items and eat dinner from Garozzo's Ristorante.

This year's chairs for the auction are Dr. Kevin and Ms. Mary Ring and Mr. Paul and Ms. Mary Thompson.

The choice of \$10,000, a year of free tuition or a new car is the coveted prize offered every year.

Sell those raffle tickets ladies!



MAKE IT WORK

Auction Pep Rally takes the Project STAWAY by storm sporting new raffle ticket prizes



Work that rosette ★ Ms. Megan Filipowicz (above left) poses as a model for the skit about a contest to redesign the STA school uniform. Dr. Faith Wilson, Ms. Arlene Hernon and Mr. Rich Wilson act as fashion judges Diane Von Furstenburg, Nina Garcia and Michael Kors. PHOTO BY KATHLEEN POINTER

Pecking order ★ (From left) Staffers volunteered to act as models for the auction skit. In this scene the models wait to hear if they are "out." PHOTO BY KATHLEEN POINTER