

THE DART

ST. TERESA'S ACADEMY

A young woman with light brown hair tied back, wearing a plaid headband, is shown in a close-up shot. She has a white digital thermometer in her mouth and is looking down at an open purple physics textbook. The book's cover features the text 'HOLT PHYSICS' and 'SERWAY • FAUGHN'. The background is a blurred classroom setting with wooden desks and chairs.

Sticking it out

Should sick students come to school?

see page 2

Students absent due to winter flu season

Girls decide whether to come to school sick, absences hard on students

by ALLISON POINTER
Staff Writer

On Nov. 6, sophomore Emma Spencer approaches her lunch table with a hand to her forehead and looks at her friends. They look up at her and question how she feels as she just sighs and shakes her head, saying she just needs to get home.

It was two weeks later on a Saturday night when Spencer found her body aching and itching with red splotchy hives. Around eight that night, Spencer's parents decided that she needed immediate medical attention and drove to St. Luke's Hospital, entering her in to the emergency room. There she was hooked up to an IV and responded positively to the medications.

After an hour of waiting and watching, the Spencers went home and quickly put their daughter to bed.

"I got sick on a Sunday night and didn't get better for a whole week," Spencer explains. "[Then] I went to the doctors for a strep test and got a shot which didn't work, because I started getting hives and had a fever of 103 degrees. It was kind of scary, [especially] the IV part; I had never gotten one before."

Studies have shown that teenagers are the least likely group of people to catch the flu and they are most commonly at risk if they are taking aspirin regularly. But as flu season comes around, teens are found to be missing school due to the illness.

"I was glad I went home," said Spencer.

START	School stress, organize planner. Move ahead 1 space.	Get the sniffles.	All-nighter to write AP Lit essay. Move back 1 space.	Ignore alarm clock; too late for breakfast.	Get cough drop from friend. Move ahead 1 space.
Pass out in class; recover at hospital!	<h2>LIFE...</h2> <h3>as a sick student</h3> <p>GRAPHIC BY BREANNE SIGLER</p> <p>Being sick during the school week is like entering a downward spiral. Students get behind in school work and often spread their illness to others. Playing pieces and a coin are needed to play the game. Flip the coin during your turn, and move one space if you get heads or two spaces if you get tails. Have fun and stay well during this germey time of year.</p>				Drudge through eight hour school day.
No more tissues; others sick too! Move back 1 space.					Wakeup; drag self out of bed for big trig test. Move back 1 space.
College rep visit; must go to school.					Interrupt class with coughing fit.
Mounting absentees; can't leave. Move back 3 spaces.	Too sick to focus on Algebra. Go back to sick room.	Drive to school through waves of nausea.	Take NyQuil after work; pass out.	Consider work sick day, go anyway. Move back 2 spaces.	SICK ROOM Lose turn

cer. "I did have a fever but I just needed to go home because I really wasn't feeling good and there have been a lot of things on my mind lately."

Later, Spencer commented that if she hadn't gone home that first day, things would have just gone worse. Stress is usually a common factor in illness. The overload in homework and social life can be too much to handle and can easily be confused with poor health.

"Stress adds to a lot of my sicknesses," Spencer said. "I normally go to bed around 10 or 11 [p.m.], but with homework and everything else, it now seems like I go to bed at 12 or even 1 [a.m.], which isn't very good for me."

Dr. Ann Gassman, mother of sophomore Katie Gassman, agrees that students who do not get enough sleep tend to become weak and tired.

"Sleep is really important," she said. "Kids who sleep regularly will benefit."

Currently at STA, teachers are allowed to drop grades by one letter if a student is absent five times. The school also counts missing one period as missing half a day.

Mr. Matthew Bertalott said that he agrees with the five absences rule.

"For theology, you only meet three times a week," he said. "To miss five classes is significant."

Although, for cases such as Spencer's, Bertalott makes exceptions.

"There are exceptions to every rule and a prolonged illness is one of those exceptions," he said.

Coughlin agreed saying that girls

missing a lot of school will suffer in the end, but also said that it depends on the circumstance.

"If girls are absent frequently on days we have tests, then I get a little concerned," said Coughlin. "With a lot of absences they always get behind."

Although not all students might not be aware of these rules, sophomore Caitlin O'Donnell comments on how she knew, even with last year where she missed a great deal of school.

"I don't really have an estimate, all I know is that I missed a lot last year," she said.

Suggestions for teenagers missing a lot of school because of illnesses, such as the flu, are similar from any doctor, according to Gassman.

"Tylenol, eating healthy and lots of water," said Gassman. "If that doesn't help them then they might need some medicine, but we usually stick with Tylenol and fluids. You will get that anywhere."

Senior Shannon Van Buskirk felt differently than O'Donnell and admitted that she was too scared to miss school.

"I heard a new rule that if you miss a test, they purposely make the make-up harder," said Van Buskirk. "I'd prefer to stick it out rather than suffer more."

Although some students go home when sick, others, like Van Buskirk, have no problem staying at school when they don't need to.

"I have kids ask me all the time about going to school sick," Gassman said. "But if the child has a fever and is weak

and tired then they should stay home. It will only hurt them and their school work."

One of students' biggest scares is returning to school and seeing everything they have missed.

"The worst part is the make-up work," said O'Donnell. "There is a lot. And then there are tests that you miss and stuff."

Many students don't appreciate girls coming to school when they should be at home.

"If people are sick, they should go home and not bother the people at school," said sophomore Ceri Verble. "Like coughing and hacking all over the place...I just don't find it very polite."

Coughlin, a mother of an elementary child, points out that as a mom she would rather have her son home than at school sick.

"I'm a lot more lenient with him," she said. "He never fakes it so I know when he says he is sick, he is, but having said that, when he's sick, he's sick. No going outdoors to play, because if you are sick for a day you are to stay inside."

As a doctor and a mom, Gassman believes that if her kids are really sick they should not be at school. If it's something simple, she points out that school is priority.

"If [my kids] complain about a headache, I just tell them to grab some Tylenol and take care of it," said Gassman. "They are big enough to know what to do." ★

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Flu Vaccine
The American Red Cross Greater Kansas City Chapter will be going to large groups of 40 or more people, to provide flu shots. The peak of flu season in Kansas City is December through March, so the American Red Cross suggests that now is the time for Metropolitan Kansas City to get their flu shots. No appointment is necessary to attend a public flu shot clinic, but vaccination cost is \$25 for adults 18 & over. The American Red Cross is unable to provide a flu shot to anyone under the age of 18 and requires a physician's order for anyone who is pregnant.

Just a side note

According to the Mayo Clinic, common cold remedies:

That work:
- Saltwater gargle
- Chicken soup
- Humidity

Doesn't work:
- Antihistamines: opposite effect on colds than allergies
- Antibiotics: destroy bacteria, don't help against cold
- Not eating: no evidence that avoiding food shortens duration

Can't hurt:
- Vitamin C: large doses at onset help to reduce symptoms
- Echinacea: some people swear by Airborne
- Zinc: most effective within 24 hours of onset



Bulls-eye:
A look into the hidden world of abusive relationships experienced by STA students and in Kansas City community.

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Features:
Senior Amanda Morrall participates as a sports analyst, Kansas City Youth Commission member and a writer for *The Call* newspaper. See Pages 20-21

inside out



SISTERHOOD OF THE PLAID SKIRT

Pembroke SAT leads to finding the 'mysterious'

Triggered by stress and such anxieties, I hardly noticed how unnaturally beautiful the SAT room actually was at Pembroke Hill High School Oct. 28. It wasn't until we received a five-minute break from the test that I had time to really sit and think. Looking around, I immediately felt a bit puzzled. Why were the walls here so clean, so rich in their creamy soft gold color? Why was my single desk enough room for three people to share? After the test, being the good reporter I am, I decided to investigate.

I quickly packed up and walked out into the hallway. I had no idea what building I was in, because Pembroke contains a multitude of buildings. Walking up to a little map of where I supposedly was, marked with a little star, I discovered I was in the chemistry and biology building. Yes, they have a separate building devoted entirely to the subjects of chemistry and biology. I walked by each classroom and peered not into the small window holes in the doors, but the large wall windows built aside each door for anyone passing by to notice all of the financially magnificent glory that lay within. By the time I came to the marble foyer, my eyes were a little sore from squinting so badly. I am telling you all, the walls are very bright. The lockers are very colorful.

I felt devious pushing some double doors aside to reveal, what I assume was a lunch room / tv room / hang-out room. I still do not know. But it did have an outside terrace where students could lunch.

I had no idea Pembroke had been a single-sex school for men up until quite recently. They had decades and decades of graduation photos strung up along each wall. From thick-rimmed glasses to feathered hair, somehow, it was easier for me to imagine what Pembroke must have been like, just by looking at those walls of smiling faces. I have no idea what Pembroke is like now, but the phrase 'gilding the lily' comes to mind.

I specifically wanted to see the eager faces of the graduating class of 1969, a particularly important year in our nation's history.

All men wore a precocious smile, and I felt a little jealous having not been alive at that time to understand what they were smiling about. Slowly making my way down, I came to the graduating class of the 40's. The first half looked serious and resolute, while the second appeared carefree. Each one reflected the time perfectly.

That was the extent of my Pembroke escapades, but it got me thinking. I was focused on Pembroke and everything I really did not know about it. I feel like Sion is pretty predictable. Midge is obvious, and Rockhurst is all too well known. But Pembroke is quiet, unobtrusive. I hardly know anyone from Pembroke, and why is this? Where do they go in their free time? Have I ever seen a pack of them together? I suddenly felt a little weird about it, but I came to the conclusion that an actual group of Pembroke students was about as rare as spotting a mythical creature, like a leprechaun or pygmy. I felt I had just been in their secret dwellings, I felt a little closer to that mysterious something Pembroke holds so dear. I had learned a thing or two that day at Pembroke, and sadly, it had nothing to do with the SAT. And although this truth will most likely surface itself in my disappointing score report, I am glad I am closer to understanding something I am otherwise so utterly in the dark about. ★

Donation of time, money supports auction



Raking in the dough ★ Seniors Kelly Nelson, left, and Carolyn Wiedeman wait off stage to present items during the STA auction Nov. 18. Wiedeman and Nelson sported team caps to encourage buyers to purchase tickets to a MU vs. KU game. **PHOTO BY ANNE TAMPKE**

Family, friends of STA return each year in effort to ensure auction success

by NICOLE GRAVINO
Staff Writer

A "cute and playful 6 week old yellow Labrador puppy:" \$1,400. A vespa "one of the greatest icons of Italian style and elegance:" \$3,400. A one week visit to Kenmare in Country Kerry Ireland: \$3,500; keeping the tradition of STA alive for 140 years: priceless.

"STA Auction 2006: Celebrating 140 Years" was this year's theme. Mr. Paul and Ms. Mary Thompson and Dr. Kevin and Ms. Mary Ring were the chairs who worked through this past year to make

sure everything was ready for the auction night.

The auction raised more than \$380,000 this year, compared to last year, when it raised about \$350,000. The "Star Scholarship Fund" raised \$50,000 which is \$20,000 more than the amount requested and needed to provide four years of tuition for one STA student. About 480 guests attended the live and silent auctions.

STA families provided over 50 items as well as hours of volunteer work.

"The STA community is very generous," said Ms. Ring. "The same families that have donated for years and years came to us with donations."

The Kansas City community and friends of STA also donated many of the items.

"STA has a good reputation in the community and most people are willing to

contribute to the auction," said Ms. Ring. "Occasionally, when shopping, we will see something and will come to the owners to ask them if they are willing to donate."

There is no budget restricting the expenses for the auction. The school pays for most of the items and services on the night of the event, according to Ms. Terri Egelhoff of the Development Office.

"We get whatever we can donated," said Ms. Ring. "We don't spend a lot of money."

The profits made from the event first cover expenses from the auction itself and the remaining money is put into the general operating budget at STA. The money put into this budget keeps tuition affordable and minimizes general expenses. Profits also go into the endowment fund at STA, which

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Students absorb live Avila production

'Glass Menagerie' performance benefits drama, literature classes

by ANNE TAMPKE
Staff Writer

Juniors in the American history and literature classes and seniors in the drama and poetry class attended a performance of Tennessee Williams's play "The Glass Menagerie" Nov. 16 at Avila University.

According to AP American history teacher Mark Fudenburg, the school's text budget did not allow students to read the play without having to purchase copies of their own before attending the show. However, he believes the context of the play fits into the course curriculum all the same.

"It seemed like a great opportunity for students to go, since Tennessee Williams is arguably one of the greatest American playwrights ever," said Fudenburg.

Ms. Karen Johnson's drama and poetry class had also not read the text in advance but went for the theatrical experience. Johnson felt her students would benefit from the school-sponsored outing as well.

"Some [students] haven't seen a live dramatic production, so it was an opportunity for them to see an actual performance," said Johnson. "We will talk



All aboard! ★ Junior Sarah Luecke, from left, Elizabeth Nelson, Ellen Jantsch, and Claire Hickey file onto the bus after watching "The Glass Menagerie," a play about an American family in 1937, at Avila University on Nov. 16. **PHOTO BY CLAIRE MCINERNEY**

about it afterwards in class."

Both Fudenburg and Johnson feel presenting drama is easier when students can interact with the text.

"From my experience teaching my freshmen 'Romeo and Juliet,' students understand the material better if they can act out and see what they are reading," said Fudenburg. "Seeing 'The Glass

Menagerie' will be just as valuable as reading it."

This attitude towards experiencing drama has inspired the English department to consider revising the syllabus of the present poetry and drama class into a "page to the stage" course instead. Juniors took a survey in their literature classes asking

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Air Bands
The Student Council Organization (SCO) has added a new source of entertainment for this year's Christmas dance lineup. Seniors will audition and compete at the Christmas Dance in choreographed air bands, similar to Rockhurst's Blue & White Mixer. This year's theme is "Tacky Christmas," hosted by DJs from Mix 93.3. SCO reminds students that they may invite up to three people to attend with them, and the ticket cost for singles is \$6 and the cost for four tickets is \$20.

Charity event held by teens, for teens

Held Nov. 11, '20 for the Teens' raises \$1,000 for Operation Breakthrough

by EMILY BECKER
Section Editor

The door was opened for guests dressed in formal black and white attire shuffling into the gallery, away from the cold. Those who had already arrived daintily nibbled on appetizers. Awkwardly mingling, the attendees fished for conversations about everything, from politics to the weather, although, all of the attendees were not of age to vote in the recent election.

After volunteering at Operation Breakthrough, Bishop Meigs junior Addie Orpin teamed with Shawnee Mission East senior Jill Beyer to organize "20 for the Teens," a benefit held Nov. 11 in honor of the organization.

"We were trying to think of a way to raise money that teens would respond to," said Beyer.

According to the organization's website, operationbreakthrough.org, 98 percent of the families who benefit from the free childcare offered at Operation Breakthrough live below federal poverty guidelines and 25 percent of the children come from homeless or battered women's shelters. Orpin witnessed these statistics first hand during the time she spent volunteering.

"A couple years ago, one of the kids I wasn't well-acquainted with died in a shootout on the street," said Orpin. "I feel they just deserve so many opportunities, and we should be grateful for what we have."

For the past two months, Orpin and Beyer, along with help from friends, planned the fundraiser, printed their tickets and found a location and businesses willing to donate items for the raffle everyone who attended the event



20 for the Teens Gala ★ Senior Bridget Dougherty, left, and Junior Tess Palmer compete in the dance competition at 20 for the Teens Nov. 11 at the Pi Gallery. The black and white event raised nearly \$1,000 for Operation Breakthrough. PHOTO BY SARAH SMITH

entered.

"Pretty much everyone who [was] interested in attending asked how they could help," said Orpin. "Everyone has put in their part."

Some of those involved have lent their time because they support the goal of the benefit.

"It's a worthy cause [and] I have been involved in the past with Operation Breakthrough," said Ms. Jody Wilkins, mother of freshman Micah Wilkins and owner of the Pi Gallery in the Crossroads Art District, who lent the 12,000

square feet area as a location to host the event.

The \$20 cost for a ticket included food donated by the Majestic Steakhouse, drinks donated by Gomer's and a t-shirt. The 75 guests were also treated to music provided by Memory Productions. All proceeds from the event, about \$1,000, were donated to the teens at Operation Breakthrough.

"All the teens are with the younger grades and since we're teens, we felt we should help out teens our own age," said Beyer.

Orpin expanded on how the money would be used.

"The Teen Room and individual teens will benefit from it in job shadowing and computer applications that will help them learn," said Orpin.

Orpin and Beyer felt they achieved their goals for the event.

"I think it was awesome," said Beyer. "Everyone seemed to have a good time and a lot of money was raised. The fact that money was made was the most important, and everyone having a good time was a bonus." ★

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KC Secret Santa
Kansas City business man Larry Stewart has been unmasked as Kansas City's "Secret Santa" for the past 26 years. Stewart has handed out money every December to people in thrift stores, diners and parking lots. As of November 2006, he has given out about \$1.3 million. Stewart revealed his identity now, suffering from liver cancer, in an effort to pass on his message of random acts of kindness. This year, Stewart will be joined with NFL Hall of Famer Dick Butkus to hand out \$100,000 between Kansas City and Chicago in remembrance of Buck O'Neil, who handed out hugs as Stewart handed out \$100 bills to homeless.

Metro armed robberies trigger perspective change

Police and victim discuss armed robbery occurrence, help prevention, change

by JAIME HENRY-WHITE
Staff Writer

Finishing yet another hungry excursion at Chipotle Restaurant on 75th Street, STA alumna Jane Kaufman polished off her burrito and headed across the street to Kennedy's Bar. On her way, her stomach dropped. No, not from her burrito, but from the situation in which she had unknowingly placed herself. Caught in a planned trap of two passers-by, Kaufman was held at gun point and robbed.

"Even if it's a place your comfortable with, be observant," said Kaufman. "You never know. [Robbers] just kind of come out of nowhere."

After having been robbed of her purse and wallet, Kaufman was told to put her hands in the air, run back to her car and get in without looking back...or else. Eventually, Kaufman managed to drive safely away to a Quick Trip gas station, where she found policemen and alerted them of her attack.

Kaufman's story is an example of armed robbery situations with which the Kansas City Police Department (KCPD)'s Metro Patrol Division deals. This group of police officials strives to uphold authority and maintain safety in the Brookside and Waldo area. Here, over 100,000 residents and 70 businesses and neighborhood associations are under their watch, including STA.

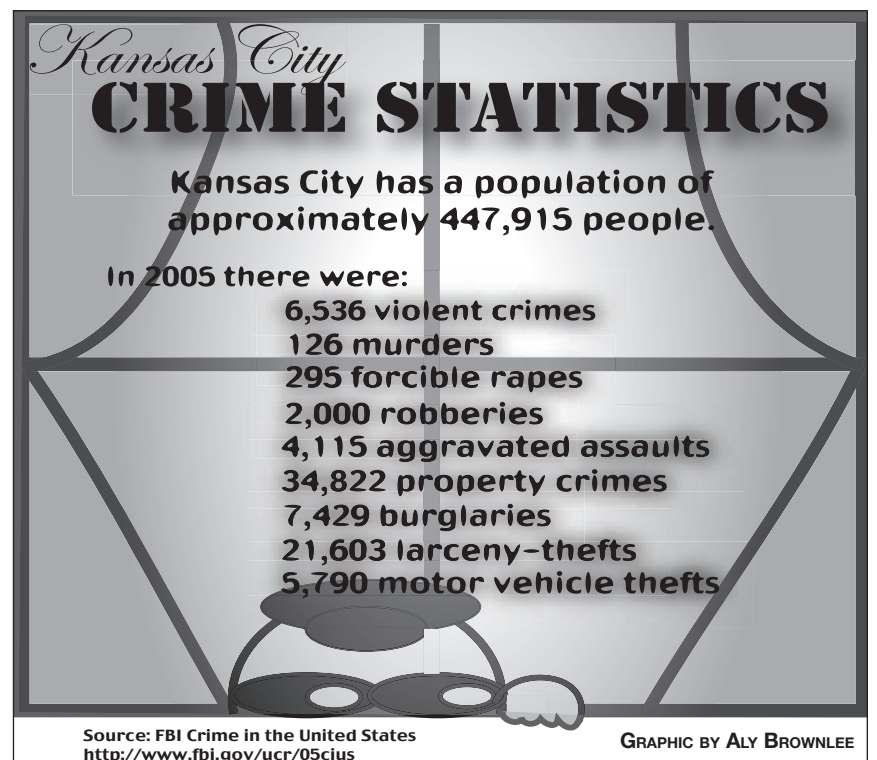
"It's not common, but it happens," said officer Bill Mahoney, father of freshman Claire Mahoney, said of armed robbery occurrences. "People can get scared and talk about [robberies], but in terms of the numbers, they are what they are."

Burglary and robbery, during the months of August, September and November, has decreased from 2005 to 2006, according to Mr. John Trainor, Community Interaction Officer of KCPD's Metro Patrol Division. Trainor gathers data of crimes that occur around the STA vicinity, specifically from 47th Street to Gregory and State Line to Troost. Metro Crime Analysis shows that, in these three months, robbery attacks have decreased from seven robberies in 2005 to four in 2006 and burglary incidents have dissipated from 62 in 2005 to 39 in 2006. However, reports of stolen automobiles have slightly increased from 31 in 2005 to 38 in 2006.

"[Driveway robberies] are a real big trend," said Mahoney, explaining the elevation in different styles of crimes in the metro area. "It's something [metro police] never saw before. It's been branching out."

A robbery confrontation in a street, house or driveway would have been uncommon 10 years ago, according to Mahoney. He says driveway robberies normally happen to individuals at weaker moments, such as when they are on their own or returning home from the grocery store, arms heavy with food.

"The most basic advice is just be aware of your environment," said officer Ed Mulloy, father of STA alumnae Emily and Molly Mulloy.



"Wherever [people] go, unfortunately, there's crime. The best thing to do is to not put yourself in a bad situation. Use good, common, basic, safety sense."

Both Mahoney and Mulloy advise the STA community to be aware of all surroundings.

When driving, wear seatbelts and lock all doors. When on a walk or go-

ing somewhere, don't travel alone, and if you do, be aware of what your instincts tell you, be suspicious. Even at home, avoid burglary by not placing valuable objects in public view by a window or entrance.

"Different crimes [can] happen for different reasons," said Mulloy. "Be aware." ★

Missourians approve minimum wage hike

Recently accepted proposition predicted to threaten independently owned businesses, young adult workers

by KATE RAINEY
Copy Editor

Missouri voted in the midterm election to raise the state's minimum wage from \$5.15 to \$6.50 per hour. The measure, which passed with 76 percent of the vote, will take effect Jan. 1.

Social sciences teacher Craig Whitney believes minimum wage can hurt small businesses, who often employ the most people.

"The concern is that hikes can tend to hurt small business the most, which you want to have the least affect on [because] it provides for a lot of people [and] does services for the community," Whitney said.

He explained that businesses must cover both labor costs (hiring employees) and the cost of doing business (purchasing merchandise or raw materials). Businesses try to keep their labor costs at around 25 percent of their expenses to guarantee they make money. This is a significant percentage of their expenses, according to Whitney.

When a business is forced to pay its workers more, the prices of its goods or services often increase to insure the business continues to make money, which affects the consumer. According to Whitney, while minimum wage is meant to benefit the economy by providing work-

ers with more money, it actually hurts the economy by raising the price of goods.

"This is just the laws of economics," he said.

Mr. Michael LaFaive, director of fiscal policy for the Mackinac Center of Public Policy, agrees.

"Minimum wages raise the cost of consuming because business will try to pass along much of the new costs to consumers in the form of higher prices," said LaFaive in an email interview. "On net balance there are no benefits to the minimum wage. Yes, a few people may have their pay raised but nothing in the world is 'free.' Other people will lose their jobs as a result, making their minimum wage zero. Still others will be harmed because the [costs of] providing higher salaries are passed along to consumers in the form of higher prices."

According to BalancedPolitics.org, minimum wage protects workers from teen competition, who would work for much less.

"If you take away the government-mandated minimum wage, companies will often be able to hire teenagers for a fraction of the price," the site said. "A business isn't going to pay \$5.15 or \$7 to an adult factory worker when it can pay \$3.50 to a high school student who likely can do the job just as well."

According to LaFaive, minimum wage hikes typically hurt young adults the most because they have fewer skills than adults.

"Minimum wages result in job losses among populations with the fewest skills," he said. "Very often, jobs that pay minimum wage are the first opportunities young people ever get. When that wage is hiked, their opportunities are reduced."

Whitney said the people who typically work minimum-wage jobs are high school students, which means minimum wage increases will greatly affect teens.

"Such an increase actually hurts teens and low-skilled minorities in the long run because minimum wage jobs are usually entry-level positions filled by employees with limited work experience and few job skills," wrote Mr. Anthony B. Bradley, research fellow at Acton Institute. "When the government forces employers to pay their workers more than a job's productivity demands, employers, in order to stay in business, generally respond by hiring fewer hours of low-skill labor. Low-skill workers become too expensive to employ,



Let's talk politics ★ Sophomore Jenny Gottsch, from back left, and junior Anna Martin discuss freedom of speech within Catholic high schools with Ms. Lucin Kiado Rebman Nov. 7, at an election party hosted by the parents of junior Hannah Girardeau. The Girardeaus provided food and kept the news on for continual updates on election results. PHOTO BY MIKHALA LANTZ-SIMMONS

creating a new army of permanent part-timers."

The proposition passed in Missouri connects minimum wage with inflation. As the price of living increases, the minimum wage will automatically increase. This is where Whitney sees potential significant problems.

"If [minimum wage] kept being bumped up [from] \$6.25 to \$8 to \$9 an hour...that could have a serious detrimental effect," said Whitney.

Whitney believes companies will find ways to manage their labor costs, perhaps utilizing what he calls the "Wal-mart effect" and "crossover jobs."

The Wal-mart effect refers to companies like Wal-mart who hire numerous part-time workers and few full-time work-

ers. This lowers the company's expenses because part-time employees do not receive benefits, such as health care. Crossover jobs refer to employers who divvy up more duties between fewer workers, rather than employing more low-skilled workers to do low-paying jobs.

Whitney believes people only consider the initial benefits of minimum wage increases, not the potential negative effects.

"Politicians like the issue [of minimum wage] because it helps the employee," said Whitney. "They see just the benefits of raising more money. [It is] the law of unintended consequences - you didn't think it would really happen this way but...because we did this, that and the other thing, look what happened." ★

Just a side note

Other officials and issues on the ballot Nov. 7:

US Senator from Missouri
Claire McCaskill: 49.5 percent

Missouri Constitutional
Amendment 2
Yes: 51.2 percent

Governor of Kansas
Kathleen Sebelius: 57 percent

Johnson County Soccer Bond
No: 64 percent

US Representative from
Kansas District Three
Dennis Moore: 64 percent

World View ★

COMPILED BY NICOLE FARLEY

Oct. 25: Bush signs bill

President Bush signed a bill that authorized construction of a 700-mile fence along the 2,100-mile US-Mexico border. The bill does not offer money for the fence's construction; however, earlier in October, Bush signed a homeland security spending measure that made a \$1.2 billion down payment on the project. This money can also be put toward access roads, vehicle barriers, lighting and other tools to secure the border. According to an MSNBC article, during a signing ceremony, Bush called the bill "an important step in our nation's efforts to secure our borders," while Mexican President Vicente Fox compared the fence to the Berlin Wall.

Nov. 5: Hussein convicted

Saddam Hussein was sentenced by an Iraqi court to death by hanging. Hussein

was convicted for the 1982 killing of 148 people in a Shiite town, after someone from the town had attempted to assassinate him. After Hussein's sentence, many fear reactions from Sunni insurgents that could cause an increase in the ongoing civil warfare in Iraq.

(For STA opinions, see page 8)

Nov. 8: Rumsfeld resigns

Just one day after widespread Republican losses in midterm elections, Secretary of Defense Donald Rumsfeld announced his resignation from the White House. According to *The Washington Post*, when President Bush was asked by a reporter Nov. 1 if he would like Cheney and Rumsfeld to remain through the end of his term, Bush replied "yes." However, four days later, on Nov. 5, Bush met with Rumsfeld's replacement, Robert M. Gates, at Bush's Texas ranch.

On Election Day, Bush met with Rumsfeld to inform Rumsfeld of his decision. Rumsfeld's resignation was viewed by many as an acknowledgment of failures of the Iraq War.

Nov. 27: Presidents meet

Iraqi President Jalal Talabani traveled to Iran to meet with Iranian President Mahmoud Ahmadinejad, while President Bush began a trip to the Middle East to meet with Iraqi Prime Minister Nuri al-Maliki. According to a CNN report, both meetings are intended to discuss methods in which external sources, such as Iran and the US, can help to end the ongoing violence within Iraq. Sunday, Ahmadinejad expressed Iran's willingness to take part in ending the violence in Iraq. He offered to help the US with this measure, but only if Washington stops its "bullying" in Iraq and takes a new course.

Nov. 27: Peace in Mideast

After Sunday's implementation of an Israeli-Palestinian cease-fire in Gaza that ended five months of widespread violence, Israeli Prime Minister Ehud Olmert gave a speech offering peace concessions to Palestinians and asking for peace talks. According to CNN, Israel's compromises would include the freeing of Palestinian prisoners, easing of checkpoints, improvement of border terminals and the release of frozen Palestinian money, while Israel would expect Palestine to "renounce violence, recognize Israel's right to live in peace and security and give up their demands to allow refugees from the 1948 war to return to their homes in what is now Israel." Saeb Erakat, the Chief Palestinian negotiator, said Palestinians were ready to agree on peace arrangements. ★

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★in brief

Standing Together

Tomorrow marks the nineteenth World AIDS Day. Around 40 million people have been diagnosed with the virus, that number continues to rise daily. The goals of the day are to bring people's attention to the worldwide challenges and consequences of HIV epidemic, to prevent the spreading of the disease and to improve the lives of those diagnosed by ending the prejudice and ignorance about HIV and AIDS. The official symbol of World AIDS Day is the red ribbon.

Are harder make-up tests fair?

Teachers should stop punishing sick students with harder makeup tests

Difficult tests provide college-like atmosphere, equality among classmates

So imagine you are lying in your death bed, home on a school day. You can almost feel the exhaustion and chill ransacking your body, your mind frenzied and weak.

You realize that with each passing minute, your homework is mounting to epic proportions, despite your powerlessness to complete it. It is enough pressure to make a girl sicker. Now, you remember that you missed a test in history. Will the teacher make a harder test for you to take later simply because you could not be there that day? Some do, and this is not right.

Some make-up tests are made to be more challenging on the premise that the missing student was skipping because she was not prepared for the test itself. Whatever happened to the benefit of the doubt? Teachers should trust their students enough to relax their rigid policies and allow some space for unforeseen scenarios, like sickness.

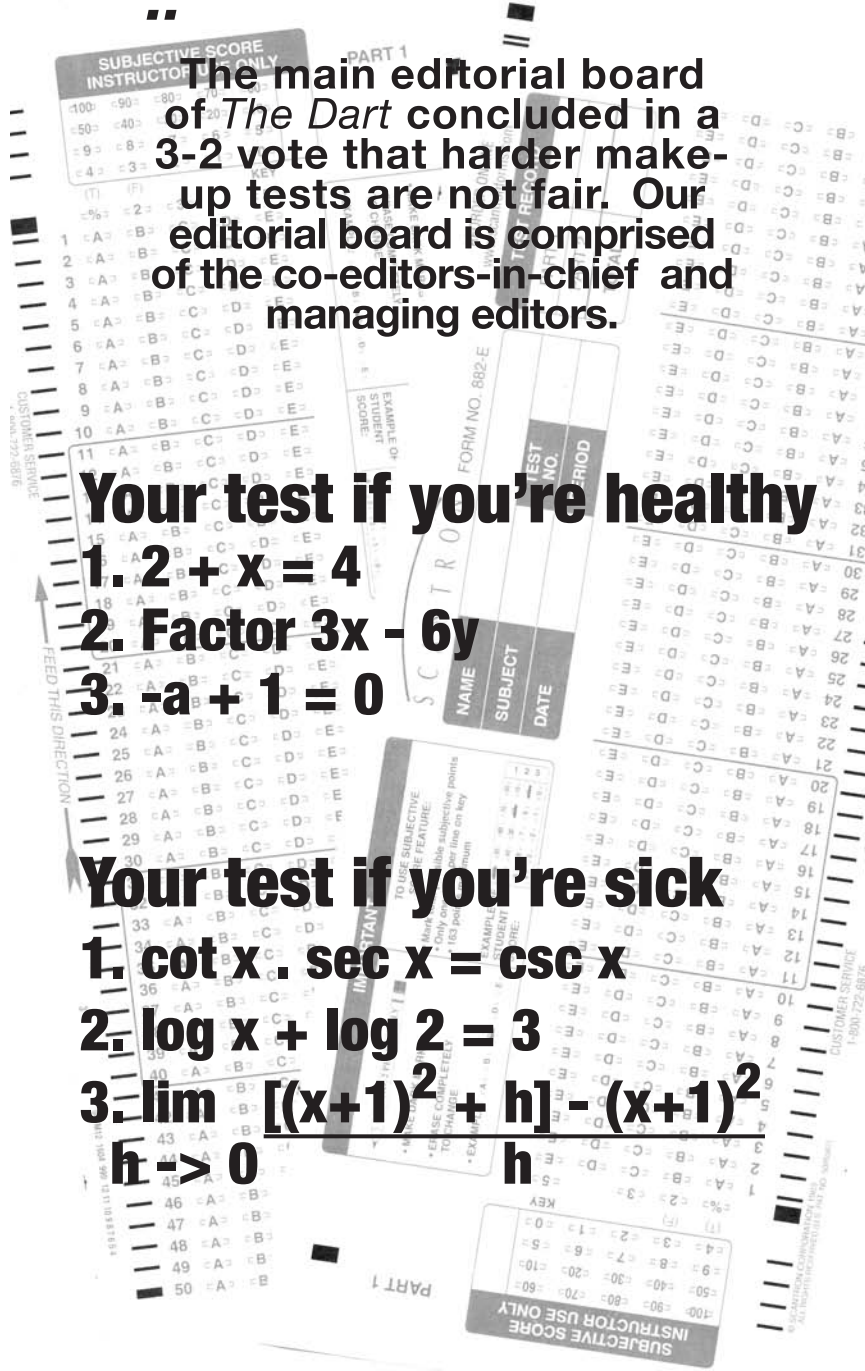
Punishing those students who could not be there on test day sends a message, that even if they were sick, they should still make it to school. No one wants to be around a sick girl; it is unhealthy for every healthy girl around her. So while the teacher might conveniently have all of their students sitting in front of them when he or she passes out the tests, it is to the disadvantage of the other students, who must sit around this coughing, sneezing and wheezing girl for the next 45 minutes.

To apply the slippery slope to this scenario, just a few sick girls coming to STA could spread the next great epidemic throughout the school, and all because they did not want a harder test. This testing inflexibility must cease.

Sickness is trying on the mind and body. After a grueling few days of fever and aching, it is unthinkable to expect a newly recovered student to be able to jump through the hoops of a mongo-super-hard test that the teacher has specifically prepared for them. You might as well tell the teacher to save some energy and just give you a bad grade, because that is exactly what a girl would get with the special "remake" test.

Everyone knows that in sickness, your ability to complete homework, and well at that, is insufficient. The school should encourage girls to stay home when they are sick. Period. ★

The Dart staff thinks...



The main editorial board of *The Dart* concluded in a 3-2 vote that harder make-up tests are not fair. Our editorial board is comprised of the co-editors-in-chief and managing editors.

Your test if you're healthy

1. $2 + x = 4$
2. Factor $3x - 6y$
3. $-a + 1 = 0$

Your test if you're sick

1. $\cot x \cdot \sec x = \csc x$
2. $\log x + \log 2 = 3$
3. $\lim_{h \rightarrow 0} \frac{[(x+1)^2 + h] - (x+1)^2}{h}$

GRAPHIC BY ELIZABETH NELSON

St. Teresa's maintains the title of college-preparatory high school; therefore, teachers should strive to simulate the college setting to the nearest degree. Teachers should instruct not only on a specific topic—a historical event or a mathematical equation—but they should also educate on the tools necessary to survive in college. These tools include understanding the importance of time management, self accountability, assertive study habits and personal responsibility as means of meeting higher collegiate expectations.

In recreating the college setting, the question of make-up tests arises. Should teachers be allowed to give harder make-up tests?

With college as the guiding example, the only reasonable answer to the controversial question is yes. In college, make-up tests are often not even an option; college professors demand a student's presence during all lectures and certainly during all tests. They view make-up tests as a last resort reserved only for the most extreme situations.

Other factors must be considered in relation to make-up tests. Harder make-up tests would prompt students to be in class on the actual date. Thus, by having all the students take the test on that day, the whole class keeps on the planned timeline.

Students would receive their test back more promptly, and a student's frustration about her grade would be avoided. Teachers would not have to track down absent students and remind them their tests are in the Testing Center. And once the test is taken, graded and returned to the students, the class can move on to the next unit of study, instead of dwelling on the past chapters. Harder make-up tests preserve the fairness in the testing environment and guarantee the existence of a "level playing field."

If a student misses a test date, she has an extra day of studying. Those 24 additional hours dedicated toward mastering the material can really boost a student's score which puts her at a greater advantage than others.

True, harder make-up tests hit a bump in the road when dealing with the truly sick student. But most teachers are compassionate and would be willing to bend their policy in such cases.

Ultimately, harder make-up tests would meet the standard set by the title of college-preparatory, keep the class on track toward reaching all set curriculum and promote a level of fairness. ★

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★in brief

Smoke Signals

A recent study published in *The American Journal of Public Health* has shown controversial results about Philip Morris's anti-smoking campaign. Philip Morris is a company that describes itself as having "long been associated with high quality tobacco products," also prides itself in the more than \$1 billion spent on youth smoking prevention since 1998. Recent research has shown these programs actually do more harm than good. The ads are believed to incite teens to act out against their parents because the message is not smoking is bad, but rather young people should not smoke because they are young people.

the dart staff

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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.

'Death of a President' film supported by Constitution

CAROLINE QUINN



STAFF WRITER

A few weeks ago, I was reading up on movies coming to theaters and I ran across one that seemed particularly interesting.

"Death of a President" is an investigative documentary about the fake assassination of President Bush. The shocking plotline peaked my interest. So I searched some websites that provide movie information.

Nothing came up for "Death of a President." No photos, no trailers and, to my biggest disappointment, no theaters showing the film. I later found out the film played at the Tivoli Theater in Westport, but I had missed it by one day.

I tried to rationalize the lack of theaters showing the movie.

Maybe because the film is British, or possibly because the producer just did not want his film shown in the United States, the film did not reach many theaters. But a more likely explanation is that movie theaters chose not to show it because of its controversial content. Many critics have said "Death of a President" is sick and takes the world's mild disgust of Bush too far.

I simply don't understand this. Every year thousands of movies in theaters advertise hatred and extreme violence, but it seems like no one gets too worked up about those gruesome scenes. All three "Saw" movies were widely shown in movie theaters with little to no protest. These movies depict every conceivable kind of torture.

Rather than balking at the excess of blood in those films and many others just like it, they ban a movie that focuses on the effect of Bush's assassination, not the assassination itself; it focuses on the investigation to figure out what happened and why.

It could be considered disrespectful to depict the assassination of a living person, which is understandable. Bush does have a family who could be affected by this. Imagine if you saw your father murdered on the big screen, even if it was fake.

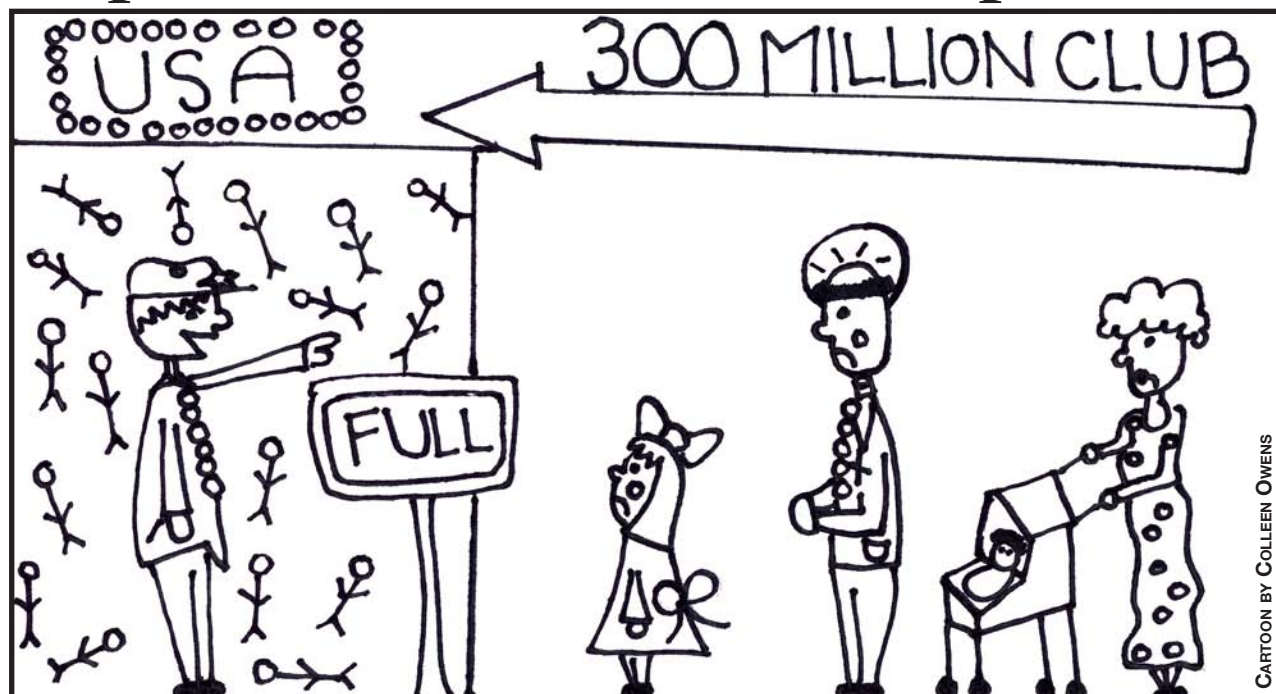
Violence overflows in every medium, from music to movies. The fictitious death of a president should not create this much controversy. No matter how realistic a superimposed Bush-head looks on screen, it is fiction. I fail to see the connection between a fictional movie and a real life situation.

In a column on findlaw.com, attorney and author Julie Hilden said, "First, fiction does not make a 'statement' in the sense that nonfiction does. A 'statement' makes an assertion about the real world, whereas fiction describes a different world that does not really exist."

To me, it's too farfetched to assume "Death of a President" will push people against Bush to mimic the film's actions. If theaters can show three "Saw" movies without torture in America increasing, it should follow that they can show a movie about the assassination of Bush without it occurring.

People badmouth Bush left and right. This movie might take it a few steps further, but there shouldn't be much of a surprise. ★

Population increase offers positives



CARTOON BY COLLEEN OWENS

CARLIE CAMPBELL



STAFF WRITER

If you filled a sandbox with 30,000 handfuls of sand, you wouldn't have enough sand to give each person in America one grain, but you might have a really full sandbox.

America's population reached 300 million on Oct. 17. Some people are

worried that we will run out of space in the country.

Concerns about unemployment are merited, because history illustrates that potential problem. When it comes to population density however, the United States doesn't even rank in the top 100 most densely populated countries according to the United Nations Population Division. We're 172 out of 230 countries.

Do the people that worry about overcrowding know about all the empty space in Wyoming? There are only about five people per square mile there. In Missouri, there are 81.2. And there are over 400 people per square mile in New York. With the issue of space at hand, there is really no need to worry. Those 400 New Yorkers per square mile seem to coexist just fine.

Why not view our growing population in a positive light? The more people we have, the more fresh new ideas are being generated. If there are more people, we have more opportunities for new talented individuals in the political, artistic, business, medical, research and engineering fields. With a growing population, our economy grows.

We should not worry about population density or overcrowding. People worried when the population hit 100 million in 1915, and they will probably worry again when the population climbs to 420 million in 2050, as projected by the United States Census Bureau.

Still, we needn't worry. If our sandbox *does* begin to overflow, those Canadians seem like nice enough people; they would probably be willing to share. ★

Cell phones, text messages cause bad manners

BREANNE SIGLER



GRAPHICS EDITOR

I recently walked into a restaurant to meet my family for dinner, when a table of four girls about my age caught my eye. They were normal teenage girls sitting in a booth at first glance, but I felt like something was wrong about their situation. After staring impolitely for a few moments, I finally realized what had been bothering me. All four girls were talking, but not to each other. Their ears were instead glued to shiny cell phones as they carried on four separate conversations.

I joined my family at our own booth, preoccupied with what I had just witnessed. As my own family's conversation surrounded me, questions buzzed through my head, the most troubling one being, "Have we lost the art of face-to-face communication?"

With the technological craze occurring through the past few years, it is not too difficult to see how many people have made the transition from personal, intimate conversations, to quick and mechanical tidbits of news.

Society's obsessive attachment to cell phones has cut out much conversation occurring in person. I hardly know anyone who does not tote his or her precious cellular device with them everywhere, jumping to answer its every beckoning

ring. My ears are filled with the sounds of beeps, trills and "My Humps" as I walk through the grocery store. Backpacks vibrate in class as girls try to muffle the sounds with loud coughs. Many think, "why stop to visit and chat with a friend, when I could just call them up and get the latest gossip quickly without the hassle?"

Texting is a more recent phenomenon that has permanently altered teen, and now even adult, communication. Texting, along with e-mail, has almost entirely cut out verbal communication. I cannot count the number of teens, myself included, whom I have seen walking down the street, nose buried in their cell phone and fingers flying, barely avoiding collisions with poles and pedestrians. I understand the reasoning behind texting. Why call someone and have to spend five minutes making small talk, when you can just text them your question and get the answer back in seconds? Why stress about calling your crush and having to make awkward conversation when you can just text them a casual "what's up?"

But I also feel that because of texting, teens have lost practice in face-to-face communication. How often do you sit one-on-one with someone and discuss something for over 30 minutes? When was the last time you had a conversation with a friend without interrupting it to answer your cell?

I think that teens are losing a great skill by letting their ability to converse go to waste. I'm not saying people should throw out their phones and start writing snail mail again. Maybe just try to spend one evening talking in person with friends without cell phone interruptions. Believe me, it will be worth your while. ★



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★in brief

Papal visit
Pope Benedict XVI arrived in Turkey for a visit on Tuesday. Because of his controversial comments about Islam earlier this year, his visit to Turkey was protested by many Muslims. Benedict will be only the second pope to ever visit a mosque, the other being Pope John Paul II. Criticisms of Benedict have risen because of his skeptical views of Islam; John Paul emphasized the similarities between Christianity, Judaism and Islam.

Proper debate requires civility, understanding

ELIZABETH NELSON



POLITICAL PERSPECTIVE

Several weeks ago, someone mentioned to me they hated a certain politician. My response was, "Well, what makes him so horrible?" Instead of a list of reasons, she began to attack me. "What are you some conservative..." with ruder words mixed in. After I confirmed I was, she refused to talk to me, saying I made her angry.

Is that good debate? Is that even acceptable? I wish I could respond that way when my parents ask me a question.

I was not rude to this person - I did not even want to argue. I just wanted to understand what she believed about this "evil" politician, since I had never heard anything of that sort about him.

If you cannot see both sides of an issue, you cannot be a good debater. Period. I am in Junior States of America (JSA), the debate club at STA. At our second meeting, the girls that considered themselves democrats defended Jim Talent, and the republicans defended Claire McCaskill. In the end, most JSA members agreed it was a really good debate. There were of course those who came to the meeting whining, "I cannot defend him! There is absolutely not one good thing about him. I refuse to defend someone I hate." I hope after listening to their fellow party members, they were able to admit there were in fact many good things about both candidates.

People should recognize their actions do not have to be ruled by anger. I admit I have gotten angry at people who have personally attacked me rather than attacking an issue. That is something many people stoop to when they are wrong or misinformed, and it is definitely something that needs to change.

There is honestly nothing wrong with having no answer - you should educate yourself on both sides of the issue, rather than attacking the person you are debating. You also should not make up fake facts and statistics to strengthen your argument. You cannot be expected to have an opinion on everything. I frequently tell people, "I don't know" if they ask me a political question. Sometimes I need to educate myself or just find more information on situations.

I know there are a lot of people who are set in their opinions and do not plan to change their minds, but why lower yourself to personal attacks and outright rudeness, unless you cannot defend your position? ★



CARTOON BY JOURNALISM STUDENT RILEY COWING

our opinion BY THE NUMBERS

The Dart polled 100 students about the Iraqi Court's decision to hang Saddam Hussein.

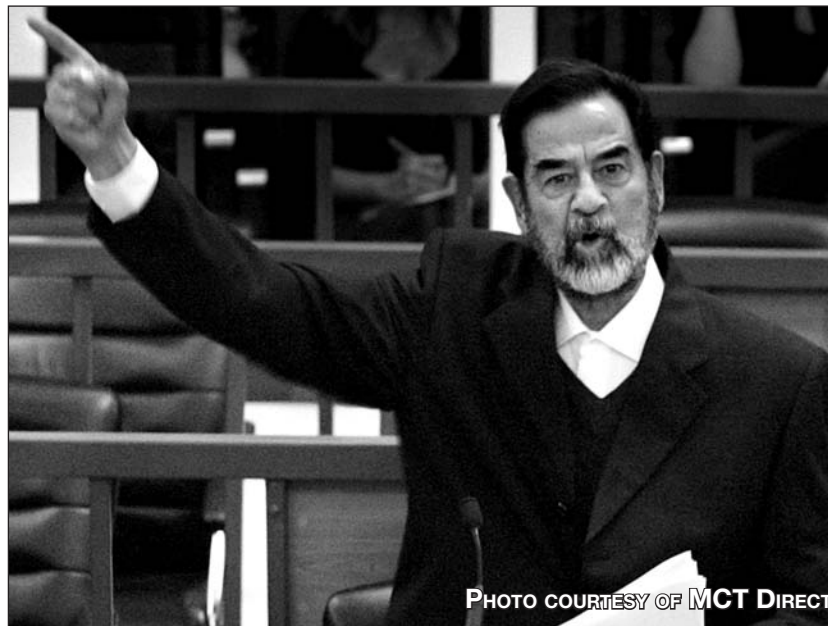


PHOTO COURTESY OF MCT DIRECT

Do you think Hussein's sentence is fair?

- 67% said "Yes, it is a fair punishment."
- 13% said "No, it should have been a greater punishment."
- 13% said "No, it should have been a lesser punishment."
- 7% said "I don't know."

30 Seconds With ★

Terri Egelhoff

by Nicole Gravino



Ms. Terri Egelhoff has worked in the Development Office at STA for 20 years with Ms. Joan Jordan. The team has completed their 20th auction this year.

"Sister Barbara Verheyen asked me to come work for her 20 years ago, and Joan joined me shortly after. I have two daughters who are alumnae of STA. In the development office we serve as liaisons for parent/daughter activities, manage alumnae affairs, and other special fundraisers such as the auction, golf tournament and TNT."

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★in brief

Too rude?
The popular film "Borat," released earlier this month, has spurred controversy because of its rude humor. The film is about a journalist, Borat Sagdiyev, who travels to America from Kazakhstan to make a documentary. What makes this film unique is Borat meets real people in real situations. Borat purposely pokes fun at certain people and tries to generate extreme reactions, and he succeeds. Some have called the film disgusting, claiming it takes "rude humor" too far. The government of Kazakhstan was angered by the film. Others find it hilarious.

Photo Poll

Do you think the Federal Communications Commission should be allowed to regulate the content and language of television commercials?



"The FCC should edit the [images], because some are witty, but others are almost like porn. They shouldn't edit language because that's against free speech." -Mary Lee Ptacek, sophomore



"Yes, because that's how it's been for the longest time. If little kids are innocently watching TV and they hear the f-word, that's not good." -Michelle Samborski, junior



"Yes, I think so because I have children. During the prime viewing time, I would feel uncomfortable if there was no regulation." -Ms. Mary Rietbrock, chemistry teacher

COMPILED BY EMILY BECKER

Tuition increase challenges students

College Board releases new figures; students make necessary adjustments, intensify scholarships searches

by **CLAIRE McINERNEY**
Staff Writer

It already costs as much as a family of five to travel to Paris, France and stay for a week. But the price of college has risen at remarkable rates over the past five years. According to the College Board, college tuition has risen 35 percent since 2003.

The national average for public college tuition for this school year is \$5,836. This is a 6.3 percent rise since last year. Private colleges, however, saw a 5.9 percent rise, making the average \$22,218.

In the 2003-2004 school year, the tuition for public schools in the Midwest was higher than the national average. With the national average still at \$4,694, the Midwest was just under \$813 more at a price of \$5,507.

"[The rise in tuition] isn't affecting where people are looking at college," said Ms. Steph Hart, STA college counselor. "Students look into financial aid and then in April they look more seriously at the cost before making a decision. Students understand this but their parents don't."

Other aspects of college cost include the cost with room and board and other fees. At a public school, the average cost of room and board was \$5,475 in the 2003-2004 school year. In the same year, the price of room and board at a private college was \$6,403 on average.

"[The increase] really hasn't affected my decision," said senior Katrina Abella. "College is already expensive and I knew I would have to look for scholarship. Now I just have to look a little harder."

To combat the cost of college, students like Abella turn to financial aid and scholarship to cover what they cannot. This year, a record amount of financial aid was given, \$134 billion. Each student

was given an average of \$3,100 at a public four year college and at a private four year college, the average student was awarded \$9,000.

According to Hart, when a student sends an application to a college, they are automatically applied for some scholarships. Also, some scholarship opportunities are sent to her and she decides to whom the scholarship applies.

"College is already expensive, and I knew I would have to look for a scholarship. Now I just have to look a little harder."

Katrina Abella, senior

Another place that has scholarship opportunities is www.fastweb.com, which requires the user to fill in information about him or herself and his or her family and then lists scholarship opportunities.

"[To find scholarships] I've been looking on websites," said Abella. "Being 'Asian' has helped. Also, I have been really involved in different ways at STA."

As graduation creeps nearer, Abella and other seniors fight for the money to get the education to take them further in life. ★



On the threshold ★ College counselor Steph Hart, left, speaks with senior Sarah Runnels as she turns in her college applications during activity on Nov. 10. Senior Katherine Williams waits at the door, also planning to turn in her applications early for the Dec. 1 college deadline. PHOTO BY JAIME HENRY-WHITE

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★ The Dart ★

St. Teresa's Academy

Students resort to Adderall to boost test scores

Consumers recognize medication's increase in focus, high potential for abuse by pressured students

by **CAROLINE QUINN**
Staff Writer

Students armed with calculators and pencils shuffle through the rows of desks to find a seat, hands shaking and minds wandering. Thoughts of the future, success and failure linger in their minds. Amidst the palpating hearts, a student waits for a pill to take effect, hoping it will focus his brain for those crucial four hours.

"I was just really nervous because the [ACT] matters a lot," said a Lincoln College Preparatory Academy senior who wishes to remain anonymous. "I think if I hadn't taken Adderall I would have been more nervous. [Adderall]

helped clear my mind. I was just completely focused on taking the test."

After extensive Internet research of Adderall, an amphetamine stimulant prescribed to help people with Attention Deficit Hyperactivity Disorder (ADHD) concentrate, the senior decided to take the drug before the ACT test Oct. 28. According to him, the demand to go above and beyond drove him to take Adderall.

"The only reason I took it was because of the pressure to succeed," said the student. "There is so much pressure on this one test that decides the rest of my life. It was worth it just to up my score at all."

Clinical psychologist Bruce Cappo, who has practiced at Psychologist Clinical Associates in Lenexa, Kansas for 15 years, attributes this pressure to the abuse of drugs at large, particularly Adderall.

"We just keep pushing our kids harder and harder," said Cappo. "We force students to learn more information in a shorter amount of time."

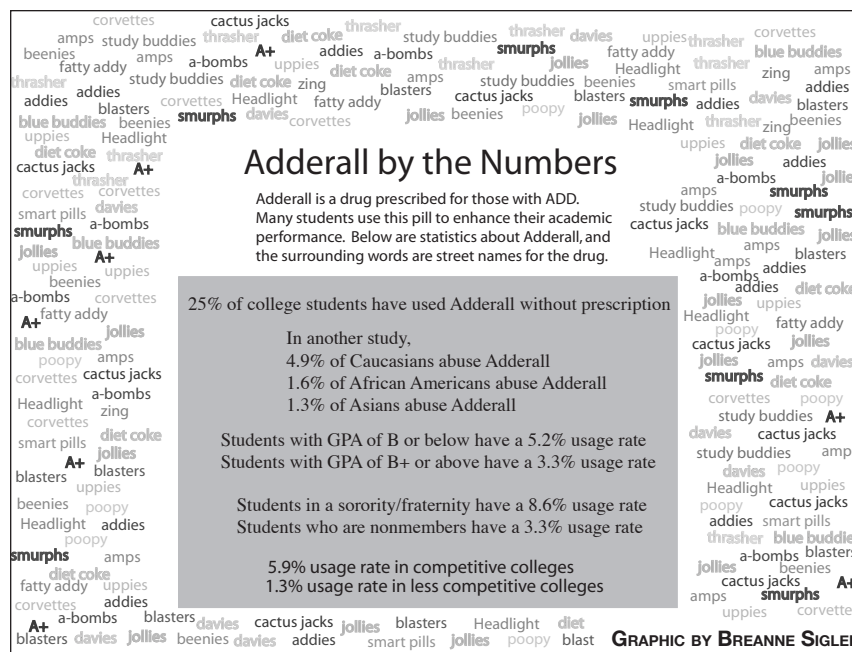
Cappo feels that if students were informed of the importance of more

"The only reason I took it was because of the pressure to succeed."

anonymous student

traditional, safer routes to performing well on standardized tests, like getting sufficient sleep and eating a healthy meal prior to the tests, they would abandon the use of Adderall. Students are not aware of the drug's components, like Amphetamine Sulfate USP, which has a high potential for

abuse, according to Cappo and college counselor Steph Hart. "I think there's a lack of information," said Hart. "The drug, when combined with other drugs, could have serious side effects, including fatality. Students think they need this pill for four hours to



take a test, not thinking of the addictive qualities of Adderall. I think that's just part of being a teenager."

The student did not feel taking the drug presented a serious risk.

"It doesn't seem like taking Adderall is illegal," said the student. "It's not like taking a drug, it's more like taking a vitamin. There's a fine line, and I would say that [Adderall] is on the lesser end of what I consider a hard drug."

Hart also speculates that students may not possess the positive self-image they exhibit.

"I think a lot of it has to do with a

lack of self-confidence," said Hart. "It's unfortunate that students feel that they need to take a drug to succeed. This really represents students' lack of belief in themselves."

Doctors and teachers cannot agree on what specifically has influenced students to close their books and pop open a pill bottle, but what Cappo, Hart and others have reiterated is the urgency to eliminate the use of Adderall to raise standardized test scores, which may jeopardize the future of college academics. Not only

★in brief

Case Dismissed The Supreme Court rejected a case regarding school vouchers Monday. According to CNN News, the Institute for Justice, a group representing eight families, were looking to fight a Maine law that prohibited the use of public funds towards private religious schools. Those in support of vouchers see them as a way out of dismal public education, but opponents say they take away funding from public schools that desperately need it.

See ADDERALL, page 22

Sophomore embraces trials, tribulations

LINNY KAUFMAN



STAFF WRITER

In becoming sophomores, one aspect was probably the source of more stress for our class than all else: Teresian. More than tougher classes, more than increased responsibilities and even more than having to wait an extra 30 minutes to eat lunch, Teresian seemed to be the one main worry on everyone's mind.

It all began with the simple question of who to take. Last year, as innocent freshmen, we never had to worry about it; the boys we danced with were already invited to the mixers by our school. But now what were we supposed to do, when we had to actually decide on one date for ourselves!?

Questions of who to take and news of who people were thinking of taking echoed through the air as early as July. It wouldn't be long before these questions conquered the sophomore realm of gossip.

When the first sophomore asked a date, I remember thinking, "Already?!" I, deciding it was much too early to ask, continued to ignore the subject and source of potential stress as the school year wore on. At least once a day I was asked The Question: Who are YOU taking to Teresian?

My answer, at least for the first few weeks of questioning, was always "I don't know yet... it's, like, two months away." But eventually, The Question got to me, and I figured before my answer became "I don't know yet... it's like, tomorrow," it was time to act.

So, I got a date. Easy enough, right?

"At least once a day I was asked The Question: Who are YOU taking to Teresian?"

Now I had an answer to The Question, which is not to say it meant the questions would stop. I soon discovered that having an answer to The Question simply meant that more questions would develop. What group was I going with? Where were we going before? After? And when was I finally going to go get a dress?

These new questions were even more stressful. I attempted to stay with my avoid-and-deny strategy, but it didn't work too well. Luckily my friends took over, and I was informed of the plans at least a few days in advance.

And then came the big night. We picked up our dates, took some pictures, ate a delightful dinner, danced around, took some more pictures and went to the after-party. It was fun. OK, it was a lot of fun. But really, it wasn't worth the incessant worry and the questions. The cause of three months of stress was all over in about three hours.

So, with our first Teresian out of the way, what's left to worry about for next year?

The PSATS, maybe (and this time they actually count). Or maybe even Junior Ring, if we raise the money. I'm sure we'll find something that will bring about The Question Two. But for now, it's time to sit back and enjoy the rest of sophomore year as the proud conquerors of Teresian 2006! ★

Unitown combats discrimination



Holding hands, opening minds ★ Juniors John Plackemeier, from left, Breanne Sigler, Kellyn Smith and Anna Boisseau participate in the Line of Equality activity at Unitown Nov. 19. The Line of Equality activity prompted participants to understand the privileges given to them by society. PHOTO BY KATHLEEN POINTER

STA, Rockhurst plan seminar to promote better understanding, respect

by MADDY MCGANNON
Staff Writer

STA and Rockhurst High School students came together for Unitown Nov. 19 and 20. Participants attended to achieve a new level of respect for and understanding of people from different neighborhoods, races, cultures, ethnicities and socio-economic classes.

"The main point of combining STA and Rockhurst for Unitown was to get a male point of view on sexism," said Unitown moderator Mark Fudenberg. "There's a segment [in Unitown] that was devoted to gender, so we hoped it would provide good dialogue and discussion."

Junior counselor Alisha Henderson agreed, and thought that not only girls received a better understanding of a male's point of view, but the stereotypes changed throughout the two days.

"What the Rockhurst guys thought about how STA girls act really changed towards the end," said Henderson. "During one activity the guys actually apologized for the comments they said

about STA girls earlier."

Rockhurst senior and counselor Chris Guggisberg said some STA girls thought Rockhurst guys are stuck up, but the girls re-considered their views during Unitown. Guggisberg, as well as STA counselors, were nervous about how the days would play out. Senior leader Rachel Janose said they tried to pick girls who would be themselves and speak their mind, such as junior Sara Lawrence.

"I wasn't used to guys opening up around me," said Lawrence. "But I didn't think I would act less smart because I'm pretty comfortable around guys and I'm around them a lot."

Henderson discovered something new about herself and others at this Unitown.

"Although this was my third Unitown, every time I learn something new," said Henderson. "I learned about all the stereotypes that I hold and that I judge people all the time. I even judged the girls from STA the minute they walked into Rockhurst [on Sunday]. By the end of the two days, all my prejudices disappeared."

According to Guggisberg, Unitown was a good experience where he learned about himself, that he still judges people almost every time he sees them and needs to have better control of his judgment.



Fun and games ★ Seniors Carina Murphy, left, and Steve Jones play Down-By-The-Banks at the Rockhurst Unitown while they wait for lunch, Nov. 19. The retreat was the first for Rockhurst and the first co-ed retreat for STA. PHOTO BY KATHLEEN POINTER

"I walked away with the feeling that prejudices may not end anytime soon," said Guggisberg. "But there are people that are really close to me who really care about these issues and if I take the effort to listen, a difference can be made in Rockhurst and St. Teresa's." ★

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Volleyball Star
Senior Michelle Jantsch received the Evelyn Gates Award Nov. 9 in the Goppert Center during a pep rally. The award honored the best high school volleyball player in the Kansas City metropolitan area. She was one of four finalists. The same day, Jantsch signed with Ohio University.

up to date

this week: Nov. 27- Dec. 1

Friday

Junior Service Contracts Due:

Juniors need to turn in service contracts signed by their service agencies, advisors and parents to Ms. Good. The penalty for late contracts is daily detention.

Chris Cakes: The SADD Club will sponsor Chris Cakes during Lunch/Activity in the Commons. The "all you can eat" meal costs \$5 and features pancakes, sausage and juice.

next week: Dec. 4-8

Tuesday

Christmas Concert: The concert choir, a capella choir, STA singers and orchestra will perform a variety of holiday songs in the M&A Auditorium at 7 p.m. Ms. Moore will direct



the concert, which will feature guest instrumentalists. Admission is free.

Wednesday-Thursday

Play Tryouts:

Auditions will take place in the M&A Auditorium after school for the spring production of the comedy "The Complete Works of William Shakespeare (Abridged)."



Friday

Immaculate Conception: The Campus Ministry team will host a Mass to celebrate the conception of Mary. It is a holy day of obligation. Classes will follow a special schedule.

Christmas Dance: The Student Council Organization will host the annual dance in the Goppert Center. The event begins at 8 p.m. and the doors will close at 8:30 p.m. They

will open to allow students to leave at 10:30 p.m. and the dance ends at 11 p.m. Tickets are \$6 per person, or four tickets for \$20. The dance will feature a senior air band competition for the first time.

the week of Dec. 11-15

Thursday



Advent Prayer Service:

STA will celebrate the beginning of the Advent season, a time of

preparation for the birth of Christ, with a prayer service. STA will follow a special schedule.

Advisory Lunch: Students will celebrate the Christmas season by eating with their advisories during Lunch/Activity.

Meditation increases focus, relieves stress

Ancient strategy proves successful in focusing mind, relaxing body

by LINNY KAUFMAN
Staff Writer

Meditation is a painless route to relaxation, increased focus and improved awareness. It increases mind alertness more affectively than a nap even after a missed night's sleep, according to a recent study by the University of Kentucky.

Mr. Rick Sprinkle of the Maharishi Enlightenment Center used to teach Transcendental Meditation, and he has been practicing it for 31 years. He meditates in the morning before he eats, which prepares him for the day's activities. Sprinkle meditates again in the afternoon, which he said leaves him with a good, relaxed feeling for the evening. Sprinkle said the purpose of meditation is to focus the mind for activity.

"We teach people to meditate for the benefit of activity," said Sprinkle. "Not only is your mind focused during the meditation, it is focused afterwards on whatever you're preparing to do."

Theology teacher Anita Reznicek believes meditation is more about taking time out of our hectic schedules to slow down, relax and be quiet. She said meditation should be used more as a break from activity, not just as a preparation for it. Reznicek helped plan two all school meditation days Nov. 15 and 16, during which students participated in guided meditation at the time of their normally scheduled theology class.

"We just wanted to give students a little time for quiet reflection because everyone gets so crazy this time of year," said Reznicek. "We forget how important it is to just have some quiet time. Meditation is calming, and it reminds them that they're not alone. It's nice to be reminded of that."

See MEDITATION, page 22



Illuminating meditation ★ Junior Linda Kovac sets up for her meditation for Ms. Robin Good's Spirituality class, Nov. 2 in the chapel. Kovac led the meditation with junior classmate Sarah Cooper. PHOTO BY MIKHALA LANTZ-SIMMONS

Medicine improves affected students' academics

Students diagnosed with ADD recognize medications' pros, cons, as well as alternative treatment options

by SARAH COOPER
Section Editor

Imagine sitting in your fourth grade classroom. You are trying to concentrate on your teacher, but you cannot seem to focus or sit still. The tapping of your neighbor's pencil against his desk monopolizes your attention.

This was a typical scenario for junior Molly Hamid, until she started taking medication after she was diagnosed with Attention-Deficit Disorder (ADD). Hamid is a part of 3-5 percent of American adults and children diagnosed with ADD or Attention-Deficit/Hyper-activity Disorder (ADHD). According to the Center for Disease Control, an estimated 4.4 million children between 4 and 17 years old have ADHD, and in 2003, 2.5 million of them were taking medication. According to the National Institute of Mental Health, of those younger children that take medication for their disorder, about 80 percent continue to use it through their teenage years. Professionals also recommend alternative treatments, which include nutritional therapy, cognitive and behavioral therapy, environmental adjustments and structure and routine.

"[The ADD medication Concerta] calms me down, and I get a lot quieter," said Hamid. "The days I don't take it, I don't learn anything at school. The days I do take it, I can sit there and listen to the teacher."

Hamid began medication in fourth

grade, and immediately noticed its positive effects.

"I definitely noticed a change," said Hamid. "My grades got better and I was able to sit [still] and not fidget as much."

Ms. Mary Beth Dover, elementary teacher of 28 years, currently teaches fourth grade and said parents are usually upfront about their child's diagnosis. She works closely with a diagnosed student's parents and updates them about classroom behavior.

"[Parents] know they need me to help them with their students," said Dover. "My job as a teacher is to work with the doctor, with the parent and with the student. It's really important that it's a team thing."

Dover noted that parents often ask her opinion regarding their child's behavior and the possibility of medication.

"I only have the student for nine months; I don't have the right or responsibility to tell a parent that they should medicate their child," said Dover. "[Teachers] are not doctors."

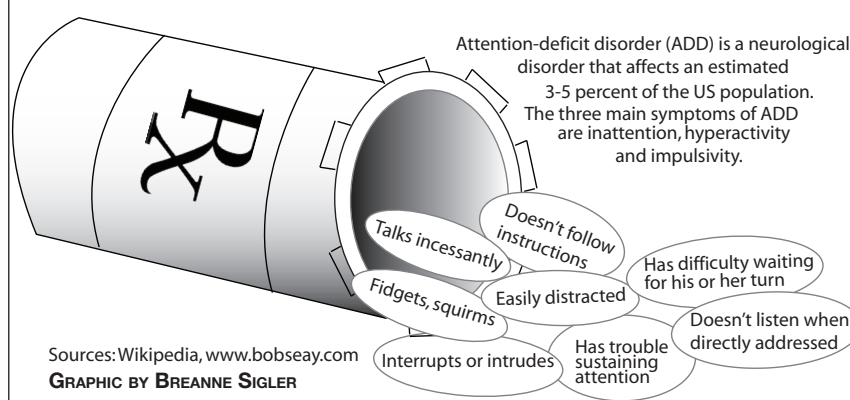
Dover said medication can be a very effective tool in treating ADD and ADHD.

"Medicine is a good thing if you see the change in behavior in the classroom; if it makes the student more successful," said Dover. "You're going to know by looking at the behavior if the medicine is working."

Dover said she can also make adjustments for students with either disorder.

"I'm [really] careful about where

ADD Symptoms Present Bitter Pill to Swallow



they're placed in a classroom or who they're seated by," said Dover. "I place myself in close proximity to them and sometimes move around the room so that I can check on them."

Dover can adjust the length of assignments when she feels it is appropriate, but dislikes doing so.

"I think [students with ADD or ADHD] have to learn to rise to the occasion," said Dover.

Hamid said she told her teachers in the earlier years about her diagnosis, but doesn't feel the need to do so anymore.

"I've learned to deal with it," said Hamid. "I don't want to be treated differently because of my disorder."

Hamid said that while she has benefited from medication, she feels it is not appropriate for everyone with either ADD or

ADHD. She felt that alternative remedies are also effective.

"It has helped me a lot, but to each his own," said Hamid. "Each person needs something else."

Junior Claire Hickey was diagnosed with ADD in eighth grade and struggled for a few months to find a medication that worked for her.

"[I] tried a few different medications, but they all had really bad side effects," said Hickey. "[The first one] made me really irritable and angry all the time. It messed me up emotionally."

Hickey now takes Adderall, and while she recognizes the academic benefits of taking her medication, she dislikes it because of its effect on her personality.

"It's effective for schoolwork," said

See ADD, page 23

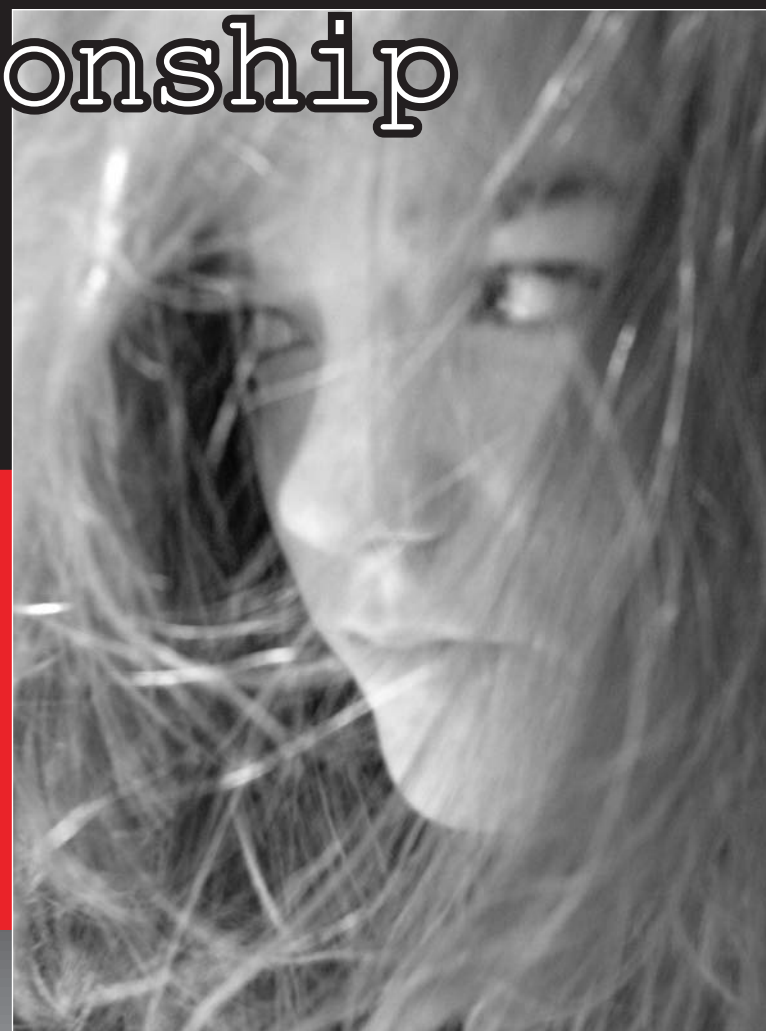
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Face Transplant
One year ago, doctors in Aimens, France performed the world's first partial face transplant. They issued an updated photo and statement Monday that described the procedure as a success. Isabelle Dinoire received the lips, nose and chin of a brain-dead woman after Dinoire was attacked by her pet dog in May 2005.

A dangerous kind of relationship



According to the Women's Rural Advocacy Program, **4** million women a year are assaulted by their partners, accounting for **25** percent of all crime in the United States.



PHOTO ILLUSTRATIONS BY KATHLEEN POINTER

Junior reflects on unsettling acknowledgement of abuse

ELIZABETH NELSON



SECTION EDITOR

Editor's Note: In reporting on abuse in the STA community, Dart reporter and editor Elizabeth Nelson heard many disturbing stories. Two stories about relationship abuse that she wrote for this issue were factual and well written.

However, the administration and Dart faculty advisor Mr. Eric Thomas agreed that both stories could not be published here. The stories involved legal questions and risks to our STA students. Everyone involved agreed it better to withhold the stories.

With these complications and two snow days, the issue date for The Dart was delayed. Withholding the stories also allowed Elizabeth the chance to reflect on her month of research. Here is her perspective.

You wouldn't believe how easy it is to find an STA student who has been abused. In the course of writing an article on relationship abuse, just about every girl who I talked to

has had some experience with abuse. Some is physical with hitting. Some is sexual including rape. Other abuse is mental through manipulation and control. Some students recognize signs in a friend. In short, abuse is affecting everyone our age.

One out of five high school girls reports physical or sexual abuse at the hands of a dating partner, according to *The Kansas City Star*. In a perfect world, there would obviously be no abuse. Only when the young men in our society take more responsibility for their actions and understand that women have the right to a safe and honest relationship, will abuse be minimized.

But women also need to have respect for themselves and their bodies to show men that they have this right. Women need to keep themselves on a level equal to men.

If we could eliminate the things that objectify women in our society, we would be taking one step toward equality. While we have certain freedoms in our country, why is pornography acceptable? Why are rap lyrics that discuss the rape and abuse of women so popular? Along with that, why do women voluntarily participate in this exploitation and buy these CDs?

While I don't believe that every man who listens to a rap song is going to go beat his girlfriend, men are influenced, even to the slightest de-

gree, by their surroundings.

Abuse is never the victim's fault, and that is something our society does not seem to understand. If we all became more open about the topic, girls would not be afraid to go to their parents or friends and tell them that their boyfriend is hitting them. Instead, they are afraid of being judged or even ostracized unless they keep quiet, and that is not okay. Oftentimes a girl will not come forward because she sees what she is going through as normal. Because she is not being physically abused, but rather manipulated, she feels that it is not abuse and that she is doing something wrong to make her boyfriend behave this way.

It was not hard to find extreme cases of abuse within the STA community. The stories were incredibly touching, but legal formalities and respect for the sources have limited what this article is able to do and say.

In all reality, I knew that writing this story and making it acceptable to publish in *The Dart* would be tough. Abuse is so prevalent in our society, yet it is still a taboo topic. The day when every abused girl is not afraid to speak up will be a day of change for women everywhere. How to achieve this is unclear, but, as young women, we have a responsibility not just to ourselves, but also to each other to work toward a brighter future. ★

Following the signs

compiled by NICOLE FARLEY
Co-Editor-in-Chief

Signs that you are being abused

- He harms you physically in any way, including slapping, pushing, grabbing, shaking, smacking, kicking and punching.
- He frequently humiliates you or makes you feel unworthy (for example, he puts you down but tells you that he loves you).
- He twists the truth to make you feel you are to blame for his actions.
- He demands to know where you are at all times.
- He constantly becomes jealous or angry when you want to spend time with your friends.

Signs that a friend is being abused

- She expresses guilt or shame for no apparent reason.
- She avoids school or social events with excuses that do not seem to make any sense.

From Nemours Foundation, an organization dedicated to improving the health and spirit of children.

How to get help

Get out of the relationship, even if you feel like there's nowhere to turn, avoid isolating yourself from family and friends. Support is one of the most important things you can have at this time, and family, friends, or counselors can help you get out of the relationship and stand up for yourself. You can also find lists of crisis centers, teen help lines and abuse hot lines in the phone book. ★

Acknowledging the violence: a look into abusive male behavior

by COLLEEN OWENS
Managing Editor of Design

The Bureau of Justice estimated that over 85 percent of violent crimes in the United States are committed by men. Scientists and counselors continue to search for the root cause of this destructive behavior.

The exact reasons for male abuse vary. According to the Clearinghouse on National Violence, different theories link male violence to childhood traumas, developmental difficulties and mental illness. It is said that therapy can be useful in unleashing the unconscious emotion of an abusive man, helping him to begin the process of learning to control his anger.

According to the Columbia News Service, in an article entitled "South Asian abusive men try counseling," Muhammad Riaz of Queens, New York attempted just that at the Nav Nirman counseling center.

"I've been coming here for 18 weeks. I'm learning something here, something that may help me for the rest of my life," said Riaz, hopeful he will be able to sort out his problems.

At age 27, he was courtordered to stay away from his wife and child because of several physically violent encounters with both of them.

In the article, Riaz denied needing any form of anger management stating, "I don't really need therapy. I have a bad temper but I know how to control it."

Therapy for abusers, however, has not yet proven the final solution to this social problem, and many British professionals, especially, grow frustrated in its pursuit.

According to a study held in 2002 by The Home Office of Great Britain, when compared to all types of criminals, abusive men were the least likely to improve their behavior from treatment. Due to this information, Great Britain has redirected funds from the appropriations allotted to rehabilitate batterers into the appropriations for safe-housing and enforcement sanctions.

In the United States, therapy has seen more positive results. The non-profit organization Abusive Men Exploring New Directions (AMEND) targets abusive behavior in men with the motto, "we are responsible for what we feel, how we act, and the consequences of our actions." On its web site, www.amend.org, it highlights one man's story as a former abuser.

"My name is Tom. I've had four domestic violence charges in my life, which have changed my life drastically. I truly believe my past aggres-

sive behavior was due to a learning process as a child. [It] caused a lot of anger in myself, [so I used] alcohol and drug abuse as a teenager through junior high and high school, [which] lead to fighting through irrational thinking [and] alcohol abuse from age 18 to 37 throughout both my marriages, which in turn led to divorce."

**"I was learning this is the way to control someone through fear."
Tom, former abuser**

According to the 1989 *Domestic Violence Study* by J. Groenewald, the rate of assault on women who lived with men who commonly drank was three times higher than the assault on women whose husbands did not regularly drink. In a 1993 Canadian Women's Survey, half of the abuse cases occurred in a relationship where the male had been drinking

previously. After his fourth charge, Tom was expecting prison, but instead was ordered to attend all of his AMEND classes. Evaluating from where his anger surfaced, he acknowledged his abusive past, remembering his own father's tendencies to come home drunk every night from the bars and fight his mother into submission. "All the time this was going on, I was learning this is the way to control someone through fear," said Tom. "As I got older, I was turning into the kind of person that I had learned to hate."

According to *Science News* in a 2005 article entitled "Mother Knows Worst," it was observed that rhesus monkeys, known for constant kicking, biting and clashing, produced offspring with the same violent temperament. Those few monkeys who did not portray such violent behavior, on the other hand, produced offspring as passive as their parents. This study accounts for the statistic that 30 percent of abused children, grow up to become abusive parents themselves.

Tom experienced this same result. However, he does not blame his childhood exclusively.

"We all have options in our lives, and we are the only ones who can control our actions," said Tom. "We

need to take responsibility for our actions ... no one else can. However, I do know if we continue to make poor choices, the courts will gradually take control of our lives."

Having completed his three and a half years of AMEND counseling, Tom came to a conclusion about the abuse he practiced most of his life.

"I felt real bad about hurting the people that were the closest to me," said Tom. "The sad part for them and to me is that they all hung in there with me as I continued to hurt them. I'm sure they expected that I would change. And I did not, [until] I realized that alcohol was a major contributor to most of my problems."

The Clearinghouse on National Violence believes alcohol is too often used as an excuse for abusive men and clearly states alcohol is not the actual violence, but the intensifier.

"When I used to go to jail, I would think and say that she threw me in jail again," said Tom. "After I realized that the women I had been married to weren't physically strong enough to pick me up and throw me in jail, I started to realize it must be my own behavior that got me there. This is when I was able to start working on myself at age 37. I sure have a lot of wasted years behind me." ★

Stars Pile it On



Dog pile ★ The volleyball team celebrates after winning the first State championship in STA history Nov. 4. They beat St. Joseph's Academy 25-22, 25-16. PHOTO BY MARY KATE BIRD

After loss in their first round of State tournament, volleyball team unites to ace opponents, win first title

by **BREANNE SIGLER**
Graphics Editor

As the last point of the game concluded, the faces of the volleyball team dropped simultaneously. Shoulders slumped as they trudged to the net to give congratulatory high-fives to the opposing team. Disappointment was etched on their faces. The team didn't know then that the next evening they would be throwing themselves into a messy dog pile with ecstatic grins on their faces, screaming and hugging.

"We started off slow," said coach Lori Hanaway. "They were nervous in the first game. It was a big arena, big crowd. They played about 75 percent and still barely lost."

Hanaway said the team felt disappointed after their loss, but they focused on winning the next games, instead of thinking negatively.

"In the locker room and in between games we just kept saying 'Now we have to win the next four [games],'" said Hanaway.

Junior Ellen Jantsch said she was annoyed by her performance in the first game.

"We were there, but we didn't really show up," said Ellen. "We were going through the motions, but we weren't playing 100 percent."

Ellen said the team definitely improved in the next game against St. Joseph's Academy.

"We really stepped it up and brought it all to the table," said Ellen.

Hanaway said captains seniors Jessie Kramer and Michelle Jantsch were instrumental in the team's win because of their leadership.

"Michelle leads by example because she's such a fantastic player and you know you always can count on her," said Ellen. "Jessie is more motivational."

Before every game, Kramer leads a Captain Planet routine, during which each teammate says one of the powers, like earth, wind, fire or water.

"It unites us," said Ellen. "It makes us focus on the game."

Ellen was a key player, helping the team defeat its next two opponents.

"When the game is on the line, you want [Ellen] to have the ball," said Hanaway.

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New grooves

The dance team began practicing in May and went to a summer camp hosted by the University Dance Association with last year's coach, Megan Savage. There, the team qualified for Nationals which will be held this February.

When the school year began, Savage moved to Denver to become a Denver Nuggets' dancer and was replaced by Chiefs' cheerleader Catherine Thorpe.

The dance team took their Jazz and Pom routines to the Fort Osage competition Nov. 18, where they placed 2nd. They will travel to St. Louis for Yvonne Cole in December, and hope to attend State in St. Louis Feb. 24.



Full circle ★ Players celebrate a point during the State championship match Nov. 4. The Stars defeated St. Joseph's Academy to win the State title. PHOTO BY MARY KATE BIRD

Booster Club balances uniform needs of ten sports teams

Club, athletic department cooperate to fully support STA athletics with proper finances, equipment

by **SARAH COOPER**
Section Editor

STA's Booster Club provides over \$30,000 annually to the athletic department. One of its largest expenses is team uniforms.

"[Athletic director Mike Egner] comes to the Booster Club each spring with a pretty exhaustive list of the needs and wants for each sport," said Booster Club president Kathy Jantsch. "We typically provide for everything on his list."

Cross country coach Karen Moran Redlich commended the Booster Club on its

distribution of funds.

"The Booster Club is amazing," said Moran Redlich. "Every time you need something, they somehow come up with the money for it."

Egner serves as a connection between coaches and the Booster Club and takes requests for new uniforms for the softball, basketball, soccer, volleyball, cross country and track and field teams. The golf and swim teams provide their own uniforms. The tennis team purchases their own shirts each year, but the Booster Club provides them with skirts. They purchase one costume for the dance team annually.

"[Egner] kind of keeps track and knows when it is time to get new uniforms," said Jantsch. "We can't get new ones every year; that's too expensive. [Egner] does a good job of stair-stepping [the replacement of uniforms] each year for the sports."

Egner said uniforms typically last four to five years.

"We try to buy good quality uniforms that last a while," said Egner. "We look at them every four or five years to see if they are still in good quality and in style. I try to cycle a couple of sports [new uniforms] a year."

Jantsch said, because of the different sports' cycles, the budget for uniforms varies from year to year.

"It's also not the same sports each year," said Jantsch. "We don't want one sport always getting new stuff."

Jantsch said, due to the nature of sports like the swim team, some athletes purchase their own uniforms.

"[Swimsuits] are obviously something [athletes] can't wear and then give them back to us," said Jantsch. "Since they pay for it, they get to keep it. It's not [the Booster Club's] property."

Egner said coaches seldom complain of a lack of funding from the organization.

"We've never had that problem," said Egner. "The Booster Club has been able to say 'Whatever you need, we can provide.' [Coaches] get pretty much whatever they ask for. They don't have any reason to complain."

Jantsch echoed this sentiment. "We rarely say 'no,'" said Jantsch. "We feel that we are here for the student-athletes. We want to satisfy their needs." ★

Iconic alumna returns to coach

Former star player accepts position as assistant coach, is role model for players

by COLLEEN OWENS
Co-Editor-in-Chief

“We have not flat out said, ‘we want to win State,’ but it has been subtly mentioned,” said senior varsity basketball player Emily Tummons. “We want a banner. [Rachel Stark-Boylan] has a banner. She knows how to get it done.”

This STA basketball season, change is in the air since former STA basketball legend, Ms. Rachel Stark-Boylan, has returned to her alma mater as the assistant coach for the varsity and JV basketball teams alongside head coach Rich Wilson and JV coach Mick Fletcher.

“We want a banner. [Rachel Stark-Boylan] has a banner. She knows how to get it done”

Emily Tummons, senior



Once a star, always a star ★ Assistant Coach Rachel Stark-Boylan looks on as senior Leia Darden dribbles by during Saturday morning practice. Stark-Boylan played on the St. Teresa's basketball team from 1994 to 1996. Her jersey was the only one ever to be retired. PHOTO BY MIKHALA LANTZ-SIMMONS

“So, do I realize I'm a legend at STA?” said Stark-Boylan. “No, when I hear that, I am flattered and appreciate any that may think that, but I don't think of myself as that, so I am a bit humored as well.”

Tummons, however, would disagree.

“She has done everything,” said Tummons. She has been to State, she attended our school [and] she was the Gatorade Player of the Year in 1995. She has held all of the important school records and she has a shrine up in Gopert with her jersey in it.”

That jersey with the number 12 printed across it has been the only jersey ever to be retired in STA history, a decision Athletic Director Mike Egner never thought twice about.

“No player in state history has ever scored 2,000 points,” said Egner.

Stark-Boylan transferred from her high school in Nashville to Kansas City for the beginning of her junior year and

dominated the 1994-1995, 1995-1996 basketball seasons, placing third at State her junior year.

After being heavily recruited for college, Rachel attended Lipscomb University for two years, then transferred to Oklahoma Baptist University where she was awarded the NAIA National Player of the Year her senior year. After college, Stark-Boylan moved back to Kansas City and married her husband Nate Boylan, who also played college basketball at Oklahoma Baptist. She coached several AAU basketball teams, participated in clinics and private sessions.

“Basketball has always been ingrained in some part of my life,” said Stark-Boylan.

Tummons welcomed her as assistant coach because of her positive female influence, her small age difference and her hands-on approach to coaching.

“She's my role model, the best basketball player to ever play at STA,” said Tummons. “I have grown up with the girl. I went to all her games [when I was younger] and when you see a basketball player that amazing, you do not forget it.”

Tummons first heard news of the new assistant coach from Egner, who pointed out to Tummons as Stark-Boylan walked by them, “There goes coach [Stark-Boylan].”

But before Stark-Boylan could accept the position, she had to consider her two young children back at home. Agreeing to coach several days a week, she signed up.

“In terms of being back at STA, it is always interesting to see the changes that have been made since I was there, but then there are some of the same faces and same ways that have been there

since I was there,” she said. “I guess that's the STA tradition.”

Since their first practice Oct. 29, Stark-Boylan has feels coaching has gone smoothly.

“I like the current game-approach that is used by coach Wilson, which is an aggressive, up-tempo style,” said Stark-Boylan. “I think we have a very athletic squad and can definitely be a threat in this way. So far, the girls have been working very hard in practice. We have been pushing them hard, and I think we will see good results out of what they are giving.”

Egner is positive the new coaching arrangement will benefit the team tremendously.

“She knows the game, and combine that with her experience, her age being close to the girl's, she is a role model,” said Egner. “She is awesome.” ★

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Holmes sits
Chiefs general manager and president Carl Peterson announced Tuesday that Priest Holmes will not play for the rest of this year.

Holmes sustained head and neck injuries in October of last year and has been on the injured list since. Holmes is still under contract with the Chief's until 2009 and hopes to play next season.

Varsity advances in first tournament

ST. TERESA'S ACADEMY 49 ★ LEE'S SUMMIT NORTH 37

by KELLY NELSON
Section Editor

The varsity basketball team was victorious in their game against Lee's Summit North in the first round of the Lee's Summit North tournament on Monday. According to coach Rich Wilson, the team went into their first game of the season with one objective.

“The overriding goal is that we have to be the team that plays the hardest each night,” he said. “I think we worked harder than them and that we were really focused and energetic.”

After a close first half in which the Stars ended the first quarter tied and the second with a lead of only three points, the Stars' hard work paid off when they scored 14 points in the third quarter while holding North to only three. All nine of the players that suited up for the game scored, with 15 from lead scorer sophomore Abby Duethman.

STA's lack of height did not prove to be an issue against the taller Broncos.

“We gave up some rebounds, but we were a lot quicker,” Wilson said. “You just have to put a lot of pressure on the guards.”

STA started only two seniors in their game, but Wilson believes that having a young team has not affected their play. The team participated in both spring and fall conditioning as well as team camps at the University of Nebraska and Northwest Missouri State University over the sum-

game line

1ST QUARTER:

STA...14 LSN...14

2ND QUARTER:

STA...25 LSN...22

3RD QUARTER:

STA...39 LSN...25

TOP SCORERS:

Abby Duethman...15

Paige Kuhlmann...8

Megan Konz...5

Alexandra Kurth...5

mer.

“They've all played together since last spring and that's what's important,” Wilson said. “They're really getting used to the way each other plays.”

Following their victory, the Stars moved on to play Hickman Mills yesterday, which according to Wilson will be one of the hardest games of the season. According to him, the veteran Hickman Mills team is one of a few metro schools in contention to go on to State competition with several players already committed to play in college.

The results of the game were yet to be determined at press time. Pending the outcome of yesterday's game, the Stars will play either Blue Springs or Lee's Summit West in the final round of the tournament tomorrow night. Their next game is Dec. 4 at the Blue Springs Invitational.

The JV Stars competed in the Lee's Summit West Tournament on Monday, losing to Lee's Summit North 46-63. ★



Taking aim ★ Kelsey McCormick, one of four sophomores on this year's varsity team, practices her shot Nov. 25. PHOTO BY MIKHALA LANTZ-SIMMONS

Sister teammates aid team to successful season



Sister, sister ★ Mr. Paul Thompson embraces daughters freshman Caroline, left, and junior Emily after the State meet in Jefferson City Nov. 4. The sisters placed 18th and 51st of 167 runners contributing to STA's 7th place finish overall. **PHOTO BY KELLY NELSON**

Thompson sisters bond through varsity experience, help lead cross country team during State competition

by **RACHEL SCHWARTZ**
Staff Writer

On a Monday afternoon in early fall, a mob of teenage girls run down the Ward Parkway median. The girls engage in conversations with each other as they practice. A comment suddenly causes two of

the runners to break out in song in unison. Surrounding teammates look at one another and, in laughter, knowingly say, "the Thompsons!"

Freshman Caroline Thompson and junior Emily Thompson both ran varsity cross country this year. According to Emily, situations like this were happening constantly in

practice.

Caroline started running cross country, in part, because of her older sister.

"My sister suggested [I run] because it's a great way to meet people and it sounded like fun...and I wanted to stay in shape," she said.

Caroline got the opportunity to stay in shape and run with her sister all season, because both were on varsity.

"She was like me in a way that when I
See SISTERS, page 23

State Results ★ 7th Place Jefferson City ★ Nov. 4

Elizabeth Keaveny, Junior
19:22 5th Place *
Caroline Thompson, Freshman
19:45 18th Place *
Emily Thompson, Junior
20:29 51st Place
Katie Sharp, Freshman
21:34 117th Place
Jacqui Lindsey, Senior
21:40 120th Place
Claire Hickey, Junior
22:17 148th place
Jaime Henry-White, Sophomore
24:07 164th Place

*Denotes All-State Recognition

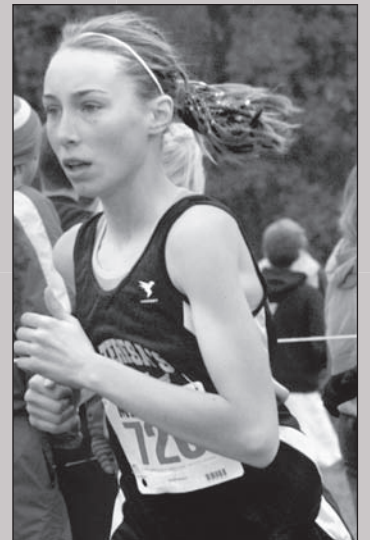


Photo finish ★ Sophomore Jaime Henry-White raced in the state meet. The team finished 7th overall. **PHOTO BY KELLY NELSON**

30 november 2006
★
The Dart
★
St. Teresa's Academy

★in brief

Rivalry game
Rivals University of Missouri and University of Kansas went head to head Nov. 25 for their football game at Memorial Stadium in Columbia. The Tigers convincingly beat the Jayhawks 42-17, improving them to a 7-4 record, while the Jayhawks ended their season 6-6. The teams' next big rivalry game takes place Jan. 15 when the Tigers travel to Lawrence to play No. 5 Kansas in basketball.

Coach qualifies, trains for Olympic trials

Assistant cross country coach Jon Little to compete in marathon, will leave home behind in pursuit of dream

by **KELLY NELSON**
Section Editor

As assistant cross country coach Jon Little began the race he had planned to run since college, that would bring him one step closer to the dream he has had since fifth grade, he could not resist joking with his opponents about the suggestive Bob Seger song blaring on course's speakers. Despite his humorous approach to the race, he managed a time of 2:21:48 in LaSalle Bank's annual Chicago Marathon, qualifying him for the Olympic Trials next Nov. 2 in New York City. Today, Little can still recall exactly when the sport of running caught his attention.

"I remember when the Olympics were in Barcelona in '92," he said. "I remember cutting out of *Sports Illustrated* the pictures of all the distance runners and hanging them on my wall. Then, I would write down the winning times of all the races underneath the people's pictures."

Early success in the fifth grade field day's half-mile run, as well as his father's hobby of running influenced Little to take up the sport. A fall off a staircase causing Subdural Hematoma forced him to give up his love for baseball and other contact sports.

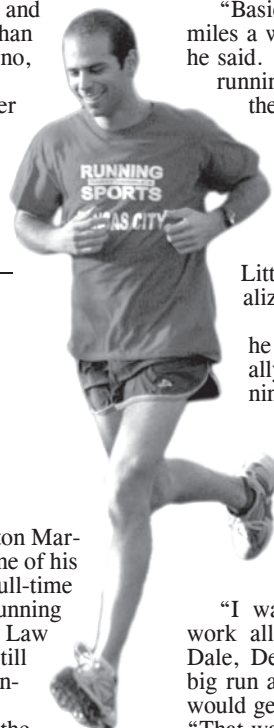
While he continued to run cross country and track in high school and college, running was not his top priority until a year ago. After helping as a volunteer coach at the University of Missouri-Kansas City, Little took on his first marathon in Phoenix.

"I ran 2:33 and my last mile was 11 minutes," he said. "It was awful. I messed myself up so bad. I remember looking at the sidewalk and people were going faster than me and I thought, 'Oh no, they're just walking.'"

Beginning last winter when friends and fellow runners Dale Dexter and Derek Tate moved to Kansas City, Little be-

race line

PLACE:
56th of over 40,000
TIME:
2:21:48
WINNING TIME:
Robert Cheruiyot
2:07:35



gan to prepare for the Boston Marathon in April. Unlike some of his competition, he works a full-time job at Garry Gribble's Running Store, attends class for Law School at UMKC and still maintains a rigorous training schedule.

"After Boston, I used the reporter's cell phone to call my dad when I was on TV," he said. "I was like, 'Dad, I just got 23rd in the Boston Marathon, I'm dropping out of Law

School!' He said, 'Jonathan, that's the dumbest thing I've ever heard; you're a moron!' I'd like to drop out of law school, but he and coach Moran won't let me."

Since Little opted not to quit school, he began to train for the Chicago Marathon during the little spare time he had.

"Basically, I tried to shoot for 90-100 miles a week and I ran up to about 112," he said. "The best guys in the world are running north of 160, and some of the Africans who really don't have anything else to do are running 200."

Cross country volunteer coach Dave Hansen met Little last year through work at Garry Gribble's and was taken aback by Little's intensity at first, but soon realized how important it was to him.

"Running basically defines who he is," said Hansen. "You can't really picture Jon Little without running."

Each week, Little ran around 20 miles on Sundays, between 14-17 miles on the other days, as well as two hard workouts to prepare for Chicago. During the summer, he had to adapt his schedule to the weather.

"I was running at 5 a.m., then I'd work all day, then I'd sleep, and then Dale, Derek and I would go again for a big run again at about 11 p.m. because it would get so hot during the day," he said. "That was kind of weird because we'd be running down on the Plaza when the bars were letting out in our little shorts."

Prior to Chicago, Little had confidence in himself and the preparation he had done

and focused on what he needed to do.

"I knew going into Chicago, just like going into Boston, that if the plane didn't crash, I was going to run fast," he said. "I just knew I could do it, like I absolutely believe in myself more than anything. If you don't believe in yourself, you're not going anywhere."

During his race, Little pulled away from the group of running friends he traveled there with when he realized that after 15 miles, they were 24 seconds slow of the qualifying time pace due to poor weather conditions.

"I said, 'Guys, you know, we got to get going,' and I went out a little bit and it was really windy, and nobody went with me," he said. "Out of all those guys, I was the only one who made it and also out of those first 80 people in the race I was the only person in the race that really had negative splits."

After he picked up his pace, he knew he could do it.

"At about 18 or 19 miles, I saw my little sister and I yelled, 'Jennifer, I'm going to the Olympics!' so, I knew I had it by then," he said. "When I was running in, I also saw my high school coach and gave him a high-five."

Little finished 56th out of about 40,000 competitors with an average mile pace of 5:24, but said he needs to pick up his pace if he wants to make the Olympic team. Only the top three finishers in next year's race will move on, but he has often speculated on what his time should be.

"I figure it takes a 2:14 probably to make the Olympic team in the marathon and all I do in class is figure out the mile splits," he said. "Say we were tested on

See MARATHON, page 22

Students fawn over drama



To be or not to be... ★ Sophomore Emily LaGrand practices her forensics piece Nov. 17 in the black box. She was required to memorize the eight-minute monologue. **PHOTO BY ALLISON POINTER**

STA forensics class dedicates time, effort to competition

by **CARLIE CAMPBELL**
Staff Writer

For some students, competition is everything, whether it be in basketball, volleyball or...acting. Students taking the forensics class taught by Ms. Shauna Prentiss compete with theatrical pieces. At STA, forensics is the only class that competes as part of the curriculum.

In forensics, students choose and prepare a competition piece in one of three categories: Prose and Poetry, Humorous and Dramatic Interpretation and Duet Acting.

"You create your piece yourself," said sophomore Emily LaGrand. "You don't have any help from props or costumes, which I think is really cool."

There are seven people taking forensics this year, and they have already competed in a tournament. Junior Paris Mantz said she took the class because she enjoys acting.

"I like to [act] more than the few times a year we put on shows," Mantz said. "I felt like I could succeed in a competition."

In a recent competition, Mantz

came in fourth place in the Dramatic Interpretation category. All Dramatic Interpretations are required to be memorized and the required time for the piece is no less than eight minutes. Dramatic Interpretation is a serious piece, usually a monologue that deals with a heavy topic.

"It's not supposed to be funny," Mantz said.

At competitions, there are several rounds where performers present their pieces to the judges. There is a potential that a competitor perform her piece up to five times before final results are announced.

"I really, really like acting," LaGrand said. "To be able to do that and do something productive with it and to have an audience is a dream come true for me."

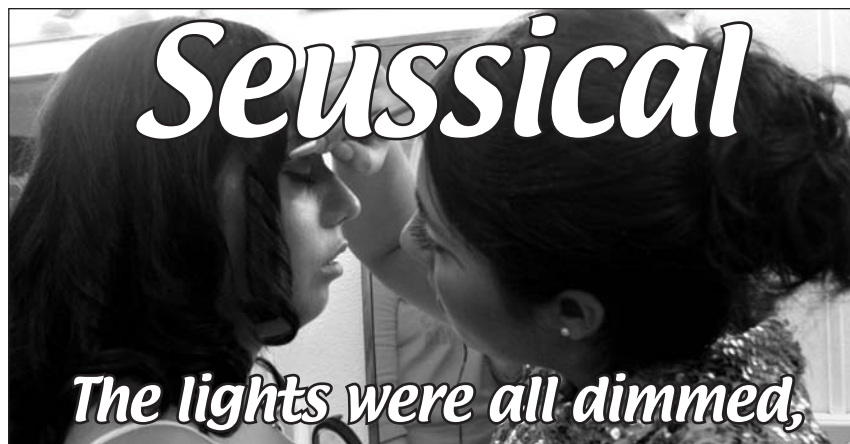
The girls in forensics are very dedicated to the class material, and Prentiss is very supportive of her students.

"My big piece of advice is to do it, and do it big," said Prentiss.

She said that the more exaggerated a piece is, the more likely a student is to succeed in a competition.

"We work really hard on our pieces," said LaGrand. "Ms. Prentiss is always there to time our pieces and tell us what we're doing wrong, and what we need to improve on."

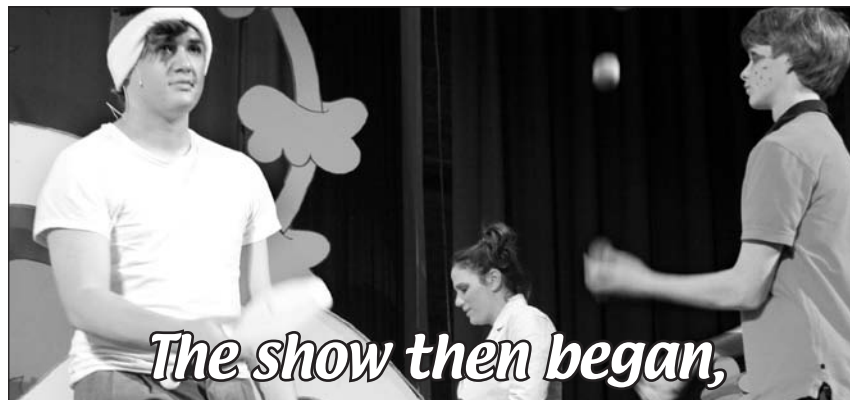
With the help of Prentiss and their classmates, the forensics students hope to carry on improving their skills and continue to excel at competitions. ★



The lights were all dimmed,



The audience, quiet,



The show then began,



And it was a riot!

Seussical the Musical ★ From top, Nov. 11, junior Julia Adriano, left, gets ready for the performance with the help of junior Olivia DeSimio. Junior Hannah Girardeau, left, gets Rockhurst senior Sam Wiedeman ready for his soundcheck. Rockhurst junior Noah Richmond, left, and Rockhurst freshman Cary McRoberts juggle on stage during their sound check. The "Bird Girls" sophomore MacKenzie Beisser, left, freshman Ellen Gude and junior Claire McFarland test their mics before the Saturday night show.

PHOTOS BY KATHLEEN POINTER

30 november 2006

★
The Dart

★
St. Teresa's Academy

★in brief

Bluming Holidays?

The Coterie Theatre, Level 1 Crown Center shops, is spending its Christmas season putting on performances of Judy Blume's story "Tales of a Fourth Grade Nothing."

Performing began on Nov. 14 and continue through Dec. 29. Tickets are \$14 for adults and \$8 for children, students and seniors 60 and up.

Discounts are available for groups of 20 or more. Order online at www.coterietheatre.org or call the box office at (816) 474-6552.

STA to participate in invitational art competition

Avila University hosts competition to promote 'secret' art department

by **KATE RAINEY**
Copy Editor

Avila University will host their Second Annual High School Invitational art show. The opening reception will be this Sunday from 2-5 p.m. Artwork will be displayed in Avila's Thornhill Gallery until Dec. 8. Art teachers Theresa Wallerstedt and Lisa Dibble selected student work to submit in the competition.

"It's very hard for me to pick,"

Wallerstedt said. "I could take 50 [pieces], but I'm limited to 20."

Three Avila faculty members, including chair of art and design Susan Lawlor, chose 43 pieces out of 379 submissions that will appear in the show.

"We began intending to choose a piece from every school (like we did last year) but we ended up not choosing any work from a few schools," said Lawlor. "We decided that the quality of the show should be the most important consideration, and we're very pleased with the results."

The judges accepted two pieces from each of Wallerstedt's and Dibble's submissions. Juniors Roni Katz and Katherine Kuhn and seniors Carolyn Wiedeman and Alexa Scharig will be featured

in the show.

"It's really exciting that the judges thought my work was good enough to be shown with [other student's] art work," said Katz.

According to Lawlor, the show is a competition, first to get accepted, and then judges choose the top three best pieces. The winning artists receive gift certificates to art supply stores.

Each student could submit only three pieces and each piece had to be two-dimensional. The competition was limited to juniors and seniors.

"[We] wanted it to be older students because the work would be that much... better, that much more experienced," said Lawlor.

Avila decided to host an art show for

high school students to promote their art department.

"We are a well-kept secret, the art department at Avila is," said Lawlor. "Not as many people know about us as we would like. [We] need to communicate to people that we're [here]; we have a good art department."

Avila invited over 100 high school faculty members from all local Catholic high schools, as well as other high schools in the area to participate, said Lawlor.

Wallerstedt participates in Avila's show to promote STA.

"We want to encourage students to come to St. Teresa's," she said. "I also want to show off the talented students that I have." ★

★in brief

Brit Wit
The STA theater department will be holding auditions for the spring play "The Complete Works of William Shakespeare (Abridged)" beginning on Wednesday, Dec. 6. The cast will begin rehearsals after Christmas break. See Ms. Shauna Prentiss for audition contracts.

Unitarian church becomes theater by night

Every Tuesday, local church shows social justice documentaries

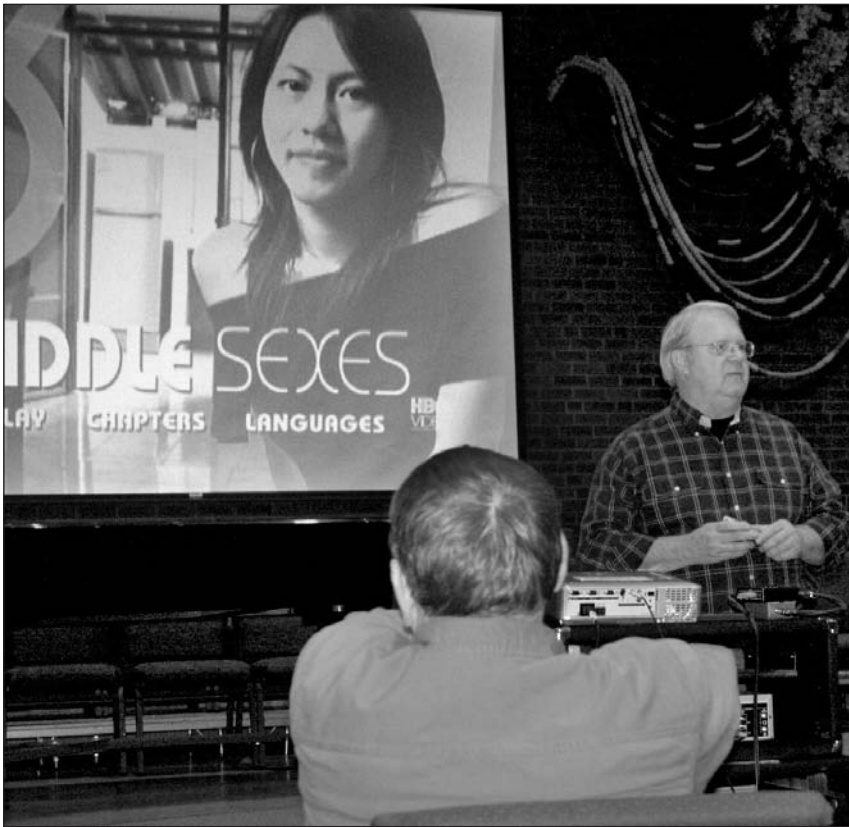
by KATIE MEYERS
Section Editor

When was the last time that you heard somebody yelling "Unbelievable!" in the middle of a movie? When was the last time that you heard somebody yelling "Lies!" in the middle of a crowded church?

Every Tuesday night at 7 p.m. the building at 4501 Walnut Street is transformed from All Souls Unitarian Universalist Church into a movie theater where people can get a bit feisty.

Four years ago Mr. Mike McKelley, an All Souls parishioner and self-proclaimed "film nut," put together a summer film series called "God Goes to The Movies," featuring movies like "The Gods Must Be Crazy" and "Dogma." Shortly after that, McKelley put together another series titled "The War Goes to The Movies," featuring similar war movies like "Dr. Strangelove" and "Sergeant York."

Eventually, with the help of former ministerial intern Melissa Mummert, the summer film series turned into a year-round program that plays mostly documentary films relating in some way to social justice. "The biggest [crowd] we've had was 275 people," said Ms. Carolyn MacDonald, who has assisted McKelley with the series since Mummert left two years ago. "That was when we showed the Wal-Mart movie, 'The High Cost of Low Prices.'" They showed the Wal-Mart movie twice and each time the church nearly reached its capacity. Lately, the films have been scheduled for weeks where the topic is relevant to what is going on in the outside world. For example, on Nov. 7, election day, the featured film was "American Blackout," a film that takes a in-depth look at the voting "con-



Controversy...shmontroversy★ Mr. Mike McKelley, back right, prepares to start the film "Middle Sexes" at the All Souls Unitarian Universalists Church Nov. 21. The film dealt with the medical and social issues of transgender people. PHOTO BY KATHLEEN POINTER

spiracies" that took place during the 2000 and 2004 elections while following the career of U.S. Rep. Cynthia McKinney. STA history teacher Craig Whitney has attended several documentaries at All Souls over the past few years and encourages students to go.

"Most of what they do is pretty interesting," said Whitney. "It's kind of like a public service above and beyond the call of duty for any church."

There is no charge to watch the films, but donations are always greatly appreciated.

Once the movie is over, there is traditionally a question and answer session where the audience can ask about and discuss the issues addressed in the film. According to McKelley around 50 percent of the attendees are All Souls UU community members and the other 50 percent is not. MacDonald added that she would love to see more young people attending. ★

iTunes, iPods wreak havoc on CD industry

iTunes sales reach over one billion songs, CD sales continue to drop

by CLAIRE McINERNEY
Staff Writer

As the music plays on, record sales continue to plummet. The cause for the drop can be contributed to iTunes and illegal downloading.

"I buy a song about once a week," said junior Sara Donaldson. "If I hear it a ton on the radio and I like it I buy because I'll like to listen to it for a while. I don't buy songs just to buy them; it's the stuff I like to listen to."

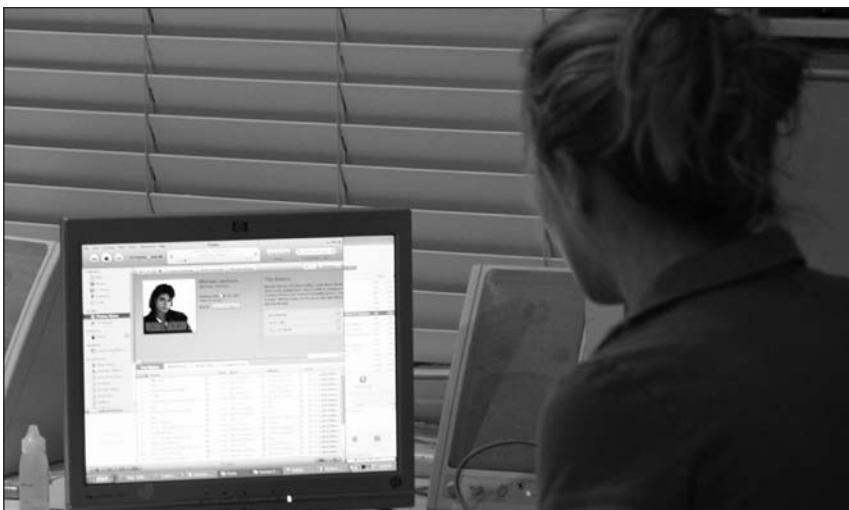
While Donaldson, who owns an iPod Mini, is more inclined to buy a \$.99 song off iTunes, fellow junior Sophie Briend prefers to buy a whole CD. Briend, who still uses only CDs, believes iPods are too expensive.

"I buy a CD if I like the music," she said. "If I like the general stuff, I go to the store and listen with the headphones even if that's gross."

Despite buyers like Briend, CD sales for the first half of this year are down four percent since the first half of last year, according to an article published on www.arstechnica.com, a website based on news about technology. However, the music industry has grown since 2005, selling one-tenth of a percent more music since last year.

The number of songs purchased digitally had risen 148 percent in 2005. Donaldson has purchased over 40 songs through iTunes since she began using it in August of 2005.

"My parents won't let me use the credit card on iTunes," she said. "I buy [songs] with gift cards from my birthday and stuff.



In tune with iTunes★ Sophomore Jenny McLIney searches the iTunes music store for a Michael Jackson album on her home computer. McLIney regularly downloads songs to add to her iPod instead of buying full albums from record stores. PHOTO BY LINNY KAUFMAN

Sometimes, I have gone to the store and bought a gift card for myself so I could buy music."

Briend still prefers to use CDs over the iPod.

"I haven't really ever wanted [an iPod] that bad," she said. "It ran through my mind, but it's not necessary. I'm happy with CDs. I've talked with some friends and decided I don't want one because they said they are impatient with their CDs, and I like my CDs."

Another benefit to CDs is the cases, according to Briend. When purchasing a song off iTunes, the novelty of the cover is missing.

According to www.thebigpicture.com, in 2005 album sales were down seven per-

cent. Only 602.2 million albums were sold compared to the 650.8 million sold in 2004.

"The last CD I bought was Jack Johnson," said Donaldson. "I could listen to it forever. And All American Rejects, because I love all their songs. If I don't know enough [about the artist] to buy all the songs, it's a better deal to buy one than all of them."

Donaldson's use of iTunes contributed to Apple reaching one billion songs last February. Still, she resorts back to the days of Napster.

"Before I buy a song, I make sure my friends don't have it," Donaldson said. "Then if no one does, I look on [www.singingfish.com]. And if I still can't find it and I like it a lot, I'll buy it." ★

KATE RAINEY



VIDEOPHILE

Doctor drama gets too physical

"Grey's Anatomy" is a glorified soap opera - a formula used a million times before a million times better on other shows.

The appeal of the show is obvious - attractive actors, dramatic storylines and a cute voiceover moral stamped on the end of each episode. But does this show offer anything that every other show does not?

"Grey's," which airs Thursdays at 8 p.m. on ABC, resembles "Ally McBeal," minus the quirky humor. Like "Ally," Meredith Grey (Ellen Pompeo) has that cute-but-socially-challenged aspect that screams Calista Flockhart. The main focus revolves around intra-hospital relationships and the struggles and humor that go with them. Once again, it is all about sex, which is getting old.

Women used to become nurses to marry doctors. According to "Grey's," women become surgeons for the same reason. What does Grey do when she becomes a surgeon, a medical profession dominated by men? She nullifies her accomplishment by sleeping around and acting ditsy. What a great message to send to your audience, especially considering most viewers are teen girls.

There must be a way to create a meaningful series about something other than sex. Yes, relationships are an important aspect of our lives and a pinch of sexual tension lures people into watching. But there is more to life than sex.

In one episode, a teen crashes his motorcycle and lands on a pile of tree clippings. A branch lodges itself in his torso. While Grey and Cristina Yang (Sandra Oh) watch the surgery, they discuss their love lives. Nobody's relationship issues are that interesting. Cutting a branch out of a kid trumps relationship issues every time.

"Grey's" copies "House" with its strange medical cases, which range from a little girl who can't feel pain to a woman with two uteruses. However, it lacks the ingenuity "House" possesses. House's cases seem real, although bizarre. The cases on "Grey's" are unbelievable - an attempt to shock, insert humor and remind people it is set in a hospital. Otherwise, it would be easy to forget.

The show lacks believability in character's interactions. In one episode, a couple gets their genitals stuck together during sex. They rush to the emergency room where their daughter states her embarrassment and shame, but her actions don't get the point across. Any sane child who saw his or her parents in such a disturbing position, would bolt from the room and find the nearest priest or psychologist.

The voiceover morals from Grey at the end and/or beginning of the show are reminiscent of "Scrubs." In both shows, the characters struggle with problems. "Scrubs" makes their lessons realistic and touching. "Grey's" seems cheesy. Izzy's (Katherine Heigl) reactions to losing her fiancé epitomize cheesiness. In one episode, she stands outside the hospital all day. What happened when she had to pee or her legs got tired? Standing outside Seattle Grace with pain-stricken, doe eyes makes great soap opera, but is cliché.

For a show with so much buzz surrounding it, I have to say, I'm disappointed. The formula which makes this show popular has been done before. "House" mastered strange but believable cases and cheeky humor, "Scrubs" perfected touching voiceover morals and "Ally McBeal" capitalized on annoying relationship issues. "Grey's" simply mimics these qualities, undeservedly winning a huge fan base. ★



CO-EDITOR-IN-CHIEF

'Tarzan' redefines classic Disney tale

The lights dim to near darkness; and the curtain slowly draws itself. An usher leads the final person to his seat, as the orchestra begins performing a familiar and confident tune. Men—rather, gorillas—scamper onto the stage, appearing on foot and in the tree-tops.

The music picks up, when a leopard—the predator—sprints across the stage in pursuit of the unsuspecting gorillas.

So begins my ninth experience as an audience member of the legendary Broadway productions. This particular time I had the privilege of enjoying "Tarzan," but at the musical's outset, I was unaware of how lucky I was.

The first play I saw was "Beauty and the Beast," a mere two summers ago with my mom. The enchanting Disney story as a live production won me over, and since then, I have trekked back to New York to experience "The Lion King," "Wonderful Town," "Rent," "Blue Man Group," "Dirty Rotten Scoundrels," "The Producers" and "Monty Python's Spamalot."

I now fancy myself a Broadway theater connoisseur, having memorized which productions received Tony's in 2005—"Spamalot" for best musical and "Doubt" for best play.

So when my mom presented me and my sister with tickets to Disney's "Tarzan," I was a little underwhelmed. Why not "Wicked," "Hairspray," "Avenue Q" or "The 25th Annual Putnam County Spelling Bee," I wondered.

I arrived at the Richard Rogers Theatre on W 46th Street as a complete skeptic, expecting disappointment. Of all the Broadway plays and Disney movies I could watch, "Tarzan" was near the bottom.

But as the curtain rose, the set and costume design automatically changed my disappointment to complete exhilaration. The lighting created the eerie mood of the jungle, transporting me to the rainforests of West Africa.

Bright green vines hung from every direction—the ceiling, the walls and the floor; the sheer volume of vines illuminated the set with electricity. Best of all, the gorilla men and women used the vines to fly across the stage, exhibiting brilliant dexterity as nimble gymnasts, dancers and trapeze artists.

Thousands of back flips, front flips, summersaults and gorilla grunts later, I was convinced. I was convinced of Tarzan's emotional dilemma in facing, as songwriter Phil Collins poetically composed it, "two worlds, one family." Convinced of the struggles Tarzan encountered not knowing his identity. Convinced of Tarzan's love for the gorilla family that raised him and for the woman who exposed him to an entirely new and human world.

"Tarzan" will forever "be in my heart," because of the compelling plotline, theatrical effects and honest music. But I will also cherish "Tarzan" as the Broadway musical that brought me to a new worldview.

Here I had been offered the privilege to see a celebrated Broadway production, but I nearly turned my nose up at the prospect because it wasn't what I thought I wanted. How could I have actually been disappointed to see such an amazing spectacle? Sure, I hid my disappointment well, feigning excitement, but behind the false smile, I wanted more.

With my sights set on ten Broadway shows, I know what production I would like to make the milestone. But I also know I am fortunate to have the opportunity to reach the milestone. ★

'Om' sweet 'om,' yoga in Kansas City

Reporter hits mat for first-hand look at yoga in Kansas City

by SARAH SMITH
Staff Writer

Far from the Indian temples of second century BC, yoga has taken over the Western World. From spacious urban lofts, to suburban health clubs and at-home tapes, the yoga craze continues to grow. Kansas City has followed suit with more than 25 yoga studios in the metropolitan area; offering a myriad of styles, there is sure to be a class for everyone. The important thing when choosing a class is to be educated on the differences, such as varying emphasis between strict alignment, coordination of breath and movement, holding postures and flow from one pose to the next. Pick a type, create an intention and practice regularly.

The Wednesday night vinyasa class at Maya Yoga studio is an ambitious class not for the weak-minded or bodied; it takes a lot of discipline and muscle to hold and flow between poses. Vinyasa focuses on connecting the breath and the movement, creating a continuous flow between positions. The occasional urban cacophony of car motors and slamming doors drifts through the ten-foot windows of the brick building in the crossroads art district. This helps tap into pratyahara, one of the eight branches of the yoga practice, which means cultivating a de-

tachment from the senses and making a conscious effort to draw away from the external world and outside stimuli. There is a pretty fluent slur of Sanskrit yogilingo thrown in, directions to take a deep ujjayi breath and chaturanga, one-handed if you're able.

The occasional respite into child's pose is exactly what my quivering forearms need. The emphasis on breath flow helps to take some of the mental anguish out of the difficulty of the poses, and I'm surprised to find myself contorted into positions I didn't think were possible. This isn't a class for beginners.

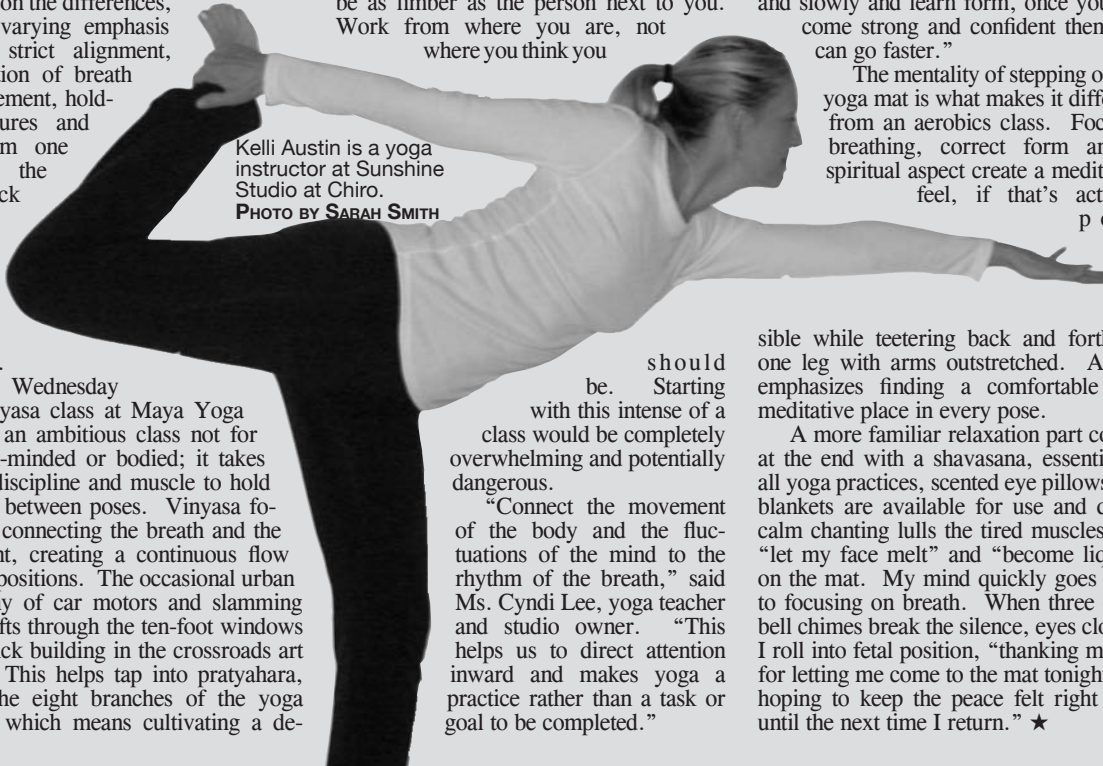
Another important aspect of the yoga practice is not to push it. Don't ever make yourself feel uncomfortable in an effort to be as limber as the person next to you. Work from where you are, not where you think you

A better class for first-timers is the Vinyasa/Yoga I class at Chiro Studios. The class is true to the vinyasa style, flowing smoothly from one pose to the next.

Beginning with three "om's" to get everyone's body in-tune, the class then flows through a series of repeated sequences. An eager yogi requests a focus on abdominal work, so what starts as a relaxing and loosening flow of movement, ends in a strenuous clenching of the abdominals with my legs perpendicular to the floor and head off the ground. If at any point it becomes too hard, there is always the option to curl into child's pose and rest.

"Good form is the most important thing," said Dr. Kelli Austin, yoga teacher and chiropractor. "Start thoughtfully and slowly and learn form, once you become strong and confident then you can go faster."

The mentality of stepping onto a yoga mat is what makes it different from an aerobics class. Focused breathing, correct form and a spiritual aspect create a meditative feel, if that's actually



Kelli Austin is a yoga instructor at Sunshine Studio at Chiro.
PHOTO BY SARAH SMITH

should be. Starting with this intense of a class would be completely overwhelming and potentially dangerous.

"Connect the movement of the body and the fluctuations of the mind to the rhythm of the breath," said Ms. Cyndi Lee, yoga teacher and studio owner. "This helps us to direct attention inward and makes yoga a practice rather than a task or goal to be completed."

sible while teetering back and forth on one leg with arms outstretched. Austin emphasizes finding a comfortable and meditative place in every pose.

A more familiar relaxation part comes at the end with a shavasana, essential to all yoga practices, scented eye pillows and blankets are available for use and deep, calm chanting lulls the tired muscles as I "let my face melt" and "become liquid" on the mat. My mind quickly goes back to focusing on breath. When three crisp bell chimes break the silence, eyes closed, I roll into fetal position, "thanking myself for letting me come to the mat tonight and hoping to keep the peace felt right now until the next time I return." ★

Just a side note

Talk the talk

Asana (AH-SAN-NUH) – A pose or posture. the Sanskrit name for most postures end in -asana

Chaturanga (CHA-TER-AHN-GA) – A type of push-up done during common yoga sequences

Namaste (NAH-MAH-STAY) – said at the end of yoga practice a Hindi word meaning – "I bow to the divine in you"

Pranayama (PRAHN-AH-YAH-

MA) – breath control. Controlled breathing helps maximize the benefits of yoga and calm the mind.

Ujjayi breath (U-GHAI) – breathing in a constant, even rhythm through both nostrils – also called "ocean breath," this sounds like Darth Vader when done correctly.

Walk the walk

★ **Maya Yoga**
1717 Wyandotte
Vinyasa, Ashtanga, Power Yoga
\$12 w/ student ID

★ Yoga Fix:

2000 Shawnee Mission pkwy
Hot Yoga, Pilates, Basic Yoga
special 5 for \$30 for first timers

★ Sunshine Yoga at Chiro:

7600 West Penway
Vinyasa, Anusara
\$10 per class

★ Body and Soul KC:

649 E. 59th St.
Yoga I, Yoga II, Power yoga, Pre Post natal, Pilates, Body intelligence – awareness through movement, zumba fitness
\$15 per class

Vegetarian restaurant has diners craving more

Eden Alley eatery offers healthy alternative, Unity Temple atmosphere

by MARY KATE BIRD
Managing Editor

Sitting outside on a terrace under a giant oak tree in November doesn't seem likely. But that was the case, waiting to give our orders at Eden Alley restaurant located on the Plaza. The initial charm of a vegetarian/vegan restaurant in the basement of a temple was not only appealing but also a boost for my own personal spirituality. Here I am, eating a healthy meal in a religious sanctuary – take note all, I definitely just got into Heaven.

The first impression of a rec-room type basement under Unity Temple was quickly squashed, by a beautiful mid-90's combined with Middle Eastern décor. The walls were covered with corrugated metal and colorful

art, combined with jewel-covered curtains and drinks served in bright, art-nouveau plastic cups. My initial thought was that our food presentation was about to be beautiful paired with cold food, as they stereotype would dictate for most restaurants that go out of their way to make the soft-spoken statement Eden Alley does.

After surveying the indoors and deciding the weather was too good to pass up, we decided on a small table underneath a tree in plain view of the nightly-Plaza activity. The server brought us the complimentary round of bread and honey butter while my father ordered the vegan hummus as an appetizer.

Our service was timed perfectly; appetizers brought out with our drinks and scooped up once finished. We ordered less than 3 minutes after we had finished our appetizer, which was delivered roughly 15 minutes later. The food, which is specified as vegan or vegetarian, ranged from different forms of salads to bruschetta to falafel to their homemade "virtually vegan" meat-

loaf made of mushrooms and tofu rather than meat.

As an Oklahoma Joe's worshipper, the only other vegan restaurant I've been to was in the jammed streets of San Francisco. I was disappointed by the San Francisco restaurant's selection for dessert, noting that vegans must like their fruit plates. However, I was thrilled to see our server at Eden Alley carry out a tray that had TWO vegan desserts on it that were NOT considered "fruit cups." I devoured a slice of the vegan "Mighty Mocha Cake" which was a chocolate coffee cake combined with mocha mousse and chocolate ganache.

The service combined with the delicious food proved to be a worthy experience. A general consensus was that, considering its inability to fill our stomachs at 7 p.m., maybe it would be a better place to venture to around the noon-time hours. However, it was comforting to know there is a healthy-alternative to all the steakhouses, fast food restaurants and barbeque joints that Kansas City harbors in its mid-town. ★

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The Dart
★

St. Teresa's Academy

★in brief

Zune is doomed
Microsoft's new MP3 player, the Zune, has failed to live up to the company's expectations. The device, hoped to replace the iPod, is similarly priced but pales in comparison. It is already being mocked on late night TV, though it was only released to the public Nov. 14. Analyst Gene Munster recently polled salespeople from 40 different big-name electronics stores and only 8 percent endorsed Zune, compared to the 75 percent that endorse the iPod.

The Many *F A C*

From poetry to broadcast journalism, senior Amanda Morrall shows her involvement



Standing Up ★ Senior Amanda Morrall participates in the Youth Commission Board's meeting Nov. 27. In order to become a member, Morrall had to fill out an application and attend an interview.

PHOTOS BY KATHLEEN POINTER

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★in brief

The New Generation Rap is an all youth radio talk show that airs Saturdays at 8 a.m. on FM 103. The show is headed by Jim Nunnally, who is known as "Granddad" at the station and is the administrator of Jackson County's COMBAT anti-drug program. During the program, the hosts, high school students from around the city, take calls and discuss topics including rap, sex and drugs.

by ALY BROWNLEE
Web Editor

The crowd stands to cheer as their team makes a touchdown. Spirited high school students in school colors jump up and down; high fives are exchanged. But, there is one girl who sits, intently scribbling notes.

Like most high school students, senior Amanda Morrall is out late Friday night. Except instead of attending athletic events to hang out with friends, Amanda goes to take notes on football and basketball games throughout the metropolitan area for her radio segment Saturday morning on Hot 103 Jamz.

"After school, I go home, take a nap until about 6:30, then I get up and go to the game, and I get home about 9-10 p.m.," said Amanda. "When I get home, I basically go to my computer and type up my notes, which takes about an hour to two hours. Then, I go to bed around midnight, and get up at 6 a.m. to be at the station."

Sophomore year, Amanda began her segment on the show, "Generation Rap." She covers basketball games, and this year, started covering the football season.

"Amanda was chosen for this show because she has a passion for sports, and for her journalism ability," said Ms. Melissa Robinson, one of Amanda's supervisors. "She's also a fast learner. This year when we added football games to the show, she was able to adapt and educate herself on the sport. She's dependable, and knows how to really manage her time."

"Generation Rap" is a teen talk show run by high school students in the Kansas City area. The show highlights subjects that relate to young people, with everything from diversity issues to college.

Amanda's segment is three to five minutes long, and often builds on the topics that are already involved in the show that week.

"Her segment is so organized and well written that it really engages the listeners," said Robinson. "She's really made it her

own. She includes 'Amanda's Tips for a Better Game,' talking to the coaches and saying that she has something to make their team better."

Amanda writes out and practices her segment before going on air. Thirty minutes before the show begins, the equipment is checked, and the studio makes sure everyone is ready to go. The show runs from 8-9 a.m.

"When all the seniors left last year, I wanted to make sure the show didn't go downhill," said Amanda. "I just worry about my segment, and try to make sure that goes well. I love the radio show. You get to talk and it's something I love to do."

Amanda has a lot of help. The DJs at the station give her pointers on her segment and tell her what went well. Her mother, Shiela Morrall, assists by driving her everywhere she needs to be.

"I love the radio show. You get to talk and it's something I love to do."

Amanda Morrall, senior

"She has leadership skills, and she takes the initiative to do things that are not expected at her age," said Shiela. "[The radio show] is an opportunity for her to speak weekly, to share her views and creativity after a game, to capture people's imaginations and make them think outside the box."

Amanda's radio segment has opened several doors for her. She now writes a column for *The Call*, a small paper, which is circulated throughout the Kansas City area.

"With the [column], it is basically an overview of what's on the show," said

ESS of Amanda Morrall



Amanda in action

Morrall's Radio Show airs Saturday mornings on FM 103. The following is the transcript of her segment on the Blue Springs v. Rockhurst football game Sept. 8.

Well, hey G-Rap, this is Amanda Morrall from St. Teresa's aka "Miss ESPN" comin' at you with the football game of the week, Blue Springs at Rockhurst. Highlights for this game are as follow.

Players to mention from Rockhurst: number 20 James' catch is Rockhurst's only touchdown of the night. From Blue Springs in number 5, Anderson, the powerful running back, scored two touchdowns and was unstoppable.

In the first quarter, the game stays close as Rockhurst captures a small lead, 7 to 3.

Second quarter, the Wildcats turn up the heat and rush right past Rockhurst for two touchdowns, 17 to 7.

Third quarter, Rockhurst cannot find their way in the end zone, so lost, they trail 7 to 24.

And in the fourth quarter, Blue Springs runs the clock to win 24 to 7.

As I was watching the game, I noticed these teams were ok and have some areas where they can improve, so for this week, we have Amanda's Tips for a Better Game.

Number 1: Rockhurst, I'm gonna have to put a want ad in the newspaper: "In need of a quarterback and two receivers. Willing to let you start. For more info, call our coach." It was depressing to watch you guys waste

an opportunity in the fourth quarter to score a touchdown and get back in the game. Please do not let it happen again.

Number 2: Blue Springs, remind your quarterback not to force the pass. If the receiver's open, he's open. If he's not, he's not, plain and simple. Maybe not that simple for you, but I hope I broke it down so you were able to understand.

Number 3: Both teams, where was the excitement last night? I did not feel any energy. There was a couple good plays, but those felt sporadic and out of place. The players seemed like they were just going through the motions instead of being engaged in the game.

This game was not horrible, but it was awfully boring. Blue Springs has a decent football team, but Rockhurst seriously needs more practice. This was supposed to be one of the better match-ups of the year and it turned out to be a snoozer.

So, listeners, if you guys can help me find a great game or you know some football players that are awesome or some football teams that know how to play, please hit me up an e-mail at amandasallmetro@yahoo.com. Again, amandasallmetro@yahoo.com.

Now, tentatively scheduled for next week, Plattsburg v. Lincoln at East High School, but that might be changed, so keep a look out for that, Friday night 7 p.m. and we would love..for you guys to hang out with G-Rap and these are my highlights and tips for the game of the week.

Amanda. "Everything in it comes straight from my show; I just take my notes home and type them up with some editing."

Because of her radio segment and the connections the station had to the paper, Amanda was able to begin writing her column, in which she elaborates on the tone of the game that she watched.

"She gives in-depth details to the game," said Shiela. "She doesn't just give the score, but she's expanded and makes it her own. The radio has really opened a lot of doors for her."

One doorway opened for her is the Youth Commission. Amanda is one of the 17 high school students from every district of Kansas City that make up the Commission.

"We're the voice for the students in the metropolitan area," said Amanda. "We talk to the council and vote on issues just like they do. We will be hosting a leadership conference in March, and I got to help write the report for the Mayor of Kansas City about Youth Commission and present it."

Getting on the Commission is a competitive process that includes an application and an interview.

"I was really nervous about [my interview]," said Amanda. "But it turned out fine."

However, once on board, Amanda participated in many things, including writing resolutions for the council to approve, such as changing the rates of community centers to make them more affordable for teens.

"I wrote the script for a TV show that's like a town hall," said Amanda. "We had to use a teleprompter, and it runs on Channel 2. We also basically doubled the budget for the Youth Advocacy office. There are so many things we'd like to do, and you have to have the money to do them."

In her spare time, Amanda volunteers at Urban Middle School, where her mother teaches.

"[Amanda] gives them tips on journalism and getting ahead in life," said Shiela. "She really helps them by showing them what it's

like to succeed, and it enables them to connect with younger people. They can become focused to do what they want to do."

"Amanda is the star of the show. She sets the tone.

Ms. Melissa Robinson, a supervisor of the Generation Rap talk show

Shiela has also inspired Amanda to write poetry, some of which she read at Park University during Black History Month in her sophomore year.

"She's like the epitome of a supportive parent," said Amanda. "She knows this is what I want to do, so she supports me. It has been a great experience."

Amanda also attended National Youth Leadership Conference (NYLC) in Washington, D.C.

"I loved it," said Amanda. "It was one of the best things I've ever experienced. I love politics, but it wasn't something I wanted to go into as a profession until the conference. Still, I think the most important quality a person can have is communication. You have to be able to relate to [people] on their level."

Robinson believes Amanda is able to do just that, relate to and engage the reader through her radio segment.

"Amanda is the star of the show. She sets the tone and is committed. She stays up late developing her segment. She's Miss ESPN to us, and we look forward to seeing her on ESPN one day." ★

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St. Teresa's Academy

★in brief

Call Kansas City
The Kansas City Call was founded in 1919 by Chester Arthur Franklin in a 20 by 40 foot room on 18th St. Since then, the paper has grown to be one of the six largest African American newspapers in the country. *The Call's* coverage includes events in the community and the nation, news of local churches and upcoming performances, sports, graduations, marriages and deaths. Ms. Lucile Blufford, one of the publishers of *The Call*, was named "Kansas Citian of the Year" in 2002.

Avila: students enjoy field trip, live theatrical production

Continued from page 3

them if they would be interested in such a course that would focus on analyzing live performances or filmed versions of plays after reading and analyzing the text. According to Johnson, the new course's reading selections would depend on the school's access to local live productions and the quality of filmed performances.

"Drama is so different when you are absorbing it through your ears rather than your eyes," said Johnson. "Literature can be boring when you are reading it, but interesting when you can actually understand what is going on and experiencing it." ★

Auction: Community aid raises funds

Continued from page 13

provides scholarships from the school.

Most of the profit comes from the live and silent auction, but is also from money raised by selling tickets to the event, which are \$125 each, and raffle ticket sales. Last year, an STA student suggested the administration offer a hooded sweatshirt in addition to the sweatpants as a reward for selling tickets, according to Ms. Joan Jordan of the Development Office. This change raised more money from raffle ticket sales so far this year than was raised last year.

STA families, friends and local businesses donate money to the school to help fund the event.

"So many people in the STA community help out with the auction," said Egelhoff, who has helped run the auction with Jordan for 20 years. "I would be afraid to start naming them for fear of leaving someone out." ★

Adderall: Student under pressure resorts to ADHD drug

Continued from page 9

does this abuse form an unfair edge for students, it also puts the lives of young people in danger, according to Cappel.

"We need to educate teens about Adderall," said Cappel. "They probably won't choose to go down that route if they knew more about the drug and easier ways to boost awareness. It may not be a huge epidemic problem, but certainly something has to be done to provide education about abuse early on in the teen years." ★

State: volleyball team recovers after initial loss



Clever photo kicker ★ Junior Erin Vogel gets ready to serve the winning point during the second game of the State championship, as junior Tess Palmer, left, and senior Alexandra Kurth prepare to celebrate during the final point. PHOTO BY MARY KATE BIRD

Continued from page 14

Ellen said she focused on the next game during the downtime after the loss.

"We're fortunate to still have the chance to continue playing [after losing the first game]," said Ellen.

According to Ellen, the second game was stressful.

"It created a lot more tension," said Ellen. "We had to win. It put more pressure on everybody."

The team defeated St. Joseph in two

games and went on to win against Parkway West. The team then had to wait while the game points were counted to see if they would make it to the finals.

"At first I was excited about winning [against Parkway West], but then I felt like I was going to throw up," said Kramer.

The team gathered in a circle in the middle of the gym to pray and cry.

"We didn't know what else to do," said Kramer. "We were emotional about the whole year. They were mostly tears of happiness." ★

When it was announced that St. Joseph's Academy and STA would play again for the finals, cheers from the team and fans erupted in the gym.

STA won the game the next night. Unlike their first round of the state tournament, after the last point dropped on the court, the team froze collectively. Looks of amazement and happiness entered their faces. After five seconds of silence, the team threw themselves together into a screaming heap in the middle of the court. ★

Meditation: Students release school stress, relax through quiet contemplation

Continued from page 11

the all-school meditation. She also meditates once a week in Ms. Robin Good's spirituality class. Coleman enjoys meditation for both the relaxation time and the focus it brings her.

"I like meditation because it gives me a time to relax," said Coleman. "It breaks up the day, and it's just a time for me to focus on what's going on in my life."

Sprinkle said meditation can also help a student prepare for a major test or stressful activity.

"It's a great idea for a student to meditate before tests," said Sprinkle. "It is even recommended that a student sits with the test for two to three minutes before they begin. Meditation helps focus the mind before stressful things like that."

However, Reznicek does not believe meditation applies to all stressful situations. She does not believe it should

always be used before tests or important sports games.

"I think there are things you can do to calm yourself [before games or tests]," said Reznicek. "But I don't think meditation fits in every setting, and you can't just call it up and use it. I know there are people who use meditation in that way, but that's not the kind of work we're doing here. Meditation is not about advancing yourself. It's more about having an opportunity to renew yourself."

Whether a student plans to use meditation for enhanced focus, awareness of herself and her surroundings, to simply relax or for other purposes, there are certain tips and strategies she should follow. Both Reznicek and Sprinkle agree that a 20 minute meditation is long enough. They also said it is important to be comfortable wherever you choose to meditate.

"Number one, be in a comfortable place," said Reznicek. "That means somewhere warm, safe and quiet. You

can't be thinking someone's going to walk in and make fun of you. Secondly, I find it helpful to have some music. It helps the mood and blocks out other sounds to make the space more comforting. It can be helpful to read something, like a Bible passage. You can also have an object to focus on to center yourself like a crucifix or artwork. Also, if you're in an argument with someone, you might want to talk to him or her before you meditate or you will have a hard time focusing. The meditation can be as short as fifteen to twenty minutes, but it should renew you."

Coleman, who follows these meditation strategies, said it renews her, and she's glad they meditate each week in class.

"Meditation is helpful for me at school because it helps me relax," said Coleman. "It blocks out everything else in the world. I get out all the worries I have at school and it gives me strength for the rest of the day." ★

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★in brief

Math Team
The math team met Tuesday for the second round of the Missouri Math League Team Competition. The team separated into three groups of four and had to answer six questions in 30 minutes. The team is currently ranked one point ahead of Lee's Summit North and two points ahead of Pembroke Hill. The math team has been invited to Johnson County Community College for a Great Plains Competition Dec. 9. The competition will last from 8:15 a.m. to 2:00 p.m. and includes both individual and team tests. It is a qualifying competition for state.



Dancing queen ★ Junior Alisha Henderson dances to the “My Name is Joe” song during Mix it Up Nov. 14 in the Commons. The goal of Mix It Up was to bring the students together and promote diversity. PHOTO BY MIKHALA LANTZ-SIMMONS



Baby shark ★ Seniors Katherine Williams, left, and Ciera Trejo sing the “Baby Shark” song during Mix it Up Nov. 14 in the Commons. The goal of Mix It Up was to bring the students together and promote diversity. PHOTO BY MIKHALA LANTZ-SIMMONS

Sisters: Cross country unites siblings, improves relationship

Continued from page 16

started running, I was kind of a surprise to myself and everybody because nobody knew I had any talent in running,” said Emily. “We knew she was athletic, but didn’t think she was going to be as good as she is because she’d never really run before. I guess I really hadn’t thought about [Caroline running varsity] at the beginning of the season, but now that it’s come to that, I’m really happy.”

According to Emily, she and her sister have always been close. However, cross country brought them even closer.

“It’s nice because I can talk to her about anything that has to do with running, and it’s fun because we can be goofy together,” said Caroline.

Despite the enjoyment of the sisters, coach Karen Moran Redlich worried

about sibling rivalry because, inevitably, one sister would place higher than the other.

“Before they ran in a race together, I talked to each of them separately,” said Moran Redlich. “I told them that their team had to come first during races and that one of them would always have to finish ahead of the other, but no matter who finished first, they had to accept it, because it would make our team better.”

Moran Redlich thinks that this talk helped them, and believes they ran very well this year.

“I think when they were racing, they were doing what was in the best interest of the team,” said Moran Redlich.

At state, Caroline placed 18th qualifying her for All-State and Emily placed 51st. Moran Redlich believes that both ran good races. ★

ADD: Students weigh treatment options, cope with disorder

Continued from page 1

Hickey. “I don’t really like it for social stuff. I don’t really feel like myself when I’m on it.”

Hickey’s attitude toward her medication changes depending on her surroundings.

“When I’m in school, the benefits outweigh the side effects,” said Hickey. “But when I’m out of school, the side effects are worse than the benefits.”

St. Thomas Aquinas junior Katherine Krause was diagnosed with ADD in third grade, and took medication from then until the beginning of middle school, when she told her parents she wanted to stop.

“[The medication] made me a totally different person,” said Krause. “I didn’t

talk at all when I was on it, and if you know me, then you know that I talk a lot. I didn’t like how it changed me.”

She still feels the effects of ADD in school.

“Sometimes I can’t really control [my ADD],” said Krause. “If I try to focus on one thing, [instead] I will focus on the other. During class, I’ll draw or something so I can focus on the teacher. It’s weird how it works.”

Krause recognizes medication can be positive for a lot of people, including her brothers, who have ADHD, but feels it is not necessary for her.

“My ADD is not that bad,” said Krause. “I have just kind of trained myself over time to focus. I think I do fine without [medication].” ★

Marathon: Coach balances commitments, trains for trial

Continued from page 16

100 different ways to make a 2:14 marathon in Law School, I would get an A. I have them all memorized cold.”

Hansen believes that with hard work, Little could be one of the three chosen to represent the US in Beijing in 2008.

“I think he’ll do well,” Hansen said. “I think he’s tough enough and that if he stays healthy, he’ll have a shot.”

Little’s philosophy on next year’s race is simple.

“I’m on the starting line aren’t I? I always have a chance and I like my chances,” he said. “What I’m going to do is, I’m going to go there and I’m going get on the back of the lead pack and I’m going to hang on for dear life and

I have the best day of my life next Nov. 2. I mean, I’m getting carried out of New York one way or the other. That’s the way I see it. There’s only one way to run that race.”

After he takes the Bar Exam next July, Little plans to move to his grandparents’ house in upstate New York to train for the race. Due to his training and the trial, he will not be returning as assistant coach next year. Varsity freshman Katie Sharp stated that he will be missed by the team.

“He always pushed us to do our best and I think that helped a lot of us and he just really loved cross country, you could tell by the way he talked about it,” she said. “It’s

kind of a bummer he won’t be here next year, because I think he helped us improve throughout season, but I’m glad he qualified because that’s a really cool thing.”

Just as he pushed the team this season, he said he tries to push himself in his races. According to Little, life is about taking chances and running helps him do that.

“Our society embraces mediocrity and everybody’s afraid to set standards, everybody’s afraid to risk it to see how good they could be,” he said. “People are afraid to lay it all out there. There are few things

in life where the finish line is here, everybody agrees on it, it’s objective and there’s no excuses. In running, you can’t make any excuses and you can’t help but take responsibility for it. You either got beat, or you didn’t.

It’s very refreshing to be around that.”

Little believes one can only get out of running what one puts into it. Next Nov. 2, he knows he will put in everything he has to achieve success.

“I’m like addicted to adrenaline, like when you run a really good race,” he said. “I haven’t found anything that feels that good in the world. When you get to that point and you have your spikes on and you’re running down the track like you know you’re going to run fast with that feeling where you know you’re going to do great, if you’ve never felt that, you can’t explain it to anybody.” ★

“In running, you can’t make any excuses.”
Jon Little, cross country coach

★in brief

Field trips
Ms. Pat Dunlay’s College Composition class visited the Rockhurst University library. The students left after midday announcements to begin research for their poetry projects. Mr. Mike Egner’s Western Civilization class visited the Nelson Atkins Museum of Art today. The class went on a tour and viewed medieval and ancient artwork.

a look at next issue ★ Dec. 14

The Dart will premier its website at
STADart.com.

We are family



What are they doing?! ★ Seniors, above, prepare to embark on a game of sardines, where one girl hides and the last person to find her hides next. Mary Garcia volunteered to be the first sardine. Andrea Johnson, below left, Abby Fagan and Kayla Crandall bury each other in the foam pit. Katrina Abella, below right, swings on the rope that leads into the foam pit. An estimated 70 percent of seniors came to the lock-in. **PHOTOS BY KATHLEEN POINTER**

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★in brief

What Emerald City has to offer:

Monster Mountain: 5,000 square feet of wall used for climbing, equipped with a bell at the summit

Foam Pit: a pit of foam cubes, equipped with rope swing

The Maze: a winding, maze of twists and turns, only about 5 feet high

The Zip Line: hidden in the corner of the arena, surrounded by mats for the landing

In-ground Trampolines: Some for single jumping and others for multiple jumping



The Lock-In Diary

9:00 p.m. - Seniors begin arriving at Emerald City for the lock-in

9:30 p.m. - D.J., the supervisor, gives the rundown on the rules

10:00 p.m. - Emily Ingraham stalls in a line of many waiting to rope swing into the foam pit.

10:30 p.m. - Abby Fagan rings the rock climbing bell.

11:00 p.m. - Dance party, prompted by Caitlin Clark!

11:30 p.m. - Seniors begin playing a slew of disorganized games such as capture the flag and sardines.

12:00 a.m. - Seniors form into a circle to watch an impromptu talent show of dance and song.

1:00 a.m. - Snacks! The seniors break to eat a wide variety of snacks and drinks.

2:00 a.m. - Dodge ball games! The seniors joined in on an intense game.

3:00 a.m. - Movie Time! The seniors, in their sleeping bags, watch "Love Actually."

6:30 a.m. - D.J. wakes the seniors and sends them packing.

