



Dream on.

[Nightmares more common, beneficial to mental health than dreamers realize]

[see pages 12-13]





pulling the plaid?

Due to short skirt length, high schools in the Kansas City-St. Joseph diocese debate whether or not to ban student uniform skirts

Potentially plaidless★
The Kansas City-St. Joseph diocesan superintendent recently gave individual high schools permission to implement skirt bans in 2009 as a response to frequent uniform code violations. PHOTO BY JAIME HENRY-WHITE

by JULIA STAPINSKI
Circulation Manager

An obvious and ongoing trend among high school students of breaking their administration's given uniform codes has caused local Kansas City-St. Joseph diocesan high schools

to seriously consider the option of banning uniform skirts, according to Archbishop O'Hara High School principal Walter Bowman.

Contrary to rumors that skirts would be eliminated starting fall 2009 for students of O'Hara, St. Mary's High School and Bishop LaBlond High School in St. Joseph, the diocese superintendent released information

last Friday that the skirt ban will only affect individual schools if their administrations decide to ban uniform skirts.

According to Bowman, the number of students out of uniform on any given school day greatly outnumber the students who strictly follow the school's dress code.

"It seems like students are always finding a way to rebel, and I guess this is just one of those things that they do to set themselves apart," Bowman said. "I suppose there are several reasons why some girls might make a statement to be out of uniform."

O'Hara junior Anna Gutierrez claims that there are many reasons why most students opt not to follow the school's uniform policy.

"I think shorter skirts are just the style," Gutierrez said. "Some girls [may] take it to the next level...because it's [a coed school]...and [they] want to impress the guys."

Bowman claims that faculty and administration at O'Hara have recently encouraged students to follow the dress code by giving out detentions and sending students to his office if they are consistently out of uniform. He said, however, that this is only done because of a genuine desire among faculty and administration to keep the skirt at O'Hara.

"They want to keep the skirts around, [because] when they are worn at the right length, they look nice and are something that makes [our school] recognizable," Bowman said.

Bowman, however, stated that students have found loopholes around being reprimanded for wearing their skirts too short.

"If a student is sent out of class because their skirt is too short, by the time they get down here to the office, they can unroll it and pretend they don't know what their teachers are talking about when they say they've broken the dress code," Bowman said.

This is one of the reasons why Bowman, along with administrators in other schools, have concluded that the solution to encourage girls not to wear their skirts at inappropriate lengths is to altogether ban skirts from the school environment.

"[Banning skirts is] a drastic solution," Bowman said. "But if [students] can't take the rule seriously, then it's the only solution we have."

Alumni, parents and students at these schools have spoken out against the proposed skirt ban, according to both Bowman and Gutierrez.

"All of the committees that we have set up have been in favor of keeping the skirts," Bowman said. "When we talk to students, parents and alumni they say keep the skirts...there's a general sentiment in favor of the skirt."

STA president Nan Bone agreed that plaid skirts are an iconic fixture in local Catholic schools.

"Our skirts set us apart from other

schools," Bone said. "They're a tradition."

According to Gutierrez, skirt length is not the only uniform issue that students struggle with. She claims that from a student's perspective, detentions are issued just as often, if not more often, to students with untucked shirts, and that some students have even received enough uniform-related detentions to receive in-school and out-of-school suspension.

Gutierrez made the point that if the diocese and administration had chosen to ban skirts, they would be presented with just as many problems dealing with the alternative uniform: khaki pants.

"I think [with] the girls having to wear pants all the time there are going to be just as many problems...because then [the administration] will complain about them being too tight and too low...because they always find something to complain about," Gutierrez said.

St. Pius X High School, a diocesan school, has already banned skirts. However, issues with uniform skirts are not limited only to local schools. Bowman said that private schools across the nation have counteracted uniform violations by banning skirts and implementing pants for girls as an integral part of their dress code, creating a more unisex environment, which is believed to decrease sexism throughout schools.

"I have heard of [skirts being banned] in other places," Bowman said. "From what I hear, it seems to be an effective step in equalizing students, and is always a possibility if the situation really calls for it." ★

So Long, Skirts



Kansas City-St. Joseph diocese schools potentially banning skirts in 2009:

Archbishop O'Hara High School

St. Mary's High School

Bishop LaBlond High School

"It's a drastic solution, but if [students] can't take the rule seriously, then it's the only solution we have."

Walter Bowman, O'Hara principal

inside *out*



Close Up:
A look into teen sources of alcohol: underage drinkers use fake IDs at local liquor establishments
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Features:
Senior Linny Kaufman participates in exchange program in Paraguay, stays with host family and grows close
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Entertainment:
How does a video game industry targeted toward males affect female gamers?
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STA family spends week with Obamas

Girardeaus ride train to inauguration, attend neighborhood ball

by LINNY KAUFMAN
Staff Writer

President Barack Obama's Inaugural Committee chose sophomore Lindsay Girardeau and her family to be part of last week's inauguration activities, which included a train ride with the then President-elect from Philadelphia to Washington, D.C. Jan. 20. The Girardeaus also attended the Lincoln Memorial Concert, the Children's Concert, the inauguration ceremony and the Neighborhood Ball.

"It was awesome to be there," Lindsay's mother, Alicia Walsh-Girardeau said. "A lot of people have told me that [watching the inauguration on TV] was the most exciting experience anyway, but to have someone there that they knew made it so much more fun. My neighbor up the street told me it was like they were playing 'Where's Waldo?' because they would always try to find us in the camera shots."

The Girardeaus' connection to the Inaugural Committee began in August when Obama watched from the family's Brookside living room as his wife delivered the headlining speech at the Democratic National Convention in Denver. The Girardeaus knew after hosting Obama they would receive tickets to the inauguration. Then, on Dec. 31 they were told they would also be riding the train with Obama and involved in numerous inauguration activities, all courtesy of the Inauguration Committee.

The Girardeaus' first activity in Philadelphia Jan. 20 allowed them to meet the 13 other families also chosen to ride the train with Obama. After the event on Saturday, a staff member pulled Alicia aside to tell her the Inauguration Committee would like her family to board the



All smiles ★ Sophomore Lindsay Girardeau, left, and sister Grace hug First Lady Michelle Obama on train ride to the presidential inauguration in Washington, D.C. last week. The presidential committee personally invited the Girardeau family to spend the week and participate in festivities with the Obamas. PHOTO COURTESY OF HANNAH GIRARDEAU

train with the Obamas. Later that day the Girardeaus met with Obama for the second time in front of news cameras, preparing to board the train together.

"Since we had already met [Obama] we knew how warm and friendly he is, but this experience just reinforced it," Alicia said. "He remembered us. He said to Hannah 'You changed your hair!', and he remembered that Grace is in a band. He introduced us to Joe Biden saying, 'Joe! These are the people whose house I was at in Kansas City!' Every time you see him he kisses you on the cheek and embraces you. He's just so gracious and friendly

and warm."

Tuesday night the Girardeaus attended the Neighborhood Ball where Stevie Wonder, Sting, Shakira and others performed. The family heard earlier that day that they may appear on stage with Stevie Wonder at the ball.

"[A staff member] told us, 'If you want to be on the stage you better be down in the lobby by 6:15!'" Lindsay said. "We were all like, 'Okay, we can do that.' When we got to the ball they took us to the side of the stage, and while we were waiting my mom overheard that we were also going to be going on stage with the president. We got really nervous."

The Girardeaus watched the concert and danced on stage alongside Barack and Michelle Obama, just yards away from the performers. At one point, Denzel Washington came up to meet the president.

"So Barack Obama is shaking hands with Denzel Washington and saying, 'We need to talk some day' or something like that," Alicia said. "Then [Obama] turns around to us and says 'Denzel, I want you to meet some friends of mine that helped me along the way on the campaign trail.' So then we're shaking hands with Denzel Washington."

Saturday the train carried the 13

See OBAMA, page 22

Students promote diversity across campus

With MESH club banned, students help plan assembly, activities to spread diversity

by MORGAN SAID
Staff Writer

At the beginning of the school year, various STA students gathered to create a multi-cultural and social harmony (MESH) club, to promote and spread cultural awareness throughout the STA community.

However, after two meetings, MESH club members decided to temporarily disband. Until the STA administration and students see eye-to-eye about the club's mission, the club will not make announcements at school or publicize its activities, junior club member Julia Barnett said.

"[Re-starting the club is] going to take a lot of sacrifice on both parts," Barnett said.

According to Principal for Student Affairs, Mary Anne Hoecker, the administration never had an issue with the MESH club and its goals, and she assumed that they have been happy with the club.

"There is a misunderstanding between club members and administration," Hoecker said. "There are good things happening and these stu-

dents are making it happen. If that's not the case, I just didn't know it."

Despite the suspension of MESH, STA's Cultural Awareness assembly will go on as planned Jan. 30, said Barnett, who joined with other students to restructure the assembly.

"I want people to realize that this is someone's culture, someone's life," Barnett said. "Not just a pretty dress to admire from thousands of miles away."

In the past, the Cultural Awareness assembly focused on different heritages and their customs, primarily through dances or poems. Spanish teacher Ann Ramsey said that this year's assembly will focus less on entertaining the students than previous years.

"[The assembly] will talk about cultural issues," Ramsey said. "It will be about understanding, instead of a talent show."

Throughout the awareness weeks, students will honor Dr. Martin Luther King, Jr. and visuals will act as reminders throughout the school. The weeks surrounding the assembly will be classroom oriented, where students will watch movies and recite cultural prayers in all theology classes, Barnett said.

Mr. Airick Leonard West, a representative for Harmony, the organization that leads Uinitown and Anytown retreats at STA, will facilitate the assembly.

"[The cultural awareness assembly] will inspire," West said. "After awareness comes ac-



Speak up ★ Mr. Airick West, keynote speaker at the Cultural Awareness Assembly, listens to junior Julia Barnett voice her opinion about what she wants to see in the program. Cultural awareness activities will go on for two weeks, with the assembly tomorrow. PHOTO BY TRACY BURNS-YOCUM

knowledge."

The assembly's topics may include the privileges that STA students have over other high school students and pose questions related to social class, heritage, education and other issues in today's society, Ramsey stated.

"[STA] will have an opportunity to reflect on things in their community that they have and that they could have," West said. "The first step in this part of the journey is awareness... know the difference between the world as it is and the world that they want it to be." ★

DARTBOARD

by AVERY ADAMS, SUSIE ANCONA,
MEGAN SCHAFF AND MADALYNE BIRD

Dunlay continues to recover

The morning of Dec. 7 was like any other for Ms. Pat Dunlay except for a small pain in her chest. Dunlay dismissed the pain as nothing more than a pulled muscle, but when it was still present three days later, she went to the doctors' office. The doctor found fluid and cancerous cells in her chest cavity. The next day, Dunlay was hospitalized.

"My first thought was 'Oh god, it's lung cancer,'" Dunlay said.

On Dec. 19 Dunlay went through surgery to remove cancerous cells and fluid. Since her operation, she has been taking medications and making regular doctor's visits. According to Dunlay, the process has been scary, but love and support from her family, her friends and the STA community has been undoubtedly amazing.

"I am overwhelmed by the kindness and support from everyone," Dunlay said. "The STA community has been fantastic. I'm so moved by all the kindness. I really am grateful. There is such great power in positive thoughts."

PASTA looks for volunteers

PASTA, the Parents Association of STA's main fund-raiser will take place in the first week of April. Many volunteers are needed for the TNT sale in order to raise as much money as possible for STA. PASTA president Mary Orndoff encourages all parents and anyone else who would like to volunteer to get involved. PASTA will need the most volunteers March 29 to move in the items. The actual sale will take place April 3 and 4. PASTA encourages donations and volunteer help. Orndoff's contact information is located on the STA website.

Model U.N. to head to JCCC

STA's Model U.N. program will participate in a Kansas City Model U.N. tournament, taking place April 22 at Johnson County Community College. According to junior Jessica Ann, the team is hoping to improve their performance from the fall tournament.

"Our tournament before break was alright," Ann said. "Most of the girls had never been to a tournament before... But now we know how it works and how we can improve."

This year's focus has mainly been preparing for the future, says Ann.

"Basically we're trying to organize the team better so we have a more consistent structure because everything has been so disorganized this year and last year," Ann said. "We also have a really good group of freshmen who are doing an awesome job."

KCYA creates new music club

Kansas City Young Audience formed a new club: Community School of the Arts (CSA) Music Club. Each meeting will focus on a different type of music, ranging from Scottish to American Folk Dance and feature guest performances. The first meeting was Saturday Jan. 24, after the CSA Open House. Development and marketing assistant Mary Needham said that the students learn more about the period and culture of the music through CSA and guest performances.

"The object of the club is to expose the students to more opportunities to hear different types of music and learn more about the history of the music," Needham said.

Meetings will continue monthly for the rest of the spring semester.

Tensions in Gaza cause conflict

Six Decades of Conflict

Tension between Israel and the Gaza Strip, which has existed for the past six decades, has sparked the recent fighting between the nation and the militant Palestinian group, Hamas.

1967	Israel gains control over Gaza Strip and West Bank
Under the Oslo peace accords, Gaza and the West Bank are turned over to the Palestinian Authority	1993
Sept. 2005	Israel withdraws from the Gaza Strip, ending 38 years of occupation
Hamas wins the Palestinian Parliamentary elections	Jan. 26, 2006
June 13, 2007	Hamas takes over the Gaza Strip, driving out Palestinian Authority officials loyal to President Mahmoud Abbas
Israel closes border crossings into Gaza, cutting off supplies, including fuel and Gaza power plants shut down	Jan. 2008
Jan. 23, 2008	Palestinians blow up the border fence between Gaza and Egypt and thousands of Palestinians pour into Egypt seeking food and supplies
Israel and Gaza declare a six-month truce, which demands that both sides stop military attacks	June 19, 2008
Dec. 19, 2008	Hamas announces the end of the truce and launches rocket barrages against southern Israel
Israel opens a wide-scale military assault on the Gaza Strip, targeting Hamas locations	Dec. 27, 2008
Jan. 7, 2009	U.N. Security council approves a resolution calling for immediate cease-fire in Gaza
Israeli troops complete their withdrawal from Gaza after troops and tanks began to leave.	Jan. 21, 2009
Jan. 26, 2009	President Obama sends envoy George J. Mitchell to the Middle East to negotiate with Arab and Israeli leaders to fortify a truce in Gaza

Graphic By: Michelle Reichmeier and Micah Wilkins

Source: Jan. 19 Time Magazine

Gaza Strip fighting culminates, wounds still remain deep

by MICAH WILKINS
Staff Writer

The Gaza Strip, located along the Mediterranean coast between Israel and Egypt, is home to almost one million Palestinian refugees. Approximately 80 percent of the refugees, many of whom live in refugee camps, have been living in poverty in the densely populated territory. Likewise, the West Bank, located between Jordan and Israel, contains many Palestinian communities. Israel gained control over Gaza and the West Bank in the 1967 war, in which Israel fought the Arab nations of Egypt, Jordan and Syria.

In the beginning

In 1993, under the Oslo peace accords, Gaza and the West Bank were turned over to the newly formed Palestinian Authority, forming one Palestinian state. The moderate Fatah political party ruled both areas, yet it seemed to have less of a hold on Gaza. Instead, the more militant Hamas party began gaining more support in Gaza than did the Fatah party.

Palestine takes control

In Sept. 2005, Prime Minister Ariel Sharon withdrew all Israeli settlers from Gaza. Hamas won the

parliamentary elections in 2006, in effect forcing out the Fatah government. However, successor Mahmoud Abbas remained the president and Fatah leader of both Gaza and the West Bank. In June 2007, Hamas gunmen killed 100 members of the Fatah forces and took complete control of Gaza, driving out Palestinian Authority officials. Israel, however, refused to recognize the Hamas government of the Gaza Strip and strictly controlled the border crossings of the territory in response.

Conflicts continue to develop

This strain on Gazan economy caused Hamas, the militant Islamic movement that rules Gaza, in desperation, to reach an accommodation with Israel. In June 2008, the two declared a six-month truce. Hamas was to cease its rocket-fire on Israel while Israel was to loosen its control on the Gazan border crossings. The six-month truce made in June between Hamas and Israel lapsed Dec. 19 and rocket attacks from Gaza quickly increased. After the attack, Israeli defense minister Ehud Barak issued a statement warning Hamas that attacks would be "continued, expanded and intensified" as needed. Israeli air strikes Dec. 27 followed rocket firing and ground forces were sent in a week later.

According to Gaza's Health Ministry, 971 Palestinians had been killed by Jan. 13 since the military assault began. According to Israel, Hamas rockets killed 10 Israeli soldiers, as well as three civilians. Israel's armed forces chief of staff

Lieutenant-General Gabi Ashkenazi said that more than 2,300 air strikes had been carried out since Dec. 27.

Disputes attenuate

On Jan. 17, Israel announced its cease-fire, and 12 hours later, Hamas announced its own cease-fire. Speaking to the nation of Israel, Prime Minister Ehud Olmert claimed that "We have reached all the goals of the war, and beyond."

Twenty-two days after the military assault against Hamas, with the Palestinian death toll at about 1,300 and the Israeli death toll at 13, troops and tanks began to leave Gaza. Hamas leader Ismail Haniya claimed victory against Israel on a televised broadcast in Gaza Jan. 18. Hamas remains in control in Gaza despite Israel's military assault. Egypt and other Arab nations hope that Gaza will, like the West Bank, return to Palestinian Authority rule, which is more moderate and less militant than Hamas. Israel and the United States denounce Hamas as being a terrorist organization.

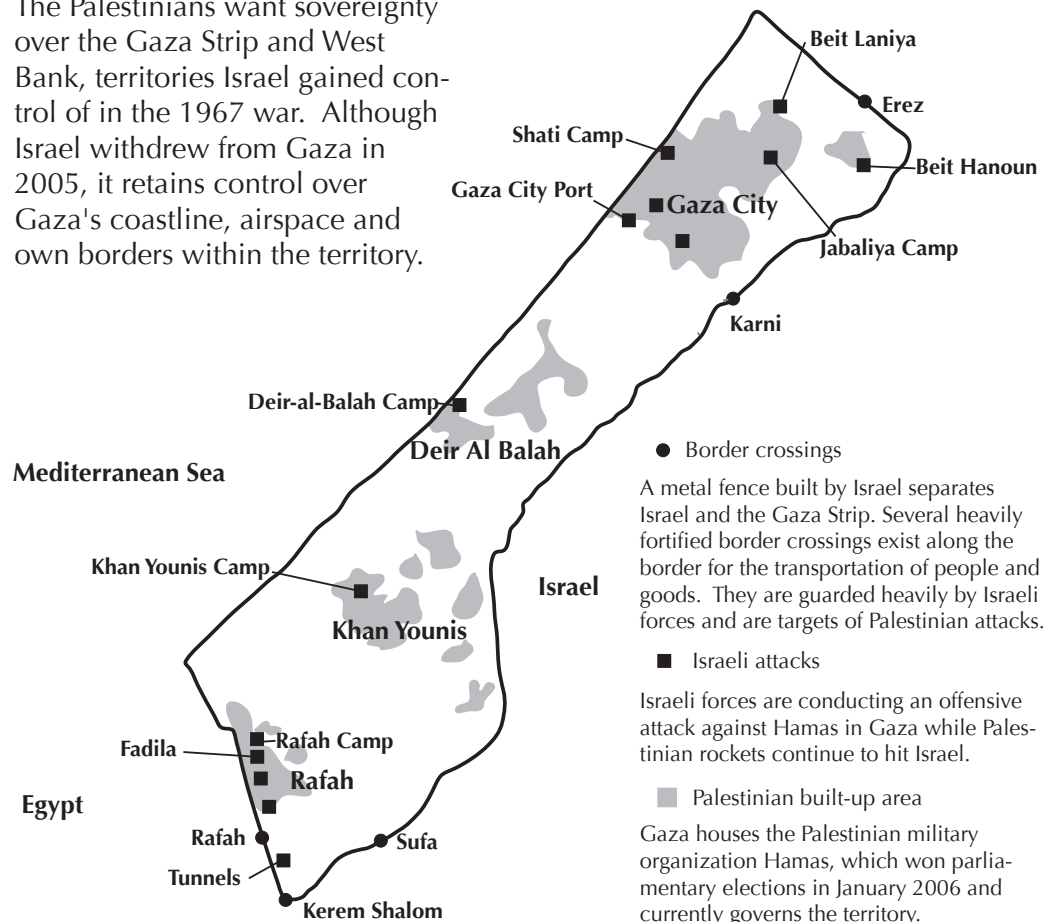
Obama hopes for negotiations

President Obama sent a special envoy, Senator George J. Mitchell to the Middle East on Monday, beginning Obama's diplomatic initiative. Mitchell will negotiate with Egypt, Israel and Palestine to fortify a truce between the conflicting nations regarding the Gaza Strip. ★

Sources consulted: Time Magazine, the New York Times and the CIA World Factbook.

Border disputes still present in Gaza

The Palestinians want sovereignty over the Gaza Strip and West Bank, territories Israel gained control of in the 1967 war. Although Israel withdrew from Gaza in 2005, it retains control over Gaza's coastline, airspace and own borders within the territory.

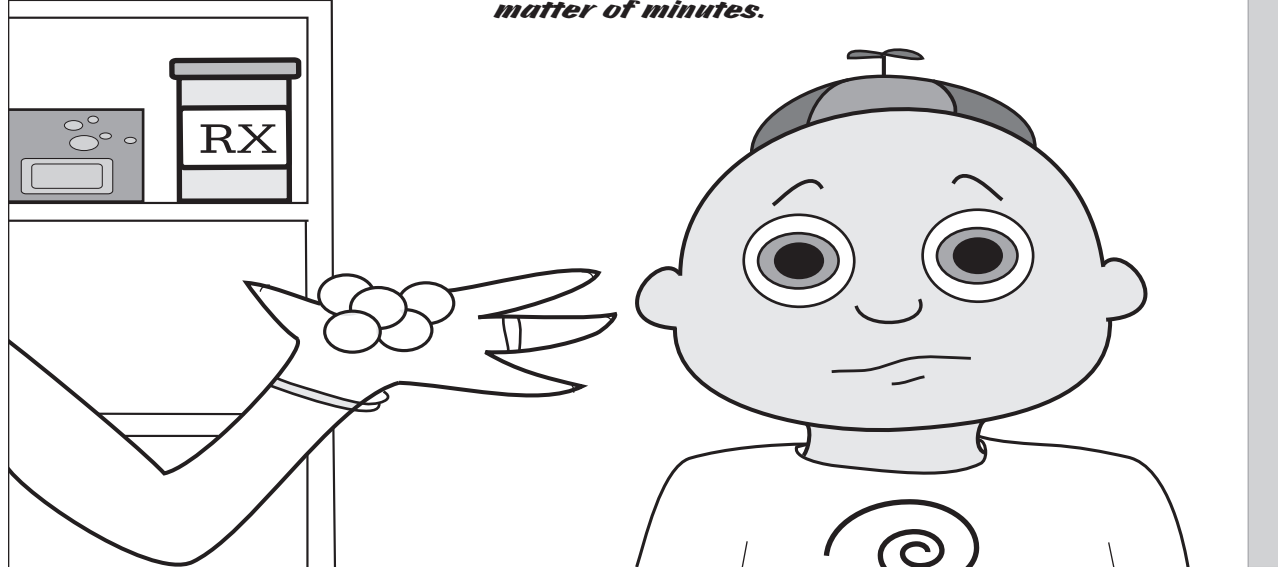


Graphic by: Michelle Reichmeier

Source: <http://newsimg.bbc.co.uk>

Pill Popping

Billy had been having trouble sitting still for the past few days, so his mother took him to a doctor who was able to propose a quick solution to Billy's problems in a matter of minutes.



Overmedicated teens gain short-term fix, long term issues

By the three o'clock bell, you're fidgeting like crazy. There's a medication for that.

You can't focus as your teacher's lecture seems to extend hours past the 40 minute class time. Your doctor can find something to fix that problem.

Things at home aren't what they used to be. Forget working things out, up your dosage instead.

Much too often, teens and their parents are looking to pharmaceutical solutions to dissolve the problems that affect them on a daily basis. According to *The New York Times*, reports state that an outrageous 20 percent of America's children have a "diagnosable mental disorder." Concern regarding the over-diagnosis of these mental illnesses in children and teens has been widespread in recent years, both from the public and medical professionals. Attention Deficit Hyperactivity Disorder (ADHD) is one of the ailments at the center the over-diagnosis trend.

"The diagnosis and treatment of [ADHD] has skyrocketed in recent years," said Dr. Joel Fuhrman, author of "Disease-Proof Your Child." Fuhrman goes on to speak of the "adverse effects and potential dangers" of the medications used to treat ADHD, which he feels is often unnecessarily prescribed.

ADHD, anxiety and depression do exist in teens today. For some people, medical treatment is perhaps the only option. In those cases, ones in which there is no question of the legitimacy of a diagnosable problem, medication can indeed prove to be the best available option. However, parents and their teens need to seriously weigh their options and reexamine their personal issues before so

school official along with the assessment of possible accompanying conditions are extremely important.

Sadly, these guidelines have failed to become routine for all doctors. Senior Jenny Gottsch saw first hand how easy it has become to obtain such medication. Visiting a new doctor, Gottsch was interested in gaining a little extra focus for finals. Although she had in fact taken forms of ADHD medication in grade school, she stopped after noticing changes in her personality, which is not uncommon for consistent users. All she had to do was simply ask, and without hesitation, her doctor prescribed her the medication she wanted.

In many cases, it's as though ADHD medications such as Ritalin, Adderall and different forms of anti-depressants and anti-anxiety medications are used as quick fixes to long-term problems. Teens and their parents are looking for ways to fix undesirable traits in their personality, not seeking treatment for serious, diagnosable medical disorders. People are on the hunt for a miracle drug instead of exploring all possible solutions to their problems. Parents, doctors, and teens alike need to recognize the inevitability of coming-of-age obstacles rather than so hastily resorting to medication. ★

The staff editorial represents the views of *The Dart* editors

9 out of 14 editors voted in support of this editorial.

quickly resorting to a pharmaceutical solution.

Like many mental illnesses, ADHD is difficult to diagnose because there is no test that can clearly define or detect it. However, there are guidelines that physicians are ideally supposed to follow before diagnosing a patient, and consequently prescribing medication. Also, according to *The Times*, detailed reports from parents are crucial. In addition, direct evidence from a teacher or other



"I was racing on a track in a cheer-leading outfit and at the end I stepped into a helmet and feathers popped out of it."
- Molly Fox, junior



"Me [and my family] were in a meadow... and wedding cakes were floating in the water. At the end there was a huge one so we slowly climbed up and were just sitting there. Then we were eating it until we got down to the water and then we swam to shore."



- Nicolette Anderson, senior

Compiled by Rosie Hodes

Say WHAT? What is the weirdest dream you have ever had?



"I'm laying in my room and I hear creepy music... It's coming from outside my window so I open it and there's an abnormally tall guy running down the street in a pumpkin suit and someone from my street is chasing him with a radio."
- Demi Ribaste, sophomore



"I was home by myself and these bad guys came so I ran outside and started flying. Then I landed in a tree and then the bad guys took off the masks and it was my family. Then they started throwing rocks at me."
- Libby Sauder, freshman



30 seconds with ... Kayla Hogan

Compiled by Rosie Hodes

Q Who is sponsoring the blood drive and when and where is it?

A Community Service Club is sponsoring it and the Community Blood Center is the middle man. It's Feb. 6 all day in Verheyen.

Q Why is the blood drive taking place?

A Community Service Club has done it the past few years. We didn't do it last year because there were problems freshmen year. But the problems got solved and now Sion's doing it too so it's a competition and I think more people will get involved because of that.



Q Who can donate?

A Anyone who's over 16, over 115 pounds, no amateur piercings or tattoos. You can't if you've been to certain countries recently, or if you're on certain medications that affect your blood flow.

Q Are you giving blood?

A I can't I'm on antibiotics. I'm not sure what I'll be doing to help. We'll be walking people back to class or handing out snacks or holding hands.



Sea of Humanity ★ A record breaking number of 1.8 million people gather on the Mall to witness the Inauguration of Barack Obama. Some people waited in line for six hours to enter their section. PHOTO BY TRACY BURNS-YOCUM

Waves of emotion move inauguration crowd

AN OPINION BY



TRACY BURNS-YOCUM

Disclaimer: My stories, nor my seats (or lack thereof) were as good as the Girardeaus'.

Cool, amazing and neat just don't cut it. Going to the inauguration of Barack Obama and participating in other inaugural activities are something I will carry with me forever and changed me in ways I can barely describe.

Saturday. As we were driving up from Richmond, Virginia, tons of Obama stickers on cars and tons of traffic surrounded us. We were making a pilgrimage to witness the installation of the administration we believe can help restore our country as well as strengthen it like never before.

Sunday. This day was a test of my endurance at the "We Are One" concert performed at the Lincoln Memorial. I could not feel the pain of walking and standing for five and half hours in the low 30s because of the uplifting speeches and blood pumping performances of world renowned performers. Their message was not of Obama's supremacy or politics, but unity among the American people. This has been one of the qualities that has attracted me to Obama since 2004 when he gave the keynote address at the DNC. He said, "...there's not a liberal America and a conservative America. There's the United States of America. There's not a black America and white America and Latino America and Asian America; there's the United States of America."

This was even true at the concert. Where we were standing with people of all nationalities, colors and even political parties. For America to function as it needs to, people need to join together in harmony and not discredit one another based on political persuasion or

race. As cliché as it sounds, "United we stand, divided we fall." The "We Are One" concert was filled with American songs and speeches that stirred these emotions within me and had me swaying to the music with people I had never met.

Monday. In accordance with President Obama's wishes for people to become more active in community service, we participated in the Day of Service on Martin Luther King Jr.'s birthday. It was incredible to see all of the people that showed up and accomplished tasks in 30 minutes that would normally take three hours. Since then I have been inspired to think of ways to do more volunteer work.

Tuesday. The day I had been waiting for since Obama began his campaign two years ago. As we stood in the sea of humanity, stretching a mile past the Washington Monument, I was overcome with goose bumps. I was standing where so much history had happened and so much was about to. When our President rose to take his sacred oath, chants of "O-bam-a" started at the back of the crowd and rolled up like a tsunami, engulfing everyone in its path. Obama's ability to precipitate change, and to inspire others to do their part, left me speechless. After Obama delivered his inaugural address and shouts of joy rang out all across the Mall, I looked around and saw some people crying, others hugging and knew this was a monumental occasion for all who witnessed it.

As I went forth that day, the words from Obama's inaugural message of "The time has come to reaffirm our enduring spirit; to choose our better history; to carry forward that precious gift...the God-given promise that all are equal, all are free and all deserve a chance to pursue their full measure of happiness," resounded in my head. With our country at war for the past 7 years and our economy in the worst shape it has been since the Great Depression, Obama acknowledged these facts head-on in his address. Not only did this sobering speech call to mind the tough challenges facing America but it left me with a renewed sense of optimism and appreciation for this great country. ★

New Year should promote clean slate, not empty plate

AN OPINION BY



MICAH WILKINS

At the start of the New Year, some establish ambitious resolutions and goals for the future. Lately, however, many young people have been adopting superficial goals rather than goals set for personal gain. I was shocked when I asked a friend what her resolutions were, and she proudly told me that she sought to lose five pounds. What? I thought.

According to the Romans, the first month of the year, named after Janus, the god of beginnings and the guardian of entrances, was a time of reflection of the past year and imagination for the year to come. The month of January has come to represent a clean slate to many.

Realistic goals may be overlooked among young people who have many opportunities and doors open to them. Particularly during this period in their lives, teens should be searching for the college that's right for them, maintaining and developing friendships, reading and the like. But rather than taking advantage of these opportunities and a fresh start, they dwell on insignificant issues such as their appearance.

I hesitated for a minute thinking that my friend would start laughing at her own joke and go on to listing real goals for this year. But she didn't.

Weight loss is one of the most popular New Year's resolutions among Americans today. True, there is a high percentage of overweight and obese people in the United States, but I don't see what five pounds will do.

Some teenagers consider their physical appear-

ance to be their greatest amenity due to shallow advertisements and certain forms of the media. These ads, shows and movies are aimed specifically at teens, who become convinced that their body and their beauty are not good enough. We should begin to consider that our special qualities go further than what appears on the surface. Many, young women especially, are conditioned to feel that they should be skinny. Our society has created a standard where less skin -to the point of depleting health- constitutes beauty.

Actual beauty comes from within. I think that's a bumper sticker. A healthy mind and a healthy

"Our special qualities go further than what appears on the surface."

body help individuals develop a positive body image. A teenager's well-being is important during this time of growth, and I fail to see how dieting or eating less could help anybody's well-being. Exercising and eating healthy foods: yes. Skipping meals or avoiding favorite junk foods: no.

To my friend, and to others who have put themselves or their appearance down, I say, you're beautiful! But, more importantly, you're intelligent. Focus on the latter and set resolutions which are more fulfilling. For instance, resolve to read more, be more outgoing or cuddle a pet.

New Year's resolutions are meant to motivate and excite people about their future and their possibilities, not limit their food options. Ambitious goals require a certain amount of creativity, self-confidence and a high regard for oneself. There's nothing original about vows to work on outward appearance, however. With the development of inner-beauty comes the greatest sense of confidence of all. If you happen to burn a few calories in the process, great. ★

Move it or lose it; I am in a hurry

AN OPINION BY



ELIZABETH WILSON

"Molly!" junior Maddy Fox yelled as her twin sister Molly made a sudden stop and turned around in a crowd of girls making their way up the front steps of M&A Building.

"What?" Molly asked, seemingly distracted as a few girls dodged running into her.

"What an amateur move," Maddy said shaking her head. "That, right there, is the main reason I hate freshmen."

I was one of the girls who quickly constructed an alternate route to avoid a head-on collision with Molly. But, since Molly is not a frequent traffic-stopper, I let it go.

For those of you who are the frequent traffic-stoppers, though, let this be your warning.

And yes, I mean you who is turtling it up the steps as I am trying to sprint to the third floor to sign in before the bell rings and time is up.

Yes, I mean you two who are trying to walk side-by-side up the steps with your king-sized

backpacks as I am trying to go down them. The staircase is not wide enough for the three of us!

Yes, I mean you struggling to swim against the current of oncoming traffic on the left side of the hall. It is America: walk on the right side of the road!

Yes, I mean you who unexpectedly put on the breaks in the middle of the quad. You just caused a domino effect.

And yes, I certainly mean you two hugging and chattering away on the landing of the stairs like you will not see each other tomorrow and every other day for the rest of your high school careers.

Move!

I hate to single anyone out, but most of the time it is the freshmen causing these inconveniences. You have had an entire semester to get used to the STA way. Now, the claws are coming out.

If you must come to a complete stop to have a conversation - really, it is not that hard to walk and talk, I promise - move aside! I can assure you it is freezing/raining/snowing/someone yelled "food!"/someone is rushing to print off a last minute paper/or Critter is chasing someone (just kidding, that last one would never happen). Point is: someone behind you is in a hurry.

But really, I have held my tongue about this matter for two and a half years and I have finally had it.

So, think twice before you cause a hold up (or make darn sure I am not around).

Please and thank you. ★

Just 'fagettaboutit': finding comfort in my eccentric heritage

AN OPINION BY



SUSIE ANCONA

"Hey bay!" "How you doin'?" This phrase appears frequently in my life as a full-blooded Italian. It acts to identify my nationality, giving me a sense of comfort and a right-at-home feeling. Unfortunately, sayings like this and other Italian symbols also represent the discomforting side to being an Italian, which includes accusations and stereotypes that are more often inaccurate than valid.

Personally, I love representing and embracing the Italian

heritage I was born into 16 years ago. Eating pasta (also known as "basta") every Sunday, having an olive skin tone, dark hair, shell-ing out common Italian phrases, and talking at an elevated volume with my hands sets me apart from others in a way that I have come to love. But some of you who know me may think that I conceal this Italian-ness because I do not parade it around like some of my fellow "degs" do naturally.

You see, at STA and even in my little non-Italian neighborhood of Bridgepointe, I mask my nationality from others to an extent. Sure, if someone asks if I am Italian, I will not conceal it from them like it is something to be ashamed of; but I do not flaunt or express it the way I do at home or when I am around other Italians. To put it bluntly, I live a double life every day.

On the corner of 82nd Street, I live as a member of what I would

like to call the "dysfunctional Italian family," otherwise known as the Ancona residence. Bridgepointe, to me, is the ideal white-picket fenced, "Brady Bunch" neighborhood complete with families of four and weekly happy hour get-togethers. My blended family is anything and everything but that ideal. But for me, it is home.

So why do I shield my true colors from non-Italians? Sadly, stereotypes of Italians have spread as a result of the media, including a number of movies such as "The Godfather" trilogy and "Goodfellas." These films negatively portray Italians with guns, murder, drugs, riches, impulse and excessiveness. Honestly, I have been asked about a million times if a member of my family or even if I am in the mafia. What should I say to that? "Actually yeah, so you should stop asking!"

Well, we all know that I am

not a mob boss and I would not respond that way. However, I am not going to lie by saying that Italians are not eccentric in their ways. The concept of "bigness" is often associated with Italians: big hair, eyes, noses, bellies, mouths, appetites, jewelry, etc.

We even set ourselves apart from others with our lingo. Words such as "bay", "rhode" and "paisan" are often spoken between us Italians. You must be thinking that my computer missed these words on spell check, but they are like a special slang that we use...it brings out a sort of "code" that divides us from others. To translate, these words are the American equivalents for "babe", "man", "dude" or "buddy."

But truly, I sympathize with those of you non-Italians. After all, witnessing such qualities may feel like standing in the middle of a foreign country. But for your

comfort, I offer the fact that I would feel as awkward at Olive Garden as you would at a restaurant in Italy.

Despite the stereotypes and common assumptions applied to Italians, I have discovered that I would rather have pride in who I am than shut it out. After all, I cannot hide behind my mask for the remainder of my life. Ultimately, we should all embrace our heritage, because the world would be boring if we were all named John Smith and had blonde hair, blue eyes, etc. Truly, within diversity there is universality because every nationality has its own set of comforts and discomforts - but those traits are what define us. Although I am not a mob boss or Marcia Brady, I am comfortable in my own skin. So if you happen to pass by me one day while I talk loudly with my hands yelling "Hey bay!", try not to be surprised. ★

A round of applause but no credit compensation: Why short change actors?

AN OPINION BY



ROSIE HODES

Athletes who participate in one season of a sport at STA receive half of a physical education credit, while those who perform in a play or musical receive no such compensation in the fine arts department. However, a full credit of each kind is required for graduation.

While researching this inconsistency, I found plenty of evidence to support the current policy and understand the administration's rationale in instilling it; but it's not about stacking up the evidence. It's about principle.

This is not a complaint from a star actress

who wants to be further recognized after her name is displayed in the performances' program. I actually "play for the other team" as a cross-country runner. I have just found the policy is not fair.

Athletes commit to about an average of two hours of practice after school each day plus games and such on the weekends for the span of about two-and-a-half months. Actresses have about the same amount of daily after school practice time for months plus the life-consuming "tech week" and of course the nights of performances. To me that adds up to be about the equal amount of time and dedication to independent work. So why not bestow upon these hard working entertainers the all-holy credit? What constitutes something as credit-worthy?

Maybe it is the fact that there are 23 classes offered at STA that qualify as fine arts over the five that qualify as physical education. However, what about the 11 sports STA offers including the new lacrosse team that is more "lax" when it comes to letting athletes on the

team? Trust me, I am embarrassingly horrible and even I made the team.

Maybe it is because the girls who participate in plays and musicals already have their fine arts credits fulfilled because their interests attract them to fine arts classes. But, then these girls are forced to enroll in a physical education class or maybe pay \$275 and humiliate themselves with a lacrosse stick. I am sorry sports enthusiasts, but an entire physical education credit required for graduation is archaic.

Browsing our college search program I perused the high school credits required for "colleges that have accepted students like [me]" and found that out of the 15 college sample, 11 do not require any fine arts credits, one requires one full credit, and three required two full credits. Not a single school required a physical education credit.

I know that our physical education is going to stick around because of our grossly obese nation. Plus STA has certain high school education criteria they must fulfill. I see the benefits of physical education but I do not see its

value over fine arts in the long run.

So, I feel bad for the entertainers who must embrace their physical side; but more importantly...what about me? As a dedicated "femme française" and *Dart* staffer, my electives have not included fine arts for three years besides speech class just recently required of all sophomores. I must squeeze a third elective into my schedule senior year to be able to graduate. We all know how painful it is to watch our frees disappear.

In my dream world, I could keep my frees and write or act in a student production (while first conjuring up a sense of acting that's at least bearable to witness) my senior year. But truthfully, I'd be too intimidated by a full schedule and cramped after school life to take it all on.

I'm not insinuating anyone should take away the sacred physical education credit for athletes. I'm suggesting equality. I'm suggesting the principle of equal recognition be upheld. I guess for now I will be living in my dream world! ★

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Ownership and sponsorship: The Dart is created by the student newspaper staff and is published by general operating funds of St. Teresa's Academy, a Catholic institution sponsored by the Sisters of St. Joseph of Carondelet. The Dart will not publish opinions that contradict the teachings and beliefs of the Catholic Church, whether on a diocesan or worldwide level.

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STA considers altering grade scale

STA one of two Kansas City area high schools without standard grading scale

by CAROLINE THOMPSON
Staff Writer

STA administration has been discussing the possibility of adopting a new, standard grade scale, as opposed to the current system, which could be enacted as early as next school year. However, before the administration reaches a final decision, there are several issues to be considered.

With STA's current grade system, an 'A' ranges anywhere from a 93 to 100 percent. As college counselor Debi Hudson recalls, the system has been around for quite some time. Notre Dame de Sion High School uses a similar grade scale to that of STA. Also, most grade schools use this scale, thus freshmen have an easier time adjusting to high school, Hudson said.

However, the standard system has an A ranging between a 90 and 100 percent. This scale determines students' grades for high schools like Pembroke Hill High School, Rockhurst High School and others, and is also by colleges across the nation. Researching schools that employ this system—especially ones that have switched scales—will aid administration in their decision.

"We will weigh the pluses and minuses of this possible change based on what is best for our girls," said STA president Nan Bone.

Some educators say that implementing the standard grade scale might help STA students during college admissions. In a 2006 article on the variety of grade scales affecting admissions directors, *The Washington Post* wrote, "At the University of Missouri at Columbia, admissions officers take all

Making the grade: Below are the current grading scales of Kansas City area public and private high schools.

	St. Teresa's Academy	Notre Dame de Sion High School	Rockhurst High School	Shawnee Mission East High School	Bishop Miege High School
A	93-100	93-100	90-100	90-100	90-100
B	85-92	85-92	80-89	80-89	80-89
C	77-84	75-84	70-79	70-79	70-79
D	70-76	65-74	60-69	60-69	60-69
F	0-69	0-65	0-59	0-59	0-59

the GPAs from the approximately 11,000 applications they receive each year and recalculate them to compute a 'core GPA.'

All universities claim to convert GPAs based on the traditional system, but it is not always guaranteed that they will translate these averages.

"When I was in admissions I was looking at a total of about 400 applications," Hudson said. "But then I know a director that reviews about 75 applications every day between January and March...so we just don't know if they are transferring the grades [from our scale to the standard scale]."

Also, STA alumnae who are joining a sorority are required to maintain a minimum grade point average. Some believe the current grading scale could prevent girls from entering some sororities. GPA requirements could also hinder girls in receiving scholarships if their transcripts are not converted.

"There isn't a universal transcript that high schools submit to colleges," Hudson said. "Every

school has its own system. So, the purpose of changing the grade scale would be to put ourselves on a more level playing field with other schools for admissions or special programs."

On the opposite side, according to Bone, altering the grading scale could falsely portray STA as a less rigorous school, which would discourage incoming students. If in fact STA decides to install this traditional system, the administration stressed that the rigor of this school would not be lost.

"It's important to note that we're not watering down the system," Bone said. "A 'B' is still a 'B.'"

In other words, Bone said the new grade scale would not make earning high letter grades easier. For instance, if a student had a 92 percent in her algebra class, the new scale wouldn't directly transfer that 'B+' to an 'A-'. With the standard scale, the school hopes that she would still have a 'B+', only with an 88 percent. To compensate for this system, teachers would need to review the difficulty of their assessments.

"The rigor should come from teachers and the curriculum," Bone said. "So altering the current scale shouldn't change that."

Also, the question of how to wean off the current scale is a predicament. One suggestion is to use two grade scales temporarily and simultaneously. Another idea would be to change the scale at the beginning of the school term and simply attach a note on the transcripts for college admission directors to read.

Bone said that if the school were to alter the current system, the standard scale would not be employed until at earliest the beginning of the next school year or even the 2010 term. However, administration is still investigating and discussing this matter. Whenever the school reaches a verdict, the decision will ultimately be based on what is best for STA students, Bone said.

"If [changing the grade scale] is harming or not in the best interest of our girls, then we shouldn't do it," Bone said. "But if it would be beneficial for our girls, then we should." ★

Yearbook staff earns national award

'Unscripted' named among country's best overall yearbooks

by MADALYNE BIRD
Staff Writer

The 2007-2008 *Teresian* yearbook recently won a national award naming it one of the top 30 high school yearbooks in the country from a student journalism association.

The Columbia Scholastic Press Association recognized "Unscripted" as a 2009 Crown Award finalist. According to the CSPA's website, the Crown Awards are "the highest recognition given by the CSPA to a student print or online medium for overall excellence."

The publication was nominated along with 27 other student yearbooks across the nation. All 28 finalists have won the Crown Award. However, the CSPA will not announce who has the distinction of being either a Silver Crown Award winner or a Gold Crown Award winner until their 85th Annual Convention on March 20, 2009 at Columbia University in New York City.

Publications adviser Eric Thomas sees the CSPA as one of the top scholastic press associations in the country.

"In my eyes the CSPA is the second most prestigious association next to National Scholastic Press Association (NSPA) that gives awards," Thomas said. "It basically tells who the top yearbooks in

the country are. When we win either the silver or gold, I'll wear [the award] to school everyday."

The yearbook's 2007-2008 editor-in-chief Meredith Pavicic learned a lesson while creating last year's publication.

"Last year I learned that [a yearbook] can't work with only one person," Pavicic said. "No matter how hard you try, it can't get done."

Pavicic believes that winning the Crown Award would not be possible if it were not for last year's staff.

"The staff worked really well together," Pavicic said. "I was impressed with the quality of their work and their ability to be enthused about the yearbook. It can be hard to get people motivated about something they won't be able to see for six to seven months."

Thomas shares Pavicic's views about the *Teresian* staff.

"Last year's staff was great," Thomas said. "This yearbook is such a great artifact, and I think that the students, teachers and parents who see and read it have a good sense of how hard the girls worked and how talented they are."

On Jan. 15 the *Teresian* was announced All-American by the NSPA, earning a total 3,820 points out of a possible 4,900 and five marks of distinction.



Pavicic



Winning team ★ Senior Maura Lammers, junior Megan Wilkerson and senior Katie Kenney, from left, discuss a design layout on Jan. 22. Both Lammers and Kenney were on the award-winning *Teresian* staff from last year. PHOTO BY AVERY ADAMS

The judge who critiqued the book wrote, "Your yearbook staff has presented St. Teresa's Academy as a fun, creative, supportive learning environment."

Pavicic hopes that the *Teresian* will continue to be successful, whether or not it wins awards.

"Ever since Mr. Thomas came to St. Teresa's and became the yearbook and newspaper adviser, the publications have just continued to improve every year," Pavicic

said. "I think that once people see the amazing product you can create it makes you want to be even better."

However, The *Teresian*'s current co-editor in chief Maura Lammers said the yearbook is not made to win awards.

"There is obviously some level of pressure to keep winning awards, but we don't make the yearbook to win awards," Lammers said. "We make the yearbook to make kids

happy; awards are just the icing on the cake."

The *Teresian* was the only publication in Missouri to receive the honor. Other area schools in the state of Kansas to receive this distinction for a yearbook were Shawnee Mission East and Shawnee Mission North High School.

"What Meredith did with the book was incredible," Lammers said. "We are all so proud of this yearbook." ★



“Access Alcohol” series:
Part 1: Getting alcohol from parents/adults
Part 2: Teens with fake identification
Part 3: Liquor stores that sell to minors

ID Please ★ Fake photo IDs have been seen as a problem in liquor stores as underaged drinkers try and purchase alcohol. Liquor stores like Royal Liquor have accumulated many IDs through the years. They are either IDs made from a manufacturer or IDs “borrowed” from a person over the age of 21. However, there has been no real punishments other than confiscation from the liquor store in question. **PHOTO ILLUSTRATION BY ALLISON POINTER**

Illegal IDs allow underaged drinkers easier alcohol access

Minors make, buy fake IDs for easier access to alcohol

by SYDNEY DEATHERAGE
Managing Editor of News

The use of fake driver’s licenses to buy alcohol seems elusive, dangerous and highly illegal to those people not established in the heavy-drinking, frequent partying world of some high school students. However the weathered regulars of this world would probably tell them exactly how easy using a fake ID can be.

Since enforcement for fake IDs is more or less nonexistent, for underage drinkers the real hassle lies in obtaining the fake ID, which is generally a complex process. There are two kinds of fake IDs:

- **The “manufactured” ID:** has the individual’s actual photo and information (with a different birthday) and has been created illegally
- **The “look-alike” ID:** where an individual uses an older person’s former or discarded ID whom looks somewhat similar to them

The Dart spoke with several area high school students who have fake IDs and use them regularly. Generally, these students use their IDs in east Kansas City, where they expect enforcement for their illegal IDs to be lax. When some of the students named the Royal Liquor Store at 63rd Street and Cherry as an establishment they frequented, *The Dart* investigated.

According to employee Drew Schubert, Royal Liquor confiscates at least one fake ID a week, and frequently denies liquor to individuals.

“Every thirty minutes, I at least deny somebody or take their fake ID,” Schubert said.

According to Schubert, employees at Royal Liquor are awarded \$10 for each fake ID they confiscate. These confiscated IDs used to be displayed beneath the glass check-out counter of the store (called the “Wall of Shame”) as a humorous way to “teach a lesson” to underage offenders. These 100-200 IDs now sit in a crumpled brown bag in the back room. The most convincing IDs the store confiscates are given to the police so that they may be familiarized with new ID creation techniques. However, the students whom *The Dart* spoke to with fake IDs agreed that enforcement is lax

when it comes to fake ID use.

“Usually what happens if you get in any trouble with [the ID], you tend not to get in trouble with the law,” a Kansas City high school student said, who wished to remain anonymous because of his illegal ID. “If you’re at a gas station, they’ll just confiscate [the ID] and they’ll throw it away, shred it up, whatever. As far as law enforcement, you just kind of cross your fingers and hope that’s not going to happen.”

Schubert agreed and said that the authorities are rarely contacted in the case of fake IDs, since it is such a regular occurrence.

“It’s very simple and very easy and doesn’t take any of my time out of the night to tell somebody they can’t buy alcohol, and I don’t mind doing that,” Schubert said. “It’s the very intolerable people that really can’t get over the fact that they didn’t get away with it this time... [those are] the times that it really turns into an incident where it’s really incredible they even came here.”

Independent liquor establishments, unlike Royal Liquor, are much less likely to card someone who may be underage, according to Schubert. An STA senior, who wished to remain anonymous because she has a fake ID, agreed

with Schubert.

“I will never use a fake ID at a legitimate liquor store like Royal or Berbiglia,” the STA senior said. “I go to someone that has like a one-person-owned place.”

This senior uses a “look-alike” ID that was given to her by a friend. According to her, girls at STA do not consider the benefits of having a manufactured fake ID to outweigh the costs of obtaining one. The process is difficult and since alcohol is easy enough to obtain without a fake ID, very few, if any, girls own manufactured ones. This senior thought more students at other schools go through the process of buying illegally manufactured IDs.

“I think its mainly the availability is there for [other schools],” the STA senior said. “...No one has ever organized a group at STA, because you have to get them in like bulk of [10] and they’re 150 bucks each. So I guess they’re more willing to spend money and be organized about stuff like that.”

The process of obtaining an actual, manufactured fake ID can be expensive and difficult. Each of the high school students with fake IDs agreed about the process. A person who wants an ID must find a contact that makes the fake IDs, and then organize a group of 10 or more

kids who also want fakes, since the IDs are normally sold in group packages. Kids may pay anywhere from \$80 to \$200 for a manufactured ID. Some sellers require kids to sign contracts.

“We had to sign a contract...it was an email that the lady sent to [the group leader] and he printed it off,” the Kansas City area student said. “It said ‘I agree that if this ever gets found, I won’t tell them where I got it... she didn’t want us telling any of our friends because she didn’t want it getting too big.’”

Once underage drinkers have their fake ID however, they do not have much to worry about. After a high school career working around the underage drinking system, these kids know that when it comes to law enforcement for fake IDs, any repercussion beyond a slap on the wrist by annoyed liquor store employees is unlikely. ★

ACCESS ALCOHOL

“Access Alcohol” is a three-part series focusing on how teenagers obtain alcohol and the enforcement of such means.

at a glance in 300 words

Modeled after Brady Dennis’s original 300 word series, this series captures people and moments in 300 words: no more, no less.

by HALEY VONDEMKAMP
Lifestyles Editor

Hollow Holiday

In December, for the second year in a row, junior Katie Schmitt made French toast on Christmas morning. Just like the previous year, Katie and her brothers allowed ripped wrapping paper to blanket each surface of the family room. This year, just like the one before, Katie and her family wished their father a Merry Christmas through a computer screen.

This year, Katie’s father spent his second holiday season in Iraq, leaving his daughter with a slightly different Christmas routine.

Katie’s father, a colonel in the United States National Guard, has been stationed in Tillan, just south of Bagdad, since last October. As Commander of the 287th sustainment brigade, he’s currently on his longest stint overseas. The prior deployment lasted 14 months — brief compared to the two-year stay he’s now about midway through.

The Schmitts have adjusted to all that comes with being part of a military household. This Christmas, there were no tears. Instead, they sent their father peanut brittle and giant chocolate kisses — two of his favorites — while he helped coordinate presents for Katie and her brothers through email. For better or for worse,

the family is accustomed to his absence.

Even for the Schmitts, two holidays missed is more than enough. The spotlight placed on Katie’s father’s long-awaited return shined a little brighter on Christmas, the holiday that’s all about family. The fact that he’s still away made it all the more real.

Next Christmas though, she’ll have something to look forward to. Next year, her father will make his traditional Christmas breakfast. Next year, he will see to it that not one shard of wrapping paper is left on the floor. Next year, he’ll receive his holiday greetings in a much more personal way.

Next year, he’ll be home for Christmas. ★

Teen smoking rates on the decline

Social, health factors lead to lowest smoking rate among teens since 1997

by TAYLOR BROWN
Copy Editor

Smoking rates among US high school students have been declining since 1997, according to a new report by the Centers for Disease Control and Prevention (CDC).

If this pattern continues, CDC predicts that by 2010 the US may achieve the national health objective of reducing high school smoking rates to 16 percent or less.

The report revealed that 28.5 percent of high school students in the US currently smoke cigarettes, down from 36.4 percent in 1997.

Sociology and psychology teacher Patrick Sirridge practiced law for 25 years prior to teaching. His firm represented manufacturers of consumer products, such as cigarettes.

"Reduction in smoking in the past 10-12 years is due to a variety of factors," Sirridge said. "One is the increased awareness of the long-term health affects caused by cigarette smoking. Also, an increase in cigarette prices, reduction in the social acceptance of smoking and the outlawing of smoking in public places."

Sirridge is aware of existing peer pressure and other reasons for teens to try cigarette smoking. According to senior Leah Barthol who claims to be around smoking often, smoking is a social trend.

"People usually start socially, but cigarettes are really addictive, so it just leads on from there," Barthol said. "I think smoking is definitely a mind-set of being rebellious and adult-like."

However, Sirridge believes that teenagers also recognize reasons not to smoke.

"There is a little bit of an appreciation towards not smoking," Sirridge said. "Some girls are jogging and working out, and smoking just seems inconsistent with getting your body in shape and being healthy."

Mr. Demetrius Hurt, area program director of the American Lung Association, also includes health factors as a reason not to smoke.

"Certainly if [teens] are educated about the risk factors of smoking that would be a great way for them to stay away from it," Hurt said. "Also if parents and leaders of the homes don't smoke, chances are teens won't pick up the habit."

Hurt insists that smoking does not reflect healthy practices.

"438,000 Americans will die this year because of smoking and 26 teens each day will die prematurely because of the habit," Hurt said. "Smoking is the number one cause of preventable death in the country today. Also, smoking is a gateway to many other at risk behaviors."

Increased awareness of the health risks associated with smoking is a major factor in the decline of smoking among teens, according to Barthol.

"It seems like more and more health risks are being revealed," Barthol said. "Obviously cancer is a long-term issue, but teens can also develop a smokers' cough."

Along with cancer related illnesses, other long-term effects of smoking are issues with the lungs that effect breathing and issues with the cardiovascular system that make more at risk for stroke and heart attack, according to Hurt.

Along with a smokers' cough, other immediate effects of smoking are discoloration of



Risky smoke ★ An unidentified STA student sneaks a cigarette, an illegal act on campus, behind M&A Building last Thursday. Every day, approximately 4,000 children between 12 and 17 years of age smoke their first cigarette, and an estimated 1,300 of them will become regular smokers. Half of them will ultimately die from their habit. PHOTO BY JAIME HENRY-WHITE

teeth, nails and skin and formation of cancer cells on the tongue and mouth.

Considering these factors, the U.S. may have to take other steps to achieve the national health objective of reducing high school smoking rates to 16 percent or less.

"Continued focus on trying to persuade young people from starting smoking is still very important," Sirridge said. "I think that most regular long-term smokers started smoking when they were very young - probably

under 16."

Along with smoking education, Hurt believes there are other actions teens can take to reduce the rates.

"Talk to your schools and officials to rally a smoke free state and city," Hurt said. "The more the country is made aware that smoking is dangerous and its teens are engaged in the fight against it, the more declines we will see throughout our country both with teens and adults." ★

Doctors encourage AD/HD education

Despite public views of disease, steady improvement made in diagnosis, treatment

by SUSIE ANCONA
Staff Writer

During her freshman year, current senior Amanda Ottolini urged her parents to take her to the doctor. Unfocused and antsy as usual, she entered the doctor's office, anxious to see why she had been acting this way. Although no one in her family suspected anything, Ottolini could not focus in her classes and "was always going a hundred miles an hour." Her doctor made observations, noticing how restless Ottolini was in her seat. She was diagnosed with a severe case of Attention Deficit Hyperactivity Disorder, commonly referred to as ADHD. Ottolini was unaware of the fact that she had had the disorder since kindergarten.

"I felt a little relieved when I was diagnosed with ADHD," Ottolini said. "My doctor said there was a lot of misdiagnosis and people just use [the disorder] as an excuse."

ADHD is most common among children and adolescents. The national website for children and adults affected by ADHD explained that in the past children were thought to outgrow ADHD in their teen years. However, if untreated, the disorder can subsist into adulthood.

According to add-adhd.org, the three "main features" associated with ADHD are the following: inattentiveness, impulsivity, and hyperactivity.

"Most people are glad that there is some kind of identification or label [by being diagnosed with ADHD]...that there is an answer

as to why things aren't going the way they expect," clinical psychologist Dr. Bruce Cappo said.

Cappo, an employee at Clinical Associates in Lenexa has been working with about 10 children every week who are affected with ADHD for the past 15 years. He works in collaboration with family practitioners, pediatricians, child psychologists and sometimes therapists to diagnose and treat children with ADHD.

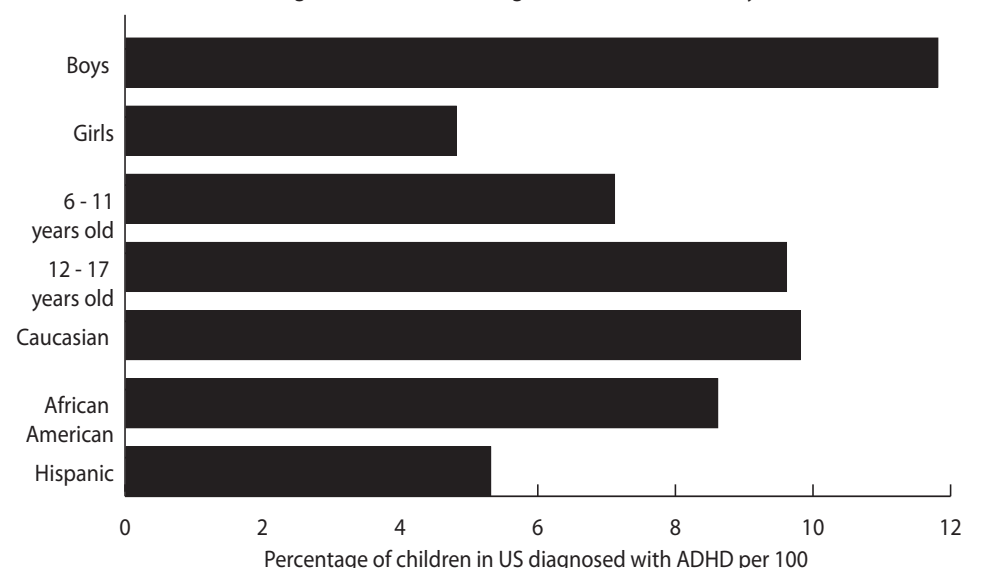
"Public opinion is that this is misdiagnosed or too often diagnosed," Cappo said. "Some people believe that it's a way to handle behavior problems by using medicine, and if they became more educated about the disorder that they would no longer hold such opinions."

The diagnosis method includes a series of steps. First, parents fill out questionnaires. Then, whoever diagnoses it informs the child's teacher. As a result, a professional performs an interview with the child and employs continuance performance tests. Continuance performance tests are two tests of attention which assess patients' responses to determine if they are in the bottom seven percent, According to Cappo.

"About seven to eight percent of the population is thought to meet the criteria for AD/HD," Cappo said. "We do not know the full story in terms of cause. We do know that there are at least five genes involved and we predict that there will be nine genes, so there is a hereditary component."

The disorder is now referred to as ADHD instead of alternating between the two terms ADD and ADHD. ADHD has three subtypes, including: combined, inattentive and hyperactive, with the combined type being the most prevalent. Combined type is basically a combination of the inattentive and hyperactive types.

Diagnosis of ADHD among children (from 6 to 17 years old)



Source: 2004-2006 US Department of Health and Human Services

Some common medications prescribed for ADHD include stimulants and non-stimulants: Ritalin, Strattera and Concerta. Ottolini takes both Ritalin and Concerta, totaling to about five pills per day.

"Personally for me, it is so much more difficult to accomplish things off my medication than when I am on it," Ottolini said. "It's not like I can't function without it. It's just that I am a bit louder, crazier and out of control."

According to Cappo, about 40 years ago it affected 5 percent of boys and 3 percent of girls. This discrepancy was a product of not placing enough demand on girls in school at

the time.

"[Diagnosis is] steadily increasing in terms of demands in the classroom, better understanding of the disorder and better ways of diagnosing it," Cappo said. "An increase in the student to teacher ratio has also contributed. There was more individualized attention back then."

Cappo believes the trends in diagnosing ADHD have become more detailed and specific as research in the medical field has advanced. Therefore, controversy in terms of researching the disorder is not as prevalent as it once was. ★

Yoga trend extends to STA campus

Students use yoga to build flexibility, strength, mind-body connection

by KYLE HORNBECK
News Editor

A number of STA girls have recently started to form a new mind-body connection through the practice of yoga. While before they looked to yoga studios and at-home DVDs to learn the ancient exercise, now students have the opportunity to do yoga at STA.

One way volleyball players are getting in touch with the exercise is through a class that head coach Amy Carlson set up.

Carlson asked mother of freshman Taylor Migliazzo and yoga enthusiast Shelly Migliazzo to teach a weekly yoga class for STA volleyball players as part of an off season conditioning program. The first class began Jan. 16 at 6:30 a.m. in Gopert Center and lasted for about an hour. Migliazzo plans to continue classes throughout the rest of the semester.

Although originally intended for volleyball players, the class is open to all STA students according to both Migliazzo and Carlson.

Migliazzo's class centers on a form of yoga called ashtanga, or power yoga. This is a vigorous type of yoga that builds core strength along with flexibility, helpful for any athlete, according to Migliazzo. The typical ashtanga routine lasts about an hour and 45 minutes, but due to the scheduled time of the class, she teaches a condensed version.

"[Ashtanga] is similar to a cardio workout but it adds flexibility that you don't develop from running

or biking," Migliazzo said.

Her class includes constant moving, intended to increase participants' heart rates. Although, she teaches a rigorous class, Migliazzo ends it with about five to 10 minutes of relaxation, adding to the spiritual aspect.

"[Practicing yoga] is a good way to prevent injury and it's better for your body," Migliazzo said. "With ashtanga, you build lung capacity, core strength and flexibility, which is important to learn at a young age to prevent your muscles from getting tighter."

According to freshman varsity volleyball player Nicole Wemhoff, who attends the weekly class, taking yoga will help to prevent injuries, while developing needed flexibility. She believes the class will help the team prepare for their next season, beginning in the fall.

"[Compared to other forms of conditioning], yoga is just something new and different," Wemhoff said. "And in a weird way, it's harder."

Wemhoff also believes practicing yoga as one team, including freshmen, JV and varsity players, has thus far brought them together.

"[Getting up early on] Friday morning is a little much, but we're still laughing at each other especially getting into these strange new poses," Wemhoff said.

Although classes are available throughout the Metro and now at STA as well, some prefer practicing yoga at home.

Junior Emily Quatman, who practices yoga with friends and at home through DVDs, enjoys the personal aspect of yoga at home.

"When I'm doing yoga [at home] I feel at peace," Quatman said. "When I'm working out, I feel like that's all I focus on, but when I'm do-



Just breath ★ Junior Emily Quatman practices yoga using a DVD demonstration Monday at her home. Quatman has been involved with yoga for 4 years and typically practices it one to two times a week.
PHOTO BY JAIME HENRY-WHITE

ing yoga, I don't really think about the workout itself."

In general, both Quatman and Wemhoff believe that yoga, compared to other exercises, is more

beneficial and enjoyable.

"I hope that young people can start yoga not only because of the great physical practice but the spiritual aspect as well," Migliazzo said.★

When you wish upon a Star...

Essays. Resumes. Recommendations. For these three seniors, the hours spent on applications is worth it when it comes to getting into their *dream school*.

Katie Kenney Notre Dame University

For senior Katie Kenney, Notre Dame has always been a family affair. Every fall, her family traveled to Indiana for family reunions and football weekends. They walked across the quad right before a big game, thinking of all their relatives who were a part of the history of the Fighting Irish. Katie has always wanted to be a part of the tradition, the atmosphere and the energizing student body, but worried that she would not get in.

That fear changed to hope Dec. 13, the day she found out she had been accepted. She celebrated with family and friends, but realized that she still had important decisions to make. Although Notre Dame had been Katie's dream school for as long as she could remember, financial aid and pending news from other schools added difficulty to her decision. Katie is waiting to hear back from other schools, but will most likely go to Notre Dame or Santa Clara University.

Fall weekends were spent watching football games, one summer devoted to soccer camp and she is even hoping to visit Notre Dame's campus this spring as a prospective student. As Katie's decision comes closer to making her decision, college grows nearer, and maybe, just maybe, she will get to experience all four seasons in South Bend.



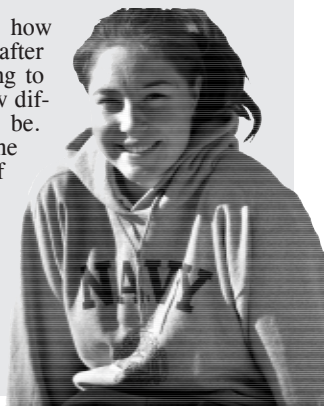
by MEGAN SCHAFF
Staff Writer

Haley Doyle Naval Academy

Senior Haley Doyle woke up to the harsh sound of her officer's voice, ate breakfast where hundreds of thousands of naval pilots had eaten before her, sat in classrooms for hours on end, learning about subjects ranging from Literature to Aerospace Flight Testing, participated in 113-year-old traditions and did countless push-ups with the men and women she would call her classmates in a little over a year's time. She was at the Naval Academy Summer Seminar, living the life of a first year plebe.

For a year, Haley has wanted to be in the Navy. She turned in form after form, passed as medically and academically qualified and received three congressional nominations. The only thing left is to be officially accepted.

Haley knows how hard the four years after graduation are going to be. She knows how different her life will be. She knows what she is getting herself into. But, as April grows closer and closer, she still hopes and prays for one thing: an appointment at the United States Naval Academy.



Kaitlin Zidar Wake Forest University

Senior Kaitlin Zidar anxiously studied for finals, nervously checking the mail every 10 minutes to see if her letter from Wake Forest University had arrived. If she was not accepted, she would not get to go to her dream school, but if she got in, she would have to face the wrath of her older sister Mary who had been put on the waiting list only a few years earlier. After waiting for what seemed like eternity, she checked the mail once again and spotted the letter she had waited months for. She was in.

Now the hard part came: telling her sister Mary.

Fearing what Mary would say, Kaitlin first called her older sister Meghan, who is a junior at Wake Forest. Meghan was studying in Barcelona for a semester abroad and after failing to get a hold of her, Kaitlin wrote the news on her sister's Facebook wall. She eventually realized Mary would see the wall post and began to worry about what she would think. A few hours later, Kaitlin got a call from Mary who kept asking what the big news was. Kaitlin told her what she had been holding back: that she had gotten into her and Mary's dream school. Surprisingly, Mary was thrilled for her sister. After a day of what turned out to be pointless worry, everyone in the Zidar family agreed that Kaitlin deserved every part of her acceptance letter.



Mysteries of a nightmare

Studies show nightmares are nothing out of the ordinary in dream world

by CAROLINE QUINN
Editor-in-Chief

Mission Medical Center, said nightmares are often a collage of thoughts.

"[Dreams and nightmares] are little snippets of the day," Peterson said. "They are things heard and or seen throughout day and it is your brain trying to form them into memories."

Dr. Ann Romaker, a pulmonary disease physician and American Board of Sleep Medicine doctor, believes nightmares can be more than flashes of images from the day.

"Often I think nightmares are people's way of getting over a traumatic event," Romaker said. "It's a way for someone to make peace with their thoughts."

Romaker points to repeated nightmares to prove her theory. She said patients often have recurring nightmares that these dreams can help the person convey his or her response to disturbing events. Peterson also sees nightmares as an outlet for worries, but is not convinced they can entirely solve problems.

"If that was completely true no one would need therapy," Peterson said. "I think it depends on what fear it is and what kind of trauma that person went through. Nightmares are a great outlet for minute fears."

Few people, however, use nightmares as a constant source of self treatment. Over a year ago, *The New York Times* published a series of articles on dreams and talked to Mr. Mark Blagrove, a dream researcher at the University of Wales in Swansea. According to Blagrove, if a handful of people were asked to impulsively recall how

many nightmares they had in the last year, most would said one or two. If they actually kept a dream diary, however, Blagrove said the majority would report nightmares once or twice a month.

Peterson believes the discrepancy between how often people perceive they have nightmares and how often they actually experience them is based on the science of dreaming. Most dreaming occurs during rapid eye movement, or REM, sleep.

REM is a stage of sleep when all muscles in the body except the diaphragm and the eyes are completely paralyzed. This is what keeps people from physically acting out their dreams. Romaker said it is usually most prominent between 4 and 6 a.m., and that people remember their dreams only if they are woken up in this stage.

Scientists and psychologists may have the stages of sleep down, but remain unsure of why the details of nightmares are often irrational. In one of *The New York Times* articles from last fall, Dr. Ross Levin, a psychologist and sleep researcher at Yeshiva University in New York, said that nightmares can lack logic because the pre frontal cortex does not function during dreaming. The pre frontal cortex is often referred to as the center of coherent reasoning and critical thinking, so when it is inactive, people "can have a dream where something has four heads and 12 legs, and think, 'No problem, what's

next?'"

According to Romaker, however, a lack of sleep and drugs use are the most common factors affecting a nightmare's content.

"Sometimes nightmares are just the brain's way of complaining to the body, saying 'I need more nutrition' or 'take care of me better,'" Romaker said.

A host of sleep studies show that nightmares can offer hints into the larger mystery of why people dream in the first place as well how people's sleeping and waking lives intersect each other. But both Peterson and Romaker feel the studies cannot fully reveal how nightmares influence a person.

"There are so many theories on dreams and nightmares, but that is exactly what they are, theories," Romaker said. "Studying a dream journal won't tell it all, and you can't get inside someone's brain while [he or she] sleep[s]."

Dr. Younger: "To dream about someone who has died a traumatic death shows that perhaps the sleeper feels guilt about something they have done, or think they caused. The guilt is creeping up on the sleeper, and they implications and consequences of their actions terrify them so they need a release which comes in their dreams."

Dream Moods: Dreaming about someone else that is either sick, dying, or dead, can sometimes signify your self-worth to yourself. Needless to say, the worse off the person you dream about, the see you see yourself and the lower your self-esteem is at the moment.

The Interpretation of Dreams: When one dreams of death, it is one of the symbols of change, but negative. The person is likely going through a change in their life that they are not ready for. Most likely they don't converse with peers about the matter, and the emotions come to relieve themselves in the mind through dreams, as is the case with most dreams.

Dr. Younger: "Often when kids wake up from dreams when they're flying, it was after a good night's rest, or if they slept the majority, if not all, of the night. It seems like when children, or adults, wake up from a flying dream it shows that the sleeper is carefree for the moment, and unstressed, or overcome something."

The Interpretation of Dreams: Flying dreams are a common dream, as with chasing dreams, naked dreams, and falling dreams, and can be interpreted in different ways. Flying can represent overcoming a hardship - which is most commonly associated with flying dreams - or it can be that she has gained a new perspective or insight in a situation.

GOOD NIGHT GLOSSARY

Below are a list of terms associated with dreams collected from www.my.clevelandclinic.com. Compiled by Caroline Quinn

Rapid eye movement (REM) sleep: REM is one of the two basic states of sleep. REM sleep, also known as "dream sleep," is characterized by rapid eye movements, and more irregular breathing and heart rate compared to NREM sleep.

NREM Sleep: Non-rapid eye movement sleep. A stage of sleep in which brain activity and bodily functions slow down. NREM sleep accounts for the largest portion of the sleep cycle.

Somnambulism: This term is better known as sleep walking. Some say that this occurs from people acting out a dream, but this is not the case. Since the body is paralyzed during REM sleep it would be unable to act out a dream. People that have been woken after sleep walking very rarely remember what they have been dreaming.

Lucid dreaming: A lucid dream is a dream in which the person is aware that they are dreaming while the dream is in progress, also known as a conscious dream. When the dreamer is lucid, they can actively participate in and often manipulate the imaginary experiences in the dream environment. Lucid dreams can be extremely real and vivid depending on a person's level of self-awareness during the lucid dream

The science behind nightmares is still a hazy subject in the medical world. The phenomenon of nightmares remains somewhat of a mystery, despite classic writings from dream theorists like Sigmund Freud and Carl Jung. Perhaps this ambiguity lies in the nature of dreams: they are unpredictable and personal occurrences. Regardless of the diversity of the content of nightmares and how often a sleeper experiences them, all sleep research shows that they are universal human experiences. But after millions of sleep studies and surveys, doctors continue to question where these images that launch sleepers out of bed, covered in sweat, come from. Ms. Stacey Peterson, the lead polysomnographic technician at the sleep disorders center of Shawnee

In your **DREAMS**

Exploration of dreams remains subjective

What dreams are made of

Below are three interpretations to student's dreams from Dr. Kathy Younger, pediatric specialist on sleep disorders in children and young adults, "The Interpretation of Dream's", a dream interpretation book by Dr. Sigmund Freud and Dream Moods, a dream interpretation web site. Compiled by Taylor Irwin

"In my dream I was sleeping in my room, only I was in a dorm with roommates. My roommate came inside and woke me up because she was looking for a shirt, so I told her to look on the floor. She went to a big pile of clothes on the floor and picked some up, and that was when we saw blood. There was a dead girl who had been murdered on my floor. We all screamed and this man emerged from my closet and started coming toward us, it was so scary, and that's when I woke up."

Junior Chloe Watters

"I had a dream that I was a member of the Fantastic Four - only now it was Five, because I was apart of the team. I was in the suit and everything, and at one point in the dream I jumped off a building and began to fly. I don't know where I was, but while I was dreaming the place seemed really familiar, but I have no idea where I was, but I was having so much fun, then when I woke up I was disoriented and dizzy."

Freshman Margot Livers

The Interpretation of Dreams: When one dreams of death, it is one of the symbols of change, but negative. The person is likely going through a change in their life that they are not ready for. Most likely they don't converse with peers about the matter, and the emotions come to relieve themselves in the mind through dreams, as is the case with most dreams.

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"I had a dream that I was at a circus and the clowns were staring at me in the front row the whole time. After the show, they started to come at me and began chasing me from tent to tent. Eventually, I ran into a mirror room and he kept yelling, 'I can see you!' but I could only see him in the mirrors and all his reflections. I couldn't figure out which one was real and then I tried to run out of the tent, only the clown grabbed me. He took me to a small 'community' where only clowns lived and then I woke up."

Sophomore Gina Franken

The Interpretation of Dreams: Dreams involving chasing or a pursuer occur more in women than in men, this is most likely because women feel more vulnerable in everyday life. A chase dream is the way of releasing it's fears and anxieties in a somewhat healthy way.

Dr. Younger: "Usually when people dream of being chased, they are subduing a task that must be done, and it's coming back to remind them. It could be something small, like cleaning out the basement, or something big, like reconciling with an old friend or family member."

Dream Moods: Chase dreams are another common dream that most people experience. Chase dreams often come from stress in our waking lives, and they represent our way of coping with our fears. Instead of confronting the situation head on, people literally run from the problems in our minds.

Dance team places first and second



Just dance ★ STA dance team practices their jazz routine to "Figure It Out" by Maroon Five Jan. 13. "We have placed really well so far and are hoping to keep that up," cocaptain Riley Cowing said. **PHOTO BY TRACY BURNS-YOCUM.**

With success at Ozarks and three competitions left, team prepares for State

by LAUREN PASZKIEWICZ
Staff Writer

The STA dance team had three competitions left in their season after placing first in jazz and novelty and second in hip-hop at the Ozark competition on Jan. 3.

"I know that trophies aren't the biggest deal in the grand scheme of things, but it was just solid proof of the hard work that we put in," cocaptain Riley Cowing said. "It gave us another reason to keep working."

The dance team competed in the Kansas Spectacular competition last weekend at Olathe East High School, and they will be competing at the Lee's Summit North Invitational Jan. 31.

The State competition is Feb. 28 at the Chaifetz Arena in St. Louis. According to head coach Savannah Vose, winning in the Ozark competition gave the team confidence for State, but their performances at the next three competitions will give them a better idea of how they will place.

"Kansas Spectacular and the Lee's Summit North Invitational are much harder competitions than Ozark because they've been around for a long time and have a ton of teams that participate," Vose said. "We have to stand out to the judges that much more so we don't blend in and seem average in the large pool of

teams."

Vose explains that to get ready for State, she and assistant coach Deena Schaumberg are "getting mean."

"Instead of sugar-coating their mistakes, we are making them do things that strengthen them like push-ups to make their arms stronger," Vose said. "They may hate us when they're on their 30th push-up or their 50th sit-up, but they will love us come the end of the season when they see just how far this team has come."

Until the State competition, Dance Team has been busy with their performances at basketball games and ten hours of practices a week.

The team participated in their major fundraiser for Junior Clinic girls Dec. 20. The fundraiser invited the girls to come to an all day workshop where they warmed-up,

Dance team roster



Freshmen

Lindsay Cook
Theresa Murphy
Alex Radtke

Sophomores

Michaela Knittel
Taylor Kramer
Lauren Laudan
Betsy Tampke
Jade Hernandez
Marissa Naggi

Juniors

Riley Cowing
Anna Gigliotti
Rebecca Oyler
Hope Stillwell
Rachael Winslow

Head Coach:

Savannah Vose

learned routines and took part in fun crafts. The participants received T-shirts and Jan. 2 came back to perform at the STA varsity basketball game halftime with the dance team. "The girls had fun, we had a lot of good feedback from parents and families," Vose said. "[The dance team] was also able to raise money that is being saved for something big [but it is] a secret."

Vose explains that the team will have to keep working to achieve success at State, but is confident that the girls will put forth the effort.

"I think that our team is lot more determined to be great than it was last year," cocaptain Rebecca Oyler said. "We have all become a lot closer and I think that's something that stands us apart from other teams. I think that most dance teams are catty and jealous and just not as respectful to the members. We on the other hand are very close." ★

Referees connect to STA athletics

After regular daytime jobs, referees suit up for their nighttime high school games

by MORGAN SAID
Staff Writer

Most STA sports have certain requirements in order to start an athletic game. They need a coach, players, a jersey, and it is always nice to have fans present.

One more essential is the "anonymous referee" coming to officiate the games, according to sophomore Ally Franken.

However, many STA referees continue to referee year after year.

One familiar face is Mr. Dan Lang, because many STA students know Lang as the tough but fair varsity softball coach. But to freshman and JV basketball players, Lang represents a different piece of the game: the referee.

"Sometimes he gives us weird looks [at basketball]," said sophomore varsity softball player and JV basketball player Emma Steck. "But I never talk to him. It's weird."

STA referees begin their refereeing careers by applying online as general referees after which they are placed at random high school games. Many of these referees have no connections to the schools to which they are placed, other than their officiating of that

school's athletics.

Athletic director Mike Egner said he usually picks the freshman and JV volleyball and basketball referees and sometimes coaches request the same referees to return.

According to Egner, after every softball, volleyball, basketball and soccer game, coaches from both teams fill out a referee evaluation form and mail them to the state at

"As long as I'm officiating, I'll return to St. Teresa's."

Mr. Danny Tirrell, referee

the end of each sports season. If the feedback from the coaches is predominately negative, the referee's license will be revoked. Without a license, they can no longer referee.

"99 out of 100 times, [referees] do the best they can," Egner said. "But, you can't please everyone."

If varsity coaches take a liking to specific

officials, those officials are asked to continue at STA, Egner said.

An example of a referee who has been asked back season after season is Mr. Danny Tirrell. Tirrell began officiating STA freshman and JV basketball games 12 years ago and has been refereeing varsity basketball games for the past 10 years.

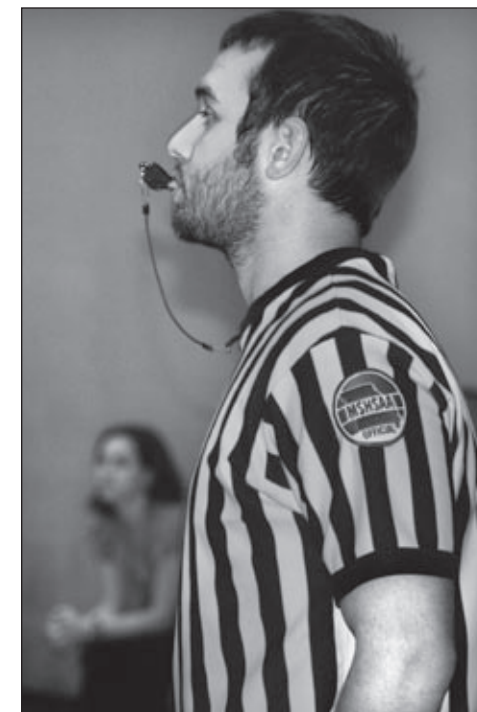
"Egner was still the [basketball] coach when I started officiating," Tirrell said. "When I started, he took a liking to me and I eventually made my way up to [varsity]."

Though Tirrell has officiated many STA basketball games, one home game last year stuck out to him in particular.

"I remember the [Notre Dame de] Sion game and the gym was completely packed," Tirrell said. "St. Teresa's was losing by two and made a three [point shot] close to the end of the game. Sion got the ball and had the chance to win but they just had no shot. It's always exciting to see a close game in high school ball."

According to Egner, most high school referees have regular day jobs and officiate at night. Regardless, Tirrell said he enjoys refereeing at STA where the atmosphere and positive attitudes always make it a fun place to referee high school athletics.

"I had told Mr. Egner that I appreciated him giving me a chance [to referee at STA]," Tirrell said. "As long as I'm officiating, I'll return to St. Teresa's." ★



Hey, ref ★ Mr. Cole Thornton watches a play unfold in the Stars' JV game against Jefferson City High School Jan. 7. Thornton is one of the Stars' regular referees. **PHOTO BY AVERY ADAMS**



Just keep swimming ★ Stars varsity team member senior Mandy Prather practices her backstroke at UMKC's pool Jan. 14. Prather qualified for State competition last Friday in the 100 yard freestyle. **PHOTO BY TRACY BURNS-YOCUM**

Swimmer strives for the best of times

Senior Mandy Prather swims with intensity while keeping the atmosphere a fun place

by **AVERY ADAMS**
Staff Writer

The pool clears as senior Mandy Prather and her competitors brace themselves atop their blocks. STA swimmers border the pool, cheering and chanting for Prather. "On your mark, get set... Bang!" The sound of the gun shot rings through the pool and Prather is already well on her way. The Stars' last meet was against Notre Dame de Sion at the Red Bridge YMCA. Prather swam in various events including the 50 yard freestyle, which she swam in 26.42 seconds.

Full name: Mandy Prather
Nickname: Prath

Birth date / place: April 29, 1991 / Bitberg, Germany

Best known for: 50 yard freestyle

Swimming career: Swimming since fifth grade, teaches swim lessons and four years of varsity at STA

Major awards and honors: "Swimmer of the

Year" Award in 2006 as a Lake Quivera Catfish and a member of the 200 medley and 200 yard freestyle relays at State last year

How it happened: "When [my family and I] moved here from Las Vegas, Nevada, I wanted to make friends, so I joined a summer league and ended up really liking it."

Experience at STA: "I try to have fun and mess around. I would not be able to swim if it wasn't fun!"

Role models: class of '08 alumnae Mary Clara Hutchinson and Becca Rogers. "I used to try to keep up with them during practice."

Pre-race meal: Lots of junk food, Nature Valley granola bars and bagels

Pre-race routine: "I usually practice by running the form over through my head and practice certain parts of my form and stretch in my stances."

Practice location: Currently UMKC but has

practiced at the View in Grandview and Longview Community College

Earliest swimming memory: "My little brother getting more ribbons than me in fifth grade on the Lake Quivera Catfish."

Favorite swimming moment: "When I made my best time at State last year. Although, it was also disappointing because I got it at State [so I couldn't improve it further]."

Advice for other swimmers: "Think about what you want to do [in the race] and pump yourself up. Practice fast. Don't slack off."

Other hobbies: Playing tennis with her dad and CYO basketball

Secret to success: "When I pump myself up, I try to make myself mad so I'll do better in the race."

Attitude: "My attitude toward the team is always to have fun. But when I'm about to swim, I'm serious and in the zone."

If not swimming: "I would be Facebook stalking! Also, making hemp bracelets and playing solitaire."

Varsity teammate and senior Erin Nelson said: "Mandy does not give up and it sets a good example for everyone else [on the team]." ★



Prather

Varsity basketball (4-13)		
Dec. 11	Blue Valley North	L
Dec. 13	Metro Academy	L
Dec. 19	Aquinas	L
Jan. 2	Lee's Summit North	L
Jan. 5	Shawnee Mission West	L
Jan. 7	Jefferson City	L
Jan. 9	Helias	W
Jan. 10	Visitation Academy	W
Jan. 12	Sion	L
Jan. 20	Holton	L
Jan. 21	Park Hill	L
Jan. 23	Wyandotte	W
Jan. 26	Benton	L

JV basketball (9-7)		
Dec. 11	Lee's Summit	L
Jan. 2	Lee's Summit North	L
Jan. 5	Shawnee Mission West	W
Jan. 7	Jefferson City	L
Jan. 9	Helias	W
Jan. 10	Visitation Academy	W
Jan. 12	Sion	L
Jan. 20	Miege	L
Jan. 20	Blue Springs	W
Jan. 22	Sion	L
Jan. 26	Benton	W

Freshman basketball (9-7)		
Dec. 11	Blue Springs	L
Jan. 5	Aquinas	L
Jan. 7	O'Hara	W
Jan. 10	Visitation Academy	L
Jan. 12	Sion	W
Jan. 14	O'Hara	L
Jan. 15	Lawrence South	W
Jan. 20	William Chrisman	W
Jan. 21	Ward	L
Jan. 22	Staley	W
Jan. 26	Benton	W
Jan. 27	Aquinas	L

Swimming and diving		
Dec. 20	Independence Invitational	18th
Jan. 10	Park Hill JV Invitational	7th
Jan. 10	Park Hill Varsity Invitational	10th
Jan. 17	Sedalia Varsity Invitational	2nd
Jan. 23	Raytown Varsity Invitational	4th
Jan. 27	Ray-Pec JV Invitational	1st

Upcoming events



Today at 4 p.m. freshman basketball game vs. Shawnee Mission East at STA

Feb. 2 at 7 p.m. varsity basketball game vs. O'Hara High School at STA and dance team performance

Feb. 5 at 7 p.m. varsity basketball game vs. Pembroke Hill at STA and dance team performance

Alumna wins gold, teammates get silver

Alumna stood a world champion as saddened college teammates drove home

by ELIZABETH WILSON
Sports Editor

Dec. 7 was a day of highs and lows for STA class of '07 alumna Lauren Fowlkes.

On the day her college team lost the final game of the national championship tournament, Fowlkes won a World Cup trophy.

Fowlkes was a defender on the US Under-20 FIFA Women's World Cup winning team. The national team defeated North Korea by a score of 2-1 in the championship game in Santiago, Chile, winning a World Cup trophy for the US.

That same day, the University of Notre Dame, played for the NCAA Women's College Cup championship in Cary, North Carolina. Heading into the game, the Fighting Irish (26-0-0) were ranked #1. But in the final game, the Irish lost 2-1 to the #5 University of North Carolina (26-1-2).

According to Fowlkes, to have her two most dear teams win and lose it all on one day was bittersweet.

"I was ecstatic but felt bad for my teammates," Fowlkes said.

To be a part of both a World Cup winning team and one of two college teams to make it to the national title game of the College Cup, Fowlkes said is a dream come true.

Fowlkes was the 2007 Missouri Gatorade Soccer Player of the Year and helped lead STA



Fowlkes



We are the champions ★ US players celebrate their FIFA U-20 Women's World Cup 2008 title after defeating North Korea in the final match at the Municipal Florida Stadium Dec. 7. PHOTOS BY MARTIN BERNETTI/AFP.

to '05 and '06 soccer State championships at STA with class of '08 alumnae Molly Campbell and Ellen Jantsch who also play for the Fighting Irish.

According to Jantsch, the Fighting Irish would have loved to have Fowlkes with them in the College Cup games.

"But everyone was happy she was where she was," Jantsch said.

Campbell said the team had planned on Fowlkes not being there the whole season.

"Other teams also had people leaving [for the World Cup]," Campbell said. "So, it all kind of evened out."

Both Jantsch and Campbell said they would have done the same thing in Fowlkes's shoes.

"It's such a good opportunity," Campbell said.



Jantsch



"It's such a big deal; I can't see how you could ever turn it down."

The World Cup game started shortly after the College Cup final.

"I didn't want to hear how they did until after my game," Fowlkes said. "I found out when we were celebrating on the field. It kind of put a damper on things."

But, Fowlkes said winning the World Cup was a thrilling experience.

"It was so much fun - there was confetti everywhere," Fowlkes said. "The feeling doesn't hit you that you are the best in the world until later on."

And as for her gold medal, it is hanging in her room at home in Lee's Summit.

"My parents are taking good care of it," Fowlkes said. ★



Campbell

'R-E-S-P-E-C-T' goes a long way in competitions

AN OPINION BY



TRACY BURNS-YOCUM

Ever been faced with a challenge? Have it taunt you? Even have it insult you?

Well, my challenge was a 305-pound football player who said I couldn't beat him at the "juke" game because I was a girl. Ha.

My first instinct was to slap those words back into his brain, kick him in the shins or laugh hysterically. But then thought better of it, realizing he weighed more than twice my weight.

In order to train my body for soccer season, I workout several days a week at a place called the Athletic & Rehabilitation Center that specializes in speed, strength and agility for athletes. The athletes I train with vary from workout to workout. But, on this particular Friday over break, I was training with a young football player who was about 15 years old and a little bit taller and a bigger than me ("The Football Boy") and a 305-pound football player ("The Dude").

When I had heard my trainer talk about the 305-pound football player, I had pictured a big, fat high schooler. Instead, he was a chiseled athlete on the border of pro and semi-pro. This guy had obviously worked hard to get where he was. He had played for a litany of professional and arena football teams.

So, it is true what they say about assumptions: they can kick you in the butt. I was going to have to work hard to win his respect and prove something about female athletes.

After an hour of working out, my trainer had The Football Boy and I play the juke game. The objective of the juke game, primarily used in football training, is to stay between two consecutive feet apart-and to simultaneously "juke" your defender and break the Velcro belt strapped between you before the 10-second limit was up. Before we started, The Dude told The Football Boy not to let me beat him. Because I was a girl.

We ended up tying. In the next round, The Dude beat The Football Boy.

Then came judgment time: it was my turn against The Dude.

To be honest, I was a little nervous. I was afraid his innate football instinct would take over and he would tackle my helpless body into the mirror behind us. It was very possible. Once, I kicked a basketball during a game out of soccer instinct.

The first time around, he was on offense. He beat me, not surprising.

Next, it was my turn. So here I was, on offense, trying to juke a guy who has been a professional defensive lineman. I juke right, left and left again and again and finally beat the Dude just as the 10-second time was called.

I offered myself a little smirk inside my head.

When I went up against The Football Boy again, The Dude was rooting for me!

Had I won his respect? I heard The Dude tell The Football Boy's dad that I could play football. Only because I feared for my life, I bit my lip as I thought, "I do play futbol... the real one."

One thing I took away from that morning at ARC, besides sore muscles, was never jump to conclusions about your opponent. The Dude automatically dismissed me because I was a girl and I had assumed he would be an out-of-shape kid. Both of these notions were incorrect. Be forewarned, when you assume, you can get your butt kicked. ★

Get your head in the game

Locker room talks motivate Stars team to work hard for win

by TAYLOR IRWIN
Staff Writer

The STA varsity basketball team played Benton High School Monday in Goppert Center and lost 60-33. Here is a sneak peak in the locker room as to what Coach Jamie Collins had to say:

At halftime, the Stars were down by five points and the outlook was positive. Collins had a few pointers for the team:

"Okay, defensively, a few things first," Collins said. "First of all, we want to make sure we think of the court in halves. We want to try to keep them to one side of the floor. Quit letting them drive down the middle. Remember, we talk about that all the time. Keep them pinned on one side. Good teams, they want to reverse the ball. That's what they want to do. Let's make sure we keep them to a side."

Collins shared her insight on the strongest players from Benton to help STA recover:

"Number 12 may be the only exception," Collins said. "She loves to drive that ball down that baseline. 32, we're doing a good job on her. I don't think she's scored a point yet. Number 44, you just can't let her catch. She is strong. She gets that ball—woo, she knows what to do with it. You know, she is just one of those players. You

cannot just let her catch. Also, put more pressure on the ball handlers so they don't have that free look to the inside, okay? And remember, if a girl puts the ball over her head, go close out on them! Just do it. Go close out on them!"

After sharing her observations on the opposing team, Collins critiqued STA's own performance:

"Remember, we got to stay in our spots," Collins said. "Take your time... Remember where we want to go the majority of the time. What I'm seeing is when we come back, the middle is open, and if not the middle, the sideline. While the guards are open, I'm seeing [players] with their hands wide open... Watch where the defense is, you got to really watch. But good job defensive, good job keep up the good work."

As halftime ended, Collins sent the girls out with words of encouragement:

"Let's go ladies, keep it up," Collins said. "Let's work for everything. Stars on three."

After the game, the team gathered one last time in the locker room before heading home for the night with a loss of 60-33.

"They came strong in that third quarter," Collins said. "They came out and lit us up. Hey, they're a good team. They're a good shooting team but we did some good things in the first half. Okay? We just couldn't get it to carry over to the second. We'll look at a little video tomorrow, so have a good night. 3:30 [p.m.] tomorrow ladies, come on. Come on, let's go. Stars on three." ★



Locker stalker ★ STA varsity basketball freshman Clarissa Seay from left, sophomore Emily Wilson, junior Kelsie Fiss, senior Paige Kuhlmann, senior Paulina Wentworth, senior Stephanie Lankford, and junior Brady Essmann listen to coach Jamie Collins as she instructs the team at halftime. The team lost 55-40 to Notre Dame de Sion High school Jan. 12. PHOTO BY MOLLIE POINTER

BACK IN THE GAME

51% OF WII PLAYERS ARE WOMEN

THE AVERAGE GAMER IS AGE 35

WOMEN AGE 18 AND OVER ARE THE FASTEST GROWING VIDEO GAME DEMOGRAPHIC



40% OF ALL GAMERS ARE WOMEN

53% OF NINTENDO DS PLAYERS ARE WOMEN

VIDEO GAME REVENUES FOR 2008 TOPPED OVER \$21 BILLION

SOURCE: THE ENTERTAINMENT SOFTWARE ASSOCIATION

Lunch time gamer ★ Senior Alexis Taylor-Butler sits in Mr. Craig Whitney's room during lunch Jan. 20. Taylor-Butler is often seen in Whitney's room with senior Casey O'Malley playing different computer games. PHOTO BY ALLISON POINTER

Women's role in video gaming rises, STA girls emerge from stereotype, play diverse games

by KAYLA LOOSEN
Entertainment Editor

For years video games have been putting players into determined, gritty and valiant roles. From being a space Marine to Tiger Woods, a zombie slayer to Super Mario, video games have given players the opportunity to be a character they cannot be in reality. Yet somewhere along the way female gamers have grown overshadowed by the masculine marketing tools used in the gaming industry. However, the stereotypical image of a nerdy boy battling aliens in his basement is a fleeting one with female gamers now on the rise according to the NPD group, a global marketing research company.

"I have two brothers who are always playing [video games] so I actually play a lot with them and I like playing with my friends when we all get together," said senior Paulina Wentworth, whose favorite games include Madden football, Tony Hawk skateboarding, and racing games for her Playstation 3 (PS3) and Wii consoles. "Lately we've been playing a lot of Rock Band on PS3."

According to a study published by the Journal of Psychiatric Research, when men play video games, a part of the brain involved in feelings of reward and addiction becomes more activated than it does in women. However, Wentworth tells a differing story.

"[Boys assume girls] can't compete when it comes to playing video games and that actually makes me mad because I'm very competitive," Wentworth said. "I always compete big. I love playing Madden football with guys and beating them. It just feels so good."

Despite Wentworth's partiality for sports games, she and STA senior Alexis Taylor-Butler did not list war games or games filled with unnecessary destruction as their favorites.

"Whenever I see video game commercials its like World of War Craft or one of those army games - something that's more targeted toward guys," said Butler who owns video games such as Sabrina the Teenage Witch, Tetris and sports games for her Wii and Playstation 2. "So I think [advertising is] basically stereotypical. Marketing is probably the main reason girls don't play video games."

Nevertheless, the gaming industry has recognized women's dislike for these violent games and has since began to market simulation games where gameplay itself is more significant than winning. The most popular of this genre is the Sims, a game that has no purpose other than controlling a neighborhood of doll-like characters who eat, sleep, decorate and work. Creator of the game, Will Wright, calls the Sims a "digital dollhouse" where Sim-people are capable of conducting love affairs, getting married, having children, going on shopping sprees, building houses, exercising and eventually even dying. According to Sims publisher Electronic Arts, over 60 percent of Sims players are women or girls.

"The things that are advertised toward girls are games like the Sims or cooking games," Butler said. "I think that's what we've been wired to look at. More girl oriented games involve dancing like in [Dance Dance Revolution], or family stuff - kind of like homemaker stuff."

According to a study released by the Consumer Electronics Association, women are more inclined to play "simple" games like Tetris, Minesweeper or Solitaire. Each of these games is considered nonviolent and is not aggressive toward another player. Butler is also attracted to similar less forceful games.

"I like the [games] that are like strategy type or puzzlers," Butler said. "It's fun to have to go around and collect things to figure out the game."

Regardless of how little women are recognized in the gaming industry, according to Wentworth, women have grown more accustomed to playing video games simply for leisure.

"It's just fun to get into [playing video games] to see who wins," Wentworth said. "I don't think it's addictive or anything, I just like playing it once and awhile to do something different." ★

Level six mission: Fail in making video game friends

AN OPINION BY



ALLISON POINTER

It was a pretty boring Saturday night. I was at a friend's house and we had just finished watching a movie. My body was stretched across her leather couch almost to the point of sleep. My eyes scanned her basement floor familiarly.

"How do those work?" I asked pointing to the headsets that hooked up to her brother's XBOX.

"No clue," she said. "Brian talks on them when he's playing one of those shooting games."

Okay now I was curious. I got up and grabbed a headset. After hooking it up, I carefully placed this strange technology on my head. I felt like Britney Spears in 1998.

"You go around to my left." "Oh I got the ammunition!" "Watch out!" Several male voices flooded through the ear piece. My immediate reaction...

"Oh my god..." My friend looked over at me with a curious expression as I stared blankly at the green screen in front of me.

"Whoa! Who's the girl?" one of the voices said as I heard it through my Britney-like earpiece.

There were real people on the end.

Real live people; real live boys. It wasn't like you were talking to computers or commanding your guy to go a certain way. Somehow talking into the microphone, I was talking to seven boys.

And so the night began. I felt like I was a dinosaur or something. Honestly, it was like they were talking to some extinct Triceratops. My friend and I spent the next hour passing the headset and making up ridiculous names for ourselves. I felt like I was in middle school again; giggling about random boys. I will confess that we did encourage it with a little harmless seventh grade flirting.

"Are you girls actually playing anything?" came the voice of codename Great Russian.

"Playing what?" I asked.

"Like Gears of War? Or World of Warcraft?" he asked. We both laughed.

As if!

"Oh yeah we are on like level six on Gears of War," my friend said with a smirk.

"There is no level six..." codename Metalicus said. "Wait...are you just sitting there staring at a blank screen?"

"Uhhh...maybe," I confessed. We both started giggling uncontrollably.

An assortment of "Wow you're cool" came through the ear piece. "We just like chatting!" my friend explained. "So what do you do for fun?"

No answer. We tried again.

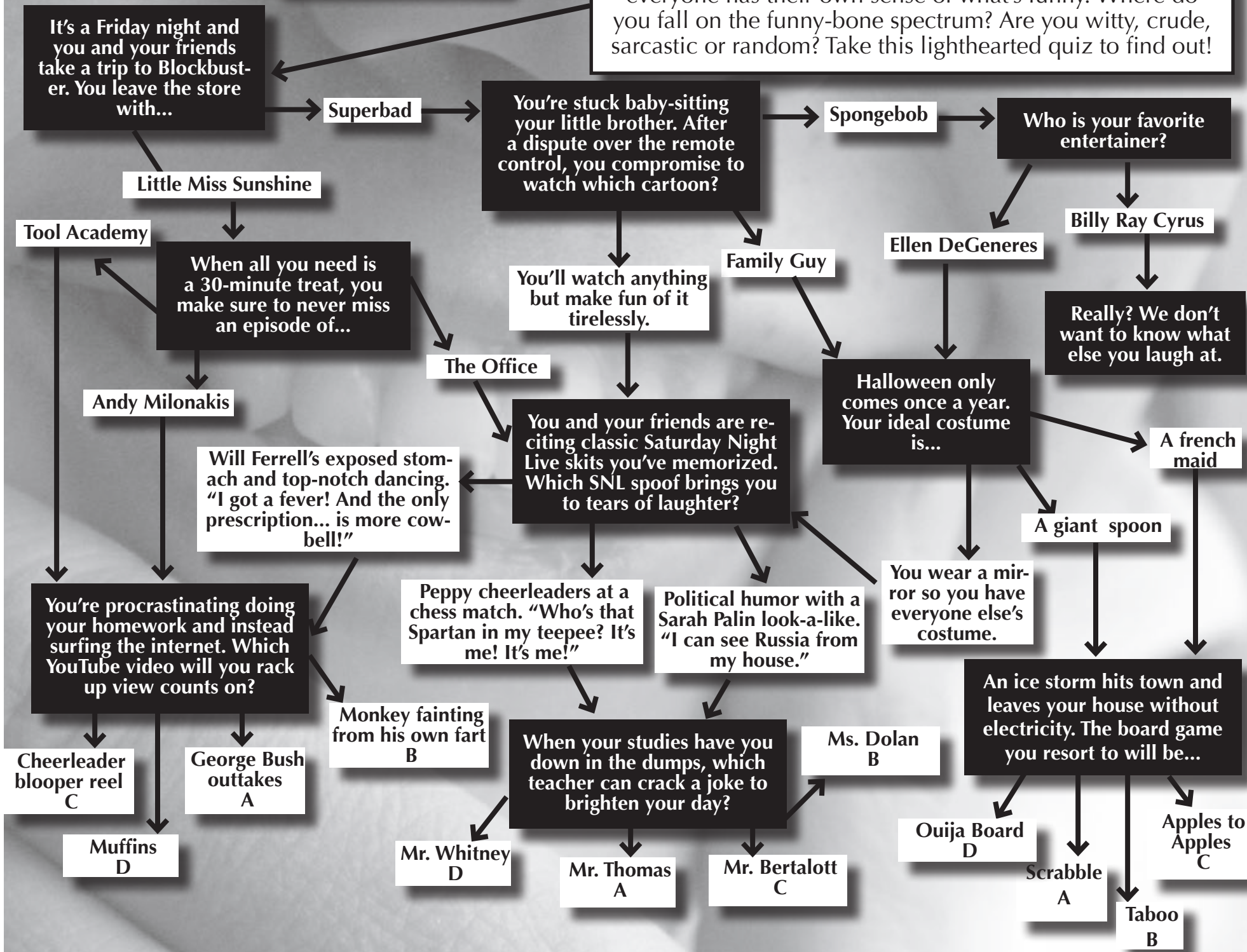
The response: "Guns and Roses I'm right behind you!"

Yep, they started ignoring us. We decided it was okay. Next time we will make sure to learn how to get to level six. That was just our first experience in the realm of video games. There will be more. ★

What tickles your funny bone?

The HUMOR QUIZ

Everyone is entertained by different kinds of humor, and everyone has their own sense of what's funny. Where do you fall on the funny-bone spectrum? Are you witty, crude, sarcastic or random? Take this lighthearted quiz to find out!



A Witty

You have a mature sense of humor and you probably have a higher level of intellect. You find humor in literature and life's small ironies. You are able to carry on an entire conversation full of sharp banter and never break into a smile.

Favorite Joke:
"On the other hand, you have different fingers."

B Crude

You find an appeal in the perverted. Your sense of humor is apt to create quick and easy jokes such as, "That's what she said." You may be the type of person who has to hide your laughter during Anatomy class.

Favorite Joke:
"How can you tell if a woman is wearing panty hose? If she farts, her ankles swell."

C Sarcastic

You can find humor almost anywhere. You're harsh and biting. Most of your friends have thick skin because you tend to make fun of everything they say.

Favorite Joke:
"Talk is cheap...but that's okay, so are you."

D Random

You are just really bizarre. And a bit off. You laugh at things that are not usually considered funny and are often commonplace. You're one of the people that creates the random YouTube videos we all love to watch.

Favorite Joke:
"I like sporks."

entertainment WALL

Movie

"Bride Wars"

Liv (Kate Hudson) and Emma (Anne Hathaway) are best friends who have dreamed about having the perfect wedding all their lives. But now, they are about to ruin it for each other. Although this sounds completely depressing, the movie is actually quite comical with its fair share of "she-did-not-just-go-there" moments. However, the rivalry between these two friends taught me lessons about relationships and brought the two girls closer in the end.

-Shaughnessy Miller



Song

"My Life Would Suck Without You"

"My Life Would Suck Without You" is Kelly Clarkson's juvenile attempt at releasing a dance-beat based song. It is mediocre. From the lyrics to the looped-beat in the background, the song holds nothing unique. It is a clone of pop-rock hits of the past 3 years. It is still a song that could remain contented on repeat ready to be listened to, but only in the background; that's just it though; it's nothing more than background noise. It holds no distinctive or exceptional elements. It is just a tempo-driven song about a girl needing a boy.

-Bianca Dang



CD

"Merriweather Post Pavilion"

The seventh album released by the New York-based indie group since 2003 is an original collection of rhythmic noise and dreamy sound. The echoes of the catchy choruses and the layered, eclectic beats build and culminate, making each song into a complex and dream-like journey. With lyrics like "if I could just leave my body for the night" in the first track, "Flowers." The album is fraught with phantasmagoric, even supernatural imagery, accompanied by songs. Similar to the sounds of the Flaming Lips, Animal Collective is an experimental band and sounds unlike anything I've ever heard—in a good way.

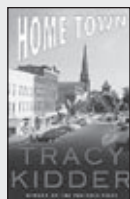
-Micah Wilkins

Book

"Home Town"

Tracy Kidder's "Home Town" tells the rich and complex 350-year history of the quintessential yet socially conflictive Northampton, Mass. The Pulitzer Prize winning author reveals the dysfunctions and triumphs of his small New England town, which has become a mecca for political progressiveness, sexual openness, immigrants and students seeking a liberal arts education. His writing style is profound and reflective, yet humble and clear. Kidder captures the essence of the town when he writes that a multi-million dollar lawyer and a drug dealer eat at the same diner in downtown Northampton. His ability to be unbiased and simply tell the stories of small town life makes this a moving, telling memoir.

-Caroline Quinn



Best of Both Worlds: Disney stars have good, bad side

AN OPINION BY



CAROLINE THOMPSON

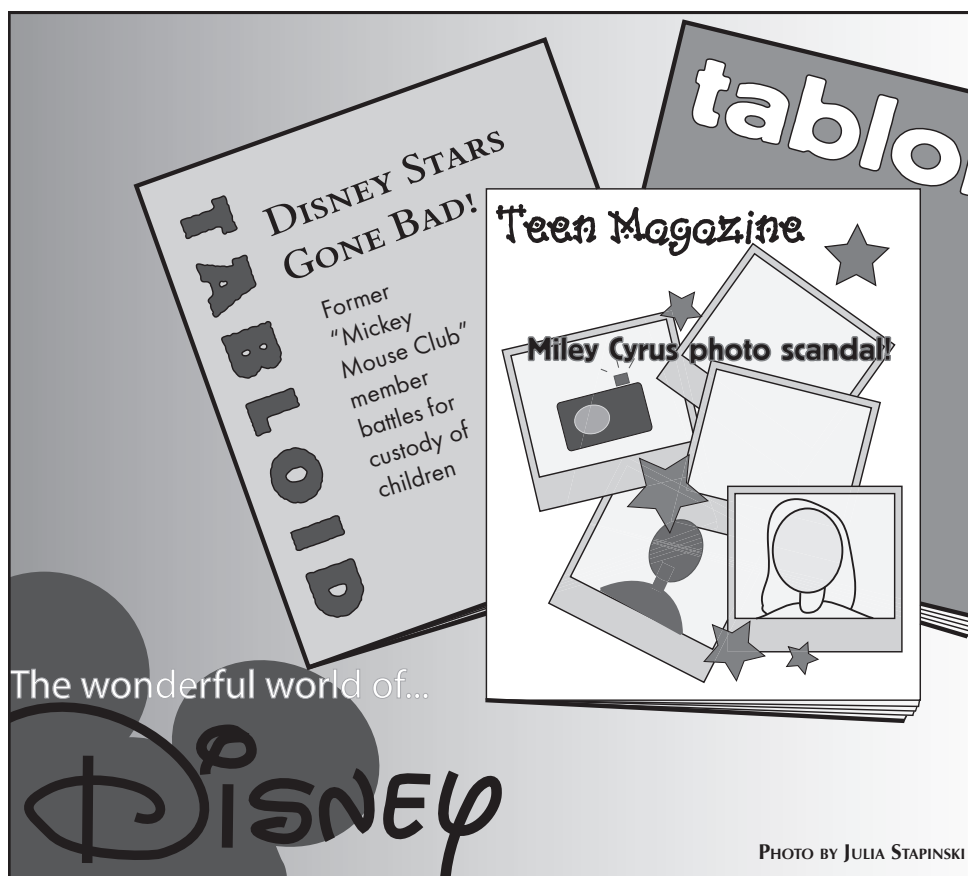
You can't escape them. On the radio, you hear their high pitched voices blaring. Posted up on your little sister's bedroom wall, their perfectly airbrushed faces smile down upon you. You can find them on backpacks, T-shirts, as Barbie dolls and often in the news for bad behavior.

They are the Disney stars. And, whether they're former Mouseketeers or young superstars still in their prime, these stars have continually made an impression on kids that contradicts the values of the "Wonderful World of Disney."

It isn't just recently that Disney performers have gone against the principles of the very company they work for through poor behavior. To explore these tendencies, one must go all the way back to 1989, when an 8-year-old Britney Spears appeared on the "Mickey Mouse Club" television show on ABC. She and other pop idols such as Christina Aguilera and Justin Timberlake first debuted on this series.

Just 10 short years later, Spears was sucking on a lollipop and singing "Hit Me Baby One More Time" in suggestive school girl attire. In the last year, Spears went to rehab and later shaved her head. Also, as a mother, she is often speculated as irresponsible and a negative influence. Currently, her ex-husband Kevin Federline holds custody of their children, but she is granted over-night visits.

More recently, two other Disney divas, Vanessa Hudgens, or "Gabriella" from Disney's "High School Musical" and Miley Cyrus, more commonly known as "Hannah Montana," have risen to fame. In the June issue of *Vanity Fair*, 15-year-old Cyrus was pictured bare-backed, holding a white sheet covering herself. To her defense, according to *Time* magazine, Cyrus was embarrassed and claimed that she didn't know it would look so inappropriate, and apologized to



The wonderful world of...



PHOTO BY JULIA STAPINSKI

her fans.

However, the damage had already been done. A similar incident happened with Hudgens in 2007, when the teenager gave explicit pictures of herself to her boyfriend, Zac Efron, or "Troy" from "High School Musical." The photos soon appeared on the Internet and as the *National Enquirer* states, the scandal threatened Disney's future multimillion-dollar plans for "High School Musical."

Of course, these trends aren't restricted to only Disney girls. Shia LaBeouf, as you may remember as "Louis" from "Even Stevens," has also had his run-ins with the law. July 2008, the Associated Press reported that LaBeouf was issued a DUI for crashing into a car at 3 a.m. Earlier, LaBeouf had a drunken confrontation

in a convenience store in Chicago, Ill. and was caught smoking in a non-smoking area; both times no charges were pressed, giving kids the false impression that they can be excused from accepting the consequences of poor actions.

While these examples do not represent all Disney stars, many of which stay out of the news and out of trouble, it does demonstrate a pattern that has continued throughout Disney Channel's history. Is it simply naive teens influenced by the pressures of Hollywood lifestyles?

Or do they knowingly go against what they represent on Disney shows for the sake of their own fame? Whatever the answer may be, kids are well aware—more than most people would think—of these frequent scandals and blatant contradictions. ★

I went to the dark side, now I can appreciate the light

AN OPINION BY



SHAUGHNESSY MILLER

I had my cane in one hand and my little sister's hand in the other. The room's lights dimmed until everything became pitch-black. All we could do was sit and wait for Bobby, our visually impaired guide, to enter and lead our group through this new world. When he came in, I had no idea what he looked like or who he was, but I put my entire trust in him.

We were experiencing "Dialog in the Dark," Union Station's newest exhibit in which the viewer experiences living without sight. The guides are all visually impaired or blind and lead you through a completely safe series of rooms that simulate everyday experiences. The difference? Everything is completely dark. The first difficulty I found in

my world as a blind person was when Bobby asked us to open the box next to us and tell him what we found inside. That was when I realized (a) I did not pay enough attention to my sense of touch and (b) did not recognize what I was feeling, so (c) I could not tell Bobby what was in there.

"Uh, a thing with, um, beads on it and well I just dropped it so I can't find it, but, I think a feather, maybe."

I was not alone in my vague response: we went around the room and no one could distinctly make out what they had in their box.

That was the first time I felt lost in my once certain world. We were instructed to stand and follow his voice to the door, make a right and continue following the wall. Simple, specific, easy.

Not. I bumped into three of the eight people in our group even using my cane, nearly tripped over the rope railing in the middle of the room, could not find the door until Bobby personally guided me to it and then I could barely reach the safety of the wall.

We were led through several rooms (disclosing them would ruin the fun of guessing for yourself)

and felt, smelt and listened to everything. Each room brought new surprises, but I wish there would have been more. At first I was not really comfortable touching and smelling things because I was worried I would touch something I really did not want to touch.

By the end of the exhibit, I had touched as much as I could because it was necessary for my life, well my hour, as a blind person. Without touch I would have been walking around in darkness with no definition to my surroundings. I touched mailboxes, coffee beans, a stream and house numbers, which I could read simply by feeling them.

My favorite part was guessing what it was I was feeling. This game tested how closely I paid attention to the world around me. The best part was when Bobby asked me to identify something. At first, I could not feel anything familiar, but then I felt a doll-shaped figure, then a pole and finally, husks of corn sticking out where arms should have.

"A scarecrow?" The most surprising part was how comfortable I felt. It was easier to talk to the people around me because I was relying on them

to help me find my way and stay safe. It was relaxing to just close my eyes and let my intuition lead me. I grew more comfortable with myself knowing that I did not need to worry about what I looked like, although to the security cameras, I definitely looked ridiculous.

Even though the exhibit taught me a lot, it was somewhat unrealistic. Real life would not be nearly as controlled. Crossing the street, making a sandwich or never seeing your loved ones would be an incredible hardship. The exhibit made me realize that I am really blessed that my eyes allow me to see our beautiful world, but I also realize how blessed I am that my ears, nose, touch, and nerves add many layers of richness to that world.

Though the tickets are somewhat pricey, I recommend you check it out, especially if you take the world and your eyes for granted.

To see through the eyes of the blind for about an hour, head to Union Station any day until March 29. The exhibit is open 9:30 a.m. to 6 p.m. Monday through Saturday and noon to 6 p.m. on Sunday. Ticket prices are \$18 for children ages 4 to 12 and \$22 for adults. ★

Home away from home La casa afuera de la casa

During a foreign exchange program, Linny Kaufman created strong bond with her Paraguain host family

by BIANCA DANG
Features Editor

Senior Linny Kaufman stepped off a bus in Ciudad del Este and walked into her new life.

After days of traveling and getting situated in a new country, Linny met the family, the Balbuenas, who would be her hosts for the next five months. All five of them stood at the entrance of the bus stop, beaming and waiting excitedly for her to greet them. Her host mother, Sandra, came up and kissed her cheek. As Linny tried to hug her back, Sandra said "In Paraguay, we do it like this," and kissed her other cheek. Linny's little brother Eduardo began singing a self-created song in Spanish, "Linny's arrived. Linny's here! Linny's here! Linny's here!" as the newly established family of six climbed into the car and began driving along the dirt road to Linny's new home.

Tea ★ Senior Linny Kaufman traveled to Paraguay for five-and-a-half months for an exchange program. She brought back a tea, yerva, which she drinks regularly.

Family Fun ★ Linny poses with her Paraguain host family, The Balbuenas. L to R 1st row: Miguel, Eduardo, Linny 2nd row: Sandra, Letecia, Angelica

Baby Bonding ★ Linny worked at a local orphanage during her time there

Rock On! ★ Brother, Eduardo and his friend pose for the camera.

Just Dance ★ Linny and friend Alexander at graduation.

Lounging Lazies ★ Linny lies with friends.

PHOTOS BY JAIME HENRY-WHITE AND PHOTOS SUBMITTED BY LINNY KAUFMAN



1. All Smiles ★ Senior Linny Kaufman poses with a boy from the orphanage she worked at during her five-and-a-half months in Paraguay, South America. **2. Merry Grin** ★ The Balbuenas, L to R Leticia, Sandra, Miguel and Maria Angelica stand with Linny at midnight on Christmas morning. Linny stayed with the family for over five months and celebrated Thanksgiving and Christmas with them. **3. Clownin' Around** ★ Linny and her host mother and sisters dressed up as clowns for a fund-raiser during Linny's first month in Paraguay. **PHOTOS SUBMITTED BY LINNY KAUFMAN**

Getting Prepared

Linny traveled to Paraguay, South America, for a five-and-a-half month student exchange program last August in hopes of immersing herself in an impoverished nation and finding independence. During her journey, Linny not only achieved her goals but also created a close bond with her host family in the process.

After returning from a mission trip in Tijuana, Mexico, during her junior year, Linny decided that she wanted to participate in a student exchange program during her senior year.

Linny's father Dan Kaufman supported Linny's goal, as he had traveled extensively in his youth.

"[Linny] experienced cultures and poverty away from the United States [during the mission trip] and so she came home and had a lot of questions about where she fit into the world," Dan said. "She wondered why some people are poor and why some people are rich and why some people are born where they are and why she was so lucky to be born where she was... She realized that she wanted to grow as a person and experience more."

Dan began researching exchange programs and different countries where Linny could find the things she was looking for. She wanted to live with a family, go to high school and do community service. Dan discovered the American Field Service (AFS) and the family decided that AFS had the programs that most closely resembled what Linny was looking for.

"I wanted to go to a third world country, somewhere totally different than the US," Linny said. "I told my dad that if it came down to going to France or Italy or someplace, I just wouldn't go... The point was to go somewhere where I would be completely out of my comfort zone, in a nation completely different than my own without the material comforts."

Dan, Linny and Linny's mother Michelle Stark Kaufman began working out the logistics of the trip. This included working with STA's principal of academic affairs Nancy Hand concerning Linny returning to STA during her second semester senior year. In order to do this, Linny had to take three full-time college classes over the summer. She also had to give up some of the most important things in her life including volleyball and school. Linny would also miss all of the family events including Thanksgiving and Christmas.

From the start, Michelle encouraged Linny to do a summer exchange instead. She was worried about Linny's safety and the vast distance that would separate the family. As she fondly remembers, "it was two against one for a while."

"I was like 'Is this really necessary? All the things she's going to miss?'" Michelle said. "This was until I read her application where she had to really express why this was important to her and why she wanted to do it. And I had to

admit when I was done reading that application that she needed to do it. It was the right thing for her."

A Whole New World

After four flights and 5,000 miles, Linny arrived in Paraguay. She participated in an AFS orientation in the capital of Paraguay, Asuncion to learn about the customs of the country. She then took a five-hour bus ride to her new hometown, Ciudad del Este. After months of emailing the family both pictures and information, Linny finally met them. Her host parents, Sandra and Miguel, and her siblings Leticia, 17, Maria Angelica, 15, and Eduardo, 10, welcomed Linny into their family instantly.

It was a difficult transition for Linny at the beginning, especially because of the language barrier. It took Linny about three months to become completely fluent in Spanish and to be able to communicate fully with her family. Her sisters both spoke English and helped her translate for the first few months.

Though it was hard for both parties to find a comfortable balance, everyone became more accustomed to each other and began to compromise.

For Sandra, the differences in cultures made it hard to find a middle ground. Linny desired to explore her new home and become more independent, not impulses the Balbuenas were used to.

"At the beginning it was difficult, mainly for us, the parents," Sandra wrote in response to emailed questions. "We educated our children in a different manner than the way Linny was used to in her family. Leticia and Angelica don't go out very much. We thought that we should care for Linny how we cared for our daughters. After the first week, Miguel and I decided that for us, Linny was not 17 but 21-years-old. In that way it was easier for us to accept when she wanted to do something that we were not used to our daughters doing. From that point we moved on to having four children."

As the eldest sister of the house, Linny changed her habits to fit in with the family.

"It was a different life I am used to living," Linny said. "I'm used to living in my house by myself. For the past two years I've been the only child at my house... It was an adjustment. I had to learn how to share a house and to share living space... I had to learn how to be okay with not being able to just do things if I needed to do them at that moment... Up until the day I left, I was always thinking about how if I do this what will they think. I didn't want to be rude."

The Balbuena's generosity made the Kaufmans comfortable with Linny thousands of miles away and their lack of contact with her.

"I was so glad she had three more siblings and a mom and dad," Michelle said. "By comparison we are slacker parents because they were really great. They were so loving. Her host mom would walk over hot coals for her."

Over the next few months, Linny became closer with her family. She went to school with Leticia and worked in a local orphanage every day after classes. She had all her meals with the family and they took short vacations together. She shared a room with her sisters and participated in Tae Kwan Do with Eduardo.

"[We were] just like a family [by the end]," Linny said. "My sisters were the nicest, most considerate people in the world. Everything they did was trying to be considerate for me and I would try to do the same thing."

Linny's relationship with her siblings was one of the more unfamiliar aspects of her experience.

"I was an older sister for the first time there," Linny said. "For the first time, I felt that sense of responsibility, that sense of pride, that sense of standing up for your little brothers and little sisters and being proud of them. And I had a sister my age for the first time. I definitely felt like a different person because I was living in a completely different type of family."

The Balbuenas were always accommodating and became known by Linny's friends from AFS as the best host family in the city. Linny and other exchange students in Paraguay organized a Thanksgiving dinner with help from her family.

Thanksgiving was also the moment when it became apparent that Linny's time in Paraguay was coming to an end. In a few short weeks, she would be back on a plane to the United States.

"We went around the table and everyone said what they were thankful for and I said for this amazing experience and this awesome family," Linny said. "By that point I had a month left but I would be out of town a couple of weeks of that month so really I didn't have much time with them. They all said we're thankful for Linny and this experience she's brought to us. That was a really emotional night and that was kind of the night where the process of leaving began."

After a short vacation in Brazil and the emotional final weeks, it was Linny's time to leave.

"It was very sad," Sandra wrote. "We all cried a lot and just to remember makes me want to cry again. It's hard to know that we won't see her for a long time, or hug our daughter/sister. We miss her a lot."

Not Just a Vacation

As Linny got off a plane again, she was exhausted from over 24 hours of traveling. She walked into KCI's terminal and saw her parents waving frantically through the glass. She was stuck behind a slow-moving older couple and could not reach her parents as she quickly wanted to. They followed her along the other side of the glass. When she reached them she said a simple "Hi" and Dan, Michelle and Linny all began to cry. Michelle uttered, "I can't believe it's really you," and handed Linny a package of Oreo cookies. "I bet you want a taste of home," she said.

Linny arrived home and quickly unpacked and showed her parents the suitcase full of gifts she had acquired over her five-and-a-half month stay in Paraguay. She then hurried to STA before school let out, running down to the Testing Center to surprise some of her classmates. Another tearful greeting followed, with dozens of hugs, pictures and stories.

The changes in Linny are apparent to most people who knew her before. Though she has fallen back into her family lifestyle and has returned to STA, they say she is different than when she left last August.

"I think she became much more open with her feelings toward us [parents], and is willing to talk about her experiences down [in Paraguay]," Dan said. "[She talked about] the good the bad the scary the unhappy. She admitted to being homesick often and the adjustment period to go living with a new family and her time in a different country and learning the do's and don'ts of that country."

Though she is back at home, Linny continues to think about the lessons she learned from her experience in Paraguay.

"I'm definitely more appreciative of the physical things I have, the material things, and also of my parents and the freedom that I have here at home and everything that my US parents do for me," Linny said.

The Balbuenas left a lasting impact on both Linny and her family in the United States.

"They were the most abundant, loving, caring family out of any of the host families she met," Michelle said.

As for her thoughts on Linny having two extra parents, Michelle said, "It's not like the pie's only so big and if you cut part of it here, there's only so much for someone else. It's just like everyone gets a pie. She has four pies instead of each of us getting a fourth of a pie."

Linny left a permanent impression on her host family as well. Both Linny and the Balbuenas speak nothing but fondly of each other and are anxious to see each other soon.

"Linny is a part of our lives, our hearts," Sandra wrote. "She is and always will be part of the Balbuena family because we love her a lot!"

"Of course!" both Leticia and Angelica added. ★

inaugural excitement



Proud to be an American ★ A small boy waves an American flag as he sits on his mother's shoulders Jan. 20 at the Presidential Inauguration. He was one of an estimated 1.8 million people who attended the inaugural ceremonies. **PHOTO BY TRACY BURNS-YOCUM**

Corrections



Issue 4 Corrections

On page 9 a story under the headline "Adults help teenagers gain access to alcohol" contained an error. The Dart polled 197 students.

Issue 4 Corrections

On page 22 a crossword under the headline "christmas songs" was not attributed. Carlie Campbell created the crossword.

Issue 4 Corrections

On page 5 a photo poll under the headline "Say What?" was not attributed. Julia Stapinski covered the photo poll.

Issue 4 Corrections

On page 15 a sub headline on the story under the headline "Karate Kid" incorrectly named freshman Lydia Thomsen as a sophomore.

Six girls leave at semester

Students decide STA doesn't fit needs, seek diverse school community

by **MOLLIE POINTER**
Staff Writer

Sophomore Grace Whitley and junior Sadie McCue ventured into unfamiliar halls, passing unfamiliar faces after their Christmas breaks. No longer did Whitley find herself wishing Mrs. Bode a friendly good morning and no longer did McCue find herself checking in on the third floor of the Donnelly Hall. Both girls have said their good-byes to STA, the familiar campus at 5600 Main Street.

At second semester both girls started at new schools: Whitley at Bishop Miege High School and McCue at Notre Dame de Sion High School.

This year, STA had six students transfer out after the first semester of the school year. According to Mrs. Nancy Hand, in comparison to years past, six transfers is a bit more than usual.

"[Miege] has a more high school atmosphere," Whitley said. "I wanted to feel like I was in high school, not college."

Whitley also explained that she did not feel STA had a diverse community and felt, being half African-American, she needed to be surrounded by a more cultured environment.

"When I went to a football game at Miege,

a lot of students were black," Whitley said. "They talked about different issues and it was just something I noticed."

McCue felt that STA just was not where she truly wanted to be since entering [STA] as a freshman.

"It was convenient since my sister was [at STA]," McCue said. "I just didn't feel happy enough to keep going [to STA]. I felt that I could get a lot more from somewhere else."

Hand expressed that the school is always disappointed to hear students are leaving.

"I feel saddened that we haven't been able to provide their needs and I always try to relay this to the parents," Hand said.

Hand said that teachers feel sad to lose students too.

"The teachers hate losing their students," Hand said. "They create such bonds with students and they often take it very personally [when a student leaves]."

Whitley and McCue both said it was hard to adjust at first but knew they made the right choice in switching schools.

"The first day I was like 'oh my, God' this is a huge mistake," Whitley said. "I was terrified. I don't want to say it was a bad day but it was a different day. I was used to going to STA where everyone knows my name and is welcoming. It just keeps getting better everyday."

McCue said she knew right away she had made the right choice.

"I'm just really happy," McCue said. "I knew right away I didn't have any further regrets, which was nice." ★

Obama: Inaugural committee selects STA family to spend time with Obamas

Continued from page 3

families and the Obamas from Philadelphia to Washington D.C. During the trip, Lindsay and her sisters, Grace and Hannah, spent time playing with Barack's daughters, Sasha and Malia.

"We were playing with [Sasha and Malia] for awhile," Lindsay said. "We talked to them about their rooms, and they were pretty excited. They were just like 'Yeah, it's about the same size as my old room,' and Sasha said her room is going to be pink. They said their rooms won't be done for awhile, though. They didn't seem like they wanted to talk about it too much."

Most passengers got off at the Baltimore stop, but Lindsay, Sasha, Malia and others remained on board to prepare the car for Michelle's birthday. They surprised Michelle with cake and decorations, and they celebrated her birthday together on the ride from Baltimore to Washington D.C.

Sunday the Girardeaus attended the Lincoln Memorial Concert. Monday night Al-isha and Grace went to the Children's Concert which featured the Jonas Brothers, Miley Cyrus, Corbin Bleu and other artists. Tuesday the family woke up around 5 a.m. and headed to get security checked at the Embassy Suites Hotel, where they spotted Caroline Kennedy also being checked nearby.

From there a bus provided by the Inauguration Committee carried the Girardeaus to the capitol where they found their spots to watch the inauguration. Lindsay's father, Jim Girardeau, said despite the somewhat close

quarters, there was a special feeling in the crowd.

"People were just nice to each other all day long," Jim said. "Everybody was so happy and considerate. There were two million people in the mall and not one arrest all day."

The night of dancing with Michelle and Barack at the Neighborhood Ball marked the end of the Girardeaus' inauguration activities. Still, their moments of fame continue. A staff member of *People Magazine* called Alicia for a phone interview upon return to Kansas City, and she appeared in Sunday's issue. Hannah and Grace are featured on the MSNBC home page dancing with Michelle and Barack at the Neighborhood Ball. The entire Girardeau family can be spotted on CNN.com, meeting with the first family before boarding the train. The Girardeaus also have a blog at <http://www.kcgirardeaus.blogspot.com>.

As the Girardeaus attempt to return to normalcy, they face hundreds of questions each day from eager neighbors, classmates, friends and teachers. They said they feel extremely lucky to have been able to be a part of such an important, historical few days for the United States, and, although it can get tiring, they do not mind retelling their adventures for those enthusiastic to hear.

"We don't want to be like 'Oh, we're so important, read our blog and listen to our stories,'" Alicia said. "We just want to share our experiences with whoever is interested. Mostly it seems like people in this community are just really happy for us." ★

TALK TO YOU LATER



JAIME HENRY-WHITE

Why catch 'zzz's when I can sing them!

It's as if I'm preparing for battle. The smog of the night settles in, the moon rises incandescently into the sky, and I lay my weapons and tools out before me. A teddy bear cradled in my arms, the squishiest of my pillows beneath my head, and layers of feathery comforters armor me into a state of heavenly warmth and ease. I take one step and slip into my bed and onto the nightly fields of unpredictable, ominous dreaming. I fall asleep like a baby, serene and silent.

However, if you ask my family, friends, and random strangers in the next room, they would say that baby is far from a sweet dreamer.

In the middle of the night, I am ruthless. After rounds of grumbling and shoving, I've unconsciously kicked my dad out of his bed, told him go to my room and woken up wondering how my twin sized bed had grown to a king and my teddy bear had become my mother. I have yelled and blabbed about my newspaper deadlines and current events to the poor fellow sharing a hotel room with me. I have punched my best friend in the face and socked my sister in the stomach when feeling the need to stretch my arms and legs. My dogs have heard several of my inaugural speeches and wondered why I lay on the floor next to them after I had gone to bed five minutes prior.

I've done all this, and never opened an eye. I am a sleep-talker, walker, kicker and bickerer extraordinaire.

With so many sleeping outbursts under my belt, or rather covers, I tried to diagnose my problem with the help of a very reliable Dr. World Wide Web.

'Surprise!' You may be too stressed, said one medical journal. 'Uh oh!' You have symptoms of a sleep-talker; people tell you that you talk in your sleep. 'Don't worry!' It's not bad to be a sleep-talker, unless you wake up other people. 'Sorry!' There is no cure really, but you could wear a mouth guard. A mouth guard? Maybe for the NFL player, but I've got a retainer to wear at night.

As this semester ends and my college years finally begin, I'm faced with the fear of unintentionally whispering sweet nothings in my roommate's ears and ruining all hopes of normalcy. I can either live life to the fullest or become a hermit. I can embrace sleep or try the vampire schedule. I can either wear my retainer or wear a mouth guard.

My options may be slim when it comes to a cure, but if I'm stressing out about who I am when I sleep and who I am when I'm fully awake, my predicament is clear—I may be stressing a bit too much. ★

top

[[infectious diseases]]

Compiled by Avery Adams

5 Chronic obstructive pulmonary disease – A disease that affects the air flow to the lungs, COPD is comprised primarily of two related diseases – chronic bronchitis and emphysema.

Lower respiratory infections – Infections that may seem minor at first, quickly spiral into life threatening illnesses including strep throat and bronchitis.

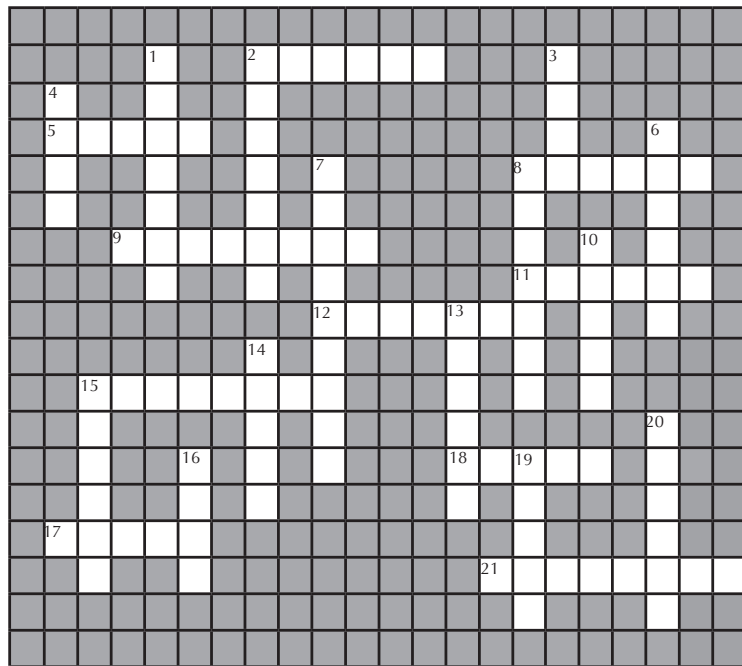
3 Trachea, bronchus, lung cancers – The leading cause in cancer related deaths in both men and women in the U.S., trachea, bronchus and lung cancer cells develop due to various reasons, including tobacco smoking and then mass into tumors.

Stroke and other cerebrovascular diseases – One of the most common reasons for 911 calls, strokes are brain attacks that are caused to no or little blood flow to the brain.

1 Coronary Heart Disease – Affecting about 14 million men and women in the U.S. alone, coronary heart disease is caused from blocked or clogged arteries leading to the heart.

Information compiled from The World Health Organization

[STA Teachers]



Compiled by Shaughnessy Miller

Down- 1. Met David Cook, 2. Enjoys country western dancing, 3. Watch out for this badminton maniac, 4. Former airline stewardess, 6. M.I.A., 7. Adopted two daughters from Russia, 8. Disgusted by meat processing, 10. Makes you play with her hair and refill her nalgene, 13. He's a Joker, 14. Got her belly button pierced on a whim, 15. Has some mad skillz on the green, 16. Don't be surprised if you fail his vocab quiz, 19. Is a twin, 20. Jelly doughnut man fill in

across- 2. Her brother ate an entire angel food cake and became violently ill, 5. You can find Gollum, Dracula and Albert Einstein on his bookshelf, 8. This "groovy" teacher thinks her desserts are "legit," 9. Friend of "Dead Man Walking" author, 11. Takes millions of photos of his daughter, 12. Watched Tila Tequila religiously, 15. Traveled all the way from Barcelona, 17. Participates in teacher trivia Thursday nights, 18. Used to be an engineer, 21. Y.I. Desiderata

across: 2. Montag, 5. Egnar, 8. Weller, 9. Reznicek, 11. Thomas, 12. Carlson, 15. Gargallo, 17. Dolan, 13. Shrock, 14. Blake, 15. Carthy, down: 1. Blissen, 2. Marquis, 3. Bode, 4. Heid, 6. Bernal, 7. Rueschhoff, 8. Whitney, 10. Dolan, 13. Shrock, 14. Blake, 15. Garvin, 16. Fast, 19. Amick, 20. Swartz

National Alert

Chivalry Never Dies

The L.A. Times recently reported several dozen citizens posing as superheroes. Adorned in homemade costumes, the vigilantes patrol marginal neighborhoods in search of mischief, sans guns and knives. The Green Scorpion of Phoenix, Mr. Silent of Indianapolis and the Master Legend of Orlando are just a few heroes registered on the World Superhero Registry. The heroes' only grievance comes in the summertime when their spandex becomes particularly itchy. ★

Compiled by Avery Adams

DARTSMART

Could you survive on a desert island?

1. Who would you bring?

- a. The "Man vs. Wild" guy
- b. Johnny Depp (as Captain Jack Sparrow)
- c. Beyonce...she's a survivor, she's not gonna give up
- d. Elle Wood's from Legally Blonde; Bruiser would make a nice snack!

2. What food would you bring?

- a. You don't need to bring any food, you'll build your own spear
- b. Every non-perishable item in your pantry
- c. your Starbuck's gift card...Starbuck's is international, right?
- d. A Diet Coke...you want to look good in your Couture bikini

3. What personal item would you bring?

- a. your lucky pocketknife that's been handed down through your family's generations
- b. your motivational Arnold Schwarzenegger poster
- c. a picture of your family...you're the homesick type
- d. tanning oil...you might as well get rid of those tan lines

4. What would be your form of shelter?

- a. The driest, warmest cave you can find
- b. Collect small branches and large leaves and build yourself a quaint hut
- c. sand castle...I won a sand castle building contest on vacation once
- d. What? I was planning on a suite at a five-star hotel

5. What would be your daily attire?

- a. Camouflage jumpsuit and combat boots to avoid predators
- b. a loin-cloth and war paint to fit in with the natives
- c. your favorite bathing suit for sun-bathing and swimming
- d. Heels and sundress so you look good when the news reports your rescue

if you answered...

Mostly A's and B's

Congratulations! You could survive on a desert island. You are able to distinguish between necessities and luxuries and probably have a talent for spearing fish and other miscellaneous animals. You may have a future on the television show "Survivor" but probably would not be a guest to the "Tyra Banks Show." Next time you are questioned whether or not you would last on an island, you now know that you would be a true survivor.

Mostly C's and D's

Hate to break it to you, but you are dead meat if you get stranded on a desert island. Our suggestion for you is to make sure you know how to quickly remove your heels so as to stab predators and defend your weak self. If you don't toughen up and become one with nature, you'll find nature will eat you alive. You need to abandon your life of luxury and become a real woman! Invest some time in watching nature shows and maybe joining Girl scouts.

dr. quinn's spin

with caroline quinn



Genuine, thoughtful guidance from someone skilled in the field of obscure-question answering.

Q Dear Dr. Quinn,

Why are M&A teachers funnier than Donnelly teachers?

A Dear Westsiders,

Some questions cannot be answered. To explore the topic further, however, I'll retreat to my med school days when my professor would discuss the significance of the 90's West Coast (M&A) vs. East Coast (Donnelly) hip-hop rivalry.

The East Coast has its fair

share of characters. It boasts the smooth, popular and witty Notorious B.I.G. (Srirridge) whom fans can't seem to get enough of. In the room next door, the politically feisty, not so run-of-the-mill DMX (Whitney) sends students into hysterics and down the hall, girls spend 40 minutes with the well-dressed and classy Jay-Z (Shrock) and take a break from "The Hard Knock Life."

On the West Coast, the famously inspirational and challenging 2Pac (Dunlay) rules the third floor. She's there to keep students thinking in perspec-

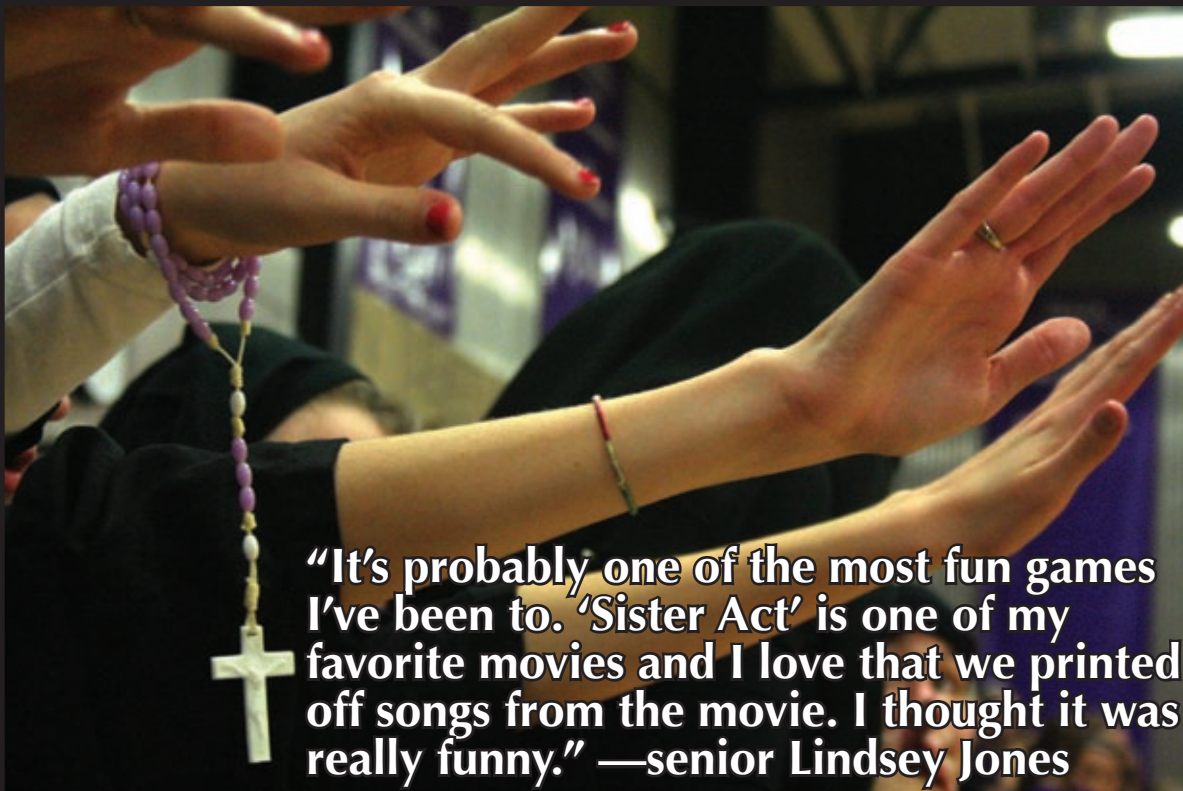
tive, making sure they know her "momma didn't raise no fool." Girls congregate to hang in Snoopy Dogg's (Dolan) crib, because this charming entertainer knows how to "Drop It Like It's Hot."

In the basement, Ice Cube (Prentiss) chills and kicks it old school, theater style.

So you see, both Coasts are solid representations of classic hip-hop. Don't get too confident, Westsiders, I hear the new Notorious B.I.G. movie is something to freestyle about.

Stay healthy, STA. ★

Sister Act



"It's probably one of the most fun games I've been to. 'Sister Act' is one of my favorite movies and I love that we printed off songs from the movie. I thought it was really funny." —senior Lindsey Jones

Hopeful hands ★ Seniors Lindsey Jones and Lauren McQuaid reach out their hands to bless the STA varsity basketball team during the STA vs. Sion game Jan.. 12.



Singing praises ★ Senior Anna Gillcrest leads a "Red Hot" cheer as one of the four spirit club "reverends" during the game. Below: **Tying the knot** ★ Senior Katie Kenney asks "bishop" Megan Owara to help tie her habit.



STA basketball fans dressed in nun outfits for the Jan.. 12 Notre Dame de Sion varsity game. The theme was based off the film "Sister Act" as crowd cheered on their fellow stars with church songs. The team lost with a score of 55-40.



Worried women★ Juniors Ellen Gude, from left, Julia Barnett, Mary Warwick and Mimi Koppen hold their breath during the STA vs. Sion game as they watch varsity senior Abby Duethman, walk injured off the court. "[Abby getting hurt] was a frustrating moment, but it was a moment our school came together and cheered for her," Koppen said.