

the

ST. TERESA'S ACADEMY

dart

volume 68★ issue 7★ april 2, 2009

twists and  
turns

on the  
**path**  
to  
**diversity**

Private high schools struggle to recruit  
and secure diverse student body

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# hand me down

Principal for academic affairs Nancy Hand will finish her career at STA in May, leaving a 37-year legacy at the Academy

by MEGAN SCHAFF  
Staff Writer

PHOTO BY SYDNEY DEATHERAGE

## handprints

37 years of service

1976: STA has \$0 in endowment

1980s: STA gains College Preparatory status

2009: STA has \$2 million in endowment

IMAGES AND INFO COMPILED BY MEGAN SCHAFF

For 37 years, STA's academic affairs have flourished under the guiding hand of principal for academic affairs Nancy Hand. However, beginning next school year, STA will have a new guiding hand for academics on campus.

According to Hand, STA teacher and administrator since 1972 and STA alumna, she was asked to leave after President Nan Bone decided to hire her own team of administrators and staff earlier this year. Although Bone refused to comment on Hand leaving the school, she believes that throughout her years at STA, Hand has greatly improved the environment for students, faculty and parents.

"Everything you girls see as wonderful at STA probably was because of the vision of [Hand]," Bone said.

Although Hand is disappointed about leaving the school, she accepts and understands Bone's decision.

"It happens in every corporation," Hand said. "A new leader comes in and they like to develop their own team. That's just the way life is - that's what happens."

According to Bone and Hand, the academic principal deals with almost every aspect of the school, from student curriculum to working with the athletic director.

"The academic principal helps set the climate of the school," Bone said. "[Hand has] had a great vision for STA over the years."

Currently, Hand is in charge of student academic life, curriculum, scheduling, hiring faculty, the curriculum council, the financing committee, the diversity committee, the athletic boosters, the guidance department and working with the athletic director.

Hand says her most prominent legacy revolves around the faculty, helping STA gain college preparatory status, increasing endowment, implementing modular scheduling and helping with the \$14,000,000 Goppert Center campaign.

Hand thinks one of her best accomplishments is hiring a dynamic staff.

"The faculty is like my family," Hand said. "There is not one faculty member here who is not completely devoted to the students. They give their time, talent and their resources and each and every one of them gives monetary sacrifices to teach here. I'm extremely proud to have been a part of a wonderful community."

Principal for student affairs, Mary Anne Hoecker, who has worked with Hand as an administrator for 12 years, believes Hand's ability to work as a "team player" has allowed them to build such a strong faculty.

"We worked really hard to get the job done," Hoecker said. "Last summer we didn't take a vacation because we couldn't - we had too many people to hire. But I knew we would work, hang in there and get the job done. We've always been able to count on each other."

Hand and Hoecker both said Hand's legacy

also revolves around creating a college atmosphere at STA. Hand facilitated changes in the modular scheduling, reorganized the silent study and resource centers with Hoecker, and helped STA gain college preparatory status.

"We really felt like we had to help students learn and use their time wisely," Hoecker said. "What we found is many graduates come back and say that they handled college so much easier because they learned how to manage their time here."

Although STA has been Hand's home for so many years and it will be difficult to leave, she is also excited to start a new chapter in her life, possibly with North Central Accreditation, whom she has worked closely with in the past.

"My commitment to STA has always come first," Hand said. "But now I have a lot of new opportunities and I have a lot to look forward to."

Hand has received numerous phone calls about job openings, and although she is considering working with North Central, she is not completely sure where she is headed next year.

"I have the whole world open to me," Hand said. "And I can stay close to education, which I love."

According to Bone, the school has recently placed an advertisement for the position of academic principal both on the STA school web site and in several publications including the Catholic

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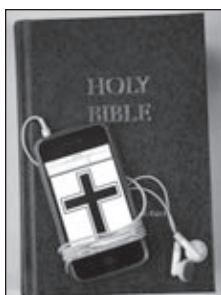


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MY  
LIFE  
SUCKS

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Modeling after a popular web site, The Dart solicits students' funny and unfortunate mishaps

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# The race for valedictorian

Seniors Paige Kuhlmann, Margaret Schneider contest to graduate top in their class

by CAROLINE THOMPSON  
Staff Writer

It is 10:45 a.m. on a Thursday morning in a barren M&A building. Only two seniors occupy opposite sides of the hallway: Paige Kuhlmann on the left, Margaret Schneider on the right. Hands positioned on their holsters, the girls stare each other down, waiting for any sudden movements. The bell rings. "Schneider," Kuhlmann says. "Kuhlmann," Schneider replies. The girls pass each other and the tension subsides...for now.

While not all of the details in this description are completely accurate, it does depict the common perception of the intense competition among valedictorian candidates at STA. According to the senior class, the race for valedictorian is cutthroat since the two candidates are so qualified and have been competing for four years.

"Ever since freshman year, [Schneider and I have] been taking nearly all the same classes," Kuhlmann said. "Maybe [we've taken] two or three different...But we've been in class together for a while."

According to senior Kate Bohnert, the girls have competed closely in Latin class. Even though neither has interest in pursuing the subject, both love getting the best grade and work to receive the Latin academic award, Bohnert said.

However, when asked about this "fierce competition," both girls laughed and denied it. "I wouldn't say we've constantly competed," Schneider said. "Other people make it more than it actually is."

Though they are not "openly competitive," as Kuhlmann said, the majority of the supposed competitiveness among the candidates occurs more privately, according to senior Bianca Dang. Dang claims that girls scope out extra credit opportunities, constantly calculate GPAs and compare grades. Even Schneider admits the



**Friendly Rivalry** ★ After a four year "battle," it was announced at the National Honor Society assembly last week that seniors Margaret Schneider, left, and Paige Kuhlmann are senior class salutatorian and valedictorian, respectively. PHOTO BY SYDNEY DEATHERAGE

girls note how their competitors perform in class, what awards they have received, etc. Girls also verify they are receiving the maximum credits possible. One of the candidates confronted principal of academic affairs, Nancy Hand, about receiving a weight for a certain class to better her chances for earning valedictorian.

"Students do watch [their statistics] very carefully," Hand said. "They know where they are all the time and what classes they need to take...I get challenged about [weighted classes] all the time."

Schneider and Kuhlmann are not the only girls competing, though. The competition has been prevalent for several girls aspiring to be valedictorian over the years, according to Dang. Dang recognizes the "little less than civil" tactics girls employ.

"Girls will go to extreme measures to be the best and succeed," Dang said. "Sometimes it is

a little sneaky, but no one ever uses those tactics who isn't trying as hard as they can already."

Far more important than seeking out competition with others, the candidates claim that their main focus is their individual performance.

"I didn't arrive freshman year saying I'm going to beat out Paige for valedictorian," Schneider said. "At the end of junior year it seemed like a possibility. I just do my work and I'll see what ends up happening."

Hand reaffirmed this claim, stating that students have an inner drive to be the best, but not necessarily beat out their competitors. Hand believes students' goals for the future, like attending their dream college, are huge motivators behind competitive work ethic.

At the end of the race, Kuhlmann was named valedictorian and Schneider salutatorian, but the girls have not put their weapons down quite yet. After all, there is still the Latin award...★

## DARTBOARD

by CARLIE CAMPBELL, SUSIE ANCONA,  
MEGAN SCHAFF and AVERY ADAMS

### STA selects Sherie Wallace

STA president Nan Bone announced senior Sherie Wallace the 60th Academy Woman at the annual National Honor Society induction assembly March 26. Staff, faculty and the senior class voted to honor Wallace and the two other nominee, seniors Katie Kenney and Jaime Henry-White.



Wallace

As the 60th anniversary of the Academy Woman award, STA recognized past Academy Women, including the first Academy Woman, Ms. Marty Head. Head spoke to encourage students and aided Bone in presenting Wallace with the award.

"When they said my name, I really couldn't believe it," Wallace said. "It was a very big honor for me to be up there with Katie and Jaime."

### PASTA to kick off TNT sale

According to PASTA president Mary Orndoff, "the big, big news for this week is TNT." Yesterday was the move-in day for the sale, and many volunteers showed up to help despite the weather. PASTA is expecting positive results from their biggest fund-raiser of the year.

"We're looking for another good year because the economy is so bad, and people tend to find treasures at the sale," Orndoff said.

The TNT sale will take place Friday and Saturday at STA. According to Orndoff, the gym will be filled with "everything from furniture to knickknacks."

Orndoff expressed gratitude toward TNT cochairs for gathering volunteers over the past months, specifically the senior moms. These women include Beth Berardi, Joan Jones and Terry Duffey.

"Obviously to find volunteers for four years is a big commitment," Orndoff said. "It takes a lot of time. They are very committed ladies."

### Students celebrate awareness

STA's semiannual awareness day took place March 25 to inform the student body about several important issues including the homeless, animal rights, injury prevention, sexual abuse, dating violence, drunk driving and more.

Student community organization (SCO) leads the event which alternates with career day each year. According to SCO member sophomore Emily Strickland, after this year's success, the club looks forward to planning it in 2011.

"[Awareness day] wakes us up to issues that we often find ourselves exempt to," Strickland said. "It's necessary for our somewhat sheltered community to hear about the issues that could be affecting people daily or in the future."

### Baby on board

Journalism teacher and newspaper and yearbook advisor Eric Thomas and his wife, Ms. Polly Thomas recently announced that a baby is on the way. The Thomas family received the news in late August and awaits their new arrival due April 29. The announcement was especially exciting to Thomas' four-year-old daughter, Ella, according to Eric.

"[Ella] likes to tell everybody things babies can't do," Eric said. "Like, babies can't eat cereal."

# STA counselor lobbies for change

Debi Hudson travels to DC visit to gain politicians' support

by MICAH WILKINS  
Staff Writer

STA college counselor Debi Hudson lobbied in Washington DC for the National Association for College Admission Counseling (NACAC) conference March 8, 9 and 10. Hudson visited with education legislative aids for senators and congressmen of Kansas and Missouri. Hudson gathered for the annual meeting with 125 other representatives from across the country to promote the NACAC's goals for education.

"[NACAC] has two priorities: continued funding for need-based students, and this is one of my biggies: an easier process and form for applying [to college]," Hudson said. "Filling out the FASFA [Free Application for Federal Student Aid] is cumbersome. It's like doing your taxes."

Hudson represented both the states of Missouri and Kansas with Ms. Gail Sherron, the Associate Director of Admissions at the University of Kansas. Paid for by the

NACAC, the purpose of the trip was to discuss the association's priorities and gain the politicians' support on issues concerning the state of education.

"NACAC wants to maintain legislative coverage on issues related to the transition from secondary to postsecondary education," Hudson said. "Most of the people we met with were legislative aids for education, so they are aware of what bills may be upcoming that relate to the college transition process."

The representatives of NACAC went through a training process at the conference March 8 and 9. March 10 they were sent to congressional offices to meet with the education legislative aids.

Students attending high schools without college counselors tend to lack the resources required for applying to colleges and universities. According to the 2004 statistic in "Pathways to College", 87 percent of students from the highest income families enroll in college. In contrast, 57 percent of students from the lowest income families enroll. A number of students from low-income

families and backgrounds may unknowingly qualify for many college scholarships, Hudson said.

"A lot of students just don't know what they need to do [to apply]," Hudson said. "Ninety percent of the fastest growing jobs in America require a postsecondary credential or training," Hudson read from the program she received that weekend. "Only 38 percent of all 18-24 year-olds are currently enrolled in postsecondary education. I mean, here [at STA] we just assume that every student goes on to college."



Hudson

Recent developments in educational legislation are included in the stimulus package, which places further emphasis on need-based student aid. Based on House and Senate committees estimates, the American Recovery and Reinvestment Act of 2009 will spend \$128.2 billion on education and job training.

"Overall I think the stimulus package will be positive for colleges, as its funding is targeted at low-income students, and it just makes them aware of college," Hudson said.

Fifteen billion dollars will go toward the Federal Pell Grant Program,

which provides grants to low-income students entering college. The maximum Pell grant will increase from \$4,730 to \$5,350 beginning July 1 as a result of the additional funding.

President Barack Obama's education budget proposal also included eliminating \$4 billion in annual subsidies to private banks who make student loans.

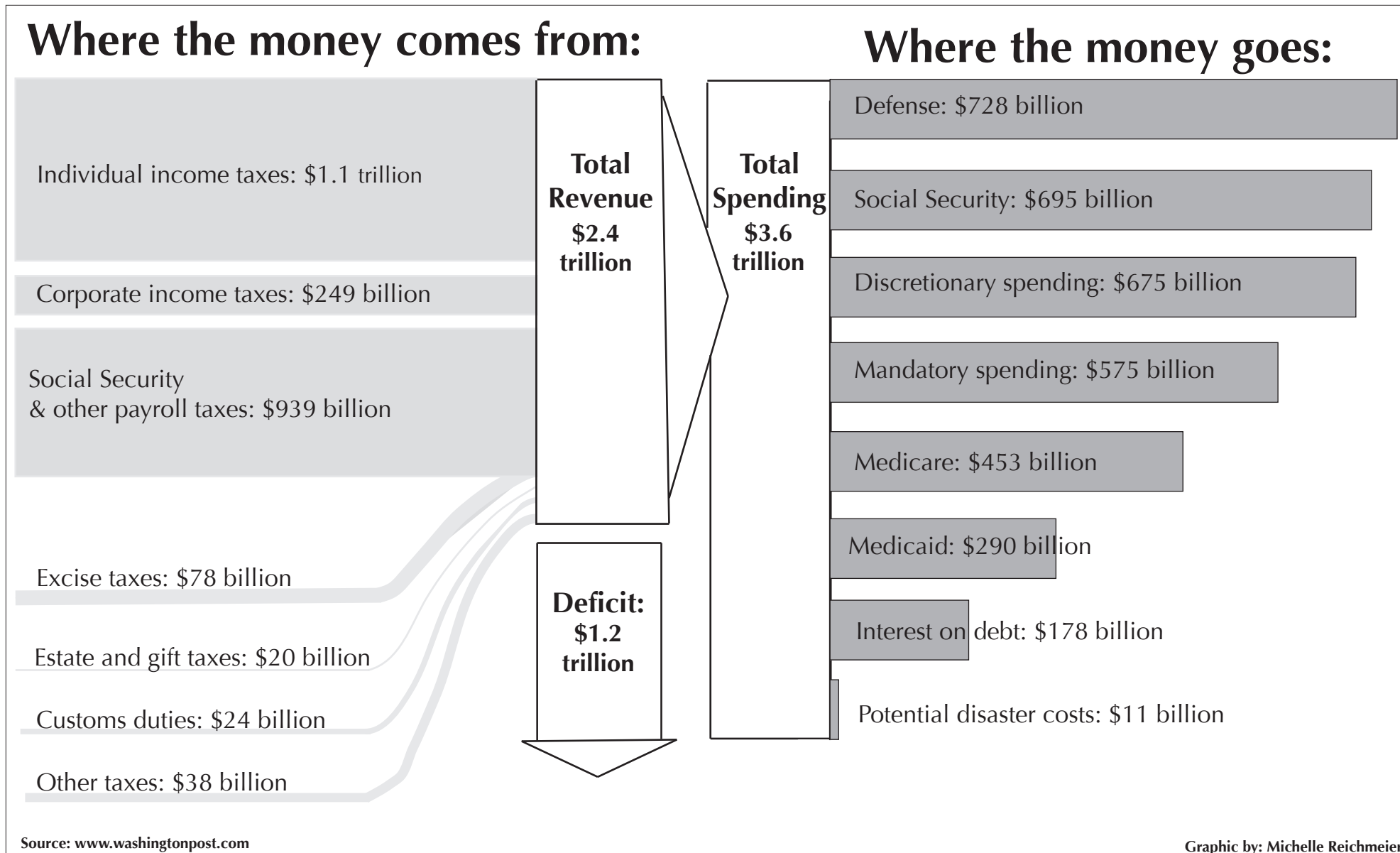
"A Pell grant is just gift money," Hudson said. "And then with loans repayment. There's no regulation on interest rates on student loans from the bank, no accountability, and so banks raise rates to sometimes even 20 percent."

President Obama announced his goal in early March for the nation to have the highest rate of college graduates by the year 2020. For this goal to be realized, leaders in Washington must adopt programs and policies that bring about fundamental advancements in postsecondary education. This is where Hudson's and Sherron's efforts come into play. As Hudson stresses the importance of being well-versed in the college process, she also realizes that STA, as a private school, has more resources available to its students.

"Compared to a lot of my counterparts, I'm very spoiled," Hudson said. ★

# Obama forms US budget for 2010

President Obama's \$3.6 trillion financial plan includes new investments in health care, education and energy independence that will demand a tax increase on America's highest earners and create a \$1.2 trillion deficit.



## Q&A

### A guide to understanding Obama's financial plan

by MICHELLE REICHMEIER and TRACY BURNS-YOCUM  
Graphics Editor and Photography Editor

President Obama's goal for the 2010 budget includes redistributing the wealth and decreasing the gap between the rich and the poor. The 2010 budget will create a deficit of \$1.2 trillion due to spending in efforts to fight

the current recession.

This tax plan proposes to tax individuals who earn more than \$200,000 a year, \$500,000 a year and a 10 percent increase for oil and gas companies. The Obama administration is counting on the new program to produce a large revenue stream, totaling \$646 billion over the next decade.

**Q What are excise taxes?**

**A** Excise taxes are taxes paid with the purchase of specific goods. They are often included in the price of the product. There are also excise taxes on activities such as highway usage by trucks.

**Q What do estate and gift taxes include?**

**A** Estate taxes include taxes on an individual's right to transfer their property at the event of death. Gift tax is a tax regarding the transfer of property by one individual to another while receiving something less than full value, or nothing, in return.

**Q What is the difference between Medicare and Medicaid?**

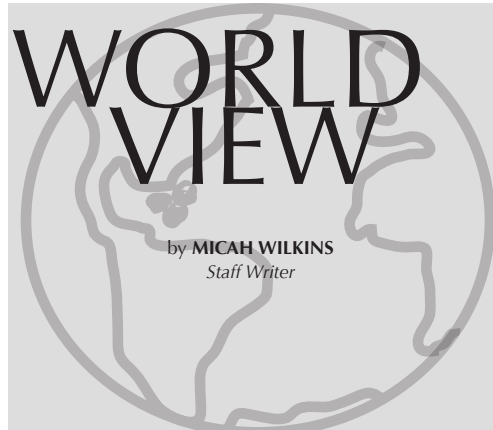
**A** Medicare is a federal insurance program. Citizens pay medical bills with trust funds they frequently donate into.

Medicaid is a federal-state assistance program. Varying from state to state, the federal, state and local tax funds pay for medical bills.

**Q What is the difference between discretionary spending and mandatory spending?**

**A** Discretionary spending refers to optional spending levels that Congress determines. Mandatory spending refers to funds not controlled by Congress, according to previously enacted laws.

Source: International Revenue Service



### Lights out for Earth Hour

Landmarks across the globe turned off their lights Saturday, from 8:30 to 9:30 p.m. for the annual Earth Hour, established by the World Wildlife Fund. Beginning in 2007, the event began to bring about awareness on energy consumption and global warming.

The event, which began in Fiji, toured the globe to reach each time zone. Several landmarks, including the Eiffel Tower in Paris, and Times Square in New York City, shut off their lights to preserve energy. Politicians and environmentalists participated in the event as an attempt to call others to act on the global climate change, and hope to pressure President Obama to take steps to limit greenhouse-gas emissions.

### Group of 20 meets today

The Group of 20 summit meeting will be held today in London. The Group of 20 is an international group of the wealthiest nations' leaders who meet to discuss economic issues. Countries represented include several European countries, and China, Russia, India and the United States.

President Obama, along with leaders from 21 other nations, will attend the conference. The meeting, which lasts one day, is planned to focus on Obama's push for an increase in global economic stimulus, among other pressing economic issues. According to the organizers of the conference, the countries represented today generate approximately 80 percent of the world's wealth.

### 'Conficker' virus spreads

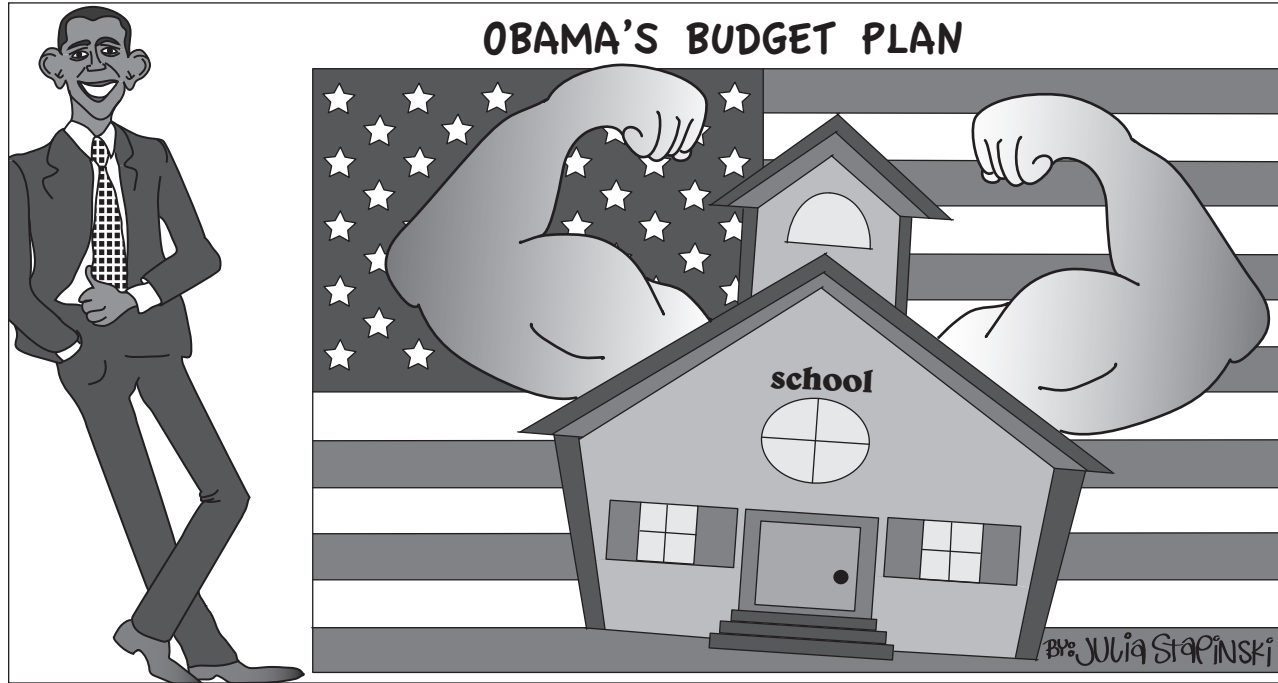
The "Conficker" virus, scheduled to activate yesterday, has infected approximately 10 million computers worldwide so far, and is expected to infect millions more.

The computer worm, activated as an April Fool's Day joke, infiltrates millions of accounts, and its purpose is usually to steal its victim's money.

The company that creates Norton antivirus software, Symantec, has been searching relentlessly since November for the worms, which have worked their way across the globe. According to Symantec engineers, the worm is now living on millions of computers, mainly on computers in corporations.

## National Budget

### OBAMA'S BUDGET PLAN



# Obama's budget proposal: geared to all students' needs

Each year, the majority of students pay over \$10,000 to attend STA. Even with this seemingly enormous amount of money, the school could still use more money to expand technology and development.

In President Barack Obama's recent budget plan, he emphasizes the need to fund and expand social services such as education and health care through cutting other less effective programs. This very well may give STA some of the money it desires to strengthen the school staff and resources.

With President Obama's budget proposal, announced in late February, schools nationwide will benefit from an increase in funding. This is excellent news for STA and the nation's students. According to the school administration, in recent years STA has not applied for federal grants to advance technology or staff development because filling out the massive amounts of paperwork required was not worth the miniscule funding the school received from the federal government. In 2010, however, this could very well change.

In Missouri, through title programs, funding comes from local education agencies who direct money to private schools such as STA through a series of formulas after the school applies for such

programs. Now, because the pool of money is so much larger than in past years because of the Obama's emphasis on educational funding, many people foresee Catholic schools and private schools in general will benefit from the funds. More of the school technology could be updated or replaced, teachers could be able to attend more conferences

or have funding to fulfill graduate degrees, and many families may receive benefits from the taxes they pay.

"This [may give] us a bigger opportunity," said STA president Nan Bone.

Though critics of such a move may be wary of putting the school even partially under the umbrella of the federal government, this change could be great for STA. Students, teachers and admin-

isters alike would all benefit from this increase in funding. The broken computers throughout campus could be replaced. More computers could be added around school for times when there are literally no open workplaces for students during frees (which actually happens fairly regularly). Teachers who desire more training and education could finally get the chance to further their degree which in turn would give them more information and resources for students. STA could keep up with rapidly changing modern technology and would benefit from new techniques and information that teachers learn through programs and courses.

Though STA is a Catholic private school, we are finally receiving federal money that will benefit the entire school community. Though this change may be highly criticized, it will impact every STA student positively which is a very good move on the administration's part.

While many people do not agree with President Obama's spending and increase of the federal government, his proposal helps and impacts all students. He is giving students more options, even private school students. No matter how you feel about Obama or his actions, if you're a student, you benefit. ★

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

**11 out of 14 editors voted in support of this editorial.**



It's given me more female power and a sisterhood so it's empowered me... That's my definition of feminism  
– Mackenzie Beisser, senior



"STA has made me better understand the influence woman can have in society."  
– Samantha Cusumano, sophomore



Compiled by Morgan Said

## Say WHAT?

How has STA impacted your view of feminism?



"Before I didn't think about (feminism), but the environment has made me think about it more."  
– Rachel Shedd, freshman



STA made me more feminist ...here I was able to find more of a voice. Usually guys are the ones who lead, but STA we take charge of our education."  
– Evan Thompson, sophomore



## 30 seconds with ...

Compiled by Morgan Said

**Paige Kuhlmann**

**Q** When did you find out that you were Valedictorian?

**A** In the middle of February.

**Q** Has Valedictorian always been your goal?

**A** It sounded really cool freshman year, but I tried to resolve myself to the fact that I wouldn't get it.

**Q** What was your initial reaction?

**A** I was really shocked, I really didn't think I was in the running for it.



**Q** How did you find out?

**A** Ms. Hand told me in her office and she let me call my parents.

**Q** What was your family's reaction?

**A** My mom and dad were super excited...they screamed on the phone.

**Q** What are your plans for college?

**A** I'm waiting until April to decide, but probably John Hopkins in Baltimore or MU.

**Q** What do you want to study?

**A** Bio chemistry or bio engineering with a focus in pre-med.

## Letters to the editor

### Bullying not limited

In the most recent issue of *The Dart*, the center spread was about the bullying problems in STA. The article was directed at the freshman lass, and unnecessarily so. The statistics on the page represent not just the freshman class, but the general population. In the short time I have been at STA, I am sad to say that I have seen instances of bullying and I have heard about even more. However, these incidents are not limited to the freshman class.

The article in question did address a serious issue, the problem of bullying in our community, but it raised another issue. From in the halls when a junior yells, "Freshman! Move!" When a senior has stopped right in front of the freshman, to when a freshman makes a teasing, yet hurtful comment to another freshman, we can see STA has a long way to go before we can say bullying is limited to the inexperienced freshman.

Hanna Katz, freshman

### Spurring a solution

I am writing to you about the article in *The Dart* titled, "Are you teasing or are you bullying?" I believe writing about this topic was very smart. There are many people that tease others and sometimes take it too far. Bringing this issue into the light could very well be the beginning of the solution to it.

This article allowed the freshman class to see that there was a problem and also alarm those who may be the cause or addition to the problem. It gave insight into what bullying is and the difference between it and teasing. Many people have different view points on the definition of bullying and teasing and the article addressed this. It depends on who you're with to see how far you can take your teasing.

Hopefully, the freshman class is well on their way to solving this problem, and those that were being hurt can now make peace with others.

Jasmine Colhour, freshman

### Bullying among a selected few

I feel as a freshman that we do not have a bullying problem at STA. I feel that there is just a select group of people who target each other. Most people did not know we had a bullying problem until it was brought up in *The Dart*. There are only a few people who commented and they are part of the problem. The interview only reached that select group of girls and did not go outside that group.

I think STA does not have a bullying problem. STA freshmen were unaware of this "problem" until it was published in the *Dart*. This to me says that we really do not have a bullying problem.

There is a group of girls who are the ones who don't like to interact with other freshmen and feel they have to be the leader of the group. In being the leader they pick on each other and they bring on their own bullying problem.

I feel that if you interviewed more freshmen on the subject, it would have been a completely different article.

I think most freshmen would agree with me that there is not a bullying problem in the freshman class.

I feel that this little group of about 10 people need to grow up and stop picking on each other. I don't think we have a bullying problem. I feel these girls have a self-esteem problem within themselves.

Amanda Florido, freshman

# True confessions of a deprived textaholic

AN OPINION BY



MORGAN SAID

I have a confession: I'm obsessed with my best friend.

We eat together, sleep together, and even shower together every day. My best friend is my sidekick. No really, my best friend is my T-Mobile Sidekick LX. So, when the *Dart* challenged me to abandon my companion for five days, I very hesitantly accepted.

Day 1, Thursday: Fail! About an hour in, I cracked under pressure. I

just couldn't do it. Not yet.

Day 1 (Take 2), Friday: Can anyone say awkward Aquinas party?! Never will I ever again step into an uncomfortable situation without a firm grip on my partner. Usually in a situation where I don't feel like I fit in, I use my phone as a crutch. Instead, I stood nervously playing with my earrings and staring at my Uggs. At least when I have my Sidekick I look semi-cooler flipping open my phone than I do standing over by the food with the losers.

Day 2, Saturday: The absence of my buddy on Saturday wasn't as terrible as anticipated. I found that I enjoyed waking up to the sun peeking through my bedroom windows instead of a flashing blue light alerting me of a new text message. By shower time, I realized that it is so much more relaxing to shower without a tempting cell phone sitting on the toilet right next to a wash cloth

(to dry my hands with, of course) with an unread text just dying to be looked at.

Day 3, Sunday: Okay, now I was really starting to hurt. Sunday afternoon brought a wedding shower for my mom's friend, and once again, when I felt I was in an awkward situation or people were looking at me like "who is that girl?" I just wanted to shoot my friend a text message to inform her of how awkward my situation was. Instead, I stood in the corner, this time with my sisters, by the food, once again.

Day 4, Monday: Thanks to a man named Mark Zuckerberg, I could still "connect and share with the people in my life" through Facebook. However, despite popular belief, not every teenager spends every waking moment of spring break in front of the computer. Therefore, I did the unheard of today to contact a friend...I used my house phone. It

was weird.

Day 5, Tuesday: After going five days without my main man, hearing the welcome song when I turned my phone on had never felt so good. I had 37 unread text messages and two voice mails that I immediately responded to.

To my surprise, since I gave up my phone, I've noticed that it isn't attached to my hip as much anymore. Now that I've learned how to function without it, I occasionally even set it down and forget about it for a few hours at a time.

Overall, I didn't miss the constant communication with my friends as much as I longed for the easy get-away from an unpleasant conversation with the commonly used, "hang on, my mom is calling me" line. In the end, I realized cell phones really do minimize face-to-face contact, creating social problems that I'm excited to solve. ★

## Spring break switch leads to vacation to remember

AN OPINION BY



HALEY VONDEKAMP

I was supposed to be in Playa. I was supposed to be soaking in the Mexican rays, sipping fruity umbrella drinks by day, and lighting up the town, dancing on tabletops by night. Instead, I was taking New York City by storm with a certain STA English teacher and a small group of girlfriends.

Senior spring break: infamous for its late nights (or early mornings), lack of parental supervision, and trademark destination, Playa del Carmen, Mexico, it's the way every graduating senior is meant to wrap up their high school career. As a naïve little freshman, I dreamt of my future trip to Playa and fantasized about the memories I'd make with

the rest of Kansas City's high school senior population. However, I let one minor detail drown my dreams: my parents. Let's just say as far as Mom was concerned, I'd be sunning myself on the frigid beaches of Antarctica before I set myself up for inevitable abduction in Mexico.

So, in short, my destiny went unfulfilled. After trudging through the long-lasting stage of whining, pouting, and self-pity, I came to a startling conclusion. I could plan an alternative spring break - one that didn't include drug wars or a lowered drinking age, unsanitary drinking water or lack of cell phone reception. Hey, it could be fun. It seemed ludicrous, but senior spring break could be spent somewhere other than Mexico!

Even more ridiculous realizations were to come. First, I wasn't the only one with parents not too fond of the notorious Playa spring break. Even more to my surprise, some of my closest friends were among the anti-Mexico minority. So, it was settled. Seven girls and one STA English teacher made their way to the Big Apple, the city that never sleeps, NYC.



**Only in New York** ★ A group of STA seniors pose among Italian tourists and a Batman impersonator in Times Square. The girls traveled to New York City for Spring Break. PHOTO SUBMITTED

No, it definitely wasn't what I was supposed to do, but as cliché as it may sound, it was better.

Street shows, subway escapades, Regis, Kelly and Clive Owen, Broadway, bacon-cheddar crickets in Anna's bed, Jaime's attempts at bargaining on Canal Street, Linny's fake language, explaining the meaning of St. Patty's day, smelly French

boys and late-night run-ins with the very attractive Italians are among the memories of my not-so-typical senior spring break.

And, as far as our choice of chaperone, Dolan even made room for some learning in the itinerary. How many Guggenheims, Mets, and Moma museums are there in Playa anyway? ★

## Call me a feminist and I'll take it as a compliment

AN OPINION BY



LAUREN PASKIEWICZ

**Feminist:** (fem-i-nist) *n.* 1. The theory of the political, economic and social equality of the sexes; 2. Organized activity on behalf of women's rights and interests; 3. STA student?

It's not a surprise to me when I hear someone talking about STA and throwing in the word

"feminist." That's something I've gotten used to for the three years I've been here. However, the word "feminist" is usually used in a negative way. When I hear people talking about our school being full of a bunch of feminists, it usually translates to: psychotic hormone enraged females whose goal is to wipe out the male society completely and take over the world. Yeah...that sounds pretty scary.

At first I was confused as to why people saw our school that way, but after I thought about it, I came up with a couple of reasons: 1. We are an all girls private school. Just the idea of all that estrogen contained in all three buildings is enough to scream feminism. 2. Being a college prep high school is intimidating, especially one that offers AP History and Latin instead of Home Ec. and sewing classes.

When I ask students from other schools they perceive STA as feminist, I get a variety of an-

swers that range from "it just seems like the mindset that the teachers instill in them" to "it's just the attitude they show."

In a way, I can see where these people are coming from. I mean, before I came to STA, I considered the word "feminist" to be a negative thing also. It was a word that I definitely didn't want to be associated with. Once I became a part of the STA community, however, I came to embrace the word for its true meaning.

Being a feminist simply means believing in the equality of the sexes. STA has always supported that belief and has given me the reassurance that I have the right to be recognized in the work force as someone with the same potentials as a man. So when I hear someone mumble under their breath that I come from a school of feminists, deep down I feel a sense of pride. I am woman, hear me roar. ★

“ Today while driving home I decided to stop and move a turtle out of the road. Naturally, I put my hazards on, but when I got back in the car I noticed they wouldn't go off, at all. I tried pushing in the button multiple times and tried figuring out what to do and in the process of doing this I broke my steering wheel. The entire cover to my steering wheel fell off and is now on the floor of my car. I am now 30 minutes away from my house with a broken steering wheel and my hazards permanently turned on. MLS  
-Junior Hillary Johnson ”

GRAPHIC BY KYLIE HORNBECK

# MY LIFE SUCKS

From car trouble to fashion errors, slip-ups, trip-ups and literally sticky situations, we have all had those moments that make us think, “MLS,” (my life sucks). Not to worry, you're not alone. Modeled after a popular pessimistic web site, STA students sent in their unfortunate, yet funny, horror stories.

COMPILED BY ELIZABETH WILSON

The other day, I was in a rush after school and didn't have time to put my books in my locker, so I set them on the ground right next to my locker. I come back the next day to find five of my textbooks missing. Can't wait to pay for all those books. MLS  
-Sophomore Margaret Haake

My life sucks so badly I can't even pick something to say. MLS  
-Junior Mimi Koppen

One week this year I lost most of my text books. As each day went on, I began to miss more and more of my books. Finally, after I lost an assignment in my missing geometry book, I asked my math teacher to send out an e-mail asking all of the teachers if they had seen it anywhere. Later that day, I complained to my advisor about how I was losing everything. She then told me that I had left my locker open all week and she had been stealing books out of it every day. She gave them back to me with a warning. The very next day I forgot to lock my locker again and got a detention. MLS  
-Sophomore Betsy Tampke

The first day of spring break my arm broke out in a red bumpy forest of a rash. Later that night I fell and destroyed my knee. The next day I was afraid to put sunscreen around my gash and I developed a circular sunburn around my scrape.  
- Senior Janie Schrader

In preschool, I won a game of musical chairs and got so excited that I climbed up onto my stool and started jumping up and down. The stool then broke and I split open my lip. I had to go to the emergency room to get stitches. At least I won musical chairs? MLS  
- Junior Hope Stillwell

I stayed up until 2:31 a.m. to finish an AP Lit homework assignment. We didn't even mention the assignment in class. MLS  
- Junior Brady Essmann

I got gum stuck in the bottom of my backpack and one of my books is stuck on it. MLS  
- Sophomore Hannah Longstreet

I was driving home from school recently in rush hour traffic when this lady in a purple minivan swerved right in front of me and started to go very slowly. I angrily pulled around her and flipped her the bird, only to realize it was my aunt. MLS  
- Junior Shayla Sigler

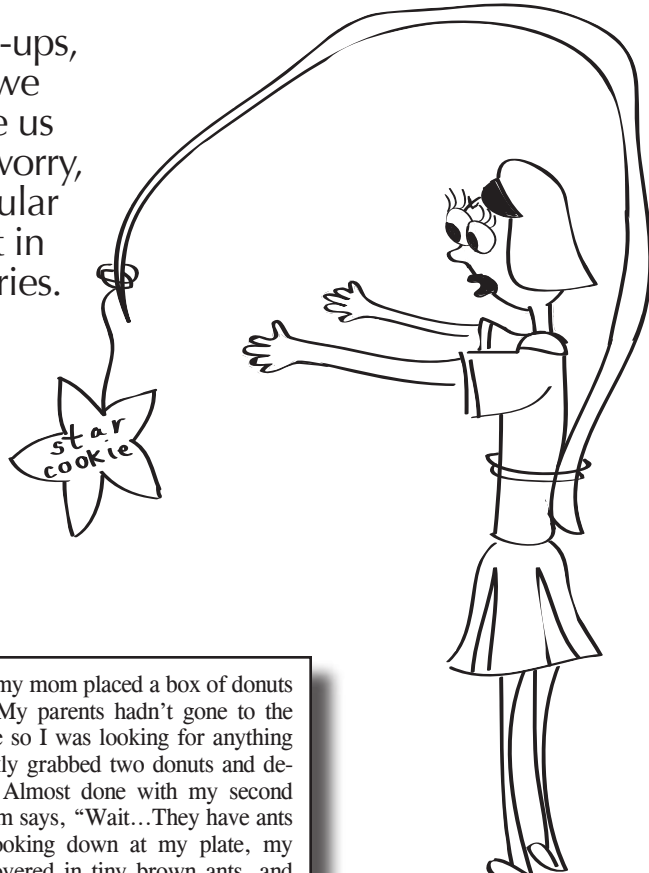
This is the only time I'll be in *The Dart*. MLS  
- Senior Mary Jantsch

One time, my mom placed a box of donuts on the table. My parents hadn't gone to the store in awhile so I was looking for anything edible. I quickly grabbed two donuts and devoured them. Almost done with my second donut, my mom says, “Wait...They have ants in them!!” Looking down at my plate, my hands were covered in tiny brown ants, and they covered the entire piece I had in my hand. My brother bought the donuts in the morning and for no apparent reason placed the box of extras in the yard. So I had eaten almost two donuts full of ants... my mom laughed as I tried to spit out the pieces of donut in my mouth. MLS  
-Sophomore Molly Meagher

1/2 I reached in my backpack for a folder and got a paper cut. Those things hurt so bad and sting like there is no tomorrow. 3/4 I reached again into my backpack and the same thing happened!!! 5/6 I refused to believe that it would happen again. 7/8...another paper cut. MLS  
- Freshman Kristina Bryde

I was watching my neighbor's new puppy. And of course I felt bad that it always was in the kennel. So, I left it in the basement (which is solid concrete) where the kennel was. And somehow, when I got back, there were paper towels everywhere and poop on the floor. It later threw up in its kennel and I had to clean it all up! MLS  
-Sophomore Kelly Clay

Today, a woman at work asked me if I've recently colored my hair. I have. She made a funny face and told me: “Don't worry. Everything's fixable.” I like it! MLS  
- Junior Maddy Fox



CARTOON BY SYDNEY DEATHERAGE

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# Women collaborate, invest in STA

School president forms new philanthropic aim, connects with capital campaign

by SUSIE ANCONA  
Staff Writer

Despite the current economic slump, the STA community is creating new philanthropic routes in order to give STA students and teachers more opportunities to strengthen their education. The most recent development is the Women's Circle of Giving (WCG), which is essentially women in the STA community contributing to the gift of education.

This past year, president Nan Bone gathered a group of four women: Peggy Gramlich Baker, Connie Fahey, Barbara Flynn, and Tammy Laudan. From there, Bone asked each member to invite five more women. In its beginning stages last December, the initial goal was to reach 25 members. Now, the group consists of 40 alumnae, staff, faculty and friends of the STA community.

According to the WCG's mission statement specifically, this group of women "aspires to promote the initiatives of STA through financial support. It is committed to building new relationships and encouraging thoughtful, effective philanthropy among a diversified group of women."

"[When Nan approached me] she was very excited," Flynn, an STA alumna and Bone's sister, said. "She knew that I was looking to invest some money and I wanted to do it through STA."

As for the financial function of the organization, each member donates \$250 dollars or more

each year. Then, they divide the total amount gathered into two categories, one for students in financial need and the other half for teacher grants. With the 40 members, their financial target was to reach \$10,000. According to Bone, next year's goal will be doubled.

According to the organization founders, this group of women operates to achieve two main objectives: to assist faculty and student organizations to achieve their education dreams or goals and to assist young women in financial need. Members such as Flynn are anxious to observe the outcome of their mission.

"My favorite aspect will be after we give out the money for the first year and to see how it affects the grants and the people that we give it to," Flynn said.

As STA kicks off the Inspiring Women Capital Campaign, the WCG will act as an addition to assisting students in financial need, although the group is not necessarily a part of the Campaign. WCG is intertwined with the endowment portion of the Capital Campaign that promotes student body diversity, which WCG strives also for. The endowment plan entails increased scholarship opportunities and financial aid for students, therefore it correlates with the main purpose of WCG. With the Campaign's endowment aim at a potential \$1 million, it will also contribute to keeping the yearly tuition rise at a low rate.

"My job as president is to work really hard and to be creative, like with creating the Women's Circle of Giving," Bone said. "We only raise tuition one percent [each year]. So we're trying to be very sensitive to our parents and their financial needs and situations, but at the same time we'd like to give our teachers a raise. We are really trying to make that work at both ends."



**Women giving to women** ★ Fourteen of the current 40 members of STA's Women's Circle of Giving pose at the group's first meeting held in Zahner Lounge. "It's a dynamic group of women who really understand the philosophy of women supporting women," group member Linda Mallow said. The group was started by president Nan Bone in conjunction with the endowment portion of the Capital Campaign. PHOTO SUBMITTED

Flynn, one of the original five members of WCG, believes strongly in the cause of this group of women.

"[The purpose of WCG is] for women to give back to women," Flynn said. "But mostly [it serves] to empower women."

Students and teachers are already taking advantage of the opportunities from the WCG. The STA math department is among those who applied for a grant for next school year. They requested a classroom set of geometry books and covers for students. Therefore, student could

keep their other books at home so they do not contribute to the "wear and tear" on them.

A collection of five women decided to join together in a communal effort, so other women will "reap the benefits," according to Bone. According to Hernon, the WCG "speaks to the philosophy of the school, whose purpose is to educate and produce strong leaders in the community." Flynn agrees, also feeling it personifies the mission of STA.

"[This is] what St. Teresa's is all about—women," Flynn said. ★

# Colleges alter methods of notification

Admission decisions take new form with texting, online trends

by LINNY KAUFMAN  
Staff Writer

Mary Jantsch sat in English teacher Pat Dunlay's college composition class, participating in a class discussion. She heard her cell phone vibrate and dug through her backpack to retrieve it. A new text message from Loyola University Chicago appeared in her inbox, congratulating Jantsch on her acceptance to the college's Class of 2013.

"I was like, 'Oh, so I guess I'm accepted to Loyola [University] Chicago,'" Jantsch said. "It was weird because I didn't know colleges did that. I was actually kind of sad. It wasn't as fun as getting an envelope with your acceptance letter."

Loyola University Chicago is among numerous schools that have transitioned to more technologically advanced methods of notifying students of admission. While Loyola University Chicago sends text messages alerting students of admission, the school still follows up with mailed paper letters.

Other colleges have chosen to practically eliminate paper letters altogether. Columbia University notified senior Bianca Dang that they will not be sending out paper acceptance letters this year in an effort to control the unnecessary use of resources. A student may request a

paper letter if he/she would prefer to receive one. However, they advise prospective students to track their applications online, with admission decisions available beginning April 1.

The new technologically advanced methods of notification are a source of concern and uncertainty for some students. In an e-mail interview, Loyola University Chicago representative Todd Malone mentioned the confusion many students experience upon receiving Loyola University Chicago's acceptance text message.

"We do ask the students if they would like to receive this information by text, so in theory it should not be coming as a complete shock. But I can't help but assume that it can be a little strange."

The common application contains optional spaces to fill in cell phone and home phone numbers. Jantsch said she remembers writing her cell phone number on her application to Loyola University Chicago, but she was still surprised to receive an acceptance text from the school.

Some colleges have chosen to continue sending acceptance letters through the postal service instead of opting for the more advanced methods of notification. STA college counselor Debi Hudson said Washington University in St. Louis believes technology is not the route to choose for major decisions such as admission or rejection, and the school continues to send only paper letters. Hudson agreed that paper letters are a better method of admis-

sion notification than text messages or even e-mails.

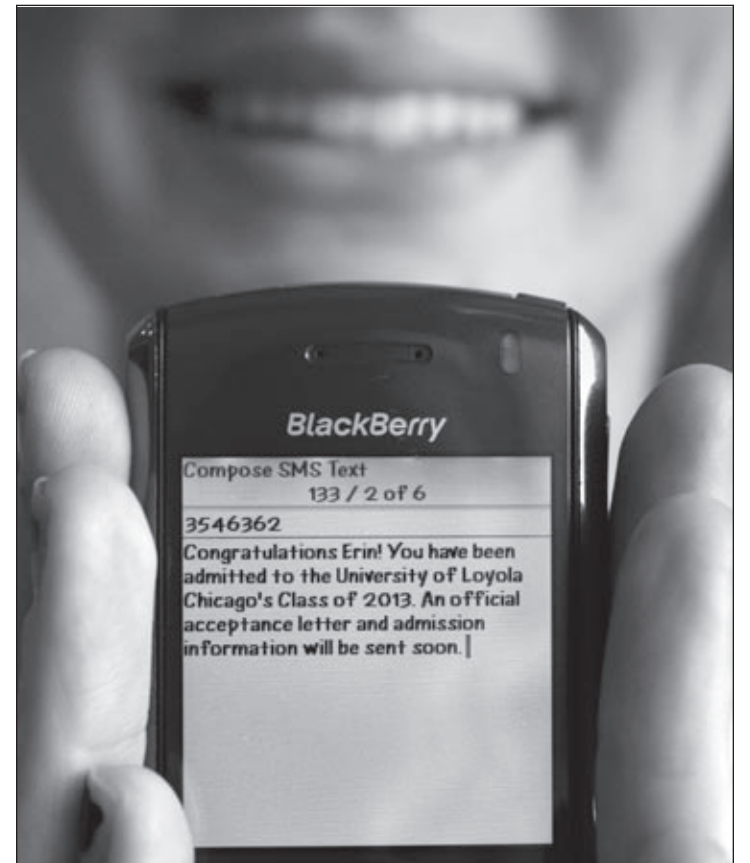
"To me, there's still something very nostalgic about opening up that letter," Hudson said. "It feels good to hold it in your hand and to have it be official. It seems more genuine when you see the acceptance with the official letterhead and are actually able to open the envelope yourself."

Malone explained the reasons for Loyola University Chicago's decision to text message admission decisions. He also believes, however, that the paper acceptance letters remain an important aspect of the admissions process.

"In my opinion, students of [this] generation are a little less attached to the paper form, and way more attached to receiving information quickly," Malone wrote in an e-mail. "We did a little focus group on it, and asked our current students about it and they were quite receptive to the idea. I am going to be very up front that I am not the biggest fan of the idea... I think that point where you see the letter on your dining room table, or in your mailbox and you open it is truly one of the more magical moments in your life. And I think getting a text is the exact opposite of that, as it's something I do every day, about 50 times a day."

Jantsch said the text from Loyola University Chicago did not give the college an advantage in her decisions, but she understands why the school chose to send admission announcements via text message.

"It makes sense," Jantsch said.



**Changing face** ★ Senior Erin Nelson holds a copy of the text that Loyola University Chicago sent to her in place of a typical letter of acceptance. This is part of a changing trend of the shift towards technological alerts as opposed to the standard letters of acceptance. PHOTO BY JAIME HENRY-WHITE

"More teens text now, and it's a better way to reach us. But I personally like the letters better. They're more old-school." ★



# Relationships: Not so black and white

Members of the STA community look past race, find love

by SHAUGHNESSY MILLER  
Staff Writer

Not so long ago, race in relationships was an uncrossed frontier. Today it is more socially acceptable to date or marry someone of another race. In the STA community, several people are already involved in interracial relationships and are working to make the world more open to them.

## Breaking Stereotypes

Senior Tatiana Ambrose and her boyfriend Alex Garner, a senior at Lincoln College Preparatory Academy, opened the doors of the Peachtree Buffet in Kansas City to the smell of fried chicken, mashed potatoes and peach cobbler. The tables were filled with African-American families enjoying a meal together.

"It had like an African-American feel to it," Ambrose said. "It wasn't your typical buffet. It was like a culture thing."

For Garner, this was home, but for Ambrose, this was a new experience. Since meeting Garner on the social networking site Facebook, the two have exchanged many aspects of their cultures, especially music and food.

Ambrose and Garner were raised in accepting households and their parents encouraged them to date whoever they want. Since both have been in biracial relationships before, they began dating with little thought to the other's race.

"We started talking and we had interesting conversations," Garner said. "She had a really good personality so then I asked her out. The next day we hung out and we really had a good time."

Since that first date, Ambrose and Garner began talking regularly and hanging out nearly every weekend. When Ambrose spends time with Garner, his friends are predominately African-American whereas her friends and peers are typically white. However, Ambrose sees no difference between what her friends and his friends do for fun.

"[STA is] stereotyped as a rich white girl's school but we're not," Ambrose said. "We aren't any different from other schools. We're all teenagers."

Ambrose also notices more diversity at colleges due to availability of scholarships and financial aid.

"I'm going to Bowling Green



**Kiss me** ★ Senior Tatiana Ambrose sits on STA bench with boyfriend Alex Garner Mar. 24. The two met over the popular web site Facebook and have been dating for nine months. PHOTO BY ALLISON POINTER

University and I went and visited the campus over spring break and there's such diversity in the student body," Ambrose said. "It's not like a predominantly white college. So I don't think in the future that if I get into a biracial relationship there will be any problems whatsoever."

## Love Conquers All

Nearly 20 years ago, Ms. Holly Bentley, now a college counseling assistant at STA, worked long hours at International Business Machines Corporation (IBM) and grew close to her associates. During the day they competed for sales, but at night they got drinks or went dancing and got to know each other. Mr. Hal Bentley was an African-American who also worked at IBM and grew close to Holly.

After dating for seven years, Hal and Holly decided to get married.

"My family was a little leery at first, but once they got to know Hal they were not," Holly said. "I think they were leery about how society would treat us."

In some ways, her family was

just in their concerns. Both Hal and Holly experienced discrimination, but it was not as new for Hal.

"Growing up as an African American, I got discriminated against so I was used to it," Hal said. "It was probably harder for my wife at the time. She got more discriminated against than me."

While racism was just entering her life, Holly didn't let it affect her.

"Have complete strangers made remarks?" Holly asked. "Yes. But those aren't your friends and family and the people who you care about. You would just have to look at them and accept their ignorance."

Her parents' doubts worried Holly. Just before getting married, she sought guidance from a close friend.

"She said God only gives you situations that he knows that you can handle and she believed God had a plan for me and that I was going to do great things through this relationship," Holly said. "From then on, it didn't matter anymore."

## Always a Fiesta

Testing center moderator Ms. Becky Flores met her current husband Mr. Norberto (Rob) Ayala-Flores while performing her college practicum at a social services office. Rob, who is Hispanic, and his sister were moving in together to care for their two great-nephews and came to the social service center for help. Rob's sister noticed Becky and called her a few days later asking if she would go to lunch with him. Soon the two began dating and later married.

Rob and Becky agree that their four girls, Elena (13), Maria (11), Isabel (9), and Julia (7), are the most important part of their relationship.

"[A positive in our relationship is] our children and the fact that they get to be exposed to both of our cultures," Becky said.

Around the Flores house, you can find traces of Hispanic culture: a collection of Fiesta dish ware, guacamole, tortillas and salsa stocked in the fridge and an iTunes playlist with artists like Daddy

Yankee, Ricky Martin, Los Tigres del Norte and Vicente Fernandez. During dinner, the scent of tamales wafts through the air, Spanish music plays in the background and the girls practice Spanish with their dad.

"His culture is really important to him," Becky said. "He has a strong feeling about it. He tells the girls 'you are half Spanish.'"

Rob brings more values than music, food, and decorations from his culture.

"My dad's always talking about how we need to spend more time with family and respect each other," Maria said. "And also God is really important. We go to church every Sunday and pray in the car every morning."

Hispanic influence surrounds the Flores family and they are grateful for it.

"I'm glad [the girls have] had this experience with his family and the little bit of culture we do get with the music, food, and language," Becky said. "I really would say my girls are proud of their ethnicity." ★

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

## I Hope You Dance

Freshman Alexandra Reddis would never miss a father-daughter dance. Not at her grade school St. John LaLande, and certainly not now. As a little girl, she counted down the days until the big event. She got all dressed up, loving the fact it was a night for just the two of them; just her and her dad.

This year wasn't supposed to be any different.

On Oct. 27, 2008, Alexandra's father, John Reddis, passed away. Still unsure of exactly what prompted it, the doctors have concluded a heart complication was to blame. Retired since

the time she was born, he was always around. As the only child living at home, Alexandra was spoiled by his constant presence. "I don't know that we did anything special together," she said. "We more just did everything together." But now, four years since their last grade school dance, he was gone.

Still, Alexandra Reddis would never miss a father-daughter dance. This year, her first at STA, she got dressed up like before. Just like in past years, she was excited for the night dedicated to dads. But this year, hers couldn't be there.

Alexandra needed no prompting. There was no way she was going to miss a trademark STA tradition, the annual father-daughter dance. She made plans with one of her closest friends, Erin

Twaddle, and her father, both who she had known since kindergarten. There were no second guesses. But when the weekend of the dance approached, nerves set in.

Was this too much too soon? Would her emotions get the best of her?

Sitting in a blue satin and tulle princess gown, Alexandra was at ease. With her friends by her side, she was relaxed, contributing to the rest of the table's chatter. The girls, dressed as princesses, took the dance floor, their fathers awkwardly lingering at the table. Trying not to dwell on who was absent, Alexandra focused on enjoying those who were present. Encircled by her STA sisters, Alexandra danced. In losing part of her family, she gained a whole new one. ★

# Switching gears, changing careers

Motives of change of mind, heart, pace, inspire adults to practice job mobility

by TAYLOR BROWN  
Copy Editor

As students settle in the classroom, social studies teacher Patrick Sirridge browses his computer and prepares to teach his upcoming psychology class. As the bell rings, he mounts himself behind his podium and begins to ask the students: "What do Marilyn Monroe, Winston Churchill and Napoleon have in common?" After a few attempts, the class fails to correctly answer his question, so Sirridge finally reveals the answer: "They all suffered from insomnia."

The students responded as Sirridge intended, with interest and surprise, and he then continued with his lecture regarding sleeping disorders.

Despite Sirridge's presence as the teacher of US government, sociology and psychology classes at STA, ten years ago he was in a different atmosphere. For 25 years prior to his 7-year teaching career, Sirridge worked as a lawyer in Kansas City.

Sirridge is one of many adults following the growing trend of changing careers later in life.

"People in my generation feel like they have more freedom to [change careers] compared to our parents' generation," Sirridge said. "There is less loyalty in employment situations these days on really both sides of the picture. As a result, changing jobs and careers is just more common than it used to be."

This action of making a career change from one employer to another is commonly referred to as job mobility. According to the Bureau of Labor Statistics, it is not easy to gather data on subject because there is difficulty in determining the difference between a career change and an occupational change.

However, according to an article by Joan Patterson of *Las Vegas Review - Journal*, "career experts predict the average worker of the current millennium will change careers anywhere from three to five times in a lifetime." This number is two to three times what it was in the 1990s.

The factors contributing to a career change depend on the state of economic conditions. Ac-

ording to an article by Lynn Shniper of *Monthly Labor Review*, if economic conditions are favorable, individuals may change to earn more money, do other work that they prefer or reduce their commuting time. In less favorable conditions, people may transition after losing a job due to corporate downsizing or other reasons.

Sirridge made a career change for reasons that may fit the favorable conditions category. After being a lawyer for 25 years, Sirridge decided to retire in 2000.

"I'd been doing the same kind of work in the legal field for many years and I was just burnt out in that kind of work," Sirridge said. "It would have been very difficult to start doing a different type of legal work at the law firm where I spent my career. So I thought 'Why not try something else?'"

As usual with individuals going through a career change, further education was needed for Sirridge to enter the profession he wished to pursue. He had previously earned an undergraduate law degree at the University of Kansas and a master in health science from John's Hopkins University. In 2002 he began teaching after receiving his education certification from Avila University, a process that took one and a half years.

Ms. Margaret Longstreet, office manager and admissions for the graduate education program at Avila University, works with people like Sirridge who are seeking a new career in teaching and need certification.

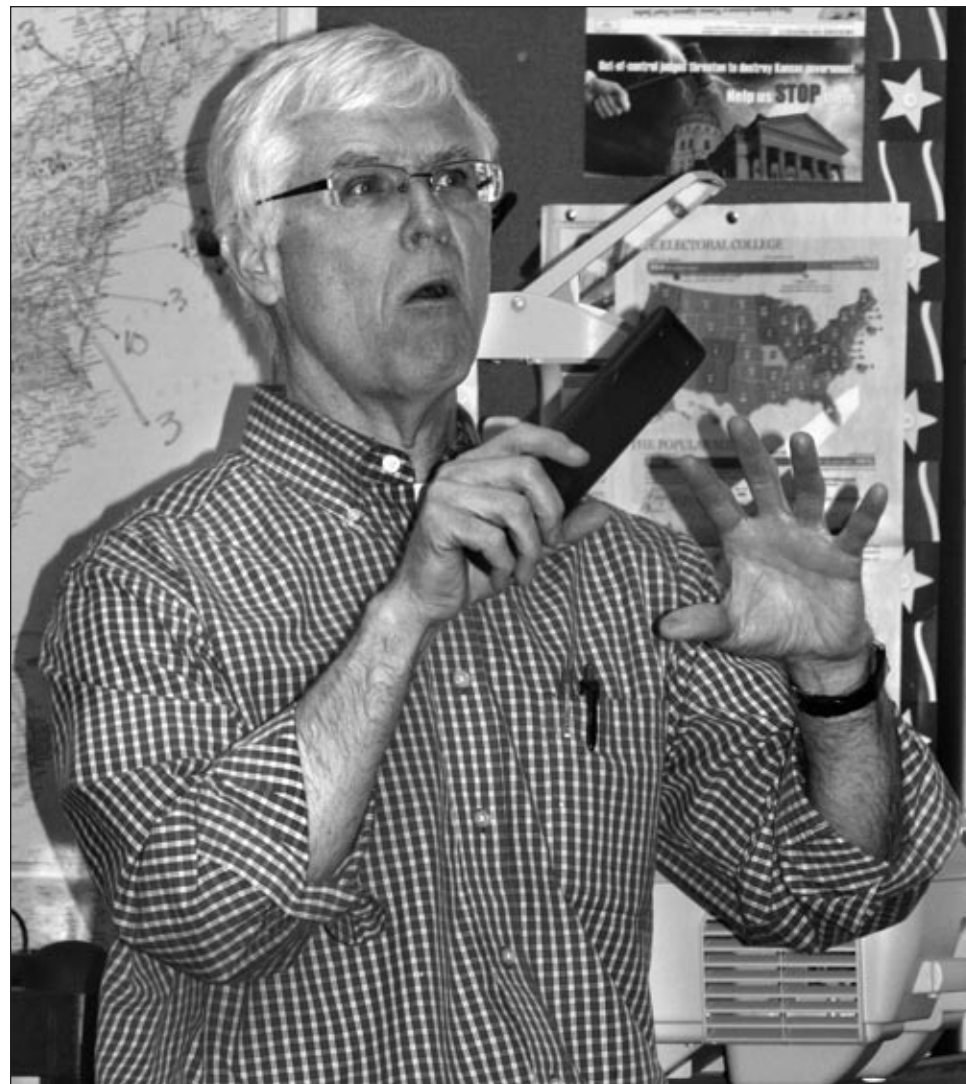
"My job is half information giver and half counselor," Longstreet said. "I give them accurate information to make their choice and give them comfort in knowing that change is always going to be there."

Having worked with so many people looking for a teaching career over the last seven years, Longstreet has noticed a few trends regarding career changes.

"The quantity of inquiries goes up and down with the economic realities," Longstreet said. "I also find a steady stream of adults who are just unhappy with where their career is going or unhappy with their career choice."

However, no matter what the setbacks or circumstances have been, Sirridge believes that changing careers "has worked out just fine."

"When I first graduated college, my choice was to go to graduate school in history and be-



**In mid-sentence** ★ In his psychology class, STA teacher Patrick Sirridge gives a lecture about sleeping disorders. Sirridge currently teaches U.S. government, sociology and psychology; however, Sirridge only became a teacher seven years ago, leaving his job as a lawyer. **PHOTO BY TAYLOR BROWN**

come a teacher," Sirridge said. "However, Teaching was a 'road not taken' earlier in my a variety of reasons, I ended up in law school. life, so I came back to take it."★

# Teens experiment with extreme diets

Crash diets grow in popularity as a result of media pressure

by TAYLOR IRWIN  
Staff Writer

Thinner. Softer. Smaller. Younger. These words are made known to girls everywhere through the media. Taking matters into their own hands, girls are experimenting with extreme diets in order to lose weight, fast. In a society that relishes instant gratification, crash diets seem like the best option to misinformed girls.

Crash diets are any abrupt changes in a person's daily food intake that drastically eliminates most nutrients in order to lose weight.

The master cleanse diet created by Stanley Burroughs is quickly becoming one of the top crash diets for women. Consisting strictly of a liquid mixture of lemon juice, cayenne pepper, and maple syrup, the diet is more commonly known as the detox or lemonade Diet. Although it's intended to cleanse your

system of toxins, dieters have started to use it to lose weight.

According to junior Kerry Cummings, the master cleanse diet wasn't worth finishing.

"I actually tried it out in the summer," Cummings said. "But the drink was really disgusting and I couldn't finish out the 10 days [required] without any real food."

Dr. Darren Killen from Brookside Family Medicine disapproves of crash dieting.

"Diets in general are bad news, but so is over-eating," Killen said. "It's a thin line, but balanced meals are always best. Eating certain foods in order to become a smaller size isn't a good idea for anyone. You're the size you are because that's the size your body needs to support you, if you eat well."

Sophomore Claire Wahrer has tried her own extreme diet, eating only saltine crackers for three weeks.

"I knew it'd be something I'd have to really stick to if I wanted to keep my weight down," Wahrer said. "The bad thing is that saltine crackers isn't food that will fill you

up, so you're constantly hungry."

Like with all extreme diets, Dr. Killen has his objections.

"Eating only saltine crackers is not a good idea," Killen said. "Your body needs certain nutrients from other foods that you just can't get from crackers. It's essentially a starvation diet, which can sometimes lead to serious disorders like anorexia and bulimia."

According to Wahrer, outings with friends were torture, seeing all the different foods displayed in front of you, then turning to a handful of dry crackers.

Crash diets are about as effective as they are safe. Statistics show that only 23 percent of people, who continually use a crash diet, meet their desired results. Even less maintain their new weight. Most give up before they reach their goal, because the diets are hard to sustain.

"All in all, crash diets or any form of extreme diets are not good," Killen said. "The healthiest option is to eat right and exercise to lose weight; I doubt you'd hear anything else from any doctor."★



**EMILY CAPPO**  
**The Infant Development Center**

The students sat anxiously awaiting the arrival of their parents. The teachers and assistants calmed them down and prepared for the goodbye song. Moments later, parents scooped up their children, ambushed them with hugs, and were off. In only a few minutes, all of the students were gone. That is, except one. Sydney, known to be a rather impatient and self-willed girl, stood worried in the classroom. Her mother was nowhere to be found. One of the assistants tried to subdue her watery eyes by distracting her. This didn't work very well and I thought it would be the perfect time for me to



step in and try out what I had learned here at the Infant Development Center.

I sat on a beanbag chair in the library center and asked Sydney to pick out a book. She wasn't interested, but I learned that sometimes you adults know better than children. I made the books seem really amazing, and finally caught her attention. She sat down next to me and we began reading a farm book. I read the book to her, but made sure I was keeping her distracted from thinking about her mom. Every time we got to a new page I would have her identify what the animal was and what sound it made. If she didn't know, I used options to keep her thinking. "Does a cow say moo or quack?" This was a technique I learned from the teachers at IDC. They use it for every aspect of the day: snack, books, toys, and on the playground. It is a very helpful tool to get the students paying attention and help them to figure out the correct answer.

After about 15 minutes of reading with Sydney, her mom returned from her meeting with the teacher. I know it was a small amount of time, but I felt like I made a little impact in her life. It is because of countless moments like this that I've experienced at IDC that convinced me to become a special needs preschool teacher. I cannot wait to return there someday and change the lives of more students. Hopefully it will be longer than fifteen minutes.

**JAIME HENRY-WHITE**  
**Little Sisters of the Poor**

It's funny what you can learn over a game of chess and a couple of Dr. Peppers.



"Mae, where's Joe? You want to go see him?" I inquired, awaiting the typical, New Orleans, "Naw-lens", accented response.

"How'd you know I like Joe?" she'd looked up at me, wide-eyed, sitting barely 4 feet tall in her black and pink "Mae" inscribed wheelchair.

Everyone knows Mae likes Joe. You could be a complete stranger, spend five minutes in the flowery halls of Little Sisters of the Poor, and know Mae is in love with Joe.

You would also know Joe. If you think of the cutest old man you have ever seen, Joe is twenty-times that. Glasses, an unintentional Mohawk of white messy hair, and a grumbling laugh that makes your heart smile.

Naturally, our group of fifteen STA girls gravitated toward this love match. And on Bake and Bowl Thursday, we had a plan.

Cleaning up our card games in the dining hall, a herd of us followed Mae as Ellen Gude wheeled her to her room, 2208, two doors down from Joe. We stopped at 2206.

The room was already filled with several STA girls watching another notorious Sally Nulton and Joe chess game at play. Joe beat Sally, again.

"Hi Joe," said Mae. I could hear Mae's heart beating. Her smile couldn't hide her excitement to see him.

"Joe, you ready for your Dr. Pepper? Mae do you want a Dr. Pepper?" asked Sally.

Everyday, twice a day, Joe travels down to the first floor vending machine to spend 75 cents on a Dr. Pepper. He spent \$1.50 that Thursday.

Mae couldn't stop holding Joe's hand. Any chance she had, in the elevator, waiting for the can to fall, she was reaching for his rough, wrinkled palms.

Sipping through their straws, we wheeled them outside. Side by side, they sat, hands interlocked, drinking away. Though it only lasted a max of 15 minutes, I've never seen a more perfect date. In a place where death, sickness, and loss is common, I can't tell you how beautiful true love is over the age of 80.

# Helping Hands

In order to fully live STA's mission, students are required to lend themselves in service to their communities. Students share stories of how they not only give, but receive during their February service weeks.

**ALLISON POINTER**  
**The Upper Room**

Tiny dark hands touch my own, as a small boy settles his little body in my lap. I feel the tips of his fingers tracing circles on the back of my hands, the two shades of skin contrasting in the yellow light. We sit there for a while, watching his fellow two year old playmates waddling around the room, laughing and screaming for various reasons. We then read a book, passing time before they all go down for an afternoon nap.

"Time to get onto your cots," the teacher announces.

I put down the book, and lift the little boy up off my legs. I point to the miniscule bed by the classroom door as he runs over, falling down onto the bare sheet. I go over and pull the thin blanket over his body, crouching down next to him.

His smile is large as he says, "Your going to stay forever."

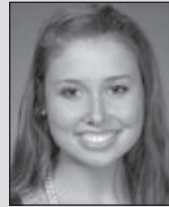
It was Friday. It was the last day of service week. I smiled a weak smile back and patted his shoulder. "Close your eyes," I whisper. He takes hold of my hand for one quick second before rubbing his eyes.

It was time to go. A sickening feeling sat in the bottom of my stomach as I walked out the door.

In a way I had won. I had entered an underprivileged life and had made a difference. I had given love and attention to a child that needed it. Most people would say I had succeeded.

But then in a way I had lost. I had given this boy hope that I could not fulfill. I wasn't staying forever and his life would go back the way it was.

It wasn't for a couple of hours until I realized that considering his young age, in a week I would be forgotten. Well, that just made me feel worse. What was the point then? However, as I sit back and think about our time together I realized that for one week I impacted someone. One week isn't forever but it's one week longer than never.



**JESSICA ANN**  
**St. Joseph Medical Center**

The nerves began trickling down my spine as Cheryl, a patient transportation worker, took the key from the desk drawer. She had been beeped only seconds ago, and now we were on our way to pick up the patient.

"You don't have to come," she told me. But I went anyway. We power walked through the maze of elevators and hallways up to the Medical Intensive Care Unit with a cart in tow. This is where the fatal emergencies came. Unit after unit, I passed sleeping or unconscious patients, with tubes and chords attached. Some had a hopeful beat to each breath, while others did not. Finally, we came to our patient's room.

"He's a big guy," one nurse said. "You'll need help."

We entered the room, to a bed covered form in a white bag. I stood back, unable to truly help, as they moved the patient from the bed to the cart. As soon as we put the cover onto the cart, we headed out. This was our patient's last trip.

I had never had such a raw experience with a lifeless body before. At funerals, it seems as though the person is in a deep, distant slumber. But in the hospital environment I felt so foreign to; there was a cold feeling about it.

Finally making our way through the medical labyrinth, we came to our final destination. Cheryl took out the key with MORGUE written on its tag. The door swung open and I felt a draft of cold air hit my face. We brought the cart in, removed the cover and took the patient's paperwork. It seemed as though days had passed since Cheryl received the message on her beeper. With a final shove, we pushed our patient into the refrigerator-type room for the bodies. His stay at St. Luke's had come to an end, and although I don't know his name, his trip to the morgue will stick with me for a long time.



# Finding our

Even with many stumbling blocks, private high schools are coming up with creative and new ways to not only attract diverse students, but ensure they are comfortable and successful in college-prep environments

## Road to student diversity

Private schools make diversity top priority, search for ways to erase financial, stigmatic barriers

by CAROLINE QUINN  
Editor-in-Chief

Ask almost any private high school administrator a major goal his or her school is working toward in the next ten years, and he or she would most likely cite increasing diversity.

It's a topic not only grounded in numbers and emotions, but complexity. No two people seem to have the exact same definition of what diversity is. For Ms. Elizabeth Kish, the president of Marian High School, an all-girls Catholic college preparatory school in Omaha, NE, diversity means a welcoming environment.

"We see diversity as inclusiveness," Kish said. "It is differences of personalities, differences among people in color, culture, economic background and geographic location. It is anything and everything that makes people."

Ms. Annie Haarmann, the admissions director at Rosati-Kain High School, provided a similar explanation of diversity at her school. She said it is a matter of finding students with various backgrounds, whatever that may mean. Rosati-Kain, an all-girls Catholic college preparatory school in the heart of St. Louis, is currently under a strategic plan to increase the number of students of color by about 2 to 3 percent each year. According to Mr. Jack Reichmeier, director of admission and financial aid at Rockhurst High School, diversity is often synonymous with racial minorities.

"We have to look at the broader picture," Reichmeier said. "It isn't just color. I think a lot of people believe diversity is simply bringing in more students of color."

STA itself may be guilty of this practice. Though president Nan Bone and admissions director Rosann Hudnall recognize diversity as a combination of factors, both admit STA has made boosting the number of minority students a clear priority. Bone

said this conscious decision comes not from a desire to spotlight certain groups, but to cater to the school's present needs.

"We spent a lot of time and questioning deciding what diversity means, and ultimately had to ask ourselves, 'what is our issue here?'" Bone said. "And it seemed to all of us that we were becoming a pretty white, racially homogeneous school."

Despite the range of word choice and focuses of diversity, it is evident how important diversity is becoming to high schools across the US. Schools are looking to step up their efforts in any way. For the first time in the schools 141-year history, STA has created a subcommittee of the board of directors on diversity. Rockhurst hired a diversity coordinator, who focuses singularly on recruitment and retention of diverse students. To get the school name familiar in diverse communities, Rosati-Kain advertises in the *American*, an African American newspaper in St. Louis. Marian is in the middle of a capital campaign which will partly fund an endowment to bring more diverse students to the school.

Even with extended efforts, however, these four Midwestern private schools are facing the same obstacles to achieving the diversity they want. The challenges come in three forms – financial struggle, recruitment and retention.

### Money matters

"When tuition goes up, diversity usually goes down," Bone said.

This simple formula has deterred many prospective diverse students, Reichmeier believes. He pointed to the story of an African American senior he knows well at Rockhurst. Reichmeier said the young man is a stand-out athlete and student who has built his niche at the school over the past four years. With graduation less than two months away, this student and his family are considering transferring to a public school because they can no longer afford the tuition. Reichmeier fears this may be a growing trend.

"The next few years it is going to be a challenge," Reichmeier said. "Families are going to struggle in these uncertain times."

Financing an education is not just difficult for families, however. With the flail-

### Retaining diverse students

Recruiting students is only the beginning of the journey to achieving diversity. The true test of success is making sure these students are performing well in their classes and getting involved in activities, Reichmeier said. Rockhurst ensures its students are prepared before attending school there.

The Rockhurst Enrichment Program is five-week summer course of classes and lessons on study skills. Students take computer, literature, mathematics and grammar classes. The program helps students develop organizational and academic skills necessary to succeed in a college-prep environment.

"It's for kids in 6th and 7th grade," Reichmeier said. "We're trying to get there at an earlier age because many students are far behind and not ready [for Rockhurst]."

Rockhurst also sponsors an off-campus version of the enrichment program at the Upper Room, an organization which strives to help inner-city children thrive in school. Reichmeier said about two boys from the Upper Room program attend Rockhurst each year.

"It's a start," Reichmeier said. "If they succeed, we're successful. You don't need huge numbers to make an impact."

Besides the academic challenges, students who come from diverse backgrounds often have to adjust to the social aspect of a college-prep high school, Hudnall of STA said. To do so, many schools have created diversity task forces that check up on groups of students, whether it is non-Catholic students or students of color. At Marian High School, Kish and director of admissions Shannon Brummer sit down with students and parents to make sure they feel comfortable in the school community. They ask what is going well, and what they could do differently in the area of diversity.

Rockhurst has "put [their] money where [their] mouth is" by hiring a diversity coordinator, according to Reichmeier. This person is responsible not only for recruiting diverse students, but making sure they are comfortable throughout their four years at Rockhurst. Reichmeier said this was a major step, and believes STA should act fast if it wants to see progress.


"At our registration night, I saw black moms...coming up to our diversity coordinator and giving her hugs," Reichmeier said. "It's harder than we realize for students to come to an atmosphere like Rockhurst. The diversity coordinator serves as a support system, like a mom."

Compiled by Caroline Quinn

By the numbers

The following is data concerning the four schools regarding diversity in their school


Compiled by Caroline Quinn

STA  11 percent students of color

14 percent non-Catholic students

35 percent of students on financial aid

69 zip codes represented

Marian  9 percent students of color

12 percent non-Catholic students

50 percent of students on financial aid

48 zip codes represented

# Way

## iversity full of obstacles

ing stock market and value of investments depleting, the endowment funds of many private high schools are suffering. Bone explained that in order for a donor to provide a \$1,000 annual scholarship for a student at STA, he or she must invest at least a \$20,000 corpus into the endowment fund. The scholarship is funded on the interest of that corpus. But the state of the economy does not lend itself to healthy interest and endowment funds. Not to mention, the number of people able to furnish the money needed to create scholarships has dwindled. Last year, five new scholarships were established at STA. This year, there are three new scholarships.

Administrators worry inability to meet the financial need of students will undoubtedly decrease socio-economic as well as racial diversity.

"When you get down to diverse students who are qualified and can pay the tuition at Rockhurst, the pool of applicants is very limited," Reichmeier said. It's just not ideal."

### Sparking interest

Hudnall described the next challenge as simply "getting on the radar."

For many private high schools looking to attract students from across the city, the recruitment process involves more than simply sending a pamphlet and an invitation to an open house.

STA sometimes talks with students at Derrick Thomas Academy and Allen Village School, both public charter schools with high percentages of students of color, but Hudnall said it is not easy to get them to consider STA. Many have never even heard of it, and others do not find its reputation appealing.

"I think there is a misconception that [STA] is a rich white girl school that only Catholics can go to," Hudnall said.

Reichmeier said Rockhurst must also face this image in the community, and believes it further takes away from the number of qualified students who could succeed at a college preparatory school.

Marian High School of Omaha said recruiting diverse students has become especially difficult because many of its feeder schools, grade schools that continuously send the majority of their students to a particular high school, are closing.

"Grade schools we usually look to for di-

verse students in race-specific areas of the city are shutting down," said Ms. Shannon Brummer, admissions director at Marian.

STA is experiencing the same issue. St. Monica's, an all-African American Catholic grade school in Kansas City where 66 percent of the student body met federal poverty guideline, closed in 2008. Our Lady of Peace school in Grandview will shut its doors at the end of this year. Hudnall said both of these schools provided several students of diverse backgrounds annually.

Simply getting diverse students to turn a head and check out private high schools is a challenge. But actually enrolling and retaining students of different cultural and socio-economic backgrounds can provide the biggest stumbling block, Reichmeier said.

### Ensuring success

The issue of creating a welcoming and accepting atmosphere for all students is at the forefront of administrator's minds. In order to do so, high schools must make sure students are prepared for the academic challenge of a college preparatory school.

According to Hudnall, students who come from public schools are often not prepared for the rigor of a college-prep environment. She explains it has nothing to do with the ability of the students, but the study habits and coursework their grade schools have instilled. Primarily, Hudnall sees students of color that do not perform well on the High School Placement Test and therefore cannot attend STA.

Kish sees this play out at Marian as well, and believes while this is an unfortunate reality, the school must stick to its policies.

"We can provide opportunities and resources for students, but we only can do what we can do," Kish said. "If we cannot help, we cannot let [a student with poor scores] in. The school must maintain its standards, but also provide ways and means [for improvement]."

Passing the entrance exam may be only the beginning for diverse students, however.

"Getting diverse students is not only recruiting, but retention," Reichmeier said. "You have to make sure these students can be successful in their environment. Our number of students of color could be at 20 percent (actual is 15 percent), but many

See DIVERSITY, page 22

### Overcoming financial hurdles

At Marian High School, about 150 students have engaged themselves in the school's work study program. The system provides tuition assistance to girls who help maintain the school's facilities. The students do anything from clean classrooms to answer phones in the offices to library maintenance. President Ms. Elizabeth Kish said work study is effective in aiding families, but needs to be reorganized.

"Right now it is pretty much a pain," Kish said. "There are too many people in the program. It's up to the parents if they want their children to be in the program, and they don't have to file documentation. We want it so it is need only. It is becoming unmanageable, and it's time for a change."

The work study program Rock-

hurst High School could provide an effective model for Marian. At Rockhurst, approximately 90 percent of money awarded to students is need based. Of that money, the majority of it is awarded in the form of a work study grant. Students can complete up to 100 hours of service to the school in a given year. For each hour a student works, \$35 is taken off his tuition. Theoretically, a student can decrease tuition by \$3500 a year through the work study program.

"The students do have to work," said Mr. Jack Reichmeier, director of admission and financial aid. "But I don't think most of them mind. They are investing in their education."

With the opportunity to reduce tuition by 33 percent, the option of attending a school like RHS seems more possible for many students.

### Recruiting diverse students

Rosati-Kain High School, an all-girls Catholic college preparatory school in inner-Saint Louis, has struggled to attract students of color in the past five years.

In 2003, an all-African American Catholic high school opened less than a mile from Rosati-Kain. That year, Rosati-Kain saw a 56 percent decline in racial minorities. Since then, the school has found itself trying to ascend to their previous numbers, admissions director Annie Haarmann said.

"The best thing you can do is get girls who are here now in front of grade school students to talk about how they're successful at Rosati," Haarmann said. "It's a tactic that has really worked - let current students share their stories with others."

STA has followed this trend. Whenever possible, admissions director Rosann Hudnall attends college fairs at traditionally diverse feeder schools, like St Paul's Episco-

pal Day and Academie Lafayette. According to Hudnall, getting diverse students to come to STA starts with name recognition. She said many students feel like there is a barrier if they are not Catholic, and she works to dispel their fears. But Hudnall believes it is becoming increasingly important to recruit the parents before the students.

STA is currently organizing a program which will encourage diverse parents of current students to talk about STA with their varied church congregations. Parents will talk to their fellow church members and encourage them to attend the STA open house or an athletic event at the school. STA president Nan Bone hopes this parent to parent connection will build trust and interest.

"An African American who is on our subcommittee of the board on diversity said we need to do a better job of going out to [parents]," Bone said. "We can't expect them to come to us."

Rosati-Kain 

11 percent students of color

6 percent non-Catholic students

56 percent of students on financial aid

50 zip codes represented

Rockhurst 

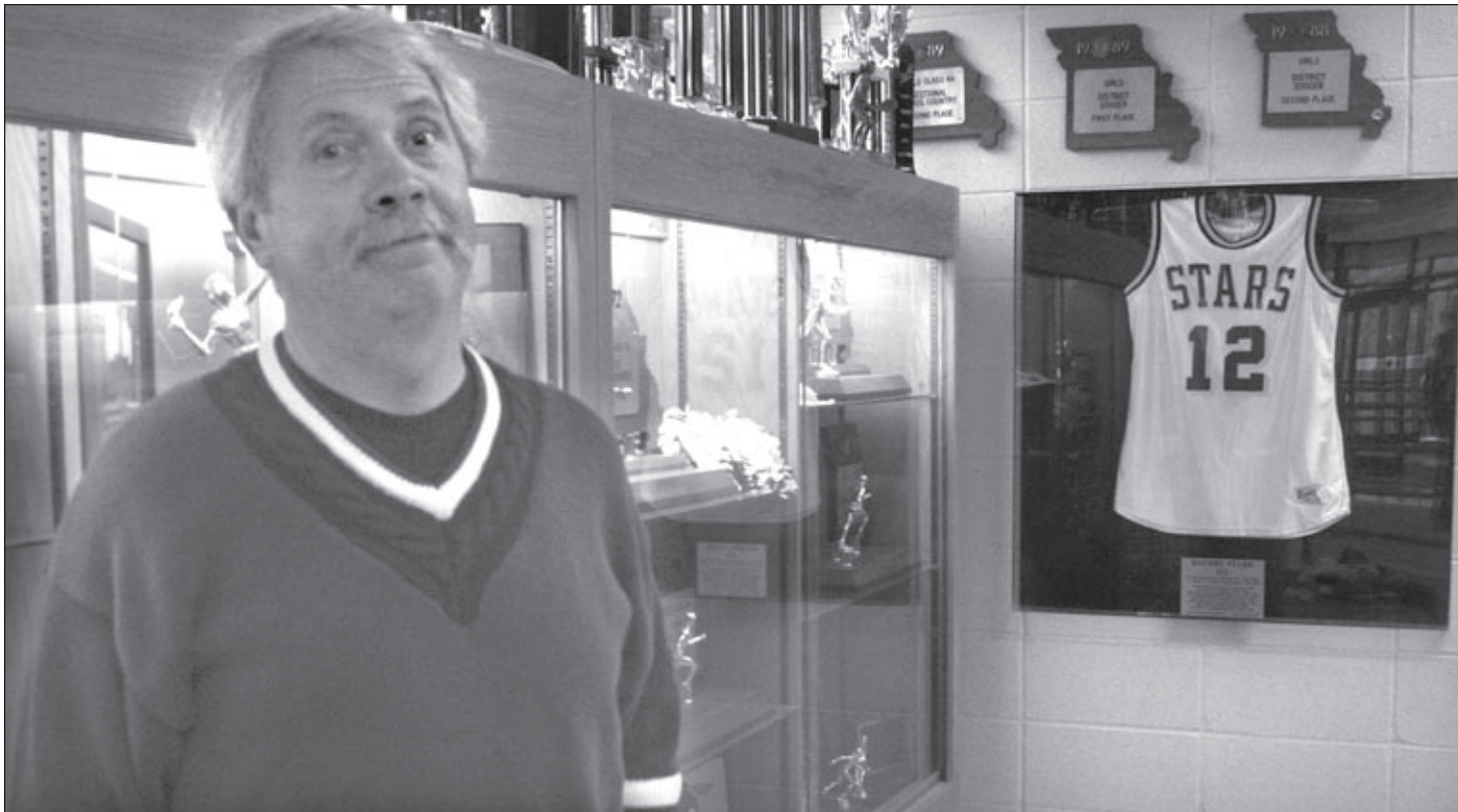
15 percent students of color

13 percent non-Catholic students

33 percent of students on financial aid

101 zip codes represented

# Egner to retire from AD position



**Bowing out** ★ Mr. Mike Egner reflects on his past years and accomplishments as STA's athletic director. This year was Egner's last year as the head of the Stars' athletic department. PHOTO BY AVERY ADAMS

## Egner, 'ready to move on,' decides to return as full-time social studies teacher in fall

by KYLIE HORNBECK  
News Editor

After working 45 to 68 hours per week 46 weeks per year for 10 years to supervise 23 sports teams and 30 coaches for STA's 10 sports, Mr. Mike Egner will resign as the STA athletic director (AD) this spring.

Egner first came to STA in 1984 to coach the basketball and cross country teams, while serving as principal of Visitation school. Four years later, he left Visitation and joined STA's social studies department as a full-time teacher. Egner became assistant AD in 1998. When the current AD left

shortly after, he obtained the spot and turned to teaching only part-time. This fall, Egner will return to STA as a full-time social studies teacher.

"After [serving as AD] for 10 years, I really have the desire to be a full-time teacher again," Egner said. "I really enjoy teaching and miss that very much, more than I will miss being athletic director."

According to former volleyball coach, current track and field coach and STA physical education teacher of 30 years, Ann Bode-Rodriguez, Egner has improved the athletic department and holds a number of accomplishments under his belt as the AD. Since becoming AD, Egner added the softball program, turned dance team into a varsity sport and has worked to build up and form competitive schedules for the sports teams he oversees. Under Egner's direction as AD, STA has won more than 20 District championships, honored three State individual champions and achieved 13 State team

final four finishes with five State team champions.

"As a teacher and a coach I will miss his professionalism," Bode-Rodriguez said. "He has done an excellent job as an athletic director, and to me, it's kind of sad. It's like the end of an era. But as his friend, I know he'll be relieved of some pressures from his job."

According to assistant AD and social studies teacher Jack Garvin, Egner has a keen ability to face problems and find solutions.

"I think that the fact [Egner] has a grasp of the big picture has made him successful," Garvin said. "He has a very good grasp of how things can and should be so I hope whoever comes in has the same command of situation."

So far, STA has received over 90 applications for the full time AD position. Egner said he has reviewed each applicant's qualifications and made suggestions for the administration but will have no say in the final decision. STA has not come to any

conclusions in terms of hiring a new AD at this point. However, Egner will guide the new AD in his or her transition and Garvin plans to return as assistant AD in the fall.

Egner believes retiring as AD will give him more free time, as he will be working fewer hours. He said he has ideas for a couple of books and he will be able to enjoy leisure time writing about history and attending athletic events.

"I'll get to go [to sporting events] when it's more convenient for me to go," Egner said. "I can actually stay and watch for a while. It will be more fun than going in and out as I often do as athletic director."

Bode-Rodriguez believes Egner's return to full time teaching will benefit STA academically.

"[Egner] is one of the finest teachers STA has and now [with his return] we're getting another fine teacher full time," Bode-Rodriguez said. "It's wonderful news for our student population because he's an excellent teacher."

Egner is passionate about social studies and emphasizes the importance of history in life.

"I love history and teaching social studies also gives me a chance to help students learn how to research and become better writers and I think it's important to have a wide knowledge of history to get along in today's world," Egner said.

His students agree he is helpful in the classroom because he is a history fanatic, according to Western Civilizations II senior Erin Nelson.

"He likes the topic he teaches, so he's good at it," Nelson said. "It's something that he's really interested in that he wants other people to know about as well."

As Egner more fully devotes himself to teaching, he will lose some of the connections with students athletes which he has enjoyed forming.

"I like to see teams do well but sometimes I think it's better that I get to know girls in a different way than in the classroom," Egner said. "You watch the girls grow and become better at a sport right in front of your eyes."

According to Bode-Rodriguez, Egner has always put the student-athlete first, making him a memorable AD.

"I respect him a lot because I think he's very conscientious," Bode-Rodriguez said. "I admire his dedication to the school and I think he's such a professional... I'm going to miss working [so closely] with [Egner]. He's fair. He's honest. He's got a lot of integrity. He's a good person."

Egner will come back to teach full time and end his decade of dedication to the athletic department, looking forward.

"It's been an enjoyable 10 years, but I am ready to move on," Egner said. ★

# Softer rules make girls lacrosse different than boys

## Lacrosse is just one sport of many that boasts different rules for men and women

by AVERY ADAMS  
Staff Writer

Different equipment, different rules, different game, yet still the same sport.

Like many sports today, men's and women's lacrosse differs immensely in almost every sense of the game. Many think it unfair that the rules are affected solely on the gender of the athletes while others think it necessary.

The difference in rules and regulations are decided upon by the National Collegiate Athletic Association Sports and Rules Committee and are unique to every sport sponsored by the NCAA. While lacrosse is a contact sport for men, it remains a non-contact sport for women; the size of the fields and how the game's duration is split is different as well. Men are also required to wear far more pads than women and the lacrosse sticks differ in size and style.

Junior Maura Hinken thinks the rule al-

terations are not necessary and only mislead peoples' opinions about women's lacrosse and athletic ability.

"I like the rules but sometimes I get frustrated," Hinken said. "I wish girls could push more because some people say [women] can't [play physically] because we're girls and can't handle getting hurt, which is stupid."

The most visible difference between men's and women's lacrosse is the contact. Men are allowed to full body check their opponents, as long as it's above the waistline and on the front side of their body. They are also permitted to check with their sticks, while the women are forbidden to any physical contact except with medial stick checking. A women's lacrosse field is 10ft longer and wider, and play a 60 min game with two 30 min halves; however, a men's lacrosse game is still a 60 min game, but consists of four 15 min quarters.

The former NCAA Big East commissioner Michael Tranghese made a statement commenting on how the gender of the athlete greatly affects the play of game for no other reason than their natural tendencies as men and women.

"Men compete, get along, and move on with few emotions," Tranghese said to the *New York Times*. "But women break down,

get emotional, get so much more out of the game. These are entirely different sports cultures."

The difference in sports is obvious at the high school level and only continues to show at the collegiate level. Rockhurst High School varsity lacrosse goalkeeper junior Scott Brown thinks that the very nature of the game is greatly affected by the rules.

"All the differences in girls' lacrosse, such as the different stick and no checking rule, seem to make the game much slower, and much less physical," Brown said. "The women's rules take out a lot of the enjoyment of a hard hitting, fast paced lacrosse game."

As high school and collegiate sports become more and more competitive, the differences between men's and women's athletics are slowly dissolving. Only time can tell, however, if the rules and regulations will comply with the evolving sports' natures.

"I like the way girls lacrosse is played, but sometimes it's frustrating when you can't nudge a girl to play aggressive defense," Hinken said. "We learn how to play without [being physical though] and it makes us better players because we're better with fundamentals." ★



**Army of one** ★ STA's lacrosse team puts their sticks in for a team huddle at half-time of their March 8 game. This was the Stars' first scrimmage and they played the KC Girls team. PHOTO BY TRACY BURNS-YOCUM



# powerplayers:

Power players are not just Stars on the courts and fields. These standout, up-and-coming athletes balance their sport and life outside of the gym. Read about their quirks and what makes them go.

## Lane Schulte

by MADALYNE BIRD  
Staff Writer

Lane Schulte is one of 18 freshmen on the track team. Schulte will participate in three meets this week. The freshman track star opens up about her running abilities and her secrets to success.

**Full name:** Lane Ashley Schulte  
**Nickname:** Laner  
**Birth date / place:** July 13, 1994 / Springfield, Mo

**Best known for:** Distance running  
**Track career:** Began in seventh grade, joining the track team in middle school.

**Major awards and honors:** Varsity letter for cross country at STA.

**How it happened:** "In seventh grade my cross country friends did track with me and it was also a really great way to make friends at STA."

**Experience at STA:** "I've had a lot of fun so far. I've improved a lot and met a lot of new people."

**Role model:** "My mom. She's really supportive because she's also a really good runner and she is always at my meets."

**Pre-race meal:** "Pasta because it has a lot of carbs in it and gives me a lot of energy. Also milk."

**Pre-race warm-up:** "I listen to music, usually pop or rock, but it depends, I'll do laps around the track, get suited up and then stretch."

**Practice location:** Paul Robeson School track field

**Earliest running memory:** "I don't really have an earliest running memory, I just remember being little and having all this energy. Running was a good way to get rid of it."

**Favorite track memory:** "My eighth grade track meet at Winnetonka High School. It was freezing in the middle of April and I remember 10 of us fighting to get under the only blanket we had while we were waiting."

**Advice for aspiring runners:** "Stick with it. Forget about the pain, it will be over soon. If you hang in there, it's really rewarding because you know that you did your best."

**Other hobbies:** Drawing, hanging out with friends, playing catch with her dog named Marshall, reading and shopping.

**Secret to success:** "I keep a song stuck in my head while running and try and focus on it instead of the pain I'm going through. I also have my own breathing pattern that I focus on."

**Routine:** "I usually do hills or long runs, but it depends. Sometimes we do hard workouts like sprints. It's usually different everyone though."

**Attitude:** "It's good, I like to be optimistic and keep a positive attitude."

**If not track:** "I would definitely play lacrosse because it also involves a lot of running and I think that it would be something I'm good at."

**Coach Ann Bode-Rodriguez said:** "Wow, wow, wow is all I can say. That girl was just built to run. She is a wonderful asset to the program."

**Grade school:** North Gate Middle School

**Why STA:** "I'm here for both the environment and curriculum." ★



**Run, Lane, run** ★ Freshman Lane Schulte trains for her three track meets this week at Blue Valley and Grandview High Schools. Schulte was one of 18 freshmen on the 2009 track team. **PHOTO BY AVERY ADAMS**

## SCORE board

[spring sports]

Varsity basketball (7-18)		
Feb. 20	Hickman	L
Feb. 24	Raypec	W
Feb. 26	Raytown	L

JV basketball (13-10)		
Feb. 20	Hickman	L

Varsity soccer (2-1)		
March 24	Shawnee Mission South	W
March 26	Olathe East	L
March 30	Blue Valley Northwest	W

### Varsity soccer roster



**Freshmen**  
Ava Jurden

**Sophomores**  
Caroline Gray  
Cele Fryer  
Emily Cox  
Karson Kuhlmann  
Sophia Garozzo

**Juniors**  
Avery Adams  
Elizabeth Wilson  
Katelyn Devine  
Kerry Cummings  
Maegan Kelly  
Mary Warwick  
Megan Wilkerson  
Taylor Brown

**Seniors**  
Caitlin Boger  
Paige Kuhlmann

C team soccer (1-0)		
March 26	Staley	W

### Dance Team

The dance team placed fourth in both jazz and hip hop at the Missouri State dance team competition Feb. 27 and 28 at the Chaifitz Arena at St. Louis University. The team also received a superior trophy for jazz.

### Upcoming events



**Tonight at 4 p.m.** C team soccer game vs. St. Thomas Aquinas High School at Aquinas followed by JV

**April 6 at 4 p.m.** C team soccer game vs. Shawnee Mission East High School at STA

**April 7 at 3:30 p.m.** track Turner Invitational meet at Turner High School

**April 8 at 4 p.m.** JV soccer game vs. Blue Springs High School at Rockhurst University followed by varsity

# Athletes benefit from many sports

Single sport athletes run higher injury risks than athletes playing many sports

by MOLLIE POINTER  
Staff Writer

Female athletes are known to run higher risks of injury, but studies show chances of injury decrease when athletes play more than just their "best" sport.

In today's culture of high school sports, athletes are specializing in a single sport at increased intensity compared to the days of grade school teams and parent coaches. According to athletic director Mike Egner, student athletes playing a high school sport each season have slowly declined since 1983 when he began coaching at STA.

"There's the influence of club sports and coaches telling the athlete they have to focus on that one sport," Egner said. "Coaches disregard [the athlete's] other sports."

In Michael Sokolove's book "Warrior Girls: Protecting Our Daughters against the Injury Epidemic of Women's Sports," the idea of female athletes playing multiple sports is said to be physically better long term, contradicting many coaches' beliefs today. Sokolove expresses the need for female athletes to play varied sports at a young age in order to prevent future injuries.

"U.S. Youth Soccer, the governing body of state soccer associations, recommends that children under the age of 12 should not be encouraged to play one sport exclusively," Sokolove states in his book.

During Sokolove's research, the American Academy of Pediatrics published in their journal, *Pediatrics*, "Young athletes who participate in a variety of sports have fewer injuries and play sports longer than those who specialize before puberty."

According to Egner, working different muscles and ligaments is better for the body than working out one specific area.

"The more different activities an athlete can do helps build strength more uniformly," Egner said. "Like ACL injuries happen because it's the same type of motion over and over and over."

According to alumnae Jenny Jantsch, who graduated STA in 2004 with 12 varsity letters in volleyball, basketball and soccer, playing three sports throughout high school was beneficial to her college volleyball career at Kansas State University.

"I was very lucky," Jantsch said. "The worst injury I ever had in high school was when I broke my pinky during basketball."

As Jantsch became a single sport, collegiate athlete, she noticed the changes it had on her body. Jantsch recently ended her last season at K-State with a stress fracture in her foot and a shoulder condition.

"This last year, my fifth year [playing collegiate volleyball] was my hardest," Jantsch said. "I mean I'm getting older but the constant jumping up and down on my feet and swinging of my arm really affected me. I have had a lot more injuries playing college than I did when I played in high school."

Sophomore Catherine Arensberg, currently involved in tennis, diving and track at STA, understands the advantages of participating in three sports.

"I can see how diving helps me in track since I am a jumper and I can see how track helps me with diving," Arensberg said. "Playing different sports gives your body a break."

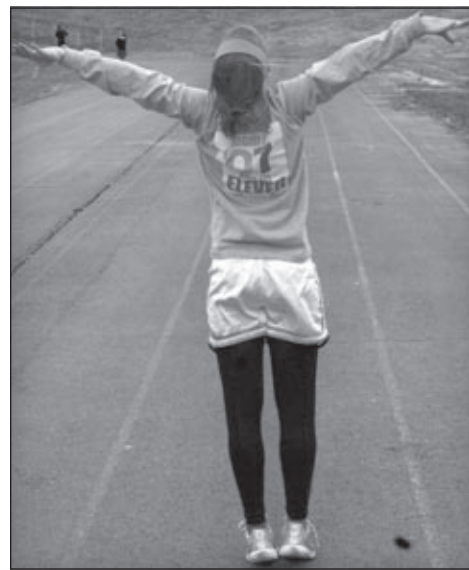
Not only does Arensberg find playing three sports physically helpful, but makes each individual sport more enjoyable.

"While you're playing one sport and then move onto the next, it makes it more exciting," Arensberg said. "Getting burned out is the problem with

focusing on only one sport and I think to many girls today are focused on the scholarship part."

Jantsch agreed.

"College sports are becoming more competitive and demanding so I can see why people are spending more time specializing on one specific sport but I think when kids start at such a young age and only focus on one sport there is more of a chance that they will get burned out before they even get to college," Jantsch said. "However, I feel that I was a more well rounded athlete by playing all different kinds of sports." ★



**The trifecta** ★ Sophomore Catherine Arensberg, a current three sport athlete, poses in a dive stance at track practice last Wednesday. Arensberg is currently active in tennis, diving and track at STA and plans to play them through her senior year. PHOTO BY MOLLIE POINTER

*There are Lyons and Tigers and Heels; Oh my!*

AN OPINION BY



TRACY BURNS-YOCUM

It's that time of year again.

I'm finding myself glued to the TV, ingesting as much basketball as I can consume and screaming at the TV when it changes to a different game with just one minute, 40 seconds left to go in a tied, double overtime game!

Yes, it truly is March Madness.

While, I can't say I have much time to watch college basketball during the regular season, when it's the Big Dance, I can't get enough. The TV at home is always on during the tournament. I walk in the living room and multi-task while watching whatever game is on. I love watching these real basketball games, none of that NBA, no defense, flashy offense-crap. Instead, these kids play with fire, drive and intensity. There are many reasons to love March Madness. The tenacity and heart of the players is what does it for me.

A perfect example was the David and Goliath game, Siena vs. Ohio State, March 20. Siena is a small, Catholic school with 3,000 students. They outworked, outplayed and outscored the Buckeyes from Ohio State - enrollment of 50,000 - in double overtime. The Siena Saints had players diving for balls and hitting threes like it was nobody's business. In particular, Siena had a skinny, white kid who looked like a boy among men, who rebounded just about everyone. Siena was a team I had never seen, much less heard of, yet here they were playing with the big boys. Going into the game, they were projected to lose, but they wanted the game more than the Buckeyes. They were the underdogs, but they came out on top.

Another player who has displayed drive and tenacity on the court is the Sooner's pride and joy, Blake Griffin. March 21, when Oklahoma played the Michigan Wolverines, within the first 12 minutes, Griffin was bleeding from his arm, elbowed in the face and began bleeding from the nose, thrown onto the ground and run over by several Michigan players. But, despite all of this, Griffin scored 33 points and snagged 17 rebounds for the Sooners who won 73-63.

Now, I still have my always favorites, Mizzou. I'm a proud Tiger fan. My heart nearly went into palpitations when Mizzou played Marquette in the second round March 22. The Tigers were leading by 11 in the first half, but lost the lead and, subsequently almost, the game. However, this nail-biting game favored my team. MU's J.T. Tiller's fearless and gutsy drive to the basket drew a foul with 5.5 seconds left in the tied game. But Tiller, hurt during the hard foul, was unable to shoot, so sharpshooter Kim English iced the two free throws to give Mizzou the win. Then a Marquette player accidentally stepped over the line which gave the ball back to MU. Marquette had to foul Mizzou to get possession. Which they did, sending Leo Lyons to the line where he put in two free throws, putting the win out of Marquette's reach with under five seconds to go. My Tigers got away on that one. MU surprised me by muscling past the higher rated Memphis. And they showed their teeth in the close loss against UConn.

Though I have my steady teams, I always find new teams to rally behind. I find excitement and intrigue in the various teams and their athletes, even if my loyalty is just for one game.

These March Madness games exemplify that some teams have amazing heart and others amazing skill. It drives home the point that college basketball is the best kind. They play for the name on the front of the jersey, not on the back. They teach those of us at home to leave it all on the court and that it ain't over until the whistle blows. ★

# Walk it out: athletes walk on to college teams

Student athletes abandon familiar sports, scholarships to be walk-ons for new sport

by KAYLA LOOSEN  
Entertainment Editor

As STA senior Mandy Prather swam first across the 50-meter freestyle finish line, her head surfaced and bobbed with the undulating water. At that moment, Prather's mind flooded with a multitude of thoughts: excitement, her hard work, her parents' reactions, her win, her lifetime of swimming, but mostly just sheer bliss.

Yet, far from Prather's victory thoughts was the hope of swimming in college on a scholarship - her plans were in a different body of water.

Next school year Prather plans to abandon her past swimming experience and walk on the rowing team at Kansas State University. Generally, a walk on is an athlete who is not recruited to a college sports team but instead tries out knowing they may not receive a spot or scholarship on the team. However, Prather represents just one of the many who leave behind potential scholarship opportunities to instead pursue college life as a walk on.

"College life is a cooler experience at a bigger school and it just depends on your preference so I think the big school atmosphere is what people are looking for when they turn down a good offer at a smaller school," Prather said. "Maybe they'll get better and walk on later, but I think it's worth the risk to not make the team than miss out on the overall college experience that makes people want to go to a bigger school."

Over the years, STA athletic director Mike Egner has witnessed a number of athletes walk out of STA and on to college sports teams. According to Egner, once a high school athlete

realizes he or she may not secure a college scholarship or spot on a team, they may look into being a walk-on. This usually gives a student a wider variety of schools from which to choose and more flexibility for their entire college experience.

"[College sports] are a business," Egner said. "Once you've committed to a team they own you. They control you. You miss out on maybe the best years of your life. Walk-ons have a lot more freedom."

Furthermore, STA class of 2008 alumna Kellyn Smith is one of 11 walk-ons on the University of Tulsa women's rowing team. As an STA cross country and track star, Smith had no prior experience rowing but gained curiosity through a campus flyer encouraging walk-ons. When Smith expressed interest in being on the team, UT's rowing program arranged her with summer training and other assistance.

"Participating in a college sport is a big time commitment and as a walk-on I probably have a little bit better perspective on that," said Smith, who practices rowing about 20 hours a week. "Because I've chosen to participate, as oppose to not being recruited or given a scholarship, I sometimes feel more as if [rowing] is a responsibility rather than activity."

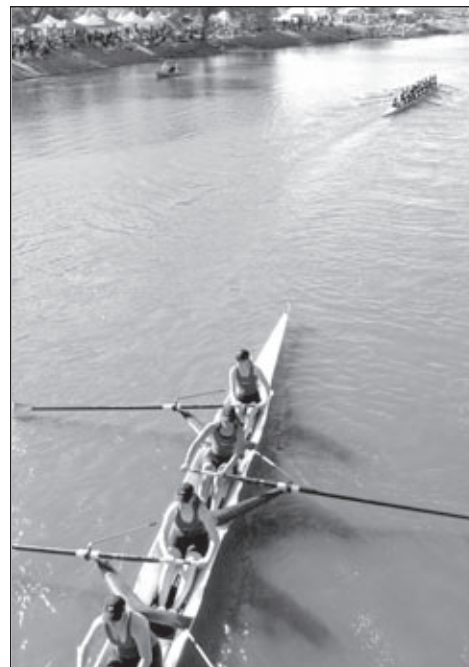
Although hoping for some form of a scholarship, Prather explains that she is still willing to play regardless of whether or not she earns one.

"My parents do want me to [tryout for rowing] which is a motivation but I have a lot of my own reasons too," Prather said. "I'm thinking it's going to be a good way to socialize and I also want to stay in shape my freshman year."

However, Smith explained that financial aid is often times rewarded to novice players with any money that is leftover in the team budget.

"If you become involved in [a college sport] and you're doing well, the coaches

will reward you for that in terms of financial need," Smith said. "Either way, I would just really encourage anyone that's interested in walking-on to pursue it because I've met some of my really good friends that way. It is a big time commitment but it's definitely worth it. It's like anything - if you get involved and you think it's too much work or you don't want to do it anymore, it's not the end of the world. Just walk away from it." ★



**Row your boat** ★ STA graduate and University of Tulsa freshman Kellyn Smith rows in the boat seat at the Wichita Frostbite Regatta Nov. 1 in Wichita, Kansas. Smith was a walk-on for the Tulsa rowing team this year. Her boat took first in the Novice 8+ race at this regatta. SUBMITTED PHOTO





1. Screenwriters: Lauren Kenner, Martha Tillmon  
 Title: Shenanigans  
 Main Characters: Caroline Quinn as Seth, Ahnna Nanoski as Seth's imaginary friend Bob Marley  
 Summary: Everyone that Seth works with is trying to throw him a party and he misinterprets what they're trying to do.  
 Memorable line: "No, what imaginary friend? I don't have an imaginary friend. That's weird."  
 2. Screenwriter: Meghan Penland  
 Title: The Classroom  
 Main Characters: Betsy Tampke as Jerry Jones, Nicolette Anderson as Spencer  
 Summary: Based off the Fire Drill episode of "The Office" Memorable line: "I'm sure it is, I found it on Wikipedia. Someone named Poking93 posted it. I'm assuming they have the right answers, it's a very reliable source and the name Poking really says something."

# Seniors fight for their writes

Compiled by Morgan Said  
 Photos by Jaime Henry-White



3. Screenwriters: Anna Gillcrist, Linnny Kaufman, Jenny McLiney  
 Title: Zoo Adventures: Attack of Dome  
 Main Characters: Haley Vondenkamp as tour guide, Julia Barnett as dome guy  
 Summary: There is a group going on a tour at the zoo but one of the members of the tour has a different plan and he unlocks all of the animals' cages and he locks everyone in the zoo  
 Memorable line: "Momma, look, it's a pond lizard!"  
 4. Screenwriters: Maura Lammers  
 Title: Harry Potter and the Island of Pop Culture Rejects  
 Main Characters: Carlie Campbell as Harry Potter, Anne Marie Whitehead as Legolas, Jaime Henry-White as Dawson, Taylor Kramer as Chrissy  
 Summary: Harry Potter becomes un-cool and is sent to the Island of Pop Culture Rejects and that's where all the outdated teen fads go and he has to figure out how to get off the island.  
 Memorable line: "I wear green fingerless gloves. The ladies should be crawling all over me!"  
 5. Screenwriters: Mollie Caffey, Bianca Dang  
 Title: Come Get It  
 Main Characters: Jessica Luber as Aaron Carter  
 Summary: Based off of Aaron Carter's song, "Aaron's Party (Come Get It)"

Memorable line: "The kid spilled juice on my mom's new cushion."  
 6. Screenwriters: Sally Nulton, JoEllen Redlingshafer, Meg Hart  
 Title: Like A Cop Car  
 Main Characters: Martha Ramirez as Craig the obnoxious cop; Emily Strickland as Randy the annoyed, submissive, old, ancient cop  
 Summary: A McDonald's gets robbed and Craig decides to pull over every car on the road instead of waiting to find the suspected car  
 Memorable line: "Well let me tell you somethin' about the Leahood...It ain't no walk in the part son, and you'll learn that real quicklike." ★

Teen spot aims at wrong crowd

AN OPINION BY



AVERY ADAMS

40 minutes and a Burger King stop later, my hopes were in the gutter as we pulled into the parking lot at 800 NW Commerce Drive, Lee's Summit. "The Center for God, Family, and Country" reads in bold, red letters across a building. Definitely not what I had in mind, but my mom told me to never judge a book by its cover.

My posse and I walked through the double doors, unaware of the imminent doom waiting for us inside. Approximately 270 chairs form rows in front of the stage, 19 of which are filled, while an amateur country band plays anything from Frank Sinatra to Garth Brooks...poorly. The audience consists of couples, friends and families all appearing to be over the age of 60 or under the age of four. The band is fore fronted by Nashville promoted CCMA artist Steven Paul McCollum, whose name and title is plastered everywhere in the building so no one forgets it, and is backed up by a southern bass player, two middle-aged female backup singers that do not sing, a drummer from the 80s and a giggly guitarist who likes to crack jokes with Steve in the middle of a song. And because the green and red spot lights were not enough, there is a slideshow of nature scenes projected on a screen behind the band as they play.

Sound like a "teen hang-out" place to you? No. I think not. Once Steve wrapped up his heartfelt attempt at an Eagles song, he called for a short intermission and made his way through the crowd greeting and thanking those in the audience. He sauntered over to us with a big smile on his face and with a tip of his overly sized cowboy hat, thanked us for promoting his show and complimented us on our "good hearts." He told us his thoughts on teen depression, his fiddle player "Larry," and all about how he pulled his bicep last week moving the drum set before hopping back up on stage to continue.

Overall, the experience was a disappointment. There were no cute guys to talk to (sorry Steve), and I had no energy to accompany the two and four year-old girls dancing on stage. Maybe the "Singles Dance" on Saturday nights is the place to be, but the Friday night "Nashville Country Show" is in no way worth the gas, makeup or hot outfit. ★

# THESE BOOTS WERE MADE FOR DANCING

Room for students at local country show

by ELIZABETH WILSON  
Sports Editor

As "Little Bitty" by Alan Jackson played in the background, a few people quietly chatted and finished their seafood and pasta dinner while others made their way over to the nearly 256 empty seats in front of a screen, upon which the words "Nashville Country Show" were projected.

March 13, the lights dimmed and two women and four men took the stage.

There were a total of 14 people in the 270 chairs.

"Ready to have a good time and let your hair down?" a man in a maroon button-up shirt, worn-out jeans, brown cowboy boots, a black cowboy hat and holding a guitar asked.

He began talking about how he started writing songs 20 years ago and how he wrote the song he was about sing, "Back When a Man Was a Man," in only an hour.

The band quickly started up, the man in the maroon button-up shirt began strumming and singing and the two ladies behind him began humming.

The show had begun.

Located in Lee's Summit stands a 10,000 square-foot auditorium called the Center for God, Family and Country. Every Friday night, the center puts on a live "Branson type show" featuring Nashville promoted Christian country music artist Steven Paul McCollum. McCollum has opened for stars such as Hank Williams Jr., George Strait, Ricky Skaggs and Dwight Yoakum and has had three top five hits on the Christian Country Music Association (CCMA).

These Friday night shows begin with dinner at 7 p.m. followed by an 8 p.m. show.

According to McCollum who constructed the center, the center is a place for people to retreat on a regular basis for fun and relaxation.

"We want to make a difference to help bring back our godly heritage in America," McCollum said. "We want to bring your family together, spend time together at the dinner and show and eat dinner together."

While McCollum mainly has the family in mind, others question whether these shows could be a possible new Friday night venue.

Sophomore Cele Fryer who attended the Nashville Country Show March 13 recommends attending the show.

"It was a really fun and different experience," Fryer said. "It wasn't just the same old Friday night. When nothing is going on, I would definitely suggest heading out there."

McCollum and band played around 15 songs, some well known and some of his own. They played songs such as "Your Man" by Josh Turner, "Mountain Music" by Alabama, "My Maria" by Brooks & Dunn and "Callin' Baton Rouge" by Garth Brooks.

McCollum and band impressed Fryer.

"They sounded good together," Fryer said. "Some songs kind of resembled karaoke, but overall the band was actually pretty good."

McCollum stood at the ticket counter in a white v-neck and jeans to greet people as they walked in at the beginning of the night, talked with the crowd during intermission and waited at the exit to thank everyone for coming at the end of the show. Both Fryer and junior Mary Warwick, who attended the March 20 show with four other girls, agreed McCollum was a pretty cool guy.

"I liked that the lead singer approached the five of us and sincerely wanted to talk to us and get our opinion about the concert," Warwick said.

"It was nice to meet someone who actually cared about what we thought. [McCollum] seemed like a really good-hearted person."

According to McCollum, he is a "very strange dude" whose goal is to make a positive difference in people's lives.

"We have a variety of fun-filled family activities that you will rarely find elsewhere," McCollum said.

Though Fryer did not have any idea what to expect at her first Steven McCollum and Band concert, she said it was pretty fun.

"It wasn't your everyday, out-of-control, raging concert, but more of a controlled, relaxed environment,"

Fryer said. "I would definitely do it again. As long as you are with your friends, I think it is easy to make anything a good time." ★

## Sample Concert Set List

1. I Love the Way You Love Me by John Michael Montgomery
2. Your Man by Josh Turner
3. Mountain Music by Alabama
4. Grandpa (Tell Me 'Bout the Good Old Days) by the Judds
5. My Maria by Brooks & Dunn
6. Fire on the Mountain by Bill Monroe & The Bluegrass Boys
7. Your Love Amazes Me by John Barry
8. What Kind of Fool Am I by Robert Goulet
9. Love Me Tonight by Tom Jones
10. Coal Miner's Daughter by Loretta Lynn
11. Give Me On More Chance by Exile
12. You and I by Eddie Rabbitt
13. Callin' Baton Rouge by Garth Brooks

## Honky Tonk Information:



### Who:

Steven Paul McCollum & Band

### What:

"Nashville Country Show"

### Where:

800 N.W. Commerce Dr.  
Lee's Summit, MO

### When:

Friday Nights  
From 8 p.m. to 10:30 p.m.



entertainment  
**WALL****Movie****"I Love You Man"**

Boys are weird. And awkward. And crude. And funny? It is okay to laugh at some crude jokes, Ms. Dolan. I did. "I Love You, Man" was a pleasant surprise with a balance of crude and just plain random humor between two new friends. I really think writers had me in mind when creating Paul Rudd's awkward, gibberish-inclined character. The comparison of male friendships vs. female friendships gave it more than a simple, predictable plot. On the negative side, some jokes did not reach their punch line until scenes later. It wasn't my favorite movie ever, but I did catch myself laughing out loud.

-Rosie Hodes

**Song****"Never Say Never"**

The Fray is back with their second and self-titled album "The Fray." This album is even better than the first. Their song "Never Say Never" conveys the sincerity and truthfulness of their song writing. The chords of the piano carry you through a story about the reminiscence of something that can never be had. The Fray channels bands like U2 and Coldplay with soft music and a powerful voice.

-Madalyne Bird

**CD****"Only by the Night"**

"Only by the Night" by Kings of Leon is an interesting listen. With a melodic and relaxing sound, it's definitely something worth listening to. For those who enjoy experiencing something new with their music, I'd say "Only by the Night" is a good new addition to add to your iTunes library. It's the perfect CD to play in the background as you finish that obnoxious lit paper or that dreaded algebra homework. If you're not into broadening your horizons away from the main stream, I'd stick to your own kind.

-Taylor Irwin

**Television****"Table for 12"**

First it was Jon and Kate Gosselin and eight kids, and then came Jim Bob and Michelle Duggar and their eighteen children, and now TLC has released its third insane family. "Table for 12" is a new reality series tracking the lives of Betty and Eric Hayes, plus their two sets of twins and sextuplets. After watching the series premier Monday night, I wasn't impressed. The show resembled "Jon and Kate Plus 8," just without the cute kids. I came to the conclusion that just because you have more children than fingers, doesn't mean you're cut out for prime time television.

-Morgan Said

**Golden girls shine**

**Show off your stuff** ★ Gold Key winners Seniors Kelly Younger, far left, Katie Gassman, sophomore Michaela Knittel, junior Rebecca Oyler, and senior Nnedima Anya pose with their award-winning pieces. These girls placed among the top 30,000 winners in the country. PHOTO BY TRACY BURNS-YOCUM

**Students earn Gold Key awards for original work in national art competition**

by KYLIE HORNBECK  
News Editor

The Alliance for Young Artists and Writers, Inc awarded five STA art students with Gold Keys at the Scholastic Art Awards of 2009 in the first week of March. The national organization selected pieces by seniors Nnedima Anya, Katie Gassman and Kelly Younger, junior Rebecca Oyler and sophomore Michaela Knittel among the top 800 of works submitted to the Region-at-Large division and in the top 30,000 awarded out of 140,000 total submissions.

Art department teacher Theresa Wallerstedt entered ten works of various media from her classes, including, in the drawing category, Knittel's "Classroom" and, in the printmaking category, Gassman's "In the Commons" and Oyler's "In the Commons". Similarly, art department teacher Lisa Dibble entered around 20 works from her classes

including, in the ceramics category, Younger's "Ceramic Vase" and, in the design category, Anya's "Dreamscape".

The Gold Key is the top award for students at the regional level of competition. After receiving the Gold Keys, the five wait to hear whether the organization will place them among the top 600 works for national recognition.

"[The Gold Key] is a really remarkable achievement, especially for someone new to art, as an amateur," Oyler said. "Some great artists won awards as teenagers and so it's kind of cool that it's an award that someone like Andy Warhol or Robert Redford got when they were young."

According to Wallerstedt, each of the winning pieces was finely created with great composition.

"I'm not surprised they won," Wallerstedt said. "All three of those students [in my classes] worked very hard in their art classes, and I'm very proud of them... All three were beautifully crafted and each one represents hours of work."

Oyler feels honored to have received a Gold Key and credits the STA art department.

"I think [receiving five Gold Keys] shows how much the girls learn [at STA] and how great of a program that we have," Oyler said.★

**My food challenge: making it through a full episode**

AN OPINION BY



CARLIE CAMPBELL

If you enjoy watching people stuff themselves with obscene amounts of greasy, spicy food as fast as they possibly can, sometimes to the point of making themselves sick, I know the perfect show for you to watch.

In the Travel Channel's show "Man v. Food," host Adam Richman travels from city to city to take on what he calls food "challenges." These challenges normally consist of Richman eating so much food or the most extreme food a restaurant serves.

Usually, it is just a ridiculously large portioned dish but occasionally, he goes for quality over quantity and eats extremely spicy dishes. When I first saw the commercials, I was astounded because normally, I am a big fan of the Travel Channel. I am obsessed

with Anthony Bourdain's "No Reservations" and I even enjoy exploring lavish hotels with Samantha Brown in her "Passport to Europe" series. But "Man v. Food" just grosses me out. As soon as I saw the commercials, I had my doubts. Viewing the show confirmed my suspicions. It's bad enough that America is largely becoming known as the world's fattest nation, but to expose our love affair with overeating in a television show is a step too far.

I am not a weak-stomached person, but this show simply does not sit well with me. On one of the first episodes I watched, Joey Chestnut, a world-champion eater, joined Richman for a guest appearance. I watched in horror as Chestnut devoured a burrito that was probably longer than my arm in about three minutes. On another occasion, Richman himself consumed food so spicy he turned to the camera with tears streaming down his distressed face. Not every restaurant Richman visits presents him with a challenge. He does try to highlight several establishments in every city he visits. However, it seems to me that every place he visits serves him food in mammoth portions. Everything featured in the show is enough to feed at least three people.

The style of eating showcased in "Man v. Food" disappoints me. The show exploits the

**STA students recognized**

Three St. Teresa's students were honored at the University of St. Mary 2009 Annual High School Art Invitational. The contest judged 171 works of art by 129 students from 17 schools. Prizes were given for honorable mention, third, second, and first place. In addition, art scholarships to the University of St. Mary's were also awarded.



Fiss' Art

Junior Kelsie Fiss was awarded honorable mention for her watercolor of peppers and received a \$50 cash prize. Senior Nnedima Anya, who received third place for her quilt of pieced fabric, was awarded a \$100 cash prize. Junior Kathleen McClain was awarded a scholarship to the University of St. Mary with an undecided amount for her painting.



Anya's Fabric

"Ms. Wallerstedt submitted one of my drawings and I didn't think anything would come out of it, but I'm honored to be recognized anyways," McClain said. "I really enjoyed doing that one because I like doing people."



McClain's Art

The works were on display last Sunday at the University of St. Mary's and will be on display again this Sunday.

-Shaughnessy Miller

**Student excels in choral music**

Choir member junior McKenzie Miller placed third in a high school regional vocal competition sponsored by Classical Singer Magazine at William Jewel College. She plans to attend a Chicago vocal competition in May.

-Michelle Reichmeier

fascination our culture has developed with overeating and eating in the extreme. Every dish on the show is oversized, over-hyped or



**Clever photo kicker** ★ "Man v. Food" host Adam Richman takes on a food challenge in New York, NY. Richman travels to cities around the country taking on various similar challenges. COURTESY OF THE TRAVEL CHANNEL

obviously served for the shock factor, not for the enjoyment of the food. I would much rather watch a show about the healthiest or most delicious places to eat, not the places that make me want to be sick.★

# OPENING UP

The Catholic Church and observers encourage young people to join vocational lives—such as priesthood—through more modern techniques

by ROSIE HODES  
Opinion Editor

**A** certain Catholic holiday has accumulated symbolic importance in recent years. Is it economically straining Christmas? Or approaching Easter? No.

The annual World Day of Prayer for Vocations, a day dedicated to hope for religious callings, is coming up on May 3. Pope Paul VI instituted the celebration in 1964 at the beginning of a severe drop in the number of religious vocations.

According to *America* magazine, in 2006 there were 40 percent less priests, monks and nuns in the United States than there were in 1965, despite an increase of 23 million Catholics. The majority of those remaining in religious life were into their 60s and 70s.

Many have analyzed why this drop occurred, and the Catholic Church has proposed solutions to encourage a reverse of the trend. The Church has adapted to an advancing society by addressing issues specifically.

Some Catholics argue that a more conservative church would help to draw young Catholics into vocations. They believe that amidst a world filled with progressive ideas, modern Catholics need a church which leans on the traditional Catholic doctrine.

Other observers from outside the church have recommendations too. Several of these solutions, including openness to sexuality and technological advancement according to Mr. Richard G. Malloy of *America*, involve a transition from conservative Catholic tradition to relatively liberal ideas. He believes that transitioning aspects of religious life would draw more people into vocations.

## Process

The discernment process, or steps before the vows, has been a problem area when attracting entrants because of its complexity and depth.

In the public message "Reform of the Higher Institutes of Religious Sciences," the Vatican said their main objective was to improve the formation process so that consecrated people would be better involved in the "secular world in which they live."

A former STA teacher who lived through this formation process is Ms. Erica Berg. She struggled with answering a religious calling for years. After she researched several religious communities, she found one, The Sisters of Charity of Leavenworth in Wichita, Kan, that appealed to her. After the 3-year formation process, Berg renewed her temporary vows for two years before feeling a call to leave. She now lives in Denver, working for an organization sponsored by the Sisters of Charity.

She believes the formation process, also known as the discernment process, has become more realistic and less intimidating. She said after the formation process, entrants may only take temporary vows. Additionally, they have the option to keep temporary vows up to nine years.

"There is less emphasis on quantity than on quality," said Berg, who chose not to renew her vows after five years.

Mr. Joe LaScala of campus ministry, who has contemplated priesthood, believes the presence of a spiritual advisor during the process is a significant help to those considering the priesthood.

"A spiritual director is there to ask the right questions and make you ask yourself the right questions," LaScala said "They're not there to interpret for you."

The curriculum for  
t h e o -





**1. Prayerful powerpoint** ★ Mr. Joe LaScala, an STA employee involved in campus ministry, spends much of his time at STA in a campus ministry office where he works on school prayers and is involved in directing the Kairos retreat. LaScala believes today's youth are distracted by material concerns. **PHOTO BY ALLISON POINTER**

**2. Welcome to the sisterhood** ★ Ms. Erica Berg, far left, completes her rite of welcome at the Sisters of Charity of Leavenworth. Berg, a former nun, joined the order after teaching at STA and encourages liberal thinking within the Church. **PHOTO SUBMITTED**

**3. Three wise men** ★ Abbot Gregory Polan, from left, Novice Adam Burkhart, Brother Bernard Montgomery. Burkhart, a 2006 graduate of Archbishop O'Hara High School, is in his second year at Conception Abbey studying to become a priest. Burkhart believes sexuality is the number one obstacle for young people in their paths to live religious lives. **PHOTO SUBMITTED**

logical schools has also changed. According to the Congregation for Catholic Education, preparatory classes that used to focus on the discipline of theology have changed to "a synthesis between faith and culture."

For Berg, more liberal orders embracing the secular community around them were most compatible with her.

"My radical views and willingness to push the line fit in well with the prophetic stance of liberal religious orders," Berg said.

### Age Barriers

Because the majority of consecrated individuals are aging into their 60s and 70s, entrants can be decades younger than the other members of their community, creating unity problems.

"More liberal young people coming into the community are at a severe disadvantage," Berg said. "They are choosing to alienate themselves. They are choosing to take on a marginal role socially and enter into a culture that has a lot of older people in it. There are cultural barriers between the old and the young... and our experiences are not the same."

In order to combat the problems a severe age gap presents, the Catholic Church encourages older nuns, priests and brothers to reach out to young people around them. In a speech entitled "Post-synodal Apostolic Exhortation," on Feb. 2007, Pope Benedict XVI said there was much discussion with Vatican members of "especially among the young, an attitude of interior openness to a priestly calling...In a word, [consecrated people] must have the courage to set before young people the radical decision to follow Christ, showing them how deeply rewarding it is."

In fact, Berg said she was greatly affected when three nuns in three days approached her about joining a monastery. She said the age gap presents additional pressure to young people thinking about religious life because they are seen as the hope for the future of the community.

### Women Religious

Young women also feel pressure as the future of communities, considering the most severe drop of entrants was in women religious – a 20 percent drop from 1978 to 2005 according to the Catholic News Service.

Berg attributes this drop to the fact that women have more opportunities in the world today and are able to do missionary type work, such as the Peace Corps, without having to take vows.

America's Malloy believes the Catholic Church's refusal to ordain women priests has contributed to the decrease because the rules of the Church do not match the attitude of the public.

"A cultural worldview that champions the elimination of sexism has little sympathy for a

church that enshrines sexism as a practice supposedly instituted by Christ," Malloy wrote in "Religious Life in the Age of Facebook" for the July 2008 issue of *America*. "As we obstinately refuse to ordain women, we are ordaining fewer and fewer men. The two phenomena may be more closely linked than we realize or are willing to admit."

### Celibacy

According to Novice Adam Burkhart, issues surrounding sexuality, including celibacy, are the number one deterrent of religious life because young people think it is "crazy" to give up sex. Burkhart, an Archbishop O'Hara High School class of 2006 graduate now in his second year at Conception Abbey on the path to priesthood, has felt a religious calling since kindergarten. But he knows he is in the minority.

Burkhart sees the media is the utmost influence on youth today, describing sexually provocative commercials as "sick."

So many people live with a "can't mentality," in regards to celibacy according to Berg, that the restrictions outweigh the opportunities.

Malloy, Berg, Burkhart and LaScala all agree that society does an insufficient job educating youth about the positives of celibacy: peace of fidelity, decreased importance of body image, experiencing sympathy for the undesirables, and simply gaining more time – especially for prayer. To counteract the influences of society on those who do not understand celibacy, those in religious life seek to lead by example.

"In an overly sexualized culture, those who freely choose celibacy are indicators that there is much more to life than we can know or imagine," Malloy wrote.

### Materialism

One vow involved in consecration is the vow of "poverty." Although the line of poverty has become somewhat undefinable, according to Berg, it still prevents people from entering into religious life.

A newer materialistic concern that deters religious entrants is the looming student loan, according to Malloy. In the past, priests and nuns ran high schools, so entrants would often go directly from high school into the seminary or monastery. Now, people do not enter religious life until after college.

The Catholic Church supports this delay between high school and vocational life to decrease the likelihood of someone leaving after a few years, but it also presents the problem of paying off student loans.

Malloy anticipates the Catholic Church in America will have trouble convincing young people to live on under \$100 a month if they must pay off thousands in college debt.

Others see a different issue in this student loan debt. They wonder how the Catholic

Church can afford to absorb the debt of those in vocational life.

Burkhart, who entered the seminary two years after high school, takes a unique stance when it comes to debt.

"It is always good to be in debt," Burkhart said. "You become more simple."

However, religious life sometimes accommodates to some materialistic values, according to Berg, citing the "Tivo" in her convent as an example.

### Image

The Catholic Church has updated its image in the past to cater to a progressive world, including the elimination of the religious habit as a requirement in Vatican II. However, Burkhart believes this may have been a mistake.

"The simplicity of [the habit] is just marvelous," Burkhart said. "I think that's what people are looking for – somebody they can talk to or reach out to. Parents have a wedding ring that says they belong to each other. [The habit] is our wedding ring. We belong to God. Nobody can take that away from us."

According to Berg, habits began with Sister Louise de Marillac, often associated with St. Vincent de Paul, who wore black to blend in with the mourning widows she worked with, rather than stand out. Berg said when it came time, women decided, "We're throwing off this habit!" and began to blend in again.

Beyond the habit, LaScala believes the image of religious life is so misconstrued that people rarely take the time to recognize opportunities the lifestyle presents.

"People don't see the big picture," LaScala said. "Our society is so worried about material things that overshadow this life."

The Catholic Church has kept most of its conservative values, yet some see efforts to appeal to a liberal society. For example, according to the *Washington Post*, church groups have incorporated pop culture into their routine, advertising priests as "Men in Black," or putting together skits involving popular teen TV show, "The O.C." in prayer groups.

According to Berg, some orders have even set up "apostolic institutes" in which priests, monks, nuns, single consecrated individuals and families may live together in one house.

Berg applauds many of the liberal stances the Catholic Church has taken and she encourages more. She is not overly optimistic about the reverse of a downward trend in the number of religious entrants, but faithful.

"God will do what God needs for God's church," Berg said.

Although the numbers are not headed in a favorable way for the church right now, there is some evidence of progress in drawing people into the lifestyle. But, the debate remains about what that solution is. ★



# If we can't write on our books, let us type on them, please

AN OPINION BY



SYDNEY DEATHERAGE

Call me a nerd, call me overzealous, but every year I cringe when I hand over the \$300-something check to pay for a pile of used and mostly outdated books. Books I can't really use, just read. Books that I can't highlight or take notes in. Books I must return at the end of the year. The list goes on: books that break my vertebrae and books that are littered with love notes and smiley faces from Mary Sue Class of '85.

Introducing the new (and improved) face of education: digital textbooks. Paper-free, yet with more content than ever before. Welcome to textbooks that don't need to be repurchased every few years, but are re-updated straight to your desktop with the click of the publisher's mouse. Welcome to automated, Google-esque full textbook searches at your fingertip and copying-and-pasting-and-highlighting-and-note taking on steroids. Sound wonderful? Well, maybe not so much since we're talking about textbooks for school. Sound economical and efficient for a school environment? I'd say so.

Digital textbooks are an inevitable evolution in classrooms nationwide. They save trees, backs and space. Teachers and students can communicate and share educational material through a multitude of mediums: through email and through interactive graphics and supplemental material only available with digital versions of textbooks. Digital textbooks cost almost half as much money as paper textbooks, and don't need to be replaced every few years (though there is the added necessity of purchas-

ing laptops or Kindles).

Student surveys conducted last issue of *The Dart* proved that with the Capital Campaign, technology is one of the most anticipated and perceived needed updates to the school. With the desired \$500,000 directed toward technology, STA should take the inevitable step toward revolutionizing the way students use textbooks and take notes. The \$500,000 should be directed toward personalized technology like Kindles, laptops or digital notebooks for all students, an ultimately more cheap, efficient and useful decision.

Likewise, individual educational departments should consider a similar investment by holding a massive garage sale. Get rid of the hoards of killed trees floating around in backpacks all over campus and give students more for their money (and more for STA's money). With the imminent revolution of technology on STA's campus, STA should invest in laptops, digital textbooks or Kindles and discover the long-term budgeting and educational benefits. ★

**Issue 6 Corrections**

On page 2, the coloration of the different pie chart sections relating to the story "Financing a future," was not accurate. The following are the correct correspondents in the chart: chapel construction is \$4 million, M&A Building renovation is \$1.5 million, endowment is \$1 million, technology is \$500,000.

On page 5, the main editorial titled "Nan can't campaign on her own; let's raise \$7 million STA" stated that the chapel is to contain six additional classrooms, but the plans actually state there will be four classrooms.

On page 19, the review of the song "Chasing Pavements" is by Madalyne Bird, not Shaughnessy Miller.

On page 17, the guitar illustration for the story "Mosh pits for Jesus" is by Allison Pointer.

On page 12, Maddie Dang's name was incorrectly spelled using a "y" instead of an "ie" in the "Are you teasing or are you bullying?" story.

## CAMPUS NEWS BRIEFS & UPDATES

by LINNY KAUFMAN, CAROLINE THOMPSON, MORGAN SAID AND MICAH WILKINS

### Math team succeeds in contest

The STA math team placed third overall in a tournament Saturday, February 28 at Olathe East High School. Senior Lauren Kenner won second place in the senior division, and junior Celeste Bremen took first place in the junior division. The tournament featured many schools in the Kansas City Metropolitan Area and was sponsored by KCATM.

Kenner said each team member first completed a series of four thirty-minute individual tests. After the four individual tests, they completed a team test.

"The tests weren't exactly 'fun,'" Kenner said. "They were pretty long. But the car ride out there was entertaining."

Ms. Jo Weller moderates the STA math team, and students from all four classes participate. ★

### STA to host colleges this April

Throughout the month of April, STA will host several universities and colleges. According to college counselor Debi Hudson, STA has hosted over 80 representatives from different colleges within the year. Some of the colleges coming in the next month include Creighton University April 2 and Maryville University April 29.

"St. Teresa's maintains relationships with college and university admission offices throughout the country" Hudson said.

The College Resource Center, where the representatives meet with prospective students, is a valuable outlet for students researching schools.

"The College Resource Center has a vast array of resource materials and is available for juniors and seniors" Hudson said. The resource materials include brochures, pamphlets and application forms to the many universities which have visited the STA campus in the past, and, according to Hudson, these resources should be taken advantage of. ★

### The Dart and Teresian staffs strive high for next school year

Beginning next school year, *The Dart* newspaper will publish online. *The Dart* online will have its own small staff, led by web editor-in-chief Sydney Deatherage. It will include the same stories that the print version includes, plus additional photos, stories, videos and blogs.

The new editor-in-chief for the print version of *The Dart* is Rosie Hodes. Sophomores Kathleen Hough, Molly Meagher, Laura Neenan, Cassie Redlingshafer and Betsy Tampke and freshmen Chelsea Birchner, Katie Hyde Hannah Katz, Cara McClain and Paige Wendland will join the 2009-2010 *Dart* staff.

New staff members for the 2009-2010 *Teresian* yearbook include sophomores Emily Baker, Jordan Brown, Elise Ferron, Meghan Harper, Molly Kenny, Jenny Schorgl, Meagan Stoops and Emily Strickland and freshmen Hannah Otto, Katarina Waller, Kathleen Vogel and Lucy Edmonds. The coeditors-in-chief of *Teresian* are Allison Pericich and Jessica Ann. ★

### Students depart for Kairos retreat

Kairos, according to theology teacher Robin Good, is a faith-based retreat in which participants get to know themselves and others through God. While Kairos is primarily a religious retreat for seniors, any junior or senior of any denomination can participate in Kairos.

Tuesday, 33 participants, six student leaders and five adults left after school for the 3 1/2 day spring retreat, one of three retreats during the year. The events that take place on the retreat are purposefully held confidential so participants will not anticipate the activities, and thus will experience the "fullness of the retreat," Good said. However, the leaders do not want to seem secretive or exclusive.

"[Kairos] is not intended to be a club or clique," Good said. "Our goal is for people's experiences in Kairos to be observable through words, actions and deeds. [Kairos] is just part of the fabric that makes up STA." ★

## DIVERSITY: High schools strive for diversified students

Continued from page 12

would not make it beyond freshman year." Kish agrees.

"We do not want it to be 'here they came, here they went,'" Kish said. "We have to have a system in place to help these students. We don't want to set them up for failure."

At every turn, there seems to be an obstacle for private high schools wanting to increase diversity. The pool of prospective diverse students is initially large and hopeful. But soon the possibilities drop off. Financial barriers, for both the family and school, limit the amount of aid a student can receive. This first challenge makes it impossible for many students to attend schools like STA or Marian. If students do have the resources to go to these schools, admissions and recruitment directors face

the issue of name recognition. They must fight community stereotypes and reach out to prospective students. Once the students are enrolled, the issue of comfort and success begins. The schools have to ensure the students are able to perform to the best of their abilities.

With all of these road blocks, it could be easy to ask "Why try at all?" While president Bone recognizes the immense challenges to achieving diversity, she believes its rewards are too great to stop trying.

"It is not very fair to educate you in a vacuum," Bone said. "Diversity prepares everyone for the world at large. It isn't just beneficial for a single student to come to STA, but it is good for the whole community." ★

## HAND: Academic principal leaves legacy behind at STA

Continued from page 2

Key, *The Leaven*, and *The Kansas City Star* online and has already received around 25 applications. After receiving applicants, Bone said that a two-tiered committee, including teachers, staff, administrators, board members, parents and possibly students will be formed to interview candidates. Bone says the new academic principal should have "similar qualities to [Hand]" and the ability to move the school forward, educational and business experience, communication and social skills, organizational skills, the ability to evaluate teachers and knowledge of educational practices.

In addition, an online survey was recently sent out to all STA parents, asking them what qualities are wanted in an academic principal, what leadership style is necessary for a principal and the three most important issues the new principal should address. Bone says the administration hopes to have a new academic principal by late April, so they can work closely with Hand for a short time.

Hoecker says that Hand has done great things for STA, but the administration will also miss her personality.

"She has a good sense of humor and can enjoy a good joke," Hoecker said. "It's great if you have a team that can laugh. There's so many hard things

that you do, keeping a sense of humor and the ability to laugh is so important...Little things like that make [Hand] so great."

Hand's administrative assistant Marion Chartier agrees that Hand will be widely missed at STA.

"I think it's very hard to put into words what you feel about a person you respect," Chartier said. "But I'll definitely miss her personality as well as her commitment to the school, to education and to the community. She is so passionate about what she does, and I'll definitely miss that."

Hand is proud of her strong legacy of building a strong curriculum and a strong value system at the Academy, but the community is what she will miss the most.

"Watching a student just blossom and grow from the freshmen year awkwardness to confident and beautiful young woman as they walk across the stage [is what I'll miss]," Hand said.

According to Hand, although she is leaving, STA will always be a part of her life.

"[Leaving is] going to be hard," Hand said. "My heart is here. I grew up here. Parents, teachers and friends all challenged me and opened my eyes. And I'm proud of all the work we did." ★

TALK TO YOU LATER



JAIME HENRY-WHITE

There's no place like NYC

"Isha Beshu? Gasha neshu ni?" she questioned, pointing at a pedestrian next to us.

"Isha bu," I nodded, smiling.

I had spent a total of five days in New York for senior spring break (see Haley's column for further explanation on page six) and today was the last. Strolling 42nd street with Lenny Kaufman on our way back to Times Square, we spoke to each other in our recently made-up language. To intellectually and creatively stimulate our minds at the MOMA, the Museum of Modern Art, a few friends and I decided to tease some ironically immature French boys after admiring Picasso's and Van Gogh's. We spoke so profusely and seriously, they actually believed we spoke another language. But, it was not really a surprise to them. We were only a drop to the cultural, human melting pot they call NYC.

On the first day, after walking a block amidst the honking taxis and pitter-pattering of feet, I struggled to hear an ounce of pure, unaccented English. Somewhere between the concrete slabs of skyscrapers and the Hudson River, the world had decided to take a walk alongside me.

Our caveman speech phased no one. Not the Japanese, the Chinese, the Argentineans, the Italians, the Armenians, nor the actual Dutch and German. We were nothing unusual. Our language joined into the city noise as if it was there all along. We were in America, but a part of another world.

Apparently, different is the new normal there. Nowhere else could you find a man in rainbow wig tell your friend he "likes [her] crazy hairstyle" and have a lone woman across from your dinner table say "boob jobs are the king" halfway through your sundae at Serendipity. No two people are the same and no two street corners speak the same language. It was a beautiful feeling to touch, hear, taste and even smell humanity as the diverse being that it is and know that I fit right into it, no matter who I am or what language I speak.

I never met an angry New Yorker. Instead, I befriended 20 Italians despite language barriers, laughingly helped two lost Argentineans on the subway, and somehow wheeled a paralyzed homeless man across the street to safety.

Despite what Frank Sinatra says, you don't have to be on the island of Manhattan "to be a part of it." Somehow, we are all New Yorkers at the core, simply by being ourselves. I hardly got a taste of it all. Though I hope it's not the hairy, armadillo-like creature I saw hanging by the tail in a China Town window, I cannot wait for one more bite of the Big Apple, no matter where that may be. ★

top [[unproven theories]]

Compiled by Madalyne Bird

**5 NASA faked the Apollo moon landings:** Disbelievers show missing information in the Apollo missions such as missing transcripts, blue prints and irregular photos, leading to the possibility that the operation was not real.

**4 US government was responsible for 9/11 attacks:** Over the past years there has been talk of whether or not former President Bush had received warning ahead of time about the attacks. Little evidence has been found to support this theory, however.

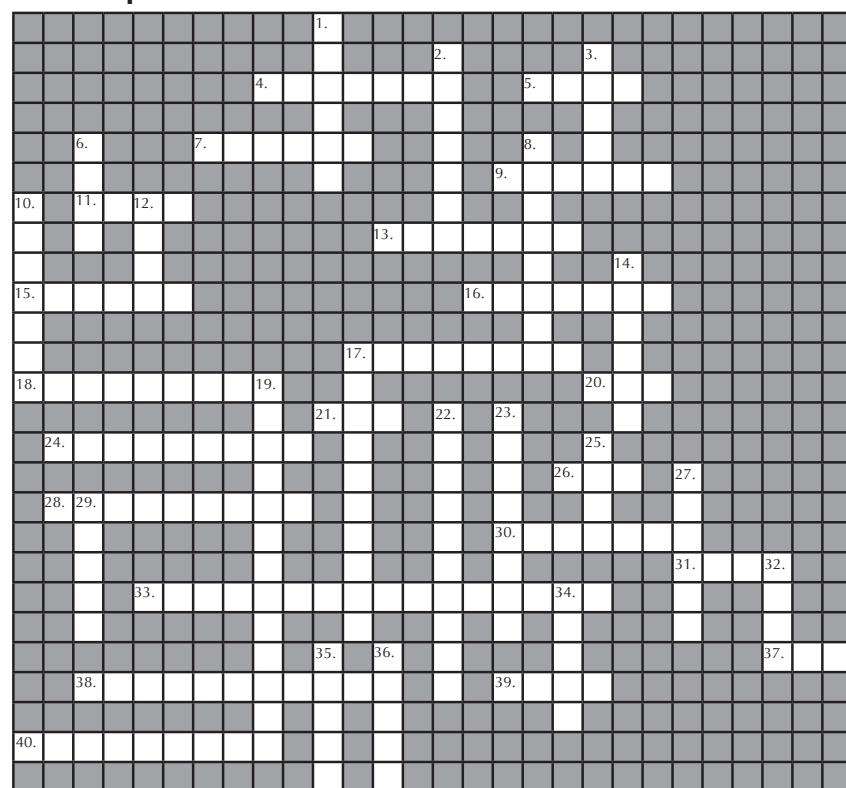
**3 Princess Diana of Wales was murdered:** Ever since her death there has been talk about whether or not the royal family and British Intelligence were behind Diana's fatal car crash.

**2 JFK assassinated by more than one:** Ever since his death it was suspected that Lee Harvey Oswald was not the only one involved in the murder of the President in 1963, but also US federal agents, Costa Nostra and anti-Castro.

**1 AIDS is a man-made disease:** Everyone from US military scientists to Russian scientists to the CIA has been accused of creating HIV in a lab in an effort to wipe out minorities.

[http://www.wired.com/culture/lifestyle/magazine/15-11/st\\_best](http://www.wired.com/culture/lifestyle/magazine/15-11/st_best)  
[http://www.2spare.com/item\\_43133.aspx](http://www.2spare.com/item_43133.aspx)

[clichéd phrases]



**Down-** 1. They said the dog kicked this when he hot hit by the car. 2. It will be \_\_\_\_\_ if more people come. 3. See 39 down. 4. Don't weep when this beverage topples. 8. Rules are \_\_\_\_\_ broken. 10. I don't care, I just roll with the \_\_\_\_\_. 12. People who beg cannot be \_\_\_\_\_. 14. She acts like she's got bats in the \_\_\_\_\_. 17. A box of these is what life is similar to. 19. This wins the race. 22. Can't change the plans, they're \_\_\_\_\_. 23. Be careful of this kind of five cent coins. 25. Another one bites the \_\_\_\_\_. 27. She got so mad and flew off the \_\_\_\_\_. 29. My glass is half \_\_\_\_\_. 32. When these pink mammals take to the air. 34. Well that explanation was as (34 down) as (26 across). 35. You are like this very tempting fruit in my cornea. 36. That sounds like this ancient tongue to me.

**across-** 4. I giggle when I get \_\_\_\_\_ this rosy color. 5. Read 'em and \_\_\_\_\_. 7. Watch out for this kind of five-cent coin. 9. That's worth a king's \_\_\_\_\_. 11. She'll be the \_\_\_\_\_ of the party. 13. This is what the lawn looks like over there. 15. Oops! I got \_\_\_\_\_ red-handed. 16. This made the cat perish. 17. I'm the temperature of this green vegetable. 18. Psh, that has about a \_\_\_\_\_ chance in hell! 20. \_\_\_\_\_ me a river. 21. Clever woodland creature. 24. When these pink mammals take to the air... 26. See 34 down. 28. A box of these is what life is like. 30. Vegas-style wedding. 31. Plans can change at the \_\_\_\_\_ of a hat. 33. A theory about positives and negatives. 37. Clever as (21 across). 38. A glad outdoorsy person. 39. She fell (39 across) over (3 down). 40. This made the cat perish.

Weird Brief

March 6, 2009 marked an unforgettable date for senior Sally Nulton. All was well walking into school that dismal Friday morning, but Nulton witnessed something both disturbing and unimaginable: Critter, "The Campus Cat," suspiciously emerged from the STA parking lot sewer. What kind of double life is our precious cat leading? Lovable campus cat, or dark sewer critter? Some questions are best left unanswered. ★

Compiled by Avery Adams

Compiled by Carlie Campbell

DARTSMART

Could you navigate in a foreign country?

- Who would you take as your tour guide?**
  - Steve Erwin, that guy knows everything!
  - Well, my scheduled activities have their own tour guides to show me around, so I don't need a tour guide.
  - I don't need anyone, I'll be able to figure my way around myself.
  - Tour guide? Why would I need one of those? My resort has all the best activities.
- How would you carry your information?**
  - My fanny pack, of course. It's just so convenient--everything's right there!
  - My small bag with a strap that goes over my chest, wouldn't want anyone to snatch it from me!
  - My hand, obviously. It's the only way to make sure I don't lose it.
  - I wouldn't...it's safe in my hotel room.
- How would you get around?**
  - Walking. All I need is a map, everyone can read a map.
  - I booked a driver from our hotel to take us around, I'm sure he'll know the city!
  - Oh, I just plan on wandering around...I can't speak the language.
  - I won't! It's my time to relax.
- Do you speak another language?**
  - A little bit, nothing past high school level, of course.
  - Yes, took all four years of Spanish in high school, and I studied in college too! I can learn more if need be.
  - No, but someone will speak English. It's the universal language!
  - Everyone speaks English where I'm staying.
- What food would you eat?**
  - I'm not exactly sure. McDonalds or something.
  - Whatever the country has to offer!
  - I'll bring my own food. Wouldn't want to catch a disease!
  - My hotel has a four star restaurant.

if you answered...

**Mostly A's**  
You'd be able to survive in a foreign country, but you wouldn't get the right experience. As for navigating, you sure do make things harder for yourself. You need to learn to plan ahead of time, don't just see when you get there. Make plans!

**Mostly C's**  
There's no way you'd be able to navigate in another country. Not only do you need to plan a little more, but you need some common sense. No wandering around in a foreign city! You could easily get lost with no idea where you are...

**Mostly B's**  
Honey, you're golden. You know how to plan ahead of time, and what to expect. You're willing to try new things which is essential for navigating in a foreign country, and you are able to foresee most obstacles that will be in your way.

**Mostly D's**  
Sure, you can navigate a foreign country, as long as you don't leave your cozy resort. But what's the point? Why bother coming if you didn't want a new experience, get your feet dirty! It's okay, I promise, no one will bite you... too hard.

Compiled by Taylor Irwin

dr. quinn's spin with caroline quinn

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

Q Dear Dr. Quinn,

A Beloved DBF,

I'm a senior and leaving STA will be bittersweet. You see, I have this little obsession - the Dart. I remember Coco Owen's "Sisterhood" column freshman year. I cried looking at the state volleyball team's picture sophomore year. I eagerly anticipated part 3 of the hook-up series junior year. And while I'm excited to go off to college next year, I'm also worried. What will I do without the Dart? -Dart's Biggest Fan

Well, you should know you have brought tears to my eyes. This is why we do what we do. We want to thank you for being a dedicated reader. We can always count on catching you in the Quad on Thursdays, rolling around in 50 editions of the new issue. We love seeing your leather-bound portfolio where your paste your favorite articles and photos. Most of all, we look forward to spotting your face above the partition and shouting

"It's okay, Kate, we know you love us" and then watching you sprint from the room.

Your obsession has a made us a better staff. Be sure to stay in close contact by visiting the [www.stadart.com](http://www.stadart.com) next year (I'm sure it will be up and running and beautiful by then).

Until then -

Stay healthy, STA. ★





**Giggling girls** ★Sophomore Margaret Haake laughs after she accidentally hits sophomore Lilly Kraus in the head in the quad on Mar. 24. Kraus later tackled Haake as they entered Donnelly. PHOTO BY MADALYNE BIRD



**Hang time**★ Sophomores Montaya Jones, left, and Chloe Zinn share a laugh on the benches after Registration Day Feb. 5. PHOTO BY TRACY BURNS-YOCUM



PHOTO BY ALLISON POINTER

**Study Break**★ Freshmen Madison Phillips, left, and Rachel Caffrey do their homework after school Monday while waiting for rides. PHOTO BY TRACY BURNS-YOCUM



**Off into the distance** ★ Sophomores Claire Cirocco, left, and Montaya Jones watch as people leave school in the quad on Mar. 25. The two waited for friends after school. PHOTO BY MADALYNE BIRD

When the trees begin to bud and the grass gradually turns green, when days lengthen and the temperature rises, when birds begin singing again and flowers pop up from dormancy, when students grow restless in their classrooms and become wistful for summer, when all these things happen, you can be sure it is...

# Spring

