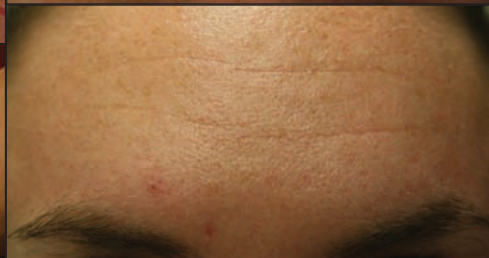


the

ST. TERESA'S ACADEMY

dart

volume 69★ issue 2★ september 17, 2009



human FRAMEWORK

The distinctive ways STA students use their body parts reflect their interests

See pages 12-13



Staff readies for flu outbreak

STA staff creates health plan to contain viruses, avoid H1N1 outbreak on campus

by ELIZABETH WILSON
Managing Editor of Copy

On June 11, the World Health Organization signaled that a pandemic of H1N1 flu (commonly referred to as "swine flu") was underway. Despite its widespread outbreak, STA faculty and staff assure they are prepared for any possible obstacle H1N1 may bring.

As of Sept. 3, STA had yet to report a case of the H1N1 this school year. But, it has been rumored that several students may now have it at STA, but school administrators are not at liberty to disclose this information. Sophomore Kate Rohr contracted a case of H1N1 this summer and '09 alumnae Lindsey Jones and Lauren McQuaid were 2 of the 340 students (as of Aug. 31) at the University of Kansas to report cases of H1N1.

According to principal for academic affairs Mary Anne Hoecker who attended a public health briefing from the Mid America Regional Council regarding H1N1 Monday, public health officials said hospitals are no longer testing for H1N1, and therefore many cases are going unconfirmed.

"If you have flu symptoms, it is very possible you have [H1N1] and you should stay home," Hoecker said.

STA has been doing many things to stay up-to-date on the latest information and to educate its community about the flu. Hoecker made an announcement to the school about hand washing, not sharing water bottles and properly disposing of tissues, sent an E-mail regarding the flu to parents and biology teacher Mary Montag had her students make signs encouraging students to wash their hands, which have been placed around the school. Administrators have also done research and talked with pediatricians for advice on how to cope with this flu and keep students healthy.

According to pediatrician Bob Schloegel, the best way to stay healthy is to practice the "universal precautions." These are hand washing, avoiding sharing water bottles, coughing into your arm and isolating yourself if you start getting sick.

President Nan Bone also added that students should minimize their hugging.

"But how are you going to stop that at STA?" Bone asked with a laugh.

Bone also believes students should keep hand sanitizer in their purses or in their backpacks. She said teachers asked parents at Back to School Night to send extra jars of wipes or hand sanitizer to school with their daughters.

"Schools are a breeding place for the flu," Bone said.

Hoecker also mentioned that children under the age of 18 along with pregnant women and those with health issues are the ones being most affected by this flu.

Schloegel said he has seen some cases of H1N1 in his office,

but nothing severe.

"It is a flu-like illness," Schloegel said.

If a student should come down with H1N1 or feels they may have it, according to Hoecker, that student should go to administrative assistant Julia Berardi in the front M&A Building office, where Berardi will take the student's temperature and most likely call the student's parents to create further arrangements. Any student vomiting

will immediately be sent home. Hoecker said students should remain at home until 24 hours after their fever has broken and the student is no longer taking Tylenol or other fever-reducing medications.

If a large outbreak of H1N1 occurs at STA, Bone will be visiting with the staff about making classes less rigorous until the outbreak ceases.

"The only time we would ever close is if over half of our faculty and staff got [the flu] and we couldn't get enough [substitute teachers]," Bone said.

Bone said she knows the STA mentality is, "I gotta go, I can't miss this class." But, Hoecker insisted the school does not want students coming with a fever.

"They need to rest," Hoecker said.

Hoecker said clinical trials for a H1N1 vaccine will be analyzed in the next two weeks. Health officials hope for the vaccination to be ready by mid October.

According to Schloegel, the vaccine, if approved, will be available at local health departments.

As for now, emergency updates regarding H1N1 will continue to be given via school-reach. Administrators recommend checking in with personal pediatricians and remaining calm.

"It's the same kind of prevention for any kind of flu," Hoecker said. "We don't want to get hysterical." ★

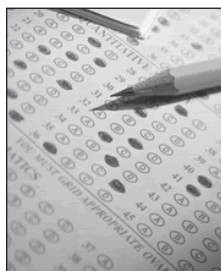
"The only time we would ever close is if over half of our faculty and staff got [the flu] and we couldn't get enough subs[titutes]."

Nan Bone, president



Stop the swine ★ To help stop the spread of disease, pediatrician Bob Schloegel says to use "universal precautions." These precautions include simple things such as washing your hands and covering your cough. PHOTO COURTESY OF MCT CAMPUS.

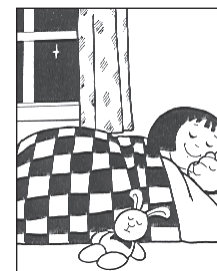
inside out



Campus News: Senior Celeste Bremen received a perfect score on her first SAT test in July.
See Page 3



Centerspread: *The Dart* explores the anatomy of an STA student and what makes her unique.
See Pages 6-7



Lifestyles: Teens realize there are not enough hours in a day as sleep deprivation rates rise.
See Page 10

Senior gives up Swiss life for year in US



Swiss exchange student adapts to new culture 5,000 miles from home

by KYLIE HORNBECK
Academics Editor

Senior Susanne Andenmatten arrived in the US only five days before her first day at an unfamiliar school in an unfamiliar city in an unfamiliar country. Andenmatten is a foreign exchange student from Visp, Switzerland who will be staying with the Haywood family, which includes senior Holly and sophomore Hannah, for this school year.

With a background in speaking of three years of English, seven years of French and a lifetime of German, Andenmatten came to STA through the American Field Service from her home school of Spiritus Sanctus, a coed five-year collegium (similar to a US high school). She left her parents and 18-year-old brother, Johannes, to reach the foreign city of Kansas City about 5,000 miles away from Visp.

Although this is her first experience outside of Europe, Andenmatten looks forward to a school year away from home.

DART: Why did you choose the US?

Suzanne Andenmatten: I wanted to go somewhere where everyone speaks English and Great Britain was not far away. It was too close. That is why I choose United States.

D: What was your first impression of the US?

SA: A lot of cars everywhere, and the people were really nice.

D: What things do you particularly like about the US?

SA: I like the intercultural foods: Mexican and Greek... and I like the people who are really nice everywhere.

D: Is there anything you dislike?

SA: No.

D: What are the major differences you have noticed so far?

SA: The biggest difference is all the cars. Also, in Switzerland my school isn't all girls. We have more classes, and we don't change [classrooms]... There are the same people in each class... And everything tastes sweeter here.

D: Are there any others?

SA: I think the food, the way people eat is different. In Switzerland at lunch we eat a big meal with our family at home or at school, but in US it's not a big meal, only small snacks. At dinner we eat always together, but here we eat sometimes together and sometimes not.

D: What challenges have you faced since you came to the US?

SA: At the beginning it was a little bit confusing. The language is the hardest part. I can't speak really good English so it's hard to understand and speak it.

D: Do you think speaking English is getting easier for you since you have been in the US?

SA: It's not easy to speak English. [It is getting] a little bit easier. I think it's not easy to say what you really mean. Sometimes you say things really strange and not in the way you actually mean.

D: What is something that you feel is the same about Switzerland and the US?

SA: The people aren't really different. We all go to parties. Parties aren't the same here, but we go out, too.

D: Do you see any differences between Swiss people and Americans?

SA: I think it's easier to speak with people I don't know here. They are all more open and friendly to me.

D: What differences do you see between STA and your home school, Spiritus Sanctus?

SA: We have more people in our classes and our classes are 50 minutes, and we have boys... There is more homework here

than in Switzerland, and we don't have so many frees. We have more time for lunch, one to two hours, and we usually walk to the city for lunch.

D: How do you feel about STA?

SA: I like the school. I think it's cool when there are only girls. All the people are nice and helpful. I like the campus and the buildings. It's really nice. I like the uniforms because it's fast in the morning.

D: How do you feel about living with a host family?

SA: I like to know the difference between my family and my host family. It shows me a new way of life. It's interesting.

D: What do you hope to do while you are here?

SA: I think I want to visit some cities around Kansas City and meet people and try some new sports, maybe [Catholic Youth Organization] volleyball or lacrosse or maybe CYO basketball.

D: What have you enjoyed most about your experience so far?

SA: Getting to meet new people and just being introduced to another culture and another lifestyle."★

What is your favorite . . .

★
Swiss food? cheese
American foods? ham-burgers, pizza
Movie? "Italian Job"
Genre of music? Rock (mostly in English from US and some from Britain)
Band? Lifehouse
Animal? Squirrel
Class taken? Biology
Dream job? Architect
Way to spend free time? Mountain biking, hiking, spending time with friends or listening to music



Swiss Miss ★ STA foreign exchange student Susanne Andenmatten poses with her native flag.

Badminton Anyone ★ Andenmatten plays a game of badminton with the Haywood's in their backyard.

Who let the dog out? ★ Andenmatten enjoys a surprise visit from the Haywood family dog Ginger. PHOTOS BY TRACY BURNS-YOCUM

STA student receives perfect score

Senior earns first perfect score at STA in more than twenty years, 1 of 250 students to do so

by TAYLOR IRWIN
In-focus Editor

Summer weeks rolling on, then junior Celeste Bremen grabbed the mail like any other day. Absently flipping through the pile of stiff envelopes, her fingers stopped as she read her name in bold black letters. Knowing what lay inside, Bremen paused before tearing open the envelope and skimming the formal type, eyes searching for all that really mattered. Her SAT score, her ticket into her college, her future.

It was the first of any of the dreaded tests she had taken, and Bremen felt pretty confident about how she had performed. Finally, Bremen found the box with the bolded number she was looking for. Now, in front of her, Bremen got to take a look at how she did.

"2400," Bremen read, a perfect score. "Honestly, at first, I was in shock," Bremen said. "I thought it must have been a mistake."

Once the initial shock wore off, Bremen

was happy with her score.

"I was extremely surprised and pretty pleased," Bremen said. "My whole family was surprised, but really happy. It was a great feeling."

According to STA's college counselor Debi Hudson, Bremen was the first student at STA to receive a perfect score in the twenty years Hudson has worked at the school.

"It's unbelievably rare," Hudson said. "The numbers are incredible. [Bremen] was one of 250 students to receive [a perfect] score. 250 out of the 1.5 million kids took the test this year across the United States."

According to collegeboard.com, an SAT informational website as well as student testing sign up, only around half a percent of the students who take the SAT receive a perfect score of 2400.

According to Bremen, she had not done anything "super big" to get ready. In preparation for the exam, Bremen purchased a prep book at a nearby book store. A few days prior to the exam, she completed the recommended practices.

"It was the first time I took the test," Bremen said. "And it's definitely going to be my last. I might take the ACT again, but I'm definitely done with the SAT."★



Hit the Books ★ Senior Celeste Bremen studies AP US Government in the library Sept. 2. Bremen has taken 14 AP and Honors Courses while at STA and received a perfect score on her SAT. PHOTO BY SHAUGHNESSY MILLER

DARTBOARD

by MICAH WILKINS, CARA McCLAIN, KATIE HYDE and MOLLY MEAGHER

Students volunteer at art exhibit
Several STA art students will be volunteering at the Andy Warhol exhibit at Union Station, which opens Oct. 2. According to volunteer manager Patti Swanson, the students will assist with guided tours throughout the exhibit and help the Museum educators presenting activities for children and adults.

The students were informed of this opportunity by fine arts teacher Lisa Dibble.

"Ms. Dibble asked if I was interested and I was all for it," junior Clare Odegard, who is volunteering at the exhibit said. "I want to learn more about Andy Warhol and I've been looking for a volunteer opportunity that goes along with my interests."

The collection, titled "Andy Warhol Portfolios: Life and Legends" will feature more than 80 works by the "pop" artist, and will be up until Jan. 10.

Phase I: Complete

The Board of Directors accomplished phase one of the Music & Arts building auditorium renovation which is one fourth of the Capital Campaign. The seats were removed, reconditioned and reinstalled. The floors were repaired and the carpet was replaced. The lights were rewired on the first and second floor to make the auditorium brighter.

STA president and Board of Directors member Nan Bone watched the renovations happen in parts over the summer.

"I knew right away we are going in the right direction," Bone said. "I can't wait for the first event [in the new auditorium]."

Science Bowl Teams Form

STA's science knowledge bowl team, a team of around 16 freshmen, sophomores, juniors, and seniors is currently forming for another year of academic competitions. Moderated by teacher Mary Montag, the team gathers each Monday to prepare for the two annual competitions they participate in during the second semester. But for some students, the team isn't just an academic pursuit.

"Science bowl is the bomb!" Sophomore Maddie Dang, a member of quiz bowl, said. "Although we all like to compete, the group and all of our competitions are really fun. It's great to be a part of a team that loves both science and competition."

Although the team has already met this year, Montag is still accepting members. Along with hoping for the team's success in competitions, Montag also hopes the girls enjoy the friendship on the team.

"I always hope the girls enjoy the camaraderie, the competition and fun and maybe learn a little science along the way."

Ministry involves more students

A meeting was held recently to discuss future campus ministry events, which includes a respect life week in October. The Campus Ministry team is also excited about their recent increase in student volunteers; compared to previous years, a significantly larger amount of STA students showed up to help at the first all school mass this year. Regular Campus Minister volunteers, like senior Anne Marie Whitehead, are excited for the new increase in student help.

"I'm really excited [for this year's Campus Ministry] because it's getting more people involved than ever before," Whitehead said. "Now that more [students] are involved, I think even more will start to show interest and help, which makes the faith aspect more important in our school than if it were the same 10 people all the time."

Health care becomes national headache

Nation debates faults and controversies surrounding proposed health care bills

by SHAUGHNESSY MILLER
News Editor

The government is reviewing several sharply debated health care bills. Many groups have created these bills with the general consensus that health care must be more available and affordable.

However, many details in the thousands of pages that outline the reform are in dispute. Mr. Robert Laszewski, president of Health Policy and Strategy Associates, Inc. (HPSA), explained the agreed upon objectives of proposed health care bills in a powerpoint presented to private insurers this summer in Kansas City. Laszewski created HPSA in 1992 to assist health related companies, such as

insurers and hospitals, through the changes in health care policies.

According to Laszewski, common points in all bills include:

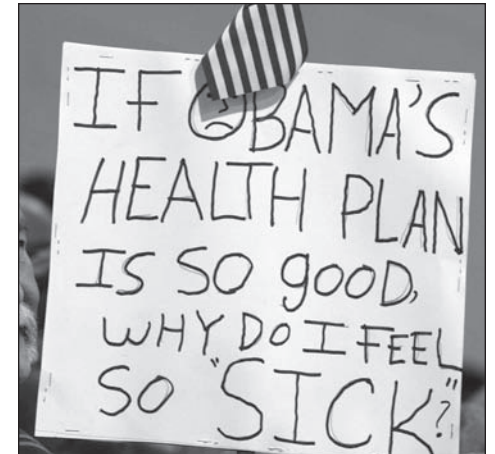
- The policy will provide insurance to those without coverage
- The policy should begin to control costs of health care
- The policy must pay for itself within 10 years
- The policy requires employers to continue to provide insurance for employees

Laszewski mentioned four key controversial issues involved in the plan. These issues are named and further explained in the boxes below.

This complex issue has many more key points and controversies involved. The President addressed the nation Sept. 9 in hopes to rally support and pass a bill before the Christmas holidays. ★



Not on board ★ In response to new government proposals for health care legislation, many advocate in support of making insurance more available and affordable (left). Others protest at town hall meetings and find many faults within the over 1,000 pages in the bill. PHOTOS COURTESY OF MCT CAMPUS



How much it will cost and who will pay for it

The Congressional Budget Office (CBO) provides congress with non-partisan, timely analyses of budgetary decisions covered by the federal budget. CBO predicts that federal spending will increase by \$1 trillion over ten years if the new plan is installed. This conflicts with President Obama's statement that spending will decrease by \$2.2 trillion.

According to Laszewski, plans to pay for this increase in spending include:

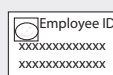
- reduced government spending on Medicare and Medicaid
- a variety of tax increases and elimination of tax exemptions based on income levels.



Public option, or government run health care

President Barack Obama supports the creation of a public option to drive private insurance prices down. He reasons that insurance companies' prices are too high, causing more limited access to insurance.

Opponents of the public option argue that the government would have the ability to lower their own health insurance prices by paying the doctors and hospitals significantly less than private insurers. According to the Independent Insurance Agents of America, "A government run health insurance plan would create an inherently unlevel playing field that would drive private insurers out of the market over time and dismantle the employer-based health care system." ★



Employer mandate, or requirement of employers to provide health insurance

Factcheck.org, a nonpartisan online website, states that the bill "requires employers either to offer private health insurance coverage or pay a percentage of their payroll expenses to help finance a public plan."

The National Center for Policy Analysis, a nonpartisan public policy research organization, counters that some employers will take the cost of health insurance out of their employees' paychecks, "forcing employees to accept health insurance... in lieu of wages." ★



Tax dollars funding abortion, requirement of all medical facilities to perform abortions

President Obama has stated that taxpayer funds will not be used to pay for abortions. However, according to factcheck.org, "As for the House bill as it stands now, it's a matter of fact that it would allow both a 'public plan' and newly subsidized private plans to cover all abortions."

Archbishop Joseph F. Naumann and Bishop Robert W. Finn expressed a concern in their joint pastoral letter that "a huge resource of professionals and institutions dedicated to care of the sick could find themselves excluded, by legislation, after health care reform, if they failed to provide services which are destructive of human life, and which are radically counter to their conscience and institutional mission." ★

Gardasil-related deaths worry girls

New medical statistics spark debate on the safety of Merck's HPV vaccine

by Chelsea Birchmier
Staff Writer

A government report released by the Centers for Disease Control and Prevention Aug. 18 reveals 32 deaths caused by the HPV vaccine, Gardasil, leaving girls questioning the safety of the vaccine.

Ms. Shannon Schrag's daughter, Wichita South High junior Gabrielle Swank, received her Gardasil shots in November 2007, February 2008, and June 2008. After each shot, her symptoms worsened. After the third, she experienced sickness, hair loss, difficulty breathing and loss of feeling in her hands. She began to experience seizures and even transient ischemic attacks, or "mini-strokes." Swank was eventually diagnosed with central nervous system lupus, central nervous system vasculitis, POTS syndrome and a seizure disorder.

"I believe that doctors are encouraging the Gardasil vaccine based on lack of knowledge and studies," Schrag said in an e-mail interview. "The majority of physicians do not know the risks and side effects associated with it. The new information and studies surfacing on Gardasil is creating doubt and questions in the medical community, and doctors are now hesitating before vaccinating."

Gardasil, manufactured by Merck & Co., Inc., is a vaccine for girls ages 9 to 26 that helps prevent four strains of HPV, the human papillomavirus, which can cause cervical cancer. Girls receive Gardasil as a series of 3 shots in 6 months.

"Gabi's life has changed drastically since she received the Gardasil vaccine," Schrag said. "She is no longer able to cheer, she struggles with her school work and requires the assistance of tutors. She is not able to attend school on a regular basis. She spends the majority of the time at home or in bed."

Common side effects of Gardasil include fainting, dizziness and nausea. Of the 14,072 adverse reactions reported to the Vaccine Adverse Event Reporting System, 7 percent were considered serious reactions which resulted in hospitalization, disability, life-threatening illness or death.

Ms. Karen Morelock, nurse manager at Pediatric Care North, however, continues to encourage girls to receive the vaccine.

"I would say that we have complaints about more pain with the injections in general," Morelock said. "The girls say it hurts a little bit more than other vaccines. We've had a few faint after injections, but really no more than we see with other vaccines." ★

"Gabi's life has changed drastically since she received the Gardasil vaccine."

Ms. Shannon Schrag

Morelock highly recommends the Gardasil vaccine for girls hoping to protect themselves from cervical cancer.

"[Gardasil] is a safe vaccine," Morelock said. "[Merck has] contributed over 23 million doses of Gardasil, and we don't see, at least in our practice, and I haven't heard any problems in other offices as far as more side effects or problems after administration."

Sophomore Shannen Freeman received her first shot in May and has now completed her Gardasil series.

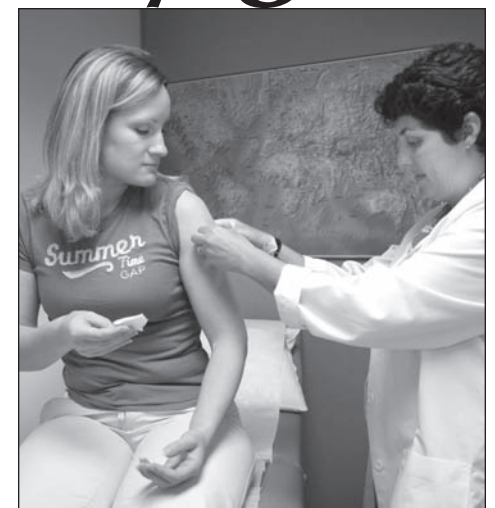
"After I first got them I started feeling a little dizzy," Freeman said. "[My arm] was a little sore for a couple days. It was worth it though."

However, Freeman's opinion changed after hearing the report on the deaths.

"If I had known that I could have died during the administration of Gardasil, I wouldn't have let my mom let me do it," Freeman said. "And if my mom would have known, she wouldn't have let me take it."

If Schrag had known of the potential risks of Gardasil, she wouldn't have wanted Swank to receive the vaccine either.

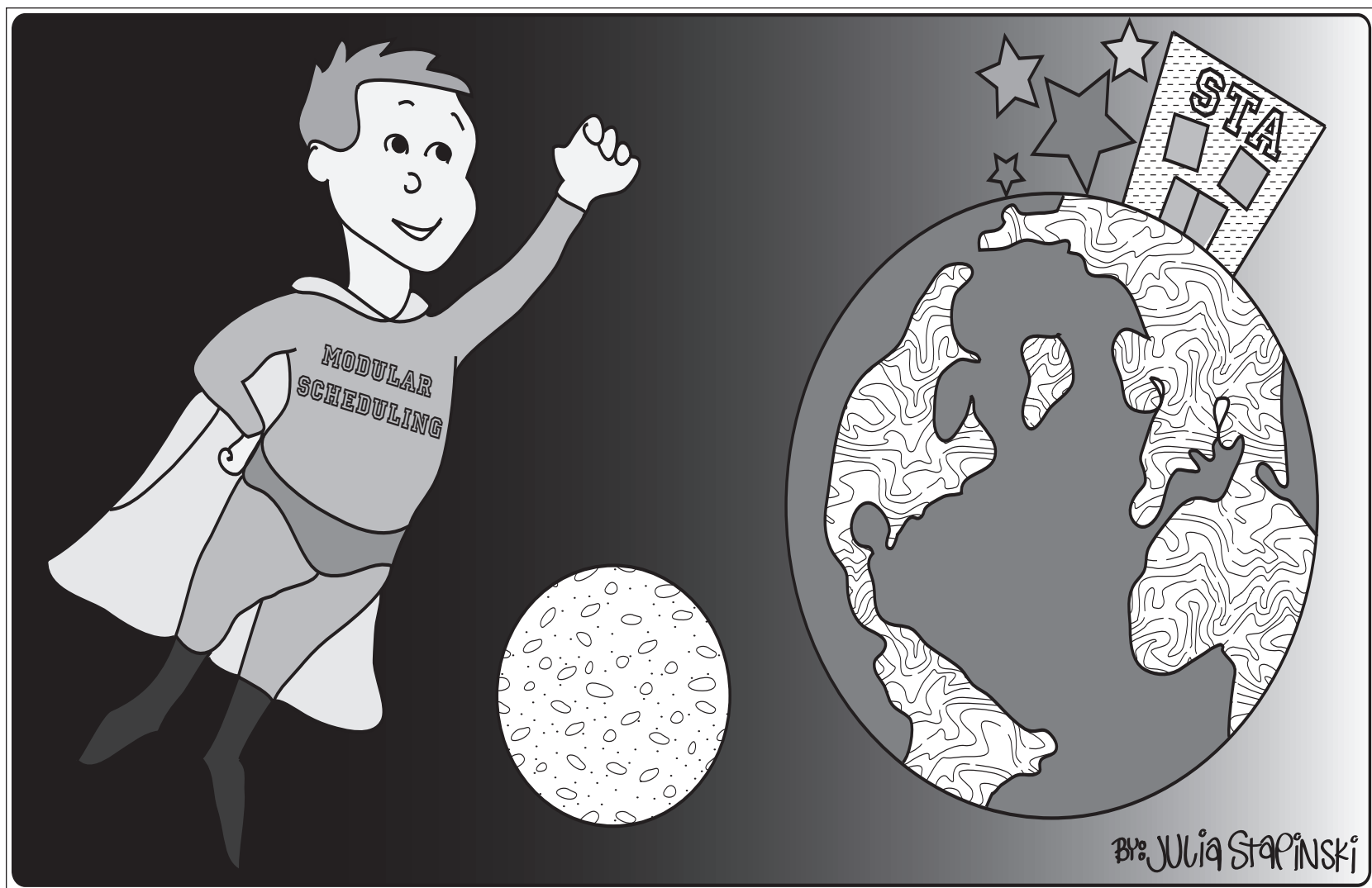
"For anyone considering the vaccine, HPV and cervical cancer are preventable with absti-



An apple a day keeps the doctor away ★ Courtney Banzer, 27, receives an HPV vaccine from Dana Varon at Harborview Women's Research clinic in Seattle, Washington. PHOTO COURTESY OF MCT CAMPUS

nence, other precautions and interventions besides Gardasil," Schrag said. "The benefits of Gardasil do not outweigh the risk when you are fighting for your life. Educate yourself on all of the risks and benefits before you decide to vaccinate yourself with Gardasil." ★

Super Scheduling



STA scheduling: filled with love

STA's modular scheduling system is completely unique — no other school in the metro area uses it, which means we have a lot of exclusive benefits that other schools simply don't have. However, that also means that if problems come up, the administration is on their own. There's no one else to look up to or compare questions or uncertainties with.

For most students, their schedule fits perfectly. They can openly enjoy the benefits of modular scheduling — frees, activity period, a college atmosphere. But for some students the scheduling that is supposed to allow us more freedom and less stress actually does the opposite. Some students aren't allowed to take the classes they want because they won't fit into their schedules, or end up having multiple conflicts that impose hard workloads on girls.

To the individual student, weekly conflicts can be an annoyance, but what every STA girl has to remember is that there are 529 other students that go to this school. After using a computer program to create each girls' schedule, academic scheduler and registrar Kathy Walters, principal for academic affairs Barbara McCormick, and administrative assistants Julia Berardi and Kelly Drummond spend dozens of extra hours each summer making a master schedule, checking and double checking each student's schedule for conflicts and trying to let every girl have her first choice of elective. The administration and faculty at STA spend more time and put forward more effort making sure students are happy than even colleges do. Obviously not everyone is going to get the exact classes they want at the exact time they want them - that's impossible. But students can be sure that the faculty is doing everything they can to make the student body happy.

Although STA has one of the best scheduling systems, in the past they have failed to inform students of major school decisions. Last summer, STA faculty decided to drop the classes Shakespeare and Drama as Literature because not enough students were taking the

courses. However, they also failed to inform the students who were taking these two classes that they no longer existed. A major uproar resulted when these students discovered on the first day of school that they didn't have an English class to take. If the administration needs to inform students of scheduling changes, dropped classes, or conflicts.

If they initiated communication among students, STA would have one of the best scheduling systems in the city. Students that are well informed are less likely to disagree with faculty, and in turn, there will be less disagreements over schedules.

If STA is going to be modular, there are going to be positives and negatives. The responsibility of students is to realize how great STA scheduling is and deal with the small issues. Obviously, conflicts are a pain. It is annoying to miss a class every single week and it is annoying to have to make up that work,

but so would going to the same class at the same time with the same people, day after day for nine months. The variety of scheduling and the different people in each class more than make up for one small annoyance.

Not only do students have diverse classes, but they have unstructured mods. What other school allows students to have frees? Study halls, yes, but frees are in a completely different realm of flexibility that is only available with being modular.

Modular scheduling is STA. Without it, we would be like any other high school — eight classes a day, the same classes five days a week with the same exact people, half an hour for lunch and maybe a study hall in between. It fits the personality of the school and the lifestyle of the students, and gives them better options than anything else would. It gives students more freedom, more class choices and a college environment in addition to class variety and the option of frees.

Before complaining about a conflict they have once a week, students should remember how much effort goes into their individual schedule, and what STA would be like without modular scheduling. ★

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

6 out of 6 editors voted in support of this editorial.

Students compare ups, downs of big, small families

Maddie Lueke's Top 10 Reasons Being in a Big Family is Awesome

1) The spotlight is never on you. Some people may like talking to their parents about everything, but I don't. You never have to be the center of attention and on the hot seat at all times. If you lay low and stay out of trouble, you're golden.

2) You never get bored. There is always someone to talk to. Even arguing is better than sitting in silence alone.

3) When one of you goes down, you all go down. When you get in trouble, you can always bring up something worse that another sibling has done that is worse than your crime.

4) When you have siblings close to your age and size, you can swap clothes and shoes. I have three times the wardrobe I would normally have.

5) Perfect excuse for getting out of things you don't want to do. Someone ask you to hang out but you really don't want to? The perfect response: I'm really sorry, but I have to baby-sit.

6) You have an excuse for knowing every word to those teen-pop songs that you secretly adore. Hannah Montana? Jonas Brothers? Demi Lovato? Don't kid yourself, you wish you could blame your knowledge on preteen sisters (This pertains to TV shows and movies as well).

7) A little quote that goes, "I'll time you if you go get it for me." Need your cell phone that you left in another room? Little boys in their competitive nature are always willing to see who can do something faster. The result? What you want in a timely fashion.

8) There is always something to write an essay about. Favorite holiday? Best vacation? Funny Stories? You have plenty. In fact, someone else in your family has probably already written an essay about it before.

9) More people to split up the chore list. No one wants to do all the chores; with six kids, we might as well have our own cleaning service.

10) Brushing the blame off on someone else. You can always blame something embarrassing you did on someone else, after everyone has denied it five or six times, the subject gets old and everyone moves on.

Assigned seats, frisbee-taco nights and a family of eight

A GUEST COLUMN BY



MADDIE LUEKE

"Allie, stop leaning on me; get on your own side." "Mom, can you please tell Eleanor to stop singing" and "Nathaniel, stop chomping your gum," are just a few examples of the countless re-

"My personal favorite is when we have soft tacos. My mom actually tosses each of us our tortillas Frisbee style."

Maddie Lueke, junior

marks you can hear coming from the Lueke family Suburban. Every time the car is loaded, I, age 16, sit in the very back, wedged between my sisters Allie, 17, and

Pinky, Tall, Sam, Sarah, David, Middle and Marr



Say cheese ★ Shearman poses with her mother Kim at eighth grade graduation. Emmi attended Presentation Grade School. PHOTO SUBMITTED



Bundle of joy ★ Shearman's mother, Kim, holds a newborn Emmi on March 3, 1995. Emmi was born in Du Page County Hospital in Chicago, IL PHOTO SUBMITTED

Becca, 14. In the second row sit my other siblings Eleanor, Nathaniel and Michael, ages 12, 9 and 7, respectively. And up front are Mom and Dad. The three oldest and largest siblings sit in the back with minimal leg room and cramped quarters while the smallest three lounge in the larger "bucket seats."

Why do we sit in the same inconvenient seats every time you may ask?

The answer: assigned seating. Not only are there assigned seats in the car, but at the dinner table as well. This avoids the daily conflict of choosing where to sit. I am the second oldest of six kids. In addition, there will be one more little Lueke coming Nov. 25.

Most parents dread taking one child to and from school, practices, games and friends' houses; try multiplying that by six. Every child in my family plays a sport. We have covered nearly everything from golf to lacrosse.

You name it, we've played it.

Because we're all so involved, it isn't surprising when we have a weekend with 15 plus basketball games, 4 soccer games, 2 football games and golf practices, and there is rarely a single night of the week when there isn't a practice going on. Despite our hectic schedule, my family always finds time to come together. We try to have family dinners every night, even though one or two seats may



Strike a pose ★ The Lueke family, from left, Eleanor, Allie, Maddie, Michael, Nathaniel and Becca pose for a picture. They were vacationing in Destin, FL earlier this year. PHOTO SUBMITTED

be vacant.

Our dinners can be pretty boisterous. My personal favorite is when we have soft tacos. My mom actually tosses each of us our tortillas Frisbee style. Sitting in the middle on one side, I am the liaison between the two ends of the table. My arms get quite a workout as I pass back and forth tomatoes, peppers, beans, chicken and guacamole. As the food conveyor belt keeps moving, everyone is talking at once. Michael talks about how he kicked a home run at recess against a second grade pitcher and Eleanor is explaining why she gave up her eighth consecutive win in knockout so she wouldn't look

too good. Everyone always has something to say in my family, but we're always willing to listen to one another.

Most of our family tries to attend others' sporting events as well. During basketball season, one of the girls would always announce, "The Lueke family is here!" as my mom, dad, little siblings, and grandparents showed up. They usually made up half the crowd.

I'm extremely fortunate to be in a family that has so many kids, yet still values time together. Although things can get pretty hectic in a family of six, and soon to be seven kids, I wouldn't trade it for anything. ★

A GUEST COLUMN BY



EMMI SHEARMAN

I like being an only child. It can be really fun sometimes, but somewhat stressful at times too. You often get lonely and find yourself talking or singing at the top of your lungs...all by yourself. And then you're the weird kid who talks to herself or has way too many imaginary friends.

In third grade, I had seven imaginary friends. Their names were Pinky, Tall, Sam, Sarah, David, Middle and Marr. They lived in heaven. To bring them down, I would whisper to God, ask him to send down my bell and then ring it. After I rang my bell, they'd float down on a little platform. Pinky would sit on my pinky, Sam and Sarah sat on my ears, David stood next to me with Tall and Middle and Marr would stay on my head. I played with them during recess. We would sit on the wall and just talk...I got a lot of stares.

Being an only child also means that if anything goes wrong or some-

thing breaks, it's your fault because you don't have anyone else to take the blame (or at least some of it). Not having anyone to blame things on makes you pretty responsible (or at least careful when you're around things that could break). You also learn that just taking responsibility is a lot easier than lying.

I never really broke anything when I was little, but I always lost things. I was always losing the remote or important papers. My mom was never happy about that. Sometimes she wouldn't even help me find the remote because she knew I'd just lose it again the next day.

One upside to being an only child is that you can always have quiet time if you want it. Every day I can come home and just lay in my bed in complete silence.

Being an only child has made me really close with my mom. She's all mine and I don't have to share her with anyone else.

When you're an only child, you never have to worry about your mom or dad choosing favorites. Of course parents never do, but it's still a pleasant feeling to know that you, indeed, are the favorite.

A lot of people complain about their siblings and say they wish they were an only child. But, I think it would be nice to have a brother or a sister. I think it's one of those "you don't know what you've got until it's gone" situations. ★

Birth order and how it shapes personality



Oldest: They are usually reliable, competitive, and perfectionists. First borns have a strong need for approval and are natural born leaders

Middle: They typically feel like they are overshadowed by their siblings, so friends are especially important. They are usually shy and tend to be more secretive than their peers.

Youngest: Characterized as social, outgoing, and at times financially irresponsible. Youngest children can be charming, but also have a tendency to be spoiled.

Only: Only children exemplify the traits of first borns even more. They are more reliable and bigger perfectionists. However, they are less independent and more reliant on their parents.

Teddy Kennedy's dream will live on *Out of the fryer, into the bucket*

AN OPINION BY



MADALYNE BIRD

A hero of mine recently died. I spent most of the weekend after his death watching the funeral and burial service on television. The service was fit for a president, rather than a senator. But we must remember who this country has lost. Senator Teddy Kennedy, the youngest and final living member of Rose and Joseph P. Kennedy's nine children, lost his battle with brain cancer at age 77. The loud, boisterous democrat from Massachusetts was a long standing figure in the United States Senate. Serving for almost 47 years, he was the third longest serving senator in US history.

Known by his colleagues for being the Lion of the Senate, Kennedy authored more than 2,500 bills during his time of service. He was steadfast in his fight for civil rights, immigration, health care and poverty. He was a key player in passing the Civil Rights Act of 1964. He was the Kennedy brother who made the most impact.

But at times, Kennedy's achievements were overshadowed by the mistakes and tragedies in his life. However those tragedies and hardships that he faced such as the deaths of his older siblings, especially John and Bobby might have completely broken a lesser man. He went from the youngest of nine children to the patriarch of a large family.

Jackie Kennedy, John's widow, said it best in a thank you note she wrote the senator after he gave his niece Caroline away. She said, "On you the carefree youngest brother, fell a burden a hero would beg to be spared. Sick children, lost children, desolate wives. You are hero. Everyone is going to make it because you are always there with your love."

Teddy's death impacted me so much not only because I had seen documentaries on him, read articles and books, but because he was the last of an era in our country. But what I will remember most about Teddy was his deep compassion for others. He taught me that politics are more than a debate over issues. Politics are personal.

Kennedy can be remembered in the same way he wished his brother Bobby to be remembered. "I need not be idealized, or enlarged in death beyond what he was in life; to be remembered simply as a good and decent man, who saw wrong and tried to right it, saw suffering and tried to heal it, saw war and tried to stop it...[we] pray that what he was to us and what he wished for others will some day come to pass for all the world." ★

AN OPINION BY



KYLIE HORNBECK

When I was younger, my grandmother implanted in my mind the idea that darker skin was better and more beneficial to my being. My pale skin would easily burn numerous times throughout the summer. Several times I suffered pretty severe burns, but when my grandmother saw me, she would say, "Oh, Kylie, you look so healthy!" I look back now and can say that yes, grandmother, I was outside getting plenty of vitamin D, but my frying skin was certainly not healthy!

Over the course of this summer, I spent a lot of time playing tennis outside and fortunately did grow noticeably tanner. My grandmother would have been proud...sort of.

My idea that darker, sun soaked skin is "better" has particularly changed this past year. It has morphed now into the belief not that one shade of skin is preferable to another, but rather that one even skin tone is admirable.

However, I do not exemplify my desire for

even skin tone, at all. I believe my stomach saw the sun, at most, twice this summer. If I were to make an appearance at the pool, I would truly be making an appearance. I would turn heads, as if walking down...no, off, a runway.

For this reason, I avoid pools and wearing bathing suits. I look the same in a swimming suit as I do in a tank top and shorts. I am a goddess in white: a white razorback top, a pair of white shorts, one right white low-cut sock and one left white ankle sock. (Please note: varying sock heights are the result of a brace worn during play ever since last summer's tripping incident, not innate weirdness.)

I make a strange spectacle, a multicolored creature. Really, I'm like a bad bucket of chicken. Some of my parts weren't left in the deep fryer long enough.

At school I am luckily able to conceal my varying skin tones, except for that despised tan line on my left ankle, where my snow-white lamb of a lower leg meets my golden calf.

I suppose every person has his or her own unique shade (or shades, in my case). Although to some a golden tan may look "healthy," it has been proven to have its consequences. Frying yourself for a darker look isn't worth it. Natural is the way to go, even if it means having odd tan lines. I guess I'll have to forget about my permanent white outfit, socks and all, and learn to accept my multicoloredness. I just have to live with the fact that maybe I came from a bad bucket. ★

School bathrooms should reflect the cleanliness of our beautiful campus

AN OPINION BY



MORGAN SAID

"I luv him, oh yes I do, hes for me and not 4u and if by chance u take my place, I'll take my fist and smash yo face!!" Sound familiar? Thought so...second floor, second stall bathroom, M&A Building. Thank you, Robert Frost, for posting that in the bathroom for the whole entire school

to see. What year was that anyway? 1973? Thought so.

I get it; St. Teresa's is an all-girls school, strictly focused on academics. I'm sure I'm not the only one who has stayed up into the wee hours of the morning doing homework or studying for a test (or Facebook stalking, but it's all the same, so whatever). Anyway, I completely understand that sometimes we don't have time to shower on a daily basis and quite frankly, that's okay. The beauty of St. Teresa's is that you can sometimes get away without showering, shaving, brushing

your teeth, applying deodorant, washing your uniform, etc. However, there is one hygiene glitch that I just cannot get over. It is called flushing the toilet. Or lack thereof.

Not only do we neglect to flush the toilet, but there are constantly toilet paper wads and feminine products sprawled around the bathroom floor. And what's with the puddles of water underneath the toilets? Is it actually even water? I doubt the janitorial staff appreciates us leaving our gifts behind for them.

On the contrary, I love the "wash your hands" signs plastered on the walls throughout

the entire school. This, however, is impossible when there is no soap in the dispensers. Both parties should work together to make our bathrooms a better place and help combat this Swine Flu epidemic.

One would think that the smartest, most ambitious young women in the Kansas City area would be capable of such a simple task...apparently not. I'm going to go out on a limb here and say that my brother's bathroom may actually be cleaner than any given bathroom on the STA campus. Yes, I went there. And yes, he does leave the toilet seat up after each use. Disgusting.

Bottom line: we have such a beautiful campus, but walking into the bathrooms just ruins it all. Let's help out the custodians, the germaphobics, me, by keeping our bathrooms clean. Please and thank you. ★

"There is one hygiene glitch that I just cannot get over. It is called, flushing the toilet. Or lack thereof."
Morgan Said, junior

the *dart* staff

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Administration explains scheduling

Despite conflicts, questions, scheduling system remains positive to STA students, staff

by SYDNEY DEATHERAGE
Web Editor-in-Chief

Freshmen with conflicts? Seniors who don't get their first-choice class? Some students have complained about STA's scheduling process, how it is worse this year, and all the problems it presents. In response, the administrative team that creates and maintains STA's scheduling system said that students "just don't know" how the system works and why in the end, STA's system is a good one.

Former Principal of Academic Affairs Nancy Hand implemented a rotating modular schedule at STA in 1970. According to the STA web site, "this schedule has been modified and refined to provide the student with the most advanced, optimum college-preparatory environment."

The process of creating individual students' schedules under a modular scheduling system is a lengthy and complicated one, according to academic scheduler Kathy Walters. It begins in the spring, when students fill out class selection forms for the following school year, listing their choices in order of preference. When these forms are completed, Walters checks every form to ensure each student has met her credit requirements. Administrative assistants Julia Berardi and Kelly Drummond assist Walters.

In June, Walters creates a master schedule. Under modular scheduling, creating a master schedule is not only difficult, but it requires a lot of brain work since it would be ineffective to computer-generate, according to Walters. Walters must alter and re-alter the master schedule in order to create a master class schedule that allows each

individual student to take all of her preferred and required classes with the least amount of conflict. Under STA's modular scheduling system, a conflict is when a student's schedule requires her to be in two places at once during a particular class meeting. As a result, the student switches each week between the two classes.

According to senior Anna Blanck, who dealt with extensive scheduling issues this fall, without modular scheduling and the issues it sometimes presents, such as conflicts, STA students would have fewer options for their classes.

"You're not going to have the same class conflicting every single day," Blanck said. "You might just have that one day of the week. Whereas if we had the same schedule, same order, every day, and two classes were at the same time, there's nothing you can do about it."

After Walters creates the master schedule, she enters each student's form into a software program called SASI, which then generates a schedule based on available master schedule class times and available slots in the student's schedule. According to Walters, she can spend up to 3 hours manipulating one student's schedule to try and make her class choices work. The result is a schedule that, based on the master schedule, may have conflicts and may bump a student into second or third-choice classes.

Some students complain about conflicts, but Walters and Blanck both agree on what conflicts really mean: conflicts mean a student is able to take two classes of her choice, as opposed to one. To them, this is positive.

"I think that it's good that we allow conflicts because it sucks to have a door shut in your face because something that you're interested in conflicts with something else that you'd like to learn about, or something that you're required to take," Blanck said.

"I think if you're willing to accept a conflict, then you're in a class for the right reasons... If



Two places at once ★ A number of STA students representing all grade levels are experiencing conflicts in their schedules this year. Although complaints have arisen that the scheduling system this year has more difficulties and more students have conflicts, the administration still supports the benefits of modular scheduling. PHOTO ILLUSTRATION BY TRACY BURNS-YOCUM

you're in a class because you love it, not because you want a grade or you want a credit, I think we have a good system."

Walters admits to one flaw in the process this year which was different from other years. The English department dropped Shakespeare and Drama as Literature from the master schedule when not enough girls signed up. Students who did sign up for these courses, and had second or third choice classes that also did not fit into their schedule, were bumped into a "no-choice" class that they did not sign up for. Walters did not notify these students or present the option to choose a new course beforehand.

"That probably was a big issue out there that I was not aware of," Principal of Academic Affairs

Barbara McCormick said, who began at STA this summer.

Walters and McCormick recognize the minor setbacks in the system, but are also committed to the positive benefits of modular scheduling.

"We can't meet [the needs of] 530 students' specialized schedules, but I don't know anybody that can," McCormick said. "After being here for the short time I've been here and seeing what your schedules look like, you have what is probably the best out there right now. There is no school that I know of that hand-manipulates a student's schedule to the point where it meets the students demand, and no matter what software we buy [to automate schedules], that's not going to happen. It's what happens right here with what we do." ★

STA students enroll in two times the math



Girls join trend, take two math courses in one school year

by CAROLINE THOMPSON
Lifestyles Editor

Several STA students have decided to enroll in two math courses at one time, after teachers first offered this curriculum option last year. Following freshman year, students can substitute a math course for an elective to earn an extra math credit.

Girls that enroll in two math classes choose this route for reasons such as pursuing a favorite subject, graduating with higher math classes and earning additional math credits.

Sophomore Mary Kate Jenks chose this curriculum to move ahead in a subject she enjoys and wishes to pursue.

"Math is something I want to do when I'm older," Jenks said. "I thought getting ahead would be better."

Jenks, who is considering aerospace engineering or mechanics, opted to take accelerated geometry with Ms. Diana Blessen and honors

algebra II with Dr. Jo Weller as an elective. By taking these classes sophomore year along with accelerated algebra I with Ms. Arlene Hennon freshman year, Jenks will have taken pre-calculus and AP calculus by graduation.

Until last year, according to Blessen, the math teachers did not offer this option because they did not believe taking two math courses at a time was a good idea. The first student to follow this curriculum was junior Samantha Scheuler, after her parents and advisor, Hennon, strongly encouraged her.

"Math has always been easiest, so I figured, 'Why not?'" Scheuler said.

Like Jenks, Scheuler took algebra II as an elective her sophomore year along with accelerated geometry. Taking both math classes at the same time was very difficult, according to Scheuler.

"Math has consistent homework and I had tests on the same days a lot," Scheuler said. "And it was tough because it was totally different subject matter."

Junior Victoria Godfrey, who is currently taking geometry with Ms. Jeanella Clark and algebra II with Ms. Barbara Harris, also commented

on the amount of homework, saying she spends an average of two and a half hours on math homework each night. After taking essentials of algebra freshman year and algebra I sophomore year, Godfrey said

"If it was my child, I would only have them take one math class a year"

Ms. Diana Blessen,
Math teacher

she opted to take two math courses simultaneously in order to get "caught up."

According to Blessen, certain colleges do not accept essentials of algebra as a math credit, even though STA did before eliminating the course last year. Therefore, some students, like Godfrey, take additional math courses in order to earn those credits.

Taking two math courses,

however, has affected Godfrey's other classes. Because the administration discouraged her from taking geometry, algebra II and chemistry, Godfrey is not enrolled in chemistry but is instead in ecology and botany. After the first month of the two math class schedule, Godfrey advises students to avoid this scenario if possible. Ultimately, though, she says to take the school's advice.

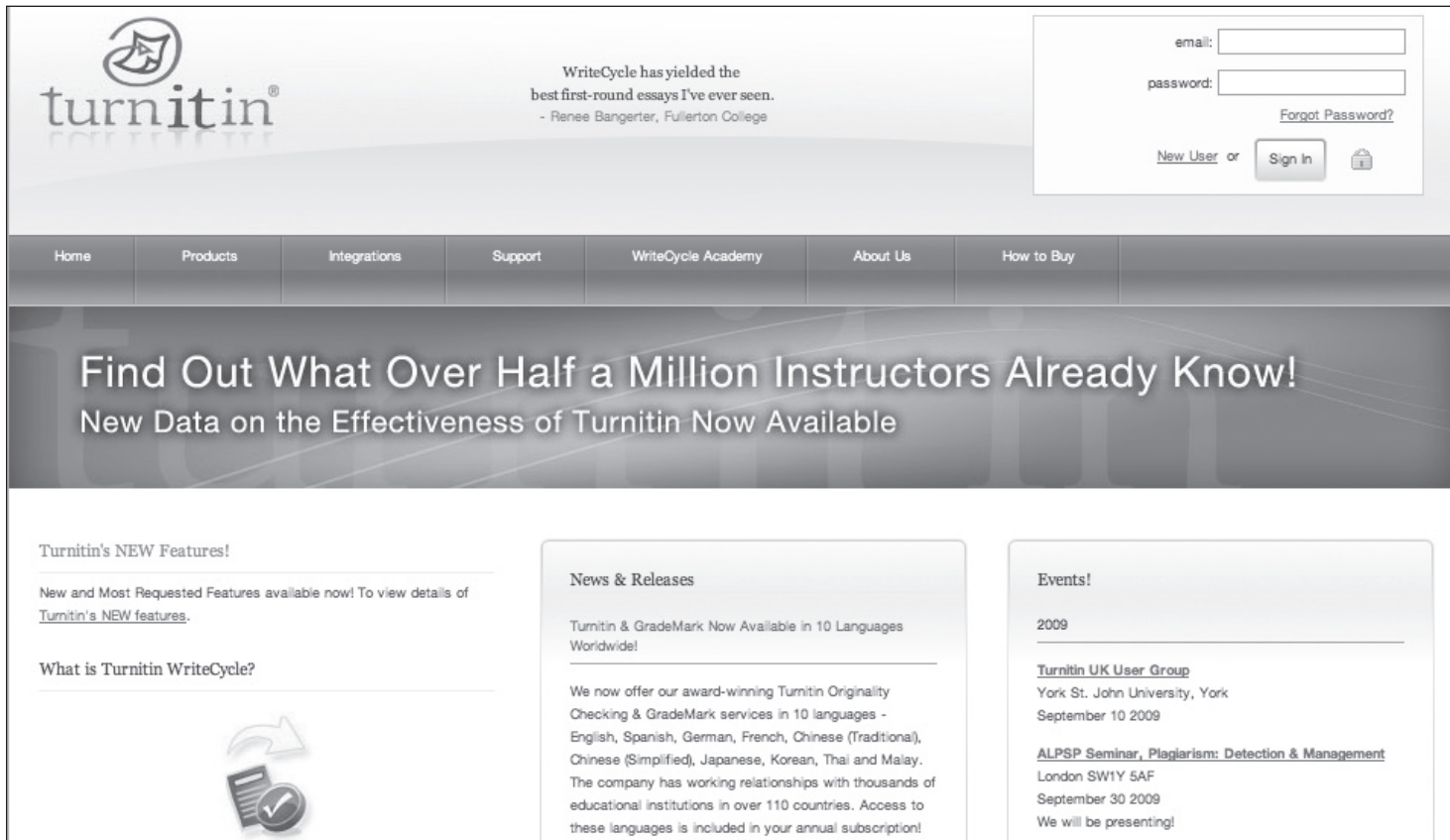
Likewise, Blessen suggests to any student considering this curriculum to take the advice of her math teacher. Students, recommended to take a class by their math teacher are capable of dropping that class if necessary, whereas students who choose to take an extra math class without a teacher's approval cannot drop the class.

"In some cases, I'm very much in favor of [girls taking two math courses]," Blessen said. "But, in others I'm very much not."

Both Scheuler and Blessen consider Scheuler's case successful. However, Blessen says she would recommend it for very few people.

"If it was my child, I would only have them take one math class a year," Blessen said. "A part of me wants kids to be kids— not working that hard in high school." ★

Doubling up ★ Sophomore Mary Kate Jenks corrects a worksheet Aug. 28 in honors algebra II. Because she is enrolled in a second math class as her elective, Jenks also attended a accelerated geometry class in the same day. PHOTO BY HANNA KATZ



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Web Grading ★ Turnitin.com is a grading website for teachers and can also be utilized to check whether or not a student's paper has been plagiarized. STA teachers have been using this site frequently this year. **PHOTO BY TRACY BURNS-YOCUM**

New website holds students accountable for work

Teachers acquire new tool which checks for plagiarism and allows quick feedback

by CARA MCCLAIN
Staff Writer

With the browser open, type in the web address and log on. Find the assignment listed under the class's name and submit the essay.

In a matter of seconds, it's finished.

This process will become very familiar for many STA students this year because teachers are using Turnitin.com, a website used to edit, revise and submit assignments.

Turnitin.com is a website that checks papers for plagiarism and properly cited sources from magazines, newspapers, encyclopedias, web documents and other students' papers. This website also serves as a way for teachers to easily give students feedback on their assignments.

In 1996, University of California, Berkeley researchers first started Turnitin.com, then known as Plagiarism.org, as an initiative to prevent students from reusing previous students' papers. Plagiarism.org was the world's first internet-based plagiarism detection service, according to Turnitin.com. Now in 106 different countries, students and teachers from over 6,500 schools use it.

From Plagiarism.org, Turnitin.com and iThenticate.com, a similar plagiarism checking website, branched off in 2003. According to iThenticate.com, the distinction between Turnitin.com and the other two websites is its goal to

help facilitate the entire writing cycle as well as checking for plagiarism.

However, this website is not available for free. A school can purchase a single campus license, a multiple campus license, a department license or an individual license. STA bought a license for it last year.

To begin, teachers must create a class profile online and a student can then make an account and sign up for their class.

"[Turnitin.com can be] somewhat time consuming for the teacher upfront," academic principal Barbara McCormick said. "Classes that are doing a lot of writing would benefit from this."

English teacher Carrie Jacquin is using Turnitin.com for her students' benefit and to organize the papers she grades.

"I see it as a great tool," Jacquin said. "I won't have stacks and stacks of papers to take home."

Jacquin likes how it will also keep a portfolio for her students, so by the end of the year, they can easily find their first semester papers. Of all her assignments, Jacquin plans on requiring her students to hand in four to five papers through the site.

However, McCormick envisions teachers to use it much more.

"A long term goal [for Turnitin.com] is that we use it for all writing assignments," McCor-

mick said.

Sophomore Emory Hall, who is using Turnitin.com for social studies teacher Richard Shrock's assignments, also sees the benefit of this website.

"[Turnitin.com is] environmentally friendly because you don't waste paper, and it's easy," Hall said.

According to Turnitin.com, their calculations show that all the papers turned in electronically can save over 10,000 trees every year. If these papers were stacked one on top of the

other, the stack would reach up to six miles high which is taller than Mount Everest.

Sophomore Kate Rohr, who is using the website for Mr. Stephen Himes' Accelerated World Literature class, also sees Turnitin.com's environmental benefit, but doesn't like the website.

"All this online stuff freaks me out," Rohr said. "There's just a lot of passwords to remember, and I'm bad at remembering stuff. So it's difficult for me."

Rohr doesn't think the website will affect her citing behaviors as it could affect others.

"I don't try to plagiarize," Rohr said. "[Turnitin.com] just makes me that much more careful, but I try to be careful already."

Rohr believes it will prevent plagiarism in others.

"I think people will be less willing to try

to find [ways to cheat]," Rohr said. "You can get zeros easily for [plagiarizing at STA] and especially in college. You can get in a lot of trouble for it."

However, Jacquin thinks giving feedback directly on the student's paper is the website's most important feature.

"The misconception about Turnitin.com is that it's a 'gotcha' tool to catch cheating," Jacquin said.

Jacquin and Hall both agree Turnitin.com will cause students to become more aware of citing sources correctly.

"[I really like how] you can re-turn in your document if you see that you made a mistake," Hall said.

McCormick sees students benefiting from this website because many colleges use it or websites similar to it to turn papers in. Because STA is a college preparatory school, becoming more familiar with tools colleges use will be helpful to students McCormick said.

Hall has concerns about handing in assignments online and having something go wrong.

"Someone last week lost their document," Hall said. "It didn't go to the teacher."

Rohr also has worries about losing her papers online.

"I'm not a very technical person," Rohr said. "I'm always freaked out [that] my computer won't upload my paper or that it will crash."

McCormick advises students to print hard copies of their papers because technology can never be perfect.

"Don't trust [Turnitin.com] wholeheartedly," McCormick said. "There's always a probability that technology could fail." ★

at a glance
in 300 words

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

by MORGAN SAID
Web Managing Editor

An African safari

With butterflies in her stomach and high hopes for her upcoming voyage, junior Alex Beineman loaded into the plane with her parents, sister, grandparents and grandparents' friends, anticipating the 16-hour-long flight. Her 32-pound Northface suitcase in tow, loaded with a few pairs of jeans, athletic shorts and a couple of neutral colored v-necks, she had no idea what to expect when she arrived in Africa. Little did

she know, her high expectations were much more than met, they were exceeded.

Throughout her two weeks of Safari, each day brought a new adventure. Nine-seater topless Jeeps, khaki Safari pants and bulky boots were a part of the daily agenda. Lion attacks on wildbeasts and Zebra sightings were part of the norm and camel rides were a casual thing.

Although showers may have been scarce and a time difference of eight hours caused for some drowsiness, the sunny, 80-degree

weather and elephants close enough to touch were compelling and simply indescribable.

Before entering a non-commercial residence, the Beineman family had to be formally invited into the area by a local resident. Upon arrival, they offered a goat as a sign of respect and gratitude for their acceptance.

Interactions with the locals opened Beineman's eyes to a whole new world. Their intricate beadings around their necks and wrists symbolized each

individual's social and marital status and offering a man an animal sacrifice could suffice as a friendship proposal.

After spending 12 days sleeping in tents, watching animal attacks and learning African customs, all she has to show for her African safari is a t-shirt, a blanket and her multiple authentic bracelets wrapped around her arms. Eventually, the elaborate colors on these bracelets will fade along with her African tan. However, the memories of her journey will last a lifetime. ★

Sleep on it: caffeine produces tired, ill-tempered teenagers

Students with chaotic lives turn to caffeinated drinks, causing irritation and fatigue

by Katie Hyde
Staff Writer

As she made her second trek up the steps to the third floor of Donnelly Hall, sophomore Jennifer Blake blamed her muscle cramps, lethargy and anger on a sleepless night. When she tried to recall what caused her lack of sleep, Blake remembered the soda she had drunk the night before. After walking from the M&A Building to Donnelly in search of a book she had loaned to a friend, Blake's mood worsened when her friend informed her she had left the book back in M&A.

"I became really frustrated and cranky when she told me she didn't have the book," Blake said.

When Blake rethought the situation, she realized her anger was caused mainly by her fatigue.

Blake, like many students, suffers from daily fatigue. She drinks a soda immediately when she gets home from school every day as a remedy for this fatigue and as a boost to do her homework. However, caffeine can cause drowsiness, crankiness and impair sleeping habits, the very symptoms it is known to prevent.

Many teens drink caffeine, a stimulant to the nervous system, to stay awake at night or to wake in the morning. Drinking caffeine close to bedtime, however, disrupts the body's circadian rhythm, or 24 hour biochemical and behavioral pattern, resulting in restless sleep.

"I drink caffeine so I can stay awake to do my homework, but I've noticed it is harder to sleep [after I do so]," Blake said.

Teenagers drink caffeine to handle their busy schedules which often involve school, work and extracurricular activities according to Dr. Ann Romaker, a sleep specialist at St. Luke's Hospital.

"Teenagers, like their parents, are trying to do too much," Romaker said. "The pressures of school work, extracurricular activities, jobs and social life add up to huge amounts of time. Many teens are also concerned about getting into a good college, so they fill their schedules overflowing in order to stand out from the crowd."

Though caffeine may help teens cope with hectic schedules by giving a two hour buzz, its drinkers can face several consequences. Accord-



Guilty pleasure ★ On average, sophomore Jennifer Blake drinks one soda per day. According to Blake, the caffeine made it harder for her to sleep at night. PHOTO ILLUSTRATION BY AVERY ADAMS

ing to Romaker, drinking caffeine within eight hours of sleeping speeds brain waves, which results in a lighter than normal rest. Apart from the consequential next-day fatigue, restless sleep

"You can never get too much sleep, your body can't overdose"

Damien Stevens, sleep specialist

causes lack of concentration, short term memory loss and moodiness.

While all caffeinated beverages can cause sleep deprivation, the most harmful are energy drinks, such as Red Bull, because of their high levels of caffeine. One can of Red Bull has 80 milligrams of caffeine while one can of Diet Coke has 45 milligrams.

In addition to lethargy and irritability, drinking caffeine can cause nausea, muscle tremors and increased heart rate, according to the American Academy of Sleep Medicine.

However, Dr. Damien Stevens, a sleep specialist at KU Medical Center, says that the consequences of caffeine, when consumed moderately, are minimal.

"There are likely few long term adverse consequences [of caffeine], but as most things, use in moderation," Stevens said.

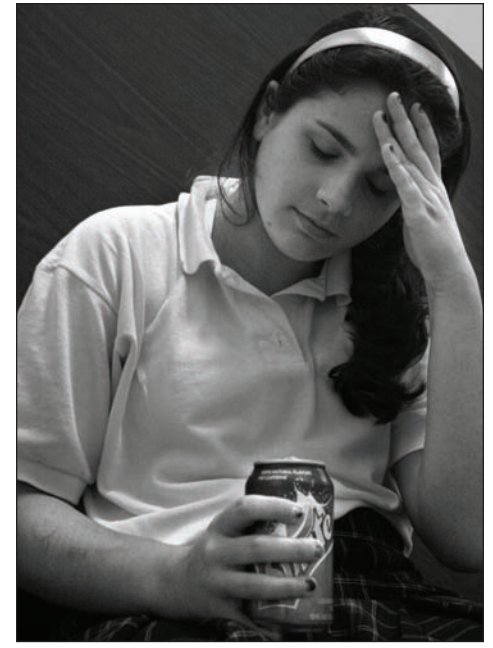
Drinking caffeine does not impair health as long as the body can tolerate it said Stevens. When caffeine consumption harms sleep, mood and performance, it becomes unhealthy.

Although medical professionals may disagree on the long term effects of caffeine, they mostly agree on one point: the importance of sleep.

"Get more [sleep]," Stevens said. "You can never get too much, your body can't overdose. You know you've slept enough when you can't sleep more even when you try to."

Romaker agreed that sleep is of paramount importance to health.

"Remember that sleep is necessary, not an inconvenience or a burden," Romaker said. ★



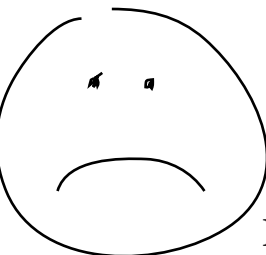
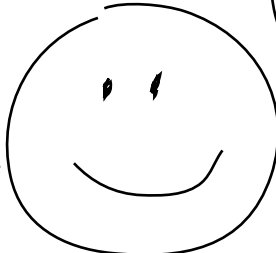
Headache blues ★ Sophomore Jennifer Blake usually consumes one caffeinated drink per day to help her stay awake. One major side effect of caffeine is headaches. PHOTO ILLUSTRATION BY AVERY ADAMS

5 tips to healthier sleep

1. Maintain a regular sleep schedule to sync your body with its natural pattern.
2. Don't eat within two hours of bedtime.
3. Make your room sleep friendly by keeping it cool and dark. Letting in light in the morning helps tell your body to wake up.
4. Establish a routine pre-sleep schedule, such as taking a bath or reading a book.
5. Sleep on a comfortable mattress and pillow.

It's a wonderful life

Whether a stroke of luck, strange coincidence or small miracle, students recall experiences that help to make their lives simply wonderful.



My life sucks

From tripping down stairs to walking into the men's bathroom, STA students recall unfortunate moments in their everyday lives.

by Caroline Thompson
Lifestyles Editor



Miller

"[Senior Jordan Miller and I] got tickets to the Brad Paisley concert last year for Jordan's birthday. Our seats were really bad though. Then some random guy told us to move to the front row because a radio contest went

wrong and they had seats to fill. Apparently he picked us because we had cowgirl hats and stuff. So we got to sit in the front row and I caught one of [Brad Paisley's] guitar picks!"

- Casey Miller, junior

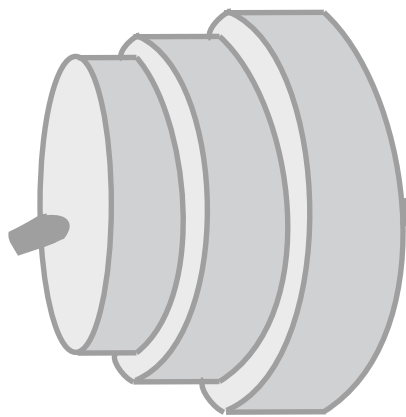


Hogan

"I was walking on the second floor of Donnelly [Hall] and I saw what I thought to be Holly [Haywood, senior] walking towards me. I thought it would be funny to smash my hand against her face. I thought 'Ha, I'm so funny I'm going to just keep walking and not say anything.'

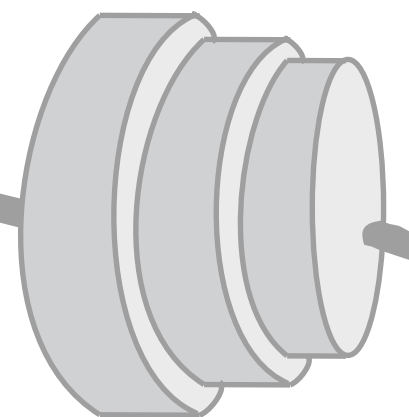
Later I asked Holly how she liked when I slapped her after 1-2. She said she didn't get [to school] until after 5-6. Later I found out it was a freshman that looks like her. I'm sorry, freshman. I don't know who you are, but I'm that creepy person."

- Kayla Hogan, senior



Burn calories 'school style'

These simple tips will help eliminate the negative affects of a food-loving community



by Taylor Irwin
In Focus Editor

Photo Illustrations by Hanna Katz
Assistant Photographer



Carrying backpack upstairs

With 3 flights of stairs to climb in each building, STA girls grit their teeth as they journey from the class before. However, the weight of a backpack can make the trek beneficial to students. According to a *New York Times* study, a student that carries a backpack upstairs regularly can reduce osteoporosis and improve cardiovascular functions. Depending on both the backpack and student's weight, girls can burn around 413 calories in a day, according to Nutristrategy.com, a nutrition and fitness awareness website.



Lunges to the printer

Walking to the printer can be such a bore! Exert yourself by lunging to the printer. According to Nutristrategy.com, simply walking back and forth from the printer can burn up to around 12 calories, depending on the distance from your seat to the printer. To burn more calories, lunge to the printer and strengthen your thighs and calves in the process. So, get moving! Don't ask someone who's already walking that way to pick up your chemistry lab for you, get it yourself!



Skipping across the Quad

Instead of traditionally walking across the quad, spice things up a little and skip! Not only does skipping increase your heart rate and improve your cardiovascular functions, but the workout also burns some extra calories and strengthens your leg muscles. Skipping to your destination burns an additional 3 calories per foot than walking does, according to dietandfitnessresources.com. So as you are going from class to class, grab a friend and skip off those calories.



Toe tapping

Instead of just sitting there in class listening while your teacher drones on with a lecture, burn some calories while you're at it! According to nutristrategy.com, one of the best ways to lose weight everyday is toe tapping! So while you're taking notes, tap your toes, fidget, and switch positions. You could burn up to 100 calories an hour, depending on your weight and the speed of your toe tapping. So, get tapping! Warning: this habit could annoy the person sitting next to you, so please tap in moderation.

Back to work: students balance jobs, school

Students make the transition from summer employment to working during school year

by Molly Meagher
Staff Writer

When it comes to having a job during the school year, students manage their scheduling differently. Senior Kathleen McClain not only decided to keep her job as manager at the New Dime Store in Brookside during the school year but made it her first priority. Work comes first said McClain, which causes her to cancel prior commitments, such as hanging out with friends. However, for sophomore Stephanie Hampel, work has been put on hold during cross country season because she knew she wouldn't be able to handle a job, school, and running cross country. Students who work during the year have to find the perfect balance between a job and school. However, students may be prioritizing jobs above school, putting the student's grades and education in danger.

A study done by the University of Washington showed that for every 10 high school seniors, 4 were unemployed, 2 worked 15 hours a week or less, and 4 worked 15 hours a week or more. Ms. Irina Voloshin, a UW sociology doctoral student, helped conduct the research and concluded that students working more than 15 hours a week were en-

dangering their grades.

"Those who are working more than 15 hours a week are at the threshold of where work can interfere with being good students," Voloshin said in the study. "Too much work can take away from having time to do homework, as well as participate in other activities usually associated with going to high school."

McClain has been working as manager at the New Dime Store for about a year and three months and said that her job keeps her organized and motivated. McClain said her job forces her to manage her time for homework and does not allow her to procrastinate.

"I think it's a good idea to have a job during the school year 'cause it keeps you on-top of your school work," McClain said.

McClain works about 12 hours a week during the school year and said work is her first priority; she manages everything around her work schedule, which includes her duties as tennis manager, guitar lessons, time with friends, playing on a co-ed recreational soccer team, and homework. However, McClain is sometimes unable to work out her schedule, causing her to cancel on activities.

"Sometimes, not going to lie, I have to cancel plans with friends and I won't be able to do anything during the day [because of work]," McClain said. "[But I get] off at 6:30 so I get to do stuff at night. It's not a huge inconvenience, and it's less than a sport."



Working woman ★ Senior Kathleen McClain gets a bag for a customer while working at The New Dime Store in Brookside. She has been working here for 15 months and "loves the atmosphere and historical place," McClain said. PHOTO BY TRACY BURNS-YOCUM

Hampel decided to put her job on hold during cross country season because she felt that she wouldn't be able to handle school, a job, and running cross country.

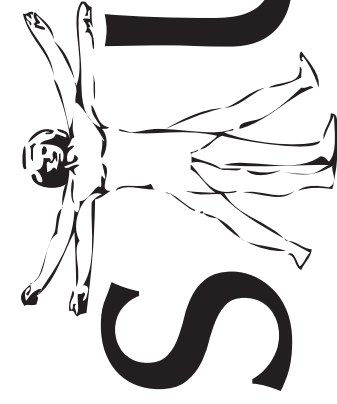
"I'm taking a break [from work] because I knew the homework load sophomore year was a lot heavier and I automatically decided that after cross country I was going to start working again," Hampel said.

Hampel worked in the deli at Bella Napoli, an Italian restaurant in Brookside, over the summer. Like McClain, Hampel said she is going to schedule work on days where she has the most frees, or unstructured periods,

to help get her homework out of the way.

Although stressful at times, McClain said that she has gotten used to the transition from having a summer job to working during the school year.

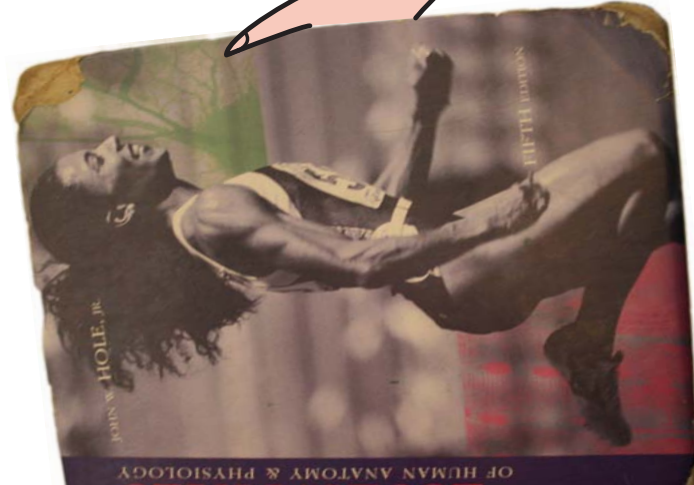
"I think [not having a job would be less stressful because] it takes away a chunk of homework time, and it's hard when you don't [want] to go from school straight to work," McClain said. "But it's like I'm so used to it that it's not a big deal anymore. It's such a routine that I'm already used to it with school." ★



Student BODY

Girls at STA are involved with specialized activities, utilizing body parts to fit their interests

by TAYLOR BROWN
Centerspread Editor

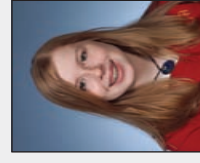


In right mind

Who: Libby O'Neil, junior
Specialty: grades/learning, 4.2 cumulative GPA

Other hobbies: piano, reading, video games, yoga

Extra info: O'Neil is thinking about science or engineering as a future study.



She reads. She researches. She does her homework. She pays attention in class. She loves to learn. According to junior Libby O'Neil, all of these are factors contributing to her 4.2 cumulative grade point average.

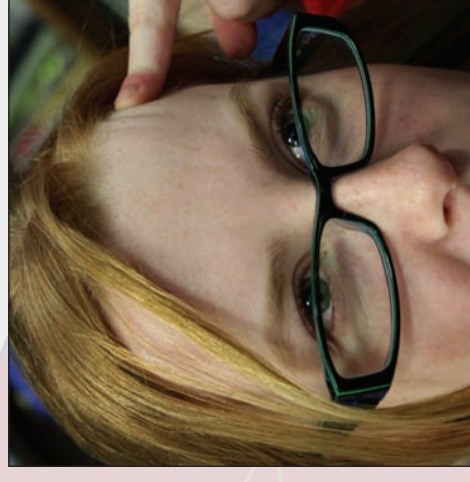
Since grade school, O'Neil has always tried to read several books a month with genres ranging from history to science-fiction. According to O'Neil, school has always been her main focus.

"I never really liked sports when I was in grade school because I'm horrible at them," O'Neil said. "I have always been good at school and I'd rather do something that I like and that I'm good at."

O'Neil currently takes honors physics, pre-calculus, AP American literature and history, Latin III, computer graphics and spirituality. The extracurricular activities that she is involved with are Junior States of America Club, Junior Classical League, Science Knowledge Bowl and Math Team.

Although O'Neil challenges herself mentally, she feels her genetic make-up also contributes to her intelligence.

"Part of [being smart] is genetically determined," O'Neil said. "My parents aren't stupid but to some extent, the way you think just depends on the way your brain is set up." ★



Mind games ★ Junior Libby O'Neil "thinks hard" during Science Knowledge Bowl practice during activity Monday. According to O'Neil, school has always been her main focus. PHOTO BY TRACY BURNS-YOCCUM

36% School work/class you are in

21% Your friends

21% Previous weekend/Next weekend

The Dart surveyed about 205 students asking, "What are you usually thinking about on a weekday?" The above represent the top results.

Mouth open wide

Who: Sarah Duff, senior
Specialty: tasting/cooking, president of Cooking Club

Other hobbies: shopping, spending time with friends and family

Extra info: Duff's best baked good is German chocolate cake.



Various dishes of food, including dips, brownies and apple-dumplings, cover three tables in the Cooking Club moderator Craig Whitney's classroom. Senior co-president Sarah Duff was overwhelmed as she faced the task of taste-testing these food items – about 30 – to determine who would be accepted into Cooking Club this year. Applicants had to write essays and prepare a food item to join the club.

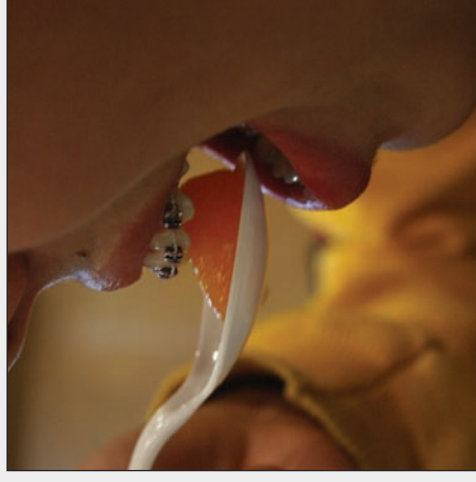
Eating and trying different foods is nothing new to Duff, though. With an older sister who loves to cook diverse dishes, Duff says she has done plenty of taste-testing.

Duff has always liked to cook, but enjoys baking more. Although she has had experience with cooking and trying foods, she still makes mistakes in the process.

"The worst was once I made cupcakes last year for my advisory and I used the wrong type of sugar, so the frosting came out really grainy," Duff said. "And it tasted really gross."

Still, cooking and eating go hand-in-hand for Duff.

"I like to eat because I like to cook," Duff said. "It's really exciting to make something and then wait for it to be done and be able to experience it by eating it." ★



Chowing down ★ Senior Sarah Duff takes a bite of her fruit during a lunch period. Being the president of cooking club, Duff has the opportunity to try new foods. PHOTO BY TRACY BURNS-YOCCUM

44% Sandwich

22% Vegetables/fruits

14% Pasta

The Dart surveyed about 205 students asking, "What do you eat most on a weekday?" The above represent the top results.

On the right foot

Name: Lindsay Cook, sophomore
Specialty: tap dancing, lessons at Diane School of Dance

Other hobbies: Dance Team, ballet, other types of dancing

Extra info: Cook's favorite dance routine was to the song "Stuff Like That There" by Bette Midler.



The sole requirement for tap dancing is a special pair of shoes capable of creating tapping sounds marking rhythmic patterns on the floor. Therefore, according to sophomore tap dancer Lindsay Cook, this genre of dance requires a considerable amount of foot coordination. Cook has been tap dancing since she was 3 years-old.

In addition to the tap lessons Cook takes at Diane School of Dance, she also takes jazz, ballet and hip-hop and is a member of the STA dance team.

"My favorite thing about tap dancing is the style and the energy," Cook said. "In some ways I like it better than other kinds of dancing. I think that the beat's more fun and it's a lot faster."

To go with the black leather of her tap shoes, Cook's favorite outfit she has worn for a routine incorporated a pink fringe skirt, a sleeveless white and black leopard and a pink tie. According to Cook, the outfit was different and matched the tap shoes better than most outfits do.

Cook suggests that if one wants to become a talented tap dancer, she should enroll in classes and practice.

"You have to have a lot of coordination, memorize stuff quickly and pick up the steps quickly," Cook said. ★



On tap ★ Sophomore Lindsay Cook poses in her tap shoes after school last Thursday. Cook has been tap dancing since she was 3 years-old. PHOTO BY TAYLOR BROWN

40% Walking at school

35% Playing a sport/running

10% Dancing

The Dart surveyed about 205 students asking, "What do you most often use your feet for on a weekday?" The above represent the top results.

71% Writing/taking notes for school

14% Playing a sport

4% Drawing/painting/art

The Dart surveyed about 205 students asking, "What do you usually use your hands for on a weekday?" The above represent the top results.

Hand it over

Who: Cricket Martin, freshman
Specialty: origami, learns from "Great Origami Book"

Other hobbies: piano, tennis, singing

Extra info: Cricket uses her origami creations to decorate her room and as party favors.



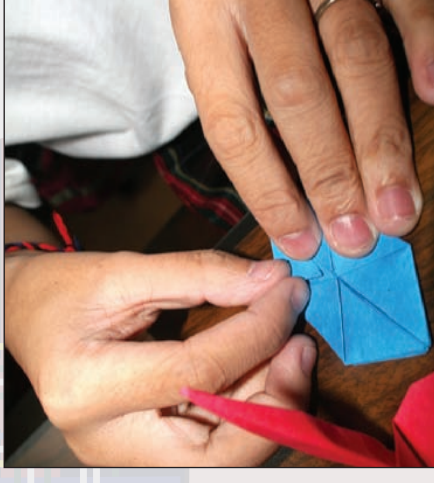
Freshman Cricket Martin recently picked up a new hobby: origami. "I actually just started doing it," Martin said. "I didn't have anyone teaching me – just a book. My mom said 'Hey, this would be fun. We should try it.' And of course, I decided to."

Martin does not have a set time in which she practices origami. Instead, whenever she is bored, she just picks up some paper and starts to fold. According to Martin, all it takes is square pieces of paper, a flat surface, your brain and your hands, of course.

"You don't have to have specifically good hand-eye coordination or know some foreign language or something," Martin said. "You do have to have patience, though, because the foldings needs to be precise. Having a good memory would help, but it's not really skill-based."

Martin's favorite origami object to make is a crane. Although Martin describes herself as a beginner, she plans on learning more if she has time.

"It may not be as helpful as learning to play the piano, but it is interesting and it is art," Martin said. "I like it because it's not exactly cultural, but it is something that came from my birth country, Asia." ★



Paper cranes ★ During an activity period, freshman Cricket Martin folds paper into origami creations. Origami has recently become a new hobby for Martin. Her favorite object to make is a crane. PHOTO BY TAYLOR BROWN

Did you know? 10 truths about human anatomy

Science teacher Amy Carlson submitted facts about the body relating to topics she teaches in her classes, Biology and Anatomy.



1. Nerve impulses to and from the brain travel as fast as 170 miles per hour.
2. Humans shed about 600,000 particles of skin every hour.
3. The brain itself cannot feel pain.
4. The human heart creates enough pressure to squirt blood 30 feet.
5. The tooth is the only part of the human body that can't repair itself.
6. Right-handed people live, on average, nine years longer than left-handed people do.
7. Women burn fat more slowly than men, by a rate of about 50 calories a day.
8. If saliva cannot dissolve something, you cannot taste it.
9. A human head remains conscious for about 15 to 20 seconds after it is been decapitated.
10. We are about 1 centimeter taller in the morning than in the evening.

STA sports facilities restricted

Potential of future \$100,000 donation creates wonder if renovations are worth cost

by ROSIE HODES
Editor-in-Chief

Last year, STA drafted an application for a national grant given through the Kansas City Wizards for sports facility renovations. While STA did not receive the grant last year, president Nan Bone plans to apply again this year.

Bone applied for a \$250,000 grant during the 2008-2009 school year that would have gone towards extending the soccer field to regulation size and updating the turf. However, the criteria for the \$250,000 grant requires STA to add lights to the complex, which, according to Bone, is not an option because lights would disrupt the neighbors around campus. After clearing up this miscommunication with the Wizards, the team encouraged Bone to apply again for the \$100,000 grant that has more lenient criteria.

STA must keep in mind special circumstances while applying for the grant because the campus is inhibited by its location in the heart of a Brookside neighborhood and is also in the process of a budget-consuming capital campaign. Administrators hope that a grant will diminish some of this pressure and allow sports projects to move up on the list of STA's priorities.

The administration and the Board of Directors, including chair of facilities subcommittee John Kissick, are now analyzing what to do if STA does receive the grant, and if renovating STA's sports facilities will reflect the needs of the school.

The last time the sports facilities underwent a serious renovation was in 2001 when Kissick Construction Company updated the soccer field and softball diamond. Until last year, both served to host varsity games. But last year, varsity soccer began hosting home games at Rockhurst University to take advantage of nicer, safer fields.

"If we can manage [hosting games] with our facilities I think it'd be great," athletic director Mark Hough said. "It's home field advantage. It's nice to play on a nice facility too, but I think there can be a mix."



Restricting Residents ★ The varsity softball team plays at STA on Sept 14. The field is surrounded by a residential neighborhood, one of the issues regarding the extension of sports facilities on campus along with financial issues. PHOTO BY HANNA KATZ

Even with the potential for the Wizard's grant, sports facility updates are not at the forefront of the Board of Directors' priorities, according to Bone.

"The reason maybe that we'd hesitate is that the grant is only going to pay a small portion," Bone said. "STA has to invest quite a bit of money. Right now we have a Capital Campaign in place that...came about because of a strategic plan saying, 'Here are some things that STA needs to do in the future.' And at that point it wasn't updating the soccer field."

Hough and Bone agree that beginning another fundraising project at this time would be unrealistic for STA's community and donors. According to Kissick, an extensive construction project would cost significantly more than the grant provides.

"I am not saying [renovating the facilities] couldn't be done, but it couldn't be done for a minimal expense," Kissick said.

STA's midtown location and landscape also

make a serious renovation project unrealistic, according to Kissick. He said there is not enough space to extend the field in any direction, and

"Suburban school facilities...far surpass what we have at STA."

John Kissick, chair of facilities

there is not a logical or inexpensive way to put a fence on campus. He said that he and Bone have explored many options; however, STA's campus is too small to have sports facilities near the caliber of many suburban schools.

"[Suburban school] facilities...far surpass what we have at STA," Kissick said.

Although Hough realizes STA doesn't have the budget to build his dream facility—including a second gym—he is confident that the athletic department does well with routine upkeep.

"A sport is not going to suffer," Hough said. "They're not going to be deprived of something they need. That's just not going to happen."

Hough is also focusing on new ways to bring in revenue for the athletic department such as hosting a Karate tournament in the Goppert Center Saturday and renting the soccer field to club teams to use for practice. Hough believes his plans could make enough profit in the long run to update STA's facilities and is not counting on receiving \$100,000 from the Wizard's grant.

"There are things that are just more important [for the school]," Hough said. "That's how we're going to have to look at it from [the athletics department] is exactly how they looked at it for the whole campus – what's needed."★

Dance team welcomes seniors as new members

Seniors Megan Wilkerson and Samantha Johnson join dance team their final year

by KATHLEEN HOUGH
Staff writer

Every April, STA dance team hopefuls arrive at Goppert Center for tryouts, where they do their best to earn spots as new members on the team. Usually these hopefuls are predominantly, or sometimes all incoming freshmen. Last April, however, was different. Two seniors accompanied the eighth graders, determined and inspired to be a part of "DT4L" (dance team for life).

"I've always loved dancing, but I've never danced for STA," senior Megan Wilkerson said. "I was afraid that I would regret it if I didn't try out, and I figured that senior year was my last chance to do it."

Wilkerson and senior Samantha Johnson became new members of the STA dance team this year. Although both girls tried out as seniors, they did so for different reasons.

Johnson had been involved in competitive gymnastics for 12 years. After leaving the sport when she was a sophomore, Johnson's friends encouraged her to try something new and different.

"When I did gymnastics, I always liked floor exercise, which was basically dancing," Johnson said. "So I decided to give [dance

team] a try."

Despite being new to dance, Johnson attended tryouts her junior year. Although she was unsuccessful in making the team, she did not give up.

"It really motivated me to keep trying," Johnson said. "I ended up taking dance classes throughout my junior year, tried out again my senior year and made it."

Wilkerson's extracurricular activities also kept her from trying out. Although she danced at Liz Kelley Studio for 11 years, soccer was her main focus, constantly interfering with any plans she had to try out for dance team.

"Since both of my sisters played college sports, I always thought I would follow in their footsteps," Wilkerson said. "But then I kind of realized that I was getting burned out on soccer, and I wasn't sure if I wanted to play it for four more years."

With tryouts completed and athletic fees deposited, Johnson and Wilkerson have started to adapt to their new positions on dance team.

For Johnson, the shift from back-hand-springs to pirouettes has been difficult.

"The transition from gymnastics to dance is really hard," Johnson said. "Gymnastics is really sharp and stiff, while dance is more flowy."

Wilkerson admits she may have underestimated the dance team.

"[Dance team] doesn't look like hard work, but once you have to get in there and



Just dance ★Senior Megan Wilkerson fixes her hair on Sept 4, before performing at the pep rally. Wilkerson and fellow senior, Samantha Johnson joined the dance team this year. PHOTO BY HANNA KATZ

learn the ropes it's a lot more difficult than people think," Wilkerson said.

According to Wilkerson, being a new member on the team is tough.

"It's hard to come on [the team] as a senior because even though you are considered 'seniority' you really are at the bottom of the totem pole because it's your first year," Wilkerson said. "Even though I liked being looked up to by freshmen and sophomores [on the soccer team], it's not bad being on dance team

and looking up to other girls instead."

According to sophomore Theresa Murphy, a "second year veteran" on the dance team, the new members have adjusted well to being on the team.

"[Wilkerson and Johnson] don't seem like new members to the team at all," Murphy said. "I still see them as older, even though they have less experience on the team than I do. I wish they were on [the team] in years past. They are really great girls."★

Player recognized nationally

Sophomore chosen for defensive ability, helps varsity team

by LAURA NEENAN
Staff writer

STA sophomore and varsity volleyball player Taylor Migliazzo won the National 16 and under Championship this summer being added to the coveted group of "Defensive Dandies."

"She's pretty crucial to our success," KC Power coach Danielle Stowell said. "Every time she touches the ball, we win."

Migliazzo, along with previous STA students juniors Grace Whitley and Liz Powell, who now attend Bishop Miege High School, and club team KC Power team won the National Tournament June 29. Many players on the team were recognized including Whitley who was selected as the 2009 National MVP. Migliazzo also received recognition for her defensive ability by prepvolleyball.com for her position as libero, and was added to the list of "Defensive Dandies."

As a libero, Migliazzo wears a uniform that contrasts with her teammate's. The uniform allows her to substitute for any player in the back row during play, specializing in defense and serve reception.

KC Power finished the tournament with a 9-0 match record becoming the first Kansas City team to win an Open National Championship.

"When we won [the championships], we were shocked," Migliazzo said. "We jumped on each other, were screaming, and yelling, its too hard to describe how we felt."

According to Stowell, the team struggled in the previous 2008 National Tournament finishing 14th, motivating the players even more. As the second year coaching Migliazzo, Stowell and fellow coach, husband Mr. Mike Stowell, made practices more challenging and the game schedule tougher to prepare for the four-day National tournament.

"Physically, our team had it down," Stowell said. "The mental preparation was what we needed to work on most. I just kept reminding them of the number 14."

The mental preparation did not get in the way of Migliazzo's hard



Down and ready ★ (Top) Sophomore Taylor Migliazzo prepares to return a serve during the Black and Gold scrimmage. Migliazzo's club volleyball team won Nationals this year **PHOTO BY AVERY ADAMS**

Listen up ★ (Bottom) Migliazzo listens while coach Amy Carlson speaks during a time out during the scrimmage against JV. This is Migliazzo's second year on varsity. **PHOTO BY AVERY ADAMS**

work, according to Stowell.

"Whether things aren't going our way or we're down ten to zero, she is a good, steady force," Stowell said. "Everyone knows what to expect from Taylor."

Playing one year above her age group on KC Power, Migliazzo's ability to compete at a higher level is apparent playing "well above her years," according to Stowell. But for Migliazzo, it means working that much harder to prove herself to her teammates.

"Anyone who is playing at that high of a level is a huge benefit for our team," STA varsity volleyball coach Amy Carlson said.

Migliazzo was one of three freshmen on varsity last year. According to Carlson, she is the most improved player since last season because of her increase in confidence and leadership skills.

"You can't get down on your teammates or yourself," Migliazzo said. "You have to have confidence and helping your teammates is what

pays off in the long run."

According to both Stowell and Carlson, Migliazzo leads quietly but through example, always working her hardest in both practices and games.

"Taylor is the captain of our defense...and feared by other teams," Carlson said.

According to Carlson, Migliazzo has become an essential part of the STA team. With already an offer from Oklahoma University, Migliazzo is planning on playing volleyball in college.

"Anything she wants is possible," Stowell said. "She has her pick of schools, the smarts, mental capacity, good family, good friends, she's got it all. She'll be able to do anything."

As for the recognition she has received the past couple months, it comes secondary to Migliazzo.

"You shouldn't think about those titles," Migliazzo said. "The team and just wanting to do well is enough motivation to me." ★

ACHIEVEMENTS

- Placed first in freshman race at Liberty Aug. 28
- Placed sixth at Ray-Pec Sept. 12, leading the varsity team
- Personal record: 20 minutes and 58 seconds (5k)

FUTURE

- Plans to run rest of high school and hopes to continue into college



powerplayers

Lane Maguire
Freshman

"It's fun to run after school," Maguire said. "[Running] relieves stress."

Maguire is one of two freshmen running varsity cross country

SCOREBOARD

varsity softball

8/31 St. Joseph Lafayette 2	STA 1
9/2 Mid-Buchanan 0	STA 2
9/3 Park Hill 0	STA 2
9/10 Sion 10	STA 7
9/14 Benton 1	STA 0
9/15 O'Hara 2	STA 7

Last Thursday varsity softball lost to Notre Dame de Sion 10-7. The game was scheduled to be a home game but the STA field was announced "unplayable" around mid day so the game was moved to Sion. This sudden change of fields "shook up" the players and forced them to rush to prepare for the game. Although the team felt hurried during the pre-game warm-ups, junior Ally Franken pitched over five strikeouts.

varsity tennis

8/24 Blue Springs 0	STA 9
8/25 Park Hill 4	STA 5
9/2 Blue Springs South 0	STA 9
9/10 Sion 7	STA 2
9/15 Barstow 0	STA 9

On Aug. 25, STA varsity tennis defeated Park Hill High School 5-4. The team was extremely excited about the win because Park Hill beat STA last year in the Sectional Finals, preventing the team from going to the state tournament. According to the team, they are now confident that they will beat Park Hill in Sectionals and qualify for State.

varsity golf

9/1 Sion 1st place	Pembroke 3rd place	STA 2nd place
9/9 Richmond Tournament	STA 2nd place	
9/12 Truman Tournament	STA 2nd place	

On Sept. 9, the varsity golf team participated in the Richmond Invitational along with eighteen other teams. The team broke a school record shooting a total of 345 compared to the old record, 354 shots.

varsity cross country

9/5 Liberty Invitational	STA 4th place
9/2 Ray-Pec Invitational	STA 1st place

The STA cross country team received first place in both varsity and JV divisions in their meet Saturday.

varsity volleyball

9/1 Topeka Hayden 2	STA 0
9/1 Aquinas 0	STA 2
9/10 Sion 0	STA 2
9/12 Blue Valley West 0	STA 2
9/12 Lawrence Free State 0	STA 2
9/12 Lee's Summit 2	STA 1
9/12 Miege 2	STA 0

The varsity volleyball team (3-4) competed in the 4th Annual Varsity MO/KAN Challenge Volleyball Invitational last Saturday at Lee's Summit West High School. The team beat Blue Valley West High School, Lawrence Free State High School and lost to Lee's Summit West in pool play, which seeded them second for tournament play. The Stars lost in their first game of tournament play to number one seed Bishop Miege High School, who went on to place third in the tournament. This loss knocked STA out of the tournament, but the Stars will play the tournament champion, Lee's Summit West, again Oct. 3.

Club sport limits athlete

Junior tries to find balance between multiple sports

by MOLLIE POINTER
Sports Editor

According to athletic director Mark Hough, many adolescent athletes are unable to participate in multiple high school sports due to the demands of their club sports. For many student athletes, the weight of their commitment fluctuates on a scale between high school athletics and club teams.

Club sports teams start recruiting athletes at early ages and athletes often continue to play their club sport until they have graduated from high school. Premiere club teams participate in traveling tournaments and compete at state, regional and national levels requiring a substantial time commitment, which detracts from an athlete's opportunity to play other high school sports.

"I want to find that balance [between club and high school sports]," Hough said. "I want girls to do more than just their one sport."

According to "The Case for High School Activities," high school sponsored athletics "instill a sense of pride in community" and "enrich a student's high school career." Hough believes this to be a strong advantage to participation in high school athletics. Contrary to high school sports, Hough understands club sports offer a high level of competition and recruitment for college bound athletes.



Break on through ★ Junior Karson Kuhlmann battles with teammate Sarah Shuaghnessy, of Blue Valley Northwest High School, at soccer practice after cross country practice Sept. 8. Kuhlmann is one of many students at STA who plays a club sport while playing a school sport. PHOTO BY TRACY BURNS-YOCUM

Junior Karson Kuhlmann has played club soccer for 7 years, high school soccer for 2 years, club basketball for 10 years and high school basketball for 2 years. She admits club sports have prevented her from trying out for other high school sports in years past, but she decided to run cross-

country for STA this year despite the fact that she is simultaneously playing club soccer. Kuhlmann's coach of 5 years Richard Davies from Kansas City Futbol Club, KCFC, defines club teams as "a series of tryouts to produce a select team." Davies supports Kuhlmann's decision to run this

fall because cross-country gives and takes on both sides, benefiting soccer. Kuhlmann, agreeing with Davies, partially decided to run to stay in shape for soccer.

"I actually encourage my players in other sports, in this example cross country has many fitness benefits that will help Karson in soccer," Davies said. "Karson works hard and will make whatever sacrifices are needed for her to make the commitment to both sports."

Kuhlmann on the other hand has not felt previous club coaches have encouraged her to branch out and play another sport though Davies has been very lenient concerning her attendance to practice and other KCFC commitments like games and tournaments.

Hough's goal is to find a happy medium for those athletes and coaches who struggle with the issue of playing high school sports versus club sports.

"An option possible [to find a balance between club and high school sports] would be to wrap up practices by 6 p.m. because most club practices don't start 'til 7 or later," Hough said. "Also, if clubs could practice on campus to make things easier for the girls going from one sport to another."

Kuhlmann agrees that club practices offered on campus and a definite ending time for high school practices is a smart idea.

"I definitely [feel the conflict between club sports and high school sports]," Kuhlmann said. "I think that a lot more kids will go out for school teams [if there is a balance between club sports and high school sports]." ★

Function of high school athletics differs from clubs

AN OPINION BY



ELIZABETH WILSON

What is the purpose of having both club and high school sports?

This is a question I often ask myself before tryouts every high school soccer season because, let's face it people: high school sports aren't exactly exalted for their level of competition. If competition is what you are looking for, you are probably already involved with a club team and just playing high school sports for school involvement, school pride, bonding with your friends and a little fun.

I play club soccer for its level of competition. The girls on my club team come from all different schools and are all of about the same skill level (thanks to tryouts which are held once every summer). Our team travels all around the country, playing teams at the state, regional and national levels and goes to college showcases where college coaches come out to watch us play. Club soccer is the environment I have to be in when I am trying to take my abilities to the next level.

High school soccer, on the other hand, is often regarded as a break from the demanding commitment of club soccer and is often a way to gain a few more accolades for your resume and maybe even get your name in the school or local newspapers a few times. It's bragging rights, school rivalries, a sense of belonging and a fun after-school activity. But, my club coach always complains that we come back from high school soccer out of shape and with "a lot of work to do."

I asked girls from a few STA sports teams why they play for STA and why they play for their club teams so that I wouldn't be making uniformed generalizations in saying that all sports function this way. Their responses seemed to confirm my perception.

Senior tennis player and number one seed Kylie Hornbeck said she plays varsity tennis at STA for fun.

"I love the coach and the team, but I have to do a lot outside of high school tennis even during the season to keep my game up," Hornbeck said. "I have a lot of friends who don't play high school [tennis] because they don't think it's worth it."

According to senior varsity basketball player Brady Essmann who began playing club basketball in fourth grade, the level of competition of competitive basketball teams is much higher than that of high school teams.

"It's like taking all the best players from different high school teams from around the city and creating one big monster team," Essmann said.

According to varsity junior softball player Ally Franken, high school sports may be more beneficial to underclassmen than they are to upperclassmen.

"As a freshman, STA softball is probably more competitive than club just because you are facing pitchers and other players that are seniors and are playing at a much higher level than you are," Franken said. "But as a junior, I think club may be equally competitive if not more competitive than high school softball."

Take from this what you will. High school sports are a great way to make your mark at STA and a great way to get involved. I have played high school soccer every year at STA and will do so again this year. Just make sure you understand the function of each type of sport. If competition and excellence is what you are looking for, club sports may be for you. ★

Girls find relationships through rowing

Junior Leah Miller, Maddy Doyle participate on the Kansas City Rowing club

by CASSIE REDLINGSHAFFER
Staff Writer

For two STA students rowing practice is more than an intense workout, it is a date night. Junior Leah Miller and sophomore Maddy Doyle have boyfriends on the Kansas City Rowing Club team and find that rowing has helped strengthen their relationships.

KCRC is a competitive rowing club in the Kansas City Metropolitan. According to Miller, the club travels as a team and has either practice at Wyandotte County Lake or has conditioning training every day after school. The club was very successful last season. Rockhurst High School juniors and KCRC rowers Kevin McNamara and Nick Massey received sixth place at nationals last year. McNamara is the team captain and Miller's boyfriend and Massey is Doyle's boyfriend.

"[Our relationship has become stronger]," McNamara said. "Spending that much time together would strengthen any kind of relationship."

According to McNamara, he and Miller have dated since April, after he convinced her to start rowing.

"At first, I really blew [rowing] off," Miller said. "Then one day I said, 'Hey, I'm going to do rowing today.'"

Although Miller originally thought of rowing as cross training for swimming, she and McNamara grew closer after she began rowing and they soon started dating.

Doyle and Massey, met in the fall of last year at an end-of-the-season rowing party. Rowers and their families attended the party, so Doyle went because her sister, alumna Haley Doyle, participated on the same team as Massey. The two did not start dating until after Maddie started rowing in early June.

Maddie believes that rowing helped her and Massey become closer because through rowing they came to hang out in the same friend group, which was composed of rowers. However, Massey disagrees.

"Rowing hasn't really made [Maddie and I] closer," Massey said. "[Maddie and I] were already good friends before she started rowing so I don't think anything has really changed."

According to Maddie, nothing changed at practice once she and Massey began dating.

"[Once we started dating] we definitely didn't act like boyfriend/girlfriend during practice," Doyle said. "We just didn't act any differently."

McNamara and Miller say they also do not act like a couple during practice.

"Our coaches actually commented that half the time they think Leah and I have broken up because we don't act like we are dating [during practice]," McNamara said. "We try

to [act like we are not dating] during practice because it's easier that way, we can just focus on rowing." ★



Row row row your boat ★ Junior Leah Miller prepares for practice at Wyandotte County Lake Monday. Miller has rowed for the past 8 months. PHOTO BY TRACY BURNS-YOCUM

Green Pride plentiful at KC Irish Fest



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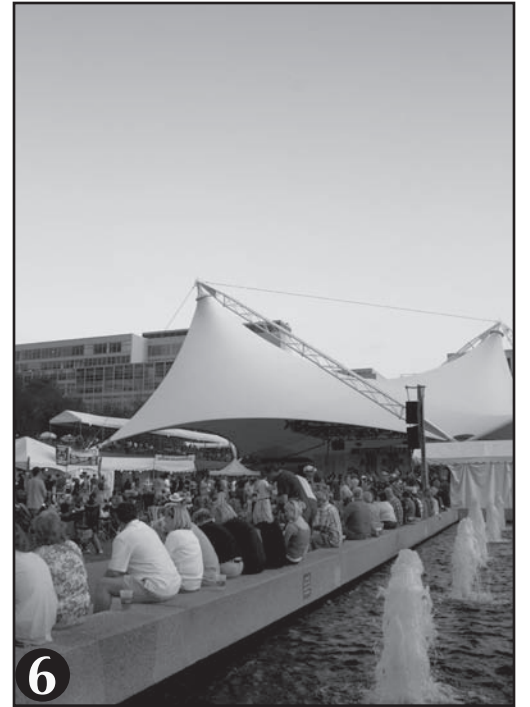
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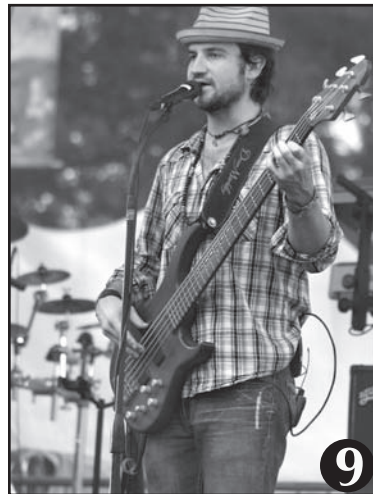
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1. Clap Your Hands ★ The crowd claps along to the Irish band Cara, performing on the State Street Stage Sept. 5 at the Irish Fest. **PHOTO BY MICAH WILKINS** **2. Two-faced** ★ Ms. MJ Matthes, left, works at a face painting booth at the Irish Fest Sept. 5. **PHOTO BY MICAH WILKINS** **3. Water Works** ★ A young boy plays in the jet fountain in Crown Center Square at the Irish Fest Sept. 5. The fountain was a popular escape from the crowd and warm weather of the Irish Fest. **PHOTO BY TRACY BURNS-YOCUM** **4. Kiss Me, I'm Irish** ★ A small girl participates in the Irish Fest parade Sept. 6. The parade wound its way from the Boulevard Stage to the other end of the Fest at the Street Stage. **PHOTO BY TRACY BRUNS-YOCUM** **5. Music Man** ★ Shawnee Mission South High School freshman Keith Monaghan plays his school song at the Kansas City Irish Fest. Monaghan and friend sophomore Eric Groves (not pictured) performed later that night for Monaghan's dad's 50th birthday. **PHOTO BY TRACY**

BURNS-YOCUM **6. Broad Perspective** ★ Irish Fest attendees listen to live music performed by Nova Scotian band Pogey at the Irish Fest Sept. 6. The festival featured seventeen live musical performances over the course of Labor Day weekend. **PHOTO BY JULIA STAPINSKI** **7. Clear as a Bell** ★ Ms. Gretchen Wilhelm works a beverage booth at the Irish Fest Sept. 5 to raise money for Visitation School. "We ring the bells to bring attention to the booth," Wilhelm said. "It lets them know we're here." **PHOTO BY MICAH WILKINS** **8. Cow Town** ★ Children and parents gather in the kid's activity tent for bingo at the Irish Fest on Sept. 6. The kid's tent featured crafts and games organized to entertain the Fest's younger attendees. **PHOTO BY JULIA STAPINSKI** **9. Mighty-Craic** ★ Scythian's Josef Crosby performs a variety of Celtic music during the Irish Fest Sept. 6. The fest featured many entertainment options like music, children's stage, comedy and heritage. **PHOTO BY TRACY BURNS-YOCUM**



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8

Studios, directors sell out when best-sellers become movies

AN OPINION BY



MADALYNE BIRD

Everybody knows books that become popular best-sellers will most likely become a movie. This is great, right? Your favorite book is hitting the big screen! Time to cel-

brate! Let's go hit up the movie theatre!

I beg to differ. For me, turning books into movies can, and usually does, ruin the book. Most of the time, parts of the book are left out so the movie can fit in a nice little 120-minute package and everyone can go home and go about their business. Well, most of the time that little package doesn't do it for me.

The books are better. That's my vote and I'm sticking to it. When I read a book, I work up an image in my mind of what the characters look like, how they act, what their world is like.

This is where my problem comes in: movies very rarely live up to the world I've created, making me nothing more than a critic when a movie disappoints me.

I also hate it when the movie's plot is

completely different from the book's plot. Exhibit A: Jodi Picoult's "My Sister's Keeper." I'm sorry but did the screenwriters, Jeremy Leven and Nick Cassavetes, even read the book? Because when I read it, I'm pretty sure the girl who had cancer lived and the parents split up and the older brother liked burning buildings down.

So why do directors and screenwriters change the plot? Because it's profit-driven. By attaching the name of a well-known book, directors and studios are already cashing in. They have almost instantaneous financial security when the movie hits theaters; "My Sister's Keeper" made close to \$17 million. Book lovers flock to theaters only to be sorely disappointed.

Other movies that don't exactly fit book plots are the "Harry Potter" movies. Settle

down now, Potter fans. What I mean is that the "Harry Potter" movies only cover some of the aspects of the books. I know you can't fit the whole book into a movie without making it 12 hours long. I get it. But, it's just an example of how directors leave scenes out. For example, at the end of "Harry Potter and the Goblet of Fire" they leave out almost the whole last chapter. This left me with a void. I liked the movie, but the last scene of the book was my favorite part of the story and it was disappointing that it was cut from the film. I spent the whole time dreaming up how I would feel during that last part of the movie.

How did I feel by the end of the movie? Horrible.

What I'm trying to say is that I love books. I love movies. Separately. ★

Siblings bond through the sound of music

Junior attends Chicago festivals to see favorite musicians perform

by PAIGE WENDLAND
Staff Writer

Junior Maddie Lundgren walked through pouring rain, smiling. A frigid breeze blew past her, sending shivers up her spine. She was cold, tired and wet, yet she had just had the time of her life.

Lundgren's first night at the Lollapalooza Music Festival in Chicago had just ended, and her weekend of music and excitement still had two more days before it would come to a close. Echoes of dozens of musicians' performances reverberated in her head as she trekked through the mud with her brother and sister.

Lundgren attended the Pitchfork Music Festival July 17-19 and the Lollapalooza Music Festival Aug. 7-9. She went to the events with her older brother, older sister and some of her brother's friends. They all drove to Chicago, where they stayed at the apartment of Lundgren's brother's friend for Pitchfork and her aunt and uncle's house for Lollapalooza. It was Lundgren's first summer going to Lollapalooza, but her siblings had gone for the past three years.

"I'd been waiting to go ever since [my sister] did," Lundgren said. "My brother and sister affected a lot of my taste in music."

Although the trip was an opportunity for Lundgren to see some of her favorite bands perform, she also says it was a great

bonding experience for her and her siblings.

"I mean, I might bring friends next year, but it was a totally different experience with my siblings there with me," Lundgren said.

Each day included a variety of performances, but Lundgren says her favorites were Beirut and Grizzly Bear at Pitchfork and Animal Collective at Lollapalooza.

"I have always loved the brass incorporation in many of Beirut's songs, but it was amazing to see it live," Lundgren said. "Zach Condon and his ukulele were adorable. At one point he said, 'This is the largest crowd that this ukulele has ever played for!'"

Lundgren camped out for hours to see her choice bands' shows from close up, but she says watching some of them from nearly front row seats was worth the wait. During the Animal Collective concert, Lundgren watched from the third row.

"For a band that usually only plays newer music due to a loss of old samples, I was very excited to hear some of my older favorites [from Animal Collective]," Lundgren said. "Although they only technically played three songs, their nonstop hour of music was by far my favorite experience at Lollapalooza."

Lundgren enjoyed the variety of experiences she had in different places in the crowd. Some of her other favorite moments took place near the back of a concert, far from the stage.

"Even though we were about half a mile back [at the Yeah Yeah Yeahs], I was still amazed by the show that Karen O. and the rest of the band put on," Lundgren said.

"The music and energy were great."

Friday night at Lollapalooza, a downpour began. Soon, everything was soaking wet, but the bands went on.

"I think that my favorite thing about Crystal Castles [Friday] was that it was one huge dance party," Lundgren said. "It was raining on an already muddy baseball field, which added to the ridiculous fun."

The final night of Lollapalooza, Lundgren attended an after show, which became one of her favorite moments at the festival.

"This was probably the most unique concert I have ever been to, due solely to the style," Lundgren said. "It was a round robin concert so that No Age, Dan Deacon and Deerhunter were shaped into a circle, and they each took turns playing songs. Even though it was 1 a.m. and I was beyond tired from the weekend, this was one of the best experiences at Lollapalooza."

Even though Lundgren enjoyed both of the festivals, she says her favorite if she had to choose would be Pitchfork.

"There was a smaller crowd, which allowed me to see more bands I wanted to see closer up and in a more intimate setting," Lundgren said. "Overall there was a greater amount of bands that I wanted to see at Pitchfork than at Lollapalooza."

A frequent concertgoer, Lundgren says she loves seeing her favorite bands play live. She already bought her tickets to Lollapalooza for next year and can't wait to go again.

"It's a different experience every time," Lundgren said. "I'll remember what a good time I had with my siblings this summer." ★



Worth the Wait ★ Junior Maddie Lundgren and sister Chloe wait in the front row for the band Grizzly Bear to start playing at the Pitchfork Music Festival July 19. PHOTO SUBMITTED



Guitar Heroes ★ Junior Maddie Lundgren snapped photos of the Walkmen at the Pitchfork Music Festival July 19. PHOTO SUBMITTED



Pass the Mic ★ Junior Maddie Lundgren snapped photos of the band M83 at the Pitchfork Music Festival July 19. PHOTO SUBMITTED

Lollapalooza

Friday: Zap Mama, Bon Iver, Crystal Castles, Fleet Foxes

Saturday: Kasdake, Animal Collective, Blind Pilot, Glasvegas, Yeah Yeah Yeahs

Sunday: Bat for Lashes, Kaiser Chiefs, Dan Deacon, Cold War Kids, Deerhunter, Band of Horses, Jane's Addiction, No Age

Pitchfork

Friday: Yo La Tengo, Built to Spill

Saturday: Plants and Animals, The Dutchess & The Duke, The Antlers, The Bowerbirds, Yeasayer, Beirut

Sunday: Pharoahe Monch, The Walkmen, Grizzly Bear, The Flaming Lips, The Very Best

Full fall calendar of events

Theater

Tell-tale Electric Poe the young adult series, which opened at the Coterie Theatre Tuesday, features actor Bruce Roach reciting poetry by Edgar Allen Poe. Roach will also be accompanied by guitarist Rex Hobart. The series concludes Oct. 15.

Wicked the famed Broadway musical, based on the Wizard of Oz witches opens Nov. 11 at the Kansas City Municipal Auditorium Music Hall and will continue until Dec. 6. Tickets go on sale today, and prices range from \$25 to \$125.

Palomino a new play by David Cale, premieres at the Kansas City Repertory Theatre Oct. 9 and will run until Nov. 15.

Art/Festivals

The Hidden Glen Arts Festival will take place Saturday and Sunday at Cedar Creek in Olathe. Along with pottery, jewelry, fibers, prints and paintings, the fair will feature live music, entertainment and food. Admission is free and open to the public.

The Plaza Art Fair will take place at the Country Club Plaza Sept. 25, 26, 27. The fair, which has taken place for 78 consecutive years, will include 240 artists, with 3 live music stages. Admission is free.

The Unplaza Art Fair, organized by PeaceWorks KC, will take place Sept. 26 and 27 at All Souls Unitarian Universalist Church. The fair will feature artists and booths selling jewelry, pottery, paintings and other art.

Music

Mika the popular singer/songwriter, will release a new pop album, "The Boy Who Knew Too Much," Tuesday. The album is expected to be just as glamorous as his previous album "Life in Cartoon Motion."

Snow Patrol will play at the Uptown Theatre Sept. 29 in light of the release of their new album "Crack the Shutters."

Paramore will play at the Uptown Theatre Oct. 6, in light of their new album, "Brand New Eyes," to be released Sept. 29.

Kings of Leon, famed musicians of popular songs such as "Use Somebody," will perform at the Sprint Center Oct. 13. Ticket prices range from \$89 to \$341.

Movies

"The Invention of Lying" a comedy with Tina Fey ("30 Rock"), Ricky Gervais (the original "The Office"), comes out in all theatres Oct. 2.

"Fame," the reinvented of the Oscar-winning 1980 musical, will be released in theaters nationwide Sept. 25.

"Whip It," a new comedy about the world of girls' roller derby will be released in theatres nationwide Oct. 2. The film, directed by actress Drew Barrymore, stars Ellen Page of "Juno".

"Where the Wild Things Are," the much anticipated Spike Jonze film based off of the Maurice Sendak children's book, will be released in theatres nationwide Oct. 16.

entertainment WALL

Movie

A wannabe "Office Space," "Extract" left me unsatisfied. I didn't hate it, and I didn't love it. I felt nothing towards it. It seems the main character Joel (Jason Bateman) felt the same way. Throughout the entire movie, he seemed so disinterested in correcting his pathetic life, whether it meant running a flavor extract factory or hiring a gigolo for his wife. Honestly, his personality was the same whether he was completely sober, drunk, stoned, or on horse tranquilizers, courtesy of his bartender friend played by Ben Affleck. I don't recommend spending the time or money to see "Extract" on the big screen.

-Rosie Hodes

★★★★☆

Song

I'm a firm believer in the philosophy that most good bands get worse with time and mainstream influence, so when the Arctic Monkeys released their third album, "Humbug," I was somewhat skeptical and unsure of what to expect. In "Cornerstone," the seventh track off the album, front man Alex Turner depicts an evening spent bar-hopping and attempting to recover from heartbreak. The lyrics are crafted with witty expertise from a melancholy point of view that encourages the listener to sympathize with Turner's plight. The song displays the Monkeys' strengths, showcasing the band's distinctly familiar sound while also accommodating a bittersweet tone and introducing a newfound sense of maturity to their music.

-Julia Stapinski

★★★★☆

Book

I was encouraged to read "The Shack" by several rave reviews from friends and family. The story is about a man whose daughter is murdered and a weekend where he visits with God. While he challenged his faith and asked God questions, I found myself thinking about the same issues and questioning my own view of God and my world. While this book is written by one person and does not have all the answers, I gained a deeper understanding of my own faith and who God is.

-Shaughnessy Miller

★★★★☆

Show

"The Vampire Diaries" made its television debut Sept. 10 on the CW. The show, modeled after a series of young adult books, focuses on a teenage vampire and his obsession with a suburban high school girl. Sound a bit like "Twilight"? There is no coincidence that, after "Twilight's" book and box office success, a television series chronicling the lives of teen vampires would hit prime time television this year. You don't have to be a "Twilight" fanatic to enjoy this show. "The Vampire Diaries" is a typical CW program- attractive cast, drama, romance, humor- but there is one thing that makes it unique. Vampires.

-Michelle Reichmeier

★★★★☆

Students prepare, fundraise for international excursion

Fourteen STA cast members raise money to perform in Scottish Festival

by KATHLEEN HOUGH
Staff Writer

Each year, millions of people from around the world travel to Scotland to take part in the Edinburgh Fringe Festival. During this festival, the whole city becomes a stage for actors to perform, while visitors pile into theaters, churches, and stadiums to watch.

Next August, 14 STA students will have the opportunity to join these performing artists on a two-week trip abroad to Edinburgh, Scotland. The STA cast will perform a comical satire, "Greater Tuna," on their trip to the Fringe Festival.

"I am so excited!" drama teacher Shana Prentiss said. "It is such a great opportunity for everyone. There is really nothing like [the Fringe Festival]."

According to Prentiss, the students will participate in the American High School Theatre Festival (AHSTF) at the Fringe Festival. Prentiss, accompanied by English teacher Katie Dolan, will chaperone the group of STA students traveling to Edinburgh next August.

STA was nominated to perform at the Fringe Festival by a man from Washington University in St. Louis, Prentiss said.

"[The man's] wife and mother-in-law are both alumnae of St. Teresa's," Prentiss said. "He had heard wonderful things about our theater program and felt we deserved a nomination."

Senior Ellen Gude, who is actively involved in the theater department at STA, agrees with Prentiss that STA was lucky to be nominated.

"It's an amazing honor that [STA has] been chosen to perform," Gude said. "It shows how strong our theater department is, and all of the hard work [the students] have put forth."

The students will perform the play "Greater Tuna" four times throughout the two-week period.



Try Outs★ Ms. Shana Prentiss watches auditions for the musical "Greater Tuna." Prentiss will take the cast to Scotland for the Fringe Festival in August. PHOTO BY HANNA KATZ

In addition, the girls will sightsee in London, England and view other performances at the festival in Edinburgh, Prentiss said.

These memorable experiences come at a cost, however. The price estimation is about \$6,000 per girl to cover the cost of the trip, Prentiss said.

As a result, "Greater Tuna" is double-cast so students can still participate in the production without traveling to Scotland. One cast will perform at STA in February, while the other cast will perform at the Edinburgh Fringe Festival in August. In addition, many Scotland cast members will understudy the STA production.

Many students, including Gude, reluctantly opted not to travel to Scotland, but plan to instead perform in the STA production of the play. Other seniors were unable to tryout due to conflicts with their freshman year of college beginning next fall.

"It's just a bit expensive right before we have to pay college tuition," Gude said. "I might just have to hide in Prentiss' suitcase to be able to go along."

Sophomore Rosemary McGraw is one of the 14 students in the "Greater Tuna" cast headed for Scotland. Although excited to be a part of the excursion, McGraw says money is definitely an obstacle.

"I have to put forth a lot of money to go," McGraw said. "I'm going to have to get a job and do extra things around the house to help pay for [the trip]."

According to Prentiss, although fundraisers are in the works, making a profit will be tough. The fundraisers, including the "tailgate party" in the quad last Thursday and a dance-a-thon this spring, will help benefit the international excursion.

"We are a private school in the middle of a Capital Campaign, so fundraising is a difficult aspect in itself," Prentiss said. "We just have to be realistic in how much money we can raise—but that won't stop us from trying."

If all fundraising goes according to plan, the group will raise half of the grand total, about \$45,000, Prentiss said.

"[The trip fundraisers] are something that the whole student body can be involved in, not just the girls going on the trip," Prentiss said. "Plus, they are really fun!"

Despite the obstacles, there is unanimous excitement among the participants of the group, according to Prentiss.

"Even after long, tired hours of preparation, I can't imagine anything I would rather do than prepare for this trip," Prentiss said. "I just keep thinking about how valuable the experience is for the students, and it makes everything worth it." ★



Helping Hands★ Juniors Sarah Moran, left, and Mary Fry advertise the Fine Arts Booster bake sale. The proceeds went to Ms. Shana Prentiss in order to help fund the trip to Scotland for the Fringe Festival. PHOTO BY HANNA KATZ

STA Cast of the "Greater Tuna"

- Julia Barnett:** Thurston Wheelis
- Ellen Gude:** Arles Struvie
- Rosemary McGraw:** Petey Fisk
- Chelsea Birchmier:** Stanley Bumiller
- Elizabeth Schorgl:** Vera Carp/ Didi Snavely
- Ryan Tucker:** Bertha Bumiller/ Pearl Burras
- Leah Miller:** Charlene Bumiller/Elmer Watkins
- Sarah Kostroyz:** Jody Bumiller/ Harold Dean Lattimer/ Rev. Spikes
- Alex Mediavilla:** Leonard Childers/ Chad Hardford/ Sheriff Givens
- Christie Fletcher:** RR. Snavely/ Phineas Blye/ Hank Bumiller/ Coach Ronnie

Scotland Cast of the "Greater Tuna"

- Sarah Moran:** Thurston Wheelis
- Anna Rayburn:** Arles Struvie
- Rosemary McGraw:** Petey Fisk
- Chelsea Birchmier:** Stanley Bumiller
- Elizabeth Schorgl:** Vera Carp/ Didi Snavely
- Ryan Tucker:** Bertha Bumiller/ Pearl Burras
- Leah Miller:** Charlene Bumiller/Elmer Watkins
- Margot Mackey:** Jody Bumiller/ Harold Dean Lattimer/ Rev. Spikes
- Miranda Johnson:** Leonard Childers/ Chad Hardford/ Sheriff Givens
- Christie Fletcher:** RR. Snavely/ Phineas Blye/ Hank Bumiller/ Coach/ Ronnie

A long journey home



Jacob Frey, brother of Mary and Sarah Frey, battles a rare brain tumor for 10 years

by **BETSY TAMPKE**
Web Publicity Manager

"Frey," Mr. David Frey repeats. "Ruth Frey, Jacob Frey, and David Frey."

The airport clerk behind the counter searches the flight list but finds nothing - their name is not there. In an internal panic, Ruth Frey wracks her brain. "Did we accidentally cancel our flight yesterday? Did the hospital cancel our flight? How are we going to get home?"

Besides this one, the next flight out of Turkey is in a week. It's a little after 5:30 a.m. back home in Kansas City. Her daughters are probably still sleeping. The travelers have waited three weeks to go home and Ruth refuses to wait any longer.

Jacob Frey, older brother of junior Mary Frey and freshman Sarah Frey, battled a rare cancerous brain tumor for 10 years. His parents traveled with him across the country to receive a total of three brain surgeries from a world renowned neurosurgeon, but the tumor kept growing back. This summer, in their most extreme attempt to remove Jacob's tumor, David, Ruth, and Jacob traveled to Istanbul, Turkey for three weeks to receive a brain surgery from the second best neurosurgeon in the world.

A mystery

It was 1999, and the 10-year-old Jacob was getting his first, of what would become a series of MRIs. They were searching for a tumor on his pituitary gland that would explain Jacob's early puberty. The MRI showed unexpected results: Jacob's pituitary gland was clean. However, his frontal lobe, the part of the brain that controls speech and function, had a spot on it.

Doctors initially thought the spot was a lesion, or according to David, "an abnormality of the brain that was not uncommon." Doctors said nothing could be done right away. They decided to monitor it and wait until it became

a problem.

Five years went by and the tumor continued to grow. The Freys went to numerous doctors but not one could tell them what it was--at least not from MRIs. Several doctors urged the Freys, despite the risks, to let them perform a biopsy: a surgery in which they remove a piece of brain tissue for diagnostic study.

"Why?" Ruth remembers saying to the doctors. "Why do we go in and see what it is when your telling me that he might come out and he can't walk and he can't talk when you're done? He is a perfectly normal child. Why would I let you cut him open?"

Waiting

Back at the airport, the language barrier that had been only a picket fence during the Frey's time in Turkey suddenly becomes a brick wall. After a mixture of misunderstood Turkish and English words combined with hand gestures, the clerk says, "It's okay." He allows David, Ruth, Jacob and the Turkish Airline employee pushing Jacob's wheelchair to pass through the gate.

The employee pushing Jake's wheelchair spots a Starbucks and says, "Hungry? You no eat?"

Jacob stands up and goes into Starbucks with his parents. Each of them orders a piece of cake and David gets a cup of coffee. They finish their food and exit Starbucks to find that the wheelchair and the airline employee...are gone.

Answers

The doctor the Freys were seeing at the University of Kansas Medical Center recommended that they see Dr. John Grant, a neurosurgeon from Northwestern University who was stationed at Children's Mercy Hospital in Kansas City. Grant took one look at the MRI.

"Oh, this is an insular glioma," David remembers Grant saying. "Typically non-fatal, they're slow growing and the guy who invented the surgery...is down in Arkansas and if you want a second opinion you can go see him."

Relief flooded over Ruth, David and Jacob. Insular glioma. The mystery spot finally had a name.

The Freys visited the insular glioma specialist, Dr. M. Gazi Yasargil, in Arkansas only for him to agree with everything Grant had said:

they needed to wait for the tumor to become a problem before operating.

The tumor reached the size of a large egg while Jacob was in his junior year at Rockhurst High School. Grant recommended an operation before the tumor started to affect Jacob's brain function. Even though the 79-year-old Yasargil was voted neurosurgeon of the century, the Freys thought it was better to have the younger Grant perform the surgery.

Before the surgery, Jacob wasn't nervous. Jacob was ready. He trusted Grant to know what he was doing, even if he had only performed this surgery three or four times before.

Grant spent six hours in surgery. He had lost a lot of blood. Grant was in a rush, and without changing his shirt soaked with Jacob's blood, he walked into the waiting room to give Ruth and David news on their son.

Waiting

The Freys reach their gate on time, only to discover that their flight is delayed for an hour and a half. Due to the missing wheelchair, they are in a rush to find a place that Jacob can rest. David scans the waiting area to find a seat. Ruth and David guide Jacob over to an empty chair. They sit down and do something familiar. They wait.

One tenth

Grant did the best he could during the surgery, but unfortunately his best did not remove enough of the tumor to heal Jacob. Mary described this surgery as being more of a biopsy because Grant only removed one tenth of the tumor. According to Mary, at least 95 percent of an insular glioma needs to be removed to prevent regrowth.

It was inevitable. Jacob's tumor would grow back, most likely larger than before.

Waiting

Ruth, David, and Jacob board their direct flight from Istanbul, Turkey to Chicago. When they reach their seats they find an airline blanket, a pillow, ear phones, tooth paste and socks. It is 11 p.m. Ruth takes a seat and waits for the plane to start moving.

The inevitable

"Mom I think I'm having a seizure," Jacob said to Ruth through the phone. "The whole

right side of my body is numb."

Jacob, now a senior, was on the last night of the camping trip he was supervising in order to have enough hours to achieve the Eagle's Scout award. The tumor came back.

"And that was the beginning," Ruth said.

The seizure subsided and when Jake got home they took him for another MRI. The tumor had doubled in size. It was too soon to operate, but the Freys were faced with a predicament.

"Do you send him to college for his freshman year?" Ruth said. "Or do you not send him to college?"

Waiting

The airplane is about to take off. While tourists are catching their last views of Turkey, Ruth's eyes are glued to the ceiling of the plane. The roof is shaking, "Oh my God," Ruth thinks to herself. "This plane is going to disintegrate."

Decisions

The Freys did send Jacob to college. In his freshman year at Kansas State University, Jacob was determined to have a normal life.

The amount of seizures Jacob experienced daily was mounting, but few realized what was happening. Seizures usually consisted of his face dropping a bit, little ticks, or experiencing a strange taste in his mouth, so they could sometimes go unnoticed by others.

Jacob went home one weekend to watch a NASCAR race with his family. After Jacob left, Ruth realized that she had seen three seizures--one for every hour he was home.

Ruth immediately called the neurologist and scheduled an appointment for the following week, took Jacob out of school and headed to Arkansas.

This time they would ask Yasargil, despite his age, to operate on Jacob. Yasargil was insulted when he discovered the Freys allowed Grant to operate on Jacob first.

"Why?" David remembers Yasargil saying. "Why? None of these guys are good enough. They don't have the skill. You know, some people could take violin lessons for 20 years and they're okay, but other people are concert musicians."

About a week later, Yasargil started to op-



2.



3.



4.

1. Family Affair ★ Ruth Frey, from left, Mary Frey, Rachel Frey, Jacob Frey, Leah Frey, Sarah Frey, and David Frey celebrate Jacob's return. Jacob, Ruth, and David spent three weeks in Istanbul, Turkey. **PHOTO BY MORGAN SAID**

2. Saying Goodbye ★ Jacob Frey stands with some of the staff at the hospital in Turkey. Frey had his brain surgery this summer. **PHOTO SUBMITTED**

3. Dinner Time ★ Jacob Frey enjoys a meal during his hospital stay in Turkey. Frey traveled there for brain surgery over the summer. **PHOTO SUBMITTED**

4. Memories ★ Jacob Frey holds a surgical cap given to him by one of his doctors. NRS stands for neurosurgeon. **PHOTO BY MORGAN SAID**

A GUEST COLUMN BY



MARY FREY

A sister's point of view

Almost every teenager imagines a life without her parents, living on her own, buying what she wants, being in charge of her own life. Now imagine that life as reality.

This imagined situation is almost exactly what happened to me and my sisters when my parents and brother left for Istanbul, Turkey. As soon as my parents got in the car to leave for the airport, I was put in charge. I couldn't go to see them off because I needed to watch the twins and we didn't want to overwhelm Mom, Dad, and Jake. Within a few days, I discovered just how hard it is to be a mom.

From washing the dishes, to doing laundry, to making sure that the girls had all of their school supplies one last time, the work of a parent is never done. Even though I wasn't the sole "adult" in the house, I took over the major jobs of the house. I began making the shopping lists, going to the store, and making sure we stayed within the budget Mom and Dad had allotted us. While this doesn't seem like much, going from simply being in charge of laundry to being in charge of almost everything is a big leap. One must mature quickly and be able to set aside their temper so that everything can be done as quickly and efficiently as possible.

Let me tell you, that is NOT an easy task, especially for someone with as short a temper as myself. So the next time you imagine life without your parents, be grateful that you still have them there to do the brunt of the hard work, and remember that responsibility is never easy and should never be taken lightly because the next thing you know the roles could be reversed and you are put in charge of all of the decisions no matter how hard those decisions may be. ★

erate on Jacob. His efforts were undermined, however, when he found a staff infection: an infection that can eat away at bone and severely damage the brain, on the surface of Jacob's skull. David and Ruth considered themselves blessed. The staff infection had stayed isolated. It had not spread and damaged bone, nor had it begun to eat away at Jacob's brain.

"I was never able to hit my head hard enough to make it spread," Jacob darkly joked. "It's supposed to kill people in under two weeks. I hit my head all the time, and it never happened."

After Jacob underwent an eight-week intravenous antibiotic treatment—one stint delivering antibiotics straight into his heart every four hours—he was ready for the third attempt to remove the tumor.

Jacob went under the knife again, and this time Yasargil was able to remove 80 percent of the tumor. The tumor might never grow back, and if so it would not be for another 10-15 years.

"We were hopeful that it was done," David said. "That everything was done."

And then, the tumor started to grow again.

Waiting

The plane does not disintegrate. The eight hour flight from Turkey to Chicago lands as planned. The Freys wait patiently as the flight attendant welcomes them to the United States and asks them to remain seated until the plane has come to a complete stop.

A wheelchair is waiting for Jacob as he exits

the plane. The Freys make their way to the next flight gate and have an hour and a half before they can board the plane that will take them to Kansas City, finally home.

Walk the line

After Jacob's last surgery Yasargil gave the Freys specific instructions of what to do if the tumor ever grew back: the only person who could be trusted to operate was Dr. Ugur Ture in Istanbul, Turkey.

Earlier this year, over a period of six months, Jacob started having seizures again. The Freys met with Yasargil in St. Louis June 26 and discovered that the tumor was growing again. Without hesitation the Freys decided to

travel to Turkey. "When a world renowned surgeon tells you to go see a second world renowned surgeon, you pretty much don't question it," Ruth said.

David, Ruth, and Jacob's first days in Turkey seemed like those of a typical American tourist. They went sightseeing, shopped, and ate. But three days into their journey they checked Jacob into the hospital and doctors prepped him for surgery.

On Aug. 12 Jacob went into what he hoped would be his final surgery. For twelve hours David and Ruth waited as Ture pulled the tumor out a "strand" at a time, walking a fine line between tumor and brain tissue.

Waiting

7:30 p.m. The flight from Chicago lands at the Kansas City International Airport. Im-

patiently, the Freys wait for the plane to stop moving. They are so close to home. The pilot shuts of the fasten your seat belt sign and the Freys stand up and start to exit the plane. They are minutes away from seeing their daughters, seconds away from touching them.

Results

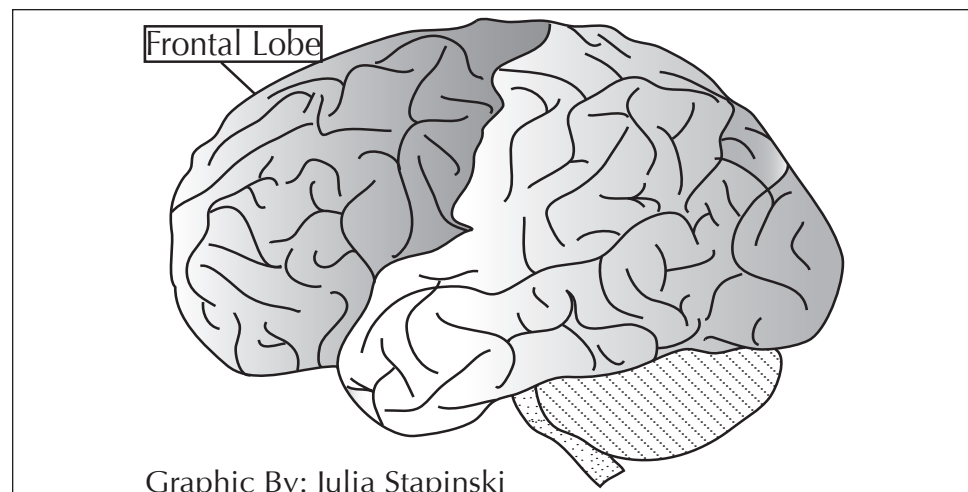
Ture brought good news. He was able to successfully remove 97 percent of the tumor. Jacob was expected to make a full recovery. All that was left for the Freys to do was wait for Jacob to be strong enough to go back home.

Home

The walk from the plane to the terminal seems like an eternity. Ruth sees the tallest of the bunch, her brother Mr. Bill Mattli, first, who had stayed with the girls during the trip. Then Sarah...Mary....Leah...Rachel. The daughters that were merely voices on the phone and faces on her computer screen for the past three weeks are suddenly very real in front of her. The family immediately embraces each other, blocking

human traffic in the terminal as an intertwining knot.

As David retrieves the luggage and Mattli gets the car, the need to make the final, short trek home unties the knot. The entire Frey family piles into their dark blue suburban. As the girls delve into every detail of their life that their parents and brother had missed, Mattli drives them home to their new, tumor-less life. ★



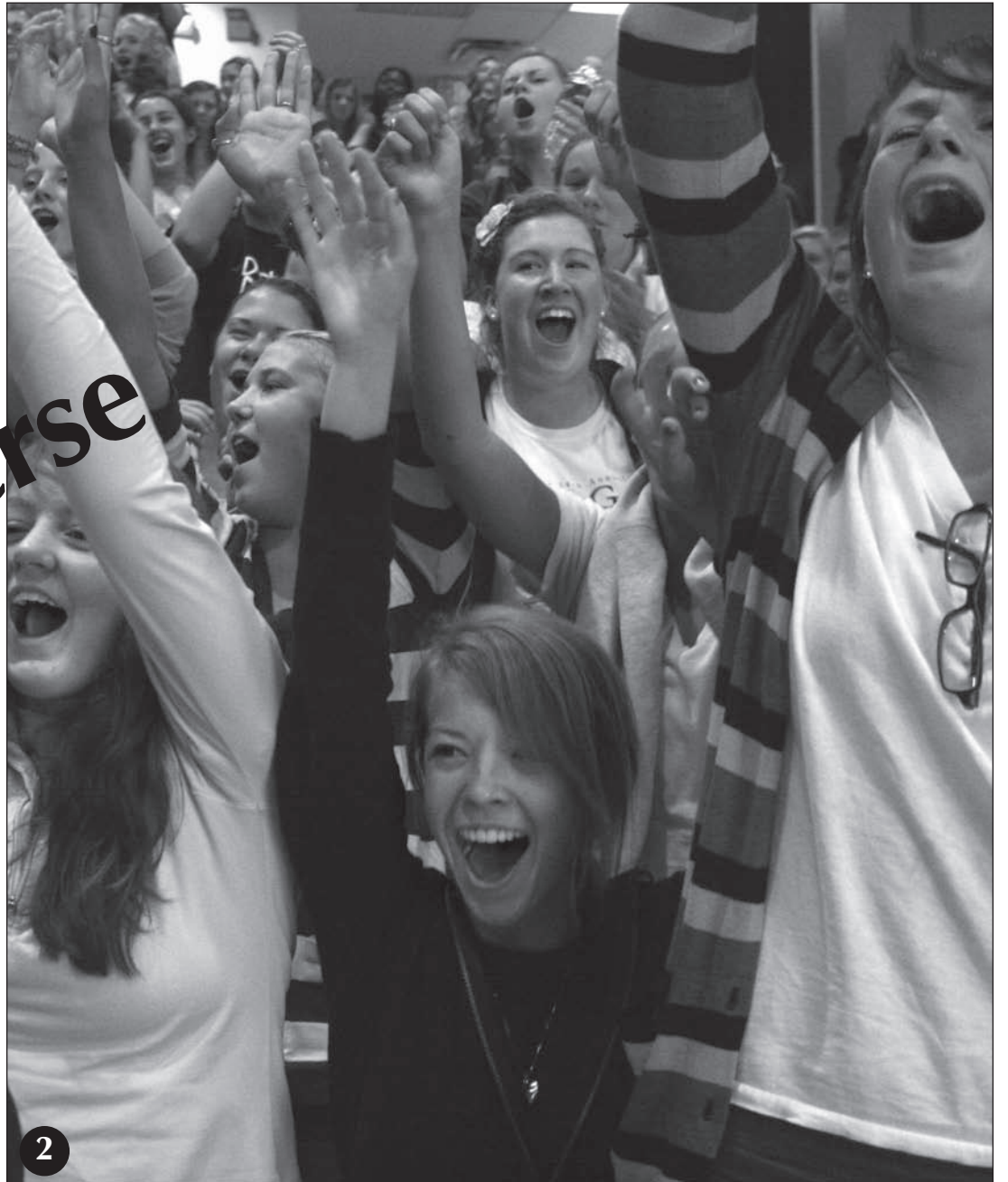
Graphic By: Julia Stapinski

SPIRIT

a verse



Spirit Club performs first pep rally of the year; students cheer for club members as they rap their support for fall sports teams.



1. X ★ Seniors, from left, Shayla Sigler, Sarah Kindscher and Jordan Miller shout their class chant at the dance-off competition during the pep rally Sept. 4. Girls cheered for their grades as senior Kayla Kratofil determined the winner by the approval of the crowd. PHOTO BY TRACY BURNS-YOCUM
2. Show your spirit ★ Juniors Maddie Lueke, from left, Riley Uecker and Emily Cox scream their support for their grade at the pep rally Sept. 4. Many students leapt out of their seats in order to ensure their grade's success in the dance-off. PHOTO BY AVERY ADAMS
3. Turn your swag on ★ Sophomores Margot Livers, from left, Kelly O'Byrne and Brie Sandridge stare off into the distance as they prepare for their turn on the mic. Spirit club members each performed a solo rap session in order to get ready for the fall sports season. PHOTO BY AVERY ADAMS

Issue One Corrections



On page 2, *The Dart* incorrectly identified Jennifer Blake as junior when she is a sophomore. *The Dart* apologizes for this occurrence. ★

NICE TO MEET YOU



ROSIE HODES

Cheap drink, rich personality

Students and teachers in the STA community have made efforts to encourage students to branch out - to get to know the real person in the tartan plaid. So I started thinking, what can I personally do to make that barriers between us a little flimsier?

I decided to introduce myself to another student at STA and take her out on a "date." I want to spend 20 minutes with someone new, discovering what makes her tick.

The big question was, "Who will be my first victim?"

After facing total rejection at one lunch table, I followed pointing fingers to a young woman whom her friends considered outgoing enough to face a big, bad (and creepy) senior. Miss Kerry Joan Egan, sophomore, Visitation grade school alumna and youngest of two children, agreed to meet me at the Roast-erie the next day.

I believe that Kerry ordered a 16 oz iced tea because it is one of the cheapest things on the menu. A polite gal.

Modest, too.

"What have you been doing since school ended?" I asked. It was 5:30.

"Homework," Kerry replied. Homework?! She's a non-procrastinator!

Until meeting Kerry, I didn't know they really existed. I have heard fairy tales about kids that don't watch TV until homework is finished and fall asleep at 10 p.m., but I had never seen one in the flesh.

Yet there she was, sitting across from me, homework completed and ready for a night at the Royals game.

Kerry told me that she has to do her homework every day and freaks out if she hasn't started before nightfall.

At this point I was just plain jealous. I have a *severe* case of chronic procrastination.

But Kerry's work ethic is one small aspect that stuck out the most to me. She has so much more to share.

Maybe we'll talk again and I'll learn even more. Maybe the next girl I meet will be my long-lost best friend, and the girl after that my worst enemy. That's the thing about meeting new people - it's unpredictable. But there's one thing I know for sure: I now have one more person to wave to as I walk across the quad.

Kerry Egan, it was nice to meet you. ★

top

[[Unusual Missouri Laws]]

Compiled by Julia Stapinski

5

Dancing is outlawed in Purdy.

In St. Louis, milkmen are not allowed to run while on duty.

3

In Natchez, it is unlawful to provide intoxicants to elephants.

It is against the law in Mole to scare a baby.

1

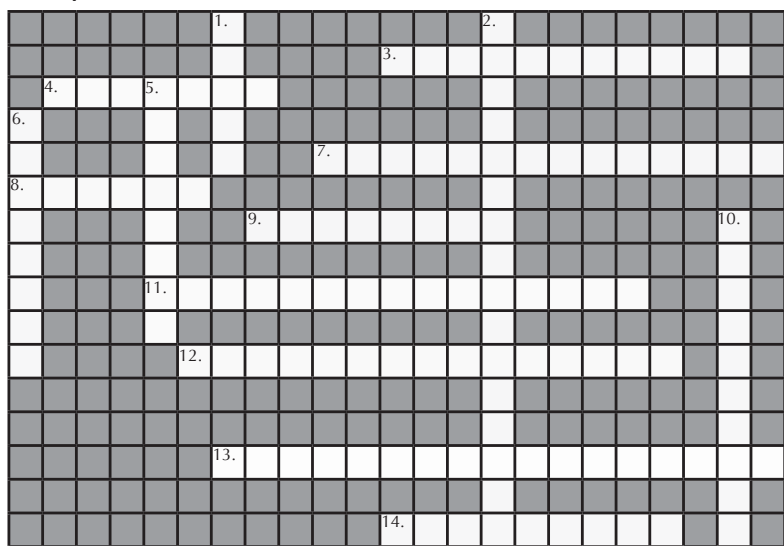
It is illegal in Kansas City to install bathtubs with four legs resembling animal claws.

Information compiled from dumblaws.com

4

2

[only at sta]



down- 1. Unstructured mods 2. Male teacher's infatuations 5. Female homecoming 6. Recess 10. Casual leg attire
across- 3. Armless sweater 4. Campus feline 7. Seniors' moving uniform 8. Secret passageway between Donnelly and M&A 9. Campus family 11. For example: Hairspray, Project Runway, Dark Knight/Sisterhood of the Traveling Pants 12. Weekly unconventional out of uniform days 13. Opposite of block scheduling 14. First years' festival

answers-down: 1. Frees 2. Faculty Bromances 5. Teresian 6. Activity 10. Sweat pants; 3. Sweater vest 4. Critter 7. Traveling skirt 8. Tunnel 9. Advisory 11. Auction pep rally 12. Senior theme days 13. Modular scheduling 14. Frosh fest

MEDICAL EMERGENCY

In a terrifying turn of events, Critter, the campus kitty, was discovered lying in the grass outside of Donnelly Hall Aug. 28...bleeding. The blood was seeping out of an unidentifiable gash. STA students bellowed that Critter was "flirting with death." However, after careful examination by amateur veterinarians, senior Avery Adams and junior Kathleen Hough, the diagnosis was only a puncture wound to his left side. Silly kitty, always cheatin' death. ★

Compiled by Avery Adams and Kathleen Hough

DARTSMART

Which part of your brain do you use?

1. You just got a job as a cashier. You like your job because...
 - a. Counting money and working with numbers is your specialty.
 - b. You enjoy organizing your cash register perfectly.
 - c. You get to talk with a lot of customers. You know you can show up late
 - d. and your boss won't care.
2. You're exploring in Africa and you see a tiger. Your first instinct is to...
 - a. Recall that there are no wild tigers in Africa.
 - b. Back away slowly and avoid eye contact.
 - c. Take tons of photos to show your friends. Get as close as possible and try to
 - d. touch it.
3. Your parents throw you a surprise birthday party. You are...
 - a. Not surprised, you already figured it out.
 - b. Worried that your previous plans you coordinated are ruined.
 - c. Crying from the initial shock; you always get emotional at times like these.
 - d. Excited to party; you love surprises.

if you answered...

Mostly A's

You are the "rational self." You use the upper left section of your brain. You approach situations logically and realistically. You like working with numbers - especially money.

Mostly B's

You are the "safekeeping self." This quadrant, located in the lower left part of your brain, focuses on safety and taking preventative action. You are organized and reliable.

Mostly C's

You are the "feeling self." You use the lower right section of your brain, which makes you an emotional person. You are sensitive to others and you love to talk and teach.

Mostly D's

You are the "experimental self." Using the upper right part of your brain, you are imaginative and curious. You take risks and break rules. You like surprises and to play around.

Created by Caroline Thompson

Days of our lives

The Dart created a countdown to some of the most anticipated days of the school year.

30 days until Teresian.

There are 15 days until the auction pep rally.

8 days until the next late start.

Exactly 88 days until first semester finals.

Approximately 29 days until the next three day weekend.

And only 254 days until summer.



STA students rose from the dead and stormed the Goppert Center dressed as zombies for the STA vs. Notre Dame de Sion High School varsity volleyball match Sept. 10. The Stars won the match 2-0.



1. Put your hands up ★ Spirit Club president senior Megan Wilkerson and senior Maegan Kelly lead the STA students in cheers during the varsity volleyball match against Notre Dame de Sion High School Sept. 10. STA won the match 2-0. PHOTO BY AVERY ADAMS
2. Open wide ★ Sophomore Brie Sandridge cheers on the Stars during the Sion game. The theme for the game was "Zombies." PHOTO BY AVERY ADAMS
3. R.I.P. ★ Senior Taylor Irwin raises a gravestone in the crowd during the Sion volleyball game. STA students "rose from the dead" and paraded from the soccer field to the gym. PHOTO BY AVERY ADAMS
4. Just layin' around ★ Freshman Kelli Strader lays waiting to rise as a zombie. She joined her schoolmates to cheer on the varsity and JV volleyball teams as they played Sion. PHOTO BY HANNA KATZ
5. Fallen soldiers ★ STA students pretend to be zombies on the soccer field before the match. They rose to bombard the Goppert Center windows before cheering on the Stars varsity volleyball team. PHOTO BY HANNA KATZ
6. Ride that pony ★ Seniors Kayla Kratofil, from left, Rachael Winslow and Rebecca Oyler scream as the Stars varsity volleyball team scores. This was the only varsity volleyball home game STA will play against Sion this year. PHOTO BY HANNA KATZ