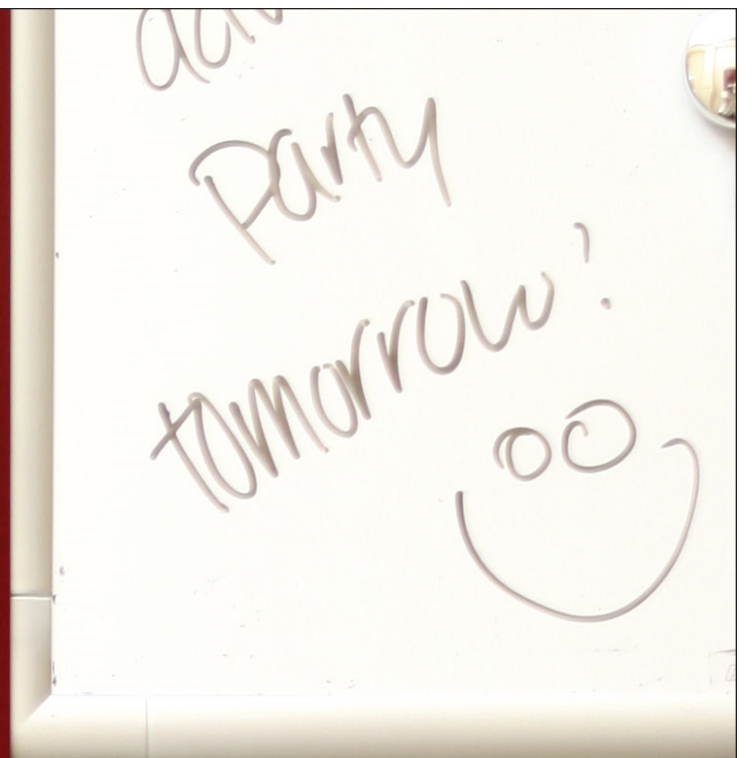


the

ST. TERESA'S ACADEMY

dart

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locking in on **LAPTOPS**

Through a developing technology plan, president Nan Bone is about 95 percent sure each student will have an HP netbook next school year.

See Pages 12-13

Feeling down

Studies claim women are less happy or satisfied due to increased responsibility

by MICAH WILKINS
Arts & Entertainment Editor

In 2006, 4,6000 women were surveyed and asked "Taken all together, how would you say things are these days, would you say that they are very happy, pretty happy or not too happy?" More women than men responded "not too happy" and more men responded "very happy."

According to this recent study, American women's happiness and satisfaction has declined since the 1970s. While no simple theory has explained this recent decrease, some have speculated as to why women are less happy. Other women, however, totally disregard the study.

"There appears to be increasing ambition of young women beyond the domestic sphere," claims the study, "The Paradox of Declining Female Happiness," conducted by Betsey Stevenson and Justin Wolfers, professors at the University of Pennsylvania. "These data arguably suggest that women's life satisfaction may have become more complicated as the women have increased the number of domains in which they wish to succeed."

While "The Paradox of Declining Female Happiness" found women to be unhappier than men, it also found that young women, specifically girls in the twelfth grade, are unhappier than older women.

Adolescent Issues

Dr. Kym Bennett, Professor of Social Psychology at University of Missouri, Kansas City speculates that young women are unhappy in some areas because they tend to compare themselves to others.

"For adolescent females, social comparisons are very important," Bennett said. "During adolescence, we are forming our identities. With the importance of the mass media in today's culture, it can be argued that young girls have unreasonable expectations about body image, fashion and wealth."

Now, there are more women in the workforce and in the college and university setting, according to a study by Time Magazine and the Rockefeller Foundation. Due to this societal shift, women not only compare themselves to female peers, but also to male peers in the work or school environments. This may lead women to feel inferior to their male counterparts, "Declining Female Happiness" claims.

"The changes brought about through the women's movement may have decreased women's happiness," the study said. "The increased opportunity to succeed in many dimensions may have led to an increased likelihood of believing that one's life is not measuring up."

Senior Kelsey Wendland agrees that young women today have high expectations for themselves when it comes to things like body image and school-work.

"A couple of my friends I wouldn't say are unhappy, but they're dissatisfied with where they are," Wendland said. "Women have issues with body image and self-confidence, so they're really hard on themselves and they set their standards really high."

According to the study, twelfth grade girls are dissatisfied with friends, the way they spend their time and the amount of stress they feel that they're under.

"The common thread appears to be that twelfth grade girls increasingly find themselves to be under time pressure, with absolute and relative declines in reported satisfaction with 'time for doing the things you want,' 'the way you spend your leisure time,' and 'the amount of fun you are having,'" Stevenson and Wolfers said. "Interestingly, there is also a substantial decline in the proportion of these

See DOWN, page 22

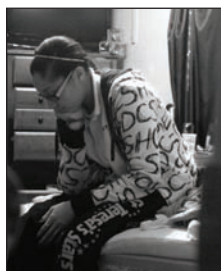
When asked, "How would you say things are these days?" 17.8 percent of seniors answered "Not too happy," while 4.5 percent of freshmen answered "Not too happy." 30.4 percent of seniors are not satisfied when it comes to their friends, how they spend their leisure time, their performance in school, and themselves as a whole.

See DartNewsOnline for full results.



inside *out*

dart news *online*



Close Up:
Senior Cierra Marzett struggles to find a good relationship with her stepmother.
See Page 9



Arts and Entertainment:
Juniors joined together in order to form a 'Harry Potter' rock band.
See Page 19



Dart News Online:
Check the site for additional content.
See dartnews-online.com

Administration may alter uniform

Administration may change skirt, polo to increase comfort, sktyle may be similar to Sion's

by CARA McCLAIN
Staff Writer

Yes, the rumor that has recently been traveling around the hallways and classrooms of STA is true: the administration is considering a change to the STA uniform skirt.

Though the skirt may change soon, this update would not affect all students. The only girls required to wear the new skirt would be the incoming freshmen.

However this decision does not rest solely upon the administration's shoulders: it is also up to the students. President Nan Bone said the administration will base this change on what the STA student body wants. If the students would like to have a more comfortable skirt, then the administration will look for one, but if most of the girls are happy with the skirt, it is possible that the skirt will stay the same.

The plaid would be one aspect of the skirt that would remain unchanged.

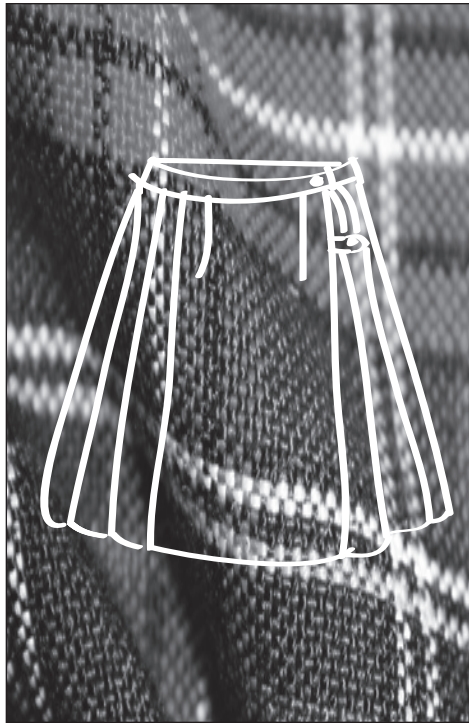
"Our plaid is unique," Bone said. "No one else has our plaid."

Principal for Student Affairs Mary Anne Hoecker said the administration is looking at a wrap-around skirt style with a lower waistband and pleats in the back rather than in the front like the current uniform skirt.

Bone said the administration is also looking at other options for the STA polo. One of these options would be a more feminine style that be longer rather than wider. When washing this polo, it would not shrink into a square, so students can avoid not being able to tuck in an older shirt.

The administration is also looking at a blouse, either in black or white, with a collar and buttons up the front that would not need to be tucked in. The polo and the blouse could both be added to the uniform to give STA girls more options.

Sophomore Laura Stacy likes the size and comfort of the uniform polos STA girls wear now.



Ch-Ch-Changes★ The administration is looking to update the current uniform. The skirt may be similar to Notre Dame de Sion's style, but still in the STA plaid. GRAPHIC BY SHAUGHNESSY MILLER

"I like how [the polos] are baggy," Stacy said. "Baggy shirts are kind of a STA's thing. Tight-fitting shirts would just look weird with our uniform."

However 128 of 192 STA students that were polled said they would buy a more feminine styled polo over the current ones.

The administration is trying to keep the prices of the old and the new skirts the same, so all girls would be able to buy the new skirt if they wanted to. However, the polos might be more expensive than the price of the current ones.

"[The administration would] like to know if students would pay a few extra dollars to

have a softer polo," Hoecker said.

Bone said the reason they are thinking about changing the skirt is not that the current skirt is bad in any way.

"We want all of our girls [to] be comfortable in the skirt," Bone said. "We just want to make sure the skirt is flattering on everyone."

In fact, the majority of girls polled said that they like the uniform skirt the way it is now.

Ultimately, a change may not even be coming at all.

"The more we look at other skirts, [the more] we like our skirt," Bone said.★

The Dart surveyed 182 students and found that 47.3 percent of students favor a new style in the uniform skirt.

1. Do you like the current STA uniform skirt?

Yes: 164

No: 18

2. Would you buy a new style for the skirt?

Yes: 86

No: 110

3. Would you buy a blouse that did not need to be tucked in?

Yes: 133

No: 59

4. Would you want a more feminine style polo?

Yes: 128

No: 64

Contact with illness creates worry

Ill students spread germs in M&A office, school looks to stop spread

SHAUGHNESSY MILLER
News Editor

Another school day ends as administrative assistant Julia Berardi, logs off her computer, sprays the entire room with Lysol and wipes down her desk, keyboard and phone with Clorox wipes. Earlier in the day, 82 ill students came through and she also took attendance for those late to school and leaving early. So many people entered her room that Berardi found herself constantly worrying about germs.

"I've never thought of myself as a germaphobe kind of person, but with all of this going on, I'm kind of stressed out," Berardi said. "I use the hand sanitizer a lot now, probably a dozen times during the day."

Berardi recommends the chair in the corner for sick students because it is comfortable, but it may further expose students to germs.

"I always see people who are sick sitting in there and I felt kind of grossed out, but it was so comfy I didn't care," said junior Sarah Godfrey, who visited Berardi's office when she became ill with H1N1.

Berardi tries to keep it clean so that students can enjoy it.

"I do spray [the chair] down with Lysol," Berardi said. "I don't know if that really helps, but it makes me feel better."

As Godfrey curled up in the chair to wait for her ride, she began to cough. A few minutes later, Berardi began coughing as well and someone told her she had better not be getting sick. Though Berardi laughed and agreed, she has not been sick this year. She usually comes down with a cold or sinus infection around this time.

"I wonder if [my immune system is strong] because I haven't gotten sick this year," Berardi said. "I'm thinking I'm building up immunities."

Even though she works in such close proximity to many viruses, including the seasonal flu and H1N1, Berardi does not intend to get immunized.

"I'm not that convinced that [the flu shot] really does the job," Berardi said. "There's a part of me that thinks I'm going to get sick when I'm [getting vaccinated]. It's just like putting another thing into your body that may react."

However, Berardi does not advise students against taking them. In fact, the Center for Disease Control



Fighting Back★ A student uses hand sanitizer as administrative assistant Julia Berardi sits in background. Berardi uses the hand sanitizer often due to the increased number of ill students. PHOTO BY AVERY ADAMS

and Prevention (CDC) recommends children between six months and 19 years of age receive a seasonal flu shot each year.

Berardi says she has seen students take precautions against catching an illness, but advises they do not even expose others to an illness.

"Stay home if you are sick," Berardi said. "Teachers will work with [you]. I don't think girls really un-

derstand that."

Administrative assistant Katie Drummond, agrees that if sick students come to school, they are putting others at risk.

"I feel bad for the girls because I know they come in when they feel sick and can't make it through the day," Drummond said. "But, unfortunately, that spreads germs to other people."★

DARTBOARD

by KATHLEEN HOUGH and MICAH WILKINS

Former student dies suddenly

Former STA student Franki Triano, 21, recently passed away Oct. 27. Triano died suddenly last week at Johnson and Wales University in Providence, R.I.

Triano attended STA for one year, then transferred to Shawnee Mission East High School. She was in her third year at Johnson and Wales University. According to her obituary in The Kansas City Star, Triano lived with enthusiasm and passion. Her presence could ignite excitement and joy in the hearts of all she knew as well as every person she met, the article said.

Franki's death has left her parents, Nick and Deb, two sisters (alumnae Taylor '02 and Maggie '04), and many friends grieving.

"She was a gifted young lady, full of life and spirit," her father, Nick Triano, said to The Kansas City Star. "She found her dream and went for it, and things didn't work out."★

Student auditions for orchestra

Sophomore Mackenzie Jones will audition for the All-District Orchestra Saturday at Liberty High School, representing STA. She will audition solo on violin, performing parts from two songs, Tchaikovsky's Symphony No. 4 and "The Magic Flute" from Mozart's Overture.

Jones said she has been practicing with her personal music teacher, and hopes to succeed.

"[My teacher] helps me with technique and makes sure I hit every note," she said.

Jones says she also tried out last year, but did not make it.

"I think I was unprepared," she said. "[I] didn't understand how special it would have been to get in."★

Music Department seeks support

Last Thursday, the Department of Music put on its first Fall Festival for students, friends and family. The festival included 10 pieces by the orchestra, concert choir and A Cappella choir.

Among the many STA singers at the Festival was senior McKenzie Miller, a violinist in the orchestra and a singer for the A Cappella Choir. She and other STA singers have been promoting the Arts Department more this year, to encourage more support from the student body.

"I think it's a part of the school that girls could be celebrating a lot more," Miller said. "This is something people could support just as much as athletics."

The choir have begun a publicity committee this year, under their new director of music, Ms. Michelle Allen McIntire. Miller is chair of the committee.

"I'm loud enough to shamelessly promote the choir," Miller said.

In addition to the publicity committee, an artistic committee, a sunshine committee and a costume/materials committee were all created. To raise money for the music department, the committees sold Chris Cakes Tuesday and will have a Bake Sale Dec. 4.

According to Miller, the publicity committee was effective in bringing a larger audience to their performance last Thursday.

"This was more people than we've had [in the past]" Miller said. "Looking out and seeing people other than moms was pretty awesome."

In addition, a larger crowd inspires more enthusiasm and more participants involved in choir says Miller.

"It boosts morale," Miller said. "Having an audience is cool."★

Schools may add hours to day

Across the country schools extend day, improve academics

by PAIGE WENDLAND
Staff Writer

How would you feel if STA's school year was extended by 300 hours in an effort to boost academic achievement? While that change might not happen now, schools across the country are adding time in school, which means we may soon follow suit.

According to the US Department of Education, when schools added 300 hours to their school years, proficiency rates in math, science and English increased. However, students, teachers and parents argue that an extension of the year would cause problems with budgets, teacher salaries and summer plans.

"I just don't think it's necessary," freshman Elaine Schmidt said. "I don't think it could really do as much as we think it would be able to. I like having summer and breaks because it gives me time to relax and not have to worry about school for once."

The Missouri school year is 174 days, or 1,044 hours of instruction, long, one of the nation's shortest. Kansas' year is the country's longest at 186 days, or 1,116 hours.

Neither state plans to extend time spent in school soon, but with other nations outdoing American students, the pressure for academic achievement is increasing.

"I think it could help if we had a longer study hall at the end of the day or something like that," freshman Emma Rebein said. "It would help me focus more."

According to the National Center for Education Statistics, the average number of days spent in school for students around the world is 195 days, 15 more than that of the U.S. Germany and Japan have the highest count at 240 days. While American students spend an average of 32 hours a week at school, those in Sweden spend 60.

"What do kids in Sweden do besides school?" STA teacher Stacie O'Rear, mother of STA sophomore McLaren and senior Madeline, said. "I know my kids play sports and do things outside school, but how can kids in other countries having that much school have time to do anything but study?"



Study Hall ★ Sophomore Kelly Muraski studies after school in Mr. Craig Whitney's room on Oct. 26. Whitney opened his classroom to students who stay after school. PHOTO BY HANNA KATZ

Senators introduced the TIME Act (Time for Innovation Matters in Education) in July. The act offers a six-year grant to high-poverty schools that add 300 hours of core curriculum to their year. Beginning with 10 schools, 22 in Massachusetts now participate in the TIME Act. Most schools adding time to the year do it by extending the school day rather than adding a day during the summer.

Although the increase in world academic competition is causing many schools, including those outside Massachusetts, to add hours, this increase would not be required nationally. Rather, the extension would be decided by a district or individual school.

"Schools like STA are fine without adding time to the day," Rebein said. "I mean, there are

some that need it, but we already do really well with what we have now."

Most schools choosing more hours are higher-risk urban ones. Many schools, especially private ones, that appear to be doing well without the additional time see no need to extend the length of their day or year.

"If you have a sports team or job, you're already busy enough," Schmidt said. "I'm just ready to go home at 3."

Most students at STA say they believe an extension of the day or year is unnecessary, as students achieve a great deal without having to spend more time in school.

"We're not like the schools that really need help," Schmidt said. "[Students here] are already used to studying and working hard in school. They don't

need to go to school for a longer time to learn that like some people do."

Parents also think adding time would only increase the workload of students and limit their extracurriculars and free time.

"I can't say [a longer day] gives more instruction, just more homework help," O'Rear said. "It might help academically, but that just doesn't make a well-rounded person."

Although STA may not be extending time spent in school anytime soon, many schools across the country are adjusting to the increasing worldwide academic competition. According to Education at a Glance 2003, the U.S. high school graduation rate is 70 percent, while Denmark's is 96 and Japan's is 93. The same study conducted in 2004 says the U.S. is ranked tenth among industrial nations in its rate of college completion for 25- to 44-year-olds.

"I see why schools who have below average academics need the boost, and I think it could help them a lot," O'Rear said. "But I think, for now, we don't need to concentrate on outdoing other countries. It just seems like too much all at once."★

"We don't need to focus on outdoing other countries. It just seems like too much all at once."

Ms. Stacie O'Rear

Presidential Progress

A timeline of Obama's policies, speeches made during first year in office

by MICAH WILKINS
Arts & Entertainment Editor

November 4, 2008

Barack Obama is elected as the first African American President of the United States. Yesterday marked one year since Obama's election.

Barack Obama is sworn in as the 44th President.

January 20

Obama sends another 17,000 U.S. troops to Afghanistan, in an effort to return the focus of the war to the fight against Al Qaeda. He plans to withdraw all troops from Iraq by August of 2010.

February

Obama signs the \$787 billion stimulus bill. The package includes increased spending to expand government projects and programs. The bill also includes significant tax relief.

February 17

February 26

Obama proposes a 10-year budget. The projected budget for the fiscal year of 2010 is \$3.6 trillion, more than twice the current year's budget of \$1.75 trillion.

Obama and leaders of other industrialized countries meet in London for the Group of 20 meeting, to discuss the current economy.

April 2

June 4

In a speech delivered in Cairo, Egypt, Obama addresses the Islamic world and emphasizes the importance of seeking peace in the Middle East.

Obama signs a document which extends partnership rights to federal workers in same-sex relationships.

June 17

June 30

The Obama administration sends a detailed proposal to Congress for a new structure to regulate businesses. The plan expands federal control and sets standards for banks and businesses.

Judge Sonya Sotomayer is confirmed to replace retiree Justice David H. Souter in the Supreme Court.

August 7

September 9

Obama delivers a speech to Congress and to the nation to revitalize his priority of a national health care insurance program and correct false claims surrounding health care reform, made by opposing adversaries.

The Nobel committee awarded Obama the peace prize and stated that he made important efforts to "strengthen international diplomacy and cooperation between peoples."

October 9

Compiled from
The New York Times



WORLD VIEW

by CARA MCCLAIN and KATIE HYDE

Bomb goes off in Pakistan

A car bomb was set off Oct. 28 in a market in Peshawar, Pakistan. As of Oct. 29, the death toll was up to 100 people, 60 of whom are women and children. The number of injured people totals 147, making this bombing Pakistan's bloodiest in two years. Many people were left trapped under the rubble of collapsed buildings until aid came to help them. A few hours before the bomb went off, secretary of state Hillary Clinton arrived in Pakistan on a trip that was not publicized. Although no group has claimed responsibility for this bomb, many people suspect it was the Taliban.★

Earthquake in Indonesia

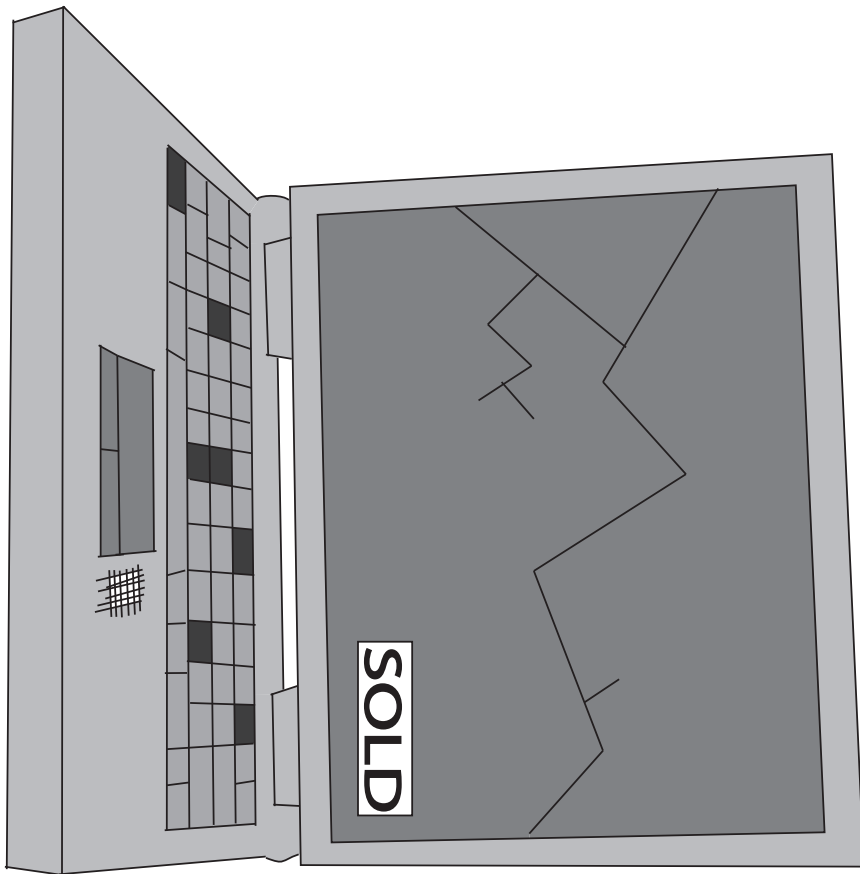
An earthquake of roughly a 6.0 magnitude shook Indonesia Oct. 24. The Indonesian people were still recovering from a 7.6 magnitude earthquake which killed over 1000 people at the end of September when this new earthquake hit. Scientists said that this earthquake could have possibly created a tsunami. One building has been reported to have collapsed from the earthquake Oct. 24. The epicenter of this earthquake is 1700 miles east of the capital Jakarta. At this point, no injuries from this earthquake have been reported.★

Benedict changes rules

Pope Benedict XVI announced Nov. 20 that it will now be much easier for members of the Anglican faith to convert to Roman Catholicism by allowing married Anglican priests to become Catholic priests if they convert. Married Anglican priests, however, may not become bishops. The leader of the Anglican Church, Archbishop of Canterbury Rowan Williams, was notified of this only hours before it was released to the public. However, Canterbury said that this change will have no negative impact for the Anglican Church. This decision is part of Pope Benedict's strategy to revert the Church to tradition and unity- his goal since the beginning of his pontificate.★

Sold or Smiling

STA should lease, not buy netbooks



VS.



A leased laptop is a happy laptop.

By: Julia Stapinski

The current buzz around STA is the possibility of every student receiving her own HP netbook next year. While the administration isn't 100 percent positive about handing out laptops, the likelihood is very high. Consequently, a lot of planning is going into the development for next year. Part of this planning is making the decision between selling the laptops to the students, or simply leasing them for the year.

Leasing seems like not only a safer bet, but something that would make the girls of STA a lot happier in the long run. If the administration decides to simply lease the laptops to students, some of the problems that would be encountered if students were to buy the laptops would be eliminated. For instance, if laptops are only out on loan to the girls, they would be used during the school year only and mostly for school work. Girls could turn in their laptops at the end of the year in May where they would be cleaned out over the summer. Files would be erased, software cleaned up and updated, and the computers would be virtually brand new by August.

By giving back laptops in May once school is out for the summer, it would lessen costs to students and the school by having to update the computers that could be damaged over the summer. It would also save the administration and faculty members like Technology Coordinator Matt Stewart a lot of stress and chaos in the beginning of the year by not having to gather, clean and update all 500 laptops within such a short period of time.

If the laptops were cleaned out and updated during the summer, freshmen who receive used laptops from upperclassmen would not have to deal with old files, old settings, and outdated software. It's the most efficient way to keep the expensive laptops up to date and in prime condition.

Assuming the students are leased the laptops, it's pretty well known that they are just borrowing the computers and nothing more. With the leasing option, girls are more likely to be careful with their laptops, seeing as they're responsible for them for an entire eight months. If the students

have to return the laptops, it's easier to be more mindful when it's not theirs.

Students already pay a \$400 technology and book fee that typically goes toward textbook orders. However, STA's administration is hoping to avoid ordering new textbooks next school year so this money can go toward purchasing laptops. Therefore, the school will hopefully be able to charge STA families less. While the administration is working hard to make the laptops as inexpensive to students as possible, understanding the raising tuition can be difficult for some families.

In the long run, which is cheaper for students? With the option to buy the laptops from administration, girls may have the chance to bring the laptop with them to college after their four years at STA are up. If they don't want to bring the netbooks along for the ride to college, they can also sell the computer back to the school for a chance to receive their money back. But there are so many unanswered questions that this option brings.

Mostly, if kept and not sold back, the netbooks would be gathering dust at home while girls are away at college with more manageable computers.

In the long run, leasing the laptops to the girls is the best idea. It would be cheaper for the students and the school and it would make the girls act more responsible in taking care of such an expensive piece of equipment. It is the easier of the two options to manage, for all involved. ★

The staff editorial represents the views of *The Dart* Editorial Board

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

Netbook Quick Facts



Type: HP Mini 110 Netbook

Cost: market cost starts at \$329.99

Weight: approximately 2.35 pounds

Size: screen size is 10.1 inches while the netbook is approximately 1 inch thick

Problems: three hour battery life, cost of the netbooks and the computer's small size

Printing: currently discussing a printing and charging station as well as a technology help center where students and teachers would be able to get technological support

Textbooks: many classes will use online textbooks but a set of classroom textbooks will also be available for student use

Restrictions: similar to STA's current network restrictions — no social networking or other inappropriate websites

Dirty hands plus no soap equals germs

AN OPINION BY



KATHLEEN HOUGH

Over the past two weeks, I've noticed a sharp decline in attendance in my classes and I haven't said a word. I have sat peacefully in my advisory every day and listened to the administration repeatedly address our school's mini-outbreak of sickness: "don't share food or water bottles," "sneeze/cough into your arm," "don't hug anyone," "don't touch anyone." I have also accepted the signs hanging around the school... following me wherever I go... yelling at me, "KEEP THEM CLEAN."

And I haven't said one word about the fact that every day for the last two weeks, I've used the bathroom on the second floor of M&A and have yet to find soap in the dispensers.

I've been optimistic. "I'm the first person to discover no soap in this bathroom," I said to myself the first time. Three days later, "The custodians must be slacking; I'll let it slide." Yesterday, "Come on now, people! What is this?"

STA, I WILL NO LONGER BE SILENT. I demand soap!

First of all, I'm pretty sure I learned that hand-washing is the number one way to prevent the spread of germs in first grade. But news flash: I'm not washing my hands after I use the restroom. Why? Well, it's not because I forgot, or I am too lazy; I actually want to wash my hands. But how do you expect me to "keep them clean" if I have no disinfectant available?

How do we go two weeks without restocking our bathrooms with soap? And the second floor M&A bathroom of all places? Seriously, people, think! Who cares if the bathroom in the basement of M&A has soap in its dispensers? With its moldy look, smell and feel, that bathroom has probably received less visitors in the past year than the second floor bathroom has in the last hour. No one goes in there. Therefore, for the past two weeks, most likely every student at STA has used the second floor bathroom of M&A, has searched for soap in the dispensers and has not washed her hands.

So, how did all of our students get sick in the last two weeks? You do the math. STA students plus no soap for two weeks equals a breeding house for germs. This outbreak isn't a result of hugging our friends in the quad. It's a result of no soap in our dispensers. So, here's my resolution: go to the supply closet, get soap refills and fill the dispensers with soap. It's as easy as 1-2-3. The STA population will be healthy and we can have short announcements again. But until then, I'm putting my foot down. No longer will I refrain from sharing a Dorito at lunch. No longer will I avoid contact with my friends. And no longer will I listen to your announcements peacefully. So please, STA, I beg of you, supply us with soap. ★

Mass transit system will improve Kansas City's economic growth

AN OPINION BY



CHELSEA BIRCHMIER

Former KC resident Clay Chastain pitched his new light-rail plan Oct. 14. With eight failed proposals and more to come, the people of Kansas City are constantly facing the choice: light rail or no light rail? Since 1998, plans for a new mass transit system have been in the works.

Chastain's plan includes a 35-mile light-rail system that would stretch from the Kansas City International Airport to Lee's Summit. He mentioned no specific route but says the light rail would serve South Kansas City, Swope Park, Westport, the Country Club Plaza, Penn Valley park and the Northland. Chastain hopes to receive federal funds and a 3/8 cent sales tax for 25 years for his \$2.2 billion project.

Light rail, however, is not the only option. Jackson County executive Mike Sanders recently proposed a 144-mile plan for a commuter rail system, which would cost roughly \$1.03 billion. A commuter system differs from a light-rail system because it is built on existing railway

systems, therefore lowering the building cost significantly.

A light-rail system would increase traffic in Kansas City and provide people with a convenient way to get where they need to go. Eighteen miles of the light-rail spine would be in the Northland, providing connections between the north and downtown areas. In addition to convenience, the system would aid in saving energy and reducing pollution.

A commuter rail, on the other hand, could prove just as beneficial, due to its goal of providing work transportation. It could improve the economy by increasing job flow, while remaining more cost-effective than a light-rail.

Which will people choose — the commuter rail or the light rail? Most likely neither. Such a project would take a lot of time, hard work, and money to complete. For many, a rail system is something they see in the future, not now, with the current economic state.

However, with the National Scholastic Press Association convention coming to Kansas City in 2010, thousands of visitors will be in need of transportation. In addition, students at local schools, including STA, could possibly use the light rail as daily transportation to and from school.

A new mass transit system is just what Kansas City needs, not only to help its growth, but to give the economy a boost. With all the new building and development projects, downtown Kansas City is on its way to economic growth and success. Now all that's missing is a way to get there. ★



How I caught the disease called senioritis

AN OPINION BY



SHAUGHNESSY MILLER

I was the perfect portrait of a student. Get up, go to school, go to practice, go home, go to bed.

But lately I've been spending hours on my college applications and racing through my homework. Or outside playing volleyball with my sisters till 10 p.m., only to realize it's a school night and I still have two tests tomorrow. Where has my lack of focus come from?

"I can think of only one explanation: senioritis."

Shaughnessy Miller, senior

As the clock ticks closer to the time when I will pack my bags up and step out of my house knowing that I must become independent of my current life, I find myself turning back more and more. I'm so excited to go to college and have my own life and my own experiences. But then the memories of my whole childhood, life, world as I know it come back to me. Those memories, though cloudy, remain in my mind and pull me back from the present life I'm leading and the future that's calling my name.

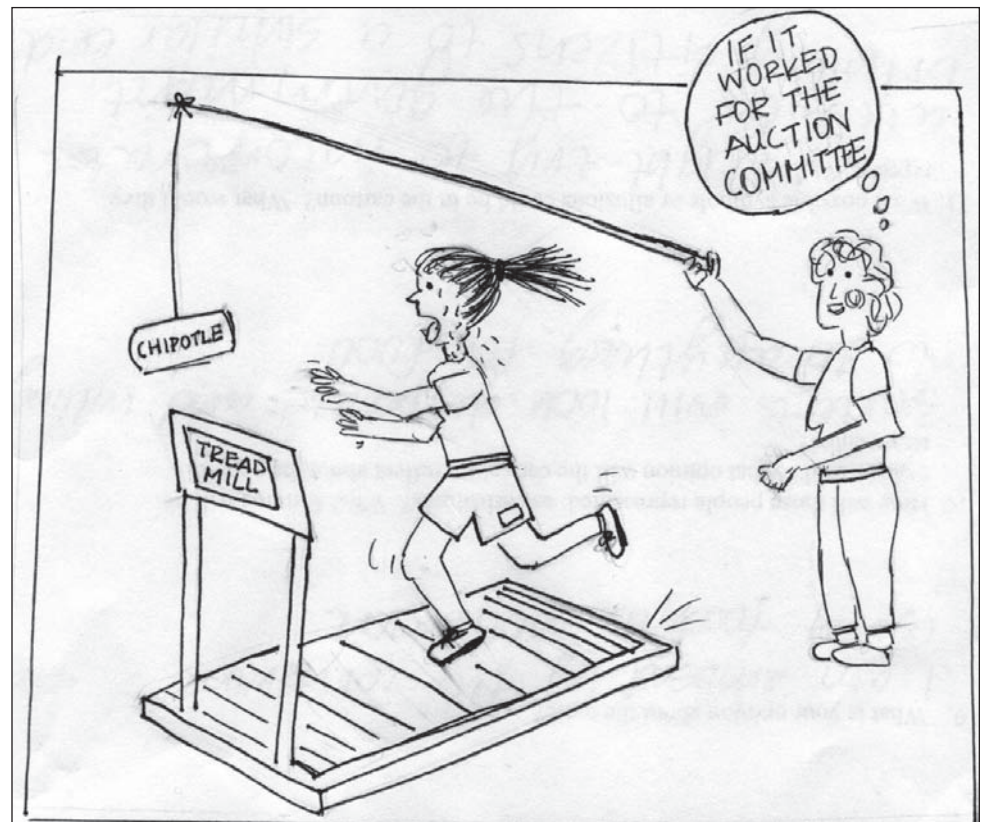
On top of that, I have to remember that this is senior year. I have so many events to attend, classmates to connect with and memories to make. My time is slowly fading here and I know I will miss it so dearly next year.

I am coming to the intersection of past, present and future and it's like someone is pulling me in all directions. But I have never been more confused or out of my element. I want things to change, but I also want to be the five-year-old little girl who lived in Brookside and swung on the swings of Edgevale Park.

Or the 13-year-old trying out for her first club volleyball team and making it, not knowing that this was just the beginning of a long career and love of the sport. Or the 17-year-old at Teresian a few weeks ago failing in her attempt to do the stanky leg. But I can't be any of those people ever again.

It's not that I don't want to be in the here and now. It's that I am trying to be here and there and everywhere. ★

Exercise for the Prize



Run Sally Run ★ As part of a cartooning assignment for the Introduction to Journalism class, the 40 students created their own editorial cartoons. In each of the two classes, students voted on their favorite cartoons. The above cartoon, by freshman Nikki Rodriguez, was chosen as one of the favorites. The cartoon portrays how sweatpants motivate auction fundraising. Ms. Ann Bode-Rodriguez is pictured motivating an anonymous STA student. Other winners were freshman Rachel Tovar and sophomores Allison Fitts, Lizzie Imperiale, Margot Livers and Lucia Maschler. See our gallery of other staff favorites at www.DartNewsOnline.com **CARTOON BY NIKKI RODRIGUEZ**

There might be a reason we make a big deal about our male teachers...

AN OPINION BY



ELIZABETH WILSON

I wanted to start this column with, "there's a guy subbing for Ms. Blake today, third floor

of Donnelly, D301," but everyone would have thrown down The Dart and run over to see a guy who isn't even there... I just made that up. I didn't even say he was attractive, I simply said the word "guy." Had I said, "there's a really cool lady subbing for Mr. Thomas today, second floor of M&A, M205," no one would have moved.

There's a reason there are stalker pics of Mr. Fast on facebook (by this, I mean girls will take pictures of him when he's not looking or put themselves in the foreground of a picture, only to capture him in the background), a reason we like to make a big deal out of the bromance between Mr. Fast and Mr. Thomas (Mr. Thomas knows what bands Mr. Fast likes... yeah, it's weird), a reason we like to talk about seeing Mr. Shrock

running on Ward Parkway (in gym clothes!) and a reason we fight each other for who gets to be in Mr. Himes' room during activity (and there's nothing particularly special about his actual room): when we go to an all-girls school and don't see a single male (brothers and dads don't count) for five whole days, those male teachers um...start to become a little...ugh, fine...attractive.

Okay, before you say anything, it's not like I want to date one of my teachers. That's gross. I'm just saying that when I walk into Mr. Bertalott's room, I sit a little more like a lady and a little less like the STA slouch that I am in all of my other classes. When I eat my lunch in Mr. Whitney's room, I eat a little more properly than I would in, say, advisory where I scarf down my PB&J

in front of Ms. Marquis before activity. And I'm always a little more flattered when Mr. Fast asks me how soccer is going than I am when a female teacher asks me the same question.

Now, male teachers, before you let the fact that you start becoming attractive to male-deprived 14-18 year-olds after five days of boylessness get to your heads, know that the second the last bell rings on Friday, we're back to stalking, talking about, making a big deal about and fighting over boys our own age. Until then, go ahead and bask in the spotlight, cameras flashing and gossip swirling with your names. Or actually, please just pretend I never said any of this.

But, seriously, third floor of Donnelly... there's a guy over there. ★

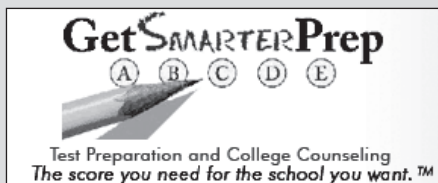
the dart staff

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Preparing for the SAT

Mr. Stephen Heiner, tutor, co-founder of Get Smarter Prep company offers tips

by KATIE HYDE
Staff Writer



With the SAT coming up Saturday, *The Dart* turned to Mr. Stephen Heiner, cofounder of Get Smarter Prep company, for SAT prep tips.

Get Smarter Prep is a locally owned and operated company that helps students increase their SAT and other standardized test scores.

The company offers an STA specific 20 hour SAT prep course after school at STA. STA is one of two schools in the metro that has on-campus SAT prep classes and the only school where Heiner teaches the course.

Heiner offers his advice to STA students preparing for the SAT and shares information about his program:

DART: *What areas do you focus on most for students preparing for the SAT?*

Heiner: While there may have been an "SAT preference" for elite schools in the past, that is now gone and anyone who doubts it can go, for example, to Harvard's admissions page where they state that they take either and they express no preference. The SAT, unlike the ACT, has vocabulary, so we hit that pretty hard and not in the rote memorization with flashcards way which is so ineffective. Also, we consistently point out to students that this is not a math test. If it were, all students who do well in math in school would necessarily do well in math here. To that end, we encourage our STA girls to take both a practice SAT and ACT to see what they do better in so that they can then prep for that test particularly, instead of spending time and money prepping for both.

D: *Do many students use Get Smarter Prep, and how effective do you think it is?*

H: A third of STA's graduating class last year used us, and I think more of the class of 2010 than that, so yes, a lot do. It's very effective among my STA girls because I think, generally speaking, they are more serious students. We offer no guaranteed score increase because we cannot guarantee what will happen on test day. All we can guarantee is that you will receive 20 hours of high quality instruction, 3 different practice tests and highly individualized attention. The rest is up to you. Also, keep in mind, different students have different starting scores and, hence, different expectations.

D: *Along with this program, what are other effective ways to study for the SAT?*

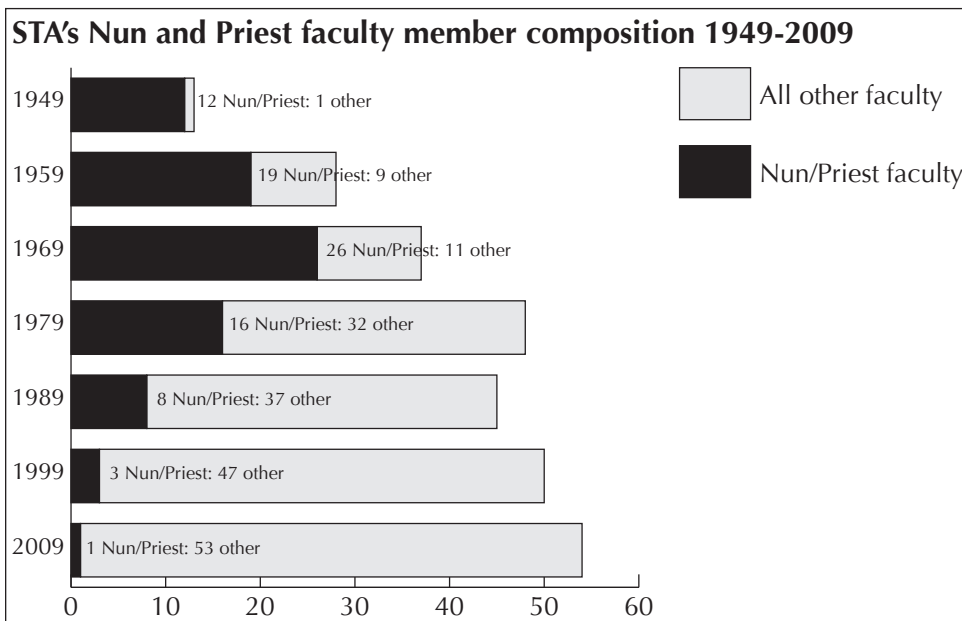
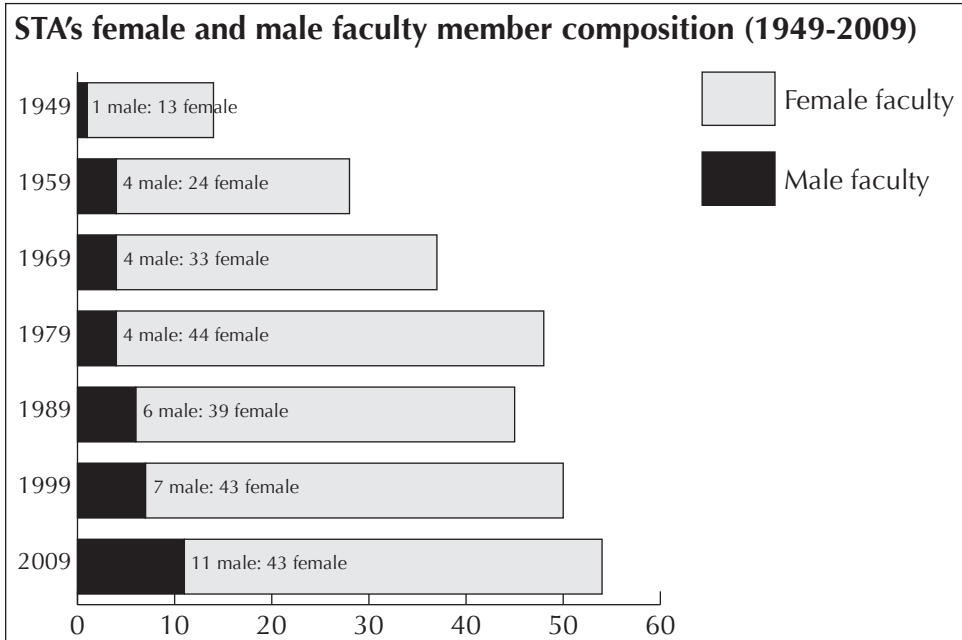
H: Well, ironically, though I founded a test prep company, I never had test prep. My mom sent me to the library with a book. If you have the self-discipline to grab a free prep book from the Plaza library, work problems, assign yourself homework, and self-critique what you are doing wrong and why you are doing it, then you're well on your way. Problem is, most of us have lives so it is hard to say, "Oh yeah, I'm going to go nerd it up with some ACT prep."

D: *What do you recommend students do the last 24 hours before the test?*

H: Most of the time, my students should do nothing SAT or ACT related. They should go out to dinner or to a movie with friends. They should get home at a decent hour. Keep it boring and predictable the night before. The next morning, same thing, do not forget to bring snacks for your breaks. ★

FACULTY FLASHBACK

As STA celebrates its 100th year on the Windmoor campus, *The Dart* reflects on the last 60 years of academics at the Academy. Our staff paged through the available yearbooks—now called the *Teresian*, but previously called the *Avila*—to find out some tidbits about the Windmoor faculties of the past. The school registry, located in the library's archive, also provided some of the facts below.



Back to Campus

Nine current faculty and staff members attended STA for high school:

- Ms. Nan Bone, president
- Ms. Kathleen Barry, director of alumnae relations
- Ms. Marion Chartier, administrative assistant
- Sr. Joan Tolle, computer lab moderator
- Ms. Kathy Walters, registrar
- Ms. Mary Montag, science teacher
- Ms. Megan Schaefer, computer graphics teacher
- Ms. Theresa Eglehoff, development coordinator
- Ms. Ann Bode-Rodriguez, physical science teacher

Student body: Throughout the past 60 years, STA's student population has continually increased, while the student to faculty ratio has had few changes.

- 1949:** 130 students
student to faculty ratio: 1 to 9
- 1959:** 310 students
student to faculty ratio: 1 to 11
- 1969:** 486 students
student to faculty ratio: 1 to 13
- 1979:** 503 students
student to faculty ratio: 1 to 11
- 1989:** 507 students
student to faculty ratio: 1 to 11
- 1999:** 432 students
student to faculty ratio: 1 to 9
- 2009:** 529 students
student to faculty ratio: 1 to 10

Compiled by Kylie Hornbeck and Megan Schaff

Four types of questions to know before taking the SAT

1. Critical Reading: vocabulary in context

Hoping to ----- the dispute, negotiators proposed a compromise that they felt would be --- to both labor and management.

- (A) enforce . . . useful
- (B) end . . . divisive
- (C) overcome . . . unattractive
- (D) extend . . . satisfactory
- (E) resolve . . . acceptable

2. Critical Reading: literal comprehension

"The rock was still wet. The animal was glistening, like it was still swimming," recalls Hou Xianguang. Hou discovered the unusual fossil while surveying rocks as a paleontology graduate student in 1984, near the Chinese town of Chengjiang. "My teachers always talked about the Burgess Shale animals. It looked like one of

them. My hands began to shake." Hou had indeed found a *Naraoia* like those from Canada. However, Hou's animal was 15 million years older than its Canadian relatives.

In line 5, "surveying" most nearly means

- (A) calculating the value of
- (B) examining comprehensively
- (C) determining the boundaries of
- (D) polling randomly
- (E) conducting a statistical study of

3. Mathematics: probability

A special lottery is to be held to select the student who will live in the only deluxe room in a dormitory. There are 100 seniors, 150 juniors, and 200 sophomores who applied. Each senior's name is placed in the lottery 3 times; each junior's name, 2 times; and each sophomore's name, 1 time.

What is the probability that a senior's name will be chosen?

- (A) 1/8

- (B) 2/9
- (C) 2/7
- (D) 3/8
- (E) 1/2

4. Writing: identifying sentence errors

The students *have discovered*A that *they*B can address issues more effectively *through*C letter-writing campaigns *and not*D through public demonstrations. *No error*E

Which part of the sentence contains the error?

- (A)
- (B)
- (C)
- (D)
- (E)

Information courtesy of Collegeboard.com



FAMILY MATTERS
 "Family Matters" is a three part series, exploring parents' relationships with their teens.
 Part 1: Single mother and daughter
Part 2: Divorced parents
 Part 3: Supported by a sibling

Trying Times ★ "I used to be happy at home...now I dread going there. I can't even show my personality when I'm at home. I can't wait to go to college," senior Cierra Marzett said. **PHOTO ILLUSTRATION BY AVERY ADAMS**

Student dreads home after father's remarriage

Senior Cierra Marzett finds happy relationship with step-mom almost impossible

by **ROSIE HODES**
Editor-in-chief

Senior Cierra Marzett sits in her bedroom with the closed door separating her from the rest of her family, weighing out her options for college. At Oklahoma University, Cierra would be close to Oklahoma City and the majority of her extended family. Anywhere closer to Kansas City, she would be able to stay closer to her dad. But, Cierra tries to decide if that is worth staying closer to her step-mom and the home that changed her.

"I used to be happy at home...now I dread going there," Marzett said. "I can't even show my personality when I'm at home. I can't wait to go to college."

Cierra lives with her dad, Mr. Gilbert Marzett, step-mom, Ms. Stephanie Marzett, step-brother, Jonathan and half-brother, Joe. According to her father, Cierra has a very distant relationship with her step-mother, and Cierra said the two barely talk to each other.

"We have nothing in common," Cierra said. "I'm a teenage girl and she doesn't know what to do with me. I have my own opinions. I had been doing my thing with my dad for nine years and she came in and changed that."

For nine years, Gilbert raised Cierra as a single parent. He and Cierra's biological mother, Ms. Tanya Marzett, divorced six months after Cierra was born because they discovered Tanya had schizophrenia, and it was not safe for her to raise a baby. Tanya moved closer to her mother to have constant care available and she stayed close to Gilbert, who said their relationship improved after the divorce. Cierra saw her mom frequently when she was younger, and she had significant mother figures in her aunt and her grandmother while growing up.

According to Gilbert, he refrained from dating while Cierra was younger, but he always knew he wanted a family.

"Things happen," Gilbert said. "Nature took its course, and I found someone."

Gilbert met Stephanie at a party when she was visiting from Washington D.C., and soon after they married and she moved to Kansas City in 2001 with her son, Jonathan. Five years ago, Stephanie and Gilbert had Cierra's half brother, Joe.

"[My dad] has a son now that's his and he's always wanted that which is good, but it has also brought a lot of stress," Cierra said. "It's still great because I have a brother, but it's

with the wrong person."

Cierra thinks her biological mom is the right person for her and her dad. She thinks she would be much happier now had they not divorced. Tanya and Gilbert tried to make their situation work and moved back together when Cierra was three years old, but the circumstances of Tanya's disease and the care she required always kept them apart.

Gilbert thinks the divorce was the right thing to do, even though Cierra is unhappy now.

"Of course [the divorce] has some type of effect on Cierra, but it happened when she was just a few months old so [having divorced parents] was all she knew," Gilbert

said. "It's not like she was 10 or 15 and all of a sudden there was a change of experience."

The major change of experience came when Cierra was 9 and her step-mom moved in and the Marzetts became a blended family. According to Cierra, her relationship with Stephanie has been rocky from the beginning. She does not know exactly why they do not get along, but she has had a hard time forgiving Stephanie for disagreements they have had in the past. According to Gilbert, Stephanie and Cierra could improve their relationship if they

put more effort into it.

"There's not much trying on either side," Gilbert said. "I have tried to work things out but it's not up to me."

Gilbert asks Stephanie and Cierra to attend the STA mother-daughter luncheon together every year, but Cierra said that is the only time of year they spend time alone together. Many blended families have a hard time getting past the uneasiness of one-on-one encounters. According to Associated Content, quality time among step-parents and step-children is essential to improving relationships.

"Among many child psychologists, as a growing recommendation to create solid step-parent and step-child relationships, spending time alone, with the step-child is highly recommended," Christine Cadena wrote in her article "Step-Parents: Improving the Bond with Step-Children." "Simple home projects, creating hobbies together and even having lunch alone, can provide key opportunities to create a unique bond with a step-child."

Cierra does not have her dad's optimism about the future of her relationship with her step-mom. To her, the experience with her parents' divorce and her dad's remarriage will help her when she chooses a partner.

"I'm going to try to marry the person I'm going to be with all my life," Cierra said. "If either of us have an issue like my mom's, I'm going to work through it."

For now, Cierra chooses to avoid her step-mom and stay behind her closed bedroom door. ★

"We have nothing in common. I'm a teenage girl and she doesn't know what to do with me."

Cierra Marzett, senior

How to save a life

She'd been volunteering at the shelter for about a year, but she had never entered that room. She hadn't even wondered about the unknown behind the big brown door until she saw the vets with their scrubs on carrying the big, brown lifeless dog right through it on a cold blue stretcher.

It's days like these that help motivate junior Cele Fryer to continue what she's doing: to continue being a lifesaver.

It's an average Monday after-

noon, but rather than arriving home and immediately diving into her homework, she's busy contemplating which life to save next.

With a list of about twelve dogs sitting in front of her, she must decide which creature has the best chance of being adopted within the next three days. As for the others, they'll be put to sleep on Friday.

Each week, the breeds of dogs range from small chocolate labs with velvety coats to pit-bulls with their short tempers. Each week, Cele asks herself,

what makes one life more qualified than the other? Not a single one of these dogs are guilty for anything other than wanting to love and be loved.



Fryer

After making her difficult decision, Cele travels to Halfway Home Pet Adoptions and picks up the dog of her choice. From there, she creates fliers and immediately spreads the word about her new temporary dog. So far, she has found a suitable home for each dog and hopes it will always remain that way.

Although giving each dog away is tough, Cele realizes that because of her efforts these dogs have a new chance at life. So at the end of each week, she hugs and kisses whichever dog is temporarily hers and tells him to "be good" for the new owners. Then they tearfully part ways and each take the first step to continuing their journey in life. ★



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

Hiccups

What is a hiccup? A quick retraction of the diaphragm. It causes air to rush into the lungs (the hic), and the flap at the top of the windpipe clamps down and closes off air flow quickly (the cup), causing the entire body to jerk.

Why do humans get hiccups? Often triggered from irritation of the stomach. This can occur because of too much food intake, carbonated drinks, swallowed air, or sometimes no reason at all. However extreme causes of hiccups include skull fractures, epilepsy, tuberculosis, and constipation.

What is their function? There is no medical function for hiccups.

Best cures for the hiccups?

Cures center around disturbing the hiccup cycle, this can be done by holding one's breath, breathing into a bag, pulling the tongue, sudden fright, drinking water or eating sugar. ★



Sleeping body parts

What does it mean for a body part to fall asleep? When the feeling in a body part is partially lost causing the body part to feel "numb" or "tingly".

Why do body parts fall asleep? Pressure on a body part pinches nerve pathways disrupting communication from that body part to the brain; this makes it difficult for the brain to direct the body part's functions and transmit impulses.

What is the function of body parts falling asleep?

Although body parts falling asleep itself does nothing beneficial for the body, the sensation of a limb "falling asleep" warns the body to shift position or remove pressure. If a body part remains asleep for too long the tissues and cells in the specific body part will eventually die and the body part will need to be amputated. ★



PHOTO ILLUSTRATIONS BY MORGAN SAID

Body functions revealed

No more mysteries behind daily activities of the body

by BETSY TAMPKE
Web Publicity Manager

Farting

What is a fart? The passing of intestinal gas from the anus.

Why do humans fart? Gas builds up in the intestines and needs to be expelled from the body through the anus. The sound is created by anal vibrations and the smell is created by the sulfur content of the fart.

What is its function? Farting removes potentially harmful gasses from the body. These gasses are created by



lowed body's blood, chemical reactions, and bacteria living inside intestines. Holding in a fart can cause dizziness and headaches. If a human held in a fart for too long the colon would become bloated and the intestinal gasses would add so many toxins to the blood that it would poison the blood stream and eventually be fatal.

Does everyone fart? Yes, the average human farts 14 times a day, and some humans fart shortly after death. ★

Goosebumps

What are goosebumps? Tightened follicles that cause small "bumps" on the skin and hair to stand up.

Why do we get them? When experiencing cold temperatures, fear, or strong emotions (like anger or excitement) the body subconsciously releases adrenaline. Adrenaline causes the skin to contract and the hair to stand on end.

What is their function? For animals, goosebumps cause their fur to stand on end, creating a heat insulator when they are cold and making them appear bigger when they are afraid. Humans get goosebumps for the same reason as animals but because our body hair is not as thick it does not provide much heat, nor does it make us appear much larger.

Where does the name come from? The "bumps" on human skin were thought to resemble the skin of plucked poultry, resulting in the name "goosebumps." ★



Sneezing

What is a sneeze? A spasm of chest and pharynx. Nerve endings in the lining of the nose become irritated so impulses are sent to medulla oblongata (the part of the brain that controls involuntary actions). Then the brain sends messages to the chest muscles to squeeze the lungs and to the pharynx to shut so air cannot be squeezed out of the lungs into the mouth. With nowhere else to go, the air escapes through the nose as a sneeze.

Why do humans sneeze? The nerve endings in the lining of the nose become irritated by bacteria in the nasal cavity (colds), dust and allergic reactions.

What is its function? The nose acts as an air purifier, we sneeze to cleanse the body of harmful substances.

Fun fact: A sneeze can leave the body at 100 mph. ★



Guess when I took my last shower?

Germ-collecting is healthy for the body, experts report

AN OPINION BY



MICAH WILKINS

Many cringe when I tell them when the last time I showered was.

Even more people shriek when they glance down and see my hairy legs. My advisor, Mr. Whitney has called me "The Hairy Beast" on occasion.

Some yell "Don't eat that!" after I pick up a piece of food from the floor and stick it in my mouth. Ten second rule!

Sorry to personally offend anyone! But I don't shower every night, I don't shave my legs, and germs are my friends.

During this swine flu outbreak, and the flu season in general, everyone's squirting hand sanitizer like it's going out of style, but still, students are dropping like flies.

I, however, haven't been sick at all this

year.

My theory is this: the body should be exposed to many germs, so that it knows how to fight off illnesses and viruses. I tend to develop personal dislikes for people who are "germaphobes." I lick them and tell them that germs are friendly! If you're too safe and too cautious with germs, your body's immune system won't know how to fight viruses. How do you think people lived one hundred years ago? I'm sure no one before the 20th century bathed once a day or smeared smelly alcohol gel on their hands every hour.

Another benefit to being smelly: I save time. Rather than building up the energy to shower before I go to bed, I just flop into bed and fall asleep instantly. As for showering in the morning, forget it. I don't see how some girls do it. It's an honest struggle for me to awake before 7:10 a.m., so congrats to those who find the will power to pull themselves out of bed at 6 in the morning.

Some may think I'm gross, but I probably save roughly an hour or two a week when I avoid shaving my legs and showering (which also wastes water).

Also, I detest hand sanitizer. I have my reasons. It doesn't fend off the bad germs, but it kills the good germs that our body needs. It smells gross, it dries out our hands, and has our culture gotten so lazy that we can't go to the sink and wash our hands with soap and warm water instead?

You may think I'm smelly or groddy, but guess who's not getting sick with swine flu anytime soon? This guy. ★

When uncleanliness helps

Sometimes there is such a thing as being too clean. This method of personal hygiene is not always the best, however. Research shows that the skin and hair benefit from being washed less frequently, as the body maintains its good bacteria.

Showering

According to Dr. Beatriz Coquilla-Canete, a staff dermatologist at the Veterans' Affairs Medical Center in Kansas City, natural oils on the body help the skin from drying out.

"Showering daily dries the skin more," she said. "So I tell my patients to take short, cooler showers, and if possible, shower every other day, or even every third day."

In addition, according to Dr. Coquilla-Canete, some strong products and soaps have negative effects on the skin.

"You can get an irritant contact dermatitis from using [certain types of] soap or detergent," she said. According to Dr. Coquilla-Canete, hair benefits from being washed less often.

Washing hair

Studies show that refraining from washing your hair everyday can be beneficial.

"Not washing your hair too often again retains the natural oils on our skin," Dr. Co-

quilla-Canete said.

These natural oils contain hormones, vitamins and other natural elements that are good for the hair and skin. In addition, many oils help the skin by killing germs, beauty expert Natalie Katsman.

Anti-bacterial gels

There exists bacteria on our skin that is virtually harmless, according to Dr. Coquilla-Canete.

"There is what we refer to as the 'normal flora' of organisms on the skin," Dr. Coquilla-Canete said. "They don't do any harm or cause an infection of the skin."

These and other anti-bacterial products fight off the good bacteria in our bodies, according to AssociatedContent.com. Overusing these gels could do more harm than good.

"[Products] we use to wage war of the evil bacteria and viruses also kills off the good bacteria," the article states. "Good bacteria is like the bacteria that fights off other bacteria in your body so that things stay in balance and the bad bacteria stays in check."

According to Dr. Coquilla-Canete, anti-bacterial gels are not as affective as soap and warm water.

"I'm not a fan of anti-bacterial gels," she said. "I don't think these gels are bactericidal [kill bacteria]. Hand washing is much better." ★



Family portrait ★ STA family, the Millers, pose on their porch Sunday. Each of the three children have gender neutral names: Jordan, Casey and Sam. **PHOTO BY** MOLLIE POINTER

STA family uses gender neutral names to protect kids, avoid discrimination

by **MOLLIE POINTER**
Sports Editor

Almost eighteen years ago John and Karen Miller held their first born child, Jordan Kate Miller, vowing to each other and to their newborn child they would do everything in their power to endorse their daughter's future. To the Miller's, giving an androgynous, or gender neutral name was a small way that could only, in their opinion, further their daughter's opportunities. In recent studies, it is 5 percent more likely to be hired if the applicant attains an androgynous name.

The other Miller children, STA junior Casey Elizabeth and Visitation seventh grader Sam David were also given androgynous names. According to Karen, the idea of gender neutral names really began with their daughters, Jordan and Casey, but then decided to continue the family trend and name their only son Sam.

"We didn't want our children, especially our daughters, to be discriminated against in something such as employment," Karen said.

Supporting Karen's ideas, it was reported in 2005 by the journal *Sex Roles* the study The

Name Game "resumes commonly contain at least two types of information from which employers can make initial inferences about the applicant: (1) a work history... and (2) applicant name, which may provide indirect information about sex...."

Karen nor the girls have experienced any type of sex based bias yet in their life, but like to think that one day it may come in handy. Due to the rise of women in the work force and increase in women leaders, the Miller's believe discrimination of women in the employment process has become less of issue since deciding upon their children's names.

Though in a recent study, it is shown that women still suffer from discrimination in the application process and a study performed in the last year shows that a woman can still benefit from a neutral or strictly masculine name in the employment process. A study by the American Law and Economics Review showed changing a woman's name from something feminine to a gender-neutral name increases the odds of her becoming appointed a

judge by five percent, and moving from a feminine name to an exclusively male name such as Bruce can quintuple her chances.

"I can't help but think if someone is flipping through a stack of resumes, they may decide to keep [Jordan and Casey's based on their names]," Karen said.

Jordan and Casey both agreed that the androgynous names seems to work in terms of being mistaken for masculine and coincidentally enough, there is a junior at Rockhurst who shares the same first and last name as Jordan.

"I used to always receive mail from Rockhurst [High School] when I was in

eighth grade," Jordan said. "Now, I always get mistaken for the Rockhurst Jordan Miller like on Facebook."

Though Jordan used to have weary feelings about her name that could also be a boy's, she realizes and hopes it can one day benefit her.

"I used to hate [having a gender neutral name] and wanted a 'pretty' name like Jessica or Maddy that you knew was a girl," Jordan said. "Now I kind of like it." ★

"We didn't want our children... to be discriminated against."

Karen Miller, mother

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.



Kramer

"This Sunday I went to the tour of "So You Think You Can Dance" at the Sprint Center. Not only did we have floor seats and the show was absolutely amazing but we even stayed after and got hugs, autographs and pictures from all the dancers. It was awesome since I look up to them so much. They were all really nice and

we actually got to have legitimate conversations with them. But the best part was that I got to kiss my favorite dancer: Phillip! I even proposed to [Phillip]. I was like, "We have so much in common I think we should get married." And he accepted! It's such a wonderful life!"

- Taylor Kramer, junior



O'Byrne

My life sucks

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

"During a cross country trip to St. Louis this year, two freshmen were telling me about their problems with a teacher. I tried to explain to them that they could go to Mrs. Nanbone for help. I told them not to worry-- that Mrs. Nanbone was really nice, and Mrs. Nanbone is so sweet. As I kept repeating myself on how great Mrs. Nanbone

is [junior] Kathleen Hough said, "Kelly, why do you keep saying it like that?"

Confused I asked, "Like what?" Kathleen said that Nan is her first name and Bone is her last name. I've been calling Nan Bone Mrs. Nanbone for the past year and a half. MLS."

- Kelly O'Byrne, sophomore

Diction dissection

Check out these interesting phrases from STA groups

by **MADALYNE BIRD**
Features Editor

"Nice pack!"

"Nice pack!" is a cross country term referring to a group of girls running together. It developed from how packs of wolves run together.

"Aw, man I chunked it!"

"I chunked it" is when a golfer hits to far behind the ball, bringing up more grass than ball flight.

"Someone died"

"Someone died" must be said in a Yogi the bear voice, according to the "Zombie Prom" cast. This developed when the young thespians acted like bears for one practice and channeled all that "bear energy" into their acting.

"Disclaimer!"

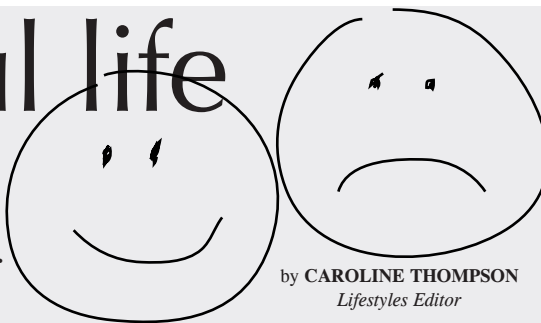
"Disclaimer!" is what the college composition class screams when a student begins an answer with anything along the lines of "I don't know if this is right..." in hopes of breaking the habit.

"Pep rally!"

"Pep rally!" began when a spirit club member would think of something interesting and the rest of the club would suggest that it was put in the pep rally. Eventually it became a joke that whenever a member would say something weird about herself, everyone kids about actually putting it in the pep rally.

"VIP"

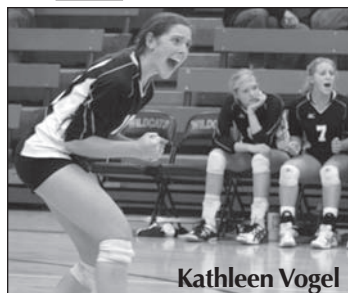
"VIP," meaning very important person, is when every dance team member goes around in a circle and says what they like about a certain person who has been chosen that day.



by **CAROLINE THOMPSON**
Lifestyles Editor

Fall sports *wrap up*

STA fall sports seasons come to an end after competing in Districts, Sectionals and State.



Kathleen Vogel



Mickey Redlingshafer



Ally Franken



Kathleen Hough

Fall sports *wrap up*

Golf team wins fourth place at State

Varsity golf raises first ever State trophy and banner as a team; breaks school record

by KYLIE HORNBECK
Academics Editor

Making STA history, the golf team placed fourth in Class 2 at the State tournament Oct. 20 in Springfield. The Stars edged out fifth place Columbia Rock Bridge High School by two strokes, which resulted in the first ever STA golf top four finish at State and STA's first ever golf banner.

"We were all standing by the board with scores watching the team scores to find out the results," senior golfer Nina Salazar said. "I think our coach kind of knew [that we were in fourth place] before everyone else, and she started tearing up. When we knew for sure, it was just unbelievable. I still can't really grasp the idea of it, and I don't think I really will until I see my name

on the banner. It was really surreal."

Head coach Teresa Borchert credits the team's success to the individual efforts of the five golfers who competed. These golfers included seniors Casey O'Flaherty and Salazar, juniors Madalyne Bird and Colleen Corcoran and sophomore Alexis Buford.

"Getting fourth was our goal," O'Flaherty said. "Our coach this year was really positive, and it started to rub off and we started to believe we could do it. And we did."

O'Flaherty led the team, tying for second place overall out of 121 girls and receiving All-State honors. At second place, she was 15 strokes short of Lee's Summit North High School's champion Christopher McCall, who swept the competition. As for STA's other golfers, Bird tied for 31st place, Salazar tied for 40th

place, Corcoran tied for 60th place and Buford placed 80th.

"I had no idea I would get second," O'Flaherty said. "I just thought I would be hanging on to the top 10. And really, it was by one stroke that I didn't get fifth. One day you could play your worst and the next day you could hit the best run of your life."

After placing 22nd at State last year, O'Flaherty is still in shock about her 20-spot jump. Although she knew she had a chance of doing well,

O'Flaherty was most focused on helping out her team.

"If someone had told me at the beginning of the year that I would place second at State [and the team would place fourth], I would have laughed and been like, 'Nice try. I doubt it,'" O'Flaherty

said. "Even now, I just really can't believe it."

The team celebrated their fourth place victory with hugs, high fives and smiles all around, O'Flaherty and Salazar remember.

"How we finished is exactly how I hoped we would [as a team]," Borchert said. "And Casey [O'Flaherty] having a great finish was my goal for her individually. It was a very exciting finish and a great way to finish my first year [as head coach]."

And as for next season?

"I think it's going to be a little hard to beat this year," Borchert said. ★

SCOREBOARD

varsity softball

10/6 DISTRICTS
STA 2nd place

10/20 STATE
STA 4th place



Trophy time ★ Sophomore Alexis Buford, from left, senior Casey O'Flaherty, junior Madalyne Bird, senior Nina Salazar and junior Colleen Corcoran pose with their fourth place State trophy. This is the highest team finish for golf in STA history. PHOTO BY TRACY BURNS-YOCUM

Fall sports *wrap up*

Tennis earns third at State



Tennis time ★ (top) Senior Caroline Farchmin returns a hit from teammate junior Cassie Redlingshafer during varsity's last practice before the State tournament. Tennis went on to win third place in the tournament. PHOTO BY TRACY BURNS-YOCUM

Get your game on ★ (right) Get your game on- Sophomore Caroline Conner serves the ball during practice October 20. Conner was ranked 6th on STA's tennis team. PHOTO BY TRACY BURNS-YOCUM

Tennis earns banner for Goppert Center after success at State

by KATHLEEN HOUGH
Staff Writer

The STA tennis team finished runner-up at Districts Oct. 8 after losing to Park Hill High School in an extremely close match 5-4. The Stars went on to defeat Park Hill South High School 5-0 at Regionals Oct 12. At Sectionals Oct. 17, the Stars battled for a spot in the State tournament. The team was victorious, winning their match against Liberty High School 5-2. The Stars went on to battle Park Hill once more in the quarterfinals, where they won 5-4, advancing to the State semi-finals in Springfield.

On Oct. 22, the team faced La-

due Horton Watkins High School in the State semifinals. Unfortunately, the Stars were defeated by the future Class 2A champions 5-0, but bounced back in the final round, where they defeated Marquette High School 5-1. Not only did the team earn a third place team trophy, but senior Kylie Hornbeck earned sixth place individually.

"We had so much fun," sophomore Caroline Connor said. "It was a blast to qualify for State alone, and then getting third place on top of that was even better. I was also thrilled for Kylie. She worked so hard and earned [getting sixth]."

According to Connor, the team had a very successful 2009 season, and she is excited for next year.

"Everyone gave 110 percent effort," Connor said. "We never gave up and kept pushing until the end." ★

SCOREBOARD

varsity tennis

10/9 DISTRICTS

STA 2nd place

10/14 REGIONALS

Park Hill South 0
STA 5

10/17 SECTIONALS

Liberty 1
STA 5

Park Hill 4
STA 5

10/22 STATE

Ladue Horton Watkins 5
STA 1

Marquette 1
STA 5



Senior Kylie Hornbeck wins sixth at State

by ELIZABETH WILSON
Managing Editor of Copy

Head tennis coach Meghan Parrott recalls the day a quiet little girl, with no ego and no attitude, came walking up to the tennis courts and blew everyone away.

"She was unexpected," Parrott said.

This little girl was senior Kylie Hornbeck, four years ago.

As this year's co-captain who has held the number one position on the team all four years, Hornbeck recently ended her STA tennis career with a sixth place finish in singles and a third place team finish at State Oct. 24. Hornbeck has been to State three out of her four years at STA with a top 12 finish in singles sophomore year and a seventh place in doubles junior year with doubles partner '09 alumna JoEllen Redlingshafer.

According to Parrott, Hornbeck leads by example.

"She's all action, not talk," Parrott said. "A lot of people can say the right thing. [Hornbeck] just does it."

Hornbeck's favorite STA tennis memory comes from the Sectional finals of this year. It was cold and late on the night of the Teresian dance; all of the other STA girls were busy having dinner with their dates while Hornbeck and her doubles partner, freshman Murphy Marx, were down 5-3 in a match against Park Hill High School. This match decided whether or not the team would advance to State.

According to Parrott, when Hornbeck came over to talk to her, Parrott told Hornbeck, "You can do this."

"It was like a switch went on," Parrott said. "[Hornbeck] said, 'Okay. We can do this.' And [she and Marx] went out there and won four games in a row."

To make it to the Sectional finals, Hornbeck and Marx had to play Liberty High School's number one position, senior Leslee Feldhaus, and her doubles partner. Hornbeck and Feldhaus have played in many games over the years with Hornbeck winning three and Feldhaus four. Hornbeck lost to Feldhaus in doubles freshman year, doubles and singles sophomore year, doubles junior year, and beat Feldhaus in singles junior year and both singles and doubles this year.

"[Hornbeck is a] smart player," Feldhaus said. "She never gets rattled even when she is losing, she's level headed. She's a strong singles and doubles player."

Parrott agrees that Hornbeck is a strong player.

"This is a team, but [Hornbeck] is a key, key foundational part of that," Parrott said. "She is an excellent tennis player. She runs into very tough competition and she just fights. She works and she listens to criticism and coaching. She has carried this team on her back. She made it happen."

Hornbeck said she has practiced hard and played a lot to get to where she is and Parrott believes Hornbeck is not even done improving.

According to Hornbeck, she is sad to see her final season of tennis at STA come to a close.

"It's been so much fun all four years," Hornbeck said. "I'll miss the STA tennis team."

Parrott said she will really miss Hornbeck.

"We've grown up together, me as a coach and her as a player," Parrott said. "It's been fun to watch her grow up."

As for the future, Hornbeck hopes to play college in tennis, but has not yet decided whether it will be varsity or club.

"I think wherever I go, I'll be playing tennis," Hornbeck said. tennis," Hornbeck said. ★





powerplayers

Murphy Marx
Freshman

"I love STA tennis because of the team environment and how the team comes together to support each other," Marx said

Marx was the only freshman on varsity this year and played the number 2 spot.



ACHIEVEMENTS

- STA varsity team at STA as freshman
- 5th place at Districts
- Team placed 3rd at State
- Part of the Supers and Futures program
- Chosen for USTA tennis camp in California
- Part of the "Zone team" in Alabama

GOALS

- To play in college
- To be highly ranked in Missouri Valley tennis program

Fall sports *wrap up*

Volleyball team loses at Districts

by KATHLEEN HOUGH
Staff Writer

After a grueling rebuilding season, the STA volleyball team lost to Blue Springs High School in the final round of Districts.

The girls won their first game against Blue Springs 25-17. However, the Stars were unable to hold off the Wildcats in the remaining games of the match, losing 25-19 and 25-17.

According to junior Samantha Scheuler, the volleyball team went into the championship match Oct. 28, knowing it was going to be their toughest competition before State.

"Blue Springs was predicted to be a State contender before the 2009 season had even started, so we didn't take them lightly," Scheuler said. "We did our homework: we scouted them, held practices specifically to learn how to stop their offense and even drew diagrams on the board to review our strategy moments before stepping onto the court."

Although the season ended earlier than expected, the Stars had an overall successful season, Scheuler said, including a win against St. Thomas Aquinas High School Oct. 17.

"This season proved that STA has, and always will have, a strong volleyball program, built on great team dynamics and hard work," Scheuler said. ★

SCOREBOARD

varsity volleyball

10/27 DISTRICTS

Blue Springs South 0
STA 2

10/28 DISTRICTS

Blue Springs 2
STA 1



Take that ★ Senior Lindsay Bowers gets a kill against Blue Springs South High School Oct. 27. The Stars beat Blue Springs South in two games, but lost to Blue Springs High School in the District championships. PHOTO BY TRACY BURNS-YOCUM

Fall sports *wrap up*

Softball team loses debut District game

by KATHLEEN HOUGH
Staff Writer

After a difficult season, the STA softball team lost to Park Hill High School in the first round of the District tournament. Toward the end of the Oct. 7 game, the team faced major misfortune, according to junior Ally Franken.

In the bottom of the seventh inning, Franken was pitching a no-hitter and the game was tied at 0-0. With two outs down and one to go, the last Park Hill batter stepped up to plate. After one ball and two strikes, Franken threw the final pitch. The player from Park Hill swung her bat, made contact with the ball and hit a home run that ended the STA softball team's season.

"As soon as [the ball] left her bat, I knew it was over the fence," Franken said. "I started crying out of frustration and the whole team was really upset."

According to Franken, although the team struggled throughout the season, the girls played one of their best games against Park Hill and should be proud of all they accomplished.

"Our team was really close off the field," Franken said. "We had a lot of team bonding that led to good chemistry on the field and we have a lot to look forward to next season." ★

SCOREBOARD

varsity softball

10/7 DISTRICTS

Park Hill 1
STA 0



Run, Kathleen, run ★ Junior Kathleen Hough runs at Sectionals Oct. 31. Hough finished 31st in the race and the varsity team qualified for State. PHOTO BY EMILY STRICKLAND

Hey, batter, batter ★ Junior Ally Franken prepares to release a pitch during the Notre Dame de Sion High School game Sept. 30. PHOTO BY ELISE FERRON

Fall sports *wrap up*

Cross Country team qualifies for State meet

by TAYLOR IRWIN
In Focus Editor

Last weekend, STA's cross country team placed fourth in Sectionals at Longview Community College. Next up, the team will compete in the MSHSAA cross country championships. The competition will be held Saturday at Oak Hills Golf Course in Jefferson City. STA will bring its top seven runners and three alternatives.

The seven varsity runners are senior Caroline Thompson, freshmen Sarah Vickery, Courtney Coppinger, Lane Maguire, junior Kathleen Hough, sophomores Kelly O'Byrne and Lane Schulte. The alternative runners are seniors Anne Schwartz, Grace Krause and junior Addie Thompson.

"I'm pretty confident we'll do well," Thompson said. "We have to work hard, but I definitely think it's possible for us to get a banner."

With hard work and preparation, Thompson believes the team's goal can be achieved.

"We completed a virtual meet online at www.kansascityrunning.com and it showed all the teams competing and compared their best times to one another," Thompson said. "It predicted we would place eighth and that's good, but I think we can do better." ★

SCOREBOARD

varsity cross country

10/24 DISTRICTS

STA 4th place

10/31 SECTIONALS

STA 4th place

Cross Country: worth the sweat

AN OPINION BY



Laura Neenan

Twelve years old and standing in 30-degree weather, I see girls sprinting past me one by one, making ridiculous faces followed by grunting and moaning noises. Girls dash past the finish line and pile into one another, puking their guts out, crying, collapsing onto the ground and even peeing their pants. A look of terror comes across my face. After witnessing what looked like an outbreak of the bubonic plague, I vowed myself to never partake in such an activity.

But here I am: a third year cross country runner and loving every minute of it.

The summer before my freshman year, I realized when attending my older sister Rosie's cross country meets that if she survived this emotional sport, I could too. All I really needed was a pair of legs and a pair of running shoes. I already had the legs, so I went to Garry Gribble's to get the shoes. Then, it became purely mental. As I began preparing for the dreaded time trial the first week of practice, I constantly told myself and body that I could do it. With hesitation, fear and extremely sore legs, I made it through the first week of practice. I continued running and made it through my first 5 mile run on Ward Parkway, first hill workout in Loose Park and first 800 meter repeats at Mill Creek Park. Despite the physical and mental exhaustion, running cross country quickly became the best decision I have made in high school.

For each step I take, each mile I run and each race I compete in, it requires not only physical but mental motivation. Without my teammates, I would not be able to put my fear aside and know that I am able to do my best. It seems crazy that more than 10 percent of STA comes together after school to just run. What other sports call punishment, we call cross country. Other sports run sprints, we'll sprint up hills; they run a mile, we'll run eight.

I look forward to practice each day because I know there are 47 other girls there ready to run with me. I would never be able to get through a 7 mile run on Ward Parkway without talking in a southern accent, singing requested songs in different falsetto tones, competing to make my running movements the weirdest or secretly stalking the Rockhurst and Pembroke boys while passing them on the median. Yes, Blake Pierce, we know who you are.

I devote myself to cross country from Aug. 10 to Oct. 22. I give up staying out before the sun goes down on Friday nights so I can wake up before the sun even comes up the next morning. I give up drinking soda, coffee and energy drinks. I give up my after school relaxing time. Instead, I go straight from school to cross country, to home, to my room to do homework. These sacrifices are only worth it because of my team. Every Saturday morning, girls are lined up in yellow T-shirts, screaming their heads off, pushing me to go that much faster, to pass just one more girl and to give it my all.

As I run the last meet of the season, an unusual combination of blood from a spike cut on my knee and mud from the course ooze down my leg. I see 12 year old girls standing on the outside, cringing at the gory sight of the pain involved in cross country. This time, that girl is not me. I know that after 3 years on the team, the pain is worth it. Beyond the blood, sweat or tears, I know there will always be someone there to catch me at the finish line. ★

ZOMBIE prom

The fall musical, *Zombie Prom*, premieres Nov. 11, featuring experienced STA thespians

Compiled by TAYLOR IRWIN
In Focus Editor



Ellen Gude, senior

Miss Delilah Strict

How would you describe your character?

"[Delilah Strict] is a very powerful woman. [Strict] lives by rules, regulations, and respect. She definitely likes things her way and gets frustrated when things change."

Do you think you and your character are anything alike?

"My advisory thinks so because I like to keep order there and make sure they're all doing their job."

Is the role easy or hard for you to play?

"The role is pretty difficult, I've never played anyone like [Strict] before...I have to really think about it and how I would act."

Ginger

How would you describe your character?

"[Ginger] is the nerdy, like kind of teachers-pet type of girl...[Ginger] never gets in trouble and when she does, it's a big deal."

Do you think you and your character are anything alike?

"No, not at all. [Ginger] follows the rules, and so do I, but she freaks out if she breaks them. With me, it happens, but life moves on...we're pretty polar opposites."

Is the role easy or hard for you to play?

"I think it's pretty easy. I wouldn't say really easy, but I enjoy it, so it makes it easier."



Kristina Strader, senior



Brad Wiedeman, senior
Rockhurst High School

Josh

How would you describe your character?

"[Josh] is a nerd that feels surrounded by a bunch of jocks and air heads. He is madly in love with Ginger...and he's a goody two shoes. He's really into journalism and wants to be a reporter when he gets older."

Do you think you and your character are anything alike?

"No, I'm not a nerd. I think it's fun to play someone that you are not; It's like stepping into someone else's shoes. Sometimes I wish I had some of his traits, but I don't."

Eddie Flagrante

How would you describe your character?

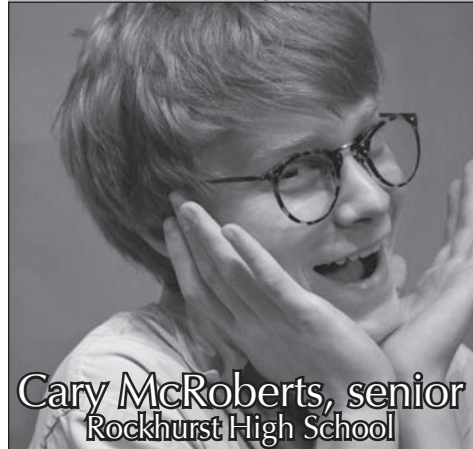
"[Eddie Flagrante] a sleazy reporter who exploits Johnny's predicament for his benefit. But he has a soft spot which I suppose the readers of *The Dart* will have to find out."

Do you think you and your character are anything alike?

"I don't like to think of myself as a sleazy bag and I'm not a reporter so...not really."

Is the role easy or hard for you to play?

"It's both. It's easy to be over the top a lot of the time, but also it's hard to be a super sleazy because I'm not too well acquainted with being that way. And I hope the readers don't disagree."



Cary McRoberts, senior
Rockhurst High School



Hope Stillwell, senior

Toffy

How would you describe your character?

"[Toffy] is super perky and bubbly, a baton twirler, likes to sing, a straight-A student, and has lots of friends, [Toffy] is also really popular."

Do you think you and your character are anything alike?

"Sometimes we're similar, I like to think I'm bubbly. It's usually when I get to sleep at a decent time, which doesn't happen very often."

Is the role easy or hard for you to play?

"The role is pretty easy because it's fun and happy, plus I like to sing so that helps."

Jonny Warner

How would you describe your character?

"He's an orphan, rebellious. A small town rebel. He's also dead. He's slowly finding love. He's a Punk."

Do you think you and your character are anything alike?

"Not really, but maybe kind of a little bit. We feel the same way about school. That's our only similarity I can think of besides being teenagers."

Is the role easy or hard for you to play?

"It's hard because he reacts mostly. I'm mostly acting with my face and not my voice."



Fritz Hutchinson, senior
Paseo Academy of Arts

"Zombie Prom" cast not pictured: sophomore Elizabeth Shorgl, Rockhurst High School senior Jay Miller, sophomore Mayme Marshall, Olathe South High School senior Matthew Swenson ★

Wild Things, I found where you are, but I'm disappointed



Royal Crowning ★ Here, one of the "wild things," Carol, places a crown on Max's head, after Max claims to be a king. The movie was released nation-wide Oct. 16. PHOTO COURTESY MCT CAMPUS

AN OPINION BY



TAYLOR IRWIN

All right, I'll admit it; I was absolutely, completely, and infallibly consumed by the children's book "Where The Wild Things Are" by Maurice Sendak growing up. So when the previews were first released for the movie, I was ecstatic. My mother also recently informed me that she had the book memorized when I was younger, and even knew when to turn the pages (without looking) because I would ask her to read it to me so often. It was a nightly occurrence, my mother would tuck me into my pink and yellow plaid comforter and we would squeeze together, with me taking up entirely too much room in my twin size bed as she broke open the worn out paperback favorite.

It's commonly known that I'm always a bit wary when beloved books are turned into movies, seeing as the motion picture usually never meets up to my high expectations. Movies are hardly ever able

to truly capture the scenes I create in my mind, so perfect for every book, and always leave me feeling disappointed afterward. I think many fellow readers can relate.

"Where The Wild Things Are" was no exception.

I will be the first to admit that walking into the theater with fellow senior Cierra Marzett at my side, I was prepared for the worst. I was ready for my childhood favorite to be ruined for me; and to be honest, it kind of was. While the movie itself was entertaining, and obviously made for the audience of around age six, it still was lacking. The excitement that was built around the release of the movie wasn't lived up to. The movie itself was for the most part, plotless, with dialogue clearly meant to entertain a kindergarten mind. And there's nothing wrong with that, but the magic that was meant to accompany the film just wasn't there. The youngsters (by comparison) in the audience disagreed with me, however. Squeals of laughter broke the usual movie theater silence, despite the warning to refrain from "adding your own soundtrack."

Though I can't deny that Cierra and I also broke out in smiles a few times ourselves; it was virtually impossible not to. Scenes appeared random and to not really belong in the movie, almost as if they had been added just in order to turn a 20 page children's

book into an hour and a half long movie.

Also, to my surprise, there were conversations and scenes in the movie where I questioned if a six year old should be watching. Its PG rating seemed to be stretching its boundaries at points; for example, and I'm not giving away anything here so feel free to continue reading, there was a scene where one "wild thing" literally ripped the arm off of another. It took me a second to comprehend that the event had actually occurred, but the occasional high-pitched yelp of a child confirmed what I'd

seen. Scenes were dark and violent, and Carol, the main wild thing, had a serious anger management problem and his temper flared up more often than not. When it did, I would watch out because Carol had a scary violent streak, and even threatened to eat Max, though their apparent friendship instantly forgotten.

Besides all that, it was easy to fall in love with the characters, especially the "wild things." So childlike and relatable with names like Carol (for a boy), it was hard not to love them. They all had personalities of their own, and as the personalities sometimes clashed, I found myself continuously rooting for the underdog. And of course, like in most children's stories, all conflicts were resolved with an apology from one wild thing to another. ★

"Movies are hardly able to truly capture the scenes I create in my mind."

Long-distance dancing

Tessa Jianas spends month in Oregon to perform shows with professional company

by TAYLOR BROWN
Centerspread Editor

It is 6 p.m. and junior Tessa Jianas waits in a dance studio, 2000 miles away from her home and school, for her host parents to pick her up to go back to their home, her temporary home. Jianas has been finished with her seven hours of daily training for the past two hours, but her host parents could not give her a ride until they got off work. While she waits, she attempts to teach herself the math lessons she has missed while she has been in Oregon for the last month.

Jianas left her parents, siblings, friends and STA Oct. 5 to become a member of the Eugene Ballet Company, a professional dance company based in Oregon, and has performed seven shows with them in various parts of Oregon over the last month.

Accumulating the talent necessary to dance with a professional company began at a young age for Jianas.

Early Beginnings

When Jianas was three years-old, she asked her mother, Ms. Susan Jianas, to sign her up to take dance classes.

"She just told me one day that she wanted to take ballet," Susan said. "I was kind of shocked because I was going to wait until the first or second grade like I did for my older daughter."

Since Tessa was too young to take lessons from the Kansas City Ballet, she began lessons with a former Kansas City Ballet dancer. Then in kindergarten, Tessa began taking various dance classes with the Kansas City Ballet whom she has been with ever since.

"It is weird because even when I was a toddler doing ballet, I was always really focused and into the music," Tessa said. "I could not tell you one time when I became 'committed.' I guess I just always was."

Last spring, the director of the Kansas City Ballet Peter Pawlyshyn recommended Tessa to the artistic director of the Eugene Ballet Company, Ms. Tony Pimble. Pawlyshyn used to work with the Eugene Ballet Company and thought it would be a good opportunity for Tessa. Both ballet directors watched Jianas during a dance class, and Pimble agreed she should be a part of the company's *Sleeping Beauty* production this fall.

According to Pawlyshyn, Jianas stands out from other Kansas City Ballet dancers for her maturity, work ethic, grace and talent.

"Tessa is a mature, giving young lady and just deserves the opportunities something like [performing with the Eugene Ballet Company] would provide her," Pawlyshyn said. "It was a pleasure and privilege to recommend her to the Eugene Ballet Company."

On the Road

Tessa and her family soon learned what being a part of the Eugene Ballet Company would entail. Tessa would have to be away from home for a month, train daily and perform seven shows in various parts of Oregon.

The Eugene Ballet Company is a professional dance group, so the required abilities are very advanced, according to Pawlyshyn.

"It requires a lot of skills, not only in ballet technique but modern technique, contemporary technique, jazz technique, acting, public relations, being able to speak intelligently to fund members, board members and community people and to be able to advocate for the arts," Pawlyshyn said. "It's a small company of 22 members. Everybody has to be able to do everything and they truly do everything they can to help one another."

Despite these obligations, the Jianas family decided to accept the opportunity.

"These chances to dance with a professional company don't come around all the time," Susan said. "Some people are more lucky than others, but it's kind of one of those things for us that if Tessa gets the opportunity then we want to be able to support her."

Only two obstacles remained at that point: Tessa's living accommodations in Oregon and approval from STA of Tessa's absence. For



Ballet Beauty ★ Junior Tessa Jianas dances with a partner for the Eugene Ballet Company and Eugene Symphony for the rehearsal of their *Sleeping Beauty* performance. Jianas returned from Oregon Monday. PHOTO SUBMITTED

various reasons, including Tessa's father's business, the family dogs and the expense, Tessa's parents could not join her in Oregon for the whole month. So, Pawlyshyn suggested that Tessa stay with a family that has a teenager who is a student at the Eugene Ballet Company and also involved with the *Sleeping Beauty* performance with Tessa. Although not personally knowing this family was a bit "worrisome" for Susan at first, she said the arrangement has worked out fine.

Finally, Susan called Principal of Academic Affairs Barbara McCormick to make arrangements with STA regarding Tessa's completion of her schoolwork over her extended absence.

Cutting Class

According to Susan, McCormick was very supportive of Tessa's opportunity. McCormick called a meeting with Tessa, Susan and Tessa's teachers to devise the best plan for the completion of her schoolwork. They decided Tessa should keep up with her lessons as much as possible while away and turn in her assignments electronically. However, this method has proved to be difficult for Tessa.

"I have just been feeling more stress and pressure, because what I would really like to do is just focus on dance while I am here, since that is what I came here for," Tessa said. "How-

ever, I have to carry my backpack with all my books to ballet everyday, and I have felt like no matter how hard I work, I am always behind in my schoolwork. The emails I have been getting from my teachers also serve as a reminder that I have too much stuff to worry about while I am away and living all on my own."

According to Susan, Tessa's status on schoolwork is a common topic of discussion during their daily telephone conversations. Tessa feels that her grades will reflect her absence from the classroom.

"Let me just say it is going to be nearly impossible to keep up my grades this semester, unless I never sleep, which would definitely not help my focus or health for that matter," Tessa said.

In addition to academic troubles, dancing has been a hindrance to Tessa's social life.

Teenage Troubles

According to Tessa, she feels she lives the life of a normal teenage girl only because she knows nothing different than her dancing lifestyle. However, Tessa does not have the time to participate in many of the activities STA girls consider essential.

"I do miss it when my friends can get together on the weekends or after school and I can't,"

See **BALLET**, page 22

Music, homework don't mix, studies show

Psychologists find that music distracts students' studying

by MADALYNE BIRD
Features Editor

The silence in the room is deafening. She can fix that. Her finger reaches out and touches the play button on her iPhone, music filling the air.

"Lilly, turn it off or I'll tell mom!" her younger sister Lucy screams.

"Lucy, find me a pair of headphones in this house and then I'll use them, otherwise I'm not turning it off," junior Lilly Kraus replies.

The argument continues as Lilly slowly turns the music up and goes back to her homework, drowning out her sister's voice in the room the two share.

"[Listening to music while doing homework] helps me focus," Kraus said. "I always finish faster that

way and it keeps me from getting distracted by other things."

Lucy, however is unable to concentrate with Lilly's music on.

Junior Maddie Lundgren also listens to music while doing homework and studying. However, Lundgren has to listen to certain music while doing certain subjects.

"When I'm doing [American literature] or history that requires more thought, I'll listen to something softer," Lundgren said. "But if I'm doing a worksheet, then I can listen to something that has a beat."

Dr. William Sturgill, psychology professor at Rockhurst University, does not believe people can truly retain information when there are distractions present such as music. He also says people only have a certain amount of attention capacity, meaning it takes a lot of energy for the mind to concentrate, even without outside distractions.

"Humans can multi-task well only under certain conditions, but usually are poor at it," Sturgill said. "Humans are limited capacity information processors...we only have

so much attention capacity to devote to ongoing tasks."

According to Sturgill, each task a person engages in requires a certain amount of concentration. Tasks that are not well-practiced require even more attention than practiced tasks, such as brushing your teeth.

"Studying requires attention and the better you attend to what you're doing, the better the result of your studying," Sturgill said. "If the music is something you like to sing along with, then it interferes with studying."

A 2006 study by the Proceedings of the National Academies of Science (PNAS) stated that although multi-tasking does not affect overall learning, it does affect how you apply what you learn.

"In multitask situations... even if distraction does not decrease the overall level of learning, it can result in the acquisition of knowledge that can be applied less flexibly in new situations," says PNAS.

Kraus, however, said she likes the escape that listening to music provides.

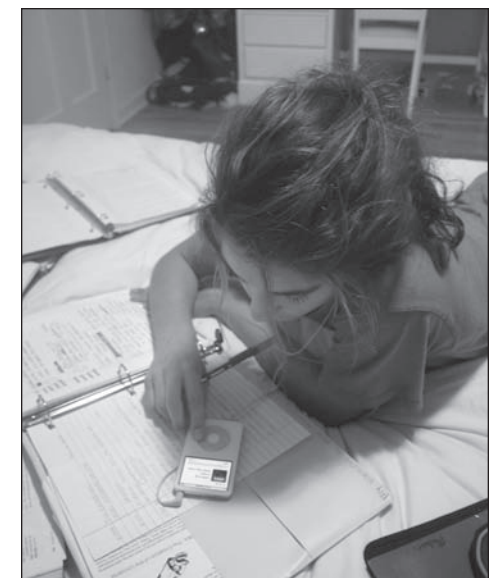
"It creates an atmosphere when I'm listening to music or have headphones in, that blocks other things out," Kraus said. "I actually concentrate on what I'm trying to do."

Though Sturgill believes music is mostly distracting, he states that some music can be beneficial to studying.

"If the music is played to eliminate random background noise, then music can benefit studying because it 'masks' -covers up- noise that would attract attention," Sturgill said. "So play some Beethoven piano concertos in the background at a nice volume while you study. It creates an auditory environment that covers like a blanket, and then you can have lots of attention available for study." ★



Listen to a Podcast by Caroline Thompson, in her search for the perfect music to listen to while doing homework.



Music to my ears ★ Sophomore Kelly O'Byrne browses music playlists while working on world literature homework Oct. 29. "Listening to music helps me focus and makes doing homework more enjoyable," O'Byrne said. PHOTO BY KATHLEEN HOUGH

entertainment WALL



Johnny Foreigner's new album **"Grace and the Bigger Picture"** earns four and a half stars from iTunes users and three and a half from me. With a few songs that would be cause for use of the fast forward button, but an example of the versatility of Jonny Foreigner's talent. Ranging from slow songs, to upbeat tunes, this album is worth the money.

-Hanna Katz ★★★★★



B.o.B's new single **"Don't Break my Heart"** samples the 1968 classic **"Build Me Up Buttercup"** in a mash-up style, with hip-hop beats and techno tones. The rapper takes the Foundations' hit to whole new level, as he pleads for a girl to take him back via voice mail message. Although it sounds cheesy, this song is undeniably catchy and upbeat. It's a perfect sing-along for car rides with friends on the weekends. Whether you are on your way to a party or a sporting event, this song will surely pep you up and get you ready to go.

-Kathleen Hough ★★★★★



"The Book Thief," by **Markus Zusak**, tells the story of a young girl living in Nazi, Germany, who steals books, first from a grave digger, later, from a book burning and eventually, from the mayor's house. Told from an unusual point of view, this novel provides an honest description of the Holocaust, not sugarcoating anything, from the eyes of someone who has seen it all. **"The Book Thief"** kept me enthralled from start to finish, with its adventure and excitement, as well as its heartbreak and tragedy. One warning, though: It is not for the faint of heart.

-Chelsea Birchmier ★★★★★



I have never been an avid fan of the Saw series. Yeah, they are attention-grabbing and definitely unique with their excessive gore and creepiness, but what's the point? Well, surprisingly, **Saw VI** included a more interesting and purposeful plot twist than the other five movies of the series. **Saw VI** - more specifically the main character of the series, **Jigsaw** - advocates for health care reform. A man who had previously turned down **Jigsaw's** request for an experimental cancer treatment becomes the victim of one of **Jigsaw's** intricate torture games. However, this is a very freakish way to advocate for such a policy. Plus, the acting was horrible and the plot was predictable.

-Taylor Brown ★★☆☆☆

Juniors create wizard rock band

Juniors write, create music inspired by 'Harry Potter' books

by LAURA NEENAN
Staff Writer

In a room full of instruments, two STA students procrastinated doing their biology homework over spring break with all things "Harry Potter" related on their minds. While listening to some of their favorite bands (The Moaning Myrtles, The Remus Lupins, The Ministry of Magic and The Parselmouths), juniors Anna Rayburn and Libby O'Neil came up with an idea. They put pen to paper, picked up a guitar, sat down at the piano, and began writing a song about a toilet. It was not a classical piece, a cheesy love ballad, or a punk rock bit. It was wizard rock. The song was all about Moaning Myrtle, a character from the "Harry Potter" series.

"Our inspiration [to start a wizard rock band] came from other bands," Rayburn said. "We thought, 'Hey, if they can do it, so can we.'"

O'Neil and Rayburn began their wizard rock, S.P.E.W., band freshman year through a common obsession with the "Harry Potter" novel series. According to wizrocklopedia.com, the band Harry and the Potters originally made wizard rock famous, a band that "Harry Potter" author J.K. Rowling created, The Weird Sisters, inspired them. The Weird Sisters' music is featured in the "Harry Potter" movies. Wizard rock, or "wrock," is a genre of music with over 600 bands listed on wizrocklopedia.com.

"[Wizard rock is] nerdy people playing awesome music about 'Harry Potter,'" O'Neil said.

According to O'Neil, their wizard rock band hopes to begin playing publicly. They have been looking into performing at public libraries where other "wrock" bands usually perform. The girls have not yet deliberated whether or not to schedule a performance in front of an STA audience.

"We have jokingly talked about performing in front of [STA students],

but never seriously discussed it," Rayburn said.

Rayburn and O'Neil each play a variety of instruments including guitar, bass and piano. With the support of Rayburn's family, they have been able to sing and record their songs in Rayburn's home in a studio which includes computers, a mixing board and microphones.

"My parents [Terry and Melodie Rayburn] help with the recording and provide instruments and my friends just make fun of me," Rayburn said.

Yet, Rayburn and O'Neil's friends are still involved in the promotion of the band starting in the videos which appear on their website, myspace.com/spewisforyou. The Myspace page includes their recorded songs available for free download, videos and information about the band.

"[We started our Myspace page because] most bands that haven't quite made it big yet can put their music up [on their page]," O'Neil said. "We figured it would be a good way to get ourselves out there."

According to Rayburn, she and O'Neil decided on the name S.P.E.W. for the band because of the shortened plot in the "Harry Potter" books. In the novels, "S.P.E.W." stands for the Society for the Promotion of Elf- ish Welfare created by the character Hermione Granger to gain more rights and respect for house elves. Rayburn and O'Neil decided to create their own meaning for the acronym.

"S.P.E.W. stands for something else every time we hope to put a new CD out," Rayburn said. "For this album, [S.P.E.W.] stands for Screaming Pixies Exuding Wrockocity."

The band has written about seven songs about various characters and plots in the "Harry Potter" series. O'Neil and Rayburn can also use their imagination in songs such as **Voldy and Myrtle** where a fictional romance is created between the characters **Volde- mort** and **Moaning Myrtle**. S.P.E.W. has also created their own rendition to the song **Oh My Darling Clementine**, called **Brother Fred** as a tribute to the death of one of the **Weasley** twins.

The band hopes to put together their first CD by December. According to O'Neil, S.P.E.W. will sell their



Muggle Magic ★ Juniors Anna Rayburn, left, and Libby O'Neil practice "Brother Fred," a song they wrote for their Harry Potter tribute band, named S.P.E.W. Rayburn and O'Neil began the band freshman year and are planning to release a CD in December. PHOTO BY TRACY BURNS-YOCUM

CD for a low price to cover recording expenses and donate the profit to charity. Rayburn said she would decline the offer if a record company were to ever approach the band because she said wizard rock is all about having fun.

"We're not just 'Harry Potter' tribute bands, it's wizard rock," Rayburn said. "It's magical." ★



Watch Anna and Libby perform songs and talk about their love for Harry Potter on Dart Tube.

artist of the issue

Anna Svoboda-Stel
Senior

Q: This is your second semester taking fibers/textiles. Most fiber students take the class only one semester. Why did you decide to take it again?

A: "I had a lot of fun last semester. And you don't really have a lot of time to really experiment in just one semester, so I decided to take another semester of it."

Q: Why fibers?

A: "With fibers, there's so many different things I can do. I can sew, I can dye things... Also I like working with my hands. I like crafting things."

Q: What is your class time like, considering you've already done what your classmates are currently doing?

A: "I'm in kind of an independent study. I don't really have to do the projects assigned to fibers [students]. But Ms. Dibble suggests stuff for me to do, like the silk scarf I'm working on now."

Q: What projects have you been working on or have already completed?

A: "I've been trying to make clothes. So far, I've made a shirt, a dress, bags and skirts... And fabric like consumes my room." ★

-Micah Wilkins



Ink or Dye ★ Senior Anna Svoboda-Stel screens ink onto a velvet scarf as an independent project in the art room for Fibers. PHOTO BY MICAH WILKINS



STA teacher Terry Conner had groundbreaking career in the Navy for 30 years

by CAROLINE THOMPSON
Lifestyles Editor

"Today is another day in which to excel," STA teacher Terry Conner tells her daughter one morning. These are the words Conner wakes her children with everyday. They are the same words she heard from her father-- a Commander in the Navy, a major influence on her career and the introduction to a male-dominated world in which she was determined to excel.

An early passion

Born in Norfolk, Virginia in 1955, Conner grew up in a family of three kids with a father in the Navy. Their family moved throughout the country about every 2 to 3 years to places such as California, Texas, Washington D.C. and Minnesota.

"I learned to adapt," Conner said. "I got used to going to new schools and making new friends."

By the time Conner was 12, her father retired from the Navy and the family of five moved to West Virginia. There, Conner grew up and developed a passion for math and science. Her studies were slightly limited, however, because most female students did not take accelerated math and science courses during that time.

"We took home economics," Conner said. "I didn't take physics [in high school]. No one ever mentioned that I should take it even though I was good at math."

After high school, Conner attended Virginia Polytechnic Institute and State University, and pursuing her interest in math and science, she majored in nuclear science and physics. Often times, she was the only girl in her classes. However, Conner said that she never felt she was at a disadvantage as the only girl among boys.

"It helped that I was smart," Conner said. "If you have something to offer, it erases that gender awareness. Eventually, we were all on the same team."

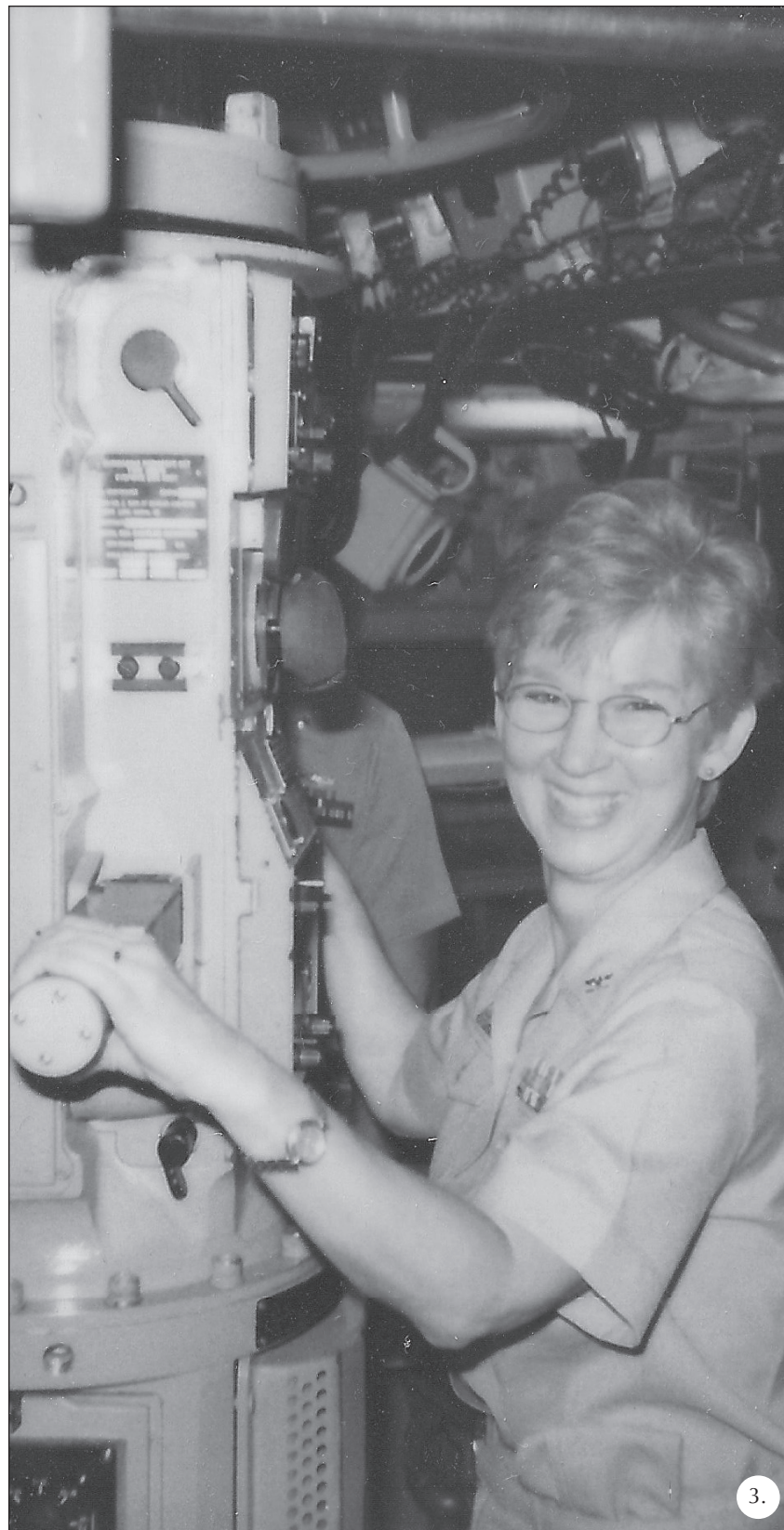
While her majors were unpopular among women at the time, Conner said she chose her coursework based solely on her interests and not on future careers.

"I had no view of reality or what I wanted to be," Conner said, laughing. "I liked math and I was good at it, but translating that to a job never crossed my mind."

By her junior year of college, however, Conner said that reality set in and she began to seriously address her career choices. At the time, the job opportunities for women in her chosen field of nuclear physics were basically nonexistent. Even in 2008, according to the United States Department of Labor, the top ten jobs occupied by women did not include technological or scientific-based careers. The most scientific occupation was nursing, which followed jobs like cashiers, elementary school teachers and secretaries.

The opportunity of a lifetime

Once while Conner was walking to class at Virginia Tech., she noticed a poster recruiting seniors to earn \$500 a month by teaching in the





4.



5.

Navy. "I never intended to be a teacher," Conner said. "But I was a poor college kid with no money and thought, '500 dollars?' That sounds nice."

After enduring several written exams and personal interviews, Conner became a member of the Navy her senior year, 1976, and began teaching at the Navy's Nuclear Power Academy while finishing college. She was stationed in Florida among 300 teachers, only three of whom were women. The other female instructors taught mathematics, but Conner hoped to teach her field: physics. Conner qualified for the job and at age 22 taught in a classroom of 50 men ranging in age from 18-24.

"I was used to all guys from my college classes," Conner said. "But this was a lot of pressure. You can't fail at this [job]. If I [failed] I would be propagating stereotypes that women can't do technical stuff. So, I put a lot of pressure internally on myself."

Initially, Conner felt not only intimidated, but also awkward at times in her new teaching position.

"My most awkward moment was when I was teaching the highest physics class...full of cocky guys fresh out of high school that thought they were just the smartest things," Conner said. "I decided I wanted to impress them with an answer [to a student's question]. No one was sitting in the front desk and I thought, 'That's funny' and went to lean on it. I found out why no one was sitting there. It was missing a leg. Before I could catch myself, I unexpectedly fell to the ground...I was wearing a skirt and I was sprawled out on the floor. You could hear a pin drop. I got back up and said, 'I believe petty officer Jones had the floor before I literally took it from him.' Once [the students] knew I was okay, everyone cracked up. I laugh now, but at the time I was like, 'I can't believe

"If you have something to offer, it erases that gender awareness. Eventually, we are all on the same team."

Terry Conner, teacher

that just happened!"

After teaching physics for two years, Conner wanted to teach her more specific area of nuclear reactor operations. No woman had taught that class before, but the administration decided to let her try. The experiment was successful and she taught the class for six more years.

A changing lifestyle

After eight years in active duty, Conner had married her high school sweetheart and had three daughters, so she decided to move to the reserves. This branch of the Navy is only called into active duty in times of crisis. She remained in the reserves for 22 more years, living in places all over the United States and even overseas in Korea and Japan.

During her time in the Navy, Conner's mother-in-law helped raise the children while Conner was stationed in different parts of the world for a few weeks during the year.

"Growing up with a mom in the Navy was a constant, bittersweet adventure," Conner's 24-year-old daughter Erin Conner said. "You never knew what faraway place she was going to go away to next, but you always knew that there would be exciting stories and shiny baubles when she returned."

Conner's youngest daughter, 22-year-old Kaitlyn Conner, said growing up with a military background was full of fun memories, two of which being what she calls "military showers" and "room inspections."

"Military showers are [when you] turn on the water and get wet, turn off the [water] for the remainder of the 'shower' while you wash your hair and your body, and then after you are all done, freezing and miserable, you can turn the water back on and rinse very quickly," Kaitlyn said. "When we did room inspections after our Saturday clean, we would have to stand at attention at our doors in the salute position until

we were saluted back to show our room was satisfactory and we were allowed to go play."

While her kids attended Maranatha Academy in Shawnee, Kan., the high school needed a science teacher and her daughters suggested Terry for the position. Terry decided to sign up for the job and taught co-ed classes for six years. In her last year, Hurricane Katrina struck and Terry was called up to the reserves to provide aid in New Orleans. She then decided that maintaining a job in the Navy and as a teacher, along with raising a family was too stressful and decided to quit teaching at Maranatha. She spent the following year in New Orleans, and after being a captain for 30 years, the Navy's policy forced Terry to retire.

"I loved [working in the Navy]," Terry said. "I stayed as long as I was eligible and as long as I stayed productive."

Transition to all-girls

After retiring from her previous two jobs, Terry discovered a job opening at STA and became the physics teacher there in 2007.

"I took the job not realizing how wonderful it is to teach all girls," Terry said. "[Unlike in co-ed high schools], you don't see girls running to the bathroom before class checking their make-up because that one guy is going to be in chemistry class. The student dynamic is totally different."

In addition, Terry said STA's environment is more relaxed and has "more room for fun" than the classroom atmosphere in the Navy.

"When I taught in the Navy, I was teaching these boys concepts that if they got wrong they could blow up a ship," Terry said. "But it's not life or death in high school. It's more like 'Oh, my mom's going to ground me if I don't get an A.'"

Another enjoyable aspect of working at STA for Terry is the opportunity to influence young women-- especially in the study of science.

"As a woman being in a male-dominated field of science, I love to be able to encourage that next generation of female scientists," Terry said. "[Women] should know that their intellect is just as important, and if they are passionate about something, they should do it."

In a school that is "committed to the education of young women," as emphasized in STA's

mission statement, Conner's philosophy fits well. Erin believes her mother is a great example for young women and especially those wishing to pursue a male dominated field.

"My mom has proved that breaking into a male dominated field is absolutely possible if you're willing to trust in God's plan," Erin said. "My mother knew that she was meant to do extraordinary things, and she did not stop at anything to achieve that purpose...For those of you students who haven't had the pleasure of learning from her, you are missing out...She expects a lot from her students, but she helps push you to accomplish things that you didn't know were possible." ★

- 1. Woman-in-Charge** ★ Ms. Terry Conner kneels among the Military Seal of Command of Republic of Korea, the unit she commanded for four years. PHOTO SUBMITTED
- 2. Listen up** ★ Conner helps students with warm-up physics exercises during general physics Monday. This is Conner's third year as a teacher at STA. PHOTO BY HANNA KATZ
- 3. Submarine Management** ★ Conner pauses to smile while exploring a submarine. PHOTO SUBMITTED
- 4. Staying on the Base** ★ On Monday, Conner explains what will happen during an upcoming general physics experiment. The students will shoot the rockets as part of a lab. PHOTO BY HANNA KATZ
- 5. Armed Family** ★ Conner poses with her daughter, Ms. Kim Conner, left, last Thanksgiving. Both sport their Navy and Air Force uniforms respectively. PHOTO SUBMITTED

women in the navy

BY THE NUMBERS

★
In active duty: 52,446

Enlisted: 44,315

Officers: 8,131

Captains: 424
COMPILED BY MADALYNE BIRD

Sophomore earns champion title

Lydia Thomsen participates, medals in World Champion karate competition in Spain

by CASSIE REDLINGSHAFFER
Staff Writer

Sophomore Lydia Thomsen won two gold medals and one bronze medal at the World Kickboxing and Karate Association World Championships in Spain last week. Lydia and her brother Søren Thomsen both qualified for the US world championship team in June.

"My wife and I were absolutely thrilled [when we found out that Lydia and Søren qualified for the World Championship]," Lydia's father, Mr. Chris Thomsen said. "We're very proud of them. We're honored that they're representing our country."

At the world championship, the gold medals Lydia received were for Non-music Open form and Traditional Weapons form. The bronze medal was for Korean Traditional form.

Lydia is a first degree black belt and has studied a variety of martial arts for 10 years. At the world championship, she competed in the Korean Traditional, Hardstyle, Creative Weapons, Point Sparring, Non-music Open and Traditional Weapons forms. According to <http://www.usopen-karate.com>, Korean Traditional, or Ji Do Kwan Tae Kwon Do, is the most recognizable form of karate. It says this form uses traditional stances, footwork and techniques and focuses on speed, power and execution.

Hardstyle form is also recognizable and similar to the Korean Traditional form. However, this form is made up of both traditional and creative techniques.

Creative Weapons form involves weapons such as the Tonfa (a side-handle baton) and the Nunte (a dagger). This form, unlike the Korean Traditional form, can include techniques that originated in the last 30 years.

In Point Sparring form, two competitors fight one another. Once one of the competitors strikes the other with a kick or punch, play is stopped, the attacker is awarded a point and competition resumes.

Non-music Open is a choreographed perfor-

mance that incorporates the criteria for Traditional and Creative forms. There is a special emphasis on innovative choreography.

Traditional Weapons form is a type of karate that involves weapons such as a Bo (a 6 foot long staff) and a Jo (a 3 to 4 foot long staff). This form has the same criteria as Korean Traditional form except with the use of weapons.

Lydia and Søren, a senior at Bishop Miege High School, train together at AmeriKick Karate Dojo in Overland Park. According to amerikick.com, Amerikick Karate Dojo is a nationally acclaimed karate studio and has produced nine World Title holders. Lydia is nationally ranked number two in Point Sparring and number seven in both Traditional Forms and Traditional Weapons. Søren is nationally ranked fifth in Traditional Weapons.

In June, Lydia and Søren qualified for the championship team by trying out in Kentucky. Between 100 and 200 people represented the United States at the World Championship.

"There was a [North American Sport Karate Association] tournament [for the tryouts] that our instructor told [Søren and I] about," Lydia said. "We went and tried out and made the team!"

According to Søren, while preparing for this tournament, "karate came first" when conflicts between different activities arose. He and Lydia trained four to five days a week for about an hour and a half to two hours.

"[Søren] is really good at Bo and, well, we're both good at different forms," Lydia said. "[To prepare for this tournament] I practiced with more experienced people because it helps me a lot with my form and technique."

Chris believes that because Lydia and Søren spend so much time together practicing, they have become closer.

"[Lydia and Søren] are very supportive of each other," Chris said. "They're always there to cheer each other on and coach each other."

Although World Championships are the highest level for an amateur martial arts student, Lydia still has goals for the future.

"I'm definitely going to keep doing tournaments, just to keep it up," Lydia said. "For now I want to do well in Sparring. Hopefully next year I'll be [ranked] first in Sparring and improve on Traditional Form." ★



Kickin' Kid ★ Sophomore Lydia Thomsen practices her karate moves at AmeriKick last December. Thomsen went to World Kickboxing and Karate Association's World Championships in Spain where she won two gold medals. PHOTO BY TRACY BURNS-YOCUM

Ballet: Junior leaves STA to dance, completes work online

Continued from page 18

and watch TV or relax it seems. The one thing that is kind of sad is that it seems like I can never make it to dances like homecoming. I had a show in Eugene [OR] the night of Teresian."

According to Tessa, all her free time is committed to ballet.

"In [Kansas City], around shows I could be dancing approximately 24 hours a week," Tessa said. "[In Oregon], I dance from at least 8 [a.m.] to 4 [p.m.] each day, with short breaks in between, and my schedule gets crazier during days of shows. Every once in a while, the

company members and I will have a day off to rest, but I always do my homework then, so it isn't much of a break for me."

Despite these setbacks, Tessa said she has no regrets regarding her involvement in dance and hopes to continue dancing as long as possible.

"Professional dancing is a career you can only have for so long, because it is a job someone has in his or her younger years," Tessa said. "But I would love to dance professionally and then become a dance teacher and a mom later in my life." ★

Down: Women's happiness has decreased over the years

Continued from page 2

young women reporting satisfaction with "friends and people you spend time with."

When In Doubt

While some women have taken the study's results into serious consideration, others have disregarded the results as inaccurate. According to Ms. Brenda Bethman, the director of the Women's Center at UMKC, "Declining Female Happiness" is flawed and misleading, as the study reveals that "by 2006, women were one percentage more likely to report they were not too happy."

"I'm not totally convinced that the study's right or that it matters that much," Bethman said. "A one point difference isn't that big."

Bethman also thinks the survey is inaccurate because suicide rates for women have declined, while African-American women are becoming happier. The study is also flawed in that it is difficult to gauge emotions in a survey says Bethman.

"Happiness studies in general don't often work," Bethman said.

Wendland also agrees that women may have answered the survey differently than men because women tend to be more in tune with their emotions.

"Women's tendency to involve their emotions more makes them more vulnerable because men, who also have their own problems, don't take it to heart as often," Wendland said.

Like Wendland and Bethman, Ms. Judith Warner, a columnist for The New York Times, thinks that happiness cannot be sufficiently and accurately measured.

"I tend to have a problem with studies that measure nebulous emotional states and then compare them back to other nebulous states experienced at different moments in time," Warner said in her regular column, Domestic Disturbances. "Happiness, after all, is hard to quantify; you can't measure it in a blood test, or map it in a mathematical equation corresponding to patterns of neuronal activity in the brain."

The study itself does admit to some leeway, however, stating that subjective wellbeing is difficult to comprehend, while reasons for the decline are hard to hypothesize.

"[The] aspect of subjective wellbeing makes understanding what is behind declining female happiness a challenging task," the study says.

What is important to recognize however, is that if women are indeed unhappy, then society can do a lot to change this, according to Wendland.

"I think it's good for women to know that women are unhappy because we have the potential and the solidarity to come together and help each other," Wendland said. "It makes others more aware, and as for me, it makes me want to be more conscious of that and look out for others." ★

DART TUBE
see the slideshow set to audio at dartnewsonline.com

NICE TO MEET YOU



ROSIE HODES

Not-so-great expectations demolished

When I decided my next victim would be a freshman, I prepared myself for the awkwardness. I thought any poor freshman would be terrified by a big, bad, 5-foot senior. But I guess I'm just not as intimidating as I thought. Either that, or freshman Phylea Battle is one of the most mature, confident 9th graders I have ever met.

Phylea credited her outgoing nature to her public-relations-involved dad. Wherever it came from, I was impressed.

Phylea began telling me about how fast her eighth grade year flew by, and I expected the story of the typical eighth-grader-itis, forgetting about school and soaking in every last moment with her friends from Academie Lafayette. But, Phylea proved my preconceptions wrong again.

For her eighth grade year, Phylea and her mom moved to North Carolina for her mom's job. Phylea admitted that the first few weeks at a new public middle school were hard, but I have no doubt that her outgoing personality ignored the pressures of being a "new kid" and helped her quickly snag some friends.

Lucky for STA, Phylea and her mom were able to move back to Kansas City earlier this year. She decided STA was the place for her in fourth grade, and she said she already feels home here after only a few months.

"It's really a big family feeling here," Phylea said. I couldn't agree more.

I couldn't hold back my jealousy that Phylea has four years ahead of her, while my remaining months are slowly dwindling. I sat there picturing the bright future for this one-of-a-kind freshman, and she sat across from me, taking my sage advice.

Here's some more advice for the rest of STA: get to know Phylea Battle. She's exceptional. Also, to next year's dance team captains: let Phylea, a lifetime seasoned jazz and lyrical dancer with intense dedication, on the team. To Ms. Dolan: give Phylea an A+... you're her favorite teacher. And to whoever my next victim is: watch out.

Phylea Battle, it was nice to meet you. ★

top

[[Kansas City's Best Kept Pancake Secrets]]

Compiled by Kylie Hornbeck

5 The City Diner: Serving some of Kansas City's largest pancakes at over a foot in diameter is The City Diner. The diner lets anyone who is able to eat two pancakes write his or her name on the wall.

The Classic Cookie: The Classic Cookie takes its pancakes to new levels with varieties including the seasonal apple oat pancakes, painted porch pancakes, pumpkin spice pancakes, and a multitude of others to choose from.

Mama's 39th Street Diner: Famous for pancakes as big as the plate they're served on, the diner, located in Westport, creates fluffy pancakes of may flavors, even pineapple.

Winstead's: Although known for its burgers, Winsteads serves some of the fluffiest pancakes in town, offering its buttermilk pancakes for \$2.95 and blueberry pancakes for \$3.65 per order.

1 Cascone's Grill: After five decades, Cascone's Grill has not changed its homestyle pancakes much, but they remain some of the lightest and most delicious in the city.

4

2

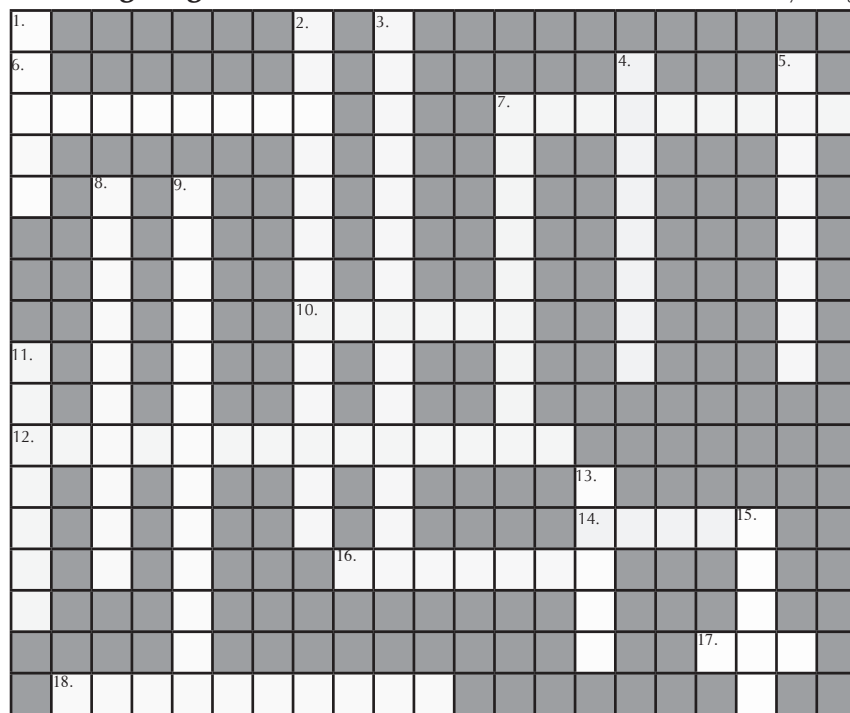
COFFEE SHOP HABITS



Workin' It ★ Critter the campus kitty has not been acting like himself. The once frolicking feline has traded in his ways for a quiet demeanor. Critter can now be spotted wearing black turtlenecks and sipping a macchiato. His actions however, appear to be a stage. Ms. Marion Chartier reassures that Critter will still "jump up on [her] desk and chase the cursor around." Nothing will keep Critter from chasing his dreams. **PHOTO BY AVERY ADAMS**

[thanksgiving feast]

created by Shaughnessy Miller



down- 1. Top off everything with this 2. Also called yams 3. Pureed red fruit 4. A cool desert 5. Will make you full 7. Famous 1990s song by Warrant 8. Pie with smooth texture 9. Crusty on the bottom, fluffy on the top 11. Cheesy pet name 13. Wheat or white 15. Great with ranch **across-** 6. America's classic desert 7. Delicious no matter what form 10. Main course 12. Boxed or homemade 14. Butter it up 16. Great in Key West 17. Hickory-smoked or honey-cured 18. A favorite of the Jolly Green Giant

answers-down: 1. Gravy 2. Sweet Potatoes 3. Cranberry Sauce 4. Ice cream 5. Stuffing 7. Cherry Pie 8. French Silk 9. Lemon Meringue 11. Pumpkin 13. Bread 15. Salad **across:** 6. Apple Pie 7. Chocolate 10. Turkey 12. Mashed Potatoes 14. Roll 16. Key Lime 17. Ham 18. Green Beans

Days of our lives

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

Exactly **38** days until first semester finals.

Approximately **19** days until Thanksgiving break.

6 days until the fall musical, Zombie Prom.

There are **36** days until the Christmas Dance.

And only **172** days until summer.

DARTSMART

Are you a PC or a Mac?

- What is your laptop price range?
 - I am looking to spend around \$1,200 for just the laptop
 - Around \$1,000 including the software.
 - Between \$400 and \$700, but I want to add extras like more RAM, hard drive space, software, etc.
 - About \$300 or less; I just need something that gets the job done.
- What will you be doing with your laptop?
 - Mainly for organizing and storing multimedia, such as pictures and music.
 - Creating my own home videos, DVDs, editing pictures, making music and using other editing software.
 - Mostly for taking notes, keeping files and documents.
 - Everything including notes, pictures, music, web casts, gaming, etc
- What do you look for in your laptop?
 - Name brand.
 - Ease of accessibility.
 - Compatibility with other software and applications.
 - Customization
- Any additional comments on what you want in a laptop?
 - I will be running a lot of applications at once so I need a laptop that won't crash or overheat easily.
I need something that will help me explore my creativity.
 - I would like to have all the software I want already installed on my laptop so I don't have to pay extra for things like movie editing.
 - Because of my price range, I need something that will give me more for less.

if you answered...

Mostly As and Bs

Mostly Cs and Ds

You are a Mac. You are a sleek, young adult who never seems overworked. You usually like to keep things simple, and you always find time to play, sometimes at the expense of your work. Your computer is so easy to use, it does most of the work for you.

You are a PC. You like to look sharp and know all the latest trends, though sometimes might have to deal with mockery from your friend Mac. Every once in a while you might take on too much work, but you always get the job done.

HALLOWEEN *at the* ACADEMY

BOO! Dull moments are scarce during Halloween at STA. Students, and the occasional faculty member, dressed in costumes and participated in various scary activities Oct. 30.



Watch Kayla Loosen's podcast on the Halloween events at STA.

Doll face (left) ★ Sophomore Mackenzie Jones flaunts a smile during world history class Oct. 30. Jones dressed as Raggedy Ann for Halloween. **PHOTO BY HANNA KATZ** **Say hello to my little friend (right)** ★ Senior Madeline O'Rear surveys the Black Box during the haunted house Oct. 30. The Prentiss Advisory annually hosts the haunted house to collect canned goods for Harvesters. **PHOTO BY AVERY ADAMS**



Gracie Williams,
freshman



Claire Cirocco,
junior



Elizabeth Schorgl,
sophomore



Ms. Stacie O'Rear,
teacher