

the

ST. TERESA'S ACADEMY

dart

volume 69 ★ issue 6 ★ january 28, 2010



With approximately 13,000 homeless people in the Kansas City area, shelters try to make accommodations in the cold winter months.

See pages 12-13

AVERAGING THE NUMBERS

STA to convert letter grades to percent grades, beginning in the fall semester of 2010

by MEGAN SCHAFF
Opinion Editor

Starting next school year STA will begin using percentage reporting, which means all assignments will be based on a 100-point scale, grades on transcripts will show up as percentages rather than letter grades and GPAs will be in the form of percentages. By making this change, the administration hopes to improve opportunities and level the competition for students, appeal to colleges, and increase the college atmosphere on campus.

The administration first announced the change when a letter was attached to students' first semester grade reports announcing the switch. According to principal for academic affairs Barbara McCormick, the new system will hopefully give students a better advantage in the eyes of colleges.

"It may open more opportunities for scholarships and acceptance to certain colleges," McCormick said. "It allows our students to have an equal playing field. You're competing with every other school so it puts [STA girls] in the same boat as any other student."

McCormick said STA is also in the process of switching to a new web-based student information system called Power School. This new database would allow students, teachers and parents to log in and

- view grades
- manage homework

-look up course information

-get live updates from teachers

- keep calendars
- record and view class attendance
- improve access to technology

According to Power School's website, <http://www.pearsonschools.com>, the database supports almost 8 million students across the world.

"PowerSchool enables today's educators to make timely decisions that impact student performance while creating a collaborative environment for parents, teachers and students to work together in preparing 21st century learners for the future supports almost 8 million students across the world," the website said.

McCormick said STA is continually trying to improve STA's technology; the database would allow for more access, live updating and increased access to grades.

"It's live, cumulative and very active," McCormick said.

College counselor Debi Hudson said that although colleges usually take a high school's grading scale into consideration, the exactness of this new style of grading appeals to both the administration and colleges.

"We like the exactness of the percent," Hudson said. "It's an exact grade instead of a range."

Junior Demi Ribaste agreed the exactness will give an advantage to students.

"It will let colleges and parents know how a student did exactly," Ribaste said. "Right now our system is definitely unfair. In other schools they get a 90 percent and get an A; we get a 92 percent and we get a B+." Colleges just see B+ and not a number, which is a huge disadvantage."

One concern about the grading scale is that STA will lose some of its reputation as an academically rigorous school with a college preparatory curriculum. However, Director of Admissions at Rockhurst High School and STA school board member Jack Reichmeier said this decision will not affect credibility at all.

"St. Teresa's, as a college-prep high school, is already more academically rigorous than most public and diocesan high schools, so I think it only has penalized students to have a more narrowly defined grading system," Reichmeier said. "Rockhurst has been on the 10-point grading scale for years, and it has not watered down our curriculum one bit."

According to Hudson, this has been a long process of researching, discussing and deciding what is best for students along with what will give them the biggest advantage.

"This has been our grade scale since forever and we've been researching for a long time trying to decide what's best for us," Hudson said.

Currently, most major colleges and universities use the NCAA Clearinghouse's grading scale, which is a traditional 10-point scale (90-100 is an A, 80-89 is a B, 70-79 is a C, etc.). However, according to Hudson, about one-fourth of high schools across the country use the same grading scale as STA -- a more difficult eight-point scale.

Reichmeier agreed that a more difficult grading scale can improve students' opportunities.

"[Colleges] don't weigh their formulas to accommodate the more rigorous grading scales, so it ends up hurting STA applicants, potentially costing parents thousands of dollars in lost scholarship opportunities. The percentage grading scale is a step in the right direction..." Reichmeier said. ★

"Right now our system is definitely unfair. In other schools they get a 90 percent and get an A; we get a 92 percent and we get a B+."

Demi Ribaste, junior

STA answers the essentials

Additional information on www.stteresacademy.org.

Compiled by Megan Schaff

- Q How will the GPA be calculated?**
The GPA will be calculated as a percentage for each semester and cumulatively.
- Q How will honors and AP courses be weighted on the percentage system?**
Honors, AP, and level IV or higher foreign language courses will be given an additional 5 percentage points each. (for example, 92 percent is equal to 97 percent in a weighted course)
- Q If a college/scholarship organization wants to see a grade scale what do we use?**
We suggest they use the scale that is used by the NCAA Clearinghouse. That scale is the traditional 90-100 = A, 80-89=B, etc.
- Q How will this change be communicated to the colleges?**
A brief explanation will be noted at the bottom of each transcript. A school profile with a detailed explanation will also accompany each transcript that is sent to a college/scholarship organization. We will make every effort to communicate our grade reporting change to colleges
- Q Do most post-secondary institutions prefer percentage reporting over letter grades?**
Yes, most colleges and universities prefer percentage reporting over letter grades as it offers a more accurate, standardized method of reporting and allows for greater distinction between and among varied student populations.
- Q Has St. Teresa's Academy lowered its academic standard by converting to a percentage scale?**
Definitely NOT. Percentage reporting does NOT affect how teachers determine student performance. It simply changes how a teacher reflects the student's score and now, in a more accurate, specific manner.

Rockhurst University's Freshman Admissions advisor Lane Ramey gives her take on GPAs

Compiled by Cara McClain

- Q Which is more beneficial to have you grades as numbers or letters?**
I don't think it makes any difference. As long as the high school clearly spells out what the percentages mean, then that's all we really need.
- Q Do you transfer GPAs from one scale to another?**
At Rockhurst we look at each student individually. We won't compare [student's] GPAs from different [grading] scales.
- Q Is there a specific scale you prefer?**
As long as we know what the grading scale is, then high schools should do what is best for their students.

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Close Up:
Dr. Carrie Nulton refuses to prescribe birth control in order to uphold his Catholic beliefs.

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Lifestyles:
Based on a study by the New York Times, teenage girls talk too much and cause more anxiety.

See Page 10



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

A Decade at the Academy 2000-2010

From growth in technology and campus anniversaries to State titles and funny pranks, STA remembers milestones in the last 10 years

by CAROLINE THOMPSON
Lifestyles Editor



Happy Anniversary! In 2006, the entire student body aligned themselves into the number 140 in celebration of the 140th anniversary of STA's existence. 2009 was both the celebration of 100 years at Windmoor and the 60th anniversary of Academy Woman.

Star Athletes In 2002, under coach Scott Siegel, the varsity soccer team became State champions for the first time. They went 26-1 that season and won State again in 2003, 2005 and 2006. After that, three girls won the Girls Gatorade Player of the Year awards for soccer and volleyball. STA graduates Lauren Fowlkes and Molly Campbell received this award for state girls soccer in the 2006-2007 and 2007-2008 seasons, respectively. And 2007 graduate Michelle Jantsch received this award for state volleyball in the 2007-2008 season. In 2006, the volleyball team won state with a 36-4 season record.

Technology Touch-up In the last 10 years, SmartBoards and video projectors have replaced many of the overhead projectors and VCRs. STA has also upgraded its computers, especially after purchasing the Macs in the publication room and computer lab which arrived on campus in 2008. Even phones have made an advance. According to science teacher Renee Blake, just within the last few years, teachers have upgraded from having maybe two phones per floor to having one phone per room.

Leadership and Legacy STA welcomed president Nan Bone and principal for academic affairs Barbara McCormick in 2007 and 2009, respectively, who replaced Dr. Faith Wilson and Ms. Nancy Hand after nearly 30 years of service to the school. Sister Harriet Koutsoumpas, CSJ, also left the STA community after passing in March of 2008. A scholarship fund and a plaque in the gym commemorate her passion for and dedication to faith, education, service and STA.

Theater goes to Europe Last year, STA's theater department was invited to participate in the Fringe Festival which takes place in Edinburgh, Scotland during August of 2010. The festival "includes over

1,800 different performances of music, dance, theater and comedy in its three week run," according to the STA web site. STA thespians will perform their production of "Greater Tuna" at the festival.

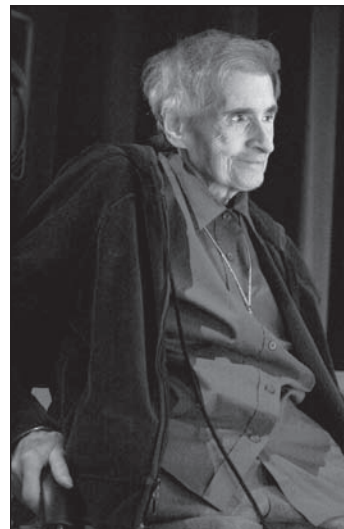
Renovations and Additions Beginning with the installation of air conditioning and elevators in buildings, which occurred between 2000-2004, STA has continued to renovate, add and design over the decade. The first phase of the auditorium renovation, which included re-carpeting, new painting and a seating upgrade, was completed in the fall of 2009. STA also plans on adding a chapel and classrooms south of Donnelly Hall.

Academic Achievements 2008 valedictorian Kellyn Smith was named a Presidential Scholar, one of two students in the state selected among more than 2 million other high school students. This year, STA senior Celeste Bremen earned a perfect score on the SAT. According to the STA web site, fewer than .0002% of students nationwide score a perfect 2400 on this test.

New Courses In the past decade, numerous courses have been added to the STA curriculum. STA now offers eight AP classes, such as AP US Government, AP Biology and AP Studio Art, and nine college credit courses through Rockhurst University. Some of these courses include College Physics, College Calculus II and College French III, IV and V.

Endowment For the first time, STA's Capital Campaign offered an endowment to its students last year. Over 80 students received help with tuition and more than 150 students received scholarship funds. This category in the Inspiring Women Capital Campaign aims to "reward academic achievement, provide financial assistance and create a diverse student body," according to the STA web site.

Kicking off Kairos In the spring of 1999, STA students and a Rockhurst High School faculty member put on the first Kairos retreat at STA. Ever since, STA students and faculty have coordinated this retreat, and STA's 28th Kairos members returned Friday.★



DARTBOARD

by KYLIE HORNBECK, KATIE HYDE and PAIGE WENDLAND

Flood of Blood

Community Service Club (CSC) will run its annual blood drive Feb. 12 in Verheyen, hoping to attract a larger number of donors than past years, according to club member senior Kayla Hogan.

"I think we're going to have more than ever because we're going to rally people up and we are going to make announcements and posters and there might just be a prize if a certain number of people show up, but that is to be announced," Hogan said.

Hogan believes the prize incentive could attract some additional donors and encourages all who are able to donate.

Students can sign up to donate blood during lunch and activity period the week prior to the event. CSC is also making this a community-wide event so that those outside of the student body can sign up online, as well. Some restrictions apply, so individuals can speak with CSC moderator Betsy Hansbrough about specific requirements.

"I am looking forward to [the blood drive] very much because it is a good way to help the community out and there is a shortage of blood everywhere," Hogan said. "It's something easy for students to do. Take one free out of your day and you can save somebody's life."

Upcoming quiz bowl event

The STA science quiz bowl team will compete at the National Science Bowl at Rockhurst University next Saturday, where 20 to 30 schools around the Kansas City metro will join in a five-round competition.

According to sophomore Maddie Dang, this competition is a great experience.

"When you answer a question correctly, it gives you the feeling that you are awesome and that you can answer anything," Dang said. "It is amazing!"

In each round, two teams of five will face off, each member given a buzzer. After a team member buzzes, he or she only has ten seconds to answer the question alone before it is given to the opposing team.

In previous years, the team has scored well in calculus, but according to Dang, this year the team will also do well in chemistry, physics, biology and physical science.

Although Dang is not sure the new members of the team are excited for the competition, she looks forward to the team's biggest competition of the year.

"Although some of the newbies may not be excited for the competition, I am," Dang said. "It is a rush, and it is one of my favorite days of the year. It is so fun, plus, free breakfast."

Choir holds fund raiser for trip

The choir is planning an upcoming trip to Boston to attend and compete in a choir festival. Members of all the choirs have the opportunity to go. The trip is planned for Friday, April 30 through Sunday, May 1, and costs \$755.

Next Friday, they will be having a bake sale to raise money for the trip. Treats will be sold during activity 1 and 2 in the commons. The choir has also planned a number of other fund raisers throughout the year.

"It's still kind of in the works, but we're trying to get a head start on the fundraising," choir member and senior McKenzie Miller said. "I'm already getting excited!"★



Do you remember?

Kayla Kratofil, memorable game theme (2006) "Spartans was a great game theme because everyone got really into it and dressed in these sweet, "300" outfits. It was the first time we ever stormed the court! The energy in the gym was amazing!"

Ms. Mary Montag, best senior prank (2006) "The Flamingos: First of all, the students...got them in February...so some parents had to agree to keep 1000 stuffed birds for three months. The arrangement was classic with [the flamingos] in a circle around the seal... Then [the seniors placed] red garbage bags over the lights so the whole Quad was pink. It was creative, cute and no vandalism."

Ms. Pat Dunlay, diversity week (2008) "I especially liked the diversity assembly we used to have when kids from a variety of cultures got to show off clothing, dances, and food. I think that ended last year."



photos courtesy of the Dart and Teresian archives and Tracy Burns-Yocum

State line divides Dr. King's dream

50 years after speech, nation still struggles with racial problems

by MICAH WILKINS
Arts & Entertainment Editor

Last Monday, the nation celebrated a holiday created to acknowledge one man's influence, one man's dream.

Dr. Martin Luther King, Jr. delivered his famous "I Have A Dream" address to over 200,000 civil rights supporters 46 years ago at the Lincoln Memorial in Washington, D.C.

It's almost five decades later, but has Dr. King's dream since been realized? Would he be happy with the progress, especially with our schools and how we're raising our children thus far? If he were to visit Kansas City public schools today, would he like what he sees?

The United States has seen significant progress since Dr. King's times. Schools, places of employment and other public places are no longer legally segregated. African Americans and other minorities are now expected to be given the same rights and respect as white people.

This progress, according to Dr. Karen Dace, Deputy Chancellor of Diversity at the University of Missouri, Kansas City, became evident with the inauguration of Barack Obama.

"We have our first African American president," Dace said. "I never thought I'd see that in my lifetime. But the real test is if we'll have other marginalized members of society in office. Then we'll know if we've arrived."

According to Mr. G.L. Blankin-

ship, Chairman of the Board of Directors of the Greater Kansas City Black Community Fund, much more progress needs to be made, as many inequalities still exist among African Americans today.

"When there is a significant disparity between the black community or any subset of the population, and the general population...improvement is needed," Blankinship said. "There are many social ills, many caused by equality issues and some with other root causes that cannot be ignored. Unemployment, underemployment, black-on-black crime, incarceration, teen pregnancies, drop-out rates, health disparities..."

Dr. Dace also agrees that, despite the country's advancements, certain areas, education in particular, need improvement.

"America invests more in prisons than in education," Dace said. "But wouldn't it be great if it were the opposite?"

According to both Blankinship and Dace, the Kansas City, Missouri public school system is extremely troubled. The public school system, Dace said, must be improved in order for King's dream to come closer to being realized. Though Dr. King's battle for desegregation and integration in schools was fought nearly 50 years ago, segregation still exists today, to some extent. The divisor, said Dace, is the state line.

"[Missouri] drop out rates for students black and brown are alarming," Dace said.

While the dropout rate for African Americans in the Shawnee Mission, Kansas School district was two percent in 2005, the dropout rate for African Americans in the Kansas City, Missouri public school system

in 2008 was 20 percent, according to the 2008 School Accountability Report. The total dropout rate at STA is even lower than that of the Shawnee Mission district, according to Principal of Student Affairs, Mary Anne Hoecker.

While most Kansas schools meet virtually every standard, Missouri schools are considered to be in a troubled state, Hoecker said.

"I hate to put [the Kansas City, Missouri school district] down, but if you believe what you read, then they're in trouble," Hoecker said. "But Shawnee Mission has a great reputation. Blue Valley has a great reputation. Why is that? That's a good question to ask."

Dace says that many parents have simply abandoned the Kansas City, Missouri school district as a suitable place to send their children to be educated.

"So many people have given up on the public school system," Dace said. "So many have moved to the Kansas side, and some parents, who can afford it, send their students to private schools."

For those parents who can't afford to send their children to private school, they must resort to sending their children to the troubled public schools in Missouri. STA has new scholarships, to be given to those who are not able to afford the \$9,300 annual tuition, according to Hoecker.

"We want more diversity," Hoecker said. "But for some people, the price of a private school is expensive, and not everyone can afford it. [Therefore] we have increased scholarships given to diverse students."

According to Hoecker, the STA administration created a diversity committee last year to encourage



I have a dream H This mural by Mr. Alexander Austin stands at the corner of 31st Street and Troost to honor Martin Luther King, Jr. Austin began his painting career on abandoned buildings. PHOTO BY MICAH WILKINS

a diverse faculty and student body. One of the committee's accomplishments has been the creation of two new scholarships to award to students of color. According to Hoecker, the diversity committee, chaired by president Nan Bone, was created due to the decrease in the rate of minority students enrolling at STA.

"[Diversity] is down from where it was 10 years ago, when it was at about 21 percent," Hoecker said. Today, STA's diversity rate is 14 percent. "The numbers went down from five or six years ago. So with the two scholarships, our intention is to help people be able to come here."

Efforts like these are important for the advancement of society, Dace says.

"We haven't reached post-racial

America yet," Dace said. "Some of us have become concerned with individual success and not the success of our community. But we have to start thinking again like, if my brother's not successful, I'm not either."

Blankinship agrees that it is not appropriate for us to assume that we have arrived to the ideal dream that Dr. King imagined, when there is still much more progress needed.

"I think Dr. King's dream is much, much closer to realization than in 1968 when he died, and we can all cite several obvious specifics," Blankinship said. "I think our challenge however is to not let the meaningful progress in our journey make us think we have reached the destination... We are ahead of where we were, but behind where we would like to be."★

Terrorism rises, security advances

As terrorism concerns grow, airport security considers new ways to detect threats

by PAIGE WENDLAND
Staff Writer

The Transportation Security Administration is considering a variety of new security technology, including:

Millimeter Wave Scanner

Price: \$100,000-\$120,000

How it works: beams millimeter wave radio frequency energy over the body's surface at high speed from two rotating antennas to produce a 3-D image with the face blurred, viewed by security in another room for privacy

Pros: has already been thoroughly tested for effectiveness; offers an alternative to a pat-down
Cons: not as clear of a picture as the backscatter, but more still such a clear picture that some con-

sider it an invasion of privacy
Current usage: 40 in use at 19 airports
Future usage: 900 in use by 2014

Backscatter X-Ray

Price: \$100,000+

How it works: bounces low-radiation X-rays off a person's skin and constructs photo-like 2-D images of metal, hidden plastic and organic materials

Pros: can detect explosives that would not normally set off a metal detector; offers a less-invasive alternative to the strip search

Cons: gives a low dose of radiation; some consider it to be an invasion of privacy

Current Usage: used by Customs at 12 airports on passengers thought to be carrying drugs
Future Usage: voluntary use by passengers

Lie Detector

Price: to be determined

How it works: analyzes voice waves to detect levels of emotional stress from the speed and pitch of responses and sends results to color-coded lights inside a pair of sunglasses worn by security

Pros: can quickly identify whether an answer is made up or true; specifies how badly a person does not want to talk about a subject

Cons: achieved average accuracy rating of 85%
Current Usage: being tested in Israel and Russia
Future Usage: numerous sets around the world

WeCU

Price: to be determined

How it works: measures the heart rates and body temperatures of passengers to detect any unusual signs that would appear when they see a trigger picture such as a symbol known to a certain terrorist group

Pros: most people would not recognize the symbols, so there is little margin for error
Cons: takes over a minute to profile one person

Current Usage: being researched
Future Usage: for random passengers in larger airports★

Source: American Civil Liberties Union, Transportation Security Administration, American Science and Engineering, Environmental Protection Agency

The Underwear Bomber: Umar Farouk Abdulmutallab

On December 25, 2009, Abdulmutallab was on the second leg of his flight from Nigeria to Michigan. During his connection to the flight from Amsterdam, Netherlands, to Detroit, he only had to pass through a metal detector to enter the plane. Abdulmutallab had sewn a plastic explosive into his underwear, and, about 20 minutes before the plane landed, he injected it with a liquid acid he had brought in a syringe, causing a chemical reaction. He then lit the substance fire, but the bomb failed to detonate and only burned. Passengers and workers on the plane put the fire out with extinguishers and blankets. Abdulmutallab's father had warned national security agencies to be aware that his son could be planning an attack, but the watch list he was on did not promote any special security measures in Amsterdam.★

Source: Department of Homeland Security

Security measures and terrorist attacks
1968-1972: More than 130 successful and attempted hijackings in the USA are recorded.
1973: The Federal Aviation Administration (FAA) requires commercial airlines to screen passengers and carry-on bags for weapons or explosives with X-ray machines, metal detectors and personal searches.

1981: Airport security detects 2,255 firearms carried through metal detectors.

1982: March 4: FAA investigates bomb detection procedures after a plastic explosive device is thought to have slipped past security.

1989: September: New screening machines are expected to be far more effective in spotting bombs (better than X-rays and metal detectors).

1996: July 17: A flight explodes off Long Island, New York.

December: FAA announces that major airports will receive 54 state-of-the-art bomb detection devices.

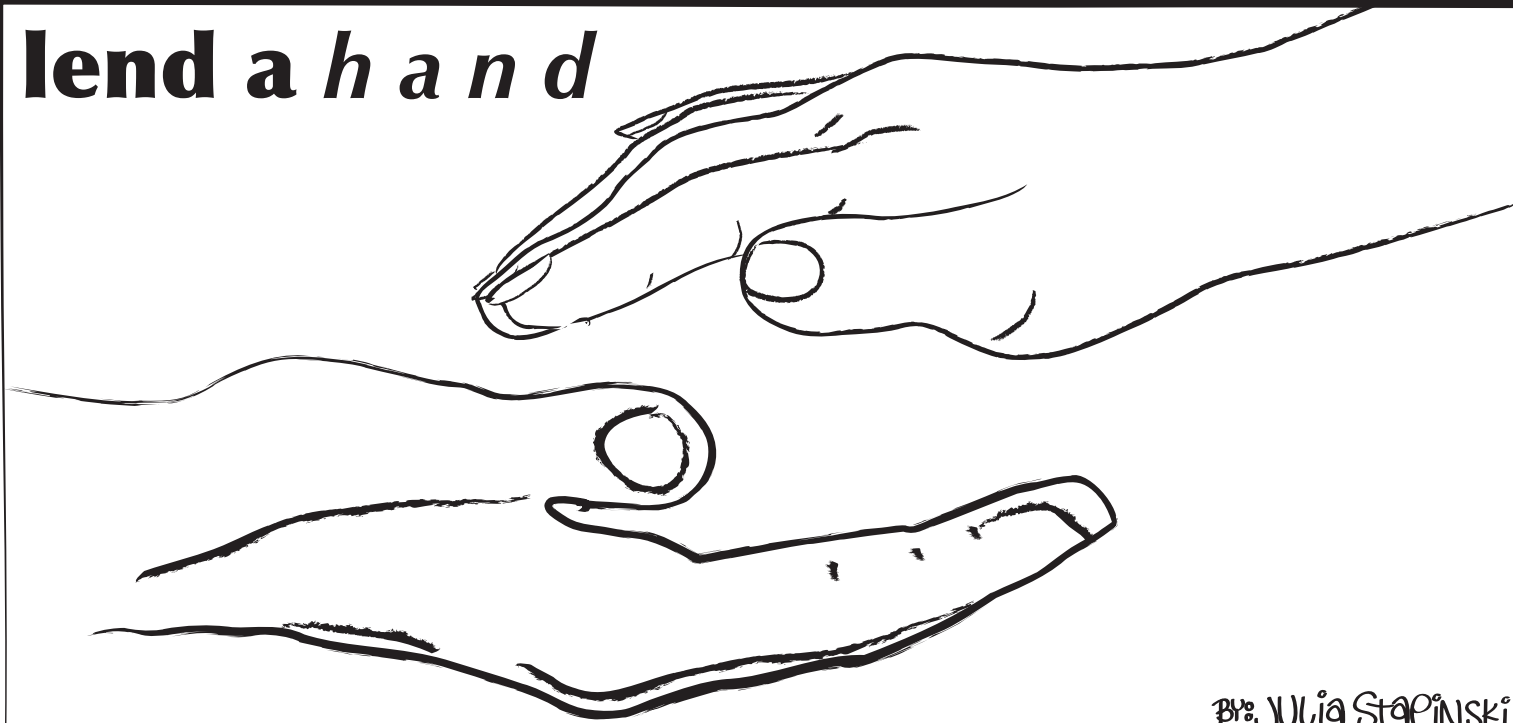
2001: Sept. 11: Four airplanes are hijacked in the attack on New York's World Trade Center and the Pentagon. One crashes in Pennsylvania.

2006: Liquids, gels and aerosols must be in three-ounce or smaller containers and in a one-quart, zip-top bag. Larger amounts of prescription liquid medications, baby formula and diabetic glucose treatments must be declared at the checkpoint for additional screening.

2007: Common lighters are no longer banned
Source: Federal Aviation Administration

Helping Hands

lend a *h a n d*



By: JULIA STAPINSKI

Change selfishness to selflessness, help the homeless

Picture this: you are pulling up to a spotlight when you see the familiar cardboard sign that says “homeless” or “will work for food.” We’ve all been in this situation, but how do you respond? Do you get a nervous feeling in your stomach and avert your eyes? Do you smile and reach for your wallet?

It’s easy to just keep driving past, especially when it’s freezing cold outside and you need those extra bucks for your QT run. But compare your small discomforts to the huge benefits of that person. And even though some of us usually pat ourselves on the back for giving a couple of bucks, it is minor to the change we could be affecting if we put aside our selfishness.

Think about it.

How many hours a day do we focus on ourselves and our own wants and needs? Most of us spend nearly the whole day working to improve ourselves. We go to school and study for hours, reasoning that someday we’ll need a job that pays well. Some spend other hours at practices or work, with friends or entertaining ourselves.

But stop and think.

Though it is necessary to improve ourselves as humans, what is the real goal here? Wouldn’t it better serve all of us to give the time and money we spend on frivolous activities to those who barely squeak by? Not that everything we do needs to be for others, but as a predominately Christian community, it’s our duty to help our dear neighbor, and small acts of kindness can make a huge difference to someone in need.

These are several of the many ways you can become involved. We should bring some of these ideas to our community and make helping the homeless a regular practice at STA for years to come. It’s so simple to help others, especially with the resources and huge hearts we have in our community. So what are you waiting for? Go make a difference! ★

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

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

The Final Say

The STA community needs to get involved and help the thousands of homeless in Kansas City

For the entire story see pages 12-13

To state it simply: each student at STA needs to take action now. Below are a few simple ways you can help, according to 54 Ways You Can Help the Homeless, an internet article by Rabbi Charles A. Kroloff:

- Carry food gift certificates with you. Pick up a few \$5 gift cards to McDonalds or a local grocery store. It is reassuring for you to know what your money is being used for while still helping out.
- Carry cards listing all the local shelters, their addresses and phone numbers. Do you know where local shelters or soup kitchens are? Like us, some homeless people may not know where to go to seek help.
- Make “Hope Bags” and keep them in your car to hand out. Hope Bags contain many non-perishable foods, water bottles, hand warmers, blankets, etc. This will last them longer than a few bucks and gives them more essentials.
- Donate bake/craft sale proceeds to a shelter. Have a bake sale during lunch or sell friendship bracelets or headbands. Any of the shelters mentioned will gladly accept donations.
- Volunteer at a shelter or soup kitchen. There are many kinds of shelters out there- children, battered women, elderly, drug-addicts, families- all needing help of volunteers to continue to function. Call (816) 753-26770 to serve food at the Holy Family House.
- Volunteer your hobbies. Knit hats for the homeless or teach them life skills. Call Harbor Village at (913) 232-5400 to teach a life skills class.
- Tutor the homeless. Many homeless are in need of tutors to push beyond their current lifestyle. Contact Mother’s Refuge in Independence, a center for homeless teens who are pregnant or have children at (816) 356-4797.
- Babysit homeless children. Contact Light House Inc. at (816) 361-2233 to babysit the children of struggling mothers.
- Hold an event and donate the proceeds to a shelter or organization. Students could also ask for money for homeless instead of presents or have people bring canned goods to birthday parties.
- Join Habitat for Humanity. Habitat is an organization that builds/renovates homes of the poor. You can volunteer anytime and there are often several events occurring. Register online at <http://www.habitat.org/getinv/>.
- Rifle through your closet and old toys and donate your excess. Spend a Saturday going through your old things or go buy new items. Most of the organizations mentioned have a list of urgent needs on their websites.
- Cycling for Change. Cycling for Change is a bike ride across the US by Fr. Matt Ruhl and his team to eliminate poverty. A group from St. Teresa’s will be riding from Atchison, KS to Kansas City on July 17. Go to the Cycling for Change website or contact Mrs. Good for more information on how to join the ride, donate and get involved! ★

The battle of chocolate versus vanilla

AN OPINION BY



LAURA NEENAN

Casey, I'm sorry to tell you that we have made a new addition to our family: Mollie. Mollie is a six week old chocolate lab and I hope you two will become best friends. I know you are much older and have been around a lot longer, but I promise we are not trying to replace you. We still love you Casey, but we are just in need of a change.

I introduced my thirteen-year-old yellow lab to my new puppy just last week and the two cuddly canines did not get off to the best start.

Casey meets Mollie. Mollie steals Casey's toys. Mollie lays on Casey's bed. Casey bites and growls. Casey hates Mollie. It is the never ending conflict between black and white, old and young, vanilla and chocolate that our world has gone through for decades.

The problem is that Casey has become just a little bit jealous, so fights in the Neenan household have become an everyday occurrence.

One day, Casey is lying comfortably on her plush bed about to fall into one of her many afternoon naps. But here comes little Mollie who unintentionally disturbs the peace. I hear a sharp growl and look over to see my once sweet Casey transform into a vicious wolf in less than a second. If I would have ever known that dogs actually had teeth the size of my arm, I would have been a little more careful.

Mollie did not choose to create this conflict. All that Mollie wanted to do was have the same opportunities and comfort that Casey has. Casey was just not used to the chocolate little bundle of joy intruding on her territory, and so she resulted in violence.

All Casey needs to do is see the good in Mollie. Casey may be older and more wise but they are one of the same. The only thing separating them is the color of their fur.

Things are changing Casey, we're living in a world of Baraks and Oprahs. They are no longer the way they used to be. Discrimination is an idea of the past. There are no water bowls separating white from black. All dogs are created equal.

It is now 2010 and there is hope. Casey, along with this country, has made progress. Violence is not the answer. Now, Casey hears Mollie wining and feels remorse. She has decided to treat her as an equal and share that comfortable and plush bed so they can both enjoy it.

Mollie finally has a playmate, a cuddle buddy and most importantly, a friend. The fights are ending and my home is now a safe place where all are welcome. Thank you Casey for finally looking over the color of Mollie's fur and for seeing the sweet, adorable puppy she is. Yes you can Casey, yes you can. ★

mini vs. mini

The administration is currently considering two different netbooks for students next school year: the HP Mini and the Acer Aspire One. *The Dart* test drove the two netbooks for one week and determined the HP was the better overall choice.

by Megan Schaff & Molly Meagher
Opinion Editor & Staff Writer



1. Mouse: The Acer had only one mouse bar for both the left and right click. The HP not only had two mouse buttons...

2. Temperature: If the Acer was used for an extended period of time, hot air would begin to blow out of the sides and bottom. The HP remained at a consistent temperature.

3. Battery life: The HP battery life seemed to last longer. While the HP would last an entire school day before needing a charge, the Acer often died mid-day.

4. Battery: The battery on the Acer is located on the back of the computer and adds additional bulk to the netbook.

5. Screen: The screen on the HP is higher quality and displays a crisper picture than the Acer. The screens are the same size, however, the HP is easier to read and take notes on.

6. Top Cover: The top of the Acer scratched the first day while the HP was scuff proof for the most part. The finish of the HP looked more professional as opposed to the cheaper-looking Acer.

7. Webcam: Both the HP and Acer are equipped with a webcam for taking pictures and videos.

8. Size: The HP was noticeably lighter than the heavy Acer. The two netbooks seemed to have about the same dimensions width, height and length wise.

9. Speed: The HP powered up faster than the Acer. However, both netbooks did a great job of getting to websites quickly and efficiently.

10. Keyboard: The keys on the HP are spaced out compared to the keys of the Acer which look jammed. The HP keys were easier to grip and overall easier to type on.

The life, times, adventures of my new HP netbook buddy

AN OPINION BY



MEGAN SCHAFF

On Jan. 12, a seemingly boring Tuesday afternoon, at approximately 3:15 p.m. I thought my academic life was forever changed. I finally got a hold of my black, shiny, 2 pound, brand spankin' new HP Mini netbook, complete with a handy black lunchbox/netbook carrying case that was the perfect size for my new buddy.

I soon realized the image I had in my head of my netbook and I blissfully spending every second together was only a fantasy. Tuesday night I forgot to charge it. So, I wasn't surprised when I tried to use it Wednesday to look up *The Fall of the House of Usher* on Sparknotes (don't worry Mr. Fast I read it...I was just reviewing) and it died before I could figure out how to get the internet to work. That night I remembered to charge it, but Thursday I didn't find one use for it all day long. Friday, I had been at school since 5 a.m. for Cool School so in an 11/12 free I decided to entertain myself with an extremely intellectually stimulating game of Solitaire. Over the weekend, I forgot I even had one of the school's netbooks. Tuesday I was close to having a panic attack when I thought I had left my little lunchbox somewhere in the school. Wednesday I used it to take notes in one or two classes, but I felt awkward loudly typing on a keyboard when everyone else in the class

was so behind the times using old-fashioned ink and loose-leaf paper.

On the bright side, it was definitely nice to be able to look up assignments, start an essay or check my e-mail anytime, anywhere, without having to run all over Donnelly looking for an open computer. If teachers and students are willing to integrate netbooks into their everyday lives, I think it could be a tremendous success which would only give STA more opportunities. The most difficult thing will be adjusting; students have to remember they have this tool available for them to use, teachers have to plan lessons and homework around the new computers and the administration has to work out certain issues like charging and printing. Even though my netbook and I didn't have the best week, with the right steps these netbooks could give students a better college prep environment, more access to technology, and an increased ease of learning they couldn't get anywhere else. ★

Sniff out your perfect pooch today

AN OPINION BY



CAROLINE THOMPSON

Dogs. They are our entertainers, manual laborers, shoulders to cry on and most importantly our best friends. That

is why it is absolutely crucial to choose the perfect pooch. Fortunately, my family has mastered the art of finding that destined dog, and if you consider these tips, you too will have the furry little creature you always

The Final Say

To find your dream canine companion, consider appearance, name, durability, independence, gender, work ethic, snug-ability, confidence and friendliness

dreamed of. When purchasing a canine always consider:

Appearance. No, you're not being shallow. The first question you ask yourself should always be, "Will this dog look good in my yard?" Then, make sure he appears somewhat tough. Dogs should guard the family and you don't want the big dogs picking on him. So little yippers are out, sorry.

Name. When examining your dog, pick a name and try it out. I suggest picking a gender neutral name just in case that adorable boy turns out to be a girl. Hey, it happens. Our golden retriever Reagan still sleeps with the pink bed we originally bought her...oops, I mean him.

Durability. Who wants to lug a dog to the vet's clinic week after week? You want your dog to withstand anything. Our old Labrador retriever Scout ate bags of chocolate, squirrels and chunks of wooden fence and was completely fine. That could have been messy had he been a terrier.

Independence. The last thing you need is to be constantly answering to your dog. Scout was independent enough to let him-

self in when he felt like it by ripping down the screen door. When he wanted outside of the yard, he broke a large hole in our fence. Reagan entertains himself by catching his tail. No, not chasing but actually catching it and continuing to circle with the object in his mouth that he may or may not be aware is attached to his body.

Gender. You're either a boy or girl family. My family is obviously a male dog kind of family. Even when we try to get a girl we somehow end up with a boy. So, how do you know which gender is right for you? Well, do you like a weird, rowdy and even obnoxious personality? Get a boy.

Work ethic. Animals were put on this planet for us, so put them to work! Reagan retrieves the newspaper every day. And good ol' Scout was always great for pulling you along on roller blades. And don't forget; all dogs make great vacuum cleaners!

Snug-ability. People often make the mistake of thinking that big dogs can't snuggle and sit on your lap. **WRONG!** Scout regularly slept with me during a thunderstorm. Having a 150 pound dog on top of you is like your very own heater. Reagan, our full-grown golden retriever, is quite the snuggler himself and enjoys being propped up on my hip like an oversized baby.

Confidence. Your dog needs to be comfortable in his fur. Reagan came home from the groomer's one day and proudly showed off his baby blue bows attached to his ears. This Christmas, Santa brought him lavender booties to wear in the snow, which he also struts proudly. Those things, along with his pink bed, make for a dog that is certainly sure of himself.

And finally, friendliness. The goal here is to have that "neighborhood dog." You know, like My Dog Skip. Just be aware that for some odd reason neighbors seem to be a little more intimidated by a 150 pound tank of furry muscle running towards them rather than an adorable little terrier. But don't let this stop your big dog from getting to know the locals. Scout often enjoyed doughnuts from construction workers on our street and the weekly front seat ride from a Leawood mom.

So, there you have it: all the qualities that will lead to that perfect puppy. And you thought buying a dog had to do with price, health, personality and other minor details... ★

Stop risking our safety, plow the roads

AN OPINION BY



MADALYNE BIRD

Most people know the feeling. You're driving along and then BAM. Hello pothole, how are you? Meet my car.

During the winter, the risk of potholes increase because of icy or snowy weather that erodes the street pavement. This makes the street conditions dangerous for drivers. If Kansas City, MO streets were plowed sooner, it would diminish the dangers of these holes and create a safer driving environment for people.

It is never easier to notice the difference between Kansas and Missouri than in the winter, especially when I live two houses down from State Line. I watched through a blizzard as three or four snow plows drove down our street not plowing anything in front of them. However, once they reached the intersection of 63rd and State Line, they lowered their plows and started cleaning the Kansas streets.

Standing there bundled up in a puffy coat and scarf, with gloves and a hat on while holding a shovel trying to get the snow off the driveway was not exactly how I pictured spending my Christmas morning.

My dad, being a sane man, but looking crazy, jumped out into the street as the next snow plow came down the road. Offering the man some money he couldn't turn down, the man plowed our driveway, effectively ending our white Christmas snow shoveling extravaganza. Our neighbors flocked outside to beg the man with the plow to not only plow their driveways, but the street as well. In the end, the man never did plow our street, but it gave me a view of how much demand there is for snow plows.

On one side of State Line the streets are dangerously icy for days and weeks after the storm, and on the other side it's like it never snowed. Kansas streets always seem to be plowed, which makes some Mis-

souri drivers scratch their head, including me. How does Kansas always have nicely plowed roads?

Overland Park spent an awful lot of time not only clearing main roads but also residential streets. This is what Missouri needs—more focus on basic needs and services, rather than spending money on light rails or sports arenas. I actually found myself wanting to spend time in Kansas because of Missouri roads. Crazy, right? So Missourians, let's put our tax money to good use like Kansas does.

But more importantly, on average, over one hundred Americans are killed in automobile accidents across the United States every day. Most of these deaths are caused by inadequate road circumstances.

With safer driving conditions, we would have a safer city. ★

The Final Say

Kansas City, MO needs to plow roads faster and more efficiently after snow storms to increase driver safety

Winter Driving Tips

Follow these tips to be a safe driver this winter

- Accelerate and decelerate slowly. It takes longer to slow down on icy roads.
- Drive slowly. Give yourself time to maneuver
- Increase your following distance from three to four seconds to eight to ten seconds.
- Know your brakes. The best way to stop is threshold braking.
- Don't stop if you can avoid it
- Don't power up hills and don't stop going up a hill.
- Stay home. Even if you can drive well in the snow, not everyone else can.

Source: www.aaaexchange.com

the dart staff

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Course evaluations call for modification

The Dart investigates the effectiveness of course evaluations

by ELIZABETH WILSON
Managing Editor of Copy

At the end of every year (and in some cases at the end of every semester), teachers pass out sheets of paper, appoint one student to collect the papers and take them to principal for academic affairs Barbara McCormick's office once everyone

has finished and then the teacher leaves the room. Every student knows what time it is: course evaluation time.

But what happens to those papers after they are placed on McCormick's desk? Do the teachers slave over them for hours, tallying the answers to every question? Do they throw them away? Does McCormick keep them to herself in a secret file in her desk? Do the teachers try to read handwriting to figure out which girl writes what and flunk students who make negative remarks?

Administration's perspective:

According to McCormick, course evaluations are not to be confused with teacher evaluations. Once a year, students complete course evaluations, which are meant to help teachers adjust their course structures and modify coursework, strategies and teaching behaviors. The administration conducts teacher evaluations through observation and formal evaluations.

Last semester, McCormick read through course evaluations of five different classes. She said she looked

over them by class, tallied some things and returned her comments and the evaluations to the teachers.

"It was time consuming," McCormick said. "I can't imagine I can read every [evaluation at the end of the year]."

McCormick said the students asked for things like more class discussions to keep guided meditations and wrote down if they felt their teacher was giving too much homework. McCormick said some of the feedback was very helpful.

"The students did a good job [last semester] of being clear and concise," McCormick said.

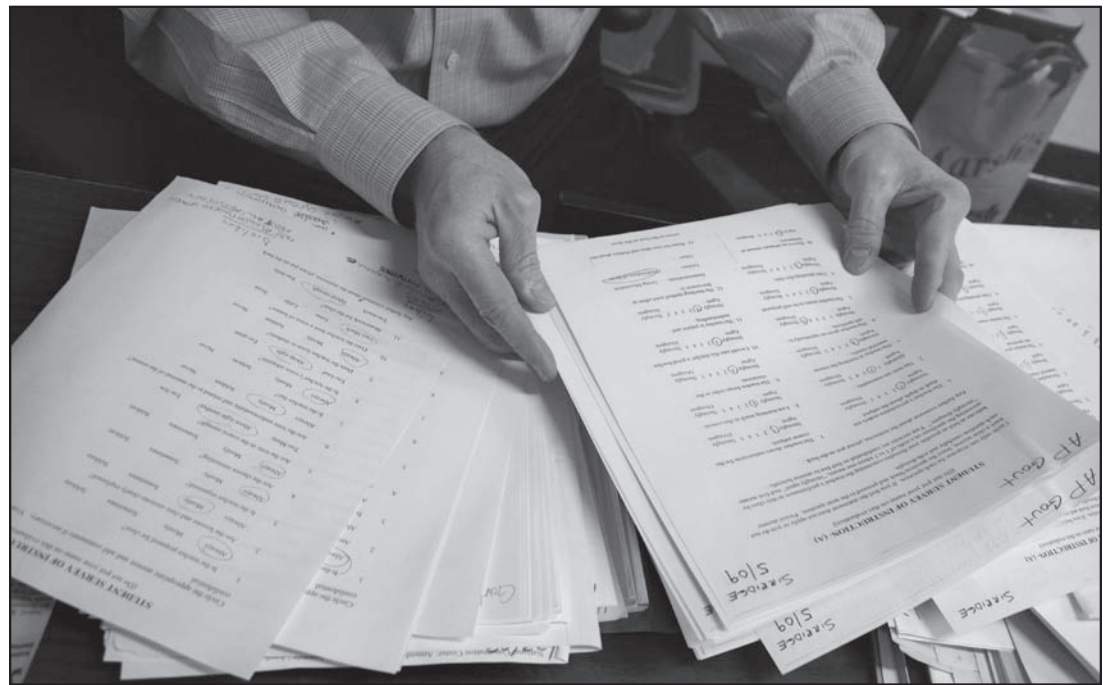
McCormick acknowledges the fact that teachers become familiar with their students' handwriting and questions whether or not students feel completely anonymous when filling out course evaluations. This concerns her, as she feels students should be truly honest on these evaluations.

"[Answers to questions like,] 'If you would change this, add this, is the teacher available....,' this is good feedback because the administration has control over this," McCormick said.

McCormick admitted the process might need some review as the information supplied by the course evaluations cannot be calculated unless it is tally marked. However, she still believes course evaluations are a great tool for making course modifications.

Teacher's perspective:

Until this year, science teacher Renee Blake followed the standard procedure of passing out course evaluations. However, this year, Blake posted her course evaluation on moodle, the school's new course management system, and assigned the course evaluation for homework. The students' responses appeared in a spreadsheet on Google docs (a web-based word processor and spreadsheet) without their student ID numbers or user names attached. Blake feels the online environment in which students could complete the evaluation on their own time allowed students to be more honest.



Paper pile-up ★ A teacher looks over the student surveys from his multiple classes from the past several years. For each class, students are asked to fill out an evaluation on the course and the teacher at the end of each semester. PHOTO ILLUSTRATION BY TRACY BURNS-YOCUM

"This is the first year that I had [responses in the form of] paragraphs," Blake said.

According to Blake, most of the assignments students turn in to her are typed, so she rarely recognizes a student's handwriting on course evaluations. However, she said she can put a name with penmanship if a student has very distinctive handwriting. This is why Blake believes that on paper, students are more apt not to be completely honest.

Though Blake said she had to fumble through learning how to create and manage the online evaluations the first time, she believes the online route was overall highly beneficial. According to Blake, Google docs compiles the ratings (course evaluations often ask questions such as, "Is the teacher available outside of class to answer questions? Rate this on a scale of one to five.) and creates bar charts and graphs based on the data, which is hard to do with the ratings

on sheets of paper.

Blake has altered labs and activities based on responses received from course evaluations.

"If [the evaluations] make the class better, then [they are] worth it," Blake said.

Student's perspective:

Junior Elizabeth Vater says she is rather honest when it comes to course evaluations because she feels she is truly anonymous. However, she admits to slightly altering her handwriting to ensure her anonymity. Vater likes to think course evaluations make a difference, but says a lot of students just write things down to "get it over with." As a student in Blake's AP biology class, Vater took an online course evaluation at the end of last semester. According to Vater, she disliked having to do the evaluation at home and she did not feel a significant difference between the handwritten and online

evaluations.

Senior Celeste Bremen says she is also pretty honest when it comes to course evaluations. She said she puts a lot of effort into the evaluations and does not care if the teachers recognize her handwriting, although she says she is a little "nicer" since she is "worried" the teachers will see it. As another student enrolled in Blake's AP biology class, Bremen was also asked to complete the online course evaluation at the end of last semester. But actually, Bremen did not take it.

"I guess I dislike that it wasn't in class," Bremen said. "I forgot about it. So, I guess it is less accessible or I'm just lazy."

Despite the fact she has never actually completed an online evaluation, Bremen believes the online evaluations would allow students to be more honest, as the students would have more time to think about their responses. ★

Words of wisdom

Science department teacher Renee Blake advises students on filling out their course evaluations.

Blake's advice: when completing course evaluations, students should spend the most time writing in recommendations to better enhance the class.

Neighbor school designates annual week for Jan Terms



Giving a hand ★ Pembroke Hill High School students Kate McKay, left, Jacob Gerson and Nick Curry help build homes with Habitat for Humanity in Miami, Fla. during a January Interim trip. The Miami trip was one of five trips available to Pembroke students. PHOTO SUBMITTED

Pembroke Hill High School offers a week in January for unconventional classes, trips

by TAYLOR BROWN
Centerspread Editor

Your winter break is coming to an end. Imagine that instead of spending your last weekend in preparation to go back to your normal school routine, you get to look forward to a week of January Interims. Pembroke Hill High School students have a full week of school following winter break designated for what they call Jan Terms.

Jan Terms is a week of classes that allows students to participate in activities and courses outside of Pembroke's regular academic curriculum.

At the beginning of each school year, Pembroke announces the available Jan Terms trips and courses for students to consider. If students are not interested in taking a trip, they have the option of taking three classes of their choice at Pembroke (one of which must be academic), doing daily service through an

agency or doing an intern-like project outside of Pembroke.

Although Jan Terms week means adding an extra few days to the Pembroke school year, senior Weslynn O'Neil believes that most students appreciate this week.

"People look forward to Jan Terms because they are either traveling on a fun trip or get to look forward to this week after break to ease back into school," O'Neil said. "Honestly, I consider Jan Term as an extra week of break because we don't go back to normal classes until the following week."

Although principal for academic affairs Barbara McCormick believes certain aspects of Jan Terms are synonymous with programs that STA already offers, she also finds the program interesting,

appealing and beneficial.

"I like the interdisciplinary approach of taking current skills from the core classes and applying them to real-life skills," McCormick said. "I like how they introduce you to areas of industry in the corporate world and in daily-life activities based on knowledge you already have from your math and science and other core classes."

According to O'Neil, the preparation for college is one of the most important aspects of Jan Terms.

"If you go on a trip, you learn to be more independent and learn different social

skills," O'Neil said. "If you stay at school, you just learn about different areas of study that you are interested in that you'd possibly want to pursue in college." ★

Course Choices

Pembroke students can choose from a variety of classes outside the academic curriculum during Jan Terms.

Some classes include:

- Avatar: a hero's journey
- Psychology of terrorism
- Scrap-booking
- PSAT and SAT math prep
- The wonderful world of Harry Potter

Source: www.pembrokehill.org

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
Managing Editor-of-Web

Bucket-list Shakespeare

For most members of the STA community, Thursdays at 3 p.m. mark the end of the school day: backpacks are packed, planners are checked and double checked and everyone heads home.

But for junior American literature and AP American literature teacher Kelly Fast, and sophomore world literature and accelerated world literature teacher, Stephen Himes, there are still more subjects to discuss and more students to teach.



Fast

The difference between their STA classes and their Thursday night Shakespeare classes?

Their Thursday night students may be nearly twice their age and Shakespeare is more of a foreign language to them than French is to STA's students.



Himes

Since before joining the STA crew, Fast has been conducting a Shakespeare class at Village Presbyterian in order to help encourage people of all ages to read and analyze Shakespeare. After he began teaching at STA in 2008, he asked his friend and colleague, Himes, to join him in teaching the class.

The class, often referred to as "Bucket-List Shakespeare," not only benefits the students, but the teachers as well. According to Himes, his understanding of Shakespeare has expanded and he has also been able to read some Shakespeare that he had never read before.

The term, "Bucket-List Shakespeare," was coined after an elderly woman approached Himes one night after a class session and thanked him for helping her reach her goal of reading Shakespeare before she died.

Although Fast believes most students enjoy watching the films after the readings the most, Himes relishes in knowing that students always come prepared to class with their reading complete. ★



Man of Science, Man of Faith ★ Dr. Carnie Nulton stands outside his church, St. Peter's Catholic Church, last Saturday. Nulton brings his Catholic beliefs into his practice by not prescribing birth control to his patients. PHOTO BY TRACY BURNS-YOCUM

Doctor carries religion to the workplace

Physician and STA dad does not prescribe contraception due to Catholic beliefs

by TAYLOR BROWN
Centerspread Editor

A young woman entered the office of Dr. Carnie Nulton, hoping he would prescribe her birth control pills, daily medication which regulates a woman's menstrual flow and reduces the likelihood of pregnancy. This young woman was not the first to ask Nulton for contraceptive pills that month and she probably was not the last.

Nulton sat down across from the woman and explained that he wants what is best for her and her sexual partner, but that it is not in their best interest to use artificial contraception, or unnatural means of preventing childbirth. He assured her that he does not judge her for her situation and encouraged her to think about her desire to use birth control.

After the conversation, the woman thanked Nulton and left his office without the prescription, not unlike the other women who have asked and will continue to ask Nulton for contraceptive medication.

According to Nulton - who is father of alumnae Mary and Sally and sophomore Meg Nulton - this scenario is fairly routine at Westwood Internal Medicine on Shawnee Mission Parkway where he has been practicing for two-and-half out of his 25 years as a physician. Nulton made the decision over a decade ago to not prescribe birth control pills or any other form of contraception due to his Catholic beliefs. However, there was a time when Nulton did not have these beliefs.

"Early on in my practice, I prescribed birth control pills and it's honestly not something I am proud of," Nulton said.

Sixteen years ago, Nulton's views began to evolve and after several years, his opinions were in full accordance with Catholic teaching.

According to Ms. Adrienne Doring, former Director of the Right to Life Office of the Diocese of Kansas City-St. Joseph, the Catholic Church believes that "it is wrong to use

contraception to prevent new human beings from coming into existence."

"The Church opposes all forms of contraception," Doring said. "Contraception is in violation to God's design for the human race, often referred to as 'natural law.' The natural law's purpose of sex is procreation, and contraception thwarts that."

Nulton has developed his personal opinion on contraception from this Catholic teaching.

"I'm a Catholic, and as such I believe in the sanctity of life," Nulton said. "I believe in the sanctity of marriage. I believe in the sanctity of the marital act."

According to Nulton, the marital act refers to sexual intercourse, but with a deeper connotation.

"I believe that the marital act has two wonderful purposes," Nulton said. "One is unitive, which basically means to bring the couple together and enhance their love with one another. The other is procreative, which, to me, means that together with God, the couple has the opportunity to co-create new life."

Nulton feels birth control pills prevent these two purposes.

"Clearly [birth control] gets in the way of procreation; that's the whole purpose of it," Nulton said. "I think it gets in the way of uniting the couple, because the couple is not saying 'I give myself to you completely.' Instead they are saying 'Well you know, I'm not really committing myself to this act.' There is a barrier there."

Not only does Doring believe Nulton is doing the right thing by taking his religious beliefs to work with him, but so does his daughter Sally, freshman at the University of Kansas.

"I am proud of my dad for standing up for what he believes in," Sally said. "My dad will always do what he believes is right, no matter what. Even if it means that his patients might not want to be his patients anymore, he is not

going to jeopardize his beliefs just to please someone else."

Along with the contraceptive purpose, women commonly use birth control pills to regulate their menstrual cycle. According to an article on the American Life League website by Dr. Paul Hayes, using birth control for "medical reasons" is acceptable under Catholic teaching only if there is no possibility of a contraceptive effect.

"If a woman is not sexually active, thus eliminating the contraceptive aspect of the birth control pill, there would be no wrong committed," Hayes said. "It is the contraceptive effect of these medications that are not permitted, not the drugs that are in them."

Nulton, Sally and Doring agree with Hayes.

"Say a teenager plays basketball and gets cramps," Doring said. "She doesn't want the cramps to inhibit her athletic ability, so she

goes to the doctor, and he prescribes birth control. Or, if you're like me, you struggle with acne. Doctors often prescribe birth control for that, too, as if there is no other way to control these things than by cutting off fertility. There is nothing inherently wrong with a woman taking birth control for medical reasons as long as she abstains from intercourse while she is on the pill to avoid the pill potentially working [to prevent a newly conceived human embryo from implanting in its mother's womb]."

According to Nulton, he wholeheartedly agrees with Doring's views and he has not prescribed birth control pills for over a decade due to the confusion between medical and contraceptive intentions.

Despite the support Nulton receives from the Church and his family, his steadfast values have drawn some scorn from other medical professionals.

"Contraception is in violation to God's design for the human race, often referred to as 'natural law.'"

Adrienne Doring, former director of Right to Life Office

See NULTON, page 22



Too much talking?

Excessive girl talk leads to teen anxiety, study proves

The Depressing Facts

According to *The New York Times* study, teen girls' obsessive talking can cause anxiety and depression. Here are some facts about teen depression:

- **20%** of teenagers will suffer of some form of depression before adulthood.
- Teen depression spells usually last around **8** months.
- **15%** of teenagers that suffer from depression eventually develop bipolar disorder in their late teens.

Sources: <http://www.teendepression.org/articles5.html>

like starting dating and starting serious relationships with boys, concerns about cliques, being popular

- these very social stressors, they can be very hard to control."

Freshmen Scout Distefano believes that there is no limit to the amount of talking a girl should be able to reach.

"It's a support system," Distefano said. "You should be able to talk all you need or want and feel okay about it. This makes me feel like I shouldn't talk so much, girls should be encouraged not discouraged because we're more vocal about our feelings."

Flores is in agreement with Distefano.

"[The study] goes against everything I believe in," Flores said. "I believe that talking is good for you as a whole. Good for the mind, especially. I've always been taught that talking things out is better and I'm going to stick with that." ★

Dirty little secrets ★ Two STA students whisper in The Quad. Assistant professor of psychological studies at University of Missouri Dr. Rose says that "excessive talking can make [teenagers] feel worse." **PHOTO ILLUSTRATION BY AVERY ADAMS**

by **TAYLOR IRWIN**
In-Focus Editor

It is a common generalization that girls love to talk, and talk a lot. STA students are no exception. Girls are frequently seen chatting away in frees while occasionally scribbling down an algebra problem in between laughs. According to a study done by *The New York Times*, adolescent girls have been talking too much-- so much so that this excessive talking has been associated with emotional troubles such as anxiety and depression. Psychologists have contributed this development to the very instant-communication society we live in with social networking sites such as Facebook and MySpace

"It is proven that biologically, the processing areas of the brain for language and speech in females have more neurons at the time of birth than do male counterparts," STA personal counselor Amanda James said. "So basically, inherent differences between the male and female brain explain why girls are naturally more talkative than boys."

But how much is too much?

James agrees that there is such a thing as talking too much and too often.

"Girls tend to be extremely open with their friends about all sorts of personal issues," James said. "From who they have a crush on, to whom they despise, and even what they had for dinner last night or maybe even more personal topics."

Testing center moderator and parent Becky Flores sees girls chatting away everyday to their friends. Flores believes there is nothing concerning about it.

"It's good for girls to talk about whatever they need to," Flores said. "It's healthy to get it out, it's bad for you to keep things that are bothering you in."

Assistant professor of psychological studies at the University of Missouri Dr. Amanda Rose conducted a similar study and was published in the journal, *Developmental Study*, in 2007.

"When girls are talking about these problems, it probably feels good to get that level of support and validation," Rose told *The Times*. "But they are not putting two and two together, that actually this excessive talking can make them feel worse."

According to *The Times*, because of the constant communication through texting and Facebook, girls are forced to dwell on their problems

more than necessary.

Flores believes that texting and Facebook bring about a different kind of talking.

"That sort of talk, [on Facebook and texting] isn't really that deep," Flores said. "It's just a 'Hey, what's going on?' sort of thing. They saw each other three hours ago, so they can't really have anything new to say, at least that's how it is with my kids."

James believes that more communication is not always bad.

"I believe that the development of communicating by text message and social networking websites encourages teens to talk to each other more than in the past," James said. "The only way it would discourage peers from talking to each other was if teens use these forms of communication for exclusion purposes."

According to Rose, teenage girls are more vulnerable to anxiety and depression than boys, because they talk so frequently compared to teenage boys.

"There are so many stressors in adolescence and a lot are ambiguous," Rose said. "So things

Smart inventions

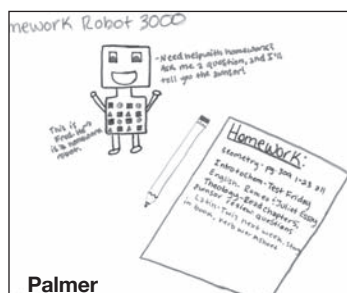
If you could make your own creation, what would it be?

by **CHELSEA BIRCHMIER**
Staff Writer



Palmer

"I would invent a machine that helped me do my homework, like a tutor robot, because I hate doing homework and it takes so much time."
- Annie Palmer, freshman



Palmer



McGraw

"I think I'd invent a time machine. I would love to go back in time and see all historical events taking place. I love history!"
- Rosemary McGraw, sophomore



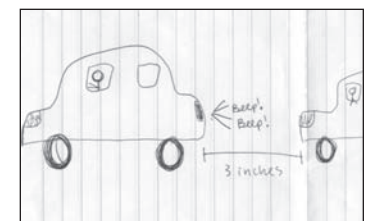
McGraw



Turner

- Alysa Turner, junior

"I would invent a white-out that had chameleon like qualities and would change color according to what color paper you applied it because I hate when I am writing on colored paper and I mess up."



Hogan



Hogan

"I would invent a backwards horn so you can honk at annoying people that won't get off your tail or something."
- Kayla Hogan, senior

5 Star Menu

Bad treats

Instead of choosing...

Food Item (serving size)	Calories	Total Fat (grams)	Carbs. (grams)	Protein (grams)
Waldo pepperoni pizza (per slice)	370	18	37	15
Chicken fettuccine alfredo (1 cup)	770	46	68	20
Ruffles chips (12) and French onion dip (2 tablespoons)	220	15	16	3
Salad (1/2 cup) with ranch dressing (2 tablespoons)	140	12	7	1
Dr. Pepper (1 can)	100	0	27	0
Chocolate cake with funfetti frosting (1 piece)	415	17	63.5	5
GRAND TOTAL	2015	108	218	44

The Dart, nutritionist Amy Roberts dish out alternatives to unhealthy advisory meals

Good eats

Try these healthy choices...

Food Item (serving size)	Calories	Total Fat (grams)	Carbs. (grams)	Protein (grams)
Margherita pizza on whole-wheat bread (per slice)	186	3	22	22.5
Grilled chicken and veggie pasta (1 cup)	435	12	55	25
Celery (4 pieces) and peanut butter (2 tablespoons)	97	6	7.5	4
Garden salad (1/2 cup) with balsamic vinegar (2 tablespoons)	37	0	7	1
Water (1 glass)	0	0	0	0
Pound cake (1 piece) with fresh berries (1/2 cup)	116	5.8	15.5	1.5
GRAND TOTAL	871	26.8	107	54

by KATHLEEN HOUGH
Staff Writer

By the Numbers

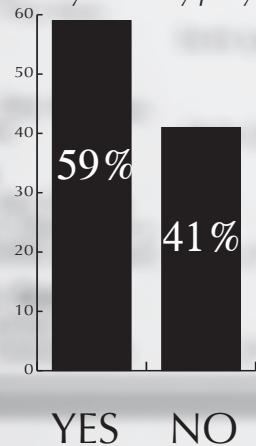
The Dart surveyed 100 STA students, representing 22 out of 28 advisories, about healthy advisory parties at STA.

- More than **1/2** of the advisories at STA order fast food once a month or more.
- **95%** admit that they have used their advisory parties as an excuse to eat unhealthy foods.
- **3/4** of STA advisories have already ordered from Waldo Pizza this school year.
- When advisories have pot-luck lunches, **57%** of those surveyed say they bring the dessert... while **7%** say they bring the salad.

Source: school survey

Health Nuts?

Would you ever vote in favor of having a "healthy" advisory party?



Source: school survey

The Bottom Line

Although eating healthier takes a little more thought and effort, the positives surpass the negatives. A healthy diet can not only help you control your body weight (who isn't constantly thinking about that?), but it can also give you more energy to enjoy physical activity and support your body while you are still growing and developing. A healthy diet will also help you avoid high-risk problems in the long run. Who wants heart disease or Osteoporosis anyway?

According to the Youth's Health Service, the number one reason why teens eat unhealthily is

because they don't feel like making a change in their routine. Can STA put an end to worldwide obesity? Maybe not, but maybe we can start changing the way we structure our advisory parties. Instead of using advisory parties as an excuse to stuff our faces and eat fatty foods, maybe we can develop new healthy habits for our diets instead. For now, Roberts said to make sure to keep one food rule in mind at all times.

"If there's an ingredient listed that you can't pronounce, you're probably best avoiding that product," Roberts said. ★

The Benefits

Scientific evidence shows that starting to eat healthier now can help you avoid these diet-related diseases later on in life:

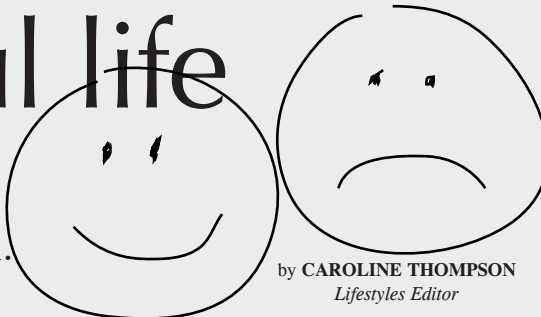
- heart disease
- high cholesterol
- high blood pressure
- strokes
- adult-onset diabetes
- some cancers
- osteoporosis

Source: The Children, Youth, and Women's Health Service

Other sources: calorieking.com, thedailyplate.com

It's a wonderful life

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



My life sucks

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

by CAROLINE THOMPSON
Lifestyles Editor



Johnson

"Today, I got accepted into the pharmacy school at Drake University! I have been praying to get in, and it finally came true! It's a wonderful life!"

- Hillary Johnson, senior



Edmonds

"This summer, my two friends and I entered a Kraft Macaroni & Cheese sweepstakes to win a trip to Washington DC, one of my favorite cities. We had a 1 in a million chance of winning. We won. It was the coolest thing that's ever happened to me. Unfortunately, we read the rules wrong and only two people would be allowed to go. We

drew names and my name wasn't chosen. In two weeks my two friends will be going to Washington DC with free airfare, free hotel stay, free VIP tours to monuments and the Capital and a sleep over in the Smithsonian Museum without me. ML really S."

- Lucy Edmonds, sophomore

When a BRIDGE is a BED

How do the shelters and nearly 13,000 homeless people of the Kansas City area fare in these cold winter months?

HOME street HOME

ReStart homeless shelter: then a place of refuge, now a place of work

by ROSIE HODES
Editor-in-Chief

At reStart, a homeless shelter in Kansas City at 9th and Harrison, there are many employees who notice the effects of the cold on the residents they host. But there is one employee who has a much closer connection to those he helps.

Receptionist Patrick Jones, 21, was once homeless and turned to reStart for support. He moved into reStart's 30-day emergency program with his family when he was 14 years old, and stayed for the two-year maximum transitional housing. According to Jones, his parents lost their house and they needed somewhere to take their children.

Although he was young, Jones said he knew how much his family was struggling.

"I understood the situation," Jones said. "But it was alright with me. It wasn't nothing new to me."

Jones praises reStart and says it prepared his

family to remain in permanent housing after they left. Jones' family is part of the 65 percent of residents in the transitional living program who go on to live in permanent housing for 12 months or longer.

Jones agrees there is a risk of the homeless becoming dependent on shelters' services, but he found that reStart did not cause this problem for his family.

"I considered myself somewhat homeless," Jones said. "I was homeless for a little while because then it turned around, and my momma started working, and she was actually paying to stay [at reStart.]"

But before Jones' family found security, he found that living in a shelter did affect him emotionally.

"The hardest part was wondering if you're gonna have to stay here forever," Jones said.

Jones has been living an apartment for two years and has no doubt that he can keep a roof over his head. He just might change the location of that roof to somewhere like Florida.

"It's warmer there," Jones said.

Street Stats

The following statistics are a combination of information from the 2008 service statistics of reStart inc., the National Mental Health Information Center, and the Homeless Services Coalition "Point in Time" survey of 2009.

Age

Teens	23%
20's	21%
30's	26%
40's	22%
50's	22.7%
60's	5%
70+	3%

Gender

Male	59%
Female	39%
Transgender	2%

Race

Asian/Pacific Islander	0.9%
Native American/Alaska Native	2.3%
Black/African America	50%
White	38%
Mixed Race	5.5%
Other	3.4%

Household Makeup

Unaccompanied Single Adult	66.2%
Two adults with no children	5.2%
Two parent with children	6.6%
Single female parent	10.6%
Single male parent	3.2%
Other	8.2%

Result of Domestic Violence

Yes	15.5%
No	84.5%

Served in Military

Yes	19.4%
No	80.6%

Substance Abuse

Alcohol	38%
Drugs	36%

Health

Serious Mental Illness	25%
Development Disability	7.2%
Physical Innees or Disability	46%
HIV/AIDS	3%

by ROSIE HODES
Editor-in-Chief

Waking up, Steve Johnson stretches his legs and arms and feels the stress in his back from sleeping on pavement all night. He opens his eyes to first see the cloud of his icy breath, and then a white, frozen Brush Creek only a few yards away. Immediately, Johnson feels the numbing 0 degree cold. He could escape it for a few hours of sleep under a bridge, but now he must leave his "home" to bear the weather. He inches up the steep incline, trying not to slip on the ice, and emerges from the bridge that covered his head to see the snow that covered Kansas City.

For the students of STA, snowfall and subzero wind-chill temperatures meant two days off of school in the beginning of January. But for Johnson, and the homeless across the city, it meant a fight to stay alive.

Part of Johnson's fight means holding up a sign on a Plaza street corner, hoping for donations to supplement his small social security check. He is ashamed to be where he is, and pleads for pity.

"When you go back to school, tell your teacher that someone you met is doing the best he can, and he can't afford to be anywhere different than outside sometimes," Johnson said.

Wintry worries

According to a report by reStart, a homeless shelter at 9th and Harrison, Johnson is one of Kansas City's 13,000 homeless that struggle against the brutal cold of winter without permanent shelter.

During the winter, especially, the homeless depend on social services and charity to survive. ReStart is one of Kansas City's homeless shelters that provides structure for many families, including 3 meals a day, therapy, substance abuse support groups, and warmth to "anyone who needs somewhere to sleep," according to reStart's direc-

tor of development Karis Erwin.

ReStart's lenient requirements for admission are especially important during the winter.

"One of the things we do when it got really cold is that over the week-ends when the day shelter isn't open, we let emergency shelter guests stay from Friday to Sunday so that they don't have to be sent out in the cold weather when it's freezing cold and they have nowhere to go," Erwin said.

She also said community efforts to counteract the cold have been tremendous.

"When the temperatures were below zero, we had truckloads of people pulling up with blankets and coats,"

Erwin said. "One woman came with 100 brand new coats. One girl, who was maybe 15, spent 2 months crocheting hats and scarves for residents."

While donations help ease the cold's physical damage on the homeless,

shelter employees need help to ease the emotional toll that their job takes on them.

"I think with the snow and the winter weather coming around the holidays, which is a time of stress for folks anyway, it really kind of increased peoples' stress," reStart's executive director Evie Craig said. "We were obviously very busy and we were putting in heaters all over the place and places were expanding their capacity, but we were also just dealing with staff burnout. We had people stretched so thin...About another week and we would have been in a very bad situation."

Luckily for Craig and her employees, the temperatures have risen and many shelters are still serving Kansas City's homeless.

Dangers of the cold

While cold weather ushers increased donations, it also brings

to light the question of why so many remain on the streets during dangerous temperatures.

According to the National Mental Health Information Center, 25 percent of homeless people have a serious mental illness, which affects their ability to keep a job, permanent housing, or to even find a shelter. Anyone above the age of 18 can not be admitted to a psychiatric unit against their will according to a judicial mandate, so they often remain living on the street, even in record cold temperatures.

Johnson admitted that he suffers from schizophrenia and that he does not sleep in shelters available to the public. He said he sometimes sleeps under the bridges of Brush Creek, but that he has recently been sleeping on a porch.

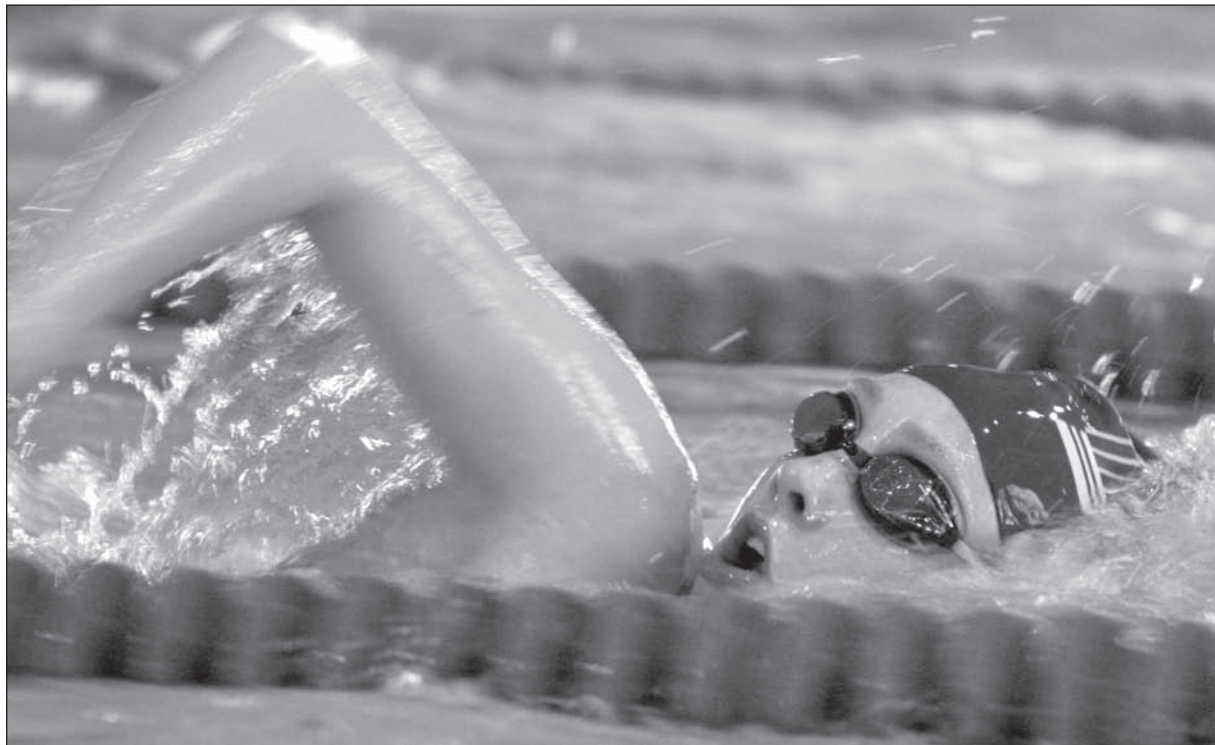
While some programs such as Swope Health Services and Truman Medical Center have outreach programs to bring the homeless indoors, Craig said that she can't "force people to come inside." However, reStart employees notice that severe weather conditions cause those who would usually stay outside to knock on reStart's doors. The shelter can host 310 overnight guests at full capacity, and they have done so multiple times this winter.

Many homeless people are on the steps to recovery, including the 65 percent of those that stay in permanent housing for a year or more after leaving reStart. But there are still those, like Johnson, who live day to day. Snow storm to snow storm. Breath to breath. ★



PHOTO BY TRACY BURNS-YOCUM

Seven swimmers race to State



Just keep swimming ★ Freshman Rose Hutchinson does laps during swim practice Jan. 12. Hutchinson is one of seven STA swimmers who have qualified for the State meet. **PHOTO BY TRACY BURNS-YOCUM**

Rosie Hutchinson

Year: Freshman
Stroke qualified in: 100 Freestyle; 100 Butterfly; 200 Freestyle; 200 Freestyle Relay; 200 Medley Relay; 400 Freestyle Relay; 500 Freestyle
Time to beat: 57.49; 1:04.49; 2:05.59; 1:48.69; 2:00.99; 3:59.99; 5:39.59
Time achieved: 57.13; 1:01.97; 2:04.29; 1:48.02; 1:59.06; 3:58.26; 5:35.49



Peyton Gajan

Year: Freshman
Stroke qualified in: 100 Freestyle; 100 Backstroke; ; 200 Individual Medley; 200 Freestyle Relay; 200 Medley Relay; 400 Freestyle Relay; 500 Freestyle
Time to beat: 57.49; 1:06.29; 2:23.19; 2:05.59; 1:48.69; 2:00.99; 3:59.99; 5:39.59
Time achieved: 56.20; 1:05.30; 2:21.17; 2:04.47; 1:48.02; 1:59.06; 3:58.26; 5:34.86



Rachel Edmonds

Year: Junior
Stroke qualified in: 200 Medley Relay
Time to beat: 2:00.99
Time achieved: 1:5



Jane Evans

Year: Freshman
Stroke qualified in: 200 Freestyle Relay
Time to beat: 1:48.69
Time achieved: 1:48.02



Meka Kelly

Year: Sophomore
Stroke qualified in: 200 Freestyle Relay
Time to beat: 1:48.69
Time achieved: 1:48.02



Jacqueline Kerr

Year: Sophomore
Stroke qualified in: 400 Freestyle Relay
Time to beat: 3:59.99
Time achieved: 3:58.26



Caitlin Nelson

Year: Sophomore
Stroke qualified in: 200 Medley Relay; 400 Freestyle Relay
Time to beat: 2:00.99; 3:59.99
Time achieved: 1:59.06; 3:58.26



Original State Relay Qualifiers

- 200 Freestyle Relay: R. Hutchinson, P. Gajan, J. Evans, M. Kelly
- 200 Medley Relay: R. Hutchinson, P. Gajan, R. Edmonds, C. Nelson
- 400 Freestyle relay: R. Hutchinson, P. Gajan, J. Kerr, C. Nelson

How to qualify for State

According to MSHSAA...

Swimmers must beat the standard, predetermined times established by the Missouri State High School Activities Association for each event. **The coach holds the ability to change who swims in the State relays after having qualified.**

Two swimmers and three relays qualify for State; new organization helps success

by CASSIE REDLINGSCHAFFER
Staff Writer

Seven STA swimmers have qualified for State, some in multiple events, and there is still almost half the season left. According to coach Andy Wilcox, this is largely because of the talented underclassmen and the impressive team unity.

"We're a young team," said Wilcox. "[The underclassmen] have shown what they're made of, and they've amazed their teammates, me and even themselves."

Six of the seven swimmers who qualified for State are underclassmen: freshmen Rosie Hutchinson, Jane Evans and Peyton Gajan and sophomores Caitlin Nelson, Meka Kelly and Jacqueline Kerr. Junior Rachel Edmonds also

qualified.

The other aspect to the exceptional season thus far is the closeness of the team, according to Wilcox. Captains, seniors Kylie Hornbeck and Nicole Twaddle, encourage the team to spend as much time as possible together through team lunches and bonding during meets, where cell phone use is forbidden.

"The girls are really swimming for each other, which is all I wanted," said Wilcox.

According to Wilcox, the team has already qualified more girls for State than in past seasons even with so much of the season left.

"We are miles and miles ahead of last year," said Wilcox.

Other contributing factors to the success of this season compared to other seasons are the facilities and the organization, according to Hornbeck. In past years, practices would be held late at night in inadequate facilities and at far away locations.

"Things are much more organized and run much more smoothly," said Hornbeck. ★

No separation of church and State

Head swim coach Andy Wilcox and senior Nicole Twaddle talk about faith

by KATIE HYDE
Staff Writer

Although STA swimmers still don their swim caps and swimsuits before a meet, this year the team has experienced a new tradition before meets: praying. Coach Andy Wilcox leads the team as they all bow their heads and pray the Hail Mary, ending in the STA tradition by asking for the intercession of St. Teresa of Avila and St. Joseph.

Praying before meets is just one of the ways that Wilcox has included faith into the swim team. He encouraged his players to attend the parent-daughter liturgy Dec. 10, and so many attended that the mass moved to the auditorium. He asked each player to write religious goals before they wrote academic, family and athletic goals. And he told each player to "swim for

someone else," incorporating the Sisters of St. Joseph's principle of caring for the dear neighbor.

To see how these changes have affected both players and coaches, The Dart turned to senior Nicole Twaddle and Wilcox.

Dart: What was that morning like, going to mass with the team?

Twaddle: It was a positive experience but it was different because I had never done anything like that before. But it was great. It brought us closer together as a team and it got parents and the team together.

Wilcox: It was awesome. It is a tradition I borrowed from Coach Winkler at Rockhurst. I think it does nothing but build unity.

D: Does incorporating religion into the team makes you all more unified?

T: It does make us more unified. Wilcox is really big on being a team, and this is just one way he has brought us together. I think [incorporating religion] does bring us closer together. We needed that.

W: It makes them closer as a family. Being committed to the team is putting your-

self last and others first,

us to do. D: How has the team responded to Wilcox's methods? Does incorporating faith motivate the team to succeed?

T: Most of the team has responded positively to Wilcox's methods. Incorporating faith has motivated our team. Wilcox always says, "Swim for someone else." I know that for me, that has helped me push myself to keep going when all I want to do is stop. Wilcox has found a way to use it to make us succeed. Our team morals are based off Christian morals

D: Why is Wilcox making such an effort to get the team to be involved in their faith?

T: I think Wilcox is making such an effort to get the team involved in their faith because he has seen what it has done for him and for others, so he wants us to see what it can do for ourselves.

W: My goal is to increase their spirituality and to help them become more involved. Many of them are near the age of confirmation. We are a Roman Catholic school. We need to lead by example.★

Off to Church Again...

Tomorrow the swim team is off to Springfield for the weekend to compete, but will gather together to pray first

Friday's schedule (approx)

- 7:30 am Mass at Rockhurst
- 8:00 am Breakfast at Hy-vee
- 8:30 am Drive to clinton, and eat lunch
- On to Springfield

Soccer tackles season early



Tackle time ★ Junior Cele Fryer, left, slide tackles freshman Maggie Jo Rellihan at the soccer open gym Jan. 17. The gym will be open to any STA student Sunday afternoons. **PHOTO BY AVERY ADAMS**

Returning and new soccer players attend an open gym time

by **MOLLIE POINTER**
Sports Editor

From day one, Athletic Director Mark Hough has been aiming for the improvement of STA's current program by increasing involvement school wide. The adopted idea of open gym has proven to be affective for athletes on the soccer team in preparing for their upcoming season.

Soccer tryouts

Varsity, JV and C-team tryouts will begin Monday, March 1 after school. Teams will be posted later that week.

"We just want to get [the school] here and have the facility open for them to work out," Hough said. "I think if one girls shows up, it's a good deal."

In order to hold open gyms for specific teams, the school must open up the allotted gym time for everyone in the school. From there, individual teams must make their own initiative to come together. These guidelines have been set by the Missouri State High School Activities As-

sociation, MSHSAA.

According to head varsity soccer coach Scott Siegel the main goal of having the open gym is to get a head start on the season and gather the girls together to play with one another before tryouts, March 1.

"It really is open to everyone and we are expecting more young girls to be coming out the longer we get into it," Siegel said.

Former season's varsity team captain Kerry Cummings feels the need to show leadership to encourage girls to come.

"[The varsity team] definitely lacked in team chemistry last year and doing [the open gym sessions] is really good for us to realize that we're serious about this season," Cummings said. "Everyone knows we want to go to State and that we're really dedicated to making that happen."

Siegel agreed in that participating in the open gym time will only further the girls' chances to play in the State tournament.

"...If we are committed to getting better every day we are at practice and during games, we have enough talent to return to State again this spring," Siegel said. "This gives the girls who have not played soccer with each other for a long time a few opportunities to get back playing

with other, hopefully that will give us a head start leading into the season." ★

Open Gym Schedule

Athletic Director Mark Hough encourages girls of all grades and all ability levels to work out during these times.

"Work outs are fun and relaxed!"

If these times do not work for you, please see Hough to work something out that better fits your schedule!

Tuesday 3:30-5:00
coach Amanda James

Thursday 3:30-5:00
coach Amanda James

Sunday 4:30-5:45
coach Scott Siegel

Contact coach James and coach Siegel for additional information

SCOREBOARD

varsity swimming

1/16 Park Hill Inviational
STA 3rd

1/19 Sion 1st
Blue Springs South 3rd
STA 2nd

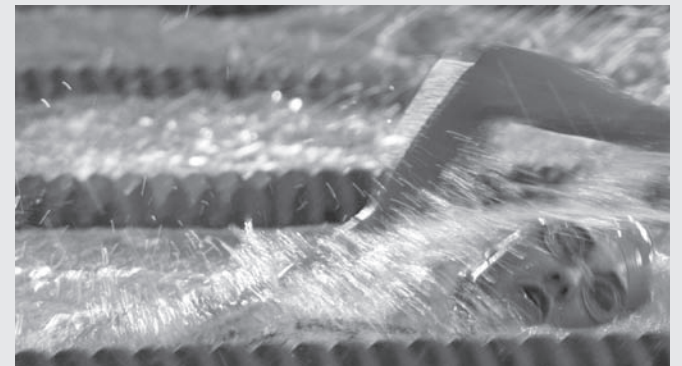
1/22 KC Classic
STA 9th

1/22 Sion 1st
STA 2nd

The entire STA varsity basketball team cheered on the swim team at their meet against Sion on Tuesday.

Earlier this season, the whole swim team attended a varsity basketball game, which was also against sion.

Coach Wilcox encourages the girls to attend other games.



Swim your heart out ★ Freshman Peyton Gajan goes through her practice regimine during STA swim practice Jan. 12. Gajan is one of two swimmers to qualify individually for State. **PHOTO BY TRACY BURNS-YOCUM**

varsity dance team

11/21 Ft. Osage Classic
STA 1st place (jazz)
2nd place (hip-hop)

12/4 Yvonne Cole Lindbergh
STA 1st place (jazz)
2nd place (hip-hop)

1/30 Lee's Summit North
Invitational
TBA (jazz)
TBA (hip-hop)

The team will be performing two routines, one in the dance/jazz category and one in the hip-hop category.

Sophomores Alex Radtke and Lindsay Cook will perform a duet and freshman Emmi Sharman, junior Taylor Kramer and seniors Rebecca Oyler and Anna Gigliotti will each be performing solo routines in addition to the two team routines.

varsity basketball

1/13 University Academy 43
STA 55

1/19 Holton 44
STA 24

12/4 Basehor-Linwood 53
STA 44

1/22 Wyandotte 19
STA 68

1/25 St. Joe Benton 44
STA 27

"We've started to work better as a team and our communication [and] our defense is better," senior varsity player Kelsie Fiss said. "And the new system we have allows our new offence more opportunities for shots but we need to have patients to wait and get the open shots. Our determination and hustle was really good last [game] even though we were down."

freshman basketball



Playin' some ball ★ Freshman basketball plays Archbishop O'Hara High School Jan 13. The final score was O'hara 25, STA 19. **PHOTO BY HANNA KATZ**



powerplayers

Anna Gigliotti
Senior

"I love the way I feel when I dance," Gigliotti said. "I'm always being challenged."

Gigliotti is currently captain of the STA varsity dance team.







ACHIEVEMENTS

- Co-captain of STA dance team junior year
- Captain of STA dance team senior year
- Choreographed many dances performed by STA dance team

FUTURE

- Hopes for State banner this year
- Will tryout for KU dance and cheer teams in the spring

CRAVEN energy

	Picture it	Describe it	Her story	Recommend it?
Sports beans		Created by the Jelly Belly company, Sports beans are rich in electrolytes, carbohydrates and vitamins B and C . Use 30 minutes before for quick energy.	"I use them every time there is a meet, kind of right before my events." - Caitlin Nelson varsity swimmer	"Definitely., just like... I wouldn't totally rely on them."
Rooster Booster		Strawberry flavored high energy drink used for boosting performance, concentration, endurance, metabolism . Provides vitamins C, B6 and B12.	"It gave me a burst of energy but didn't last long, probably like ten minutes." -Kerry Cummings varsity soccer	"I wouldn't recommend it being a ritual, considering how much sugar and how bad it is."
Titanium band		Waterproof silicone band with concentrated Micro Titanium Sphere zones that the company claims may enhance circulation and relaxation .	"I think one of the major things is that it's kept my back problems away." -Kelsie Fiss varsity basketball	"I would especially if you have a recurring injury."
Juice Plus+		Dietary supplement in capsules containing 17 fruits and veggies, juiced and dried Used as official supplement for German Olympic team.	"Medically proven to reduce oxidative stress, promote cardiovascular wellness and support a healthy immune system." - www.juiceplus.com	"Only supplement I recommend as a foundation. It's [a way to obtain] vitamin therapy." -Julie Mohajir, Health and Wellness Counselor

compiled by Kylie Hornbeck

Basketball loses by twenty

STA struggles against Holton High School; three absent players

by MOLLY MEAGHER
Staff Writer

The varsity basketball team played the Holton High School Wildcats Tuesday at Basehor-Linwood High School. The Stars lost to the undefeated team 44 to 24. According to head coach Doug Nelson, Holton was the best team STA has played all year and the Wildcats dominated all aspects of the game.

"We just pretty much melted down against [Holton's] pressure," Nelson said. "We didn't have poise and confidence. We made mistakes that we hadn't made for weeks."

Senior varsity player Kelsie Fiss said the team had an off night and was also without senior Avery Adams who was on Kairos, a four day retreat.

"I think that because we were missing [Adams] that a part of the leadership of our team [was gone]," Fiss said. "And the general feel of the game was we were all kinda off. It was a different atmosphere and we didn't have the determination."

Nelson said the absence of one player gives another star a chance to shine. And in this case, it was junior Caroline Gray who stepped up.

Gray was accountable for 16 of the 24 points in the game and lead in steals (3), tips (7), defensive assists (3) and tied for ball reversals (5). "[Gray] stepped up and provided a lot of leadership and played with a lot of courage," Nelson said. "She scored all nine points in the first half. She carried us."

Junior and varsity player Katie Paulter said Gray has always been

a strong player.

"She's really good at taking it to the hoop and she's really aggressive and she just takes charge out on the court," Paulter said.

Fiss felt she too stepped up as a leader and got more game experience. Fiss was one of the four people with points during the game, with four points and an assist. Fiss was tied second in points (4), defensive assists (2), steals (2), tips (4) and rebounds (5).

This is Nelson's first year coaching at STA. Nelson has not only changed the look of the team with the addition of new warm ups and uniforms- he has changed the entire system. Nelson said the players are improving on the new terminology, drills and coaching but the team isn't at the level of

development he is aiming for.

"It's something that I guess when I look at class five basketball, which are schools like Blue Springs and Lee's Summit and Liberty, you have a majority [of players] that identify themselves as basketball kids," Nelson said. "We are not at that point. [STA basketball players] see themselves as kids of other sports and then basketball. When we get to the point where girls have a basketball and their shoes in the back of their car ready to play, then we have the program where it should be."

Holton's varsity girls basketball team is 13-0 and went undefeated last season until the State Championship. Nelson said Holton has an excellent program whose coach has been leading the team for over 25 years.

"[The game was] discouraging but we have to learn to play against teams like that to have a successful program," Nelson said. ★

Wii Fit is for you and mii

AN OPINION BY



LAURA NEENAN

The Wii, launched in the fall of 2006, appeals not only to pre-teen boys but people of all ages through its interactive, motion detecting system. The newly released Wii Fit is a game developed for the Wii console using a balance board and is now the second best-selling video game of all time. The Wii Fit has become a popular way to not only have fun but get in shape. For all new or experienced users, here are my top five ways to get the most out of your Wii Fit.

1. Make the commitment

If this video game is your replacement for running outside or going to the gym, do not fear. The Wii will keep track of your fitness levels, how long you work out, and how many calories you burn each day so you can achieve that killer beach body before spring break.

Yoga, strength training, balance games, and aerobics; there are many things to choose from so you will look forward to your thirty minute work outs after school everyday.

2. Listen to the computer...

Do not be intimidated by that high pitched and creepy voice. Read each informative message that comes up, even if you just want to get on with the game. If the Wii tells you that you do not have perfect balance, listen. Take the advice and adjust what you're doing.

Going for the half-moon? Attempting to mold yourself into a cobra? This game device is especially helpful indicating when to breathe when you're trying to master the newest yoga pose, something that even a professional instructor cannot do.

3. It's all about Mii

Make sure and personalize your own Mii person. Spend time and have a little fun when creating your character. Go crazy. If you happen to have a large mole on your right cheek like I do, don't be ashamed, smack it on. Enhance your trademark body traits that will set your Mii apart. There is nothing worse than staring at someone that is suppose to motivate yourself who doesn't look a thing like you. Take the time to create your character. All they need is a little TLC.

4. Create some friendly competition

Proving to yourself and your competition you are indeed better than them with your 200m ski jump just adds to the enjoyment of the Wii Fit. Organizing a tournament is a great way to keep yourself active. Creating rivalries keeps you passionate and practicing to make yourself the best. It's okay if you aren't winning all the time because it's just a game, right? Wrong. You must win. Regain your confidence, and crush the competition.

Shifting your body weight back and forth to catch those fish is not a joke when it comes to penguin slide. Flapping your arms up and down like a pelican may look ridiculous, but when you land that final target in bird's-eye bull's-eye, you will be even more proud of yourself because you beat your competition while still burning the calories.

5. Have fun!

Do not always take yourself seriously while exercising on the Wii Fit. There are plenty of games to choose from that can add a little flair to your boring Saturday afternoon. You do not always need to be pushing yourself to burn the extra calorie. You will be surprised how quickly the time will pass hula-hooping or going on a run around the Wii Fit island. These interactive games provide unlimited entertainment while still being active. The Wii Fit is a great way to keep fit and have fun. ★

TRAGIC but *true*

Unicorn Theater explores lives of two women who lived in grief, decaying home

By SHAUGHNESSY MILLER
News Editor

In the well-to-do neighborhood of South Hampton on Long Island, behind creaky gates, sits an austere house, grey and vine-covered, next to a lifeless garden. In the year 1971, "Grey Gardens," in which the Beales reside, is in a slow state of decay. The once high-class ladies known as "Big" and "Little" Edie Bouvier Beale, cousins to first lady Jacqueline "Jackie" Bouvier Kennedy Onassis, now live among chaos and decay. Many cats ramble throughout the house, raccoons weasel their way in through the doors and walls to be fed by the generous Little Edie, and trash rots in piles throughout the unkempt house.

But their lives were not always in shambles. Once members of high society, the mother-daughter duo has weathered through hardships together for many years.

In 1975, Albert and David Maysles learned of the Beales' unusual situation and created a documentary called "Grey Gardens." Later, it was converted into a musical, and last year HBO released it as a TV movie starring Drew Barrymore and Jessica Lange. The musical production premieres tonight at the Unicorn Theater downtown starring STA mother and actress Cathy Barnett, alongside Kathleen Warful and Lauren Braton. These women are both enjoying the comical aspects of playing such quirky characters, and struggling to connect with them. As the date draws nearer to opening night, they are finding they have more in common with the grief-stricken women than they thought possible.

"People will often look at a situation like this and go 'How?! How can that be?'" said Cathy Barnett, mother of Julia and star of the musical. "When there's grief, and there's a great deal of grief in these people's lives, and if you don't work through those things, then you keep all that stuff around you and it's kind of a way to stay away from it."

Their grief began in 1941 when Mr. and Mrs. Beale split up, leaving Big Edie lonely and needy. Acting out of selfishness, Big Edie demanded that her daughter reside with her after discovering Little Edie's affair with a married man. This temporary living situation soon became a trap for Little Edie, who could never find the chance to leave and return to New York City to fulfill her dreams of acting on Broadway.

"I would think, if Little Edie could see into the future, I think she would've stayed in New York," said Braton, who plays Little Edie in Act 1. "I think she would have said 'I can't

let this happen.' I think it would have given her a reason to do what she wanted to do."

And Little Edie was good at what she wanted to do. She had spirit and passion, even spontaneously dancing in front of big-time producer Max Gordon in a restaurant. Big Edie enjoyed the theater and music as well, putting on performances in her home before the divorce. Their need to shine after being suppressed for so many years comes through in the documentary as well as the musical.

"I think you'll watch the documentary and have the same reaction that we've all had, which is, there's so much humanity in it; and yet they're funny and entertaining and they're always on camera, and you know what? I like a gal like that," Barnett said. "I can just really relate to the Beales. And I really think a lot of people can."

Barnett is taking on a difficult task in this production by assuming two roles: Big Edie in Act 1 and Little Edie in Act 2. Warful stars alongside her as Big Edie in Act 2. Though Barnett is struggling to connect with Big Edie, she seems to have no problems clicking with Little Edie.

"Well, I've been very worried about [playing two characters]," Barnett said. "Not so much Little Edie in Act 2, because I just get her. I don't see what's so weird about feeding raccoons and talking about why you should have been on Broadway. I mean, that makes like perfect sense to me, somehow."

Barnett finds many parallels between her own life and Little Edie's, including pursuing an acting career in New York and later returning home. Her unique personality is fitted to match that of her character's as well.

"I could wear nudes on my head and my clothes upside down all the time," Barnett joked. "I'd like to be Little Edie all the time. Cause she's hilarious and she's so free-spirited, and I know that there's a great sadness driving her. But sometimes I think there's a great sadness driving all of us."

Though the HBO film utilizes only one actor for each role, Barnett believes their are advantages to this set up.

"I think they do it this way because the theater, intrinsically, is more theatrical to take a license like that, and I think it allows for a more theatrical inspiration of the show," Barnett said. "Because, like I've said, I've started to learn things about Edie because of what [Lauren's] doing, and I've learned things about Edie because of what [Kathleen's] doing. So it's been interesting."

Interesting is also a way to describe the relationship between these two women. At times, they fight like cats, but they always pull each other through.

"It's as though you've got a mother-daughter relationship, which is prone to have its sand papery moments, and they never progressed," Warful said. "They just didn't grow out of. It has been what has moved them forward sometimes and what has not."

Though anyone can identify extreme selfishness in Big Edie to cause regrets and un-

"I'd like to be Little Edie all the time. She's hilarious... and I know that there's a great sadness driving her. But sometimes I think there's a great sadness driving all of us."

Cathy Barnett, star of Grey Gardens



PHOTO COURTESY OF UNICORN THEATER

happiness in her daughter, Warful argues that she can relate.

"There are sort of embarrassing similarities," Warful said. "You know, there's a part of me that doesn't want to let go of things. There's a part of me where I find myself arguing with my husband where I'm not fair. It makes me more aware, though."

When Big Edie saw the slightest indication that her life was falling apart, she drew her daughter down with her and became reclusive.

"But then later on in the second act, you find out [she forced Little Edie to stay with her] because she didn't want to lose her daughter, she just lost her husband," Warful said. "Of course. She'd be alone."

"But ultimately, a mother should have gotten her crap together and not devastated her daughter's life," Barnett said.

"But then where would the story be?" Warful replied. ★

Running the Show

Showing dates
Jan. 29- Feb. 28

Unicorn Theatre information
816-531-PLAY,
www.UnicornTheater.org
3828 Main Street, Kansas City

Price Tag

\$15 for students with ID

Sources: www.UnicornTheatre.org

Smell the coffeeshop entertainment

Cafes are not only good for coffee anymore. *The Dart* explores and reviews coffee shop music, entertainment

by KATHLEEN HOUGH
Staff Writer

Okay, I hate to be harsh. But when I saw Monthly Open Mic Night on Black Dog Coffeehouse's event schedule, I was dreading driving all the way to Lenexa on a Friday night to attend. So I jumped in the car and ventured out to the foreign lands of Johnson County to find this Black Dog joint. Forty-five minutes, half a tank of gas and a less-happy-me later, I finally found the place...in a strip mall. I was tired of being in the car and was ready to sip on a cup of joe and listen to a bunch of idiots make fools out of themselves. So I walked up to the door and stepped inside. First instinct: nice place. The lights were dim, the walls were covered with art for sale, and the whole shop was very quiet

After searching for a parking spot for over 10 minutes, parking in front of Shelter Insurance, and walking three blocks, I ventured into Homer's Coffeehouse right off 80th and Metcalf. First instinct: I think I am inside McDonald's. Not to be mean Homer, but you could do so much better. After ordering a regular mocha "for here," I took a seat and waited for the band to begin playing.

When I had first looked at Homer's entertainment schedule, I thought Sky Blue sounded like an interesting band. I pictured a group of younger guys, playing guitars and singing songs similar to those of Ben Folds or Coldplay. Boy, was I wrong. As I sat down in my polyester-covered, uncomfortable chair, I looked around for this band I had dreamed up. A blonde haired, middle-aged woman took the mic, an older guy with long, curly hair sat at the drums, and a third male picked up his guitar. Sky Blue, of course.

The minute my mocha was placed in front of me, and the band started to play "Joseph was a Dream Guy," I realized something. Ladies and gentleman, Homer's Coffee House

and studios. But wait, quiet and studios? Open Mic Night started 20 minutes ago. I scanned my surroundings. No microphone. No talking. Nothing. Only the soft sound of the soothing Indie music over the speakers. Yep, that's right. Open Mic Night? Total bust. So yes, Black Dog Coffeehouse, I give you a D for coffee shop entertainment. Why schedule something if it doesn't even happen?

Eventually I got over the fact that I would not be entertained at this particular coffee shop. I decided to give their coffee a shot. This place is Foo's Fabulous Frozen Custard, substitute coffee. The menu looked identical to something that I would be observing at Foo's. Each coffee drink had a funky and creative name, like Snickers, and they featured combinations of different flavors, like at Foo's. I decided to order Dirty Blonde, a latte with white chocolate and hazelnut. The name excited me, but the coffee didn't. I burned my tongue for nothing. All in all, Black Dog was just okay. But if I ever lived in Lenexa and needed a place to study, I would definitely consider it. I will give Black Dog props for having a very quiet and focused environment. ★



PHOTO BY KATHLEEN HOUGH
Black Dog Coffeehouse
12815 West 87th St. Lenexa, KS
entertainment: D environment: A
coffee: B+ Most popular drink: Vanilla Sky

Westport Coffeehouse
4010 Pennsylvania
entertainment: A coffee: A
environment: B+ Most popular drink:
Snickers (latte with caramel, hazelnut,
and chocolate)



PHOTO BY MICAH WILKINS

I can say with total confidence that Westport Coffee House is the place to be. Not only did I get curb side parking on a Friday night, have to pay the least amount of money for a coffee drink, and get a table to myself in a cafe with

limited seating, but I also discovered an awesome band, Colton and Zara.

They belong on the Juno sound track. They have an alternative, acoustic style to their music that is really soothing with awesome vocals and harmonies. I absolutely loved the band and give them an A for their coffee house entertainment grade. I think I'm going to buy their album, Whimsical Dreams, off iTunes. My favorite song was definitely "Halls," which is their most popular. It reminds me of that Ben Folds band I was expecting at Homer's.

Not only did the band playing at Westport Coffee House rock, but the coffee was pretty good too. I ordered the house specialty, Snickers (popular coffee drink name in the Kansas City area, apparently). Not only was it the least expensive out of all the coffee places I went to, but it also had good flavor as well. It was light and didn't taste that artificial. Nice job on the coffee, Westport.

However, I will take some points for Westport's overall coffee shop environment. To be honest, I felt like I was drinking coffee inside a sports bar. The tables, old carpeting, and even arcade games in the corner were not so appealing. However, it was clean, quiet, and perfect for watching a small band play on a Friday night, so I'll let it slide and give you a B+.

All in all, I have to say 'Job well done, Westport Coffeehouse.' I think you might have offered the best entertainment out of all the coffee houses I observed. Keep up the good work! ★



PHOTO BY HANNA KATZ

Homer's Coffeehouse 7126 West 80th Street, Overland Park, KS
entertainment: B coffee: A environment: C
Most popular drink: tie between Mexican Mocha and Angel Ammaretto

is a Christian coffee house. Don't go there expecting a rock show, because 90 percent of the bands that play there are Christian bands. But still, Sky Blue and I didn't click.

Despite the fact that my mocha was served in a ceramic mug with bite

marks and chips all over it, it was so good. It didn't even burn my tongue!

On my way out, the barista stopped me and said I should come back to watch Oriole Post perform. I checked them out later when I got home, and they are actually really good. I thought

since they were going to perform at Homer's in the near future, they should be included in Homer's entertainment grade and bring up the bad grade I gave Sky Blue. So Homer's gets a B in the entertainment department. Live with it, Homer. ★

Battle of the Bands, according to a Rockstar

Rockhurst High School has band tournament; Is this possible for all-girls school?

by CAROLINE THOMPSON
Lifestyles Editor

As the Rockhurst High School Battle of the Bands event approaches, *The Dart* wonders why STA doesn't have their own Battle of the Bands. What would need to be done to orchestrate this event? We decided to ask Rockhurst senior and band member Connor Doolan to explain how Battle of the Bands works at his school.

Which band are you in? Thundermuffin, a group of 4 guys that started freshman year

Influences? Red Hot Chili Peppers, Pink Floyd

What do you play? Guitar, bass, piano...Sometimes vocals and I compose songs

Who runs Battle of the Bands? National Honors Society

What are the requirements for performing? You have to submit a demo, and a panel of

judges picks around 8 bands to perform. Each band must include at least one current Rockhurst student.

Who are the judges? A group of teachers, students, and maybe a musician outside of Rockhurst

Have you performed every year? Freshman year our band didn't make it, but sophomore and junior year we won

How does a band win? Each judge writes a critique and a winner is determined that night

What is the prize for winning? Bragging rights. Seriously though, they do determine first through third places and give out awards. For example, I got best guitarist both years. There's also best drummer, vocals and things like that.

Are there ever 'joke bands'? I can only think of one: Acidbath, which screamed and went nuts on stage. It was hilarious. But that's not typical.

Is there a charge of admission? Yes, it's called Carlitos' Battle of the Bands and all benefits go to Jesuit missionary work in Central America

When is Battle of the Bands? February 20 at the Rose Theatre

Will you compete this year? Two of the band members can't come, so our band won't, but I might play guitar with another group

If STA had Battle of the Bands would you go?

I absolutely would go! It would be fun and exciting to see some of STA's musical talent

So, why hasn't STA created their own Battle of the Bands similar to Rockhurst? Are there not enough girl bands to participate? Would it not produce enough of an audience? Has the idea never been presented?

Principal for Student Affairs Mary Anne Hoecker said that orchestrating a Battle of the Bands performance at STA has never been brought up.

"We don't do everything that Rockhurst High School does," Hoecker said. "No one has come to us about [starting Battle of the Bands]."

One reason STA doesn't host this kind of event might be the lack of participation. According to an STA student poll:

12% of students would perform in a Battle of the Bands

88% of students would not perform in a Battle of the Bands

Another possible reason STA Battle of the Bands does not exist is the lack of girls bands. STA junior Libby O'Neill, who is part of a wizard rock band featured in a previous issue, said that she would probably perform at this type of STA event. Even though she knows of STA girls in bands, she believes that bands are not quite as popular among girls.

"Boys tend to form bands more than girls," O'Neill said. "Girls tend to be a little more serious musicians, but that's just me." ★

Battle of the girl bands?

An additional poll asked students if they knew any high school girls bands.

- 28% of students answered that they know of a girls band at STA
- 72% of students answered that they do not know of a girls band at STA

The Dart asked girls if they would attend a Battle of the Bands event at STA

- 82% of students answered saying that they would attend this event
- 18% of students answered saying that they would not attend this event

STA will not be hosting a Battle of the Bands tournament this year, but now that the idea is out there perhaps there is hope for the future.

entertainment WALL



Vampire Weekend's new CD, *Contra*, was well worth the two-year wait between it and their self-titled debut album released in 2008. It's first song, *Horchata*, is a perfect start to a mellow but complicated mix of beats, layered with various and diverse instruments. When I first heard a song by them other than "A-Punk," I was not so impressed. To me, they seemed like rich and snobby Ivy-Leaguers. I mean how can they not seem like that, with lyrics like "And the ladies of Cambridge know who I am"? But, these fine lookin' boys have grown on me a bit. They make some good music.

★★★★★
-Micah Wilkins



The first time I listened to **Justin Bieber**, I thought he was a girl. The first time I saw Justin Bieber, I thought he was a girl. In his new single "Baby" ... I thought a girl was singing. But at least he's a girl with a nice voice! His single, featuring Ludacris, is your average repetitive pop song, but (I don't know, maybe it's the fact that he's 12) he's one of the few sweet male pop artists of our time! No wonder he's so popular. Tween girls are freaking out for a reason! A sweet guy/ girl with a nice voice, who wouldn't love that?

★★★★★
-Micah Wilkins



The book, **The Lightning Thief** by Rick Riordan was an interesting read. The book is following the ever popular book-turned-movie genre, and I'm anticipating it's debut. The unlikely hero of the book, Percy Jackson, suddenly finds his world turned upside down as he discovers he is the son of a god. Already battling ADHD and dyslexia, Jackson is forced to overcome many troubles in order to succeed in his quest. The book is a quick page turner, and definitely a must read.

★★★★★
-Taylor Irwin



"**The Lovely Bones**" had me clenching my fists and covering my eyes as a result of the gut-wrenching suspense. I never knew what exactly was coming, but I always had the feeling that something bad was coming. While this does not sound like a great theater experience--and it's not, as far as comfort goes-- I was immensely entertained. The movie itself is about the murder of a young girl who chooses not to enter heaven until she helps her family uncover the murderer and get on with their lives. She is stuck in a world in between, in which she can partially communicate with those on Earth, while not being there at all. The story ends as happily as possible, but dramatically and enticingly. This is a great movie to go see if you are looking for thrills, but still a wonderful story and message.

★★★★★
-Shaughnessy Miller

Sketching the future

A number of STA students from each graduating class choose to study art after high school. *The Dart* interviewed three of those applying to art institutions this year to discover the reasons behind their interest in pursuing art at the collegiate level.

by KYLIE HORNBECK
Academics Editor

Elaina Brownlee



Self-expression and creativity are life essentials, at least, according to senior Elaina Brownlee.

"I'm really inspired by all artists," Brownlee said. "I know how difficult the art process is and I admire everyone expression of their feelings through their art, even if I don't agree."

Hoping to become an art teacher or art therapist, senior Elaina Brownlee looks forward to pursuing art at the collegiate level.

"I really just enjoy the expression of art and all forms of it," Brownlee said. "[Art] is so creative and inspiring and changes all the time. I love that each person has a different interpretation and view. I like the effort and the process of creating art that really speaks to others."

Brownlee will have completed drawing I, advanced drawing, graphic design, computer graphics, painting and ceramics I and II by the time she graduates from STA. She is eager to further pursue art as a profession at either the Kansas City Art Institute, the University of Missouri at Kansas City, the University of Missouri at Columbia, the University of Colorado at Boulder, the University of Colorado at Denver, the University of Colorado at Fort Collins, the University of Colorado at Greeley, the University of Colorado at Pueblo, the University of Colorado at Southern, the University of Colorado at Western, the University of Colorado at Aurora, the University of Colorado at Lakewood, the University of Colorado at Broomfield, the University of Colorado at Centennial, the University of Colorado at Englewood, the University of Colorado at Golden, the University of Colorado at Longmont, the University of Colorado at Loveland, the University of Colorado at Monument, the University of Colorado at Palmer, the University of Colorado at Steamboat, the University of Colorado at Vail, the University of Colorado at Woodlands, the University of Colorado at Estes Park, the University of Colorado at Grand, the University of Colorado at Home, the University of Colorado at Summit, the University of Colorado at Telluride, the University of Colorado at Silverton, the University of Colorado at Silt, the University of Colorado at Fort Collins, the University of Colorado at Greeley, the University of Colorado at Weld, the University of Colorado at Adams, the University of Colorado at Arapahoe, the University of Colorado at Chaffee, the University of Colorado at Clear Fork, the University of Colorado at Conejos, the University of Colorado at Costilla, the University of Colorado at El Paso, the University of Colorado at Huerfano, the University of Colorado at Jefferson, the University of Colorado at Kiowa, the University of Colorado at Lake, the University of Colorado at Larimer, the University of Colorado at Lincoln, the University of Colorado at Logan, the University of Colorado at Morgan, the University of Colorado at Otero, the University of Colorado at Park, the University of Colorado at Pueblo, the University of Colorado at Pueblo West, the University of Colorado at Pueblo City, the University of Colorado at Pueblo County, the University of Colorado at Pueblo District, the University of Colorado at Pueblo Precinct, the University of Colorado at Pueblo Ward, the University of Colorado at Pueblo Zone, the University of Colorado at Pueblo Census, the University of Colorado at Pueblo Precinct, the University of Colorado at Pueblo Ward, the University of Colorado at Pueblo Zone, the University of Colorado at Pueblo Census.

"I want to study art history, ceramics and really all forms so that I can have an appreciation and knowledge of all forms of art," Brownlee said. "After college, I want to be an art teacher so that at an early age I can inspire children and bring out their creativeness and expressions through art."

Mackenzie Hatfield



Airports, old hair salons, abandoned buildings past the 300th block on Kansas and works by horror photographer Joshua Hoffine.

All of these inspire senior artist Mackenzie Hatfield.

"I never really just decided that I was interested in studying art," senior Mackenzie Hatfield said. "It kind of just always has been naturally where I gravitate to. I have a desire to create things, especially things that don't exist otherwise."

Eager to express her creativity, Hatfield has taken ceramics I and II and fibers at

Art History

Students from 2009 graduating class now attending art school:

- Alexis Taylor-Butler**- Kansas City Art Institute
- Kelly Younger**- Savannah College of Art and Design

STA as well as five years of classes at the Kansas City Art Institute, Hatfield hopes to pursue a career in commercial photography at either the Kansas City Art Institute, the Ringling College of Art and Design, the Savannah College of Art and Design, the Art Institute of Boston, the University of Kansas or the University of Central Missouri.

"I decided to apply to art schools because I want to go to a school where I can finally formally study art," Hatfield said. "Someday, I will have a career in the arts. It'll just take some convincing of my parents that not all artists are 'starving artists.'"

Rachel Knox



Senior Rachel Knox fell in love at an age when most girls are still potty-training.

"When I was a little tot, my parents gave me markers and covered the coffee table with paper," Knox said. "So, I guess that's where I started my addiction. My parents, I think, did that so I wouldn't draw on the walls, which I had been doing. I've loved art since and I just think it's a great way to spend my time."

In high school, Knox has dedicated much of her time toward practicing art. She has taken nearly all of the art classes STA offers including drawing, advanced drawing, painting, graphic design, ceramics I, computer graphics, digital photography, and portfolio, along with an architectural drawing class at the Kansas City Art Institute and a design class at Johnson County Community College.

But despite her love for art, Knox did not always think she could continue to study the subject after high school.

"I've known what I've loved to do ever since I was little, but before, I didn't think art could be a profitable career possibility," Knox said. "Then, in high school, I got into design."

Choosing to study art at the collegiate level, Knox hopes to study either interior or industrial design, depending where she attends school in the fall. She is considering the University of Kansas, Kansas State University, Missouri State University, Iowa State University, Maryville University, the Cleveland Art Institute and the Savannah College of Art and Design.

Windmoor makes its way online

The literary magazine staff creates Windmoor Wired in hopes of more submissions

by CHELSEA BIRCHMIER
Staff Writer

"We have about 150 fans on Facebook," junior Marissa Naggi said at a recent Windmoor meeting.

"That's great," advisor Megan Schaefer replied. "But what about submissions?"

Windmoor, the literary magazine, decided to go online last fall. Staff members have made a Facebook page and are testing out features that will hopefully go on the web site, Windmoorwired.com. However, they continue to lack submissions.

Senior Sydney Deatherage, who pitched the idea, believes there is currently not enough content to make a successful web site for Windmoor.

Putting up the web site will require even more submissions than necessary for the print edition, which Deatherage thinks may be difficult to find.

"According to Mrs. Jacquin, [for] the next two weeks, Windmoor needs 'a full court press' to get submissions," Deatherage said. "I sent out a facebook message and I've been talking to people about it a lot at school."

Windmoor has been making announcements every day during advisory in hopes of encouraging people to submit. For now, since Windmoor Wired is in maintenance mode, they are using Facebook to experiment.

"[When] we approached Mrs. McCormick, she liked the idea so she used the STA credit card and bought the webby things we needed, and I started working on it," Deatherage said. "We've already begun doing some [features] on our Facebook fan page that Michaela Knittel created. She made a slideshow of Anna Blanck's artwork and set it to music, put up photo galleries of digital photography class work and posted an animation that she

made. That kind of thing plus our traditional content is what we're looking for."

With the right kind of publicity, Deatherage believes Windmoor Wired will succeed and possibly even increase submissions.

"Hopefully it will increase the value of the print version, because we will be putting everything on the web site and then only select things in the magazine," Deatherage said. "It will also just bring Windmoor more to the spotlight if there's a web site that is always there, instead of a magazine that is handed out at the very end of the year."

She also hopes the web site will encourage students to create and share their creativity.

"[Windmoor Wired] will encourage people to share their work and show it off," Deatherage said. "And [it will] encourage people to appreciate fellow students' talents." ★

Please submit poetry, prose, artwork, photography, video, animation, and any other art to windmoorwired@gmail.com.

TAKING ACTION

Members of the STA community participate in activism, ranging from the local area to different continents

How you can help

Below you will find different ways to support Haiti relief.

- Buy the "Hope for Haiti Now" album on iTunes for \$7.99. All proceeds are donated to Haiti relief.
- Text "Haiti" to 90999 to donate \$10 to the Red Cross.
- Donate supplies for Mrs. Blessen to take with her to Haiti.

Sources: planetgreen.discovery.com



by MADALYNE BIRD

A Helping Hand ★ A relief worker holds the hand of Haitian child in a hospital. A 7.0 earthquake occurred in Haiti, leaving most of the country in devastation. PHOTO BY MCT CAMPUS

Healing Haiti: teacher called to aid survivors

Blessen to leave STA to help earthquake victims, fulfill personal mission

by CARA MCCLAIN
Staff Writer

Shock. That is what math teacher Diana Blessen felt when she heard about the earthquake measuring magnitude 7.0 in Haiti on Jan. 12. Blessen, who has traveled to Haiti on mission trips three times prior to the earthquake, immediately emailed coordinator of the Haiti Christian Development Fund, Haitian resident and good friend, Mr. Jean Thomas.

With his reply affirming that he and his wife Joy were both safe, he also gave her bad news. His long time friend Bebe who used to pick Blessen up from the airport in Port-au-Prince, Haiti's capital, died during the devastation.

"[Bebe] took care of us," Blessen said. "Port-au-Prince is very dangerous. There are mobs of people who see Americans and try to

get money from them." The death toll in Haiti has risen over 111,000 people, according to CNN.

Blessen, overcome with the news of the devastation in Haiti, began to wonder if God was calling her to go and help. She pondered the question over the weekend and decided that this was what she needs to do.

"I thought if I'm not supposed to go then it wouldn't work out," Blessen said. "But it all has."

Blessen is leaving Jan. 31 until Feb. 7 to assist Thomas' sister Gladys, who has founded a hospital and an orphanage in Port-au-Prince. Gladys, who is known as the "Mother Teresa of Haiti," told Blessen she would have water and shelter and would be working back and forth for her hospital and orphanage.

"The kids [at the orphanage] are all safe, but they've been traumatized," Blessen said. "No one is caring for them."

This will be Blessen's first time working for Gladys. Although she has no medical training, Blessen believes the fact that she is a mom will be helpful.

With Blessen, nine other volunteers are go-

ing to Haiti. Five of them have a medical background and the other five are there to lend support and a helping hand. Among the four without a medical background is Blessen's daughter Melissa, a junior at Kansas State University.

Originally, Blessen said, there was not enough room for Melissa to go, but when one person dropped out, Melissa gladly filled the space.

"I am kind of nervous for [Melissa] to go," Blessen said. "We don't know what we are getting ourselves into."

According to a daily newsletter sent to Blessen from Joy, most of the Haitian people do not know what is going on in the rest of their country.

"We have always understood that much of the world understands more of what is happen-

ing in Haiti than the Haitians themselves," Joy said. "[Many Haitians] have been living the tragedy 24 hours a day, but do not have access to televisions to get a broader picture of it all."

The Thomas' have been recording news programs about the earthquake and showed them at their church meeting on Jan. 21. They plan on showing the tapes again because of the overwhelming amount of people that showed up to see them.

"The church was full to overflowing, standing room only (approx. 400 to 450 people) and that many or more [were] standing outside trying to see through the windows or get news from those closer than they were," Joy said.

Despite fearing what might happen, Blessen is ready to go to Haiti and help.

"I feel like I'm doing what God wants me to do," Blessen said. ★

"We have always understood that much of the world understands more of what is going on in Haiti than the Haitians themselves."

Joy Thomas, friend of the Blessens



Blessen

Breaking the dry spell

Junior Anna White brings clean water to Africa with father

by MADALYNE BIRD
Features Editor

A wave of sadness hit junior Anna White as she watched the African girls her age carry heavy jugs full of water into their small

community. "It made me realize how much I take for granted," White said. White and her father, Mr. Gary White, traveled with the organization he co-founded with actor Matt Damon called Water Partners International. In 2008, Gary was inducted into the World Philanthropy Hall of Fame. Water Partners raises money in the US and takes it over to third-world countries in mostly Africa and Asia. The money is then given to smaller, "trusted" companies in those countries, who know the communities and what they need. The money goes toward building a wells for clean drinking water.

"My dad's company also trains the people in the community to build the wells," White said. "That way if something goes wrong and breaks, [people in the community] can repair it themselves. It makes them self-sufficient."

While in grade school White spent two and a half weeks on her trip to Africa in Kenya and Ethiopia.

"I saw a lot of [well building] projects while I was there," White said. "It wasn't something I could really help out with a lot, though. The people there need to learn how to maintain them."

During her trip, White and her travel group went out to a small village two hours out of the way.

"It was in the middle of nowhere," White said.

When the group arrived, they were greeted by a community gathering. Being surrounded by people banging on drums, with overjoyed smiles on their faces, was something White would never forget. Water Partners would make a difference in their lives.

"It was amazing how you were a white person going over [to Africa] who had so much wealth and they didn't hold it against you," White said.

As for White, she wants to continue traveling on these projects with her father.

"I haven't been anywhere in a while," White said. "But I really want to go to Haiti this summer." ★



PHOTO BY MICAH WILKINS

ANNA WHITE
—Water Partners International—



Cleansing Water ★ African girls wash their hands in a well built by their community. PHOTO SUBMITTED

service you can perform at STA

BY THE NUMBERS

The Dart looked for ways students can do service, just by staying on STA's campus.

Are you a blood donor?

- Feb. 12 is the day of STA's blood drive put on by the Community Service Club
- 16 years old is the required age of a blood donor
- 8 donations to the Community Blood Center before high school graduation makes you eligible to receive the Gallon Grad award
- 60% of the population can give blood, but only 5% actually do

Source: savealifenow.org

by CARA MCCLAIN

Seniors lay down the law

STA students Kayla Kratofil, Alexis Banks participate in and try juvenile cases

by MICAH WILKINS
Entertainment Editor

"The honorable Kayla Kratofil," the youth court member announced to the room as Kratofil walked in, gavel in hand, robe hanging, nearly covering her feet.

Seniors Kratofil and Alexis Banks are judges for the Kansas City Youth Court, a diversion program from the Kansas City family court, in which young people from across the city volunteer defend, try, judge, and convict troubled youths who get into some trouble.

"If it's a good kid who just made a mistake, rather than giving them a criminal record, they send them to us," Kratofil said. "The point is so they have someone real talk to them."

The court assigns their juvenile offenders essays, apologies or community service hours, and if they complete these tasks, then their crime is expunged from their permanent record, Kratofil said.

The juvenile offenders sometimes have behavior issues when dealing with Kratofil and Banks, but they feel it's all worth it in the long run.

"Even if you get frustrated with the defendant, you know that at least they have a clearer view of their actions," Kratofil said.

Banks agrees, saying that having someone the defendant's age, explaining their offenses and punishments helps them understand and process the information better.

"To have someone their age tell them the consequences, and where they could end up, it seems like that makes them understand better," Banks said.

Both Kratofil and Banks initially thought when they first started training that they wanted to be lawyers. Now, though their desired career aspirations have changed, they still value the experience of defending

and trying these youths.

"[The defendants] see that I'm doing something positive, so that influences them to do something positive," Banks said. "To know that I influence other kids to do good makes me feel like a better person."

After completing a summer training session, and passing a bar exam, Kratofil and Banks were sworn in as judges of the

Youth Court their junior year. The pair volunteer as judges once every two weeks. Though their Youth Court duties are time-consuming, the experiences they have, and the people they meet, make the opportunity well worth their time.

"I've always volunteered and given service to my community," Kratofil said. "But I was looking for a way to reach out to people I wouldn't normally come across. These kids are different than my own life. It's a way for me to help people I would never think to help. These kids aren't homeless and not hungry, but they still need my help." ★

"I was looking for a way to reach out to people I wouldn't normally come across..."

Kayla Kratofil, senior



PHOTO BY MICAH WILKINS

KAYLA KRATOFIL AND ALEXIS BANKS
—Kansas City Youth Court Judges—

STA to participate in the national language exams

STA students take exams in hopes of earning awards to build their college resumes

by LAURA NEENAN
Staff Writer

Many STA language students will take the National Language exams this March. Students have begun preparing inside and outside of the classroom for these nation-wide tests.

Each exam costs \$3-5, is optional, and will not impact a student's foreign language grade. STA will offer students from Latin I-IV, French I-IV and Spanish III an opportunity to take the exams which are compared to students across the country.

"[Comparing the students' scores to students across the country] is a good tool for the school to know how both the teachers and students are doing," Spanish teacher Julia Gargallo said.

Incentives

French teacher Alice Amick, Latin teacher Sue Marquis and Gargallo encourage students to take the exams as an opportunity to build their language skills and college resumes by potentially receiving awards and scholarships.

Marquis offers another incentive to take the exam. The Latin students who choose to take the exam will receive 1/4 point extra credit in their class for every point they get correct.

Junior Margaret Haake is enrolled in both Latin I and Spanish III and will take both exams for the experience and chance to build her college resume.

"[I am taking the tests because] they are big reviews that don't hurt my grades," Latin I junior Margaret Haake said. "Except the Latin test is especially nice because you can always use extra credit."

The extra credit offered will modestly increase the student's grade, but will result in no more than the 1% of the semester grade, keeping within the language department policy. Due to the small number of French students choosing to take the exam, Amick is considering offering extra credit in the future in order to urge more students to participate.

Preparation

All three teachers have given their students the necessary information to take the exams according to Marquis, Gargallo and Amick. For Latin and French, Marquis and Amick are giving their students practice exams as language lab activities. Gargallo is giving vocabulary for Spanish students to review on their own and will review one grammar point each week with students in class.

"My teachers have prepared me well by the time I will have taken [both exams]," Haake said. "I may not get all of the questions correct but I know I will have tried my hardest."

Haake plans on studying to thoroughly review key grammar concepts and vocabulary terms equally for each test.

The Tests

The American Association of Teachers of French (AATF) and National Latin Exam Committee administer the tests in a multiple choice format that requires Scantron sheets. The American Association of Teachers of Spanish and Portuguese offer the National Spanish Examinations online, formatted through the Quia Corporation. According to nationalspanishexam.org, this exam is the first national world language exam to be administered online.

STA has not previously offered the Spanish exam to students because of the technology, according to Gargallo. This year is a trial year and the school will potentially be able to offer the exam to more levels as the school's technology improves.

Results

Both Gargallo and Marquis have high hopes for the results of the exams.

"I imagine we are pretty close with the National levels," Marquis said. "These are pretty smart girls."

Both teachers encourage students to prepare individually in order to achieve their best score on these national exams.

"Be prepared and take [the exams] seriously, even if it is only \$5 you're losing," Gargallo said. "Try to do your best. There is nothing to lose and everything to gain. ★"

Nulton: Catholic doctor refuses to give birth control.

Continued from page 9

"There have been people who have criticized me, but with those people who have criticized me directly, we have had the opportunity to share our feelings and understand where one another is coming from and respectfully disagree," Nulton said. "I think that in those situations, they came away with a good understanding that my decision to not promote contraception is a well-thought out and well-formulated decision and that there is a lot of validity to that recommendation."

Despite these criticisms, Nulton stands by his beliefs in the workplace and according to

Sally, he and his wife Maura have succeeded in extending their religious values to their eight children.

"My parents have always taught us that the Catholic teachings are the true teachings, but I have never felt that my parents are forcing anything upon me," Sally said. "[My dad's dedication to his beliefs] shows how strong his faith is in the Catholic Church. I think that's why I respect my parents so much and why I have had such a good experience growing up Catholic, because my parents know what they believe and have taught me to stand strong for my convictions and my morals." ★

Marching for life

Senior Shuaghnessy Miller travels to Washington DC in order to advocate pro-life

by SHAUGHNESSY MILLER
News Editor

Last week, I cut class and traveled to Washington DC for the 36th annual March for Life. For those of you who don't know, my family is extremely pro-life and my parents are very involved in this issue. Personally, I believe abortion is wrong, but do not advocate as strongly against it as my parents, mainly because I am not as political as them. However, I was proud to show my support for life with thousands of others last week.

My family and I stayed near the capitol and enjoyed a wonderful experience in the heart of DC. We visited all the usual attractions of the mall, but participated in a very unusual event. For those of you unfamiliar with the March, it is a rally in which pro-lifers congregate and march from the Washington Monument to the Supreme Court Building on the anniversary of Roe v. Wade. Over 200,000 people gathered to peacefully protest the law and show their sup-

port for life.

Before the march, we went to church at the Basilica of the National Shrine of the Immaculate Conception. Thousands of Catholics attended all three masses and some even slept in the crypts of the largest Catholic church in the US. However, the march was not limited to just Catholics. Christians of all denominations, people of other religions and even non-religious people gathered to express their moral views. The march took a few hours, even though it was only about a mile, because the size of the crowd is so massive. Though it was amazing to see so many other people who support my views, I was exhausted by the end.

The part of the march that impacted me most was the women who spoke about regretting their abortions. One spoke of how she was a feminist and felt the need to prove her point by having an abortion, but later felt depressed and angry with herself. It was eye-opening to see these women torn apart by abortion. In addition, it was interesting to learn that Ms. Norma McCorvey, the plaintiff of Roe v. Wade, experienced a conversion and now attends almost every year. Overall, the experience was informative and amazing and I would recommend for anyone interested to attend next year. ★

STA students keep their "Cool"

Over 150 STA students met in Goppert Center Jan. 15 for cool school

by ELIZABETH WILSON
Managing Editor of Copy

Spirited students and faculty members showed up to school at 5 a.m. Jan. 15 as STA took the spotlight as the first KCTV5 cool school of 2010 and the first all-girls' school to be featured as a cool school. For those who attended, the morning consisted of Chris Cakes and dancing and racing to be the first students to arrive, in order to collect the "special gift" (found to be a STA headband) given to the first 115 students in the gym. The live broadcast highlighted several of STA's "cool" non-athletic achievements and programs during each of the nine live segments. Although the remainder of the day consisted of endless complaints of sleep deprivation, according to marketing

and public relations Diane Wilmot, principal for academic affairs Barbara McCormick overheard one of the KCTV5 anchors mention how STA "set the bar" for cool school events. To view the live segments from the event, go to www.kctv5.com and search "St. Teresa's."

Brief summaries of the video clips:

St. Teresa's Offers Helping Hands To Community: Senior Kayla Kratofil talks about helping the dear neighbor; senior Anne Marie Whitehead tells how STA spelled out "STA is cool" on the gym floor with the 3,500 canned goods collected for Operation Breakthrough; junior Emily Strickland shares some of the ways STA helps the women of the community and how STA is working with Heart to Heart to collect money for Haiti.

St. Teresa's Has Spirit, Yes They Do: Senior Becca Sommerhauser tells how Spirit Club is keeping everyone awake while the girls chant the popular school chant "We Are St. Teresa's" in the background.

STA Receives Cool School Award: Senior class president Caroline Thompson and Presi-

dent Nan Bone accept STA's cool school trophy presented by Wendy's and KCTV5.

Stars Dance Team Shows Their Moves: Senior Rebecca Oyler, captain of the dance team, talks about the dance team; the dance team performs one of its routines.

STA's Acting Chops: Drama teacher Shana Prentiss talks about the theatre group; the theatre group performs a piece from "Greater Tuna", a production they are taking to Edinburgh, Scotland this summer as part of the International Fringe Festival.

Students Share History Of the Academy: Junior Emily Strickland talks about the history of STA; senior Taylor Irwin and sophomore Paige Wendland tell why they nominated STA as a cool school.

Award-Winning Journalism Bunch: Seniors Sydney Deatherage, editor-in-chief of Dart-NewsOnline, and Rosie Hodes, editor-in-chief of The Dart, talk about the school newspaper and seniors Jessica Ann and Allison Pericich, co-editors-in-chief of the Teresian, talk about the yearbook and why they think St. Teresa's

publications are so cool..

Students Offer Aid Through Medical Missions: Junior Riley Uecker talks about the Medical Missions Foundation and how important it is to STA to help their dear neighbors all around the world.

Choir Shares their Voices: Senior McKenzie Miller talks about the STA choir; the choir sings the school song.

E-mail sent to administrative assistant Kelly Drummond from KCTV5 reporter Iris Hermosillo:

Hey Kelly,
I owe you a big thanks! The girls were wonderful. If they were nervous, they certainly did a good job of hiding it. Please, let them know that they did a great job. Also, once again thank you so much for raising so much in donations for Heart to Heart. You should have seen how excited everyone in the newsroom was after hearing about it.

Take Care,
Iris Hermosillo
KCTV5/KSMC ★

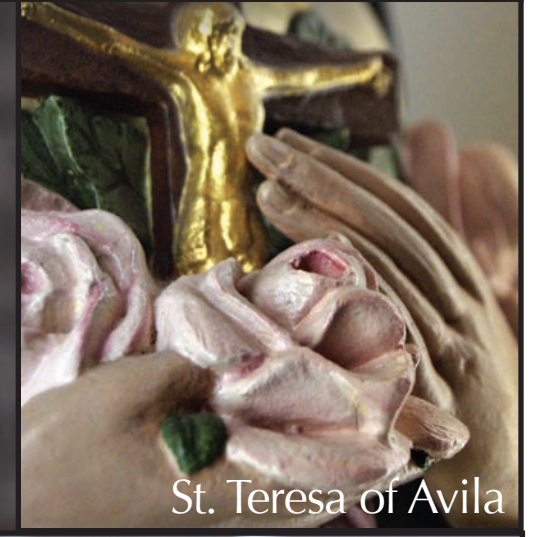
Ms. Denise Rueschhoff

Time on STA's Hands



Photos By Avery Adams

Whether they are working, playing, reading, writing or eating, STA students and teachers are always using their hands.



St. Teresa of Avila

Senior Chloe Watters



Junior Maria Blando



Senior Celeste Bremen



Junior Katie McCalla