

ST. TERESA'S ACADEMY

# the dart

volume 69 ★ issue 7 ★ march 11, 2010

SKETCHING  
OUR  
FUTURE

The STA administration reconsiders the chapel location, hires a new architectural firm for the project and seeks out feedback from students and employees

See pages 12-13



# Water INTO Wine

Some parents give children first taste of alcohol hoping to eliminate 'forbidden fruit'

by TAYLOR IRWIN  
In Focus Editor

Freshman Scout Distefano smiles and shakes her head no as her mother, Ms. Laura Duchardt, holds a glass of red wine out to her daughter. Shrugging her shoulders, Duchardt then offers the glass to her older daughter, senior Tess Distefano. Taking the glass from her mother's hand, Tess pulls out a chair in their dining room and sits down, ready to enjoy the meal she helped prepare.

"I let my daughters drink because it is in a way a part of our culture and several other cultures," Duchardt said. "I'm teaching them how to be adult out of it; I'm also taking away the 'forbidden fruit' appeal to alcohol."

According to the official website for the state of Missouri, "Any owner, occupant, or other person or legal entity with a lawful right to the exclusive use and enjoyment of any property who knowingly allows a person under the age of twenty-one to drink or possess intoxicating liquor or knowingly fails to stop a person under the age of twenty-one from drinking or possessing intoxicating liquor on such property, unless such person allowing the person under the age of twenty-one to drink or possess intoxicating liquor is his or her parent or guardian, is guilty of a class B misdemeanor."

According to the National Council on Alcoholism and Drug Dependence of Kansas City, Missouri (NCADD), situations like these are becoming more and more frequent in families.

NCADD's website, www.recoverycentral.org, states that in 2009, 72.3 percent of high school seniors surveyed have had at least one drink in their lifetime, and 66.2 percent have admitted to being drunk within the last month. Over half of these students reported having had a drink at home with their

parents.

"Parents seem to think that if their kids drink at home, they're less likely to drink outside on their own," Karen Schalker, prevention specialist for the NCADD said. "That may be true for some kids, but it's a rumor that's never actually been proven."

Tess is only allowed one drink a night maximum, and is frowned on when she has a glass of wine more than twice a week.

"I think that what [my mom] does makes sense," Tess said. "I plan on raising my kids the same way. By being allowed to drink every once in awhile at home, I'm less tempted to drink just to get drunk on the weekends, and I contribute that to my mom."

Duchardt would rather watch over her daughters as they encounter new experiences such as drinking, which she believes is part of her role as a mother.

"I believe that by letting them drink under my watch," Duchardt said. "They are less likely to drink outside of my home. I know that as

## STA Says

82 STA students were given a survey concerning drinking at home with their parents.

The survey asked, "Do you think it's okay to drink alcohol occasionally at home with your parents?"

- Yes: 50% of students think drinking at home is acceptable.
- No: 23% of students think drinking is acceptable.
- Depends: 27% of students say it depends on the situation.

lawn or being rushed to the hospital."

Drinking at home isn't forced, either.

"I don't [drink] too often with my parents, mostly because I don't want to," Scout said. "I've had a glass or two of wine, but drinking in general is just not something that really interests me."

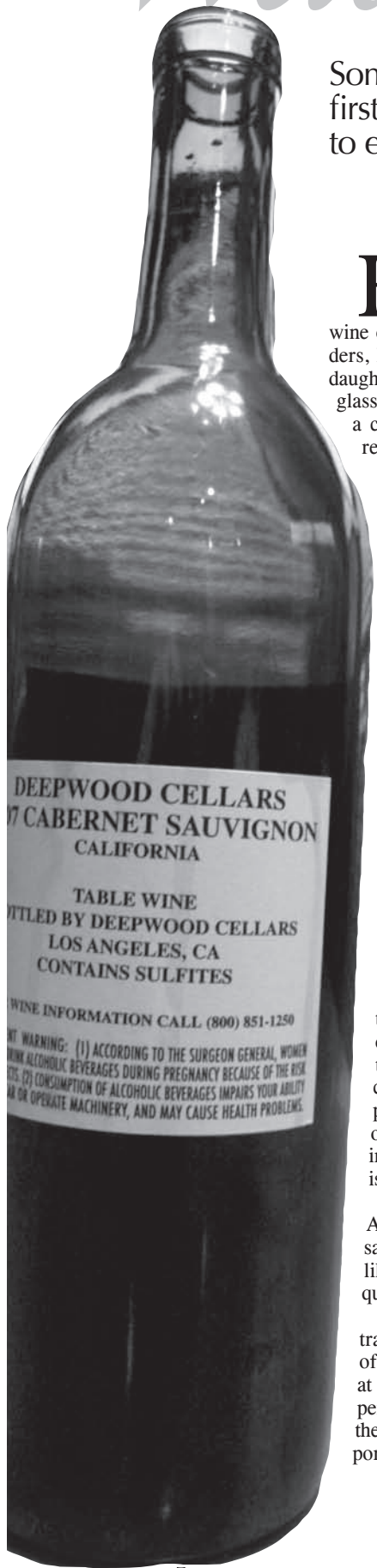
Schalker does not believe it is in the best interest of teenagers or their parents to allow underage drinking within the home.

"Obviously, my goal is to prevent underage drinking altogether if I can," Schalker said. "There's a reason it's illegal. Your body isn't ready for the effects of alcohol, end of story. So, when I hear parents encouraging their teenagers to drink, I become really worried and just wish everyone knew what I know about the devastating effects of alcohol."

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PHOTO ILLUSTRATIONS BY TRACY BURNS-YOCUM



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Schools choose to begin later, students learn better, studies show.  
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Girls describe where they find God here on the STA campus.  
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**Dart News Online:**  
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# One student makes a difference

Allison Fitt's passion inspires author Mortenson to donate over 600 books at assembly

by KYLIE HORNBECK  
Academics Editor

Nobel Peace Prize nominee and bestselling author of *Three Cups of Tea* Greg Mortenson donated over 600 hardback copies of his newest book *Stones into Schools* to the STA community because of the passion he found in a conversation with one girl, STA sophomore Allison Fitts.

Having read *Three Cups of Tea* and having learned about Mortenson's works through various teachers at STA, Fitts said Mortenson inspired her. She decided to attend Mortenson's presentation about his new book at Unity Temple Dec. 17, before which she sent him a personal letter, outlining his impact on her life.

"What he prevailed through is just so inspiring," Fitts said. "It shows how one person can make a difference."

Both *Three Cups of Tea* and *Stones into Schools* discuss Mortenson's personal struggles and triumphs after founding the Central Asia Institute to build schools and provide children in remote areas of Pakistan and Afghanistan with educations. So far, Mortenson and the Central Asia Institute have built over 130 schools to educate over 54,000 children, according to the Central Asia Institute's website.

When Fitts attended Mortenson's presentation, she had no idea what was to come. In fact, she said, she was lucky to attend; she and her mom bought tickets 1250 and 1251 of the 1250 available tickets.

After the presentation, Fitts approached Mortenson, explaining to him how she learned about his story and how he had influenced her.

"When I talked to him that night after the presentation he said he would donate a few books to our school," Fitts said. "I had no idea everyone at STA would get one."

According to Rainy Day Books representative Vivian Jennings, Fitts greatly impressed Mortenson because of her passion.

Because of Fitts' interaction with Mortenson, Jennings appeared at STA Feb. 11 to present a



**Precious Moment** ★ President Nan Bone embraces sophomore Allison Fitts during the pep rally Feb. 12. Each STA student and faculty received a copy of the novel *Stones into Schools*. PHOTO BY AVERY ADAMS

copy of Mortenson's new book to every STA student, staff member and faculty member. She spoke to the students about Mortenson's cause, emphasizing the importance of women's education.

"What [Mortenson] and Rainy Day Books hope is that girls will read books and appreciate education," Jennings said. "We want them to think that education is a gift and to learn to use that gift to make a difference in this community and beyond."

Fitts hopes STA students will benefit from reading Mortenson's books and learning about the causes of the

Central Asia Institute.

"I hope all the girls take time to read some—if not all—of his book and to be inspired by it and help his work by donating to the Central Asia Institute," Fitts said.

## How you can help:

- "For your birthday party... ask people to make contributions to Central Asia Institute, which will make a tremendous difference."
- "Spread the word. Talk about what's going on, and tell people how they can help out."
- "Start thinking about what difference you are going to make in life, in the world... That's progress."
- Visit the Central Asia Institute website for more information: [www.ikat.org/](http://www.ikat.org/)

Source: Vivian Jennings

# Campus vandalism caught on camera

New camera catches vandals joy-riding across STA's campus

by ROSIE HODES  
Editor In-Chief

STA's campus was the site of vandalism late the night of March 23 when a car drove through the quad, the soccer and softball field and the grass north of the M&A Building. Usually with this type of vandalism, the people in the car get away with the crime unnoticed. But, STA's new motion-sensing cameras on each building were able to capture a clear picture of car driving through campus.

"Extremely rarely do we have a picture," Kansas City, Missouri Police Department Officer Terry Finn said. "Even more rarely do we have a picture this clear. All we're missing is the license number."

Finn's daughter attended STA and he has helped with vandalism in the past. He believes that displaying the photo to the STA community will help locate the driver. According to maintenance manager Raphael Ramirez, if STA had had these cameras last year, they would have been able to catch the people who vandalized STA's statues, sidewalks and buildings with spray paint.

Finn said this most recent vandalism does not present any reason to worry. Freshman Janie Thompson agrees and said that the perpetrators were "ridiculous" teenagers who thought driving through the campus was funny. Thompson plays soccer for STA and said the grooves were clearly visible on the field and could mess up some passes during practice.

Ramirez said landscaping crews can fix the damage to the grass once the weather is nicer and they can flatten it with a type of rolling pin.

Also when it is nicer outside, the maintenance crew will check if the cars damaged the sprinkler system.

Another aspect of the vandalism adding to the costs is that the driver uprooted a small tree near Donnelly Hall that was planted in memory of an STA alumna. Ramirez said they will plant a new tree, and if the driver is caught, they will have to cover the cost.

According to Finn, if the damage exceeds \$750, the case will go to state court instead of city court. If the driver is a teenager, he or she will be punished at their school, such as suspension or expulsion. Thompson thinks warning of the consequences are a good idea.

"If we knew what the punishment would be, then people would think twice before they did that kind of stuff," Thompson said.

According to Ramirez, this vandalism might result in more signs around campus, warning of the

Last year, World Cultures Club raised over \$500 for the Central Asia Institute, but Fitts hopes STA can do more.

World Cultures Club moderator Denise Reuschhoff agrees because she believes Mortenson's story has so much to offer.

"I really find him to be an extraordinary human being because the places he builds schools are in extremely volatile regions of the world," Reuschhoff said. "It amazes me that he's able to do what he does."

Reuschhoff hopes students can benefit from learning about Greg Mortenson's work and plans to raise money for the Central Asia Institute again.

For now, Fitts is incredibly appreciative of Mortenson's donation to STA, which she hopes will inspire her peers. However, she thinks STA can go further to help the Central Asia Institute and make a difference.

"It only costs one dollar to educate one girl for one month over there," Fitts said. "I feel that by educating children who wouldn't otherwise have the chance, the future of our world could be changed for the better."★



**Busted** ★ New motion-detecting cameras catch vandals driving across STA's campus Mar. 23. Authorities said displaying the picture may help catch the driver. PHOTO SUBMITTED

cameras that capture clear photos of the perpetrator, and bring police much closer to capturing the perpetrator themselves.

"We want the campus to be safe and we want people to know we have protection when we're here," Ramirez said.★

## DARTBOARD

by MICAH WILKINS, KATHLEEN HOUGH, KATIE HYDE and KYLIE HORNBECK

### Upcoming choir concerts

The STA A Cappella choir and instrumentalists will perform a repertoire Spring Concert the evening of March 25. According to Senior and STA singer McKenzie Miller, the concert will be the biggest of the year. The STA musicians and singers will perform in Districts the Saturday after the concert, and the Spring Concert will act as a practice run for the girls, says Miller.

"The Spring Concert will get us ready," Miller said. "We get experience in front of an audience before we're in front of a judge."

Choir teacher Michelle McIntire, along with the STA singers, choir members and musicians, have recently been heavily promoted, to encourage audiences and support. In addition, choir hopes to add to its collection, drawing from surrounding grade schools.

"We're doing a recruitment tour the Tuesday after Spring Break," Miller said. "So that kids will say 'hey, they have a cool choir.'"

The choir will perform the same ensemble that they will perform at district at the Spring Concert, which will be free of cost. Supporters are encouraged to attend.

### Moran welcomes second child

STA cross country coach Karen Moran Redlich, husband David Redlich and son Michael welcomed baby Julia Elizabeth Redlich Feb. 26 at 8:30 a.m. Julia weighed 7 pounds, 5 ounces and was 19.5 inches long.

The Moran-Redlichs have completely fallen in love with Julia and she has brought them so much joy already, according to Moran.

"She is so beautiful and even though she still sleeps most of the time, when she is awake, she has the most curious and funny looks," Moran said in an email. "People keep remarking how much hair she has and it is incredible how thick her hair is. We were so excited to finally meet her!"

### Math Team excels at KCATM

Last Saturday, fifteen STA students competed at the Kansas City Area Teachers of Mathematics competition.

These STA girls placed second overall in the small school division. In the advanced math section, they placed first, and in word problems section, they placed second. They placed third in the algebra, geometry and mathletics sections. Sophomore Erin Sellers volunteered last minute to compete Saturday so there would be enough sophomores attending from STA. She placed fourth in geometry, sixth in algebraic equations, eighth in word problems and sixth in graphing.

"To be honest I didn't feel all that good," Sellers said. "I feel like everyone [from STA] overall did really well."

Paige Wendland placed second for all-around sophomore, and Celeste Bremen placed first for all-around senior.

### Cooking Club fundraiser

The Cooking Club has kicked off its annual Cookie-Gram sale to raise money for Harvesters food pantry. The club will be selling Cookie-Grams to send to friends for 50 cents during lunch/activity tomorrow, and the cookies will be delivered to advisors the Monday following Spring Break.

"It's better than just donating leftovers or canned goods by giving money to [Harvesters]," Haywood said. "[With money], people can buy what they actually need. It's more helpful that way. Plus, I absolutely love making hundreds of thousands of cookies."★



## 15 juniors transfer

Class of 2011 downsizes from 141 to 126 students

by ELIZABETH WILSON  
Co-Editor-in-Chief

### Jordan Brown

**When did you leave?** After sophomore year

**Where do you go now?** Shawnee Mission East High School

### Why did you transfer?

"I didn't really have any specific reason for transferring [out of STA], other than the fact that I just wanted a change...[SME] and STA are so different from each other, and of course there are pros and cons that surround each school, so I figured that two years at each [school] would be beneficial."



### Lindsay Macartney:

**When did you leave?** After first semester junior year

**Where do you go now?** Blue Valley Northwest High School

### Why did you transfer?

"I transferred because I felt out of place [at STA]. [STA] is a great school, but it just wasn't for me. I had a really difficult time making friends because a lot of girls came in groups depending on the middle school they came from... Most people gave me the impression that I didn't belong in their 'group' and I shouldn't be talking to them...Sophomore year, I was very unhappy but I thought I needed to give it more time and make more of an effort to get to know people. I gave it a year and things had not changed. I was worried that I would look back on my high school experience and think that they weren't great years during my life...I knew that I couldn't keep doing this to myself."



### Claire Wahrer

**When did you leave?** After sophomore year

**Where do you go now?** Shawnee Mission East High School

### Why did you transfer?

"I left [STA] primarily because I was unable to keep up academically."



### Jennie Heule

**When did you leave?** After first semester sophomore year

**Where do you go now?** Lee's Summit West High School

### Why did you transfer?

"I mostly left because I wasn't happy [at STA]...I just didn't really like the atmosphere of it. And it seemed like everyone else thought it was like a great place to be, but it just didn't feel that way to me."



For complete list of the transfers, go to [www.dartnewsonline.com](http://www.dartnewsonline.com) ★

# Valedictorian, Salutatorian revealed

Top students of senior class share their study strategies

by CHELSEA BIRCHMIER  
Staff Writer

## Valedictorian: Celeste Bremen



**Victorious Val** ★ Valedictorian Celeste Bremen studies during a free Feb. 11. PHOTO BY AVERY ADAMS

When senior Celeste Bremen received news that she was this year's valedictorian, she was surprised, even with her 4.7 GPA and her enrollment in multiple AP courses.

"I didn't really know," Bremen said. "They just called me up to the office and told me. So it was a nice little bit of news for the day."

Bremen spends four to five hours a day studying, depending on after-school activities. She does not play any sports but co-edits Windmoor, the literary magazine, and participates on the math and science bowl teams. She also tutors outside of school.

"My schoolwork definitely always comes first, but I try to set aside specific amounts of time for

spending time with my friends and doing things not school-related," Bremen said. "Eventually, school gets tiresome, so I like to get a break every now and then."

Bremen is considering a career as an actuary, so she would like to major in statistics, economics or finance and possibly Spanish. She feels STA has prepared her for both college and a career.

"I think it's great that girls have the opportunity to go to Rockhurst [University] and do even more courses," Bremen said. "And I think St. Teresa's taught me to work hard, as well as how to balance extra-curriculars and still have a social life. I can see that it's all starting to culminate into going to college, so it's definitely worth it to study hard." ★

### FAST FACTS:

**Cumulative GPA:** 4.7  
**GPA this semester:** around 4.9  
**Classes:** AP government, AP biology, college composition, college Spanish, calculus II  
**Activities:** Windmoor, math team, science bowl, tutoring  
**Family history:** Her mother was also valedictorian.  
**Hours spent studying:** 4-5 hours per night  
**Wants to major in:** statistics, economics or finance and Spanish  
**Advice to aspiring valedictorians:** "Keep working hard. The time investment is definitely worth it."

## Salutatorian: Caroline Thompson

Senior Caroline Thompson was checking out of school early one day when Ms. Julia Berardi told her that principal Barbara McCormick wanted to see her. After having a terrible day, Thompson expected McCormick to tell her she was in trouble or ask her to do something. Instead, she told Thompson that she was this year's salutatorian.

"My jaw just dropped because it was such a surprise," Thompson said. "I was scared to tell people at first because I thought that it might be a mistake or something. The girls I go to class with are just so, so brilliant. We have a lot of talent, because I was completely shocked."

After Thompson heard the news, she called her sister Emily, who graduated STA in 2008 and now attends the University of

Notre Dame.

"[Emily] was walking across her quad [when I called her], and she started freaking out and screaming and all this stuff," Thompson said. "People were staring at her. She kept saying, 'I don't mean to make you feel bad. I don't think you're stupid, it's just crazy! I'm so proud of you.'"

Thompson is proud of her hard work and feels the support of her family and friends at STA has helped her maintain her grades and reach her goals.

"I don't consider myself a genius by any means," Thompson said. "But I do know myself and I do work hard, and I think that's what really makes a difference. I try to make school a priority, get everything done and just kind of rely on God for the rest." ★



**Sassy Sal** ★ Salutatorian Caroline Thompson discusses plans for the weekend with friends during lunch Feb. 12. PHOTO BY AVERY ADAMS

# Local rapist causes concern

Man accused of serial rape in Waldo neighborhood, students take precautions

by LAURA NEENAN  
Staff Writer

"Our [family] friend was one of the rape victims," senior Julia Barnett said. "She was recently divorced and living alone. She was letting her dogs out when [the rapist] attacked her."

According to kctv5.com, the man sexually assaulted three women in the evening of Jan. 23 and morning of Jan. 24 and Feb. 22 in the Waldo and Brookside neighborhood. Police believe this same man is responsible for similar sexual assaults in the same area Sept. 29 and Oct. 11 of fall 2009. Victims describe the suspect as a black male, about 6 feet tall, 250 pounds, bald with acne-scarred cheeks, having a deep voice, very bad breath and smelling of exhaust fumes. The reason investigators believe this rapist might be the same one who is responsible for other attacks is because the crimes share a lot of similarities, both in the man's appearance and the way he attacks his victims.

The reports of the local rapist have increased fear of attack in many STA students, especially those living in the Brookside and Waldo area.

"When I'm the only one home, I get scared," sophomore Meg Nulton said. "I live in an old

house, so I always hear things and convince myself that someone's inside, even though I have locked every door and set the alarm. I think all the recent buzz about the rapist has made me a lot more cautious and aware about how safe I need to be."

According to Detective Dotson of the Kansas City Police Department, the recent awareness of a serial rapist should not cause people, especially women, to be more frightened. Dotson advises both men and women to pay attention to their surroundings, regardless of the situation.

"If you ever see something suspicious, call the police," Dotson said. "It is better to be safe than sorry."

Junior Anna White and her family had a security system installed about a month ago to ensure their safety because of the recent rape incidents.

"My family has always been pretty cautious about locking our doors and doing things to make it look like we are home [even when we're not], like leaving some lights on," White said. "We have become a little more cautious in recent months [because of the rapist], like installing our new security system."

White and Barnett are both very alert when walking to their cars, especially at night. White has her key ready or a finger on the panic button anytime she is walking to her car. Barnett even called her neighbor to walk her to her car one night when her parents were not home. Nulton, along with her mother, believes it is important to be even



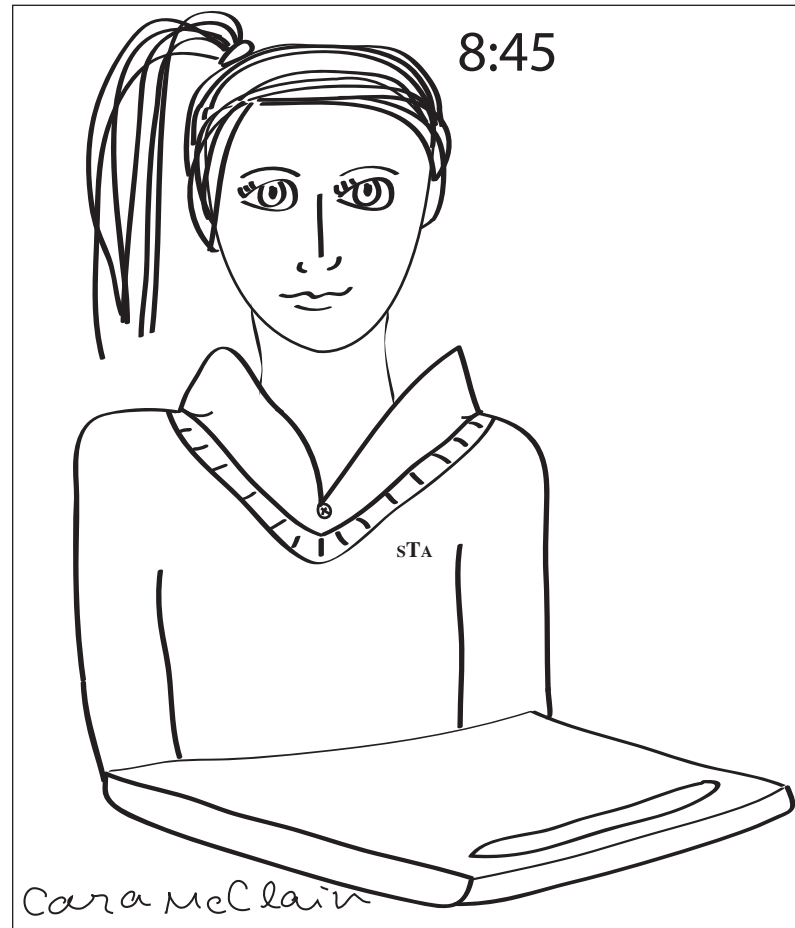
**Warning signs** ★ A sign outside of St. Elizabeth's Catholic Church in Waldo depicts a sketch of the "Waldo Rapist". At this time, the police have no suspects in custody. PHOTO BY TRACY BURNS-YOCUM

more watchful when entering and exiting the car.

"My mom is constantly worried about [the rapist], so I have to call [her] whenever I am getting in and out of my car if it is dark outside," Nulton said. "I always lock my car doors and sometimes [my mom] even has me check my trunk."

Dotson suggests to be on the lookout for suspicious behavior to avoid more incidents and enable the Brookside and Waldo area to remain safe. ★

## Sleepyhead



# Later school start time would increase attention, improve academics, prevent sleepiness at STA

Sitting in class, propping your head up with the palm of your hand as your elbow rests on the desk, your eyes droop. You slouch forward, trying to stay awake and listen to what the teacher has to say. Your eyes relax. Your head begins falling when suddenly you jerk your head up, eyes wide.

You were nodding off in class again. Many of us at STA have experienced falling asleep in class at some point, some more frequently than others. However, there may be a solution.

In order for teenagers to receive the needed sleep, school should begin an hour earlier at 8:45 a.m., as opposed to the current time. School ends at 3 p.m., but many students' days are not yet over when the last bell rings. After late nights of working, volunteering, practicing and studying, too many students do not get enough sleep. With school beginning at 7:45 a.m., teenagers often get to bed too late, only to arise too early. The National Sleep Foundation recommends teenagers to sleep at least nine hours a night, but realistically, this seldom happens.

Teenage bodies run on internal clocks, different from those of younger children or adults and ultimately are naturally more alert in the later hours of the night and later hours of the morning, the National Sleep Foundation reports. Therefore, teenage internal clocks are not running on the same schedule as school clocks.

Individuals who receive needed amounts of sleep are more likely to live longer, remember more for longer periods of time and be more focused in school. Therefore, changing the school starting time would significantly improve and benefit the lives of STA students.

Although this would mean STA would release students later, they would greatly benefit. All people need sleep, but today's school system prevents many students from getting in all of their much needed hours. Over half of all individuals in their adolescent years go to bed after 11 p.m., according to the National Sleep Foundation. While some may find

this shocking, others will attest that this stands true for STA students as well.

Pushing back the school day's start time would not result in students staying up later. Rather, it would allow teenagers to experience a life fitted to their internal clocks, since teenagers have a natural bodily tendency to want to stay up late and sleep in late.

According to the National Sleep Foundation, teenagers in particular

do not perform as well early in the morning as adults and children. Because of the natural teenage tendency to stay up late and sleep in late, many teens currently suffer from conditions of early rising. Starting school later would not only help improve STA students' mood, but it would help increase the school's academic reputation as well. If more students are performing at a higher level in the classroom, the school's level of academic rigor can increase and the view of the school could increase significantly.

As a college preparatory school, students need to become accustomed to the times of college classes. There are only few college classes that begin before 8 a.m. If we want to be a college prep school, we should adjust the school start time to a time that would suit a "typical" college student.

Some may argue that changing the classroom start time would throw off the rest of the world, especially working parents of school children. This could be true, but sleep is an essential part of life, which no one should ignore. Plus, working around scheduling conflicts would not be a terribly difficult task. Students at STA are accustomed to involving themselves in many

activities and having to manage their time.

Sleep deprivation in teens is a growing concern. However, moving back the classroom start time for students could help this significantly, as students would have a schedule adjusted to their internal clocks. If the school start time was pushed back, STA students would be happier, more alert and more studious individuals, ready for college life. ★

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

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

### The Final Say

The current school start time of 7:45 a.m. can keep students from getting the full 9 hours of sleep they need; starting school an hour later would increase productivity and alertness in the classroom, while allowing students to live healthier lives.



## The grief of a nickname: take your pick

AN OPINION BY



MOLLIE POINTER

On a cold winter afternoon a family rushed to the hospital to deliver their third and last baby girl. After hours of labor and a crash cart scare, the child was brought into the world. Swooning over the baby girl, the parents decided to call her Mary Colleen. The birth certificates signed and everything packed, the family returned home. Eighteen years pass.

If you haven't figured it out yet, I am that baby girl. My real name is Mary Colleen not Mollie.

When handling my three names, my parents lacked to see what was yet to come. Apparently they are the only people on the face of this earth to have heard Mollie as a nickname for Mary. Here's my grief:

1. Every year the first day of school attendance is read and I monotonously inform each teacher I go by Mollie (with an "ie" because I firmly believe I'd be a different person with a "y"). I receive a confused look followed by, "how do you get Mollie from Mary." When I ask my parents about the reasoning behind this, I've received the answers "just because" or "we liked the name Mollie."

2. This year I managed to not correct Mr. Sirridge Tuesday of the first week back from summer. The names were called and I responded to Mary, failing to correct him. For the entirety of the semester I remained Mary on Tuesdays during my sociology class. Every time I was called on it was Mary even though the day before I was Mollie. On Wednesdays I returned to Mollie.

3. The bank. Being known as Mollie, naturally all my baby-sitting checks are made to Mollie Pointer. When depositing checks I sign my legal name, give them my Mary Colleen license and my Mollie check. The questioning never fails. The conversation usually goes as so:

Banker: Who's Mollie?

Me: That's me.

Banker: Who's Mary?

Me: That's me.

Then they run around searching for the manager, they chat for a second.

They send back the check, I have to re-sign it as it is written on the check. Yet the next time, they tell me to write my legal name. I have now started to sign all checks as Mary Mollie Pointer.

4. When I am in trouble my mother refers to me as Miss Mary or she goes for the whole shebang and yells Mary Colleen Pointer. Sure this hints that maybe I don't want to respond knowing whatever is next isn't pleasant but it's like my alter ego. When I'm Mollie I'm a decent kid, but when I'm Mary I am a trouble-maker.

Mollie is my name. Mary Colleen is this hidden person no ones knows. But what would I be like as Mary? ★

## Students need to stop bathroom vandalism

AN OPINION BY



MADALYNE BIRD

Dear bathroom graffiti artists, Alright, I really hate having to repeat what other people have already said. But here it goes. Stop. Writing. On. The. Bathroom. Walls.

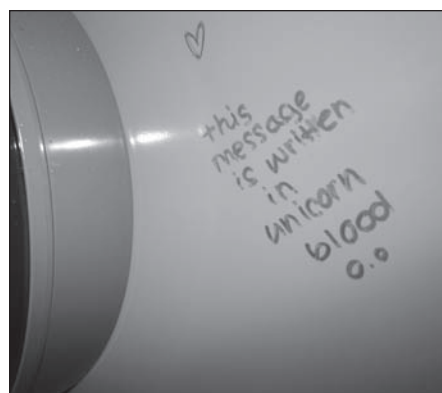
Did I make myself clear? It's trashy. Nobody likes a wall-scribbler. Not even your parents at the age of four. I'm sure they did not think it was cute when you did it then, so why is it suddenly cute now?

I don't know why this year we suddenly have a problem with writing profanities on the stalls and walls of the bathroom and stealing, but it has definitely gotten old. So whoever wrote the "F" word in sharpie in the second stall in the second floor M&A bathroom, thank you for the inconvenience to my day. I had to walk down to Ms. Berardi's office and ask her to call someone to clean it off, making me late for my class.

Another shout-out to whoever wrote in

silver metallic sharpie, "this was written in unicorn blood" in the third floor bathroom of Donnelly... news flash: unicorns do not exist. Also, as Laura Neenan would say, I see no headless horsemen, house elves or men with long white beards and wands running around in the quad. Sorry, wrong school, this is not Hogwarts School of Witchcraft and Wizardry, and the bathroom is not the "Forbidden Forest" (no matter how many of you would like to believe just that.)

Girls, there are other ways to show your "rebellious" side (and I do not mean taking something that belongs to someone else). Granted, I'm not sure what they are, but that is something for you to figure out, preferably not here on campus.



**Bathroom artist** ★ A student scribbled a message on the wall of the third floor Donnelly Hall bathroom. PHOTO BY TRACY BURNS-YOCUM

Please respect our school. I love it and so do most of the students here. The bathroom stalls did nothing to you (well not much) so leave our school property alone. For those of you who do not think it is a big deal, it is actually called vandalism, and that is a crime. So think about that next time you raise your worn-out sharpie to our campus.

Please and thank you. ★

### The Final Say

STA students need to stop writing on bathroom walls and start respecting school property.



**Stick it** ★ In addition to written messages, students have placed stickers in school bathrooms. PHOTO BY TRACY BURNS-YOCUM

## Taco Bell's Drive-Thru diet sends misleading message

AN OPINION BY



CHELSEA BIRCHMIER

Most of us have seen or heard the advertisements for diets like Atkins, South Beach, Weight Watchers and The Zone. However, an unusual new advertisement has been making its way to our television screens. It is not like other diets; it is a fast food diet. Taco Bell calls it the Drive-Thru Diet.

When I first saw the advertisement, I thought it was a joke. I thought, are you seriously trying to tell me that eating at Taco Bell can in any way prove beneficial to my health? Yet, the woman in the commercial, Christine Dougherty, was completely serious as she explained how she lost 54 pounds by eating at Taco Bell. She then went on to describe the different "healthy" options available at Taco Bell for those looking to cut calories.

Coming from any other weight loss program, this might seem normal. I've seen the "before" and "after" pictures. I've heard the "inspirational" weight loss testimonials and the money-back guarantees. Hearing them from the Jenny Craig Weight Loss Program is one thing. But hearing them from Taco Bell, a repeat offender on multiple "Worst Foods in America" lists, is a completely different story.

Now, I'm not saying it's bad for Taco Bell

to make healthier options more available to consumers. In fact, it's somewhat comforting to know that Taco Bell offers items with a calorie count that

loss had much, if anything, to do with her taco intake. Most likely, she cut her calories on everything and ate a couple tacos off the diet menu here and there. In other words, Taco Bell's advertisement's change from "Hey, this taco is better than the other options" to "Wow, this taco is a magical weight loss mechanism."

Even the title itself is misleading. "Drive-Thru Diet" gives the false impression that since Taco Bell's new menu is part of a diet, the food is a replacement for fresh vegetables and healthy homemade recipes, which is simply not the case. This assumption, if anything, will cause nutrition loss rather than weight loss.

In addition, decreasing the amount of calories and fat in food can be beneficial, but when this occurs, fast food restaurants will often overcompensate for the loss with overwhelming amounts of salt. Recent studies from *The New England Journal of Medicine* are showing that, among other factors, salt is one of the leading causes of weight gain. So, while your Fresco taco may have half the fat of a normal taco, it may also contain twice the sodium.

In the end, the food on the Drive-Thru Diet menu is still fast food. So, whether or not you decide to try one of the healthy options at Taco Bell, remember that they should not replace the real healthy food you find at home. But don't be afraid to try a Fresco taco; I might just try one myself. Who knows? Maybe I'll lose 54 pounds too. ★

### Drive-Thru Diet menu

*Taco Bell's new Fresco menu contains seven choices meant to promote a healthy lifestyle*

- **Fresco bean burrito**- 340 calories, 8 grams of total fat and 12 grams of protein
- **Fresco soft taco**- 180 calories, 7 grams of total fat and 8 grams of protein
- **Fresco grilled steak soft taco**- 160 calories, 4.5 grams of fat and 9 grams of protein
- **Fresco burrito supreme steak**- 330 calories, 8 grams of fat and 16 grams of protein
- **Fresco ranchero chicken soft taco**- 170 calories, 4 grams of fat and 12 grams of protein
- **Fresco crunchy taco**- 150 calories, 7 grams of total fat and 7 grams of protein
- **Fresco burrito supreme chicken**- 340 calories, 8 grams of fat and 18 grams of protein

Source: www.tacobell.com

won't put me over a week's limit.

I do, however, disagree with the misleading marketing tactics. I highly doubt Dougherty's weight

# R-E-S-P-E-C-T please show your teacher what it means to me

AN OPINION BY



CARA MCCLAIN

“Ladies, please. We need to keep working. Focus ladies.”

### The Final Say

Talking over the teacher during our already limited 40 minute class time is disrespectful and prevents other students from learning.

Every day in my geometry class my teacher constantly has to remind the girls sitting in the back of the room that we are in class, and now is not the time to discuss who's dating who or plans for the weekend. However, the troublemakers take no notice of her words. Yet I hear both the teacher's reprimands and the girls' continued conversations and cringe. I am embarrassed to witness such immature rudeness to someone who deserves our respect.

First point: instead of just talking out when you have a question, show the simple politeness of raising your hand. That was practically the first thing teachers taught on the first day of kindergarten. Just because it may not be the same school where you learned that valuable lesson doesn't mean you can just abandon it.

Regardless of what you think about her teaching skills, the fact remains that she is a

teacher. She deserves your attention.

I understand that these girls think everyone in the class is laughing with them and, therefore, their behavior is acceptable. I am somewhat sorry to inform you, girls, but, unfortunately, you are not funny. Your rudeness is not as hilarious to your classmates as it is to you.

Second point: look around, only a small fraction of the class is actually laughing.

Third point: you are not only disrespecting the teacher, you are disrespecting the rest of your class. We are attempting to listen to the teacher and learn, and all you are doing is creating a distraction.

So, whether you are saying how much you hate the class or drawing on the chalkboard during the teacher's lecture, your behavior is not appreciated. If our class is trying to figure out how to find the measure of an inscribed angle of a circle, you can be sure that your chatter in the background is not contributing to the solution at all.

We are in class to learn geometry not what you had a dream about last night.

Fourth point: don't complain about how you are failing the class when you only pay attention for maybe less than 10 percent of the mod. It's no surprise that your grades aren't satisfactory since you don't give any effort. No one can fix this but you.

Remember the golden rule? “Do unto others as you wish done unto you.” Put yourself in the teacher's position. Think about how you would feel if you were trying to help your students learn and they flat-

out ignored you.

However this applies not just to my geometry class. I'm sure this problem can be found in every STA classroom on some days, but please for the sake of your classmates and teacher, just wait 40 minutes until class is over to talk to your friend.

Do us all a favor and stop the chatter and pay attention. We have some work to do. ★

“We are attempting to listen to the teacher and learn, and all you are doing is creating a distraction.”

Cara McClain, sophomore

# Controlling the wheel does not appeal

AN OPINION BY



TRACY BURNS-YOCUM

When I misbehave, I am threatened with the cruel and unusual punishment of driving myself to school. The audacity of my parents. Driving lulls me to sleep. Definitely not a good thing while you're driving. I can manage to get to the grocery store, five minutes away, without slipping into a coma. But driving the 45 minutes to STA at 6:45 in the morning on the interstate with a bunch of caffeine drinking loonies is not one of my top goals in life.

I envision that if I would attempt the feat of driving to school, I would conk out on the wheel while reciting Vergil's “The Aeneid” and die in a fiery crash on Southwest Trafficway. And take my innocent carpool buddy Mackenzie Jones down with me.

So officially, I have never driven to school by myself. This is a confession I have to make. It is embarrassing and something I try to hide. Some of you may already know this about me, but I'm sure to most it will come as a complete shock. Here it is for the world to judge...I hate driving. The task of controlling almost 3,100 pounds of metal while racing down the street next to psychos who are paying more attention to their shotgun-riding dog than they are to driving is not really my thing. I would rather be sitting comfortably in the passenger seat taking a little power nap, obsessively flipping through all the radio stations or doing a little homework. But no thank you to controlling the wheel.

I don't want people to think that I don't ever drive because that's not true. I just find driving unexciting. I mean why drive when I have a chauffeur (aka Mom) to do it for me?

I have always lacked the zeal to drive that everyone else on the planet seems to be infected with. I procrastinated on getting my learner's permit by “losing” the study book. Once I eventually got it, five months past my birthday, I still did not start driving for a few more months. And I did not get my plastic, waste-of-wallet-space, license until I was sixteen-and-a-half. Unlike the majority of my friends who had to get their license so desperately that they left school during activity to get them.

I have parents who bought my older sister and me a car, pay for insurance and gas, yet I prefer not to drive. I am quite proud of the one time I drove to school on a late start...but my mom was in the passenger seat.

When I misbehave, I am threatened with the cruel and unusual punishment of driving myself to school. The audacity of my parents.

Driving lulls me to sleep. Definitely not a good thing while you're driving. I can manage to get to the grocery store, five minutes away, without slipping into a coma. But driving the 45 minutes to STA at 6:45 in the morning on the interstate with a bunch of caffeine drinking loonies is not one of my top goals in life.

I envision that if I would attempt the feat of driving to school, I would conk out on the wheel while reciting Vergil's “The Aeneid” and die in a fiery crash on Southwest Trafficway. And take my innocent carpool buddy Mackenzie Jones down with me.

So instead of that pleasantry, I prefer to be safely navigated by my mother's superior driving skills. Plus, I'm never embarrassed when I roll up to school in my mom's snazzy black CRV and the other kids getting dropped off around me are underclassmen. Despite my hatred of driving, I like to give the illusion that I drive. I tend to be vague in my answers about my transportation methods. “Oh, Tracy do you want to meet at the movies?” “Sure. I'll meet you guys there...inside...no need to wait for me...seriously.”

People tend to think that I am some strange sort of breed since I don't drive. In general, I try to avoid the topic of driving whenever possible.

I know that I will eventually have to drive myself everywhere since I am anal about time so buses won't do, and I have a strange feeling that jet packs will not be available to the general public by 2014. But until then, I will continue to appropriately use the phrase, “my chariot awaits.” ★

### The Final Say

Driving is a death trap—other people on the road, especially teenagers, are constantly distracted and prone to accidents.

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# Rank composes only part of application puzzle

## STA administration explains not ranking benefits its students

by **SHAUGHNESSY MILLER**  
News Editor

Amidst the chaotic and massive amounts of paperwork of a college application lies one small blank: class rank. At this spot, most STA students will draw a blank, and for good reason. STA has not used class rank for many years.

“Students that come to St. Teresa’s Academy come motivated. They want to achieve. They don’t need rank to drive them,”

Ms. Barbara McCormick, Principal for Academic Affairs

In a ranking system, all students in a particular class are placed in order according to their grade point average (GPA). According to the College Board, “Most large state universities...still require applicants to report class rank (as do many scholarship programs), and rely on it to help sort through the high volume of applications received.”

If colleges utilize it, why shouldn’t STA rank? Ms. Bridget Gramling, dean of admission at William Jewell College, explains

that it is often unnecessary.

“It depends on the college,” Gramling said. “I’ve worked at three private schools, and it wasn’t important at all at two of them. Because [William] Jewell has traditionally attracted kids from public high schools, they used it more until recently. But, a student who comes from a school that doesn’t rank isn’t hurt by that.”

STA college counselor Debi Hudson argues that discarding the ranking system is best for students because it forces the colleges to take a closer look at the individual.

STA’s administration discontinued the ranking system in 1994 and, according to principal for academic affairs Barbara McCormick, it has not hindered any student from being accepted to their college of choice.

“I would not be in favor of ever returning to class rank,” Hudson said. “I want colleges to look closer at the curriculum a student chooses to take instead of some magical rank that varies from year to year.”

Hudson and McCormick agree that if college admissions officers analyze the student more closely without class rank, then it is best to do without.

“I feel the way we’re doing it benefits our students because they’re looked at more closely,” McCormick said. “It makes [admissions officers] have to shift gears; instead of looking at numbers, they have to look at the individual.”

The College Board website has other opinions as to why schools have dropped class rank.

“Most small, private and/or competitive high schools have done

**Not applicable** ★ For those students applying to colleges with the Common Application, STA college counselor Debi Hudson fills out this Secondary School Report Form to send with their application. Like many private schools in the Kansas City area, STA does not rank students based on grade point average. **PHOTO BY TRACY BURNS-YOCUM**

away with it because they feel it penalizes many excellent students who are squeezed out of the top 10 percent of the class and then overlooked by elite schools,” said an article on the website entitled “Class Rank & College Admissions.”

When schools do not rank, colleges can easily compensate because so many schools are moving away from the system.

“Colleges are so used to schools not ranking, so it’s really not an issue to most admission offices,” Hudson said. “High schools typically send a profile of the school with

each transcript. Our profile states that we do not rank and it provides a bar graph after the sixth semester of work, so colleges can get a feel for the rigor of the school.”

According to Gramling, rank is only a small piece of the puzzle. She said they first review the curriculum, grades, standardized test scores and essay.

Although colleges do not require class rank, Gramling points out some positives in using the system.

“It gives us insight into the school and the student’s abilities,” Gramling said. “When you’re looking at

kids applying from schools all over the country, any information that helps you to gauge the preparation of the student is helpful.”

Therefore, in Gramling’s opinion, ranking students does have some benefits, but is not necessary for admission into college. As far as the McCormick and Hudson are concerned, STA will not return to the ranking system anytime soon.

“Students that come to St. Teresa’s Academy come motivated, they want to achieve, they don’t need rank to drive them,” McCormick said. ★

# Debate team excels Freshmen explore cultures



**This house believes** ★ Junior Anna McTygue, left, states her side of the debate, as senior Kayla Kratofil waits for her question to be answered during a mock debate Feb. 5. The Debate team, coached by Ms. Ann Heid, is in its second year of existence. **PHOTO BY TRACY BURNS-YOCUM**

## STA debaters earn city-wide rankings, develop public speaking and confidence

by **PAIGE WENDLAND & LAURA NEENAN**  
Staff Writers

“St. Teresa’s Academy, you have the affirmative of the year-round school. You have 15 minutes to prepare. Begin.”

Papers shuffle, computer keyboards click and pens scribble as debaters begin researching their assigned topic for the upcoming debate.

The STA administration first added a competitive debate team in 2007, when Ms. Ann Heid came to STA as debate and speech teacher.

Heid believes debate gives students confidence, speaking and research skills and an awareness of

current events. Before she arrived, STA offered a debate class, but students did not participate in tournaments. Now, students go to debates across the city every month.

Of the various styles of debate, STA competes in parliamentary. In parliamentary debate, teams of two take on either the affirmative or negative of a certain topic, such as the death penalty, and have 15 minutes to research and prepare for their debate. In the second round, debaters learn their new topic, and the teams switch stances, taking the affirmative if they had the negative in the first round and vice versa.

“[Parliamentary debate] is the form that is more of a life skill,” Heid said. “It’s on your feet. It’s impromptu. It’s how you articulate your side.”

Heid says the life skills acquired through debate are invaluable, and she hopes her students share her passion for the subject.

According to Scheuler, who chose to take debate because she loves public speaking, many do.

“I love to speak, and I love to argue,” Scheuler said. “Plus, I want to go into law someday.”

According to STA college counselor Debi Hudson, colleges see a number of valuable traits and skills in high school debaters.

“Debate isn’t the type of activity that only makes you better at one specific thing,” Hudson said. “It affects a student academically, socially, and even emotionally. Debate is something colleges see as great preparation for the real world.”

Junior Anna McTygue, currently ranked first in individual speaker points in the city, participates in debate tournaments because of her passion for arguing and the knowledge she gains from peers.

“I enjoy all aspects of debate,” McTygue said. “It’s not just in the actual tournaments I love, but being surrounded by people who also enjoy public speaking and are aware about current events and actually care. I love the fast pace of debate, you always have to be on your toes.” ★

## STA’s Academic WorldQuest team partakes for first time in city-wide competition

by **CHELSEA BIRCHMIER**  
Staff Writer

STA’s first Academic WorldQuest team of freshmen Emma Robertson, Anna Woolery and Kate Witt competed at William Jewell College Feb. 27. Social studies teacher Denise Rueschhoff selected the freshmen based on their interest in her geography class.

For years, Rueschhoff had used the International Relations Council, the group sponsoring WorldQuest competitions, as a resource in teaching geography. She attended several of their workshops, and eventually, someone from the group asked her about competing.

“This is the first year I have tested it,” Rueschhoff said. “I decided to start with freshmen and hoped that if I found some freshmen who were interested that we could continue each year and build on our studies and our training. We competed with 19 other teams, and even though we didn’t place, because they only do the top three, it was a great, great experience and a lot of fun.”

After the girls registered, they were provided with lunch and a welcoming ceremony. They participated in 10 rounds, taking a break every 3 rounds.

“[The competition] was actually pretty laid-back so I didn’t feel scared or worried about it,” Robertson said. “We got different score sheets, like a multiple choice type of trivial pursuit thing. We would just circle what we thought the answer was, with a slideshow playing the whole time.”

When the girls found out about the competition in December, they divided the topics among

themselves and began preparation, much of which took place outside of school. Topics included current events, pandemics, international migration trends and other subjects requiring knowledge of world cultures, history and geography.

“I had liked Mrs. Rueschhoff’s class earlier on, so I had an interest in [the team],” Woolery said. “Plus I was interested in the topics because we got to choose our own. [Rueschhoff] gave us the materials and sources we needed to check out, but we studied mostly on our own.”

While most teams at the event consisted of four people, STA’s had three. Also, many competitors were juniors and seniors. For these reasons, the girls were not surprised they did not place in the top three, although they had hoped to win the “most enthusiastic” award. Rueschhoff expects the team to improve each year as students learn more and hopes the girls will remain on the team. After her experience this year, Robertson hopes to compete again next year.

“I thought it was a learning experience, especially the current events that I really wasn’t aware of,” Robertson said. “We covered a lot of topics that I didn’t get to cover in grade school or in Mrs. Rueschhoff’s class. It was cool to learn about the different countries and all of their history and culture.” ★



Robertson



Witt



Woolery



## 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  
Deadline Editor

### Early Beginnings

Her first day of journalism was intimidating.

Although faded in her mind, 2006 STA alumna Juana Summers still remembers the nervousness of walking into M205 her freshman year. Coming from Sion Lower grade school, she knew no one—her only companion was the backpack she gripped tightly with her small thirteen-year-old hands.

For the first week of class, she refrained from speaking up, cautious of what her classmates may think of her... because, as a freshman, talking too much

could label her as an over-eager suck up, or just a plain show-off. As the days and the months passed, Juana reflected on her passion for writing, and decided she was



Summers

going to apply for *The Dart*.

The day staff lists were posted, she approached Mr. Eric Thomas' door in hopes of finding her name.

"Juana Summers—staff writer and photographer," she read. She was one of the three freshmen accepted on to staff.

Her first day on staff was hectic.

Instead of entering class and listening to Mr. Thomas to lecture on copy-editing or photography, she was let loose to work. Immediately, she was responsible for writing her stories, toning her photographs and communicating with her editors.

She soon became more than comfortable working vigorously behind the partition, taking criticism from others and producing her own criticism. Three short years, many publication nights and thirteen college applications later, senior graduation was right around the corner. After much debate, she finally decided that Missouri University was the place to be.

Her first day at journalism school was crazy.

Instead of running up the stairs of STA to find twenty girls waiting for her in class, she stepped into an unfamiliar room filled with 350 unfamiliar faces.

As for her first day of her internship at *the Washington Post*? Well, that's a completely different story. ★

Want to check out more about Juana and her latest work?

Go to her website:  
[www.juanasummers.com](http://www.juanasummers.com)



**Catching some zzzz's** ★ A student lays asleep on her book during class. Studies show that starting school later will actually increase teen learning because high schoolers's internal clocks are set later than the current school time. PHOTO ILLUSTRATION BY TRACY BURNS-YOCUM

# Gain sleep or flunk out?

According to studies, teens are accumulating problems due to early school starts

by MICAH WILKINS  
Entertainment Editor

### Teens' internal clocks at odds with school bells

Lights out at 11 p.m., but seven hours later it's rise and shine for many high school students nationwide. But is seven hours enough?

No, according to the National Sleep Foundation. The average teenager needs about nine hours of sleep a night. And how many teens actually get that much sleep in one night? According to the NSF, only one in five. And nearly half of all adolescents sleep less than eight hours on week nights.

The cause of their sleep deprivation? According to several sleep experts, it's high school start times.

"The teenager's clock tends to want to wake up later in the morning, but school starts earlier," said Dr. Scott Eveloff, who is the medical director of the sleep lab at SomniTech, Inc, a sleep disorder center with locations throughout the Midwest. "Teenage internal clocks tend to run delayed, which can become a big problem if it interferes with getting to school on time."

Despite the late hours of teenagers' body clocks, many high schools across the country have early start times, with the first bell ringing at 7, sometimes even 6 a.m.

"As children reach adolescence, their circadian rhythms—or internal clocks—tend to shift, causing teens to naturally feel more alert later at night and wake up later in the morning," according to the National Sleep Foundation's Sleep in America Poll, conducted in 2006. "This natural shift in teens' internal clocks is often at odds with classroom clocks."

### Early Bird Gets the Bad Grade

More than one half of adolescents go to bed at 11 p.m. or later on school nights, and wake up around 6:30 a.m. for school, leaving many with an inadequate night of sleep according to

the National Sleep Foundation. Over the course of a week, high school seniors miss 11.7 hours of needed sleep. Adequate sleep is extremely important claims Dr. Eveloff, but few realize it.

"Lack of sleep can lead to poor daytime function, poor school performance, reduced memory and focus," Eveloff said.

According to Dr. Travis Schlenger, a polysomnographic technologist (a doctor who studies sleep disorders), many students also have what's called EDS, or excessive daytime sleepiness.

"[Sleep deprivation causes] EDS, [which is the] inability to concentrate," Schlenger said. "It hinders your ability to retain information, and it is harder to concentrate and stay on task."

According to the poll by the National Sleep Foundation, at least once a week, more than a fourth of high school students fall asleep in school, and 14 percent arrive late or miss school because they oversleep. However, among those few students who do get enough sleep on the week nights, 80 percent of them say they're achieving good grades in school, while students who get insufficient amounts of sleep tend to have lower grades, according to the poll's findings.

Sleep deprivation can also lead to a more serious and longterm problem for students: learning disorders, including attention deficit/hyperactivity disorder (ADHD) and attention deficit disorder (ADD). Today, ADHD affects between eight and ten percent of adolescents, according to WebMD, and many of these are due to sleep problems. However, according to the NSF, one study found that treating children with ADHD for sleep problems may be enough

to eliminate attention issues with the children.

Furthermore, sleep deprived teens are more likely to get into car accidents, because their focus is reduced.

"Lack of sleep can [also lead to] reduced reaction time while driving," Dr. Eveloff said.

According to the National Highway Traffic Safety Administration, young people, specifically people 18 to 20 years of age, were involved in five times more fatigue-related accidents than any other age group, due to irregular sleeping habits. However, in a Kansas school district, car crashes decreased 16.5 percent among 17 and 18 year olds after schools in the county changed their start times to an hour later, even while the rest of the state had a 7.8 percent increase in car accidents.

### Sleeping In

Research nationwide shows that students benefit from later school start times, and these benefits can be seen from their performance in school to their attendance to their mood. In the Minneapolis, Minn. school district, the start time changed in 1996 from 7:20 a.m. to 8:40 a.m., which affected 12,000 high schoolers.

According to education researcher Kyla Wahlstrom from the University of Minnesota, who conducted the five-year long study, many students claimed they were in better moods, and teachers and parents also saw a significant difference in their students.

"Students reported less depression when there was a later starting time," Wahlstrom said. "And teachers reported that students were more alert and ready for learning. Parents reported that their children were easier to live with because their emotions were more regulated."

See SLEEP, page 22

### Sleeping Suggestions

Tips for adolescents to get a good night's sleep:

- Follow a consistent bedtime routine.
- Avoid foods or drinks that contain caffeine, as well as any medicine that has a stimulant, prior to bedtime.
- Keep computers and TVs out of the bedroom.
- Avoid any rigorous exercise within six hours of your bedtime.

Sources: AASM, sleep physician Helene Emsellem



# What did you give up for Lent?

From bad habits to basic necessities students share their Lenten sacrifices

by **BETSY TAMPKE**  
Web Managing Editor

## Candy



Palmer

"I gave up junk food and candy and it's going okay I guess. Last weekend I was volunteering at Prairie Star Ranch and it had been six hours since we had a meal and someone was carrying around a bag of candy, so I had some of that."

- **Brenna Palmer**,  
sophomore

## Bed



Strader

"Basically, [giving up my bed] started when I didn't know what to give up one year... I figure there are so many people without beds at night... It's going really well, but I mean, I could be comfortable on rocks."

- **Kristina Strader**,  
senior

## Debit card



Ann

"I've been giving up my debit card and I haven't used it once. Except, I've still been spending money so that's kind of a loop hole. It's really me buying food that's the problem."

- **Jessica Ann**,  
senior

## Meat



Pruitt

"I gave up meat. I have eaten it once on a Sunday and once on accident because I forgot the first day of Lent started. It's been easier than I thought it would be"

- **Kara Pruitt**,  
junior

## Class bonds

Senior Elaina Brownlee said she sees God in how close her class has become in the last year together. According to Brownlee, the official bonding started when senior Shaughnessy Miller had a lake party that every senior was invited to last summer. After that, everyone put all disagreements aside and started hanging out with one another, said Brownlee.

"I saw God because girls I'd never been close with before suddenly became friends [with me] and it [is] really amazing how close we became this year," Brownlee said.



## Helping Haiti

Junior Taylor Woodruff said the first thing she thought of when asked where she has seen God at STA was the school's effort in raising money for Haiti. The day before Cool School the STA community was asked to bring donations to aid victims of the Haiti earthquake. In one day's time, the community raised over \$4,000, which according to Woodruff shows how dedicated STA is.

"I was completely blown away and shocked when they came on the announcements and told us we raised over \$4,000 in one day for Haiti," Woodruff said. "It shows how generous we are and how we are such a close knit community and we have similar views on who needs help."



PHOTO ILLUSTRATIONS BY KATHLEEN HOUGH, LAURA NEENAN AND TRACY BURNS-YOCUM

# Finding GOD at STA

Students describe special moments, stories that show God's presence at STA

by **MOLLY MEAGHER**  
Staff Writer

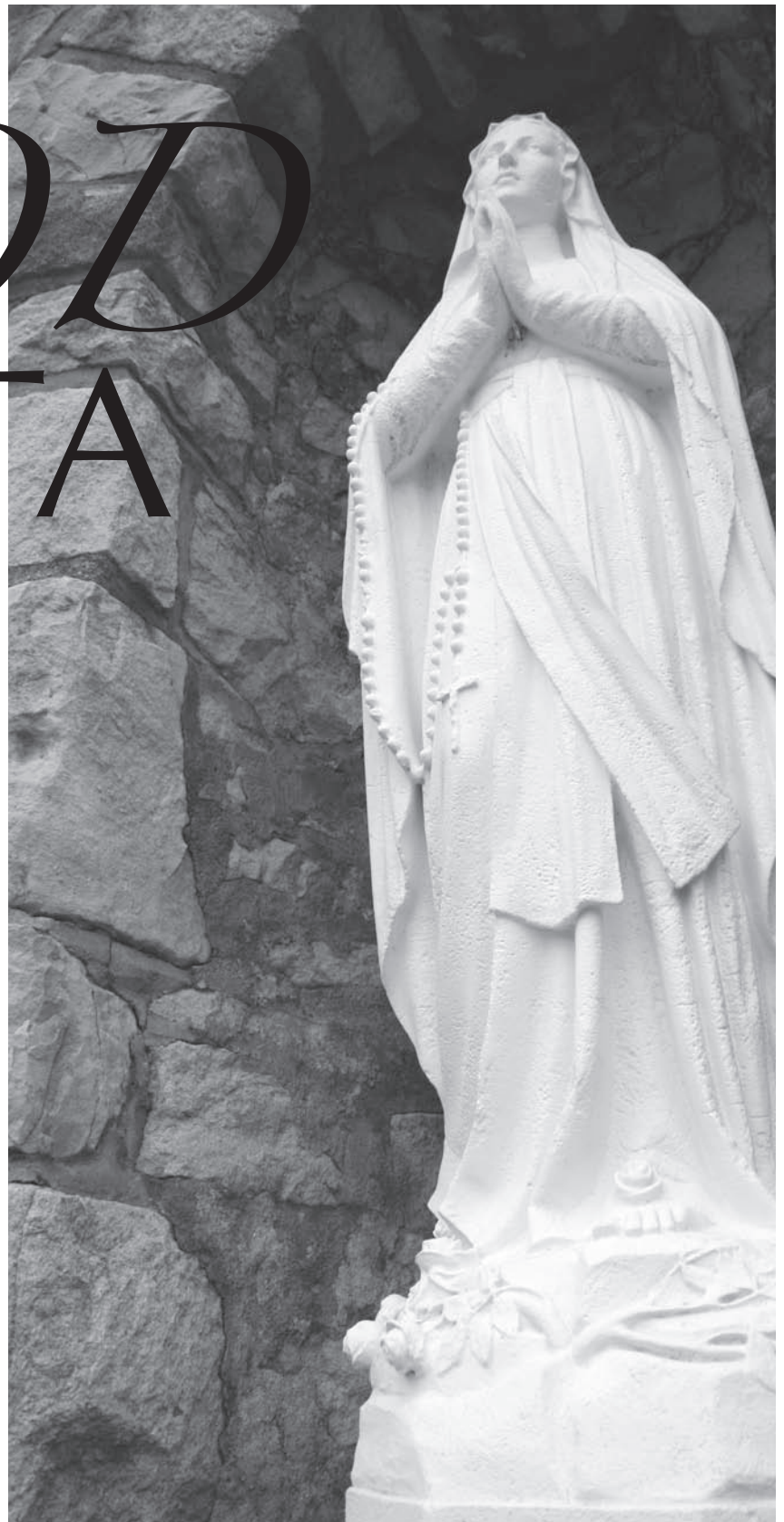
## True friends

Freshman Samantha Adams said she sees God in her friends. During a bad day when her father had broken his arm, Adams said she went to school a wreck. According to Adams, the moment she arrived in the Music & Arts Building everyone knew something was wrong.

"My best friend [freshman] Lauren Goode came up to me and asked what was wrong," Adams said. "I answered 'nothing' and she said 'I know when something is wrong with you.'"

Adams said she felt like she really meant something to her friends, whereas at her grade school they wouldn't have paid any attention.

"I feel like at STA the [students] are so much more understanding, welcoming, and just nice," Adams said. "It was sweet of all my friends to really care and try to help me out."





# Neighbor — to — neighbor

STA freshman Holly Fielder helped 'dear neighbor' by serving at Camp Charity

by **KATIE HYDE**  
Staff Writer

For many teens, a Saturday morning consists of one thing: sleep. However, this is not the case for freshmen Holly Fielder, who attended Camp Charity Jan. 30 at the Ronald McDonald House to learn about ways she could volunteer in her community.

After hearing about Camp Charity from her grandmother, Fielder attended the volunteer opportunity to learn about charitable giving. At the camp, sponsored by the Greater Kansas City Community Foundation, Fielder and STA sophomores Lucia Maschler and Jasmine Colhour heard speakers from various organizations discuss their involvement in charities. The camp also featured hands-on activities such as serving lunch to families with ill children staying at the Ronald McDonald House. This charity provides housing for families who travel to treat their child's illness or injury.

However, Camp Charity was not Fielder's first volunteer experience. During her seventh and eighth grade years, she volunteered at St. Mary's Food Kitchen, Operation Breakthrough, which cares for children in poverty and at Turnstyles, a thrift store owned by Catholic Charities that sells furniture and clothes to over 3,000 customers a week.

"When I went to Turnstyles I was first interested in volunteering, but after going to St. Mary's Food Kitchen I was really inspired to give back," Fielder said.

"I love working with kids and food. All the kids in line were so cute, and it felt great to know that we had helped them have at least one decent meal that day."

Although Fielder had volunteered before



**Helping hands** ★ Freshman Holly Fielder, left, and Ms. Jean McDonnell wash dishes at Camp Charity this past January. This was Fielder's first time volunteering with Camp Charity. **SUBMITTED PHOTO**

high school, she feels that STA has encouraged her to get involved in her community.

"Our motto of serving the dear neighbor without distinction has definitely inspired me to get out there and make a difference in someone's life," Fielder said. "There are so many charities and opportunities, just figure out what you love to do."

According to Fielder, Camp Charity is a great way for young people to match what they love to do with a charity.

According to Ms. Debbie Starke, vice president of donor relations and education at the Greater Kansas City Community Foundation,

the foundation designed Camp Charity to encourage families to get involved in philanthropy because many kids think only wealthy adults can give to charity.

"Our motto of serving the dear neighbor without distinction has definitely inspired me to get out there and make a difference in someone's life."

Holly Fielder, freshman

"We always try to let people know that giving back is not just for a few people, but for all of us," Starke said. "We all have the opportunity to make a difference. Improving the quality of life in our community is something that each of us can do. [We can] each improve it in a different way given our interests and skills."

Fielder's mom, Ms. Christine Fielder, agrees that charity is for people of all ages, not just for adults.

"Most people do not get into philanthropy until a later age, but Camp Charity introduces students earlier," Christine said. "The camp even brought in high-schoolers to talk to the students about ways they had become involved in philanthropy. It was neat for them to hear from other teens."

In the future, Christine hopes her daughter will remember her duty to serve the dear neighbor.

"I just want Holly to keep others' needs in mind and to remember that she is very blessed," Christine said. "We all have an obligation to help out." ★

## Camp Charity

*Camp Charity is one of many volunteer opportunities in the Kansas City area. Here are some quick camp facts:*

- **Next Camp Charity:** Saturday June 12 for three hours
- **Who can participate:** All children are invited. At the last camp, there were kids ages 8 to 15.
- **Location:** Ronald McDonald House
- **Cost:** Free
- **Sponsor:** The Greater Kansas City Community Foundation
- **Website:** www.gkccf.org

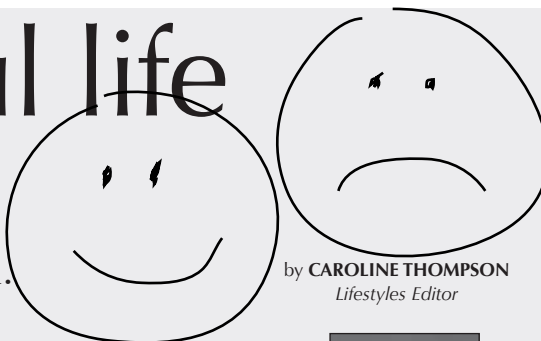
Sources: Ms. Debbie Starke, vice president of donor relations and education at the Greater Kansas City Community Foundation

**dart** news online

Check out Caroline Thompson's spirituality blog about Camp Charity and other volunteer organizations at [www.dartnewsonline.com](http://www.dartnewsonline.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.



by **CAROLINE THOMPSON**  
Lifestyles Editor

## My life sucks

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



Nulton

"The other day during 13-14, I was in the first floor bathroom of Donnelly. All of a sudden, I felt something furry on my leg. Critter had crawled under my bathroom

stall and plopped himself down right next to me while I was on the toilet. It's a wonderful life."

- **Meg Nulton, sophomore**



Hogan

"One day freshman year, I really wanted to take a picture of my eyeball to see what color it was up close (because apparently I forgot about mirrors). When I took the picture, holding the cam-

era a centimeter away from my eye, I failed to turn the flash off. My eye twitched for two weeks straight. I'm not kidding. ML used to S."

- **Kayla Hogan, senior**



# CHAPEL changes

## The STA administration altered parts of their plan for the new building soon to be added to the campus

by CARA MCCLAIN  
Staff Writer

STA is considering altering the planned location of the chapel on campus, which was part of the "Inspiring Women" Capital Campaign. Originally, the plan was for the chapel to be built just south of the Donnelly Hall.

The new tentative plan is for the chapel to be built across from Goppert Center, forming a square with the other three existing buildings.

STA also hired a new architect, Mr. Tony Rohr, father of sophomore Kate Rohr. Tony works for GouldEvans, a multi-disciplinary design firm.

Tony said the reason for this change is "so the chapel [will be] a central focus of all coming on campus, and it [will] clearly [present] a visible sign of our Catholic faith."

President Nan Bone said she realizes that some people might oppose moving the location of the chapel.

"We understand that change brings about strong feelings because the grotto of Mary has always been [in front of the parking lot in between Donnelly Hall and M&A Building] and to not be able to see that would be difficult," Bone said. "A pro of the new design is that the quadrangle gives students easy access [to each building]. A con is that it would be blocking off that beautiful view [of the campus] from the parking lot."

Bone assured that although the shape of the parking lot would change, it would be able to hold the

same number of cars.

Bone said the reason for the change of architects directly relates to Tony's "strong connection to STA."

"I can't think of a more meaningful project than a chapel project for such a wonderful school," Tony wrote in an email interview. "The idea that

I can be a significant part of the history of this campus is awesome. I feel uniquely qualified and very confident in our ability to deliver a great project. I feel very lucky and blessed to have this opportunity."

According to Tony, who is his firm's design principal for the project, "It's too early to define what the chapel will look like."

The design process will take six or seven months. The actual building of the chapel will take 12 months, however Tony does not know when he and his team will be able to begin

construction.

"We do expect the design to reflect the vision and goals of the Sisters of St. Joseph," Tony wrote. "For example, three goals of the Sisters of St. Joseph that really struck a chord with us were 'Have the right relationship with the environment. Have the right relationship with each other. Have the right relationship with your self.' To us, that is really powerful stuff that should be meaningful in the design of the chapel."

As for the look of the chapel, Bone went to the faculty and staff to seek their input.

"The one response we got the most from the teachers was that the chapel and that building needed to have a lot of natural light and be a very calming area," Bone said. "It should be a green building with lots of windows."

construction.

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"The one response we got the most from the teachers was that the chapel and that building needed to have a lot of natural light and be a very calming area," Bone said. "It should be a green building with lots of windows."

During a lunch/activity meeting Monday students gave their opinion on what needs to be included in the chapel. One idea students discussed with Bone was again the idea of natural light coming in from many windows. Several students wanted the chapel to be comfortable, simple and small to give a community feeling. Other students suggested a youth room for Campus Ministry meetings and a space dedicated to the history of STA. Many students said they wanted the new chapel to be timeless and match the other buildings on campus.

"We are approaching the chapel as a building design that should respect the traditional aspects of the existing campus and respond to today's technology and time frame," Tony said. "We intend to create an architectural design that is timeless — a design that is delightful and respectful and adds to the character of the campus."

Despite a little bit of nervousness for her dad, Kate said she trusts him because of his work on the Rockhurst High School chapel as well as other building projects in other cities.

"If he could do the Rockhurst chapel and make them happy, I have faith in my dad," Kate said. "I am excited about it mainly because my dad is so excited."

Overall Kate said the new building on campus will be different but will turn out well.

"Change can be good sometimes, you know?" Kate said. ★

### New building, new plans

By the Numbers

- The plans for the new chapel have changed with a new architect and a possible new location.
- 1 new chapel
- 4 new classrooms in the new building
- 4 buildings on campus with the addition of the chapel
- 6-7 months of designing
- 12 months of constructing the new building

Sources: president Nan Bone and GouldEvans architect Tony Rohr

### Administration looks into soccer field changes

The board of directors hopes to renovate the soccer field and build an eight-lane track around it as part of a master plan to improve multiple athletic facilities at STA.

According to athletic director Mark Hough, these renovations are designed to help the student athletes who have to practice off campus.

"Say we have an athlete that has a two-hour practice every evening of the week," Hough said. "If they have to practice 20 minutes away, now their time commitment is 3 hours. The entire idea behind all these renovations is to help the students. We want to utilize all the space we have. Right now we are just looking at the space we have and seeing how we can use it to service the girls."

**Sports:** The board of directors hopes to renovate the soccer field and add an eight lane track around it. See page 16 for more information on these plans.

### Administration puts off auditorium plans

STA has indefinitely put off its second phase of the Capital Campaign's renovations to the auditorium.

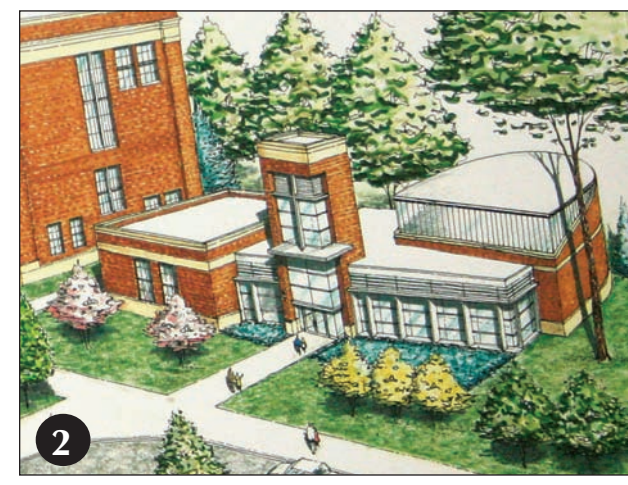
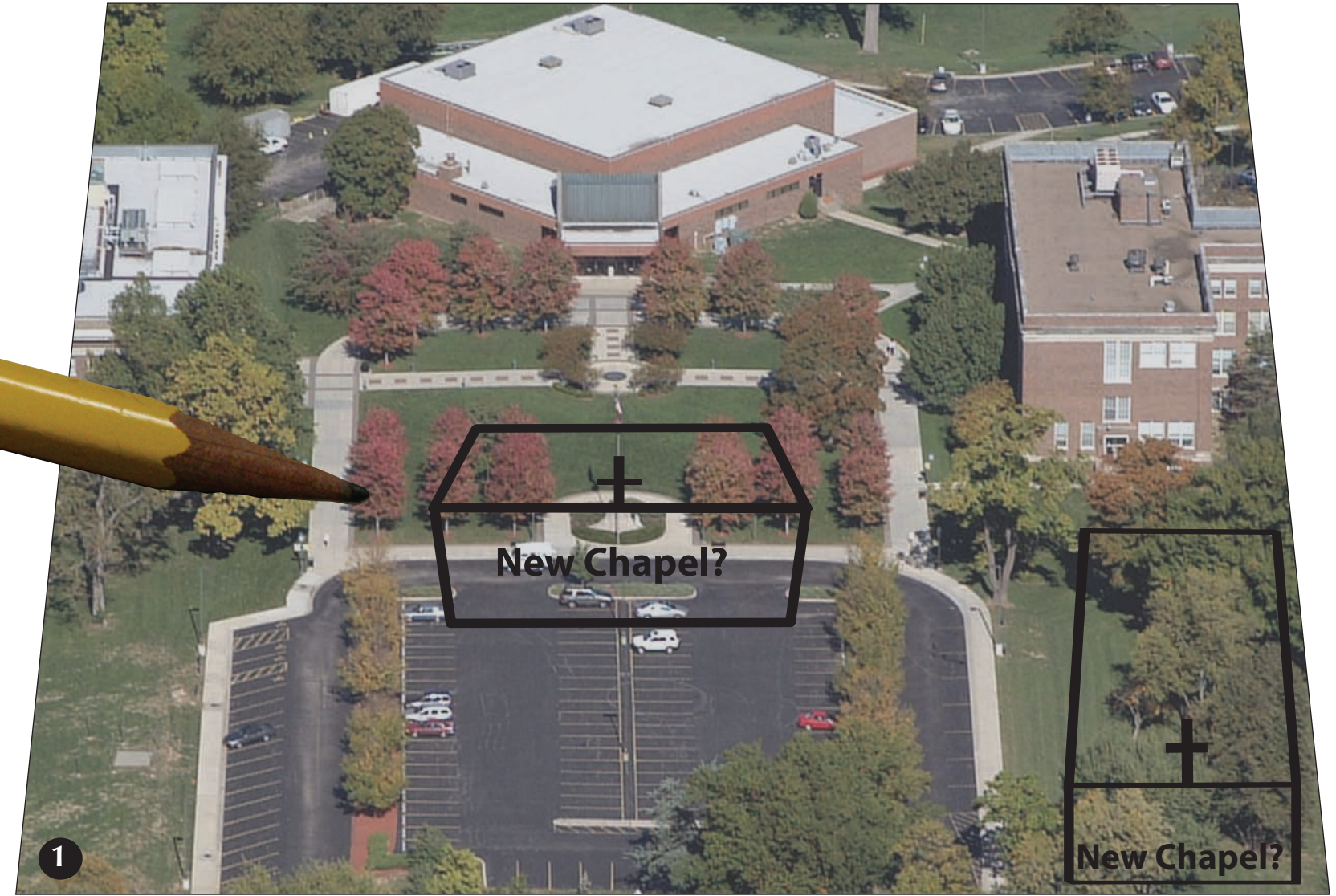
So far, the Capital Campaign has funded the installation of new carpeting and seating and removal of the organ. However, its second phase would include air-conditioning the auditorium and increasing the size of the current stage.

Instead, the Capital Campaign will focus on other projects, such as the creation of a new chapel.

"Even though I was looking forward to having a better stage and air-conditioning, things like the chapel are more important," junior Leah Miller, a theater enthusiast, said. "I can see [the school board's] thinking in postponing this project rather than one of the others, which affect more of the whole school instead of just the [theater] department."

**Entertainment:** STA indefinitely put off its second phase of the Capital Campaign's renovations to the auditorium. See Page 19 for more information on these plans.

by KATIE HYDE & KYLIE HORNBECK  
Staff Writer & Academics Editor



### Bare necessities

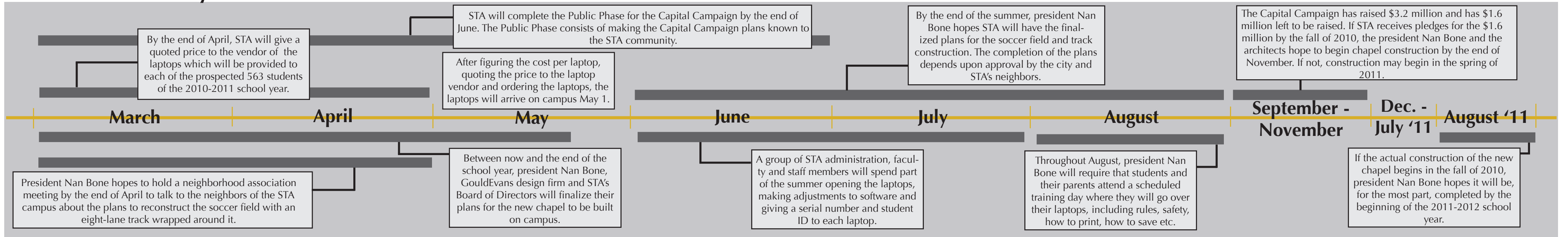
After holding meetings with STA faculty, staff and students, president Nan Bone heard specific requests which she and the architects plan to incorporate into the new chapel.

- The following are a few of these ideas:
- A lot of light and windows
  - History/legacy of the Sisters of St. Joseph (gallery of photos or old uniforms)
  - Nature (garden or natural landscaping)
  - Fountains or sound of water
  - Interactive worship space (U-shape or circular chair setup)
  - Feminine/soft atmosphere
  - Simplicity

Source: president Nan Bone

## Time is money

This timeline represents president Nan Bone's plans and goals for the "Inspiring Women" Capital Campaign and other projects for STA.





# KICKING *off* SPRING

Compiled by LAURA NEENAN



**Kickin' it** ★ Sophomore Ava Jurden kicks a soccer ball after varsity practice on Friday. This is Jurden's second year playing varsity. PHOTO BY HANNA KATZ

## Soccer sets goals on State championship from the beginning

The STA varsity soccer team is determined to win a state title this season. The team is striving to win after a losing record in 2009. After a third place finish at State in 2008, the team, especially seniors, are hoping to win it all this year.

"We haven't won State in over four years," varsity player, senior Maegen Kelly said. "I told my older sister, who won state three times at STA, I would win four times while I was here but I have yet to win."

In order to make this year a more successful season, the team will focus on avoiding injuries, according to varsity coach Scott Siegel.

"The main thing we have to do is

stay healthy," Siegel said. "We had a lot of the starters that were injured last year. The girls also need to make a commitment to each other to do what is best for the team every day, not just themselves."

According to varsity player, junior Caroline Gray, the team dynamic is essential to winning.

"The main goal we have this year is to have better team chemistry," Gray said. "We plan to have a lot of team bonding and make sure to have a lot of fun together."

With a lot of talent and experience on the team, including eight seniors, there is a good chance of winning State, according to Gray.

"[Getting a state title] will not be easy, but it never is," Siegel said. "If the girls have gotten better over the past nine months, we will have just as good a shot as anyone in winning the State tournament." ★

## Varsity Roster

|                  |                      |                |
|------------------|----------------------|----------------|
| Mary Warwick     | Molly Kenney         | Katie Beirne   |
| Avery Adams      | Caroline Gray        | Katelyn Devine |
| Elizabeth Wilson | Peepers Gray         | Taylor Brown   |
| Maegen Kelly     | Karson Kuhlmann      | Cele Fryer     |
| Megan Wilkerson  | Morgan Trees         | Ava Jurden     |
| Kerry Cummings   | Mickey Redlingshafer | Megan Lankford |
| Sophia Garozzo   | Megan Lewis          |                |

## Track and field begins the season with new event and head coach Amanda James

With an increase in athletes and a new head coach, STA counselor Amanda James, the track and field team will have a new outlook this season, according to runner, freshman Sarah Vickery.

"The track team may seem new right now, but Coach James has been doing a great job so far," Vickery said. "I think it will be a really good season."

James has already made new additions to the program since the 2009 season. The coaches will begin implementing plyometric training one day per week as a new exercise into track-and-field practices. This includes flexibility and strength training through jumping exercises.

Along a new practice routine, the team will be taking some varsity athletes to the Kansas University Relays.

"This is an exciting meet to participate in because it is a high school meet, college meet and professional meet all rolled into one," James said. "There are several Olympic and professional athletes who will be competing at this meet as well."

Before each meet, the team's goal should be improving times and team spirit, according to junior Gina Franken.

"Our goal is always to come out on top," Franken said. "More realistically, the ultimate goal would be going to state and for each person to get their best PR. It would also be nice to become a lot closer as a team."

Franken believes James has been a great addition to the track and field program, hoping for her to improve all athletes individually and as a team.

"To be the most successful this season, we have to work for it," Franken said. "We cannot cut corners or take the easy way because we have to gain the strength and speed

that we need. A strict coach who pushes us to the breaking point, and sometimes even past it, is necessary in order for us to reach our true potential." ★



**Get Over It** ★ Sophomore Christie Fletcher Practices jumping for track on Monday The girls practiced by jumping up stairs and jumping across the gym floor. PHOTO BY HANNA KATZ

## Lacrosse starts into season with more experience than in the past two seasons

As only the third year in the developing lacrosse program at STA, the head coach Jessica Hanna is beginning to require more out of the team.

"I hope to have a winning JV and varsity team and get the developmental team to become better lacrosse players," Hanna said.

The three teams will be working together during practice to build skills and teamwork.

"[All three teams] spend about twenty minutes working with the new people each practice," Hanna said. "I believe [the more experienced players] learn from when they

teach and the [less experienced players] learn from people who are more experienced."

Any upperclassmen that steps up on any of the three teams are assets to the team dynamic, according to Hanna. Junior Molly Meagher and seniors Claire Mahoney, Maura Hinken, Jordan Miller among others each stand out as leaders on the team.

The Blue Valley Lacrosse and Kansas City Club teams look to be big competition but each tournament the team plays in is as important as the next.

In order to achieve success, the team must focus on the fundamentals.

"Working on basic skills is essential to becoming the most successful this season," Hanna said. ★



**Catch it** ★ Junior Kelly Clay warms up for lacrosse practice at Southwest High School on Monday. The team began with tryouts March 1. PHOTO BY HANNA KATZ



# Winter sports in review

Compiled by CASSIE REDLINGSHAFFER  
Photos by TRACY BURNS-YOCUM



Caroline Gray

## BASKETBALL

The varsity basketball team lost their District semifinal game last Wednesday, ending their season. Raytown High School defeated the stars 56-55 by scoring a three-point shot in the last 10 seconds of overtime.

"We were all so sad [when we lost at districts]," varsity player, senior Kelsie Fiss said. "It didn't go our way that day. It was just frustrating that it was so close."

The team's record was 10-16 and won five of their last seven games. The end of the season was when the team started playing well, according to Fiss.

"I think we really started to click and play well as a team

[during the post season]," Fiss said. "We started to understand and execute what [Coach Doug Nelson] wanted us to do."

According to Fiss, the beginning of the season was not nearly as successful.

"[The beginning of the season] was disappointing," Fiss said. "There were a lot of games that we could have won that didn't go our way."

Overall, Fiss believed that season was progressively successful.

"The team has gone through so much improvement," Fiss said. "That is why it is so sad that it ended because it would have been fun to see us keep improving."

### Team Record

varsity

10-16



Rebecca Oyler

## DANCE TEAM

The dance team earned second place at the State competition at Lee's Summit High School Feb 27. According to captain, senior Rebecca Oyler, the team was happy with the third place hip-hop and second place jazz finishes but admits to feeling pessimistic at their overall chances at placing before the results were announced.

"We weren't sure [if we would place once we found out the results of our performances]," Oyler said. "But we were definitely disheartened."

According to Oyler, when it was announced that STA received second place, the team was hysterical.

"When we knew we got second, we all started hugging each other and crying," Oyler said. "It was so exciting."

The dance team's successful state competition reflected their season. The team competed in three other competitions and placed in the top three at all of them.

"Oh yeah [it was a great way to end the season]," Oyler said. "We had been building up to this all year."

### Banner year

Dance team won 2nd at State, receiving a banner to hang in Goppert.



Peyton Gajan

## SWIMMING

The swim team finished 28<sup>th</sup> out of the 58 schools at the State meet on Feb. 20. This was STA's first time ever placing as a team at State.

"It was definitely [a good way to end the season]," freshman Rose Hutchison said. "It was like beyond anyone's expectations. STA has never really had a very good swim team, it's not like soccer or volleyball."

Not only was it the first time an STA team placed, but it was the first time that anyone advanced to the second day, which is when the final races occur.

Hutchison was the only individual to advance but both STA relay teams also advanced. Hutchison placed 12<sup>th</sup> in the 100 meter butterfly.

Hutchison credits some success to the swim team traveling to St. Peter's Rec-Plex in St. Peter's, Missouri to support the those participating in the meet.

"Yeah, the best part [of State was everyone who came to support us]," Hutchison said. "So many people got to come and they were all cheering us on and congratulating us. It was so fun to get to share the experience with them." ★

### State

STA placed 28th out of 58 teams.

## ACHIEVEMENTS

- Club soccer team made it to State three years in a row
- Club soccer team ranked regional semi-finalist
- Made varsity basketball and soccer as a freshman

## FUTURE

- Possibly play collegiate soccer



★ **powerplayers**  
**Peepers Gray**  
freshman

"[My favorite thing about STA is that] the upperclassmen are so accepting of underclassmen," Gray said.

Gray started for varsity basketball and made the varsity soccer team this season.

## SCOREBOARD

### varsity basketball

|                       |        |
|-----------------------|--------|
| 2/15 Raytown South 39 | STA 63 |
| 2/16 Spring Hill 47   | STA 59 |
| 2/18 Hickman 21       | STA 38 |
| 2/22 Ray-Pec 45       | STA 52 |
| 2/24 Raytown 56       | STA 55 |

The basketball team ended their season on Feb. 27 with a one point loss in the district semifinal game. STA lost 56-55 against Raytown High School at Rockhurst High School.

"I think we really started to click and play well as a team [during the post season]," Fiss said. "We started to understand and execute what [Coach Doug Nelson] wanted us to do."

### 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 | STA 1st place (jazz) | 2nd place (hip-hop) |
| 2/27 State                           | STA 2nd place (jazz) | 3rd place (hip-hop) |
|                                      |                      | 2nd overall         |

At dance team state, the team fell one short from claiming the state title to champions, Lee's Summit West. This is the highest the dance team has ever placed at State in the history of STA.

According to senior Riley Cowing, one of the six graduating seniors on the team, they did not expect to do this well.

"[We were] screaming and crying," Cowing said. "We actually screamed louder and longer than the first place team [did]."



**Dance off** ★ STA's Dance Team performs for STA vs. Hickman High School varsity basketball game. This was the last performance before their 2nd place finish at State. PHOTO BY TRACY BURNS-YOCUM

### varsity swimming

|                                       |          |
|---------------------------------------|----------|
| 1/22 KC Classic                       | STA 3rd  |
| 1/19 Sion 1st                         | STA 2nd  |
| 1/22 Independent League Championships | STA 1st  |
| 1/22 State                            | STA 28th |

The STA swim team finished 28<sup>th</sup> at the State meet on Feb 20. It was the most successful State meet result in STA's swim team's history.

"It was definitely [a good way to end the season]," Hutchison said. "It was like beyond anyone's expectations."

The 400 meter Freestyle relay and 200 meter Freestyle relay both advanced.



**Flyin' down the lane** ★ Freshman Rose Hutchinson does the Butterfly during the last swim practice before the State meet. Hutchinson qualified for five state races. PHOTO BY TRACY BURNS-YOCUM



# Soccer field up for possible change



**Worn out**★ STA's soccer field sits in its current holy and cramped state, constricted by the surrounding neighborhood. STA is thinking about maybe reclaiming the island off of Wyandotte St. and making a track and a new soccer field **PHOTO BY HANNA KATZ**

## A new soccer field and eight lane track becomes a new goal for board of directors

by **KATIE HYDE**  
Staff Writer

The board of directors is planning to renovate the soccer field and build an eight-lane track around it as a part of a master plan to improve the athletic facilities at STA.

### Expanding the property

Although the board has not made a commitment to the soccer and track renovations, they are currently investigating how to fit the track around the soccer field.

To create room for the track, STA has requested that the city give ownership of the island at the intersection of 55<sup>th</sup> Street and Wyandotte back to the school. The island belonged to the Sisters of St. Joseph, but was given to the city in the 1920's. STA would regain ownership with any expense to the school.

If the board approves the expansion, one of the first steps will be to have Kissick Construction Company expand STA property to the edge of the island. Expanding the property would create enough room to fit the track.

To ensure that this change would not cause any traffic problems, the city conducted a traffic study of 55<sup>th</sup> and Wyandotte, and the results showed that expanding STA property would not disrupt traffic. The next step in renovating the fields is a meeting between the board of directors and the neighborhood association to seek their input.

Before any renovations can happen, the city and the neighborhood association must approve expanding STA property to the island.

### Why?

According to Hough, the athletic department and administration began discussing these renovations

at the beginning of the school year. They looked at the hours students spent playing sports and considered ways to help athletes that have to commute to practice.

"Say we have an athlete that has a two hour practice every evening of the week," Hough said. "If they have to practice 20 minutes away, now their time commitment is three hours. The entire idea behind all these renovations is to help the students."

Hough also hopes these renovations will increase the level of competition in STA athletics.

"Look at many other high schools," Hough said. "Whenever it rains, their softball team has batting cages and the soccer team can play on their turf field. Their soccer teams are practicing while their softball teams are batting while their track teams are running, all at the same time. If we want to start competing at the same level as those teams, we need to do the same things with our athletic facilities."

Sophomore soccer player Katie Beirne also believes that the fields need to be improved.

"The soccer field here is awful," Beirne said. "The field is not regulation size, and there is no room to take corner kicks. The hills that surround the field are annoying, the field is not level and there are potholes everywhere."

Beirne said that the fields especially need to be fixed because of weather damage.

"The field gets soggy and unplayable in the winter when it rains," Beirne said. "And then, when the teams play on it, we ruin the field. We either need a turf field, or we need a good drainage system. Other high schools have turf fields that are regulation size. They have nice fields and good nets. Their fields are well kept. Our school does not do anything to fix the soccer fields but mow them."

### When?

STA president Nan Bone does not know how long these renovations will take or when they will begin. The board of directors has not drafted a timeline because they are still focused

on the current "Inspiring Women" Capital Campaign, which is raising money for a new chapel and classrooms. However, Bone is committed to improving the athletic facilities at STA.

"Anything that benefits our women is important to me," Bone said. "[These improvements] will elevate our programs because they will offer more time to practice and less time in travel to another site for practice."

### Cost

Although there is not yet an estimated figure for the cost of these renovations, the board of directors plans on paying for the costs with grant money.

Before any of the athletic renovations can happen, the school must complete the current capital campaign.

"Although the athletic renovations are important, we need more classrooms, and we need a chapel," Hough said.

### The Master Plan

To map out all the potential improvements, the board of directors, school administration and athletic department created a master plan. According to Hough, fixing the grass on the soccer fields and adding a track is just one part of the master plan. Before next season, Hough hopes to renovate the current tennis courts, build two more courts and maintain the softball fields.

"The tennis and softball renovations are more based on need than the soccer renovations," Hough said. "After mapping out the master plan, we know we can fit another two tennis courts adjacent to the current ones. That is a renovation we have to have. We also found out that we can improve our soccer and tennis facilities and create a track in the space we have. But, the soccer and track renovations are more of a wish list at this point." ★

See the Centerspread for more information on more projects around campus including:  
the new chapel location  
(pages 12-13)

It's about time we got a new home field

AN OPINION BY



ELIZABETH WILSON

Some call it a plot of yellow-ish grass; some call it the neighborhood field. Some call it a dog park, the land of sprained ankles and some, even yet, call it a tragic hole in the ground. Whatever you choose to call it, this area is what I have had to call my home soccer field for the past four years at STA.

Yes, it's the same field across which everyone in the neighborhood walks their dogs (and we all know what lovely surprises come with taking a dog for a walk). Yes, it's the same field the little neighborhood kiddos can be seen making snowmen or playing flag football on. Yes, it's the same field many STA students (and likely numerous students from other schools) have attained various injuries from. Yes, it's the same field that was finally deemed too terrible to play on last year, so we've been playing our home games at Rockhurst University ever since. And yes, it's the same field someone drove across March 23, the night of the campus vandalism, as if our field wasn't bad enough already. A big thanks to whoever you are.

Name one other school where this stuff happens on their fields (injuries at other fields are not usually from craters in the ground). Other people don't respect our field and, quite honestly, it's not so hard to see why. If the rickety goals held stationary by sandbags weren't there, I wouldn't even know our field was a soccer field.

I could write a novel about every time a perfect pass has been coming my way, my foot is out and ready to receive the ball and, all of a sudden, the ball hits a bump, rock, tire track, who knows, flies up and goes a totally unexpected direction. Or, about how many times I've rolled my ankles in one of the countless trenches hidden around the field. Or, maybe, best yet, just a novel about our field compared to every other school's. Now, that would be a good one.

No one's field is as bad as ours. No one's.

And it's embarrassing to have other schools come play at our field. I would rather drive two hours on a smelly, crammed school bus to Topeka Hayden High School than have them come play us at STA. We have to play one home game against Liberty High School at STA this year because we can't get Rockhurst's field that night, and we've been joking around saying things like, "Well, hopefully the bumps will slow them down" and "At least we'll be used to the field." But we're dead serious. It's embarrassing.

But wouldn't you know the administration is finally looking to renovate our home field...after I graduate.

While I know I will be incredibly jealous of the generations of soccer players to come that will have the opportunity to play on a nice field, free of craters, trenches, pits, bumps, rocks, tire tracks and other random things no one really knows why they're there, thank goodness STA is finally taking the steps necessary to create a home field it can be proud of. It's amazing how successful the soccer program at STA has been, despite our lack of nice facilities. Just imagine what the future generations can do with a nice field to practice and play on.

Thank you from the soccer program to whoever finally listened to our pleas. ★





**CourseSmart** gives students access to over 7,000 text books, free of charge and without copyright



**Stanza** students have access to 30,000 classic books in public domain, without copyright. It includes newspaper and articles as well. Stanza tracks your work and allows users to adjust font size to avoid eye-strain.



**gFlashPro** This program allows students to create flash cards with Google Spreadsheets or Microsoft Excel. The card can include pictures, sound clips and videos to help users study.



**MyHomework** need help keeping track of your schedule and when assignments are due? This app color-codes homework according to its due date, making organization easier.



**Dictionary** This program gives students access to over 400,000 definitions and a thesaurus, eliminating two more books from students' heavy backpacks.



**Evernote** Having trouble staying organized? Evernote helps users create notes with text, audio and video and place them on the web where they can be accessed through the iPhone or the Evernote website.



**Graphing Calculator** This app is a cheap alternative to purchasing a graphing calculator or scientific calculator. The program includes the ability to graph several equations and e-mail the results.



**Facebook** Students can keep tabs on their friends and share photos from their phone with access to this popular social networking site.



**Documents to Go** This program allows users to sync and view Microsoft Office files. Users can also create Microsoft Word documents. Students can have access to class notes at any time.



**Wikipanion** This app makes it easy to locate and bookmark articles found in the online encyclopedia, wikipedia.



# Three juniors win Avila art show awards

Art teacher entered students' pieces to art show; students' work earned recognition

by ELIZABETH WILSON  
 Assignment Editor

One day, as junior Anna Rayburn walked to her advisory, art teacher Theresa Wallerstedt stopped to inform her she had won an award from Avila University for one of her drawings.

"I didn't really know she was submitting [my drawing]," Rayburn said.

Junior Clare Odegard said she was informed in a similar manner.

"One day while I was in the art room, she was just kind of like, 'By the way, you won an award,'" Odegard said.

Wallerstedt entered 14 of her students' pieces for consideration into the fifth annual High School Invitational Avila art show restricted to juniors and seniors, based on craftsmanship, creativity, size

and overall excellence. Out of the 14, Odegard, Rayburn and junior Lindsay Girardeau won awards and their artwork was displayed in a week-long exhibit at Avila.

"I [went to] the closing and was impressed with the entire show," Wallerstedt said.

Girardeau's work was a scratch board — a cardboard coated with impermeable white clay and covered by a layer of ink that is scratched in patterns revealing the white surface below — of the art room which took her around two weeks to complete. Rayburn's work was a blind contour — a drawing done by looking intently at the edge of an object, but never looking at the paper while the pencil moves — self-portrait drawing of her daydreams, which took her a couple of weeks to finish.

Odegard is unsure as to which piece of her artwork Wallerstedt submitted for her, but assumes it was her drawing of the commons. All of the submitted pieces were pieces Wallerstedt had assigned to her students.

Winning awards for her artwork is not something entirely new to Odegard, as she won a few awards in eighth

grade for her work. However, she still believes it is nice to have this award to put on her resume when she goes to camp at an art institute this summer.

"They have a space for art awards, and now I have something to put in there," Odegard said. "It gives credibility."

Rayburn is also planning to put this first award of hers on her resume, which she believes will help her receive good credit with art schools. Rayburn said receiving this

award has encouraged her to possibly even enter her work into some contests on her own.

For Girardeau who has always liked art, but just recently became increasingly interested in it, she hopes placing this award on her resume will help her to attend Savannah College of Art and Design where she would like to study art and architecture.

"I was really excited [to receive this award] because I didn't think [my artwork] was that amazing," Girardeau said. ★

**Art Academics**  
*Art classes taken at STA*

- **Anna Rayburn:** drawing I, advanced drawing, ceramics and digital photography
- **Clare Odegard:** drawing I, advanced drawing, painting, photography, computer graphics
- **Lindsay Girardeau:** drawing I



CLARE ODEGARD, JUNIOR



ANNA RAYBURN, JUNIOR



LINDSAY GIRARDEAU, JUNIOR



# Taking it to the STA dance floor

Class representatives were pleased with results from STA's first dance fundraiser

by MOLLY MEAGHER  
Staff Writer

Seven couples competed in STA's first Dancing with the Stars in the auditorium Friday evening. The couple of senior Megan Wilkerson and facilities manager Rafael Ramirez won the competition. Senior class president Caroline Thompson and senior class vice president Brady Essmann hosted the event, which was a fund-raiser for the senior prom and Capital Campaign. To Thompson's and Essmann's surprise, the event raised \$2,155.

"We raised way more than I expected," Essmann said. "A lot of people were poking fun at me because of my bad perception with numbers and figures. I told people that I was hoping for at least \$600."

According to Thompson, senior class officers met with president Nan Bone over the summer to discuss plans for senior year. Bone had previously suggested Dancing with the Stars as a fund-raiser for Capital Campaign, but it had fallen through.

Bone offered the idea to the officers as a fund-raiser for prom. The officers and Bone decided to split the earnings -- half would go to the technology fund for Capital Campaign and half to the senior prom.

There was speculation about whether the event was going to pull through, Essmann said. According to Essmann, there was very little hype about the event in the beginning. No one was signing up to

participate and Essmann said she Thompson eventually had to pick the cast. In the end, Essmann said everything turned out perfectly.

"Nothing was really ready and we didn't know what we were getting ourselves into until 30 seconds before," Essmann said. "Everything came out beautifully. I wouldn't have it any other way. And definitely the power of improvisation saved us."

According to Thompson, the week before Dancing with the Stars was very stressful, but, in the end, it was worth it.

"Hearing everyone laugh and applaud and hearing them talk about it afterward was awesome," Thompson said. "We were so into it. It was probably one of my favorite memories of STA. It made it so worth it with all the stress."

Dance routines ranged from ballet hip-hop to Peruvian jazz mix. The winning couple, Ramirez and Wilkerson, performed a hip-hop and break dance routine. Ramirez said he was nervous watching the other couples dancing but had fun once on stage.

"I really didn't expect to win, I just expected to have fun," Ramirez said. "We were just there to go out there and have fun."

Not only was this night Ramirez's dancing debut, but it was his wedding anniversary as well. After his dance, Ramirez brought a bouquet of roses and several gifts on stage for his wife.

"We really didn't think about it till the week before and I was like 'Wait a min... oh my God!,'" Ramirez said. "Usually, for [my wife], we do something special like go out to eat. When I told [my wife that Dancing with the Stars was the same night], she was really excited. We called everyone to come [to it] and afterwards we celebrated and had some drinks."

The other couples who performed included



**Show Stoppers** ★ Senior Ellen Gude, left, dances with her dance partner, Rockhurst senior Bradley Wiedeman during their final practice March 4. Gude and Wiedeman placed 2nd at STA's Dancing with the Stars competition. PHOTO BY TRACY BURNS-YOCUM

## On the Money

The fundraiser, hosted by the senior class representatives, earned more money than expected

Money earned: \$2,155

Half of the earnings will go to the 2010 senior prom, and the other half will go to the technology fund for the Capital Campaign.

these couples:

- senior Avery Adams and social studies teacher Denise Rueschhoff
- senior Anna Gigliotti and singer Mikey Needleman
- senior Ellen Gude and Rockhurst High School senior Bradley Wiedeman
- junior Kathleen Hough and drama teacher Shana Prentiss
- junior Taylor Kramer and Spanish teacher Melissa Axton
- junior Betsy Tampke and Rockhurst English teacher Andrew Beisser

Junior Morgan Said created video bios of the couples that can be seen on Dartnewsonline.com, along with videos of the dance routines.

Essmann hopes Dancing with the Stars will become an annual tradition which will eventually incorporate more of the STA community, such as the underclassmen.

"A senior came up to me after the show and said 'We just started something big,'" Essmann said. "And all credit goes to Bone. She pointed us in the right direction." ★

# Finding the meaning behind the message

I ♥ WALDO

"I love Waldo. I saw it on some car and thought 'Wow, I would really

like to have that.' Then I saw it in the window of Dave Smith's Lampmaker on Wornall and decided I'd check it out. I went in there and left with my very own sticker for the low price of \$1. That's the whole story. I think the red heart compliments my red car, if I do say so myself."

-Maddy Fox, senior



"The Grateful Dead is one of the most well known hippie folk bands of the sixties and seventies. When I turned 17, my older brother took me to It's a Beautiful Day and let me choose my favorite bumper sticker. The Grateful Dead is one of my favorite bands, so when I saw the sticker I had to have it. It's also funny because I love tie-dye and tons of people call me bear so it fit my personality perfectly!"

-Kerry Cummings, senior

The Dart investigates obscure bumper stickers in STA's parking lot and finds explanations

by KATHLEEN HOUGH  
Staff Writer



"About a year and a half ago, my sister [Cara McClain] and I started a youth group called Tim 4:12, based on the bible verse. Maddy Fox found a website that could make bumper stickers, so we printed one that said Tim 4:12 along with the words speech, conduct, love, faith, and purity. These words are a reminder of the bible verse. I put it on my car because I am proud of the fact that I am apart of my youth group!"

verse: "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity."

-Kathleen McClain, senior



"I got [my 'Coexist' bumper sticker] from It's a Beautiful Day on Broadway Boulevard, and it basically represents my belief that people should try to live together peacefully, despite their different opinions. It promotes religious tolerance and understanding, and it also supports an end to discrimination of any kind."

-Lorraine Sands, sophomore



"[My bumper sticker is] called a Dalarcarlia or a Dala horse and it is the symbol of Sweden. I went to Sweden the summer before junior year and this horse was everywhere. Then my mom bought this for me from a Swedish store [in Kansas City]."

-Anna Svoboda-Stel, senior



"I got my BKS bumper sticker from Brookside Toy and Science, where I work. I like having it because it shows that I am a member of the Brookside neighborhood; it is where I work and live. It's nice to have on the back of my car because everyone knows it's my car and it reminds me of where I came from."

-Lindsay Girardeau, junior



"Last January, when I was a sophomore, I verbally committed to play soccer at the University of Nebraska, Lincoln. I got a new car from my parents as a result and put this bumper sticker on the back! When I look at it I remember how excited and gracious I am to get this opportunity to do what I love!"

-Caroline Gray, junior



# entertainment WALL

**CD** Singer/ songwriter/ harpist/ pianist/ and musical guru

**Joanna Newsom's** new album **"Have One On Me"** is a brilliantly composed two-disc compilation of some of Newsom's finest songs. With intellectual and dreamy lyrics, a beautiful voice, and a talent for the harp and the piano, Newsom's third album is a definite success. One of my friends told me that it would take probably hundreds of listens to fully wrap your mind around the depth, the complexity and the emotion throughout Newsom's lyrics and music. However, this album is worth the hundreds of listens. Trust me.

-Micah Wilkins ★★★★★

## Song

In her collaborative album with Beck, **Charlotte Gainsbourg's** new song **"IRM"** stands out

among recent music. Her gossamer voice sings medically-oriented lyrics while sounds from an MRI, called an IRM in France, subtly add an unusual but unique touch. She tells the story of how she suffered from a brain hemorrhage after a water-skiing accident and underwent a series of MRIs, and how the loud buzzing seemed musical to her. Although I enjoy her distinctive interpretation of something I have only found to be incredibly annoying before, the overall tune sounds more like Beck than the Charlotte of other albums.

-Paige Wendland ★★★★★

## Book

**The Lost Symbol** is **Dan Brown's** third installment of

*The Davinci Code* and if you liked *The Davinci Code* and its prequel, *Angels and Demons*, you'll definitely enjoy *The Lost Symbol*. The book follows Robert Langdon throughout another incredible adventure that proves his brilliance. However, it is different from the other two fictions because it takes place in the US- Washington DC to be exact. Since the story takes place closer to home, I found the plot easier to follow and easier to predict the outcome.

-Cassie Redlingshafer ★★★★★

## Show

**"My Life as Liz"** is a new television show on **MTV** features stories about a

high school senior set in a small town in Texas. It uses quirky humor and sarcasm to display a comic book-loving, indie music-loving girl named Liz. This outsider character does things differently than everyone else and, according to her biography on mtv.com, even "tries to invent new ways to insult blond conformists." Although this new spin on a high school story is refreshing, most of the plots are clearly scripted, as any MTV shows are. "My Life as Liz" is not necessarily on my list of weekly "must-sees," but every once in a while I enjoy laughing at the eccentric characters and witty conversation.

-Laura Neenan ★★★★★

# HALTING the auditorium

## Capital Campaign phase postponed until further notice

by **PAIGE WENDLAND**  
Staff Writer

The Capital Campaign's second phase of renovations to the STA auditorium have been put off indefinitely. The renovations would have included the extension of the stage and air-conditioning the auditorium. The first part of the renovation, which has already taken place, provided the auditorium with new carpeting and new seats, which include plaques with names of STA alumnae, family and STA supporters and donors. The decision to postpone the second part of the project was mainly based on financial reasons, according to STA president Nan Bone.

Drama department head Shana Prentiss regrets the postponement of the

renovations, as the theater department would have benefitted from the changes.

"We could do a whole lot more with more space on the stage, and I see those girls having to put up with the stuffy atmosphere up there," Prentiss said. "I think [the second phase would] really benefit our ability to do our best in theater and music performances. It may not be as necessary as new seats and flooring, but it could open us up to a kind of new world in what we can do with productions."

Prentiss said she does hope the final renovations can be made soon.

The renovation plans to add air-conditioning to the auditorium

and a bigger stage would have been well worth the money, according to junior Leah Miller, who is involved with the theater department at STA. She said the auditorium can get very hot from the lighting and from warm weather during performances. However, Miller sees the reasoning behind the decision to postpone the theater renovations, as other investments and plans are likewise important.

"Even though I was looking forward to having a better stage and air conditioning,

things like the chapel are more important," Miller said. "I can see their thinking in postponing this project rather than one of the others, which affect more of the whole school instead of just the [theater] department."

Bone said the date for this second phase to be completed is tentative, as she is now focusing on other parts of the Capital Campaign, like the new chapel. Although the auditorium renovations have been put off for now, Bone said they will be completed in a timely manner as soon as they recommence.

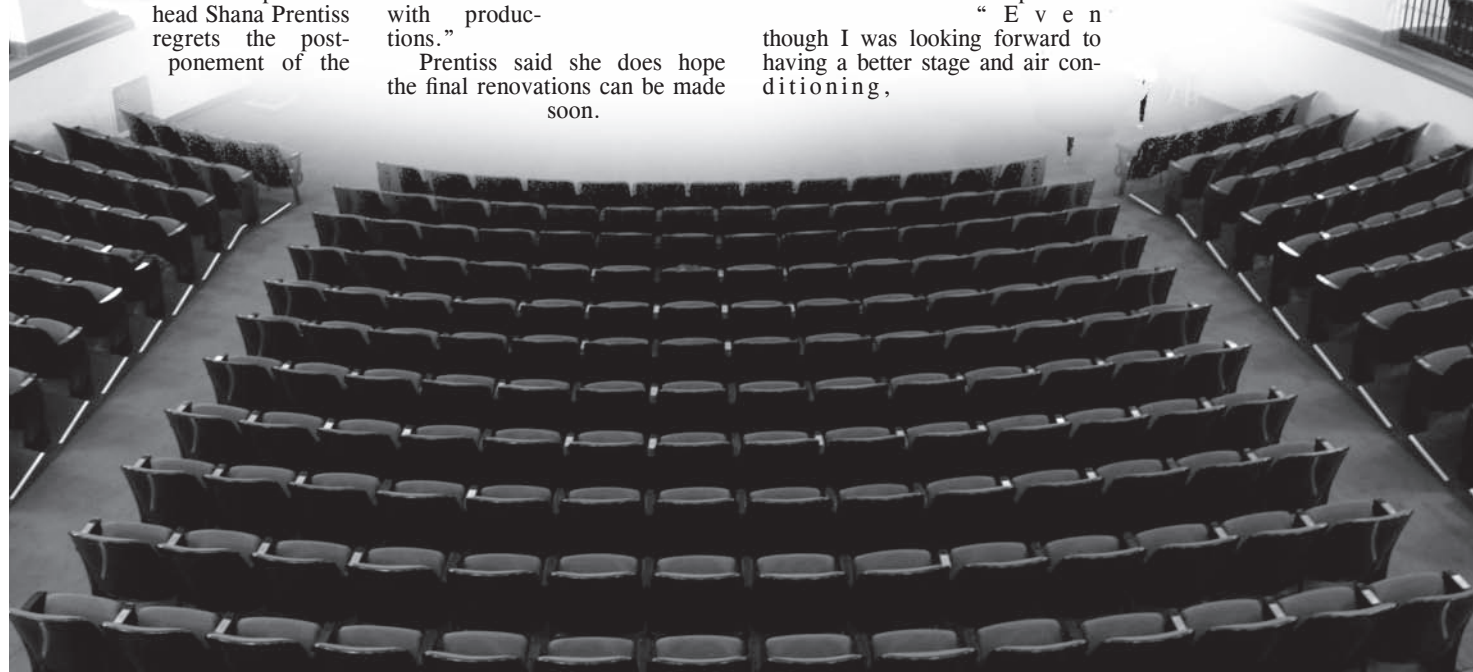
Prentiss agreed with Miller, saying that she is appreciative for the first round of renovations, but understood why the second phase would have to wait.

"I was really grateful just to have new seats and floors in our auditorium," Prentiss said. "It was a blessing by itself to me, and I think the [second] part was even better than I hoped for." ★

"We could do a whole lot more with more space on the stage... [but] I was really grateful just to have new seats and floors in our auditorium. It was a blessing by itself to me,"

Shana Prentiss, Drama department head

See the Centerspread (pages 12-13) for more information about projects on campus



# artist of the issue

**Anna McDonald**  
Freshman

**Q: You draw, correct? What do you like to draw?**

**A:** "I like to draw people a lot, usually from something I'm reading or listening to, its characters."

**Q: What books, movies or music inspires you?**

**A:** "I like stuff that seems unique. I don't like those stories about the girl who goes to the new school and doesn't fit in. There are too many of those. [I like] anything that seems interesting."

**Q: When do you draw?**

**A:** "I draw a lot during my frees, when I've finished [my homework]. . . I draw when I'm bored. I always have to be doing something with my hands."

**Q: Are you taking any art classes at STA?**

**A:** "I'm in drawing I. . . I [also] took a watercolor painting class a couple summers ago."

**Q: Do you do any other forms of art?**

**A:** "I do some painting. I'll make little outfits for my sister's dolls, because it takes less fabric than real clothes. . . I like to do combined writing and drawing, like cartoons and stuff. That's why I like some Manga and Anime."

**Q: Do you ever give your art as gifts?**

**A:** "I make a lot of pictures for family and friends, but some of them never get to the people."

**Q: Why is that?**

**A:** "I think a lot of times, artists have a vision, but it doesn't come out the way they wanted. People who don't know what the vision is say 'Oh man, this is great,' but the artist is like 'No, this isn't what I wanted. . .'" ★



**Doodle Monster** ★ Freshman Anna McDonald is in drawing I class. Every week or so, she submits this drawing journal to be graded by Ms. Wallerstedt. **PHOTO BY MICAH WILKINS**



# A NEW CHAPTER



1.

After attempting suicide, junior Hannah Longstreet starts over at a new school

by **TAYLOR BROWN**  
Centerspread Editor

Ms. Margaret Longstreet was angry and confused as she made the unexpected trip home from work on the afternoon of Nov. 19. Margaret had just received a call from STA administrative assistant Julia Berardi who told Margaret that her daughter, junior Hannah Longstreet, had been truant from school for the last two days. Margaret talked to Hannah on the phone and found out she was at home skipping school. Margaret had no time to reproach her daughter when she arrived at home, however. She found Hannah asleep in bed with an empty bottle of Tylenol PM pills next to her; Hannah had intentionally overdosed on these pills in an attempt to commit suicide.

"At first I didn't really believe she did it," Margaret said. "I thought she was faking it, trying to get out of her truancy, but then after that I was in disbelief and catatonic for a week, walking around in circles. I didn't understand what happened. I didn't understand why she did it. I didn't understand how it had gotten so far that she would do that."



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Rui Coutinho, Photo





**Coming Clean** ★ 1. Longstreet poses outside her Blue Springs home Feb. 16. 2. Longstreet enjoys some mother-daughter time on the couch with her mother Margaret. 3. The Two Rivers Psychiatric Hospital in Raytown, MO is where Longstreet went for treatment after her attempted suicide. 4. St. Mary's High School junior Hannah Longstreet, former STA student, comes clean about her attempted suicide. **PHOTOS BY TRACY BURNS-YOCUM**

After Margaret discovered Hannah had tried to commit suicide, she called Poison Control and took Hannah to St. Mary's Hospital where she stayed overnight. Doctors had Hannah consume activated charcoal to counteract the pills, drew her blood for testing and emotionally and psychologically evaluated her. St. Mary's diagnosed Hannah with severe depression and Obsessive Compulsive Disorder (OCD) and required that she be taken to Two Rivers Psychiatric Hospital in Raytown for further treatment and recovery aid.

Hannah's depression was chemically stimulated by a problem with the serotonin output in her brain. Serotonin is a chemical that is released in humans when they are happy, but as soon as Hannah's brain releases serotonin, it immediately sucks it back in, Hannah said. Hannah's obsessive tendencies included counting things and she became upset when things were not in order.

#### Making a Fresh Start

After Hannah's suicide attempt, she spent seven days at Two Rivers Psychiatric Hospital. There, she spent time with other teenagers, attended group therapies and met with psychiatrists, therapists and a social worker. Her doctor also put her on a medication called Lexapro to help with depression and anxiety.

"Group therapy was really helpful," Hannah said. "You feel everybody else's problems. You start to think 'Why was I so caught up in myself when there are other people out there with problems, too?' You always meet really great people there, too, who are all really creative and intelligent who just have these problems that are blocking them."

Hannah's psychiatrist told Hannah that "starting over" in her life could help her in her recovery. Following his advice, Hannah decided to transfer to St. Mary's High School in Independence after finishing first semester of junior year at St. Teresa's Academy. Although Hannah's parents eventually supported Hannah's desire to transfer, they were initially weary.

"Both my husband and I were against it at first," Margaret said. "We thought that she would have the same problems [at both schools]. We came around partly because we weren't that active in St. Teresa's. We were trying to fit her into a community that we didn't belong to. I love St. Teresa's; I still wish Hannah was there, but St. Teresa's isn't for everybody. It ended up not being a good place for Hannah."

Despite her family's initial hesitance, both Margaret and Hannah think that the switch has been good for Hannah.

"I think [transferring has] helped me in the

sense that it is a fresh start," Hannah said. "[At St. Mary's] I can tell someone that I'm feeling sad, and they won't be surprised because they haven't met me yet. You are new and they know nothing about you, so they wouldn't be shocked to hear anything."

Hannah also feels that the atmosphere at St. Mary's is better for her.

"People [at St. Mary's] are really laid back and they are not as concerned with their future and there's a little bit more emphasis on the present for them," Hannah said. "I knew lots of nice people at STA, too, but it's just different in the sense that it's not quite as difficult."

#### Put a smile on

STA students and faculty were used to seeing Hannah at school, always with a smile. That is why Hannah's suicide attempt and diagnosis surprised almost everyone, including Hannah's family and close friends.

"I was not really realizing [she was depressed]," Margaret said. "I thought kids go up and down. Sometimes she was happy and sometimes she was sad. Most of the time when I really thought she was sad I just thought it was teenage angst. Adolescents go through lots of stuff so I didn't think it was depression that was so severe. But as I look back now I can see that I probably should have seen some of that."

Although the people who Hannah saw everyday did not seem to notice her depression, Hannah considers herself to have been severely depressed since sixth or seventh grade.

"To hide that you are severely depressed, pretty much you just put on a smile," Hannah said. "It's not really as hard as you would think it is. You are so unhappy that you are embarrassed. You don't want anyone to know. I am pretty creative so I was pretty creative about hiding my lies. I was just good at hiding it."

Hannah believes her depression stemmed from normal teenage problems. However, these problems affected Hannah much more severely than they would a normal teen, because part of Hannah's depression was that she could not deal with these emotions.

"It was always the same things that every other teenager gets mad about: boys and friends and school," Hannah said. "Grades were mostly it though. I couldn't get everything I wanted and nothing was perfect and then I got to the point where I just gave up, and then things just got worse and worse."

Hannah's best friend at STA junior Maura Porter sensed Hannah's depression but was surprised by the extent of it.

"I was aware [of her depression], but I always kind of gave her credit for being a strong individual," Porter said.

"Even though I knew she was depressed I thought she'd be

able to overcome it very easily. I think everyone just saw Hannah as a talented, intelligent, and strong girl. People just assumed she didn't have any problems because of that."

Although Hannah was severely depressed for several years, she said she only contemplated suicide for three and a half weeks before her attempt.

"I thought about [committing suicide] in every way possible," Hannah said. "I considered slitting my wrist or hanging myself. Some of them were just horribly graphic. I thought about it all the time - in church and school. I was tired of failing. I was tired of doing things wrong, so I just decided to even it all out."

#### Road to recovery

It has been three months since Hannah's suicide attempt and Hannah, her friends and her family have seen improvement in Hannah's depression.

"Right now I consider myself to be a recovering severely depressed teenager," Hannah said. "It's not so much that I'm not depressed anymore, it's that I know how to deal with it. I don't obsess about my grades as much. You find ways to be obsessive in ways that are positive. Right now I am obsessive about my handwriting. On my computer, I like to have everything completely organized. These things aren't harmful to me or anyone else."

According to Margaret, Hannah's relationship with her family has also improved.

"We started learning to be more communicative towards one another," Margaret said. "She didn't feel that she could tell me how she felt and so I had to learn to talk to her again. We talk and talk and talk and we ask questions and we communicate every day. I ask her how she's feeling. I ask her specific questions about her life and her day and her relationships at school. We learned as a family how to get back to being a family."

Porter also tried to help Hannah in her recovery.

"We made plans that coming weekend [after she got out of the hospital] to hang out," Porter said. "I remember following her around her house, just like so glad she was there. I just tried to let her know that even though we weren't as good of friends anymore, she was one of the best friends I ever had. If she ever needed anything I would drop whatever I was doing to help her."

Despite these rough times for Hannah, her friends and her family, she said she does not necessarily regret her attempt to commit suicide.

"It made me realize a lot of things," Hannah said. "It was a horrible, horrible experience and I would never go through it again, but it forced me to get help. I hit rock bottom, so now I know what rock bottom feels like. I know I never want to be at that point again." ★



# Family matters

Ramirez family conquers hardships, parents place education as first priority

by ROSIE HODES  
Editor-in-chief

By the end of sophomore Martha Ramirez Jr.'s sixth-grade year at Visitation Catholic grade school, she knew that the education she was getting there far surpassed what she had gotten from schools in the past. At the end of the year, Martha and her classmates gathered their science books and put them in boxes. The books were old, written in and falling apart, but they were a donation to kids "who really needed them," her teacher said. When someone asked where the books were going, Martha's teacher replied, "Our Lady of Guadalupe" - Martha's old grade school.

"Oh my gosh," Martha thought. "Those are my friends."

This is just one experience that shows Martha how "blessed" she feels for the sacrifices her parents have made for her to have the best opportunities possible since she was born.

STA's maintenance manager Raphael Ramirez and Ms. Martha Ramirez Sr. conceived their daughter during their senior year of high school and decided to start their family.

"In my mind I knew [abortion] wasn't an option," Martha Sr. said. "She was mine and I wanted her and I would do whatever I could for her."

According to Raphael, he and his wife have placed their daughters Martha Jr., Marisa, Mireya and son "Nini" before themselves since the beginning.

"We didn't really have much of a life as [teenagers normally do]," Raphael said. "Other kids would go on Spring Break or celebrate Mardi Gras, but we couldn't do that. Our priority was our kids. That's what we prided ourselves on. We would make sure our kids had what they needed, and if we had anything extra then we could use it for something else."

Putting their children first meant putting college on hold for Raphael and Martha Sr. They both tried going to Rockhurst University for a semester at a time, but they found that they needed a steady income. Raphael worked various jobs while Martha Sr. stayed home with her kids.

Currently, Raphael is STA's maintenance manager and Martha Sr. runs her own tax preparation business out of her home along with a

full-time job as administrative assistant at the Ellerbe Becket architectural firm. Raphael and Martha Sr. would like to go back to school, and would if they had the chance, but they have found sustainable jobs without college degrees thus far. According to Raphael, his passion is making people happy, and he tries to do so with any job he holds.

Martha Jr. says this passion has rubbed off on her as well. She also said she loves having her dad at STA with her every day. In the past, Raphael had jobs that didn't allow him to spend as much time with his family as he wanted. Working at STA not only connects the family and helps Raphael and his wife afford tuition, but as a Catholic school, STA fulfills what the Ramirezes value in education.

Raphael and Martha Sr. raise their children with a strong Catholic and Latino influence. Even when they struggled, living paycheck to paycheck, the Ramirezes were always able to provide for their kids because of their faith in God, they said. It is this faith that causes the Ramirezes to value Catholic education so highly. They believe Catholic schools reinforce the foundation in faith that they teach about at home.

"When we're being criticized for spending money on tuition instead of fixing the house or car, we know that [sending our kids to Catholic school] is our investment," Martha Sr. said. "We may not see the fruits of it now, but, God-willing, in the future we will see the fruits of our labor."

The Ramirezes hope that their children will also learn from their experience of starting a family very young. According to Martha, her parents are very open about how they worked through being teenage parents, and this helps her understand why it is important to value her education.

"My parents have done a great job because they have beaten all the odds," Martha said. "Society places a stereotype on teen parents, [but they succeeded]. I am so proud of them and I look up to them so much...[Their life] is something that inspires me to do well at STA."

Martha Sr. agrees that society sees a Latino teen mother like herself as a "statistic," but she believes she and Raphael have overcome these roadblocks by raising a faithful family.

"I know society places success on numbers," Martha Sr. said. "Not only financially, but grade-wise. We might not have those numbers financially or academically, but what has been the basis and stability of our life is our faith. That consistency throughout our life has been our own success." ★

## Burn out runs in the family

Studies show that stressed, overloaded parents impact their children's attitudes

by MICAH WILKINS  
Arts & Entertainment Editor

Home life and school work are both very stressful for STA sophomore Liz Wiens at the moment. Her parents are going through a divorce, leaving her mother a single parent, with one car, two teenage daughters to drive around, and one dissatisfying job.

"The divorce is obviously hard," Liz said. "Nothing's easy right now."

With her mother, Ms. Cindy Wiens, unhappy and stressed out at home, Liz finds it harder to feel much other than discontent.

"My mother is uber stressed," Liz said. "My mom dislikes her job [as a certified public accountant]. She is trying to support and transport two teenage daughters around and get through a divorce and manage her life and happiness."

Liz also says that she is highly stressed at home, due to her parents' recent divorce, her soccer commitments and her heavy homework load. Liz has, on average, 12 hours of homework a week from her advanced classes, which include college Spanish III, honors algebra II, accelerated geometry and honors chemistry.

"School is definitely challenging," Liz said. "I think I have a heavy workload, because of all my advanced classes, pressure to get a good [grade point average], and [my] homework amount."

In other words—high stress levels run in the family. According to a recent study done in Finland, parents who claim to be stressed out with work are more likely to have children who are also stressed with their schoolwork.

The study, entitled "Parents' work burnout and adolescents' school burnout: Are they shared?" defines "burnout" as exhaustion due to overwhelming school or work demands, which cause feelings of cynicism, detachment, inadequacy or powerlessness in the work or school environment. Liz and her mother have many common symptoms due to their stress. For instance, Cindy is not happy with her job because she feels a sense of inadequacy, as she wishes to have more influence, and make more of an impact on the world.

"My mom dislikes her job because she doesn't feel like she is changing the world with her work which is a feeling she wishes to have," Liz said.

Liz also experiences symptoms of being "burned out," specifically the symptom of detachment.

"I'm a very daydreamy-type person," Liz said. "I'm fairly certain about 70 percent of my time is spent thinking about other things during class. I just have a flighty mind."

Like Liz and her mother, out of the 515 ninth-graders and 595 parents of the teens from the study, for parents who were found to be burned out, their children were more likely to also be burned out. The results from the questionnaire, which reached students from 11 different high schools in Finland, clearly showed that burnout in families is indeed "contagious." According to a 2004 article, published in the *Work & Stress Journal*, this type of overwhelming stress impacts others directly and indirectly.

"An individual's burnout 'spills over' to other life domains, such as the family," the article states. "Therefore, it also affects the lives of many more people than those who are experiencing it directly."

More specifically, the study states that stressed out parents and children are usually of the same gender.

The study also came to another conclusion: parents' economic pressures also add stress to their children. The results show that the worse the parents' economic situation, the higher the level of shared burnout in the family. The opposite was also found to be true.

"In many families, economic pressures generally bring budgetary matters to the fore in family [interaction], enhancing preoccupation with financial issues and thus generating frustration and anger," the study states. "There is evidence that economic pressure felt by parents is a risk factor for adolescents' internalizing problems, such as depressive symptoms."

Liz and her family are also experiencing stress due to their economic pressures, which have worsened recently, especially in light of the divorce.

"I'm pretty stressed at home because of our financial state," Wiens said.

Despite the likelihood of burnout for adolescents whose parents are also burned out, Professor Salmela-Aro states in her paper, "School-related Burnout during Educational Tracks: Antecedents and Consequences," that it is important for teachers and schools to hinder the problem of burnout at an early age.

"Students in senior high school need in particular positive motivation such as encouragement, interest shown in them and fairness from their teachers to prevent them from burning out at school," Salmela-Aro said. ★

## Sleep: Lack of rest hinders students school performance

Continued from page 9

In addition, Wahlstrom found in the study that the later start times also caused an increase in attendance and a decrease in drop out rates among students.

According to Dr. Eveloff, most students would benefit from a later starting time, but the delayed high school day may conflict with the teachers' and parents' day.

"I actually think performance could be improved with a later start time, given what we know about the standard teen's sleep physiology," Eveloff said. "However, teachers, administrators, and parents are all running on adult physiology, so there will be conflict. The rest of the world does not adjust start time because employees would like to sleep in." ★

## Wine: Does drinking at home cut down on underage binge drinking?

Continued from page 9

Because Tess can drink at home, the idea of drinking on the weekends is less appealing.

"In my opinion, kids will be kids and there's not a lot [parents] can do about it," Tess said. "My personal opinion is that people should make their own decisions whether they want to drink or not, and my mom just provides a safe environment for me to experiment in. Better at home than at some party with a bunch of strangers." ★

When confronted about her parenting decisions, Duchardt defends her beliefs.

"I tell them that they are my children and this is the way I will parent them," Duchardt said. "I would also say that I am actually helping them in several ways, one of them being by not encouraging binge drinking. By allowing my girls to taste alcohol with me, they learn how to do it responsibly, which is something they will use for the rest of their life." ★



Tickle Fest ★ Martha laughs with her younger brother, Nini, in his bedroom on the afternoon of Feb. 17. Nini shares a room with two of his siblings. PHOTO BY HANNA KATZ



NICE TO MEET YOU



ROSIE HODES

*Cougars, goat C-sections and cows: Oh my!*

I've heard of teenagers doing some pretty cool things: dancing for a professional theater, winning a city-wide math competition, traveling across the globe. But I have heard the coolest of the cool from senior Nicole Twaddle, my most recent date.

"I helped give a C-section to a goat in September," Nicole said.

I had to stop her for an explanation, as she went on with her sentence as if performing a C-section on anything, let alone a goat, was a normal thing to do.

Apparently, Nicole was shadowing a large animal vet for some practice in her future profession, and she was called into duty. The goat was delivering twins, and one kid wasn't breathing. Nicole stepped in to aid the vet and welcome two healthy kids into the world.

This is just one highlight of the experiences while working for 300 hours of veterinarian shadowing required for programs Nicole wants to pursue in college. Other tasks include deworming cows.



Twaddle

Nicole said there are only 27 veterinary schools in the country, and she's still waiting to hear back from her school of choice: MU. Nicole said that she hasn't decided which kind of care is her favorite, whether it's for small animals, large animals, exotic animals (like the ones at the zoo), or equestrian. Even though Nicole has enjoyed working with cougars in the past (yikes), she said horses are her favorite animals.

"I ride horses almost every week," Nicole said. "I love riding them, but it's just so dangerous."

Also, Nicole said she might focus her passion to help one of her own dogs who has cancer.

"I might specialize in oncology for animals," Nicole said. "Plus, the research doctors do on animal cancer can translate to humans."

Whichever area of veterinary work Nicole chooses to pursue, I have no doubt that her passion will last long into her career. Nicole is such a gentle person, and if I were a pup, I wouldn't mind to be under her care.

I wish you luck, Nicole. It was nice to meet you. ★

**top** [[Spring Break Destinations]]  
Compiled by Cassie Redlingshafer

**5** **Puerta Vallarta, Mexico:** Puerto Vallarta's a beach-meets-Mexican-mountains city that will have a lot of what you want for 2010.

**Miami and South Beach, Florida:** Welcome to prime time, South Beach and Miami Beach! Just east of Miami, South Beach is bordered by Biscayne Bay on one side and the Atlantic on the other.

**3** **Panama City, Florida:** Panama City's a sure bet for the kind of fantastic fun that makes a break memorable for the rest of your life. Take some time, too, to see Panama City's 27 miles of sugary sweet sand on the Gulf of Mexico.

**Acapulco, Mexico:** Acapulco's not Mexico's best beach-side city (that might be Puerto Vallarta), but it's tried, true, and ready for you. Plus mtvU is in Acapulco this year, which guarantees a good time.

**1** **Cancun, Mexico:** This little piece of Mexico is pure craziness during March and April: a massive influx of students doing the spring thing on drop-dead gorgeous beaches and in late-late-night clubs.

Source: <http://studenttravel.about.com>



**Critter's Corner**

Compiled by Avery Adams and Kathleen Hough

Critter, dear Glitter, our furry friend We've been wondering lately, where have you been?

There's been no tree climbing, or frolicking in the quad.

We're scared for you, Oh dear God!

Is it something we've done?

So deserving of this shun?

Has the limelight gotten too bright?

That it gave you a little fright?

Whatever the reason, dismiss it now.

We need you with us, Oh Holy Cow!

Oh Critter, dear Glitter, our campus kitty

We've searched half the city.

So come back soon, we're growing tired of crying ourselves to sleep.

Oh please come back; jump into our arms

For you, dear Critter, are ours to keep.

Warmest regards,

Aves and Kath

**[oscar nominees]** created by Shaughnessy Miller

|    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
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| 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | 16. | 17. | 18. | 19. | 20. | 21. | 22. | 23. | 24. | 25. |
|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|

**Answers - down:** 1. Colin Firth 2. Mo'Nique 3. Morgan Freeman 4. Anna Kendrick 5. Crazy Heart 11. George Clooney 12. Gabourey Sidibe 13. Helen Mirren 14. James Cameron 15. UP 16. Robert Downey Jr. 17. Brad Pitt (from Inglorious Bastards) 20. Star Trek **across:** 3. Matt Damon 6. Meryl Streep 7. Jeff Bridges 24. The Blind Side 25. District 9

**down-** 1. BBC Darcy, costarred with 6 across 2. Comedian turned abusive mother 3. Perfect voice of God 4. Disliked by vampire, mentored by Clooney 5. Insane beating organ 11. Burned his commitment backpack 12. She's precious 13. Batman's girlfriend 15. That's a lot of balloons! 16. "Watson!" 18. Once an old man baby, then whoop dead in a closet 20. "Beam me up, Scotty." **across-** 3. Star of "Identity," "Supremacy," and "Ultimatum" 6. What's cookin' mamma mia? It's complicated. 7. Her and an Oscar are going home with Jack Black 8. Drowned own box office record with a 3D smash 9. Worked at Gucci, now directed 1 down 10. Estrella de "Nueve" 14. From Miss New Jersey to Ole Miss 17. Previously a Bennet sister 19. Murderer whose last name rhymes with 9 down's fashion company 21. almost drowned in one movie, kids drowned in another 22. "Eywa." 23. Don't cross him, he's crazy! 24. Homeless teenager finds a family 25. Aliens in sector 10 minus 1

# Days of our lives

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

Just **16** days before the Junior Ring Ceremony.

A short **3** days until Spring Break.

Exactly **65** days until graduation.

Approximately **36** days until Prom.

Merely **21** days until Easter break.

There are **42** days until Student Productions.

And only **77** days until summer.

**DARTSMART**  
Which iPod application are you?

- What does your iPhone or iTouch look like?
  - A pink case with glitter and easily accessible
  - A simple but colorful case with a hard covering
  - A soft pastel case
  - No covering at all
- Where do you usually keep your iTouch or iPhone?
  - In my pocket, so I can check my notifications at all times.
  - In my purse so I can get to it whenever I get bored.
  - Next to my bed so I can use it anytime I want to go to sleep.
  - On my desk, so I can use it whenever I'm doing my homework.
- When do you use your iPhone or iTouch?
  - Every second of everyday.
  - Every once in awhile if I get bored.
  - Every night to fall asleep.
  - Just on weekdays.
- What do you look for most in your iTouch or iPhone?
  - Social networking. I need to check my facebook and twitter at all times, duh.
  - Fun. I like to keep my fingers busy so I always have a game handy.
  - Functionality. If I'm going to spend over \$100 on something, I need to get more out of it than just listening to music.
  - Education. I want to have the ability to learn something or use as a resource as I am on the go.

if you answered...

|   |  |
|---|--|
| <p><b>Mostly As</b><br/>Facebook: You love to constantly update your status and keep tabs on all 2,000 of your friends. You could not function without it at your side.</p> <p><b>Mostly Bs</b><br/>Tetris: You are all about the competition. With the touch of a finger, you have endless hours of entertainment.</p> | <p><b>Mostly Cs</b><br/>Sleep Machine: It is all about functionality when it comes to your iTouch or iPhone. What is better than falling asleep to the sounds of the ocean every night?</p> <p><b>Mostly Ds</b><br/>Dictionary!: For you, nothing is better than having the ability to look up a word in less than a second.</p> |
|---|--|



# Hey, Soul Sister

*Photos By Avery Adams*

Behind all the hair-pulling and name-calling is a bond that only sisters share. The Dart highlights some of STA's 48 groups of sisters.



Freshman Maggie and junior Molly Kenney

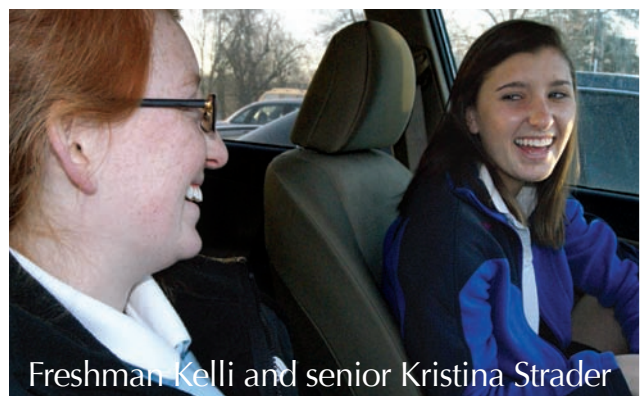


Freshman Becca and junior Maddie Lueke



Seniors Maddy and Molly Fox

**"Catherine's always there for me when I need her and even though she attacks me, I know it's out of love," freshman Elizabeth Arensberg said.**



Freshman Kelli and senior Kristina Strader



Freshman Elizabeth and junior Catherine Arensberg



Junior Caroline and freshman Peepers Gray