

# the dart

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ST. TERESA'S ACADEMY



The screenshot shows a Firefox browser window displaying the Facebook login page. The browser's address bar shows 'http://www.facebook.com/'. The page features the Facebook logo, a login form with fields for 'Email' (containing 'dartpaper@gmail.com') and 'Password', and a 'Sign Up' section with fields for 'First Name', 'Last Name', 'Your Email', 'Re-enter Email', and 'New Password'. There are also dropdown menus for 'I am:' (with 'Select Sex:' visible) and 'Birthday:' (with 'Month:', 'Day:', and 'Year:' visible). A green 'Sign Up' button is at the bottom right. The text 'PRYING eyes' is overlaid in large red and black letters across the bottom of the screenshot.

# PRYING eyes

As the social media craze hits an all-time high, teenagers are warned to protect their privacy on the Internet and their online image. See pages 10-11



the **Dart** staffAdviser  
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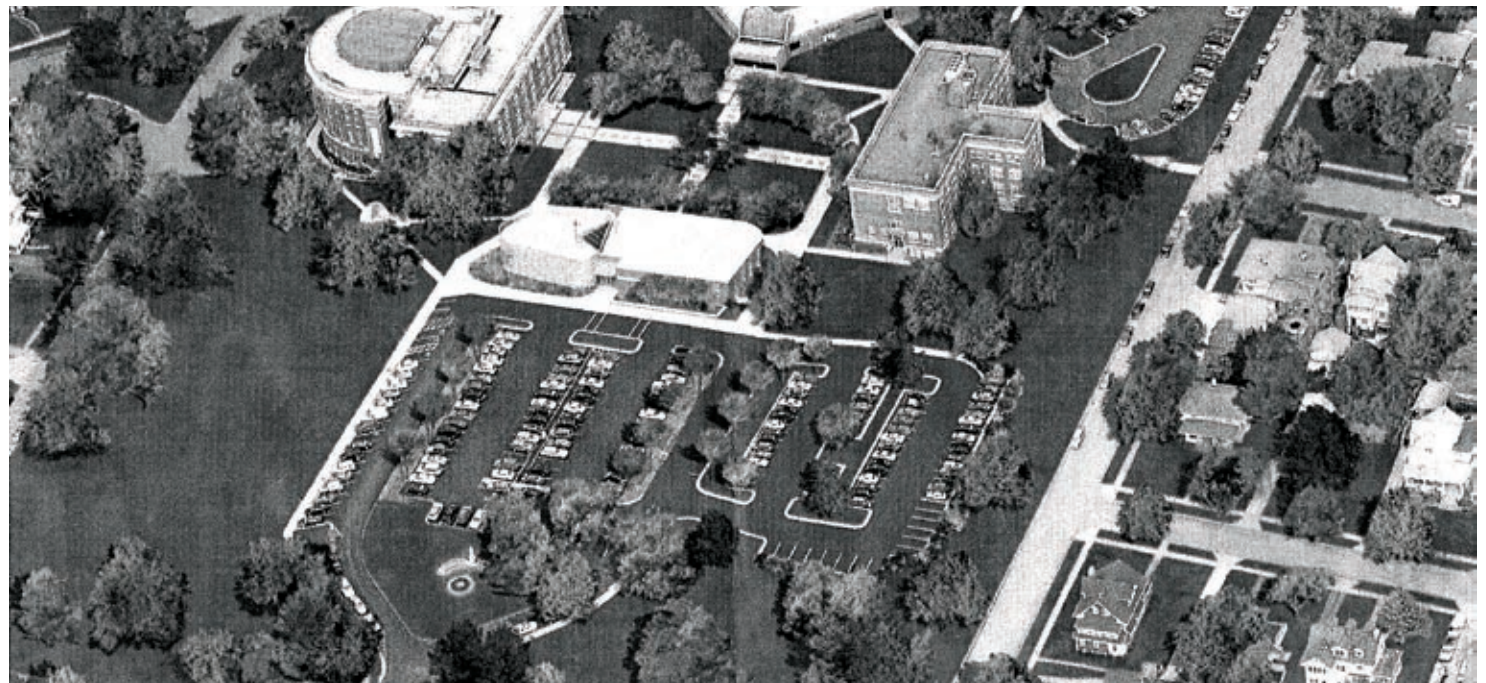
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## Parking lot construction to begin



**Bone, the builder** ★ Gould Evans designers and STA president Nan Bone compiled this picture of what the campus will look like after the parking lot and chapel constructions. Illustration submitted by **PRESIDENT NAN BONE**

## Gould Evans design team predicts construction to begin early next month, will not effect parking

story by **LUCIA MASCHLER**  
staff writer

The company hired to design the chapel and parking lot, Gould Evans, is predicting construction to begin on the new parking lot by the first week of November, according to head of design team Tony Rohr. The team is currently waiting for a construction permit from the city before they can get a contractor on campus.

The construction of the parking lot will last about four weeks, according to Rohr.

"Your current parking lot shouldn't be touched at all," Rohr said. "You will only lose two spaces when we tie the two lots together, but before the start of the chapel construction, you will have a net gain of 62 spaces."

The new parking lot will have 64 spots, which will be added to the current number of spaces. However, the space needed for the chapel will take up some spots in the current lot. When both the new chapel and parking lot have been added, STA will have 33 more spots than the current configuration.

Having more spots will be very beneficial for students who live far away so they can have a chance to get spots closer to the building according to junior Rachel Shedd who lives 40 minutes away

from school and has to wake up early to get a decent spot.

"The new parking lot will increase my chances of getting a spot relatively close to the school," Shedd said. "While the weather is nice I don't really mind the extra walk [from my car to school], but when it rains and gets colder with snow and ice I know I won't be as appreciative of the distance."

Shedd says having more spots is becoming increasingly important, since STA is at maximum capacity and continues to grow.

"We need to make sure we have enough space to accommodate the growth [of the STA community]," Shedd said. "While it is sad to think of all the beautiful yard space that will be lost, in the end I think the pros outweigh the cons."

According to STA president Nan Bone, the goal is to get as many students as possible into the parking lot and off the side streets surrounding campus.

"We hope to get sophomores into the parking lot too," Bone said. "Since they all get their licenses at different times, it should work out."

According to Rohr, the Gould Evans design team is making sure their efforts are eco-friendly as well. They have thoroughly inspected the trees to the east of the current lot and have picked four mature trees to build the new parking lot around.

"We are trying to follow the natural topography of the land as best as possible...so that the chance of those trees surviving is higher," Rohr said. "However, we can't work around every tree so don't freak out if some come down. Some of the trees coming

down were very unhealthy."

The design team also has plans to build a filtration system, called Pervious Asphalt System, under the new parking lot. This filtration system will clean rain water that runs off the lot.

"We don't want our oily, gassy, gross rain water to go into the sewer system and then into the river," Rohr said. "We will not be adding any pollution to the river."

When the parking lot is finished, the Gould Evans design team will work to beautify the lot by planting trees and shrubs on the south and east sides of the new parking lot, Rohr said.

"This lot will be very nice, with big shade trees for students to park their cars under," Bone said. "It will be very cool."

Rohr hopes the construction will be quick and that it will not bother the STA students.

"We are staging construction around when the girls will be coming in and going out [during each school day]," Rohr said. "I suspect we will also put up a construction fence, just so we don't have students wandering around in the area where the workers are."

Both Rohr and Bone agree the current parking lot should not be affected during the construction process.

"Students shouldn't worry about fighting for spots or coming to school early," Bone said. "But if something changes, we will be sure to inform everyone through a SchoolReach [phone call]." ★ contact Lucia Maschler at [lmachler@dartnewsonline.com](mailto:lmachler@dartnewsonline.com)

**300 WORDS:** *Dear Tetris, we're done*

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

story by **MORGAN SAID**  
editor-in-chief

The two were inseparable for months. They spent every first activity period together, sometimes even both. They frequently hung out after school and occasionally spent full class periods gazing longingly at each other.

Their relationship was filled with a lot of strategy and a little bit of luck. They were never "Facebook official," but it doesn't mean that they didn't take their relationship online.

However, October 6 was the day that changed everything. October 6 was the day that sophomore Jill Campbell beat Tetris and their relationship came to a flaming halt. Since then, there's been nothing left to work for. She now knows Tetris inside and out—the challenge is gone.

It took weeks and endless trial and error before Jill was finally able to sit down for a consecutive 28 minutes and cruise through all 15 levels of Tetris.

It took roughly 10 minutes for all of her friends to find out about her beating Tetris at its own game. As she walked down to lunch, her friends swarmed

**Campbell**

her with congratulations and some girls even went as far as commenting on her Facebook wall: "You are the Tetris Goddess and I worship you!"

Jill rambles off all of Tetris's shapes: its blue pieces form into one four-blocked straight line, purple is a three-blocked straight line with one block stuck in the middle, red is zigzagged and green's zigzag is the exact opposite, yellow is a square, and her favorite, orange, is an L-shaped piece.

Although she stopped playing now that she beat the game, there are no hard feelings. Jill smiles and remembers their time spent together every time she flips open her phone—her game winning screen is the background.

Jill and Tetris may eventually get back together, but for now, it's better that they just remain friends. Tetrisfriends, that is. ★ contact Morgan Said at [msaid@dartnewsonline.com](mailto:msaid@dartnewsonline.com)



# Fred Phelps protests at Rockhurst

Rockhurst High School is the first stop on Phelps' Godsmack Tour which will end in Supreme Court

story by **MURPHY MARX**  
lifestyles editor

Earlier this month, Topeka, Kansas Westboro Baptist Church members, led by founder and pastor Fred Phelps, picketed Rockhurst High School during the first stop of the church's I-70 GodSmack Tour.

According to their website, the church members hold daily peaceful protests on sidewalks throughout the nation. Members protest issues including homosexuality and war.

When Rockhurst president, Father Terrence Baum, learned of the protest in early August, he was disappointed the school was chosen as a stop on the tour. Baum considered the picket an annoyance to the school because Rockhurst does not conform to Phelps' views. Student Government Association president senior Darius Grayer was shocked by the cause stated for the protest, which was posted on the Westboro Baptist Church's website.

"[I wanted] to show them who we are, not who they think we are," Grayer said. "We are a brotherhood, a community of friends."

Phelps' daughter, Shirley Phelps-Roper, organized and scheduled the protest. When asked why, Phelps-Roper referred to the statement posted on the Westboro Baptist Church's website.

"Things are coming to this country," Phelps-Roper said. "We are bringing the final call to America."

The Rockhurst administration decided to take a stance of non-engagement for this protest, much like the stance taken in a previous encounter between Phelps and Rockhurst in 2006. Baum asked through a letter that parents and students should not speak with the protestors. The administration notified the students of the protest during an assembly that explained what stance the school would take during the protest.

To prevent confrontation and other problems, the Rockhurst administration released students at 1:50 p.m. instead of 3 p.m. However, protestors arrived at the school before the scheduled protest time of 2:45 p.m., displaying placards containing inappropriate

Rockhurst High School was the first stop of 15 in Westboro Baptist Church's Interstate-70 Godsmack tour. Fred Phelps and other members of the church are traveling around the US to protest various political and ethical issues.

1. Rockhurst High School: Kansas City
2. Busch Stadium: St. Louis
3. Legacy Harley-Davidson Breast Cancer Awareness Ride: Effingham, Ill.
4. St. Patrick Catholic Church: Terre Haute, Ind.
5. Bible Baptist Church: Terre Haute, Ind.
6. 30 Seconds to Mars and Neon Trees Concert: Indianapolis, Ind.
7. Meadowdale High School: Dayton, Ohio
8. The Ohio Union at Ohio State University: Columbus, Ohio
9. Wheeling Jesuit University: Wheeling, W.Va.
10. Trinity High School: Washington, Pa.
11. N. Hagerstown High School: Hagerstown, Md.
12. The White House: Washington D.C.
13. Arlington National Cemetery: Arlington, Va.
14. Russel Senate Office Building: Washington D.C.
15. US. Supreme Court: Washington D.C.

Graphic by Emily Bresette and Abby Uche

language while students were dismissed.

"Those little rebels were trying to sneak away," Phelps-Roper said. "We knew they would be out." On a larger scale, the Westboro Baptist Church has gained national attention through a number of different protests. Recently, Phelps and his congregation caused national controversy when he led a protest at a soldier's funeral in Virginia, holding signs that said, "God Hates America" and "God Blew Up the Troops." The resulting civil lawsuit, filed by the soldier's family, was argued before the Supreme Court during October. The family is suing the Phelps family for defamation, invasion of privacy and intentional infliction of emotional distress. A decision is expected in Summer 2011.

"By lawsuits, we have gotten on the global scene," Phelps-Roper said. "I hopped on board and I am loving it!" Phelps-Roper compared "doomed America" to the ancient-city of Pompeii and its destruction. She

stated that the end of America will be much worse than the end of Pompeii and that God has already punished Americans through events such as the Gulf oil spill, power plant explosions and the collapsing of mines.

"[There is] a fixed number of days before America is doomed," Phelps-Roper said.

By protesting at military funerals, the church is exercising its First Amendment Rights, including the freedom of speech. With over 44,000 pickets in the last 20 years, and two at Rockhurst, Phelps and his followers preach their beliefs through the use of signs and t-shirts at pickets at high schools, businesses and funerals.

"We got to be unapologetic, unambiguous," Phelps-Roper said.

Currently, Phelps and some of his congregation are traveling throughout the nation to protest. ★ contact Murphy Marx at [mmarx@dartnewsonline.com](mailto:mmarx@dartnewsonline.com)

Read all about it:  
Fix Moodle's design



opinion by **MEGAN SCHAFF**  
managing editor of print

Until last week, I had accepted that our Moodle page is ugly. "Oh, all of Moodle is just like that," I told myself. I heard other people say, "The technology team is working it. No worries." I consoled myself by thinking, "It doesn't even matter because no one sees Moodle except us." Yeah, none of that is true. Last week, I took it upon myself to look up (aka stalk) other schools' Moodle pages. All of Moodle definitely does not look like ours.

After googling "[directional term here] Moodle," a dozen times, I realized how bad our page actually is.

After doing all of that detective work, I went to STA's Moodle website. Bam. The first thing I see—the main source of decoration on the home page—is a set of books sinking into a laptop screen. Realistic and attractive.

Next up, is the "Welcome to Moodle" sign, which happens to be bigger than the words "St. Teresa's Academy." In fact, aside from the floating laptop, it's the biggest thing on the page. That makes sense, because obviously it's the most important. Next, it tells me that Moodle actually means "Modular Object Oriented Dynamic Learning Environment." Good thing I found that out—I was dying to know.

Scroll down and you find the calendar of events, composed of twelve different colors. It looks like someone let a seventh grade girl choose the color pattern. Either that or a rainbow threw up all over it.

Obviously, the administration has failed at making the website presentable; it's time to pass on the torch. I don't really care what you do. Form a focus group. Hire a graphic designer. Ask the *Dart* or *Teresian* staffs to design it for you.

In the meantime, here's some advice: lose the highlighting. Lose the tacky colors. It might be logical to add a little black and gold and maybe some stars here and there. Get rid of the huge Moodle signs and make the website actually focused around STA.

Other schools' Moodle pages have miraculously managed to make their crucial student websites user-friendly, clean, professional and useful. Obviously, they're superstars because we can't seem to do that. Kudos to the technology team for fixing the practical element of Moodle. It no longer crashes twice a week, takes 10 minutes to load or loses my essays. I get that that was a monumental accomplishment. Regardless, it's time to focus on the appearance aspect now. Moodle is hideously ugly. Please fix it. ★ contact Megan Schaff at [mschaff@dartnewsonline.com](mailto:mschaff@dartnewsonline.com)

# Overheated laptops cause toasted skin syndrome

A Moodle post advises students not to place netbooks on their laps to avoid a rare skin disorder

story by **CHELSEA BIRCHMIER**  
news editor

"Warning for laptop users: Do you use your netbook in your lap for extended periods of time?"

This message appeared on Moodle to warn students about toasted skin syndrome, a disorder that causes skin discolorations after prolonged exposure to heat, most commonly from laptop use.

Technology committee member and STA parent John Rodriguez sent an article about the syndrome to principal for student affairs Barbara McCormick, who then posted it on Moodle. The Moodle notice left some students wondering about both the causes and legitimacy of the disorder.

"When [Rodriguez] sent the article, I was surprised, because I never would have thought about

[the syndrome]," McCormick said. "I have laptops at home that I used to set on my lap, but I never would have thought about that affecting my skin."

Erythema ab igne, more commonly known as toasted skin syndrome, causes pink, red or brown discolorations of the skin in a sponge-like pattern. The disorder can lead to permanent darkening of the skin and occurs at heats of 111.2 degrees Fahrenheit or higher. Although doctors have only reported 10 cases of the syndrome caused by laptops since 2004, American Academy dermatologist Jeffrey Benabio, who has appeared in *The Wall Street Journal*, *Elle Magazine* and FOX5 news, highly recommends keeping something between the laptop and the skin to avoid burns.

"Extreme cases can cause cancer, but that is rare and should not be a concern for most people," Benabio said in an email. "It is not common, but certainly is seen in dermatology clinics. It can occur in younger or older people. It just depends on if they have been using a heat source such as a hot water bottle, stove

or even laptop near their skin."

McCormick felt it important to post the article since she noticed many students setting their netbooks on their laps. Currently, she is working with Soft Choice, a company specializing in technology products, to find a solution that will prevent overheated netbooks from damaging students' skin.

McCormick knows cooling fans and foam lap desks are available for laptops, but she has yet to find a product for netbooks. Until then, McCormick hopes students will see the warning on Moodle and avoid placing their netbooks on their laps.

"Sometimes we don't always think about our health when using netbooks," McCormick said. "We don't always think about if where we place our netbooks affects our vision, or if the way we position our hands affects our health. We need to think about these things. We need to think about how our health is affected based on use or misuse of the netbooks." ★ contact Chelsea Birchmier at [cbirchmier@dartnews-online.com](mailto:cbirchmier@dartnews-online.com)

After an informational meeting on the proposed building of a new chapel on campus, STA president Nan Bone and Gould Evans designers decided to add entrance and exit doors at the north and south sides of the chapel. This way, students may choose to enter the building from the parking lot, then walk directly out into the quad.

Along with these doors, the architects will place windows along the front side of the classroom portion of the building so people can see into the classrooms.

Bone and the architects also decided to extend

the west sides of the brick section of the building so that the chapel and classroom portions of it will seem more like one fluid building.

So far, Bone said that the cost of the chapel varies daily depending on the building's features. Whether she and Gould Evans designers decide to add or remove anything, the cost could potentially change.

According to Bone, STA has raised \$2,800,000 of their estimated \$3.5 million goal for the chapel and she still hopes to break ground in the spring. In order to raise the remaining

\$700,000 and begin construction, she plans on continuing to contact alumnae and negotiate donations.

Bone said that all of these variable are connected in order to begin construction, from gathering artifacts to place in the building to meeting with potential donors.

"[Raising money] is a process," Bone said. "It's telling the story, getting people excited and getting ideas from everyone - just making sure our communication is always ongoing."

★ contact Celia O'Flaherty at [cflaherty@dartnewsonline.com](mailto:cflaherty@dartnewsonline.com)



The *Dart* covers STA chapel, Inspiring Women Capital Campaign updates this year

compiled by **CELIA O'FLAHERTY**



## DARTBOARD

### TRAILS assesment this week

STA administration implemented TRAILS testing this fall during activity for all grade levels, starting with the junior class. TRAILS stands for Tools for Real-Time Assessment of Information Literary Skills. According to STA's website, TRAILS is a knowledge assessment with 30 multiple-choice questions targeting information literacy skills to identify strengths and weaknesses in information-seeking skills of students.

According to principal for academic affairs Barbara McCormick, some of the categories that are analyzed include evaluating and identifying sources, searching for information and using information ethically. The data from the test helps the administration develop a better curriculum that will help students in the media-filled world.

The junior class has finished their testing, freshman will take their test in computer applications course with Ms. Kathy McCarthy, seniors are scheduled for February and sophomores are scheduled for April.

According to McCormick, students who take the test will be rewarded with star cookies and a yard day in the future.

### Fall concert tonight at 7 p.m.

The STA music department, made up of the freshman and a cappella choirs, the STA singers and the instrumental ensemble, will put on the fall music concert tonight at 7 p.m.

The choir will perform a variety of pieces from Abba, as well as songs such as "Chili con Carne," "I'm Gonna Wash That Man Right Outta my Hair" and "I am not Yours."

"I'm excited about cappella's performance of 'I am not Yours' by David Childs," music teacher Michelle McIntire said. "It's a gorgeous piece about how we maintain ourselves when we fall in love."

For the first time, McIntire is incorporating choreography by junior Mayme Marshall and senior Ryan Tucker into the performance. She also plans on inviting the audience to sing along with the Abba songs.

"I'm looking forward to seeing the range of genres we're exploring," McIntire said. "STA singers are making the foray into show choir with their dancing."

Accompanist Leslie Pollock also looks forward to experiencing her first concert with STA.

"I think [the concert is] going to be a lot of fun," Pollock said. "There are some beautiful things, especially with the choreography. I think it will be very interesting and enjoyable for the audience."

### Pumpkin decorating contest

'Tis the season. 'Tis the time of year to deck the halls of STA with pumpkins, whether carved, painted or decorated. The STA annual pumpkin contest, sponsored by SCO, will begin this Friday.

"I think that just dressing up on Halloween is fun, but pumpkins are a traditional Halloween theme," senior Morgan Said, secretary of SCO, said.

According to Said, the contest can become very competitive as advisories rival for the winning pizza party prize.

"[The pumpkin contest] is something that everyone looks forward to every year I think," Said said. "Some advisories have reputations to uphold, and they get really into it."

This year, faculty members who don't have an advisory will judge the 35 pumpkins purchased using funds raised from the annual Christmas dance based on overall creativity.

"I just hope that everyone really gets into it," Said said. "We'll have a lot of shadows on Friday so hopefully they will get to see the good spirit of STA and our creative side."

compiled by **EMILY McCANN, CHELSEA BIRCHMIEER, LANE MAGUIRE**

# Rumors swirl after students leave STA

STA students express curiosity about the reasons sophomores and juniors choose to transfer

story by **CHRISTINA BARTON**  
opinion editor

Every year, students transfer in and out of STA, and rumors fly around campus about why students come and go. This school year, STA has five new sophomores and four fewer juniors walking the halls. These students left for various reasons, creating curiosity about their stories.

Junior Kathleen Devine, a friend of former STA junior Meg Nulton, who transferred to Notre Dame de Sion High School in September, feels the curiosity is directly correlated with the STA community.

"We seem to know a lot about each other," Devine said. "It just comes to us as a bit of a shock to suddenly hear of such news. For the ones who are closer to the [transfers], they seem to wonder if it had to do with something they have done to them to push them away or welcome them."

Junior Emory Hall, who transferred to St. James Academy this year, thinks curiosity stems more from a desire for attention.

"Students like to be the one person who knows the information," Hall said. "[They] like to be the one everyone turns to for information."

Although Hall feels students' curiosity is driven by fear for attention, she thinks students have a right to know why transfers left.

"I think people deserve at least some reasons, though they do not need to know every single detail," Hall said.

However, admissions director Roseann Hudnall feels students have no right to know why a student transfers.

"The reasons why students change schools is a family decision," Hudnall said. "We would never want to go above what the parents deem best for their daughter."

Hudnall believes transfers are consequential to the learning environment and growth of STA.

"Our goal is that we provide the best learning environment for each individual girl, so whether a girl comes or goes, we provide a learning environment conducive to growth," Hudnall said.

Although Hudnall said transferring is more difficult as students get older, the junior class lost two students before the school year began and two this fall. Nulton said in an email that she



**studying for Sion** ★ Junior Meg Nulton completes homework after transferring to Notre Dame de Sion High School from STA. "Sion is a much better fit for me: socially, academically and spiritually," Nulton said. Photo by **TAYLOR WOODRUFF**

transferred from STA to Sion for many reasons.

"Sion is a much better fit for me: socially, academically and spiritually," Nulton said in her email. "The girls have been great, and the unity has made for a really easy transition. Classes are longer, and it has helped me put a larger emphasis on studies, rather than socializing. This style of scheduling is simply better for me."

Sophomore Hailey Waldenmeyer transferred to STA from St. Thomas Aquinas High School for many reasons as well. Waldenmeyer originally wanted to go to STA, but she attended Aquinas freshman year because the school was geographically closer to her home. According to Waldenmeyer, she wanted to transfer but knew it would not be easy.

"[Transferring is] not easy because everyone already has their friend group and you have to try to fit in with a group," Waldenmeyer said.

However, Waldenmeyer is happy that she made the change and really likes the food, people and STA in general.

According to principal for student affairs Mary

Anne Hoecker, transfer students leave a school for a variety of reasons.

"Sometimes [students] transfer for reasons they never share, sometimes they leave because they want a coed environment, they want a more or less structured school, most of their class goes to another school or the distance is too much," Hoecker said.

Hall said she decided to transfer for several little reasons.

"I missed a coed environment, missed guys at school and missed going to football games," Hall said.

When Hall decided to transfer, she was worried about making friends because she did not know anyone at St. James, but the support from her family and friends helped her transition. Although Hall has left STA, she wants STA students to know she will not forget her time here.

"It's okay if you want to go to a different school, but just remember all of the good things [you had] at your old school," Hall said. ★ contact Christina Barton at [cbarton@dartnewsonline.com](mailto:cbarton@dartnewsonline.com)

# Students receive SBRs for Tetris, online shopping

Teachers and administration crack down on students whose netbooks distract them in class

story by **SARA MEURER**  
last look editor

Sophomore Adelle Smith was shopping for a Teresian dress on her netbook during social studies teacher Richard Shrock's world history class about three weeks ago. Shrock was explaining the Cuban missile crisis on the SmartBoard until he saw Smith's computer screen. After class, he handed Smith an SBR.

"[The class] was boring," Smith said. "I think if teachers make the class interesting, students are a lot less likely to online shop and play Tetris."

STA teachers and administration have begun giving students level two SBRs for misuse of their laptops, such as playing Tetris or shopping on their netbooks. Students have accessed Tetris, a geometrical based game, since they received netbooks in August.

STA principal of student affairs Mary Anne Hoecker sees the game as a distraction to students.

"You can't be playing Tetris and online shopping and still pay attention to the class," Hoecker said. "It would be like a student working on homework for another class."

Teacher Richard Shrock also sees the game as

distracting to students.

"[When playing Tetris or online shopping] I feel like you are less able to pay attention," Shrock said. "You will definitely miss things in class. But you won't miss everything."

Smith does not think that the game is a distraction during class.

"I think you are still able to pay attention to the teacher," Smith said. "I don't think something like this would have any effect on my grades."

Hoecker said the administration became aware of this when students started receiving the SBRs.

"I believe teachers caught it on [their students'] netbooks during class because the teachers are the ones who write up most of the SBRs," Hoecker said.

However, according to Hoecker, teachers aren't the only ones giving out the SBRs.

"If I were observing in a room and saw Tetris on a netbook, I could act on that," Hoecker said. "It could be any adult in the school: teachers, administrators or staff. But mostly teachers because they are in the room."

Smith believes that the punishment she received from Shrock was fair.

"We are supposed to be doing classwork," Smith said. "[Online shopping] is okay in a free because you can do whatever you want. If you choose to blow off your homework in a free it's okay, but but during class it's not."

ST. TERESA'S ACADEMY STUDENT BEHAVIOR REPORT	
NAME <u>Teresa Tetris</u>	CLASS <u>10 11 12</u>
ADVISOR <u>Game Blocker</u>	DATE <u>10/26/10</u>
<b>CATEGORY I: (jeopardizes safety of STA Community)</b> <i>This category includes but is not limited to the following:</i>	
<input type="checkbox"/> Truancy: from STA and STA required activities	<input type="checkbox"/> Off limits
<input type="checkbox"/> Alcohol/drugs or other harmful substances	<input type="checkbox"/> Racist remarks
<input type="checkbox"/> Forgery (i.e., service contracts, parent signatures or phone messages)	<input type="checkbox"/> Defiance
<input type="checkbox"/> Physical assault or threat of physical violence	<input type="checkbox"/> Deception
<input type="checkbox"/> Tampering with fire alarms	<input type="checkbox"/> Copying
<input type="checkbox"/> Vandalism	<input type="checkbox"/> Plagiarism
<input type="checkbox"/> Smoking	<input type="checkbox"/> Weapons
<input type="checkbox"/> Location	<input type="checkbox"/> Cheating
<input type="checkbox"/> Other	<input type="checkbox"/> Accountability sheets
	<input type="checkbox"/> unstamped notes
	<input type="checkbox"/> not turned in at end of week
<input checked="" type="checkbox"/> Other <u>Playing Tetris</u>	<input type="checkbox"/> other
★ = detention as consequence # = parent call	

photo illustration by **KARA PRUITT**

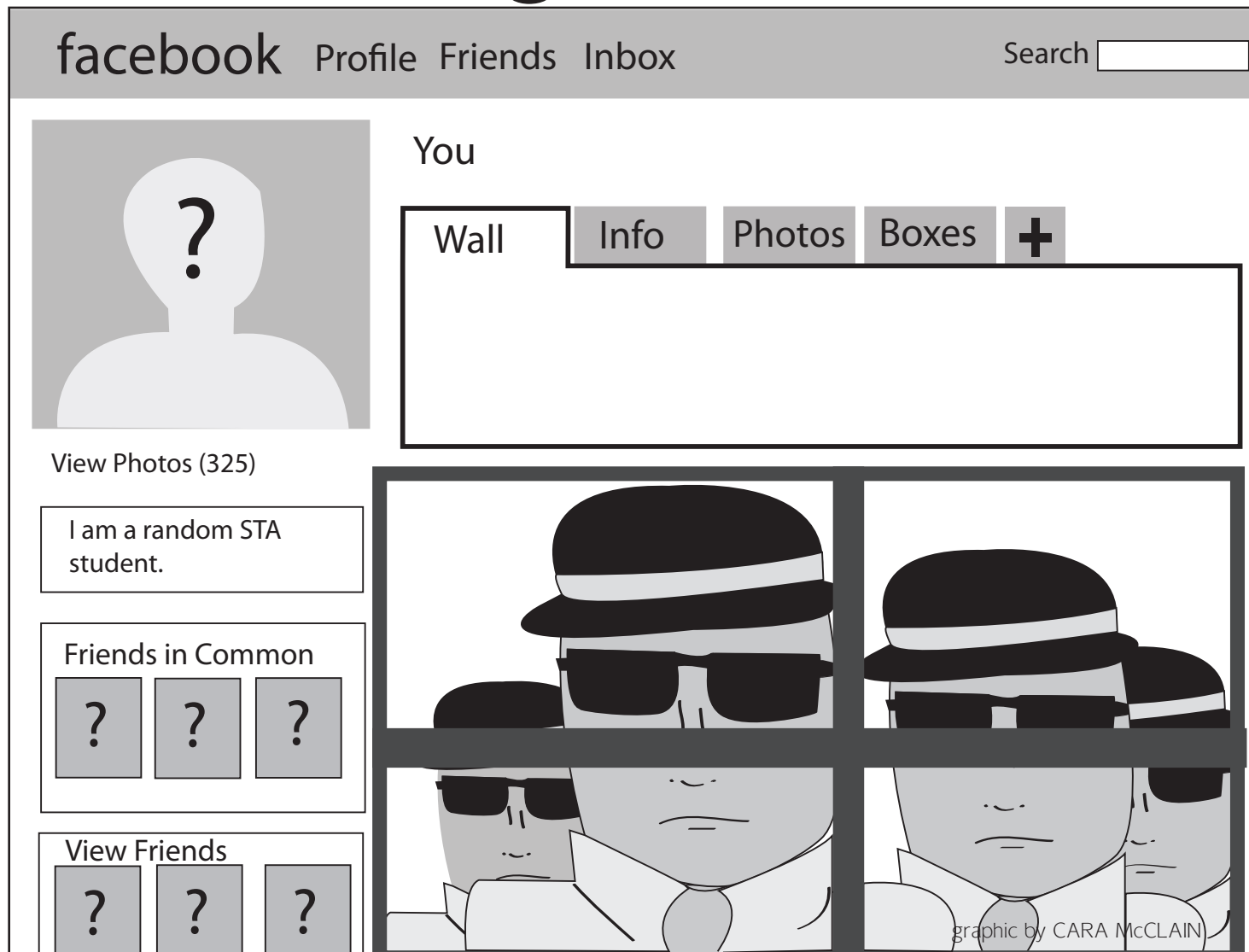
STA sophomore Peyton Gajan also received an SBR, but for playing Tetris.

"I think it's understandable that the teachers want us paying attention," Gajan said. "It's distracting, and I missed a lot of what the teachers were saying."

Unlike Smith, Gajan believes that playing Tetris during class took a toll on her grades.

"Tetris will always be my favorite game, but it lowered my grade and now I am trying to raise it," Gajan said. ★ contact Sara Meurer at [smeurer@dartnewsonline.com](mailto:smeurer@dartnewsonline.com)

# Facebook stalking distracts students



**Facebook stalking.**

Everyone is doing it. Hours and hours of endless entertainment getting updated on any of your friends' lives through photos, wall posts, status updates and much more. The art of stalking is a simple matter. All someone has to do is spend all the time they want looking through all 892 photos of the same person instead of using valuable homework time on a weekday night.

**What's not to love?**

But the world of Facebook has practically consumed our lives. People like to joke about "stalking" their friends when in fact, what they are actually doing is studying traces of people's lives that are posted on the internet. People have even come up for our own term, "stalking," to somehow justify that what they are doing is somehow normal.

Not only can it consume hours of people's lives, but Facebook can also be dangerous. With just the click of a button, one gives millions of people access to his or her personal life. A person has made the choice to put a face to

a name, first and last, when he or she simply "tags" a picture. The friendly "stalking" people joke about can become something much more serious when they are choosing to put themselves out there in the world for anyone with internet access to see.

In society today, teens have become too reliant on the connections of social networking. Peoples lives have become under constant surveillance regarding someone's next relationship status. They have become too focused on the details of people's lives and feel the need to know what is constantly going on. They know too much about each other and fail in getting to know one other through old fashion conversation. Instead, they result to interacting through the internet, commenting on someone's witty status or "liking" a recent picture at the latest party.

However, Facebook has become part of people's daily lives. It is a friendly place to say "hello" and create an entire network of friends with something one knows he or she has in common. The only way people can keep this form

of social networking friendly is the proper safety precautions. If teens are simply more aware of what things are available for anyone to see, Facebook can remain a safe place.

Facebook is a constant source of entertainment and interaction with an endless amount of people. Anyone has the capability to connect with new friends from around the country, family down the street or exchange students from around the world. It has endless opportunities. So hop on a computer, assign those privacy settings and stalk away. Just don't be too creeped out knowing someone is doing the exact same thing to another person. ★

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

7 out of 7 editors voted in support of this editorial

**Pros and Cons of Facebook**

The staff editorial board evaluates the pros and cons behind the teenage Facebook phenomenon

**Pros**

- connect with friends
- share memories
- plan events
- use "inbox" as opposed to email
- help friends with homework who live far away
- using chat in place of texting

**Cons**

- strangers can access personal information
- provides distractions from homework
- friend requests from parents
- using pointless applications
- lack of personal interaction
- colleges can see your profile

compiled by **ALLISON FITTS**



Each issue, the *Dart* asks three students on their opinions of the issue discussed in the main editorial. Here's what they said:

compiled by **LAURA NEENAN**

## Do you think that teenagers are spending too much time on social networking sites such as Facebook?



**Passantino**

"I think [Facebook] is harmless. People use it for their own personal entertainment. If they are going to spend too much time on it, then it is their choice."

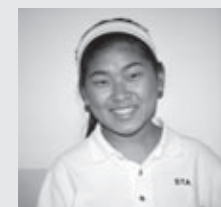
Katie Passantino, senior



**Hodes**

"Yes because I use it sometimes to avoid doing homework. It has become too important as far as talking to people and always knowing what is going on."

Megan Hodes, junior



**Woolery**

"Yes because people can sit down for hours just checking it and looking at everyone's pictures."

Molly Woolery, freshman



# Students battle issues in the classroom

## 'List'en up juniors: competition must stop



opinion by **HANNAH WOLF**  
features editor

The list.

If you're a senior, you may think I'm talking about who is a National Merit finalist, or maybe even where everyone in your class is attending college.

If you're a sophomore, you may think I'm talking about who was in your Teresian group or who's allowed into your next exclusive party.

If you're a junior, you know what I'm talking about.

Somehow, some way, allegedly, someone in our grade laid eyes upon this list last year as we were signing up for AP US history in Mr. Whitney's classroom. Although it's only been seen once for a mere .02 seconds, some juniors still remember the order of names.

What is it?

Our whole grade listed by GPA from highest to lowest.

To some, it may not have meant anything. But to others, it was a kill list; it showed who someone needed to score one point higher on a pre-calculus test in order to rise above them on the rankings. It is motivation and competition at its worst.

From that day forward, I've heard girls complain about how they "can't believe so-and-so has a higher GPA than me, I work 10 times harder." It's an all-out war and STA is our battleground.

Some juniors, including myself, have crossed the line of friendly competition. When I see people get tests back, they don't even care how many questions they missed. I immediately

catch people trying to steal a glance at the grade written in red ink at the top of my page. Some are even daring enough to flat out ask me what I scored.

It's gotten to the point that some only care about how many more points they received than the person sitting next to

them. They don't study to prepare themselves for a test, they study so they can brag that they solved question four correctly on the test when no one else did.

For one thing, our school does not even rank. No one will ever see how you compare to others

(unless you're valedictorian, and in that case, props to you.) Theoretically, we are the only ones that see our grades. Therefore, we should be the only ones behind the motivation. Study hard to learn the material and do well on a test. Work towards good grades so you can get into the school of your dreams. Practice for the ACT so you can get scholarships, not so you are one point higher than someone else in your class.

The other day in my history class, girls were verbally fighting over who got to do what extra credit assignments. Seriously? This is out of control.

Don't get me wrong. I don't have a problem with a little bit of competition. Sure, go ahead and try to be named Chemistry Student of the Year at our Academy Awards. Go crazy working for the highest GPA or studying for the PSAT. All I am saying is don't take blows at your enemy sitting across Mr. Fast's room during a fishbowl.

Because that same girl took the same exact biology tests as you, did the same world geography assignment as you and also had to beat Ms. Bode in badminton freshman year for a grade.

She worked just as hard as you—if not harder—to get that GPA where it is now.

Show her some respect. And do not use her as a reason to ace that literature paper.

Get your own motivation. ★ contact Hannah Wolf at [hwolf@dartnewsonline.com](mailto:hwolf@dartnewsonline.com)

### The Final Say

Some juniors have become overly competitive with academics and need to focus solely on themselves.

Students should do homework, not complain about it



column by **CELIA O'FLAHERTY**  
staff writer

Truthfully, I have had enough.

There has not been one day this year where I have not participated in or overheard an activity period-long complaining session from my fellow STA students—from hours of homework to that SBR you just received, the bash on teachers and classes in general seems never-ending.

Here's the deal, my fellow STA-ers: STA is a college preparatory school. Of course it is going to be a challenge to begin with. However, I, along with most of you, chose to attend school here, and it was my decision to participate or not participate in rigorous courses.

Sure, AP literature can be difficult at times, but that is why it is called "Advanced Placement." If you want to earn college credit or that extra 5 percent on your final grade you have to earn it.

So, what is complaining? Author of "Aversive Interpersonal Behaviors" Ms. Robin Kowalski said "people frequently complain not because they expect changes to be made, but, rather, because complaining simply makes them feel better."

Now think about this statement.

If and when you complain, does it make you feel any better than before? For me, complaining just stresses me out even more. How do you think it makes the people around you feel? Sure, it is nice to let your feelings out, but I know that when I hear someone whining about a test they have to cram for because they instead watched "Glee" the night before, I get a little frustrated. Seriously, is there not something wrong with that comment?

You all are incredibly smart, and you challenge yourselves every day. However, when all you do is complain about a geometry test or a biology worksheet instead of sitting down and completing it, what is the point of even being at STA? The teachers here cannot spoon feed us every single detail in each class. I think it is safe to say that STA teachers were not pulled from the side of the road and given these jobs—they are qualified, smart and they know what they are doing. We are in high school, we are big girls—let's get our acts together.

So here's my pledge to all you Stars: try learning something every time you sit down to do homework instead of whining about it. You never know how much you can actually complete. When you break it down, complaining just ends up being a waste of time and energy.

And yes, I realize I just spent 421 words complaining about complaining. ★ contact Celia O'Flaherty at [cflaherty@dartnewsonline.com](mailto:cflaherty@dartnewsonline.com)

### The Final Say

Students should appreciate the challenge STA provides instead of complaining about it.

## Stop laughing at my conservative ideas



opinion by **BETSY TAMPKE**  
managing editor of visuals

It is incredibly frustrating to have opinions actually laughed at during class discussions.

On a Monday afternoon, my college

composition class is discussing our latest work, "Chronicle of a Death Foretold." Our conversation takes an oh-too-familiar turn when we segway from comparing our society to the one in the book's, to analyzing our social structure.

Promptly, it is asserted that certain Kansas City families, members of country clubs and residents of Mission Hills are glutinous, greedy, haughty, racist and apathetic, publications like the *Independent* are egotistical and self-serving and the Jewel Ball is a repressive ritual, its only purpose to objectify women and provide yet another venue for well-to-do families to bask in their "awesomeness".

Conveniently, we ignore the large charitable contributions that come from this class of people and events like the Jewel Ball. Along with the charities publicized in the *Independent*.

I look around the room and see some of my classmates becoming increasingly uncomfortable. classmates who are from well-to-do families, live in Mission Hills, belong to country clubs, and will participate in the Jewel Ball. Really, it is them that we are judging, stereotyping and scorning?

Finally, I speak-up. "Well, maybe it is just different," I say. "Maybe it is just a different way of life and just because it's not the way you live or part of your culture doesn't necessarily make it bad."

I am thanked for my opinion by a chorus of scoffs, sighs, eye-rolls and, of course, laughter.

This kind of occurrence does not just happen in college composition on Mondays in period 8. This happens in almost every class, any day of the week, whatever period you please. Sometimes the

teachers participate, other times they don't.

On a regular basis, students who are more traditional and conservative are judged, labeled and scorned. While subsequently being

pressured, and not unjustly so, to be ultra understanding and respectful of opposing views.

Yet, STA students and faculty who are more liberal have somehow been given the free pass to be as judgmental and critical of the opposing side as they want.

The truth is that STA has developed a double standard, and it should no longer be tolerated.

Many students and faculty members preach about how humanity needs to be accepting of all kinds of people and lifestyles, and then in the same sentence, judge the wealthy and/or religious or ignorant stereotypes. I have repeatedly listened to them bash on different views of

virginity and religion while preaching the value of acceptance.

They dismiss my opinions, and make offensive comments that degrade not only me, but my whole demographic.

Don't get me wrong, I am very grateful to have a community like STA that forces me to see issues in a multi-faceted way and allows me to explore other opinions. Because of this, when I am faced with an opinion radically different than my own, I have learned to hold my tongue, listen closely, and honestly try to understand the opposing argument.

All I ask is that you do the same for me in return. I'm sorry, but for those of you who believe all of your opinions are always correct, under whose authority did you become infallible?

Because the people you are judging, these upper class "elitists", these "die hard" Christians, these pro-life "repressors" are your classmates, your peers and your friends. Respect should not be a privilege we chose to bestow only on those who in think the same way we do. It should be an inherent right that we grant to one another, simply because we are all human beings.

I am not asking for STA to homogenize its community, because our diversity is what makes us great. I'm only asking that we all become more open-minded. Just because that girl sitting across from you has a different view does not mean that she is ignorant, repressed or inept. She has as much right to her opinion as you do to yours; instead of laughing at her, listen to her. She just might broaden your horizons. ★ contact Betsy Tampke at [btampke@dartnewsonline.com](mailto:btampke@dartnewsonline.com)

### The Final Say

The STA community needs to be accepting and respectful of all types of opinions.

“Somehow, some way, allegedly someone in our grade laid eyes upon this list last year as we were signing up for AP US history in Mr. Whitney's classroom.”

Hannah Wolf, junior

“The truth is that STA has developed a double standard, and it should no longer be tolerated.”

Betsy Tampke, senior

# Learn how to 'drive' STA students



opinion by **KATIE HYDE**  
managing editor of copy

Someone's stopped in the middle of the road again. But I've been cruising at quite a speed and can't slow down in time. My mind goes into slow motion as I scream "N000000" like in the movies. Despite my attempts to break, I know I am careening toward what promises to be a painful accident. I close my eyes and shield my face from the impact. Crunch. I have just smacked the backpack of the girl in front of me as I walk up the stairs of Donnelly Hall.

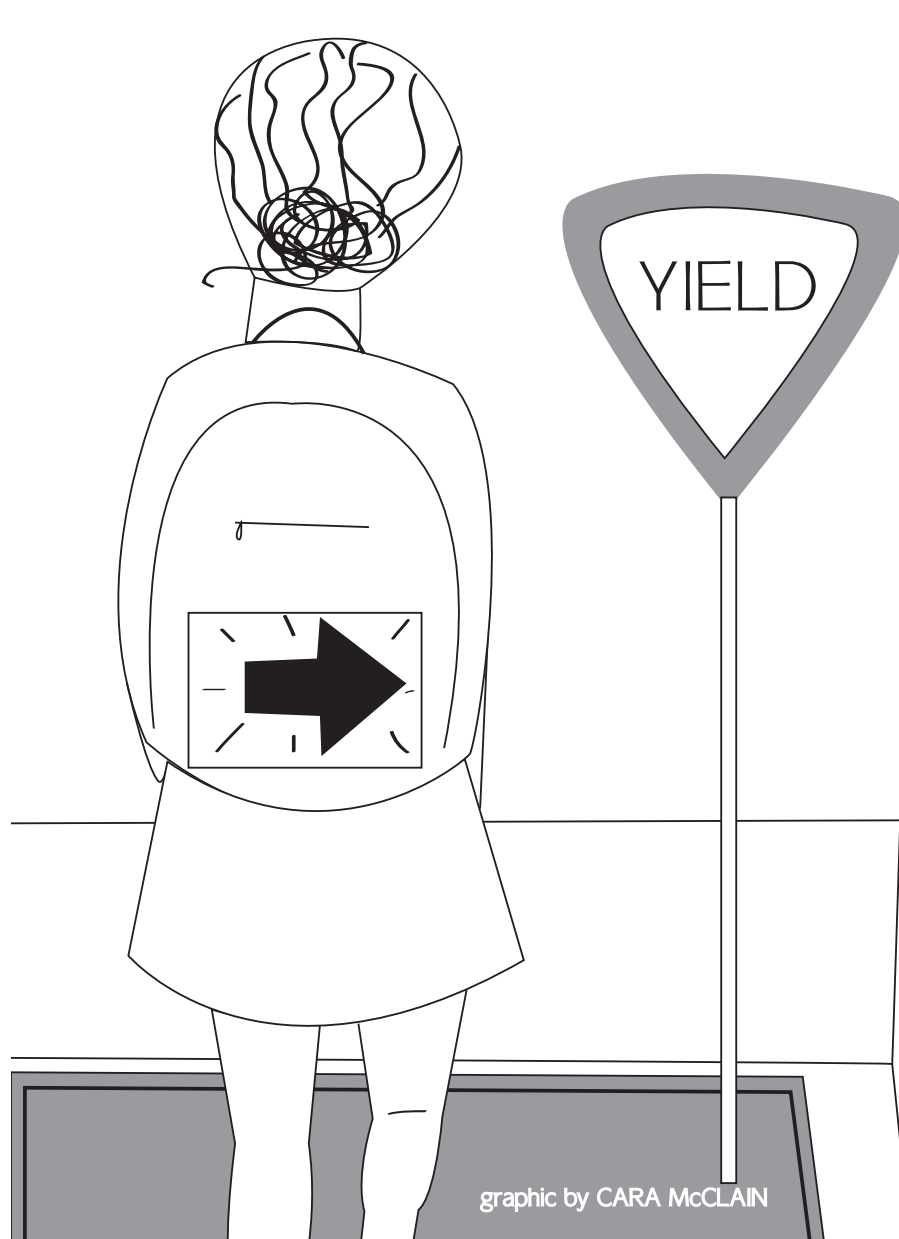
Unlike a car accident, neither of us are injured and we don't have to contact our insurance agencies and call our parents crying that we've wrecked our car after having a license for only one year. But, like a car accident, I am thoroughly annoyed that there was no warning that she was about to stop.

Girls at STA need blinkers, headlights and taillights. We need yield signs for that pesky roundabout in the Quad, stoplights at that dangerous intersection near the stairs outside history teacher Richard Shrock's room and emergency lights when someone decides to STOP amidst a crowd of quickly moving students to chat up their friend.

Walking to class at STA makes me more nervous than driving down Shawnee Mission Parkway every morning. We have no horns except for our voices that occasionally yell, "Move, freshman!" and no rules of the road except for some tried-and-true traditions like "no walking on the seal—especially when it's wet."

And of course, there are the students that find themselves completely exempt of driving etiquette here at school. You know the students, those that sit, legs sprawled out, at the foot of a staircase before school starts in the morning. The students who cut you off in the quad so they can walk by their friend. The students who cut the corner on a staircase too short and t-bone a testy senior. The students who casually walk out the wrong door of one of the buildings and get angry when traffic doesn't move for them.

So, the next time my face smashes into your



Northface backpack as you've halted in the middle of the staircase to share a funny anecdote about your weekend, you should expect a nice loud honk coming from behind, because I'm installing a horn in my backpack. Literally. ★ contact Katie Hyde at [kh Hyde@dartnewsonline.com](mailto:kh Hyde@dartnewsonline.com)

## The Final Say

STA students need to learn walking etiquette during passing periods to avoid 'accidents' in the hallways.

# Focus on teaching, not students' sweatshirts

## STA uniform policy

STA student handbook explains formal uniform, rules to follow about uniforms

1. Students are expected to be in full uniform on all school days except those designated by administration.

2. Formal uniform [every student must have a formal uniform] includes:

solid black or red v-neck sweater or sweater vest with the STA emblem

solid black or solid white socks (must be clearly visible) or footed tights

3. Students may wear an official STA emblem sweatshirt on Wednesdays.

4. Coats/jackets may be worn between buildings as needed and in the morning and afternoon advisory. Non-STA sweatshirts, non-STA sweaters, sports jackets, etc. may NOT be worn during school hours or as a jacket.

Source: STA student handbook

compiled by **CHRISTINA BARTON**



opinion by **CARA McCLAIN**  
managing editor of web

A few weeks ago, my friend (not me, I swear!) wore a plain, navy blue sweatshirt to school. Sounds innocent enough, right? It was a cold day, and she was just trying to keep warm.

Apparently, to one of her teachers (I'm not going to name names here) her unsuspecting sweatshirt posed a serious threat. He gave her an SBR and a detention.

Granted, our school's student handbook does clearly state all "Non-STA sweatshirts, non-STA sweaters, sports jackets, etc., may NOT be worn during school hours or worn as 'jackets.'"

However, this rule and her punishment are far from fair.

Was she in any way disrupting the school environment? Was she offending anyone with her completely plain sweatshirt? Could the class continue if and only if she removed her sweatshirt?

No, no and no.

Still, in no way am I arguing the unimportance of our uniform, only the degree and severity of it.

It is a pretty well-known fact that most STA girls do not concern themselves with how they look at school. In choosing to wear a sweatshirt, girls are not trying to be fashionable or cute, just merely warm.

With this intention in mind, should we be penalized for slipping on a sweatshirt on a 40 degree day? Aren't there much worse crimes we could be committing at STA instead?

Honestly, teachers are wasting time trying to catch every uniform violator.

So many girls ignore the sweatshirt rule, not out of bad behavior, but the absurdity of it.

With winter approaching, this issue will only rage on, so I propose you drop the rule and allow us to have that little bit of freedom.

Give us a break, and let us keep warm, whatever outerwear that entails. ★ contact Cara McClain at [cmclain@dartnewsonline.com](mailto:cmclain@dartnewsonline.com)

## Think you can sleep?



opinion by **LANE MAGUIRE**  
staff writer

It's 12 a.m. on a school night. My eyes, strained from staring at the computer screen or the small print in my textbook, begin to droop; more than anything I just want to go to bed. It is common knowledge that a good night's sleep can maintain and improve your health. But no matter how hard I try, I can't seem to get to bed any earlier than 11 p.m. I used to blame my heavy load of homework or after-school sports and other activities. I thought that perhaps I was procrastinating, not managing my time efficiently. Now, after stumbling across recent studies about teen sleep patterns, I take some comfort in the fact that it may not be entirely my fault.

Although a teen's busy study and social schedule—not to mention, Facebook—was once thought to be the cause of poor sleep habits, recent studies show that adolescent sleep patterns actually differ from those of adults and young children. Teens undergo a sleep phase delay, where their body tells them to fall asleep later and wake up later. Research shows that a teen's natural time to fall asleep is around 11 p.m. or later. This change in the adolescent's internal clock means that they do not feel tired until later, even if they really are.

A lack of sleep can affect your ability to focus in class and perform your best in athletics. However, sleep can also cause slowed responses while driving. According to [teenshealth.org](http://teenshealth.org), people under the age of 25 are much more likely to be involved in "drowsy driving" accidents. Lack of sleep has also been linked to emotional problems, including feelings of sadness and even depression.

A simple solution to these many problems is a later school-start time. If schools set their clocks to match that of a teen's internal sleep clocks, focus and performance would greatly improve. STA has actually made a small step toward solving this problem by setting a number of late starts throughout the school year. I know that I look forward to these late starts and am generally in a better mood throughout these days. Even just setting the start time back thirty minutes would make a large difference, as over time these few extra minutes of sleep can really add up.

So, as I sit here in front of the computer typing, the clock chimes 12 a.m., mocking my loss of sleep. My eyes begin to droop. My mind drifts and my concentration begins to fade.

Save. Print. Let me sleep. ★ contact Lane Maguire at [lmaguire@dartnewsonline.com](mailto:lmaguire@dartnewsonline.com)

## The Final Say

STA should have a later start time to adjust to teens different internal body clocks.

## Corrections

The *Dart* staff fixes issue 3 mistakes

**News:** In issue 3 of the *Dart*, a photo on page 3 under the headline "Students attend career meetings" contained an error. The photo should have been attributed to sophomore Ellie Nachbor. The *Dart* regrets the error.

**Sports:** In issue 3 of the *Dart*, a story on page 12 under the headline "Stars are born" contained an error. The information about Josua Borchet should have been as follows:

Weight: 7 pounds 5 ounces  
Length: 19.5 inches  
Birthday: Feb. 26, 8:30 a.m.

The *Dart* regrets the error.



# Campus ministry tries to keep retreats sweet

Campus ministry keeps class retreats on STA campus for financial, logistic reasons

story by **KATE ROHR**  
staff writer

Most STA class retreats consist of several hours in the Goppert Center spent listening to speakers and doing small group activities. However, many other area schools travel off-campus or even spend the night at another location. According to campus minister Joe LaScala, overnight and off-campus retreats are difficult financially and logistically at STA.

"It is very hard for us to get enough adults and student leaders to go to [the retreats] and for students to be open for it," LaScala said. "An overnight retreat takes more than what [Campus Ministry] can give right now."

Principle for student affairs Mary Anne Hoecker says that she has never participated in an overnight retreat where the students did not leave sleep deprived.

"Sleeping on the gym floor is not the same as sleeping in your bed," Hoecker said. "You then have to be careful when you ask students to come back to school the next day. Making them come back to school like that is almost wasted time."

Hoecker also believes that the attention span of "retreat-ants" is usually only five or six hours long, which would lessen the effectiveness of a longer

off-campus or overnight retreat.

Campus minister Robin Good says that the on-campus day retreat model is the one she inherited when she arrived at STA. She believes that logistically it makes the most sense.

"With the retreats held at STA, you can get the kids to be here," Good said. "When you go off campus or stay overnight, the mandatory part of that kind of goes away."

LaScala feels that holding the retreats on campus benefits the students by providing a familiar and safe atmosphere for them who are opening up. According to LaScala, the purpose of class retreats is to allow students to better know each other, themselves and what God means to them. LaScala believes that the STA campus provides a good space for achieving this purpose.

"We are there to try and help the process, but it depends on the individual person and how receptive they are to it," LaScala said. "The more you put into it, the more you get out of it."

LaScala believes that student willingness to participate in retreats is crucial to the overall effectiveness. However, the junior class officers have scheduled an additional retreat in November in hopes of increasing class bonding and tolerance.

"We want to increase the comfort level with one another," junior class president Erin Sellers said. "We're going to use this opportunity to grow closer together."

According to Sellers, the officers added a retreat because they felt it was important to bond more junior year rather than wait until senior year.



**hand-slappin' good time** ★ Freshmen Madeline Best, left, and Grace Bullington participate in hand games at the freshman retreat Oct. 13. Photo by **CELE FRYER**

"The thing is that in normal retreats there are certain requirements and as many obligations to fill," Sellers said. "We are able to do more things when the students have produced it, and there's not a lot of time for that in normal retreat time."

Hoecker still believes that the regular STA retreats still provide possibilities for students to

develop their spirituality and sense of community among their class.

"I think [the retreats] accomplish their purpose for students who are open to it," Hoecker said. "For those that are open to it, there are a lot of opportunities." ★ contact Kate Rohr at [krohr@dartnewsonline.com](mailto:krohr@dartnewsonline.com)

# Write what you know: junior reflects on faith

Junior Hanna Katz expresses Jewish faith through writing article for the Kansas City Star

story by **KATIE HYDE**  
managing editor of copy

After spending four weeks in Prague, Poland and Israel, junior Hanna Katz returned home, unpacked her bags and began to write. She opened up a blank Word document and began to tell her story: of standing outside Auschwitz Concentration Camp on one set of train tracks leading in, of looking down into a gas chamber and praying in Hebrew with her peers, of visiting the Western Wall in Israel and of feeling centuries of Jewish faith surrounding her.

"[Visiting Auschwitz] was when I first started crying and I didn't stop," Katz said. "But, there was a sort of hope about it because we got to walk out."

Katz's trip was part of a program called National Federation of Temple Youth (NFTY) L'dor v'dor (from generation to generation). Katz, along with other members of NFTY, attended Goldman Union



**together at last** ★ At the home of Linda Nathan in Israel, some members of NFTY pose together, having spent summers as a group for seven years. Photo submitted by **HANNA KATZ**

Camp Institute, a summer camp, for seven years and then took a year off, as is tradition, to travel to Israel.

Writing about her faith, as she did in her blog after her vacation, has become a big part of Katz's religious expression.

"I find it easy to write [about my faith]," Katz said. "It's about something that I love. It is really easy for me to write about my faith because it's always been there and it's what has made me different in my life."

After attending the final NFTY Chavurah, the

Hebrew word for gathering, Katz was inspired to once again write about her experience. However, this time, Katz wrote a submission for the Kansas City Star's "Faith Walks" 13 part series, which features submitted stories from people of all faiths and belief systems.

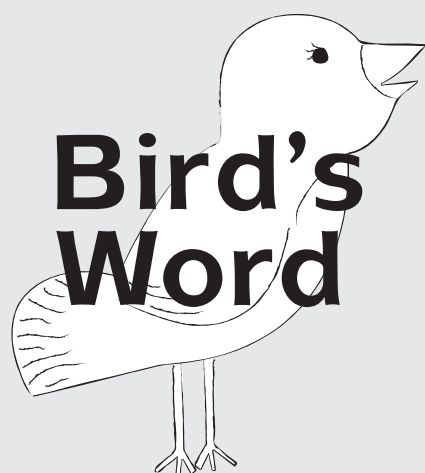
"I wasn't expecting for my essay to be submitted," Katz said. "I knew that if I wrote about something that I love, I would have fun writing it, so why not?"

As Katz began writing about the Spring Chavurah, the final NFTY gathering of the year, she began to cry.

"[The spring Chavurah] is like graduation at STA, but way more intense" Katz said. "It is such an emotional thing to say goodbye to such a close community of friends."

Television critic for the Star Aaron Barnhart, who also selects the "Faith Walks" submissions, said that out of over 150 contributions, Katz was one he decided on early.

"Hanna is by far the youngest contributor, but she writes beyond her years," Barnhart said. "Her faith is important to her, and she merges it with an idealism that is truly inspiring." ★ Contact: Katie Hyde at [khyde@dartnewsonline.com](mailto:khyde@dartnewsonline.com)



Each issue of the *Dart*, students submit letters to senior staffer Madalyne Bird, asking for advice on everyday issues

Dear Bird,

As second quarter begins, I am faced with a problem. I can't focus on anything. During English, I find myself staring out the window at the changing leaves. During math, I look at the clock more often than I do my journal. I spend more frees playing Tetris and Spore than I do reading and writing. When I head home, my problem gets worse. Distractions run high at my house: Facebook, a comfy bed and kittens make it a perfect haven for a procrastinator such as I. After seven hours

and ten minutes of solid learning, ANYTHING sounds more appealing than homework. If my falling grades and laundry covered desk aren't enough of a sign that this is out of control, my ADD is now spreading to other aspects of my life. With my DVR library over-flowing and Ms. Hudson banging down my door for my college applications, I need some help. NOW!

Sincerely,  
Attention Deficit Anntoinette

Alright Anntoinette, here's the deal: it's time to buckle down on your school work. I'm just like you, constantly waiting until the last minute to do things and always regretting it. It hurts you more in the end to wait that long to finish your work. And, I know at least for me, I feel so accomplished when I get stuff done on time and I don't have to worry about. There is

nothing better than the sweet relief of finishing things when I'm supposed to. I mean, let's get real here when I'm at home and don't want to finish what I'm doing, I plan out when I can get my work done in my frees. The planning part can be stressful, too. I tell myself, "oh it's fine, it's fine, I don't need to write my morality paper now! I have activity and a Period 6 free tomorrow, I can finish it on time!" Wrong. I can't. The best thing to do to combat your ADD is to sit down, grit your teeth and do it. Also, you really need to get checked by a doctor. See if you test positive and ask for a prescription for Adderall. I hear that stuff really works.

compiled by **MADALYNE BIRD**

To submit letters to Bird's Word, send submissions to [mbird@dartnewsonline.com](mailto:mbird@dartnewsonline.com)



# Go-karting freshman fueled by family support

STA freshman competitively races go-karts; family bonding is one of the advantages of the sport

story by **LANE MAGUIRE**  
staff writer

She slowly steers her way to the start line. The 14-horsepower motor of her 6 foot long lime green go-kart streaked with hot pink flames roars to life. The starter signals and she's off, the Hoosier wheels spinning, sending her VMT go-kart, nicknamed "The Shark" down the track at speeds averaging 75 mph.

As she races, she thinks about the advice and pointers that her coach gave her in his usual pre-race pep-talk.

"I think about the important cones that he tells me I need to stay close to and where to watch out on the course," competitive go-kart racer STA freshman Rachel Saunders said. "and he also just says it doesn't matter what anyone else runs, but just how you do and to have fun."

Saunders, who has been competitively racing

for about 10 years, is coached by her dad, Mr. Tommy Saunders, who began go-kart racing at the age of 18. Because of his interest in racing, he gave each of his three daughters the opportunity to try the sport.

"The oldest daughter didn't like it all, the second daughter liked it a little, and Rachel from the very beginning loved it," Tommy said. "Just like when I was first introduced [to go-karting] by my dad, I just fell in love with it."

Rachel said that she did feel some pressure to begin go-karting because of her father's great interest in the sport.

"At first I kind of felt like 'hmmm...well, I mean it looks fun, but it looks kind of scary too,'" Rachel said. "I was like four when he told me about [competitive go-kart racing] and that's a lot for a four-year-old to comprehend. But, I finally agreed to it, and I tried it out and loved it."

Rachel, currently ranked sixth in the US in her age division (ages 12 through 16), now competes in around 25 to 30 races a year. Of these, about 18 races take place in Texas, where Rachel was born and lived until she moved to Missouri with her mom at age 11. For the majority of her races that take place in Texas, Rachel flies down to meet her

dad, who still resides in Texas.

Rachel said that the family aspect of go-karting is one of the many things she enjoys about the sport and believes that go-karting allows her to visit her dad more often than she normally would.

"Otherwise I probably wouldn't be going [to Texas] like every other weekend," Rachel said.

Go-kart racing also allows Rachel to spend more time with her 9 year old niece, Ashley Haag, who has been competitively go-kart racing since age 5.

"I'm probably closer with Ashley [than with my other nieces] because we share that common interest," Rachel said.

Rachel competes as a team with Haag. Although they are in separate age divisions and score individually, they work to encourage each other. It was Haag who inspired the name for their team.

"My granddaughter, imitating her mother, she would hear her mother say 'yup,' but she was like one or two years old, she couldn't say it, so she would say 'jup,'" Tommy said. "Want something to eat Ashley?' 'jup.' 'Want to go out in the back and play?' 'jup.' What it means is yes I do or yes I can. It's a positive word that she made up and that's what we call our team, Team Jup."



**go-(kart) time** ★ Coach Tommy Saunders, left, gives his daughter and STA freshman, Rachel Saunders, last minute tips before she begins her 4-lap go-kart race in Texas. Photo submitted by **RACHEL SAUNDERS**

According to Rachel, family support and bonding is only of the many benefits to go-kart racing.

"I can't really explain it but it's just something I love to do and it makes me happy," Rachel said. ★ contact Lane Maguire at [Imaguire@dartnewsonline.com](mailto:Imaguire@dartnewsonline.com)

# The secret life of an STA teacher

STA faculty and staff leave STA's walls, participate in normal everyday activities

story by **KATHLEEN HOUGH**  
in the mix editor

## Where have you seen an STA teacher?

compiled by **KATHLEEN HOUGH**

"One time I was driving home from soccer practice and I saw Ms. Hernon mowing her lawn. It was awesome."

Molly Kenney, senior



**Kenney**

"I've seen Ms. Montag at CVS Pharmacy and in Brookside Market. I've also seen both Mr. Fast and Mr. Shrock at Brookside Market but neither recognized me."

Hannah Taft, sophomore



**Taft**

"I was stopping at Latte Land before an open gym last Saturday and I ran into Mr. Egner. It was so weird to see him out of his slacks and nice shirt."

Madison Fitzgerald, freshman



**Fitzgerald**

"My friend and I saw Mr. Thomas and Mr. Fast having lunch together once at Planet Sub. It was precious."

Colleen McInerney, junior



**McInerney**



**1.**



**3.**



**2.**

**1.** History teacher Denise Rueschhoff plays a card game with daughter Mary, left, and friends Oct. 22. The "Girls Night Out" sleepover included pizza, ice cream, and Disney channel movies. **2.** Campus ministry leader Joe LaScala, center, prepares caramel apples for Halloween with students from the St. Charles's Youth Group Oct. 23. LaScala leads the group of seventh and eighth grade students in various activities every Saturday from 6 to 9 p.m. **3.** Spanish teacher Melissa Axton practices a stance at yoga class Oct. 20. Axton visits Yoga-Fix throughout the week to exercise and relieve stress. Photos by **KATHLEEN HOUGH & CELE FRYER**



# Protecting your private parts

As the social media craze hits an all-time high, teenagers are warned to protect their privacy on the Internet and their online image.

## Cleaning up your online image

Here are some ways for students to create a positive image of themselves while online:

**1.** Delete any photos that show you drinking alcohol or with people who are obviously under the influence, contain rude gestures, are sexually suggestive, portray illegal activity or would make an admissions officer question your character or judgement.

**2.** Remove yourself from any groups that show bias or bigotry or promote illegal activity.

**3.** Remove contact information. It is unsafe and shows bad judgement.

**4.** Choose a modest and professional-looking photo for your profile picture.

**5.** Visit your page frequently to untag or delete anything inappropriate your friends might have posted.

## Promoting your college image

**1.** Post pictures that show you doing constructive things, show you and your friends in a positive light or show you traveling.

**2.** Join groups with a positive message, like breast cancer awareness.

**3.** Show activity on a college's facebook page to demonstrate interest. Schools like Creighton University provide a page for applicants. According to Cari Cloyd, an admissions counselor at Creighton this page shows who is excited and seriously interested in the school and answers any questions that may arise about the admissions process.

**4.** Attend events that show your interests, like church events or volunteer opportunities.

source: <http://collegeapps.about.com>

compiled by **HANNAH WOLF**

College admissions officers share advice on how students can keep their image clean on Facebook

story by **HANNAH WOLF**  
features editor

Ten years ago, colleges rejected applicants for a low ACT score, not taking enough challenging courses or lacking extra curricular activities. In order to be accepted, students would spend hours perfecting their essays and preparing for required interviews. Today, they have yet another thing to polish for college.

Their Facebook. Whether they are deleting inappropriate statuses or posting picture of themselves volunteering, many applicants work to make their Facebook pages presentable to college admissions officers, who are now beginning to search for applicants online.

A 2008 survey by Kaplan, a unit of Washington Post Company, found that of 500 top colleges, 10 percent of admissions officers acknowledged looking at social networking sites to evaluate applicants. Nearly 38 percent of them said that what they saw negatively affected their views, while only 25 percent said that these sites caused their views of prospective students to improve.

While some admissions officers may be uncomfortable flipping through an applicants Facebook, others see it as public information.

"When something is public, there are always consequences," STA college counselor Debi Hudson said. "I knew of a situation where a college actually dropped a student from their education program because of what they saw on Facebook."

Princeton University's Dean of Admission Janet Rapelye would agree.

"I think students have to expect that if there is anything public, it's possible that we might see it," Rapelye said in a Wall Street Journal video. "Do we have time

to go back and look at Facebook pages on a regular basis? No."

Some professionals say schools do not have time to scour the web for thousands of applicants. The Sept. 2008 *Wall Street Journal* article warned: "College Applicants, Beware: Your Facebook Page is Showing," director for the National Association for College Admission Counseling David Hawkins said that at times, admissions officers receive anonymous tips, perhaps from rival applicants, of embarrassing or destructive content.

Director of undergraduate admissions at North Carolina State University Thomas Griffin also told the *Wall Street Journal* that a school would do an internet search if a student raises "red flags," such as suspension. Online "red flags" may include alcohol or drug use, profanity, nudity or derogatory statements directed towards others.

"Any of the things a student would not want their grandparents to see," Texas Christian University assistant director of admissions Mike Mooneyham said. "That kind of stuff could be a concern."

However, applicants can take precautions on Facebook before applying to colleges. Senior Emily Strickland has figured out one alternative. Now known as Emily Taylor on Facebook, Strickland changed her name because of the application process. (Although there is a freshman Emily Taylor at STA, Strickland chose the name for anonymity.)

"I was paranoid about college admissions counselors trying to find me on Facebook," Strickland said. "Better safe than sorry. That's what I always say."

In addition, Hudson has provided STA seniors with a "Digital Dirt Self Audit Form" that she adopted from Drury University. This form encourages seniors to use a search engine to see what information is available on the internet about themselves. It asks questions from "Do you follow the rule if you wouldn't want to read it in the newspaper, don't include it?" to "Would you be comfortable if a college were to see your profile, pictures, or groups?"

However, Hudson knows college admissions officers aren't the only ones looking at applicants' Facebooks.

"I think sororities are going to look at [Facebook] big time," Hudson said.

Now a freshman at Oklahoma State University, class of 2010 STA alumna Katelyn Devine saw just how big of a role Facebook played during rush for the sorority Alpha Chi.

"Sororities want to know every little thing about your life in school as well as outside of school," Devine said. "What better way to find that out then by looking at your Facebook?"

Within her first few weeks, Devine was required to set her Facebook account on private until recruitment is over next year.

"As members of a sorority, [the rules are] no pictures with alcohol in them, no inappropriate pictures and try and keep the bad language to a minimum," Devine said. "What we do represents the rest of our house, so they just remind us to think about what we post, because it is not just affecting ourselves, but it is representing any of the Alpha Chi's at OSU."

On the other hand, Devine doesn't believe Facebook should be involved in the college application process.

"The process of getting into college should primarily be about your grades and activities, not your social life," Devine said. "Facebook relates more to your social life than to your academic [life]."

Although Mooneyham does not check applicants' Facebook pages, he still has advice about the situation.

"Any information made available to the public can be used to hurt or help an applicant," Mooneyham said. "There is a lot more information about applicants that can be made available. Good or bad, intentional or accidental. Be smart. Be mindful of what you are putting out there or what other people are putting out there about you." ★ contact Hannah Wolf at [hwolf@dartnewsonline.com](mailto:hwolf@dartnewsonline.com)

## STA implements policy regarding social networking

STA administration introduces new social media policy requiring all teachers to ignore, defriend students

story by **EMMA ROBERTSON**  
staff writer

Last fall, STA implemented a new policy regarding teachers accepting students as friends on social networking sites. The school administration was having recurring problems with social media, according to principal for academic affairs Barbara McCormick.

Every faculty and staff member signed a policy statement called the Social Media Policy at the beginning of last year. It prevents teachers from accepting student's friend requests on any social networking site, especially Facebook, according to McCormick.

"I do not have any reservations about how our teachers act," McCormick said. "I believe that they are very mature adults, it is just that there is a huge liability that comes with [accepting students as friends on social media]."

According to McCormick there could be misunderstandings that result in a legal liability for the school.

"It is kind of like what you [students] sign, which is an [Acceptable Use Policy], only [the teachers] sign it about social media," McCormick said.

History teacher Richard Shrock recently stopped accepting students as friends on Facebook because of the Social Media Policy. He also "de-friended" any students who he was friends with before the policy.

"I see a potential risk in [accepting students' requests], but I also feel like [faculty and staff] could handle that in a way that it would be fine if you use Facebook in a purely educational way with students," Shrock said.

Originally Shrock used Facebook to keep his two

clubs, Model UN and SADD club, up to date on their different club activities.

"I started [accepting student friend requests] in order to have an online connection about clubs," Shrock said. "It was sort of the easiest way for students to let each other know about things for the club and to communicate with one another."

Theology teacher Mary Jo Coughlin does not accept student's friend requests on Facebook because she would prefer students to not know about her personal life.

"I do not want to eavesdrop on students outside of school, nor do I want them to be involved in my personal life," Coughlin said.

Coughlin believes that most students are just trying to be friendly and mean no harm when asking to be friends with their teachers on social media.

"I try to speak to the student if I have ignored her request so she knows why I did it and does not think I am just choosing to ignore her," Coughlin said.

Junior Miranda Green recently sent friend requests to her grade school teachers at Our Lady of the Angels in order to keep in touch. Many of the teachers she friend-ed were also family friends. Green thinks it becomes an issue when students send friend requests to current teachers.

"I think befriending teachers is kind of weird, especially if you are in their class," Green said. "Being friends with your teachers could be embarrassing if they saw a picture of you or your status."

According to Coughlin, students may just want to know more about their teachers and what they like to do outside of school.

"I guess some students are naturally curious about what their teachers are like outside of school and what they like to do," Coughlin said. "I do not think there is anything malicious involved." ★ contact Emma Robertson at [erobertson@dartnewsonline.com](mailto:erobertson@dartnewsonline.com)

## Lawsuits filed against Facebook, Wall Street Journal

The *Wall Street Journal* make accusations against Facebook regarding users' privacy, protection

story by **EMILY BRESETTE**  
staff writer

*The Wall Street Journal* has recently accused Facebook of violating their own privacy policy, after an article published Monday, Oct. 18, said that applications were sending out individual Facebook ID's to ad agencies.

According to the article, each member of Facebook has an individual ID that lets applications identify them while playing games. The top offender for breaching the policy is Internet gaming giant Zynga. Zynga produces Farmville and Frontierville, games that over 50 million Americans use daily.

*The Wall Street Journal* is accusing Zynga of sending ID's to ad agencies. These ID's allow access to personal information like a person's birthday, city and relationship status, even if the person's profile is set on private. The application LOLapps has been completely removed from Facebook, because of their privacy issues. Facebook has already been hit with several law-

suits, all dealing with the breach of privacy.

Facebook's newest application, Facebook Places, has also caused controversy recently. Facebook Places allows you to check in whenever you go somewhere new. This is shared with your entire friend list. Every person's Facebook has been automatically set so that Facebook Places is turned on. If someone does not want to use Facebook Places, he or she has to manually turn it off themselves. Friends can check people in places, so even if you have Facebook Places turned off, someone can still see where you are.

With these lawsuits, Facebook has taken action and filed their own lawsuits against the application creators who broke the Facebook privacy policy. Facebook filed lawsuits against Steven Richter, Jason Swan and Max Bounty Inc. for breaking a number of California laws, including the Computer Fraud and Abuse Act and the CAN-SPAM Act.

"Our technical systems have always been complemented by strong policy enforcement," Facebook said in response to *The Wall Street Journal* article. "We will continue to rely on both to keep people in control of their information." Facebook said that they are as dedicated as ever to the privacy of their users. ★ contact Emily Bresette at [ebresette@dartnewsonline.com](mailto:ebresette@dartnewsonline.com)

## How to remain safe online

The *Dart* researched and found the top ten ways for people to protect their privacy on the Internet.

**1.** Do not accept random friend requests on social networking sites. Make sure you know someone before you accept them. You may think it is okay to add someone just because they go to Rockhurst, but this person's account could have been hacked or could be fake.

**2.** Read the network's privacy policy. Just because it is called a privacy policy does not mean it will protect you. Facebook has recently been accused of violating their own privacy policy due to some applications giving off personal information to Internet tracking agencies.

**3.** Make your passwords hard to figure out. Internet tracking companies can easily get access to your date of birth, school and other information that is usually used as a password. Instead, use numbers and figures so the coding is harder to break. If companies figure your password out, they can hack your account and send spam to your friends.

**4.** Log out before visiting another website. By doing this, you are potentially stopping trackers from having easy access to your social networking accounts.

**5.** Retype URLs into the browser. Clicking on ads directly from a website almost always leads to spam. Make sure to never click a link that says you have won a free product. This is always spam.

**6.** Have an email only for social networking. This email can be simple and basic. If online tracker gets a hold of this email and spam it, you can always delete it and start over fresh.

**7.** Do not forward chain emails. Anytime you get an email that says to add your name on here or to forward to 10 friends, the email is most likely sent by an Internet tracking company. The company gets a copy each time the email is forwarded and they automatically have access to thousands of emails.

**8.** Never give any bank account information out online. This is the top way for online predators to steal your identity. Make sure to never access your bank account on a public wifi. Online predators can hack into the wifi system and see your passwords.

**9.** Install the latest anti-spyware software installed on your computer. This is a simple, easy way to prevent spam from reaching your computer

**10.** Clear your cache every two weeks. Every time you get off the Internet, all your previous destinations are saved in the cache. Although having your websites available makes loading the sites later easier, it also is easier for online tracking companies to see what websites you were on.

source: <http://www.sec.gov/spotlight/katrina/proctoryourselfonline.htm>

compiled by **EMILY BRESETTE**

## Social media poll

The *Dart* surveyed the Commons during lunch period Oct. 20 to find out how 100 girls of the Academy are really using Facebook.

### 1. How many friends do you have on Facebook?

8 said less than 20

28 said 200 - 500

34 said 500-800

16 said 800 - 1000

8 said 1000+

6 said 1500+

### 2. How do you select friends on Facebook?

75 said they personally knew them

53 said they considered the amount of "mutual friends"

49 said they had heard of the name before

33 said they were familiar with their network

### 3. Have you ever been contacted (chatted, inboxed, commented) through Facebook by someone you do not know?

79 said yes

21 said no

### 4. What kinds of things do you post on Facebook?

17 said things "only Grandma would approve of"

12 said things that would go against school rules, such as profanity, alcohol and/or drug use or reference

59 said things that are questionable, but would not necessarily get them in trouble

29 said whatever happens to appear by friends

19 said things that they are proud of, such as art work, photography or volunteering events

### 5. Who do you fear seeing your Facebook the most?

47 said their parents or grandparents

2 said their sibling(s)

48 said STA administration or teachers

22 said their boss or employer

30 said college admissions officers

compiled by **HANNAH WOLF**

## Did you know?

The *Dart* investigated different social media sites and how they affect people's privacy. From your personal information, including phone numbers, locations and interests, people are constantly putting themselves at risk on the Internet.

compiled by **EMILY BRESETTE, CELIA O'FLAHERTY & ABBY UCHE**  
staff writers



**Name:** Facebook

**How it started:** Launched in 2004 in Harvard sophomore Mark Zuckerberg's dorm room. Facebook was created to provide a social network for college students to post information about themselves for others to see.

**How it invades privacy:** Customizing privacy settings can allow users to control who sees their profile and how much of it others see. However, Facebook defaults profiles to "public," a setting that allows all information to be seen by anyone.



**Name:** Twitter

**How it started:** Launched in 2006 by Jack Dorsey who wanted to send a mass SMS text message to communicate more efficiently.

**How it invades privacy:** Twitter automatically sets all account settings to allow users to follow anyone. Settings are customizable, so default settings can be replaced with a safer option that only allows users to follow other users by manually requesting to do so.



**Name:** Skype

**How it started:** Founded by Niklas Zennström and Janus Friis in 2003 to provide a technology that allows any computer with a broadband Internet connection to act as a telephone.

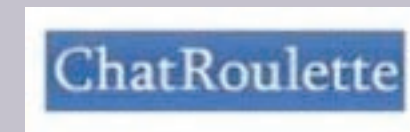
**How it invades privacy:** In order to use Skype, users must provide a phone number available to other users. Users can also see age and other information provided in any given profile.



**Name:** Foursquare

**How it started:** Foursquare—founded by Dennis Crowley and Naveen Selvadurai in 2009—is a location-based social networking website and application for mobile devices that allows registered users to connect with friends and update locations.

**How it invades privacy:** Foursquare allows users to "check in" when they arrive at certain destinations. Foursquare also allows its users to connect their location updates with other social networking sites such as Facebook or Twitter.



**Name:** Chatroulette

**How it started:** Andrey Ternovskiy created ChatRoulette in 2009 so he could connect with other people randomly on the internet.

**How it invades privacy:** Although users are able to instantly connect with random people from around the world, they must be cautious of who they talk to and what information is given out. A username is not necessary to use ChatRoulette, increasing access to all internet users.



**Name:** YouTube

**How it started:** Steve Chen and Chad Hurley created YouTube in 2005 after failing to find a user-friendly video uploading website. They eventually created YouTube to make uploading and sharing videos online easier.

**How it invades privacy:** YouTube users can see their subscribers and subscribe to other pages, but they cannot filter what information or videos are available to the public.



**Name:** AOL Instant Messenger

**How it started:** In 1994, AOL employees Barry Appelman and Stephen D. William created AIM to provide a service that allowed users to see which of their friends were online and live chat with them.

**How it invades privacy:** Anyone can be added, so users should be careful where they post their screen names. Anyone who has your screen name can chat.



**Softball**

The softball team finished the season 11-10 and lost in Districts to Notre Dame de Sion High School Oct. 7. The team beat Sion twice during the season but lost in the third game 3-2.

"I could feel it," varsity softball player junior Krissy Bryde said. "Something wasn't right that day. Maybe we were too cocky but it is a lot harder than people think to beat a team three times a row."

The first time STA played Sion, STA won 18-3 and the second time STA won 13-2. According to Bryde, after these results, the District loss was extremely disappointing and surprising.

"I tried not to fall over [after we lost]," Bryde said. "I felt like it wasn't over."

According to Bryde, the team performed well throughout the season, especially on senior night when STA played Smithville High School.

"Everyone was really pumped up," Bryde said. "We had eight seniors so it was do or die."

Bryde does not want the loss of the varsity seniors to negatively effect the team.

"Even though we are losing a lot of good players, I don't want the team to think we aren't going to be good [next year]," Bryde said. "I heard we are getting a few good freshmen, so we'll see what happens."

**Volleyball**

The volleyball team finished 16-4 in the regular season and hopes to continue a winning record in the post season, according to varsity player freshman Cristina DeZeeuw.

"Our first priority is to win Districts then Sectionals," DeZeeuw said. "Our ultimate goal is to make it to State, though."

According to DeZeeuw, the team has performed well all season, especially during an especially tough week.

"We had this one week where we played St. James [Academy] and a bunch of other tough schools and we played really well," DeZeeuw said. "We even beat Lee's Summit West that week."

**Tennis**

The tennis team lost in the semifinals of Sectionals on Oct. 16, ending the season with a 7-6 record. However, senior Cassie Redlingshafer and sophomore Murphy Marx qualified for the doubles State tournament.

According to head coach Meghan Parrott, there were ups and downs in the season, but it was successful overall.



"Although we had some tough losses toward the beginning of the season, the team really came together," Parrott said. "I was pleased with how the girls played."

After winning Districts, the team advanced to Sectionals where they lost to Lee's Summit West High School.

"That was a tough loss," Parrott said. "It was pretty unexpected."

Marx and Redlingshafer competed as a doubles team at the State tournament Friday in Springfield. They lost their first two matches to Park Hill High School and Glendale High School, ending their State experience.

"Although we lost the first match, we didn't let that bring us down," Marx said. "We picked ourselves up and moved on."

**Cross Country**

The cross country season is still in progress after STA placed third at districts Saturday at Raymore-Peculiar High School. According to cross country coach Karen Moran, in order to advance to the State

tournament, the team must finish in the top four teams at both Districts and Sectionals. In order to advance as individuals, the runners must place in the top 30 runners in both Districts and Sectionals.

The cross country team has performed well in meets throughout the season, according to Moran. The team won the Liberty Invitational in September and placed fourth at the Kansas City Metro Meet Oct. 4.

"Placing fourth [in the Kansas City Metro Meet] was especially impressive," Moran said. "Two of the teams that finished ahead of us were last year's Missouri State champions and last year's Kansas State champions."

Varsity runner sophomore Sarah Vickery agrees that the team has had a successful season so far.

"Pretty much every meet we've finished within the top few teams," Vickery said. "At the St. Louis meet varsity got first and last year we only got third."

According to Moran, the team has also struggled. In the third meet, varsity runner freshman Lindsey Valdiviez, broke her foot.

"[Lindsey breaking her foot] kind of shook the team," Vickery said. "We recovered pretty smoothly, though."

According to Vickery, the team has high hopes for the upcoming Sectional and possibly State meets.

"We definitely want to go to State," Vickery said. "Hopefully we'll finish in the top two or three at Sectionals and the top four at State."

**Golf**

The golf team's season ended with a match against Pembroke Hill High School Oct. 11. However, varsity players senior Madalyne Bird and junior Alexis Buford advanced and participated in the individual State tournament Oct. 18 and 19.

According to Buford, in order to advance to the individual tournament, a golfer must place in the top 15 at both Districts and Sectionals. In the State tournament, Buford placed 44 and Bird placed 11.

Overall, Buford believes the team had a successful season but hopes that next year, the team will advance a bit further.

"I was very happy [with how the season ended]," Buford said. "I wish everyone could have gone to State, it would have been a lot of fun, but I was still happy. Next year, hopefully the team will go [to State]." ★ contact Cassie Redlingshafer at [credlingshafer@dartnewsonline.com](mailto:credlingshafer@dartnewsonline.com), contact Katie McCombs at [kmcombs@dartnewsonline.com](mailto:kmcombs@dartnewsonline.com)

## STA SPORTS SCOREBOARD

## varsity golf

10/6 Sectionals  
STA - 3rd place  
9/30 Districts  
STA - 2nd place  
9/20 Sion Tournament  
STA - 4th place

## varsity softball

10/7 Notre Dame de Sion High School 3  
STA - 2  
9/29 Notre Dame de Sion High School 1  
STA - 13  
9/25 Winnetonka High School Tournament  
STA - 2nd place  
9/23 Smithville High School 4  
STA - 5

## varsity volleyball

10/7 Pembroke Hill High School 1  
STA - 2  
10/9 Visitation Academy 2  
STA - 1  
9/23 Blue Valley West Tri (St. James) 1  
STA - 2  
9/25 Blue Springs South Tournament 1  
STA

## varsity tennis

10/8 Districts  
STA - 1st place  
9/30 Park Hill South High School 5  
STA - 4  
9/27 Bishop Miege High School 0  
STA - 9

## varsity cross country

11/6 State  
10/30 Sectionals  
10/21 Districts  
STA - 3rd place

## New STA sports website

Within the next week, Propaganda 3, the digital production company that created the new STA website, will launch the new STA athletic website.

"I thought [updating the sports website] was probably one of the more important things we needed to work on," athletic director Mark Hough said. "The old website wasn't functional anymore."

According to Hough, the new site works better because all of the STA sports information is on one page, making it easier to find. Modeled after collegiate sites like Duke University, STA's sports site includes many user-friendly features such as rotating images of the athletic teams, recent headlines and current schedules.

Hough especially appreciates the organization the new site provides.

"I like the fact it gives everybody options in one location depending on how specific of information you want to get," Hough said.

compiled by **ROWAN O'BRIEN-WILLIAMS**

## You'll never know if you don't try out

The *Dart* staff discovered tips and details concerning the upcoming swim and basketball team tryouts

story by **NIKKI RODRIGUEZ**  
staff writer

**Swim Team**

**When:** Beginning after school Nov. 15

**Where:** Longview Recreation Center

**What to bring:** Swim suit, cap, goggles and towel

**How to make the team:** Girls are assessed by the times they swim on 50 yard freestyle, 100 yard freestyle, 200 yard freestyle, 500 yard freestyle, 100 yard butterfly, 100 yard breast-

stroke, 100 yard backstroke and 200 yard IM (Individual Medley)

**What to expect from the team:** "The girls can expect to be tired, sore and a team atmosphere that prides itself on 'no one swims alone,'" coach Andrew Wilcox said.

**The team:** One team of about 30 students

**How to prepare:** Preseason conditioning and off-season swimming

**Advice from coach Wilcox:** "Be ready to work."

**Basketball**

**When:** Beginning 6 a.m. Nov. 8

**Where:** Goppert Center

**What to bring:** Broken in shoes, comfortable t-shirt and shorts

This fall, STA hired its first full-time trainer to assist all the fall, winter and spring sports teams.

Athletic director Mark Hough said that finding a full-time trainer for STA was a top priority when he arrived last year. According to Hough, STA had a company called Elite Physical Therapy come in about once a week to treat injured athletes; the school also had to schedule personal trainers for any other dates they needed, such as home games.

Among these trainers was Ms. Tiffany Jeffers, who was eventually chosen to be STA's full-time trainer.

"[STA] had several trainers last year that would come on campus for games, and after talking to the girls and coaches, everyone seemed to like Tiffany," Hough said. "Her schedule also fit with ours."

**How to make the team:** Players are assessed on basic fundamentals and fitness, speed, ball handling skills, shooting, teamwork and coachability.

**What to expect from the team:** "We do training all season, a lot of intense core work. Players should already be preparing and conditioning before the season officially begins," coach Doug Nelson said.

**How to prepare:** Play as much as possible and practice with teammates

**Advice from coach Nelson:** "Give it [your] best shot. We want everyone to have a fair opportunity, but we also want to build a competitive team." ★ contact Nikki Rodriguez at [nrodri-guez@dartnewsonline.com](mailto:nrodri-guez@dartnewsonline.com)

Jeffers is at school every day in Goppert Center during lunch and activity and after school from 3 p.m. to 6 p.m. According to Jeffers, she sees up to seven girls every day during lunch and activity and many more athletes after school.

"During activity I do rehab exercises, strength training and I work with different injuries," Jeffers said. "Right after school, before the girls go to practice, I help them stretch or tape ankles; stuff like that."

According to sophomore varsity cross country runner, Sarah Vickery, the trainer has helped her shin splints which she has had since last October.

"If it weren't for the trainer, my shins would have been in worse condition and I probably would have had another stress fracture by now," Vickery said.

Jeffers is also currently figuring out the details on an open weight room where she would teach students about the equipment and offer strength training sessions. Jeffers would like this be every day from 3 p.m. to 4:30 p.m. and it would be open to all students.

"I want [weight training] to be more organized, I want people to commit and not just come like once every two weeks," Jeffers said.

Hough is pleased with Jeffers' work at STA.

"I wanted to be more proactive and do more injury prevention, not just fixing people once they were hurt," Hough said. "And having [Jeffers] be able to do both strength training with weights and injuries is perfect." ★ contact Mary O'Leary at [moleary@dartnewsonline.com](mailto:moleary@dartnewsonline.com)

## Full-time trainer helps students, athletes at STA

Tiffany Jeffers joined athletic department as the first full-time trainer available to all athletes

story by **MARY O'LEARY**  
staff writer



# Lean machine offers healthy choices

STA students, faculty share views on the addition of YoNaturals vending machines to Commons

story by **EMILY McCANN**  
staff writer

Last spring, STA administration installed two new YoNaturals vending machines in the Commons. These machines offer health-conscious and organic alternatives to the traditional vending machines full of Lays chips and candy bars. The YoNaturals machines also accept debit and credit cards to make purchasing snacks easier.

According to principal for student affairs Mary Anne Hoecker, the YoNaturals company called her last spring and asked to install a vending machine in the Commons.

"I had wanted to put in [a vending machine] that would have food for students who want a little more natural," Hoecker said. "The bottom line is that I wanted to try a machine that would offer some more healthy choices."

According to YoNaturals.com, all of their school vending machines meet state school nutrition guidelines. This means that items in the YoNaturals vending machine have no more than 35 percent calories from total fat, no more than 35 percent total sugar by weight and no more than 10 percent calories from saturated fat.

Sophomore Grace Scovell is strongly in favor of having healthier snacks available in the cafeteria and purchases them several times a week.

"Even though the prices of the healthy vending machines are more expensive, I think it's worth it," Scovell said. "I feel healthier and more full when I eat the healthy [food] compared to the unhealthy [food]."

Most items in the YoNaturals machine are \$1.25 and most in the regular machines are 85 cents. For example, Doritos from the regular machines are 85 cents while a similar sized bag of Veggie Chips from the YoNaturals Machine is \$1.25.

According to freshman Kim Fryer, the higher prices aren't worth it.

"I definitely prefer the unhealthy vending machines because the healthy food is disgusting," Fryer said. "I usually just buy Twix or another cheap candy bar."

According to Scovell even though some students don't utilize the YoNaturals vending machines, overall, the new vending machines have been suc-



**Snack attack** ★ An STA student chooses to use the more expensive, yet less fattening YoNaturals vending machine in the Commons. Photo illustration by **KARA PRUITT**

## Regular vs. YoNaturals

Regular vending machines prove to be more fattening, yet less expensive

### Regular Machine:

Cheetos  
Price: 85 cents  
Calories: 320  
Fat (grams): 20

Snickers  
Price: 85 cents  
Calories: 270  
Fat (grams): 11

### YoNaturals:

Pirate's Booty  
Price: \$1.25  
Calories: 130  
Fat (grams): 5

mini cookies  
Price: \$1.25  
Calories: 170  
Fat (grams): 8

compiled by **EMILY McCANN**

cessful.

"Thanks to the new vending machines I see myself and my friends making healthier choices at lunch," Scovell said. "[The YoNaturals food] seems fresher and it tastes better."

According to Hoecker, there are over 600 items that could potentially be in the YoNaturals vending

machines.

"If a group of students came to me and asked for a certain product I would call [YoNaturals] and chances are they would probably put in that item."

If you're interested in new items, refer to the list in Hoecker's office. ★ contact Emily McCann at [emccann@dartnewsonline.com](mailto:emccann@dartnewsonline.com)

## Bless my sole: shoes simulate barefoot walking

Sports technology goes back so instead of more advancements, running shoes are now all-natural

story by **RACHEL TOVAR**  
staff writer

Walking down the street, sophomore Brenna Viles seems to be the tallest person around. This is because as people pass, their heads immediately drop to stare at her shoes, then raise to look at her face and then drop to stare at her shoes again. While typical shoes have a rounded toe, Viles' shoes have a special neon slot for each toe.

This is the reaction Viles gets from most people for her Vibram FiveFingers. FiveFinger shoes claim to be the "World's best barefoot running shoe," according to the Vibram website. With a patented technology in the sole that the company refuses to disclose to the public, FiveFingers are designed to protect the foot, but also to include minimal support to simulate walking barefoot.

Viles bought the FiveFingers last May after reading a book called "Born to Run" by Christopher McDougal. The book gives a look into the origins of running, which states that natural is better. After reading the book, Viles believes running naturally is better for her feet and prefers her FiveFingers over other shoes.

"[I usually] run about one to two miles in them when I do run, and I just wear them out to the store most of the time," Viles said. "I like them better than tennis shoes, because in tennis shoes I feel like I'm dragging around blocks on my feet."

FiveFingers is marketing the shoes as a memory from childhood when most kids went barefoot whenever they could, and that is the first way a person learned to discover the world.

Sophomore Abby Geiger also has a pair of FiveFingers and is an advocate for the new footwear.

"I really, really like [FiveFingers]," Geiger said. "They feel just like I'm barefoot when I run the trail around my neighborhood. I never wore shoes as a kid, so this is awesome. Plus, I work muscles I didn't even know I had."

According to Vibram, Five Fingers will improve range of motion in the feet, ankles, and toes. By not encompassing the foot in real shoes, nerves in the foot are stimulated and the signals sent to the brain improve balance and stability. Forcing the foot to fall naturally as a person walks or runs, the ball of the foot becomes the main point of contact with the ground, and improves and strengthens posture, which is key to preventing back, knee and shoulder pain.

"It's a lot like having your arm in a cast," Viles said. "When you take the cast off, your arms are kind of floppy and that's what Vibrams are."

Voted the National Geographic's "2010 Gear of the Year," running barefoot decreases the chance of acute injuries in the ankle and lower leg. Compared to runners with traditional shoes, barefoot running uses about 4% less oxygen, because the shoe is less strenuous.

"The bottom line is, they rock my socks off," Geiger said. "Literally." ★ contact Rachel Tovar at [rtovar@dartnewsonline.com](mailto:rtovar@dartnewsonline.com)

## Tips for mind, body, soul

Each issue, the *Dart* provides suggestions for changes in daily habits to increase the well-being of the mind, body and soul.

compiled by **HANNAH WOLF**

## MIND

Everyone wants to snuggle up in a warm bed and read a book. Next thing you know, it's 7:15 a.m. and you never finished. How can you fix this? Don't do your homework in bed. Human minds associate a bed as a place of relaxation and sleep; therefore, your brain will not function properly to study. Studying in bed could also have the opposite effect; if you train your mind to work hard in this area, it will follow this pattern, making it harder to fall asleep later. Instead, find a productive space to work so you can go to sleep with a clear mind.

## BODY

Next time you can't keep your eyes open while doing homework, take a power nap. Only 20 minutes of sleep will leave you feeling refreshed. Scientists have proven that a 20 minute nap about eight hours after you have awoken will do more for your stamina than sleeping another 20 minutes in the morning. Also, this nap will improve your muscle memory and erase useless information from your brain, which helps with long-term memory. Your mood, efficiency and alertness level will all improve.

## SOUL

Grab a friend and head to a nearby yoga class. 24 Hour Fitness has group classes three to four times a week, while Yoga Fix offers 30 days of unlimited "Hot Yoga" for \$30. Besides producing those feel-good endorphins, yoga brings balance to the nervous system and hormones, making you a happy camper. Originating from India, yoga teaches control and focus, which will in turn relieve stress. The breathing practices alone are a great way to create a sense of peace. Namaste!





**Miranda Johnson, junior**

Every issue, the *Dart* interviews one of STA's rising artists

**Q: How long have you been interested in art, and what initially interested you?**

**A:** "That's tough, because I've been around art my whole life. There are at least two or three people in each generation of my family that have been really good at art. It's in my blood, I guess you could say."

**Q: What are you currently working on?**

**A:** "I'm hoping to do a new style of art based on this street performer. He dances and paints at the same time. He uses a lot of big bold colors and not a lot of detail, but enough that you can tell if it's a portrait of someone. It must be so hard because it's free form without drawing it before. I would love to be able to turn on some music and go crazy."

**Q: Where do you draw inspiration from?**

**A:** "I get [inspiration] from Disney and graffiti because I like the big bold colors, [along with] anime, TV shows and cartoons. I like to get [inspiration] from stories. My kind of aesthetic is kind of like Tim Burton, with bold colors."

compiled by **KATE ROHR**

# Three singers to perform in state choir

Three STA singers control nerves, overcome challenges as they prepare for state choir competition

story by **ROWAN O'BRIEN-WILLIAMS**  
academics editor

Sophomore Ruby Dibble, junior Mackenzie Jones and senior Taylor Woodruff stood in line at the 2011 District choir competition Oct. 2, waiting to perform. Along with some of the 300 other singers, these three girls were included in the 2011 District choir.

Right before competitions like these, Dibble feels nervous, but confident.

"These nerves keep me on edge so I don't space out and lose my place," Dibble said. "I love the adrenaline kick and expressing the meaning of a song."

In order to keep this stress at a healthy level, Dibble spends about a month preparing for contests. During this preparation, Dibble encountered several hardships.

"I had a hard time believing in myself and I was really afraid of forgetting my words," Dibble said.

Dibble turns to her voice teachers,

including STA music teacher Michelle McIntire, for help.

"[McIntire] was my previous voice teacher and knows my voice really well," Dibble said.

Woodruff, on the other hand, initially entered into the competition with a much more relaxed state of mind. However, after observing the competition, she became more focused.

"I came into Districts with a laid-back attitude, but I became much more serious once I learned there were about 130 other girls auditioning for my part and the choir only needed 30," Woodruff said.

Singing in front of larger, anonymous crowds also helps Woodruff to focus.

"Small groups of people feel awkward, especially if they are sitting close to me," Woodruff said.

Although these tactics help, Woodruff still feels nervous right before a competition.

"Before I sing, depending on who it is for, I can feel my heart start to beat faster and sometimes my legs even

shake," Woodruff said.

Jones must also ignore distractions, as she has many events to focus her energy toward, including a sight reading [performing a song without preparation] performance. This was Jones's least favorite part about competing at Districts.

"I think sight reading was a little more nerve wracking because you can't truly and totally prepare for that," Jones said.

However, after being included in the District choir, Jones felt surprised. She tried her best during the competition, not expecting to receive the honor. Now, she looks forward to her participation in the State choir.

"I'm really excited to be able to sing with a bunch of people from around the state," Jones said. ★ contact Rowan O'Brien-Williams at [robrienwilliams@dartnewsonline.com](mailto:robrienwilliams@dartnewsonline.com)



**Woodruff**



**Dibble**



**Jones**

## Choir places in competition

Three STA singers win awards at the Missouri District choir competition

### 2010 District Choir

Ruby Dibble, sophomore  
Mackenzie Jones, junior  
Taylor Woodruff, senior

compiled by **ROWAN O'BRIEN-WILLIAMS**

# top five: haunted halloween hangouts

Whether you want to spend Oct. 31 terrified or giving back, Kansas City has plenty to offer

compiled by **ABBY UCHE**  
staff writer

## 5 Treat giveaway

**Description:** Free candy giveaway

**Location:** Russell Stover at 2814 Shawnee Mission Parkway, Fairway

**Time:** 9 am. to 5 pm.



## 4 Brookside Trick or Treat Street

**Location:** 63rd Street

**Description:** Over 50 stores in the Brookside shopping district will be handing out candy to costumed trick-or-treaters. To see if a store is participating in the event, check for a ghost hanging from the shop doorway. All stores with ghosts will be handing out candy. Everyone is welcome to participate in this free trick-or-treating event. Don't forget your costume!

**Time:** 3 p.m. to 5 p.m.



## 3 Boorito 2010: Horrors of Processed Foods

**Location:** any Chipotle restaurant

**Description:** Instead of their tradition of giving free burritos to customers dressed as a menu item, Chipotle is partnering with Jamie Oliver's Food Revolution to raise awareness about "the horrors of processed food." Any customer dressed as a processed food can get a burrito for \$2. The first \$1 million raised will benefit Jamie Oliver's Food Revolution.

**Time:** 6 p.m. to closing time



## 2 Haunted Houses

**Location:** The Beast and The Edge of Hell in Kansas City located in the West Bottoms

**Description:** These Missouri haunted houses made *HauntWorld Magazine's* list of the top 31 haunted attractions in the country. The Beast is number six and The Edge of Hell is 27.

**Cost:** Single tickets for The Beast and The Edge of Hell are approximately \$23 Sunday through Thursday and approximately \$27 on the weekends.



## 1 Food for Thought

**Location:** The collection will take place in the Brookside and Waldo area, but volunteers will be meeting in the Commons at STA.

**Description:** Community service club as well as other STA volunteers will be collecting food items and monetary donations to benefit families in need. Any monetary donations raised will go toward the purchase of diapers and other baby supplies.

**Time:** 4 p.m. to 7 p.m.

**women for others** ★ Freshmen Bree Begnaud and Cori Mroz make posters Oct. 25 for STA's annual Food for Thought canned good drive. Photo by **TAYLOR WOODRUFF**







# The "Honk!" Bunch



Photos by SARAH WIRTZ

Theater department to perform "Honk! The Musical" from Nov. 10 to Nov. 13 in the M&A building

story by CELIA O'FLAHERTY  
staff writer

STA musical director Shana Prentiss invited Académie Lafayette, Visitation School and St. Peter's School to a grade school showing of the fall musical "Honk!" Nov. 9. Unique to this musical, Prentiss decided to add an extra show because not only is it a children's musical, but it also will publicize the school and theatrical department. ★ contact Celia O'Flaherty at [coflaherty@dartnewsonline.com](mailto:coflaherty@dartnewsonline.com)

**1. Mary Kate Duffy**, senior at STA  
**Maurine the Moorhen:** "[Maurine] is the town gossip and always in everybody's business."

**2. Katie Pautler**, senior at STA  
**The Bullfrog:** "[The Bullfrog is] really laid back and really confident."  
**What is it like being part of the cast?** "[In this cast] there are so many of us from so many different grades, but we are still really close."

**3. Mayme Marshall**, junior at STA  
**The Cat:** "She's very sneaky. She's definitely the villain of the musical."  
**Are there any similarities between you and your**

**character?** "The Cat is very sneaky and malevolent, and I'm not an evil or really sneaky person. At least I don't think I am."

**4. Mackenzie Jones**, junior at STA  
**Lowbutt the Chicken:** "[Lowbutt] thinks she is above everyone else. She is an egotistical, fussy old woman who has a secret crush."

**5. Drew Jurden**, sophomore at Rockhurst High School  
**Ugly the Duckling:** "He's an ambitious child who is full of energy, who wants people to love him and doesn't understand why they don't."

**6. Ben Patterson**, senior at Rockhurst High School

**Drake the Goose:**  
"[Drake] is Ugly's father. He is basically a hick and is the first person who makes fun of Ugly."  
**What is it like being with the cast of "Honk!"?**  
"It's been a lot of fun, but it can be a little taxing at times working with a bunch of girls."

**7. Christie Fletcher**, junior at STA  
**Dot the Goose:** "She's an ex-flight attendant airhead who goes with the flow and loves everybody."

**8. Ryan Tucker**, senior at STA  
**Ida the Mother Duck:** "She's extremely caring and loving of all her children, especially Ugly."







# Mammograms diagnose teachers with breast cancer

STA teachers share their stories, provide students with advice, tips on how to prevent cancer early

story by **CHRISTINA BARTON**  
opinion editor

Breast cancer is a battle over 200,000 women in the US face each year, even some women at STA. Computer teacher Kathy McCarthy and physical education teacher Stacie O'Rear are breast cancer survivors. O'Rear was diagnosed with breast cancer in August 2002 and had a mastectomy with reconstruction to remove the cancer in November.



O'Rear

"[The hardest part] was the uncertainty," O'Rear said. "Every time you hear the word cancer, you think death sentence."

However, because the cancer was caught at an early stage, it had not spread to the lymph nodes, so chemotherapy and radiation were not needed.

"Breast cancer is treatable, but early diagnosis is key," O'Rear said.

McCarthy also agrees early diagnosis is important. McCarthy was diagnosed with breast cancer in the summer of 2008 after a routine mammogram.

"I had a biopsy and then they called me back in," McCarthy said. "[The hardest part] was waiting for the diagnosis."

According to McCarthy, the breast cancer she was diagnosed with was different than the situation a lot of women face.

There was no evidence of metastasis, spreading of the cancer, anywhere else in her body. With many treatment options available, McCarthy chose to have a bilateral mastectomy, surgery that removed both breasts, to ensure the cancer was gone. Due to the isolation of the cancer, McCarthy also did not have to undergo radiation or chemotherapy to treat the cancer because the surgery removed it all.



McCarthy

"There was no evidence of the disease [after surgery] - they caught it very early," McCarthy said. "I was very blessed that it did not appear I had [any more] cancer."

Although McCarthy's cancer was not very advanced and treatment was relatively easy, she still experienced an outpour of support from family, friends, coworkers, students and strangers. Her biggest support came through a close friend who had been battling cancer on and off for many years.

"[She] was the first person I thought of when

I knew I had breast cancer," McCarthy said. "I got her a bouquet of flowers and thanked her for her strength."

McCarthy attributes a greater appreciation for life to her battle with cancer.

"[Cancer] makes you stop and realize what really is important," McCarthy said. "[It] makes you put things into perspective."

O'Rear agrees her outlook on life has changed after having cancer.

"You appreciate the little things more," O'Rear said. "[You] don't take life for granted."

Battling cancer also led both women to contribute to breast cancer research. McCarthy volunteers with her sorority at the Susan G. Komen walk, and she tries to send cards to women battling breast cancer.

O'Rear says she helps distribute an awareness mailing with information about breast cancer awareness and also donates money to Susan G. Komen, a non profit organization that raises money for breast cancer research through walks and donations.

After surviving cancer, McCarthy wants all women to be aware of the cancer, know if there is a family history of cancer and consult with a doctor about when to start mammograms.

"I am a firm believer in preventive maintenance," McCarthy said. "It is better to be safe than sorry." ★ contact Christina Barton at [cbarton@dartnewsonline.com](mailto:cbarton@dartnewsonline.com)

# How to care for your very breast friends

From knowing facts to getting mammograms, the Susan G. Komen society provides tips to prevent breast cancer

## Known risks for breast cancer:

- Both females and males are at risk
- Aging
- Having an inherited mutation in the BRCA1 or BRCA2 breast cancer gene
- Family or personal history of breast or ovarian cancer
- Having high breast density on a mammogram
- Having a previous biopsy showing atypical hyperplasia, or accumulation of abnormal cells in the breast duct
- Starting menopause after age 55
- Having your first child after age 35
- Never having children
- Radiation exposure, such as frequent X-rays in youth
- High bone density
- Weight gain after menopause or as an adult
- Postmenopausal hormone use (current or recent)

## Who gets breast cancer:

- All women are at risk, old and young
- Ages 30-39: 0.43%
- Ages 40-49: 1.45%
- Ages 50-59: 2.38%
- Ages 60-69: 3.45%

White women are more likely to get breast cancer than women of any other racial/ethnic group

African American women are more likely to die of breast cancer than white women

Men can get breast cancer too--one out of every 100 people diagnosed is male

## Warning signs for breast cancer:

- Dimpling or puckering of the skin on the breast
- Change in size or shape of the breast
- Swelling, warmth, redness or darkening of the breast
- A lump, hard knot, or thickening of the breast

## Getting a mammogram:

- A mammogram is an X-Ray of the breast that checks for lumps in the breasts and underarm areas
- It is important for a woman to receive a breast exam every three years to check for cancer as well starting at age 20
- The average cost of a mammogram is \$80-\$120
- The actual process only takes 5 minutes

compiled by **MADALYNE BIRD**

# support the cause

From yogurt lids to marathons, there are various ways to support Breast Cancer research and awareness. Members of the STA community spread awareness through these practices and foundations.



## Keep A Breast bracelets

**Who?** The Keep-A-Breast Foundation promotes awareness and prevention among young people through art projects, campaigns and bracelet sales. Sophomore Sarah Flattery wears one of their blue bracelets with the phrase "I heart boobies."

**Why?** Fifty percent of the profits go directly to the Keep-A-Breast Foundation in order to educate young women about breast cancer. According to [keep-a-breast.org](http://keep-a-breast.org), breast cancer in young women is "generally more aggressive, diagnosed at a later stage, and [results] in lower survival rates."

**Where?** The bracelets as well as t-shirts, tote bags and watches can be purchased on [loserkids.com](http://loserkids.com).

## Yoplait yogurt lids

**What?** Sending in the pink Yoplait yogurt lids donates 10 cents to Susan G. Komen for the Cure.

**How?** Wash off lids and put them in an envelope.

**Where?** Save Lids to Save Lives  
P.O. Box 420704  
El Paso, TX 88542-0704.



## Susan G. Komen Race for the Cure

**Who?** The Susan G. Komen Foundation organizes this race every year in Kansas City to benefit Breast Cancer.

**When?** The next race will be August 14, 2011.

**Where?** The race begins at Union Station.

**Why?** "[Race for the Cure] is one of those really cool things where you see 3,000 people there for the same reason," 2010 participator junior Hannah Haywood said. "It's a good way to show your support for women [with] breast cancer."



compiled by **CARA McCLAIN**

# Breast Cancer support: "I like it on" Facebook

In honor of Breast Cancer Awareness month, women across the nation have created "I like it on" Facebook statuses. These statuses convey where women leave their purses when they come home, intentionally leaving room for sexual innuendos that males might misunderstand. This secretive trend is used to unite women around the breast cancer awareness cause. The Dart collected samples of STA "I like it on" statuses.

**Emma Elle Brzon** I like it on my sky chair hung from the tree in the backyard

October 5 at 8:15 pm - [Comment](#) . [Like](#)

**MaryKate Duffy** I like it on the counter.

October 5 at 6:37 pm via Mobile for Web  
[Comment](#) . [Like](#)

**Emily Baker** Lol i lyke it on ma boi'z arm. How it shood be

October 5 at 11:30 pm - [Comment](#) . [Like](#)

**Anna Grisafe-Pont** I like it on the ground

October 5 at 9:22 pm - [Comment](#) . [Like](#)

**Kelly O'Byrne** I like it on my closet floor.

October 5 at 9:21 pm - [Comment](#) . [Like](#)

**Kathleen Hough** I like it in a cardboard box with little cletus

October 6 at 12:42 am - [Comment](#) . [Like](#)

**Caroline Gray** I like it everywhere.

October 5 at 10:29 pm - [Comment](#) . [Like](#)

compiled by **KATIE McCOMBS**



# Math department discusses course addition

Administration, math department plan to offer students new math course as alternative to AP calculus

story by **LAURA NEENAN**  
entertainment editor

The STA administration and math department are discussing the addition of a math course to the curriculum for the 2011-2012 school year. According to math department head Arlene Heron, no decisions have been made regarding the course. However, the process to add the course has begun.

According to principal for academic affairs Barbara McCormick, this untitled course will be offered as an alternative to AP calculus after completing pre-calculus or trigonometry and analysis.

"It's important that we add a class because students are required to take four credits of math and there might be a student who might not want

to take the AP track," McCormick said.

Senior Emily Baker chose not to take a math course her senior year because she already received the four credits to graduate through the early morning math class offered prior to her freshman year. With AP calculus as her only option for a class, Baker did not want to add stress to her senior year with a class she thought would be too challenging.

"I think it would be beneficial for incoming seniors to have the choice of a different math class because it doesn't seem logical to have students be out of practice for a year because of a lack of course options," Baker said. "[If another class would be added], it would allow for students to be prepared for a



**McCormick**

number of different math classes they might take in college."

According to McCormick, either a college algebra or probability and statistics course are the most viable options. McCormick believes that a

"We are looking at the 21st century and the student that is going to move on [into the working world]."

Barbara McCormick, principal for academic affairs

course focused on analyzing data will be helpful to students who are not looking for a career necessarily based in mathematics.

"I just believe we have to really help young

women grow in their mathematical skills," McCormick said. "I am in support of whatever course [the math department] decides on. I think I lean towards something that offers more of a probability and statistics level unless we thread that more into our curriculum."

The administration is seriously looking at additional staffing, according to McCormick, because of the lack of free time available for math teachers to help students. McCormick believes the additional math class will offer even more course flexibility and opportunities for STA students.

"We are looking at the 21st century and the student that is going to move on [into the working world]," McCormick said. "That student is going to have to be good at taking data and being analytical with it. I think you get that when you see a lot of the statistics or probability threaded into the curriculum or at least promoted as a course."

★ contact Laura Neenan at [Ineenan@dartnews-online.com](mailto:Ineenan@dartnews-online.com)

# Moodle messaging causes trouble

Rules regarding Moodle messages are undefined by administration as teachers create their own policies

story by **ALLISON FITTS**  
web staffer

While most students use Moodle, STA's new homework forum, for academics some use the website socially through the use of messaging. The administration says that this messaging can be distracting but they have no specific rules against it yet.

Moodle, STA's site for news and homework, boasts a variety of features. Students can turn in papers, view upcoming school events and receive notes from classes they missed.

Additionally, students can send messages to anyone in the STA community. These messages can be sent at any time and from any place, as long as access to the STA Moodle page is available. Students use messaging to communicate with teachers about grades, but they also use it to chat with friends about after school plans.

"[Moodle messaging] can be distracting if students use it solely for instant messaging and personal use," STA's technology coordinator Matt Stewart said.

According to principal for academic affairs Barbara McCormick, the STA administration has not added specific rules regarding Moodle messaging to the handbook. However, if students are questioning whether their behavior is appropriate, they should refer to the Acceptable Use Policy.

Each student read through and agreed to the terms of the Acceptable Use Policy when they were issued their netbooks this summer. Section three of the document states: "Students may not use any chat or collaboration program (such as Moodle) to communicate with others through the computer network during class, unless a teacher or administrator authorizes students to do so."

McCormick also said that although there is not a specific, school-wide rule regarding Moodle messaging, teachers should establish classroom

rules.

Spanish teacher Julia Gargallo has created rules in response to students using their netbooks inappropriately during class. If a student is caught misusing her netbook, she receives a detention and her class participation grade is lowered.

"[Netbooks] make it more difficult for me to see if [students] are working on another subject," Gargallo said. "This is happening and it is a problem. I do not know how I can prevent [students from working on other subjects] because they know they are not supposed to do it."

Junior Stephanie Hampel understands that although there is not a distinct rule regarding Moodle messaging, it becomes a problem when she and other students use it during class time. However, she admits to previously Moodle messaging for social purposes.

"I usually do not [Moodle message during class] because I want to focus on the class and not have my netbook as a distraction," Hampel said. "I have used [Moodle messaging] before to just catch up on what went on over the weekend, but I feel like I use it more for school stuff."

Hampel now uses the messaging primarily for academics. She finds it convenient for asking teachers quick questions. In fact, Moodle messaging is the primary way that Hampel communicates with theology teacher Robin Good about her junior/senior service project. This change in use of messaging was partly caused by the administration's ability to view all Moodle messages.

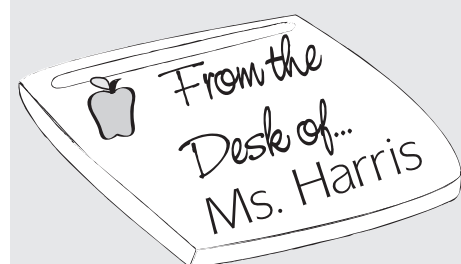
Hampel said she has not put anything inappropriate in a message, but thinks the administration viewing her messages would be weird.

McCormick only views students' Moodle messages when it is necessary, she said. Although she encourages teachers to enforce their own rules, she trusts that most students will use messaging correctly.

"I did not tell the teachers to be policemen," McCormick said. "There are more [students] that are going to act appropriately than not." ★ contact Allison Fitts at [afitts@dartnews-online.com](mailto:afitts@dartnews-online.com)



**moodle madness** ★ Junior Stephanie Hampel uses her netbook to access Moodle, STA's new homework forum. Hampel previously used the messaging feature of Moodle to socialize, now using it strictly for academic purposes. Photo by **KIRSTY MCGHIE**



Each issue, the *Dart* showcases a teacher, revealing facts about their hidden lives to readers

story by **CHRISTINA BARTON**  
opinion editor

Walking into math teacher Barb Harris' period one algebra II class, one cannot help but notice the excitement and eagerness in Harris' wide eyes.

For the past four years, Harris has taught algebra I and II at STA to girls of all grades. However, Harris' time at STA is only part of her 16 year teaching career, spanning various cities across the country, from middle schools to high schools.

Before teaching, Harris stayed at home with her three sons for 12 years. When her youngest son started kindergarten, Harris decided she wanted to teach; however, she still needed a teaching certificate. She began volunteering in the special education department of a local high school, teaching math, leading her to obtain a teaching degree.

Harris already held a math degree, so after completing her teaching degree, Harris began teaching pre-algebra in a middle school in Syracuse, New York. Later, she moved to St. Louis, teaching math at Visitation Academy, an all-girls high school, and Chaminade College Preparatory School, an all boys high school. When she moved to Kansas City, she taught at St. Terese Catholic School for a year and a half before moving to STA. Harris says she really likes teaching in a single-sex environment and feels very lucky to have a job at one of the three single sex high schools in Kansas City.



# drawing the line

STA journalism freshmen and sophomores learned about the artistic side of journalism and created editorial cartoons. Check out their work on dartnewsonline.com.



save the netbooks ★ Cartoon by SARAH-JESSICA DILKS

# That's what she said

The Dart prowled Facebook in search of the most catchy and intriguing statuses on the social network. STA, "What's on your mind?"

**Martha Lucero Ramirez** ...thank you arms, for being there when a pillow isn't

Yesterday at 5:21pm · Comment · Like

**Nicole Sakoulas** OH YEAH himes paper gunna eat me YEAH

Sunday at 8:18pm · Comment · Like

**Addie Thompson** wHaT sHoEs ShOuLd I wEaR tOmOrRoW??? cROCSs, or BiRkEnStOcKs?!

August 26 at 9:56pm · Comment · Like

**Morgan Trees** Searching for lyrics to a new taylor swift song to put as my status!!!!!!

Yesterday at 7:13pm via Mobile Web · Comment · Like

**Caroline Connor** Stressin' over the TRAILS testing today! The 'key word' section def tripped me up! ha :/ Oh, and STA, what's up with TSS (Toasted Skin Syndrome)?? I hope I don't catch it! Burn! ha -12concar

2 seconds ago · Comment · Like

**Kennedy Reller** everybodays hands go up.....AND THEY STAY THERE sta mixxerrr '10

October 22 at 10:15pm · Comment · Like

**Cele Fryer** Just another epic day at the academy...

September 23 at 4:47pm via Mobile Web · Comment · Like

compiled by KATIE MCCOMBS

# days of our lives

compiled by MURPHY MARX

The Dart created a count-down to some of the most anticipated days of the school year.

There is exactly **1** day until the SCO Pumpkin Contest.

Approximately **13** days until the opening of the musical "Honk!"

About **28** days until Thanksgiving Day

Exactly **43** days until the end of the first semester.

And only **210** days until summer. ★

# Dancing the night away

STA dance team performs routine at Rockhurst football game

story by MARY O'LEARY staff writer

The STA varsity dance team performed to "Rock that Body," "Dynamite" and other songs at their halftime performance at the Rockhurst High School varsity football game Oct. 8.

According to dance team member junior Lindsay Cook, the team always looks forward to this particular performance.

"I think [the team] can agree that this is the most exciting performance of the year," Cook said. "The crowd is a lot bigger, and performing in front of so many people is a lot of fun."

Cook said the team puts in hours of work perfecting the dance before the game.

"Most of us get pretty nervous, but once were out on the field it isn't so bad, especially when all of our friends are there to watch us," Cook said. ★



**just dance** ★ Senior Grace Bisbee, left, and sophomore Emmi Shearman perform during halftime Oct. 8. Photo by KIRSTY MCGHIE



# Critter's Corner

compiled by KATHLEEN HOUGH

## HAVE YOU SEEN THIS BOY?

Last seen: Oct. 1, 12:40 p.m. in Zahner Lounge

picture taken October 2009★ Critter has hit puberty since then and his looks may have changed.



MAY BE EXTREMELY DANGEROUS WITHOUT MEDICATION AND SEDATIVES.

**Person of interest:** Lil' Bits (Tituba), new campus feline/suspected cat killer

Please help bring our little baby home. ★

# My life sucks



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

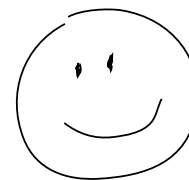


Taylor

Last summer I was riding my bike on a path next to a creek and felt something in my shirt. I reached into my shirt while still riding and saw it was a bee. I freaked out and turned my bike toward the creek. I flew head-first off my bike. I got cuts all over myself. MLS.

Emily Taylor, freshman

# It's a wonderful life



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

Last week, I went to Kid Cudi with three of my friends. Little did we know, my mom's company got us seats in the suites. Even better, Chip Tha Ripper gave us a shout out. It's a Wonderful Life.

Cassie Odneal, junior



Oodneal

compiled by EMILY BRESSETTE ebresette@dartnewsonline.com

# top five: ways to create a unique Halloween costume

## 1 Dress up your face

Instead of wearing a mass-produced mask, use face paint to disguise yourself in a way that can not be copied.



## Get inspired

Dress up as a character not found on costume websites. Use a favorite television show or YouTube video as inspiration.



photos by KARA PRUITT & SARAH WIRTZ

## Mix and match

Swap pieces of past costumes with friends to create a horrifically original costume. (Think Hannah Montana meets Frankenstein.)



## 3

## Go vintage

Ensure that your costume is original by buying all the elements for your costume from a local thrift store.



## 5

## 4 Hand-made horror

Use old clothes and materials around your house to design your own costume.



compiled by ABBY UCHE



# Chow Down

A Chris Cakes fundraiser was held Oct. 22 by the STA dance team. The all-you-can-eat pancake buffet helped the dance team raise money for local competitions this year.



1.



2.



3.



4.



5.

- 1. sticky situation** ★ Seniors Maria Blando and Jordan Brown mess around in the Commons at the Chris Cakes fundraiser Oct. 22. The fundraiser helped dance team raise money for their upcoming competitions.
- 2. go long** ★ Sophomore Phyleia Battle snags a pancake Oct. 22 in the Commons.
- 3. smiley cakes** ★ A stack of pancakes sits in the Commons during the dance team fundraiser.
- 4. serve it up** ★ A Chris Cakes employee serves sophomore Kelli Strader Oct. 22 in the Commons.
- 5. sizzlin' hot** ★ Chris Cakes cook in the Commons during a pancake lunch Oct. 22. Sausage and orange juice was also served.

Photos by **KIRSTY MCGHIE**