

# the dart

volume 70 ★ issue 8 ★ 21 april 2011  
ST. TERESA'S ACADEMY

you're cute

We need to talk...

you change  
rb status?

hey boo!

What are you  
doing tonight?

Do you like me?

Good morning  
beautiful :)

Let's meet  
for dinner

Thinking of u. . . :)

Text me  
ASAP

What r u up  
2 right now?

Why didn't  
you call me  
last night?

Sweet dreams

## DIGITAL DATING: balancing virtual with visual

Over the past 10 years, cell phones, Facebook, twitter, texting, Skype and other social media have added constant contact to romantic high school relationships.

See pages 10-11

Can I ask you  
something  
serious?

Walking from  
chemistry to lit  
right now...

i <3 u

Hey  
baby

I have the  
funniest thing to  
tell you!

Prom?

How was your day?

Call me later

I miss you.

Will you go out  
with me?

My parents  
want to  
meet you

Let's hang out

Hey.

I had fun  
w/ u today:)

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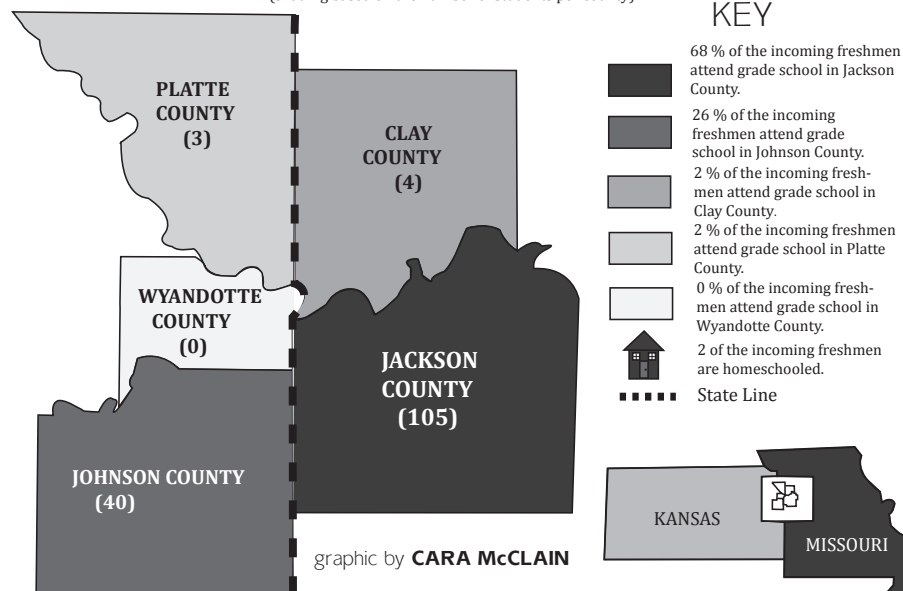
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# Feeder schools impact classes

## Incoming freshman class based on grade school county

(shading based on the number of students per county)



## STA administration, teachers adjust curriculum to cope with different feeder schools

story by **CELIA O'FLAHERTY**  
lifestyles editor

Incoming freshmen with diverse academic skill levels from dozens of feeder schools have caused challenges in entry-level classes at STA for years. Because these students come from many grade schools in the Kansas City metropolitan area, they all learn different material at different paces and enter STA with specific academic needs. Teachers of freshman courses such as English I teacher Carrie Jacquin and introduction to chemistry teacher Mary Montag hope to level out students' skills by adjusting the curriculum so students are prepared for sophomore year, despite their different academic backgrounds.

According to director of admissions Roseann Hudnall, as of now, about 155 students from 34 grade schools are feeding into STA for next year's freshman class, ranging from Prince of Peace Catholic School, 20 miles southwest in Olathe, to Barry School, 20 miles north in Platte City. Although these numbers highlight STA's outreach throughout the city, these various feeder schools also bring in students who have learned different materials at different paces.

"[Freshmen] come in with completely different skill levels, having read all kinds of different literature, whether it is basic children's literature or 'Hamlet,'" Jacquin said. "But I feel like that really is part of my job—to get

everybody on the same page academically."

Similarly, Montag notices different skill levels in her class.

"I am amazed at the amount of students who have never come in contact with any laboratory equipment at all," Montag said. "I am also surprised at the number of students who do not have the basic understanding of what science is and what science is not."

According to principal for academic affairs Barbara McCormick, although the administration attempts to separate students with different skill levels into different classes, classroom settings are still diverse.

"[The administration] 'weeds' students out through high school placement scores, which allow us to then recognize that they are achieving at a level above the average course coming in as a freshman," McCormick said. "But with that in mind, you still have a vast array of student skills that end up in [entry level courses]."

Although this multitude of students does bring some challenges to the classroom, the administration prepares requirement course teachers for this type of academic diversity by modifying the curriculum every year, according to McCormick.

"Our biggest goal as educators is always to find instructional techniques that reach the learner," McCormick said.

Whether it is adjusting the homework assignments or hiring a peer tutor, McCormick tries to ensure that these students will learn the requirements to move into sophomore year.

When it comes to public schools, Shawnee Mission East High School principal Karl Krawitz feels that although multiple grade schools feed

## Top 2011 feeder schools

The following grade schools are sending the most freshmen to STA in 2011

1. **St. Peter's Catholic School: 29**
2. **Visitation Grade School: 23**
3. **St. Thomas More School: 10**
4. **St. Ann Catholic School: 10**
5. **Our Lady of Presentation School: 9**
6. **Nativity Parish School: 8**
7. **Notre Dame de Sion Grade School: 6**
8. **St. Elizabeth School: 6**
9. **St. Paul's Episcopal Day School: 5**

(numbers are subject to change)

source: director of admissions Roseann Hudnall  
compiled by **CELIA O'FLAHERTY**

into the high school's freshman classes, he and other East teachers do not have a responsibility to cater to each students' academic needs.

"Most of the kids that are coming [to East] have been pretty good students in the past," Krawitz said. "I think people come here because of [the academic challenge] and their preparation for college, if that is indeed what they plan on doing. [By coming to East], they choose the traditional academic level offered here."

Conversely, at STA, teachers like Montag supplement their curriculum according to the students who are in their class. Montag, like Jacquin, believes this is necessary for students to be ready for future classes.

"[Creating a curriculum specific to freshmen skill levels] is always a concern because when [STA] has all those feeder schools, I can't sit down with an eighth grade teacher and ask, 'What are you teaching?'" Montag said. "The purpose of [introduction to chemistry] is to pull all the students together, but there are some students that I am worried they are not being challenged. That is why I add things into this class, like lab work, that [all students] will benefit from and be able to use in later science courses."

Overall, Montag feels a responsibility to not only level out each students' skills, but to also make the class interesting for freshmen.

"There are two things I always worry about," Montag said. "I don't want [freshmen] to walk in and be afraid of science, and I don't want [freshmen] to be bored with science. That is why this course is aimed right in the middle."

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## 300 WORDS: *lost an appendix, gained a scar*

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

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

Her mom wanted to buy her a rolling backpack to get her through the rest of her senior year, seeing as she's not supposed to lift anything heavier than 20 pounds, but Ally refused.

Even though it hurts to laugh, cough and even stand up, Ally isn't going to let her appendectomy slow her down.

The doctors told her that she needs to take it easy for the next four weeks, but senior Ally Franken doesn't "have that long to wait."

She assumed that her schedule for the next five weekends would be consumed with softball tournaments, and the 60-day Intensity workout program that she was just nine days into will have to wait until she's fully recovered. Ally always played badminton during Activity—her favorite part of the day—but now she's got to sit out on that, too.

Still, she's determined to be completely healed long before the four weeks is over. Chiefs player Matt Cassel played in his NFL game just two weeks after his appendectomy. If he could do it, she knows she can, too.

**Franken**

So just two days after her Saturday morning surgery, Ally arrived to school on Monday ready to work. Although she didn't necessarily feel well enough to go back, she had a calculus test to make up and a physics class she refused to miss. Getting behind in school was not an option.

Even though it's still painful to do simple things, such as laugh, she'll continue coming to school and telling jokes.

Even though the doctors won't clear her to play sports for the next few weeks, she'll slowly ease herself into physical activity.

And even though the surgeon wouldn't let Ally keep her appendix in a jar, she did leave the hospital with a lasting souvenir: three forming scars from the incisions. ★ contact Morgan Said at [msaid@dartnewsonline.com](mailto:msaid@dartnewsonline.com)

# Reznicek to become president at sister school

President Nan Bone wishes Ms. Anita Reznicek well, hires Mr. Michael Sanem as replacement

story by **ALLISON FITTS**  
web staff

After this school year, theology teacher Anita Reznicek will leave STA to become the president of St. Joseph's Academy in St. Louis. Her departure will mark the end of her 23-year career at STA.

During Reznicek's time at STA, she taught various theology courses, such as world faiths and models of faith. In addition to her teaching, she has also served as the director of campus ministry, the theology department chair and a member of the Mission Effectiveness committee.

Reznicek's future school, St. Joseph's Academy in St. Louis, is a college preparatory high school sponsored by the Sisters of St. Joseph of Carondelet. It is also STA's sister school. According to the school's website, they have an enrollment of 630 students and have an incoming freshman class of 177 for the class of 2015.

In a press release by St. Joseph's April 6, the chairperson of the board of directors Susan Conrad, announced to the school community that Reznicek will become the school's new president effective July 1. Conrad went on to list Reznicek's qualifications for the job and welcome her to St. Joseph's.

STA president Nan Bone echoes Conrad's belief in Reznicek's qualifications. Bone said that Reznicek's experience with education and the Sisters of St. Joseph of Carondelet will benefit her in her role as president at St. Joseph's.

"[The job] couldn't be a more perfect fit for Mrs. Reznicek," Bone said.

Bone hired Mr. Michael Sanem as Reznicek's replacement earlier this month. Sanem, who signed his contract April 6, has degrees in systemic theology, spirituality, history and philosophy. He is married to STA alumna Megan Dimond



1.



2.

**1. last lectures** ★ Ms. Anita Reznicek lectures her world faiths class. Next year, Reznicek will leave STA to become the president of St. Joseph's Academy. Photo by **MADALYNE BIRD**

**2. signing for STA** ★ Mr. Michael Sanem fills out a new teacher contract for STA. Sanem may take over some of Reznicek's classes. Photo by **MADALYNE BIRD**

teach at St. Teresa's Academy," Sanem wrote. "Not only is the curriculum top notch, but the students, faculty and administration are all very welcoming and engaging. I'm honored to be joining such a great community."

According to Bone, Sanem will be a good replacement for Reznicek.

"He's a male Rez[nicek]," Bone said.

Bone looks forward to Sanem joining the STA community but also wishes Reznicek well on her job at St. Joseph's.

"I wish Rez[nicek] all the best of luck in her next professional endeavor," Bone said. "And [I] welcome Michael to our campus to begin a new legacy." ★ contact Allison Fitts at [afitts@dartnewsonline.com](mailto:afitts@dartnewsonline.com)

who had Reznicek as a teacher.

"I have only met Ms. Reznicek briefly," Sanem said via e-mail, "But Megan tells me that she is a phenomenal teacher. Megan took her world religions course and it still remains one of [her] all-time favorite classes."

Before signing his contract, the last time Sanem had been to STA was when he attended prom in 2002. However, he looks forward to returning; this time as a teacher.

"I am very excited about the opportunity to

fall survey, out of 52 freshmen surveyed, 60 percent scored their year better than their previous school year due to netbooks. The comments from the freshmen class were mostly about the price of the laptops.

"The price is a little ridiculous," said one freshman survey respondent in September. "Because by senior year, we could have our own laptops anyways."

In both September and April, the class of 2014 voted 64 percent in favor of the netbooks being "Okay, there are more good things about them than bad."

Like the freshmen, 72 percent of sophomores said in April that the netbooks were okay with more positive qualities than bad. This is a 10 percent increase from the survey in September.

"I like them," a sophomore said in September. "They are convenient and really helpful, but too much is blocked."

The junior class's opinion of the netbooks went down from September to April. In September, 63 percent of juniors said the netbooks had more good things about them than bad. In April, 51 percent of

juniors said the same thing.

When 38 seniors were surveyed in September, 2 percent reported the netbooks to be "Amazing, they're perfect," 52 percent as having more good things than bad, 33 percent as having more bad things than good, and 13 percent to say "Bad, they're a waste of money"

"I see the netbooks as a distraction," a senior said in September. "Sure I use them, but when I do I use them to play Bubble Shooter. We need to be all the way in with technology. Right now we're half in and half out. Either everything should be online, or nothing should be."

In April, 40 seniors were polled and reported their opinions improved. Only 1 percent of the class reported the netbooks as "Okay, there were more bad things about them than good," and 33 percent said the netbooks were bad, and a waste of money.

Also contrasting the September survey, 66 percent of the senior class voted in April for an "Okay, there are more good things about them than bad."

"I can type a lot faster than I can write," senior Rebecca Hupp said. ★ contact Rachel Tovar at [rto-var@dartnewsonline.com](mailto:rto-var@dartnewsonline.com)

## Read all about it: A walk across quad, through the zoo



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

I'm just going to put it out there that this construction is not okay with me.

Apparently it's not bad enough that the future chapel design is too intrusive, too modern and just too ugly for St. Teresa's' campus. I'm sure at one point in the very distant future all of the construction will be worth it. But right now, it just seems like we're destroying the beauty and tradition of St. Teresa's for nothing. Oh wait, I guess it's for four new classrooms and the ability to brag about having a chapel. Administration, I hope you understand that a building is just a building.

The 8-foot chain link fence that magically appeared overnight was the first of many unsightly changes to our formerly beautiful campus. And if you think about it, if you stand in the middle of the quad and look out to the parking lot through the chain link barrier, you'll start to feel like a zoo animal in captivity. If we don't watch out, the construction workers may start pounding on the fence and probing us with sticks from the outside. Maybe they'll bring popcorn and snow cones to eat while they observe our strange behavior. I'm actually surprised they made the barrier metal instead of glass. Aren't animals supposed to get distracted by shiny things?

There are certain things that quintessentially define St. Teresa's: the seal, Critter, red plaid, the auction pep rally, yard days, Sion volleyball and basketball games and the grotto. The tradition and legacy is one of the things I love the most about St. Teresa's, and I feel like none of that matters anymore. All of the dirt and bulldozers are one thing. I can get over the fact that I have to walk an extra mile and a half in the morning. What really bothers me is that the construction team dismantled one of the defining aspects of STA; the grotto. It served as a constant reminder of our mission, our ties to the Sisters of St. Joseph and the true meaning of STA.

Our campus looks like a crime scene. I know we aren't perfect, but I didn't think playing Bubble Shooter during a lecture was a reason for investigation. The fence was one thing, but now you're really going to make all 500 of us detour to get from M&A to Donnelly every time we switch buildings? Really? I'm still hoping someone is going to pop out of the bushes and yell "Happy late April Fool's Day, STA! We're just kidding about destroying your campus!" Unfortunately, I have a gut feeling that that's just wishful thinking.

Taking pictures at pre-prom was a little difficult because of the "hard hat area" signs everywhere. I'm sure class day will end in disaster when our stark white caps and gowns gradually turn brown from stray dirt and dust. And I really would rather not sit through a baccalaureate mass on my graduation day with a backdrop of broken rocks and bulldozers. Seriously, you couldn't have waited another month until everyone is out for summer?

A metal fence, yellow bulldozers and a few "under construction" signs aren't going to make us more Catholic. You can try, but making us use netbooks, using us the guinea pigs for programs like Moodle and PowerSchool, and adding another building isn't going to change who we are or what STA is as a whole. Change is good to an extent, but this time, it's gone too far. ★ contact Megan Schaff at [mschaff@dartnewsonline.com](mailto:mschaff@dartnewsonline.com)

# Student express new reactions to netbook in survey

Students retake poll from September in April, reveal more positive opinions about netbooks

story by **RACHEL TOVAR**  
staff writer

About a quarter of the school now thinks the netbooks are more useful than what they thought at the beginning of the school year, according a survey conducted by the *Dart*. Students got over what they saw as high prices and ugly cases and now believe they are a useful and more efficient tool for learning.

In September, surveys were given out to almost half of the students at STA about the netbooks they had received a month before. The results were then sorted by class. Again in April, the exact same poll was given and sorted. The results between the beginning of the year and end are similar between classes, and are more positive about the netbooks.

Here are the results that the *Dart* charted, broken down by class.

The freshman class received the netbooks the most positively in September and in April. For the



The *Dart* covers STA chapel, Inspiring Women Capital Campaign updates this year  
compiled by **CELIA O'FLAHERTY**

As of Tuesday, April 19, JE Dunn construction workers had dismantled the grotto, removed all trees on the south side of the Quad, and placed temporary fences around the walkway from Donnelly Hall to the Music and Arts building. About 30 spaces of the junior and senior parking lot were blocked off in preparation for the construction of the Chapel of St. Joseph and Windmoor Center. According to JE Dunn superintendent Cary Smith, they are now ready to place the geothermal wells, which should take about two and a half weeks.

After the workers place the wells, Smith plans on digging up the area of the building, then replac-

ing the dirt with new filling. He will create a "footprint" of the Chapel of St. Joseph and Windmoor Center on the campus, then continue to build from there. ★ contact Celia O'Flaherty at [cflaherty@dartnewsonline.com](mailto:cflaherty@dartnewsonline.com)



Want to keep an eye on the construction? Check out the live view of the STA quad, updated every ten seconds on DartNewsOnline.

# Athletic department introduces new rules for safety, respect

New rules involve protecting students and improving relations between coaches, teammates

story by **KATE ROHR**  
lifestyles editor

At the beginning of STA's spring sports season, assistant athletic director Jack Garvin announced the athletic department's new rules and regulations.

The rules work to increase student safety and improve team relationships. Consistently breaking these rules might result in an student behavioral report, according to athletic director Mark Hough.

"Obviously we're not going to go dishing out SBRs," Hough said. "And you know right now we just [correct] it with a look."

According to Hough, most of the rules are meant to protect the students.

"It's nothing to be mean or to make a change just to make a change," Hough said. "It's really just to make sure that everybody's safe and that their stuff is safe."

According to Hough, Garvin met with each of the spring sport teams at the beginning of the season to announce the recent changes. According to junior lacrosse captain Lucy Edmonds, some of these policies, like the rule of addressing coaches only as "coach," are more difficult to adjust to than others.

"I would never not like lacrosse, but when Garvin was telling us all these rules, I was kind of annoyed just to hear that all of a sudden they were going to be more strict," Edmonds said. "It kind of took away from the fun."

This year marks the lacrosse team's first year as an official STA sport. According to Hough, the new rules will be most difficult for the lacrosse team, because the sport has never been sponsored by STA before this year. However, Hough believes that the new rule will improve the team dynamic and the relationships between athletes and coaches.

Varsity lacrosse coach Holly Ambrose feels that the new rule concerning how athletes address their coaches encourages students to be respectful.

"It's a sign of respect, and it's okay with me," Ambrose said. "But it's funny to have people call me ['coach']."

While Ambrose appreciates being addressed

"It's funny to have people call me ['coach,']"

Holly Ambrose, lacrosse coach

with respect, she does not believe the official change was necessary.

"I don't think that it's really changed any of the relationships or attitudes about playing or the girls' attitudes or [coach Jessie Hanna and I's] attitudes," Ambrose said. "I think the girls of St. Teresa's are very respectful anyway and so they follow the rules. There's just not a whole lot of issues with that." ★ contact Kate Rohr at [krohr@dartnews-online.com](mailto:krohr@dartnews-online.com)

titudes or [coach Jessie Hanna and I's] attitudes," Ambrose said. "I think the girls of St. Teresa's are very respectful anyway and so they follow the rules. There's just not a whole lot of issues with that." ★ contact Kate Rohr at [krohr@dartnews-online.com](mailto:krohr@dartnews-online.com)



**high jump**★ Jumping coach Matthew Voelker demonstrates proper high jump form to members of the track team. Members of the team must refer to Voelker as "coach" as part of the athletic department's new regulations. Photo by **SARAH WIRTZ**

## New athletic department regulations for coaches, athletes

Spring sports rules for 2011 aim to increase athletes' safety, increase respect for lacrosse, soccer, track coaches

### New athlete safety rules

prohibit students from parking in the teacher parking lot behind Goppert Center

require the back doors of Goppert to be locked

provide special locker rooms for teams to store their backpacks and netbooks during practices or home games

### New coach respect rule

This rule:

requires students to address their coaches as 'coach' and then their name

source: athletic director Mark Hough

compiled by **KATE ROHR**

# STA denies students' access to PowerSchool if tuition unpaid

Administration enforces previous tuition policy by restricting student access to grades on PowerSchool

story by **LUCIA MASCHLER**  
staff writer

This year, with the addition of PowerSchool, STA added to their tuition contract that if tuition has not been paid, students will not have online access to their grades. This has upset many students who are used to being able to see their grades whenever they want.

Parents sign a tuition contract to STA each year promising to pay tuition according to their payment plan. The contract outlines STA policy if the tuition is not paid. It states under "School Policy" that "no academic reports or transcripts will be furnished, including access to PowerSchool, until all financial obligations have been fulfilled."

According to STA president Nan Bone, the policy has always been this way; if tuition has not been paid, neither students nor their parents can access students' grades. Before PowerSchool, students could not receive grade printouts or ask teachers to show them how they were doing in a class. Bone said the change just feels more

drastic because students now have daily access to their grades.

"It's not a way for us to punish the students," Bone said. "Unfortunately the students sometimes take that as a punishment, but I guess what we're trying to do is look at the big picture. The big picture for us is that the only way we can run this school is tuition and fundraising."

Many students, however, disagree with the tuition policy. They feel that this policy hurts them academically by restricting access to their grades, which tell students when they need to improve.

"The technology has been introduced into our school for a very good reason," senior Maddie Lundgren said. "It's a great resource. Denying this technology to students behind on tuition puts them at a disadvantage because they cannot monitor their grades."

According to Bone, the administration does not alert the students or their parents before

they blocked their PowerSchool accounts. It is stated in the tuition contract, so if parents were wondering why they were blocked out, they called the school.

"I know many students who were confused when they found themselves locked out," Lundgren said. "There was no notification system so students had to ask a teacher why they could not log in. That put the teacher in an awkward situation and embarrassed the students."

Junior Brenna Scott has also not been able to log into her PowerSchool account since the beginning of the second semester because her tuition has not been paid.

"I can't see what my grade is, so I don't know whether it's low or high," Scott said. "I don't know what I'm missing in that class to make it up to raise my grade. It can be so annoying."

Scott thinks that PowerSchool is a great tool to measure her academics and is frustrated that she can no longer view her grades.

"I used to look at PowerSchool like four times a day," Scott said. "I could see what classes I

"Denying this technology to students behind on tuition puts them at a disadvantage because they cannot monitor their grades."

Maddie Lundgren, senior

needed to raise, and I would focus on [them] more. But grades aren't the same every day, so I have no idea what they are now."

However, according to Bone, the policy has worked for the administration when they have used it in the past.

"When parents get behind it's a great a reminder, like 'oh gosh I forgot I need to pay' and it just is a great reminder for parents," Bone said. "And more often than not, it works. Not shortly after that, we'll get a payment. It's just the way it is in the Catholic school system."

Senior Maura Porter, who has also found herself blocked out of PowerSchool this semester, believes there are much better ways for the administration to make sure the tuition is paid than blocking access to students' grades.

"So often, it's not that tuition isn't being paid on purpose but because families simply can't pay at the time," Porter wrote in an interview. "It just adds unnecessary frustration and stress. Private conversation between the administration and the student and their families would make much more of an impact than blocking a student from a valuable asset that just proves to foster resentment towards an otherwise understanding institution." ★ contact Lucia Maschler at [lmasc@dartnewsonline.com](mailto:lmasc@dartnewsonline.com)

# Are we dating or are our keyboards?



Graphic by Cara McClain

Dear boyfriends,

Who would have guessed that asking for each others' cell phone numbers was going to be the biggest mistake we ever made?

As soon as we started texting, we thought we just "clicked." Well, we "clicked" all right. Between our cell phones and laptops, we thought the clicking of buttons was the clicking of our relationship. Things quickly escalated as we began to send more than 100 texts a day. Aggravated and angered, our parents took our phones away after we blatantly ignored them at dinner to send you guys a text. They grounded us after our cell phone bill cost \$250 per month. Perhaps they were trying to help.

Truth is, we have to stop texting. And no, that does not mean we have to stop dating.

It means we need to redirect how we communicate. Listen bud, relationships fail when they rely only on technology. Is that what you're setting us up for? Failure?

Instead of confronting you in person last Friday at that party when you were talking to another girl, we waited until we got home to yell at each other through angry texts.

We spent five minutes crafting the perfect text, re-wording sentences, spell checking, adding two question marks before the perfect smiley face.

Instead, let's spend those five minutes on the phone, having a real conversation. Yes, talking. With our mouths.

You won't have any response time on the phone. You have to talk to us in the moment, which means you have to be real. Really real.

Because we have relied on these pre-meditated texts, we can't handle a serious conversation like this in person. It gets too awkward to see each other's reactions. We hide behind our phones and computers to disguise how we felt. We don't see your facial expressions and you don't hear our tone of voice.

Sure, between our busy sports schedules and constant homework it was hard to hang out or give up half an hour for a phone call. Yes, texting may have been easier, faster or more convenient. And it probably required a lot less brain activity to move fingers across a keyboard than it took to unambiguously communicate real thoughts.

But why does our relationship have to be easy

or convenient? Healthy relationships involve work, sacrifice and dedication.

Right now, our relationship is anything but healthy. The past 7 months have been nothing but fake. The whole time we've been dating (well, texting), we've put on a complete act. We don't even

know who the other person is anymore.

We've relied on our phones to discover everything about one another. We know you for the emoticons you use and the words you always spell wrong.

However, we probably don't know the color of each others' eyes or the

sound of each others' laugh. As much as technology seems like a communication break-through for teenagers pursuing relationships, it is actually a communication break-down.

Sure, you many want to break up with us girls because we won't text you 24/7. Chances are, you'll break up through a text. Which isn't even surprising, considering we can't have these important conversations face to face.

Or maybe you decide that by changing your relationship status on Facebook, we'll get the hint that things are over. We've both set ourselves up for this failed relationship, and probably even relationships down the road. It's scary that these bad habits will carry into the future. Imagine us married, lying in bed, working on our Blackberrys until 1 a.m., still relying on technology to avoid sharing our feelings.

Maybe we can save ourselves from heartaches and virtual tears :( Instead of texting for three hours while working on homework, we can go to the library together so we can talk in person. Let's make an effort to talk on the phone every day we don't see each other.

If you start communicating with us in person from the get-go, chances are, our relationship will work out better.

If we don't rely on texting, we can talk more openly, establish trust and learn more about each other. This type of communication is real.

No longer are we texting "haha" or "lol" to each other, but we get to hear and enjoy audible laughter. It's live, it's in the moment and it's unrestrained. Isn't that how we want our relationship to be?

Sincerely,  
your girlfriends ★

The staff editorial represents the views of the Dart editorial board  
7 out of 7 editors voted in support of this editorial

## Right on Target?

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

compiled by HANNAH WOLF

"If you're texting each other about something serious, you need to call them or meet them in person."

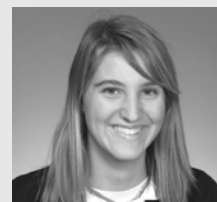
Sam Cusumano, senior



Cusumano

"If you build a relationship through texting, it makes things really awkward."

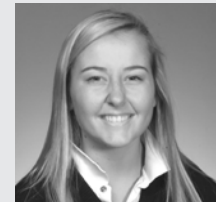
Colleen McInerney, junior



McInerney

"You can say a lot more over text [than in person]. It hurts relationships."

Allison Hogan, sophomore



Hogan

## How do you feel about texting and relationships?

# Watch out for the Black plague



opinion by **KIRSTY MCGHIE**  
photo editor

Dear Rebecca Black lovers,  
Do yourself and everyone around you a favor and stop. Stop listening to Rebecca Black on Groove Shark, watching her video on YouTube, or mimicking her disastrous song.

"Friday" does not have approximately 88,249,669 views on YouTube because people think it is cool. People are watching it in disbelief. They are re-watching continuously to mock the artist and double check that they

understood the lyrics correctly.

"Friday" is like a plague. Once one person starts singing "Friday," everyone is singing it. The biggest problem is, everyone only knows "It's Friday, Friday, everyone get down on Friday." The halls on Friday are full of people singing "Friday" off pitch (if that's possible considering it is already ear-piercing).

Soon enough, those eight words are stuck on replay in my head. I now dread Fridays and the play list that comes with it. To all the Rebecca Black wannabes, bring me head phones or leave

me and my school alone.

For all of you viewers who have been lucky of enough not to have heard the infamous song, keep it that way. Allow me to fill you in on all you need to know about "Friday." Rebecca begins by informing us that if today is Friday, "yesterday was Thursday, Thursday," "tomorrow is Saturday and Sunday comes after..wards." Now, thanks to her, there is no longer a need for a calendar.

This intellect is followed by a play-by-play of Rebecca's before-school routine. I must admit, I finally understand how to get ready in the morning. I wake up at 7 a.m., get "fresh," walk downstairs, get a bowl THEN get cereal and head to the bus stop. Life is much easier.

I am a bit annoyed with the inconsistency, so maybe you Rebecca Black fans can help me out. In one verse she says she is headed to the bus stop, only to get picked up by her friend's convertible. So is she riding the bus or riding in her friends hot wheels? Also, what state allows

13 year-olds drive?

Although I disagree with her final decision as to where she should sit, I applaud the deep thought she put in to the dilemma. If it were me choosing whether to kick it in the front seat or sit in

the back, I would definitely sit by the hot, Justin Bieber-esque boy. I mean, why not? It will get me ready for Friday.

Whether you know it or not, by making Rebecca so popular, you are destroying her. You are quickly making her the most hated person in the world. She is never going to be known anything other than the girl that sings about Friday. No colleges will be yearning to have her attend their institution. No boys will be lined up to take Rebecca Black to prom. Her mother-in-law will be embarrassed to welcome such a

**"Whether** you know it or not, by making Rebecca so popular, you are destroying her. You are quickly making her the most hated person in the world."

Kirsty McGhie, senior

talent into her family. Her kids and grandkids will be relieved to carry the patriarchal name.

Go back to the Jonas Brothers,  
Kirsty McGhie ★ contact Kirsty McGhie at [kmcghie@dartnewsonline.com](mailto:kmcghie@dartnewsonline.com)

## Rebecca Black takes over Youtube

Youtube hit "Friday" draws negative criticism from music critics, viewers about the lyrics, video

**Who:** Thirteen year old Rebecca Black is a teen pop singer who gained fame this year with her song "Friday."

**What:** "Friday" is a song about a teen's plans for the weekend and having fun with her friends. Black's mother, Georgina Kelly, payed Ark Music Factory \$4,000 to write the song and produce the music video.

**When:** "Friday" went up on Youtube on Feb 10, but only received 1,000 hits in its first month. After going viral March 11, the video has drawn over 88 million hits.

**Why does it matter:** "Friday" has received negative criticism from music critics and viewers, some dubbing it "the worst song ever." The Youtube video has 2.1 million dislikes and only 290,000 likes.

sources: [www.kansascitystar.com](http://www.kansascitystar.com), [www.thedaily-beast.com](http://www.thedaily-beast.com), [www.youtube.com](http://www.youtube.com)

compiled by **CHRISTINA BARTON**

## The Final Say

Tween Rebecca Black's new song "Friday" is the source of all my headaches. With its simplistic lyrics and horrendous sound, it may possibly be the worst song ever written.

It smells like a fish market. Oh wait... its just STA's quad



opinion by **SARAH WIRTZ**  
staff photographer

It's finally starting to feel like Spring throughout the St. Teresa's campus. No more long, winter mornings or auction sweatpants until next year (at least, for all you non-seniors out there). We are slowly moving to yellow daffodils and red tulips in the quad, yard days (hopefully) and windows rolled down as we drive out of the parking lot with our sunglasses on and radios blaring. We start switching our sweaters and Uggs for raincoats and rain boots, for shorts and t-shirts, or cute summer dresses.

While I love these spring days and all of the lovely weather that is brought with it, the blossoming trees in the quad, not so much. During these first few weeks of spring, we soon fall victim to the white trees that sit right outside the front doors of both M&A and Donnelly.

I know I am not alone when I say that as I step out of our buildings, a pungent odor hits me like a brick. We all try to hold our breath as we walk across the quad, trying not to breathe in the awful smell. Don't get me wrong, the trees are some of the prettiest on campus and look great from the parking lot, but if we get any closer, the overwhelming scent takes over.

Teachers try to open their windows to bring in some warm, fresh air but the stench soon envelopes the room and students are begging to close them. Right around now, we begin discussing the new fragrance found outside our doors.

Even with three previous springs here at our lovely Academy, the aroma always surprises me and I still have not found an accurate way to describe it. I've even heard some new descriptions this year, including one comment naming the smell as "a uniquely fishy scent".

Well guess what St. Teresa's? This is the same, awful smell I get to wake up to every day. Yes, these trees do exist other places and one in particular is my front yard, right outside my window. My favorite thing about these spring days, but especially nights, is turning the attic fan on and opening all the windows. But unfortunately that also means waking up to THE smell.

I cannot get away from it. I wake up to it. I walk outside to my car in the morning and smell it. I finally get a break from it as I drive to school but once again, I'm hit with it as I walk into Donnelly to check in. The rancid smell is everywhere. But no matter how awful it is, it is a sign—spring has finally made it to St. Teresa's Academy. ★ contact Sarah Wirtz at [swirtz@dartnewsonline.com](mailto:swirtz@dartnewsonline.com)

## The Final Say

The awful aroma surrounding the STA campus is a sign of spring.

# Confession: my room is gross



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

"Hi, my name is Betsy Tampke, and I'm seventeen years old."

"Hi Betsy"

I stare down at my hands, unwilling to make eye contact with those around me.

The group leader places his hand on my knee, trying to give me

courage to continue.

"Come on, Betsy. Acceptance is the first step, you can do this."

I swallow my pride and take a deep breath.

"I'm seventeen years old, and I have a messy room."

Everyone applauds me, and I begin my road to recovery.

In case you couldn't tell, this MRA (Messy Rooms Anonymous) meeting is all a product of my imagination. Unfortunately, there is no

support group for teenagers who are incapable of organizing their desks or folding their socks. Maybe if there was, I would care more that my carpet hasn't been vacuumed in months and my sheets are falling off my bed. In fact, I think my main problem is that I can't seem to acknowledge that I have a problem.

For example: I don't think of myself as a hoarder, yet I still have dried up corsages from all of my dances in a margarita glass on my dresser, Teen Vogues from 2003 under my nightstand (one of them has Ashanti on the cover) and timed writings over "Heart of Darkness" from my sophomore English class in my desk. Actually now that I think about it, I think I have every notebook I have ever used piled on top of my bookcase.

Sure, I try to throw these things away, but something inside me says, "Maybe you are going to need these eighth grade notes on how to make imperfect fractions someday" or "You

know what? Hollister graphic tees might just come back in style."

I think my problem is that I am just too gosh darn practical. My clothes stay unfolded, my bed stays unmade and my bathroom stays toxic,

because I am too good at time management. I prioritize how I spend my time, I sacrifice things like hanging up my dress, putting away my make up or pushing in my drawers, so that I have time to do my homework, watch "Vampire Diaries" and sleep.

**"I really** do wish I was clean, just like I wish I had good handwriting and that I could turn off the lights with my mind like Matilda."

Betsy Tampke, senior

## The Final Say

I know I have a problem, but I just won't clean my room.

## We can all learn something from my girl Snooki



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

I've listened to you mimic her. Make fun of her mannerisms and sayings. Comment on her clothing. Harp on her partying style. And I've kept my mouth shut. I've never said anything in response. But when you start judging me for being a fan? THAT is where I draw the line.

No longer will I be silent. YES, I am a Snooki fan. YES, I love her. YES, I watch Jersey Shore. So get off me.

Since when was loving the cute little meatball a sin? Snooki isn't a bad person by any means at all. Sure, everything that comes out of her mouth is somewhat ridiculous. But it's also hilarious. Snooki has a great sense of humor—I'd take her as my friend any day to make me laugh. Maybe on the surface she seems like a ditzzy airhead (and sometimes she is), but she's actually a clever girl. Who else would have thought to put cottage cheese in the Situation's bed as a prank? Not many other girls, that's for sure.

If you have never watched the show before, you need to especially keep your mouth shut about my girl, Snooki. I guarantee if you sit through one hour of Jersey Shore you will be entertained for the rest of the week. Not only that, but you will fall in love with Snooki. She may have a trashy exterior, but she really does have a kind heart. Watch her share stories and jokes at Sunday dinner with her Jersey Shore family or punch a girl in the face at Karma for trash talking JWovv. If Snooki was as bad of a person as you think she is, she would never display these random acts of kindness.

On that note, we could all learn something from Snooki. She's fun, hilarious, sweet and outgoing. She's the life of the party. She doesn't have a care in the world—except when she is stressing about finding a juicehead, tan, Italian husband. She's her own person and doesn't care what people think. We would all be better off with a little bit more Snooki in us. You can hate on her all you want, but at the end of the day, Snooki will make you look like a fool—she doesn't care what you say about her.

However, I do. I'm sick of all the haters. If you don't know her, leave her alone. And leave me alone too. I like Snooki. And as she said it in her book—I mean novel—"freakin' sue me" (page 24; Yes, I'm reading it). Stop making your rude comments and remarks. And stop giving me dirty looks when I pull out "A Shore Thing: A Novel by Nicole 'Snooki' Polizzi" during my free for some leisure time. Just get over it and embrace your inner Snooki. Love her or hate her, it's still an obsession. ★ contact Kathleen Hough at [khough@dartnewsonline.com](mailto:khough@dartnewsonline.com)

### The Final Say

Don't hate, appreciate me and my girl, Snooki. Accept her for the genuine Guidette that she is.

# Make them loud and be proud



opinion by **CELE FRYER**  
videographer

We've all been that girl in the middle of class when everything is so painfully silent that you can hear the clock tick. You're holding it in, thinking to yourself, "Oh no, please don't. Please don't," when it slips out with a bang. Your

face goes red as the entire class, with dropped jaws, turns around to stare at you. Even the teacher raises an eyebrow in disapproval. Your friends around you have tears coming from their eyes, dying of laughter. You try to play it off with a little chuckle, but deep down you are mortified.

Why is it that passing gas, no matter what the situation may be, time after time, is so socially

**"Why** is it that passing gas, no matter what the situation may be, time after time, is so socially unacceptable that it is funny?"

Cele Fryer, senior

unacceptable that it is funny? Why can't farting just go unnoticed? So maybe you are thinking to yourself, are you kidding? Why would farting ever be seen as acceptable?

Farting is disgusting because it smells miserable and sounds even worse! It is seriously unpleasant due to this and more often than not is a horrible distraction in both classrooms and workplaces. It's a weird sound followed by a killer scent!

Just think about it though, everyone farts every day at some point or another. It's only natural! When you eat, not only are you swallowing food, but you are also swallowing gases that travel through your digestive system while breaking down the food. Other gases are added when your food travels through the large intestine. These gases have to escape somehow, and thus we have farting. The combination of these gases is also what makes our farts smell bad.

So, my question is this: how long ago was it and who said that farting was unacceptable, thus deeming it hilarious? Was it Beethoven while composing a symphony? The pope

when he was breaking bread? While I have researched this through books and the Internet, sadly I have found no answers.

It leads me though to my next question of what if farting was socially respectable? What

if it was just as normal as a human sneeze or a cough? Would people say, "God bless you!" when you take out a small crowd of people at the school dance with your stench? Or would there be no acknowledgement or flinch of the nostrils at all?

Just imagine the world we would live in. It would be so care-free with people ripping them at weddings before the groom kisses his bride, teachers would let out an "SBD" and the students would offer their blessings. The stench of it all in addition to the strange noise, would go unnoticed. It would be a care-free world with no one around to raise a "stink" about the bomb you just accidentally let out in your free.

My point is, the next time someone toots in your presence, instead of giving them the "stink" eye, try just not even acknowledging it. Better yet, try not to laugh at it. It will definitely be a challenge for me to hold in my overwhelming chortles. But maybe if we all just start seeing flatuating as socially acceptable, there won't have to be anymore of those awkward, hot faced moments for any of us ever again, just because we swallowed more air with our lunch than usual. ★ contact Cele Fryer at [cfryer@dartnewsonline.com](mailto:cfryer@dartnewsonline.com)

### The Final Say

Farting should be socially acceptable regardless of how bad it smells and how strange it may smell.

# Really Abercrombie? Padded swimsuits?



opinion by **CASSIE REDLINGSHAFFER**  
sports and health editor

Abercrombie Kids recently released their summer line which included padded swimsuits for seven to eight year old girls. Yes, you read correctly. PADDED SWIMSUITS FOR SEVEN TO EIGHT YEAR OLD GIRLS. And the padding is not thin. Apparently, it's the same amount as Victoria's Secret uses in their swimsuits, which, for the record, are for adults... or at least

girls whose age is more than one digit. I can just picture the designer having this miraculous breakthrough. "Why haven't we thought of this before? Eight year olds must have swimsuits that make them look like they're 28!" How could anyone think this is okay? Can you imagine seeing a second grader walking around with a padded bikini? She would look like an idiot. Rather, her parent would look like an idiot for buying it for her.

However, society hasn't completely failed us. Many parents are disgusted by these swimsuits and are demanding the company to take them off the shelves. Newspapers, magazines, radio programs, television shows and blogs everywhere are discussing this travesty. Abercrombie, however, is not folding.

A similar crisis occurred last year when Aber-

crombie Kids introduced skinny jeans in their lines for such young kids. Parents, understandably, freaked out, but that was nothing compared to their reaction to the swimsuits. No one could understand why such young kids needed such tight jeans. Many people defended Abercrombie saying that the skinny jeans were fashionable. I don't think you can make the same argument for the padded swimsuits.

I definitely don't expect Abercrombie to take the swimsuits off the market. Thinking from Abercrombie's point of view, the swimsuits are probably a smart business move, which is a whole other problem. Young girls will definitely want the swimsuits because they will want to seem older and although many parents oppose the swimsuits, many more parents do not and will buy their children the swimsuits.

Kids will want to wear these swimsuits because the media tells them that's what is cool. Society, friends, and boys all contribute to the girls' desire to look older. So really, parents should not be so upset

**"Kids** will want to wear these swimsuits because the media tells them that's what is cool,"

Cassie Redlingshaffer, senior

with Abercrombie. They are just capitalizing on society's flaws. And really, if they didn't do it, one of their competitors probably would have.

I predict that Abercrombie will start a

trend with these swimsuits. Soon enough, American Eagle, Limited Too and the Baby Gap will introduce padded swimsuits in their lines. I can't wait to see toddlers being carried around with unusually placed baby fat, if you know what I mean.

While I don't think I will ever approve of the swimsuits, I don't think Abercrombie should be blamed...we should. ★ contact Cassie Redlingshaffer at [credlingshafer@dartnewsonline.com](mailto:credlingshafer@dartnewsonline.com)

### The Final Say

Abercrombie Kids should remove padded swimsuits from shelves.

### Corrections

The *Dart* staff fixes issue 7 mistakes

**News:** In the "Administration confiscates dance team sweatshirts" story, the photo was taken by Taylor Woodruff.

**Sports:** The photo "divin' in" was taken by Taylor Woodruff.

**In the mix:** In My Life Sucks, Shannen Freeman's name was spelled incorrectly.

The "we're playin' bas-KET-ball" photo was taken by Kara Pruitt.

In the snow creek photo reel, in picture 3 "No hands," Emmy McCabe was misidentified as Kathleen Blanck.

The *Dart* regrets the errors.

### Letters to the Editor

#### In regard to the "One in a Million" story published in the March 2011 issue:

I am a friend of Patti and Bob Dearth. I taught with Patti at Gracemor Elementary School in NKC years ago when Sam and Austin were just small. We were very good friends and have just not stayed in contact over the years.

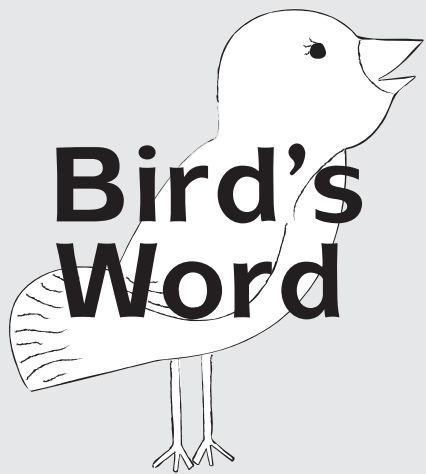
I was looking for Patti with a google search and found this story.

It is a great story and I am thrilled to see how well Austin is doing!

I would LOVE it if you would pass my name and email on to Patti and Bob to let them contact me.

Thank you so much!

Janette Taylor



## Bird's Word

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

Dear Bird,

I am in desperate need of your help! I can't seem to keep track of any of my stuff. I am constantly losing homework and clothes and recently, I lost my netty! I'm going broke having to replace all of the things that I've lost. Please give me some tips to help keep my life in order.

Sincerely,  
Forgetful Freida

Dear Freida,

That seems to be quite the problem you have there! Being forgetful is something that comes along when you have so much responsibility at a school like St. Teresa's. So naturally I decided to say a prayer to Saint Anthony for you because he is the patron of lost objects. Here it is so that you can start saying it for yourself.

O blessed St. Anthony, the grace of God has made you a powerful advocate in all our needs and the patron for the restoring of things lost or stolen. I turn to you today with childlike love and deep confidence. You have helped countless children of God to find the things they have lost, material things, and, more importantly, the things of the spirit: faith, hope, and love.

I come to you with confidence; help me in my present need. I recommend what I have lost to your care, in the hope that God will restore it to me, if it is His holy Will. Amen.

But if that prayer doesn't work out for you, just work on your organization. Here are some helpful tips that I found. Try the tactic one thing, one place. With this you avoid having to look a million different places for one thing that has disappeared. This way, you know where a certain object is at home. So if you happen to find your netty, bring it home and leave it in one spot or room in your house, then maybe you won't have this problem anymore.

Another tip to try would be getting one of those organizers for your homework, so you can organize your homework into specific sections. That way you won't have to worry about losing track of your things!

I hope this helped, Freida.  
Sincerely,  
Bird

compiled by **MADALYNE BIRD**  
To submit letters to Bird's Word, contact Madalyne Bird at [mbird@dartnewsonline.com](mailto:mbird@dartnewsonline.com)

# We're not just horsing around

STA students share their stories, insights about their experiences in equestrianism

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

It's 10 a.m. on a Saturday morning, and while most teenage girls are still snuggled in their beds asleep, sophomore Emma Stanfield stands on the show grounds of a stable, already dressed in her riding pants and shirt. Her trainer puts her hair into a low bun so her hat can fit securely while she finishes her makeup and tapes up her boots and gloves. Then, she waits.

Trying to clear her head of the nerves, Stanfield sits and thinks about her ride, plans out her warm-up and visualizes her routine in the ring. Before long, she sees her trainer leading a reddish-brown horse with a flaxen tail through the gate and into the ring. Known as First Lover to the rest of the crowd, Stanfield recognizes the beautiful horse as her old friend Dobby, and his appearance alerts her that it is almost time for her showing. After her trainers warm up the horse, Stanfield approaches the ring and swings her body on top of Dobby's back.

Stanfield focuses on her nerves and the way she sits. If she acts nervous, Dobby will be too, and might get too jumpy. But if she remains calm, Dobby will be perfectly fine. She positions her body in a calm and comfortable position and enters into the ring.

It's go time. This entrance is the judges' first impression of Dobby: they observe the way he looks and carries himself. Then it is time to perform gaits in the class. Stanfield rides saddle seat, a type of equestrianism that shows off the high trotting actions of the horse, rather than the positioning of the rider herself. Sometimes this is more nerve-racking for Stanfield, since she has less control over Dobby than she does over herself. The judges call out each of the gaits: walking, trotting and cantering. Stanfield does her best to guide Dobby through each gait. He is doing well today.

After finishing the gallop, Stanfield reverses and does all the gaits again, and the announcer calls for the line up. Dobby makes one more show trot pass and lines up with the rest of the horses in the competition. Then, he and Stanfield wait for what seems like hours until the announcer calls "First Lover" and a roar of applause fills the ring. They did it. They won first place. Stanfield and Dobby ride around the ring one more time for their victory pass, and then exit the ring. Dobby is content with himself, and Stanfield is already thinking about their next show together. ★ contact Kathleen Hough at [khough@dartnewsonline.com](mailto:khough@dartnewsonline.com)



**my little pony** ★ Sophomore Emma Stanfield grooms her horse Dobby at R&R Stables in Lee's Summit on Apr. 16. Photo by **KATHLEEN HOUGH**

## Equestrian terms

The *Dart* compiled a glossary to help clarify the meaning behind the bridle

**Appointments:** Equipment and clothing used in showing horses.

**Cantering:** a series of bounds. In the correct canter three hoof beats should be heard from the horse. The canter is incorrect if four hoof beats can be heard, which happens when the hind leg is put down before the corresponding diagonal foreleg.

**Equitation:** a rider's position while mounted on her horse; in equitation events judges evaluate the rider's ability to ride correctly and with effective aids.

**Gait:** describes a specific foot fall pattern or beat, i.e., walk, trot, canter.

**Gallop:** very much like the canter, except that it is faster, more ground-covering, and the three-

beat canter changes to a four-beat gait. It is the fastest gait of the horse, averaging about 25 to 30 miles per hour, and horses seldom gallop for more than a mile or two before they need to rest.

**Posting:** The rising and lowering of a rider with the rhythm of the trot.

**Trot:** in the trot the diagonal legs of the horse must be raised from the ground simultaneously and be replaced on the ground together, making two hoof beats; a jump from one diagonal pair of legs to the other. A trot has a two beat tempo.

**Walk:** the horse moves its legs one after the other so that four hoof beats can be heard. Two or three feet are always on the ground at the same time; the horse steps from one leg to the other and there is no moment of suspension.

source: [www.localriding.com](http://www.localriding.com)

compiled by **KATHLEEN HOUGH**

## STA equestrians share their thoughts

"The main rule [of equestrianism] is to be on the correct diagonal. When you are posting (when the horse is trotting and you are moving up and down in rhythm), when your horse's leg is up, you have to be up in the air."



**Cussen**

Maggie Cussen,  
junior

"I've never gotten hurt, but a few weeks ago, I fell on top of a gate and bruised my back. My horse, Merika, kept trying to go outside the gate, so she turned really suddenly and I fell straight off."



**Corless**

Molly Corless,  
freshman

"Equestrianism is a sport, even though most people don't think it is. We riders do the work, not just the horse, including taking care of our horse and our bodies."



**Bowen**

Maggie Bowen,  
freshman

compiled by **KATHLEEN HOUGH**



# Marching for *peace*



**unstoppable** ★ March 10 1965, Selma, Alabama, USA. Nuns are in the forefront of new civil rights march in Selma, Alabama. Selma City officials halted the marchers less than a block from their starting point and told them no march would be allowed. STA librarian Sister Rosemary Flanigan, the third Sister from the left, attended the march. Courtesy of **BETTMANN/CORBIS**

STA librarian Sister Rosemary Flanigan recently honored at STA recalls involvement in civil rights movement in Selma, Alabama.

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

Men and women, young and old, black and white lined up. Visible among them were nuns and priests, joining together to challenge unjust black voting laws. Some carried a bedroll in case they had to sleep outside that night. Water stations were set up along their route. Eventually, the protesters encountered state troopers: some on horseback, some on foot. With batons in their hands, the state troopers knocked protesters to the ground.

According to sister Rosemary Flanigan, these scenes and others made up the Selma March, a civil rights movement that took place from Selma, Ala. to Montgomery, Ala. March 7, 1965, aimed at protesting black voting injustices in the South. Flanigan, a CSJ member, retired philosophy teacher and retired Midwest Bioethics Center committee member, took part in the march. However, she participated in a different way: she prayed and took part in worship services at a Baptist church.

Flanigan now volunteers in the STA library archives department. Flanigan's involvement in the Selma March, among other things, helped to her win the Mother Evelyn O'Neil community stewardship award at STA this year.

Initially, sister Roberta Schmidt asked Flanigan to participate in the movement. According to earthlink.net, a site documenting the sisters' involvement in the Selma March, Msgr. Francis Doyle developed the idea for the nuns to travel to Selma, asking Schmidt to accompany him. According to earthlink.net, at the time, nuns could not travel alone, so Schmidt asked Flanigan to travel with her. Both teachers at

the time, Flanigan and Schmidt left their schools unexpectedly.

"When Msgr. Doyle called me the night before the charter flight, sister Rosemary and I were still up preparing our classes for the next day," Schmidt wrote in an email interview.

Flanigan accepted the invitation without hesitation.

"Though we had never done such a public action before, the papers had been full of activities in Selma and the plight of the black citizens there, but it seemed so far away and so out of the orbit of my concerns," Flanigan wrote in an email interview. "But when the opportunity arose, I didn't hesitate an instant to say yes to Roberta's invitation to go along."

Flanigan traveled to Selma, Ala. March 10, 1965. According to Flanigan, the protest revolved around unusually difficult requirements for black voting.

"The test was so hard that one of the laymen who was on the plane with us on our way to Selma was himself the dean of the law school at St. Louis University and when I asked him about that test, he told me that he couldn't have passed it," Flanigan wrote.

Once Flanigan arrived, her protesting took the form of worship in a church.

"We had prayed with the black citizens of Selma in their Baptist church, had sung with them, had listened to the civil rights leaders explain nonviolence," Flanigan wrote. "Even if we were attacked, we were not to strike back."

However, people working against the activists presented different sentiments. State troopers stopped Flanigan and others during their protest.

"We were stopped by state troopers blocking the street to the city hall and a black civil rights official asked three times if we could march to the city hall and three times was told 'no,'" Flanigan wrote.

Several black activists expected the difficulties. Some had even prepared for police to arrest them.

"I had a moment of fear when I saw one of the black men with a toothbrush in the pocket of his bib overalls where



**shhh...** ★ Sister Rosemary Flanigan and librarian Jackie Hershewe share jokes in the STA library. Flanigan currently volunteers in the library archives. Photo by **ROWAN O'BRIEN-WILLIAMS**

most farmers put a pen," Flanigan wrote. "I asked someone, 'Why does he have a toothbrush?', and the reply came, 'Because he expects to be in jail tonight.'"

Black sister Barbara Moore, a current CSJ, participated in activities such as these when taking part in the march. Moore said her experience in Selma was profound.

"I was among people of all ages, faith traditions and races from many parts of the United States—black and white together—who were willing to stand up for their beliefs and accept the consequences," Moore wrote. "The nonviolent education and strategy were impactful and very sobering."

The event impacted Flanigan as well.

"I felt such a sense of solidarity with [the black civil rights activists]," Flanigan wrote. "They were open, kind, grateful for our coming down to join them, that skin color didn't make one bit of sense to set them apart. And the impact on me was that I saw so clearly the sin of racism."

Forty-six years later, people still admire Flanigan for her work with the Selma March. Sister Joan Tolle, a CSJ and co-worker of Flanigan at STA, feels Flanigan did what was right.

"We were all created equally so that's the way we should be treated," Tolle said. "I thought it was wonderful that [Flanigan] stood up." ★ contact Rowan O'Brien-Williams at [robrienwilliams@dartnewsonline.com](mailto:robrienwilliams@dartnewsonline.com)

# The New Age of Relationships

Over the past 10 years, texting and other social media have become major sources of communication among teenagers and young adults. This growing trend raises concern about the future of teenagers' face-to-face communication skills.

story by **MADALYNE BIRD, MORGAN SAID & MEGAN SCHAFF**  
 centerspread editor, editor-in-chief & managing editor of print

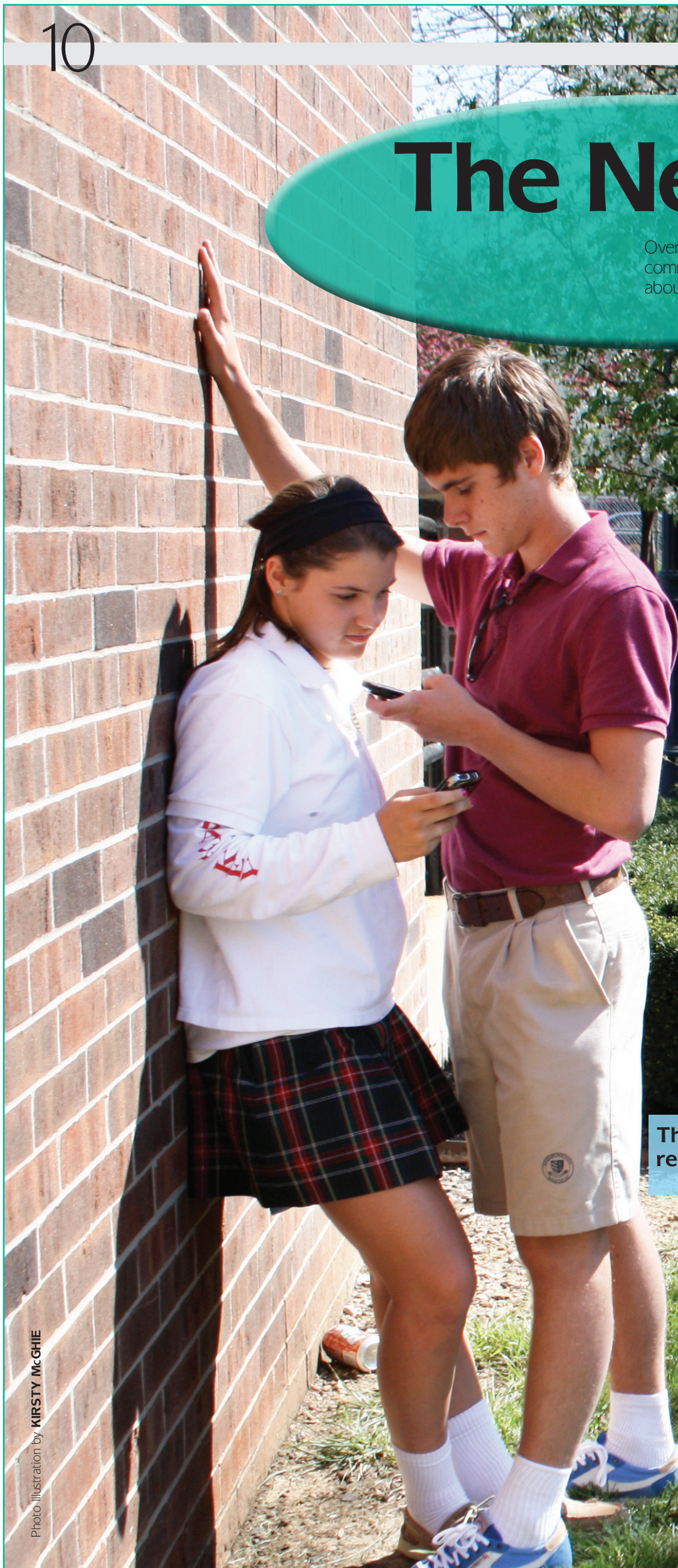


Photo illustration by KIRSTY MCGHIE

**Texting:** it's the easiest, most accessible way to communicate. In fact, 10 percent of STA students admit to texting their significant other at least fifty times a day. But how much is too much? An increasing number of teenagers are using this new form of communication to avoid face-to-face contact and confrontations.

**Electronic dating**  
 With the development of social media and texting in recent years, teenagers are relying on electronic communication, rather than traditional face-to-face contact, to develop relationships. Teens are finding that these technologies cause couples in intimate relationships to avoid confrontation and personal conversations.

According to a study compiled by AT&T in 2008, 40 percent of texters who are in a relationship or dating believe that text messaging plays a significant or very significant role in their relationships.

According to Rockhurst University communications professor Laura Janusik, although teenagers rely on texting and electronics to develop relationships, indirect conversations cannot fully replace traditional face-to-face relationships.

"I don't think technology can ever replace [direct communication] because if you end up dating, you have to go face-to-face," Janusik said. "It may replace it for a brief while, but I don't think it can replace it totally... So much of an intimate relationship is based on being able to read each other and you can't read each other as well online as you can face-to-face."

However, according to Rockhurst High School senior Adam Stingo, teenagers tend to rely on texting, Facebook, Twitter, Skype and other forms of social media as a main source of contact out of convenience.

"Texting has made it so that you can have a day-long conversation with someone without actually seeing [that person]," Stingo said. "I feel less obligated to hang out with a girl if I've been texting her all day. But that's not how it should be."

Electronic conversations are not only an ineffective means of communication, but an easy way to avoid confrontation, according to Janusik.

"It's easier to break up with people on Facebook or through technology because you don't have to face them," Janusik said. "But, by not going through the bad stuff, you're not learning how to go through the bad stuff, either."

**Constant communication**  
 STA junior Marianna Messerli and RHS junior Colin Thompson have been dating since November of their sophomore year and send about 100 texts a day, according to Thompson. The couple typically texts from the time school ends to bedtime, with conversations ranging from talking about each other's days to serious discussions that the couple feels should be addressed immediately, Thompson said.

Messerli admits that the couple texts "way too much," and both Messerli and Thompson agree that their constant texting can lead to confusion.

"It's a lot harder to read what he's actually meaning through text," Messerli said. "I feel like any time we have to confront each other, we usually start by texting. It's easier to get [angrier] over text because you don't have to see him while you're getting angry."

According to Thompson, the couple sees each other in person three to four times a week, however, they only talk on the phone once every few weeks.

"We don't really get to talk on the phone," Thompson said. "It's harder than texting...but I don't really like [texting] as much because it's not as personable as talking to her or being with her."

Still, Messerli said that when it comes to arguments, she would rather confront the issue via text message.

"When I'm angry, since I don't have to see how [my words affect Collin], I just say stuff to get a reaction out of him," Messerli said. "But I'd never say it in person... It would hurt his feelings."

**Generation now**  
 Messerli and Thompson's relationship is one example of a generational trend supporting constant electronic communication. According to Janusik, technology has forced this generation to continuously converse. In addition to negatively affecting current relationships, this constant correspondence may affect teenagers mentally and physically in the future.

"Because you can have constant communication, it feeds the idea that you have to have constant communication," Janusik said. "This generation has a hard time slowing down and relaxing. I think that what we'll see in the future is more physical and psychological effects because we know our body needs that time to refresh itself."

According to Janusik, the ability to talk to anyone, anywhere, at almost any time has changed the way teenagers view the world. Since this generation utilizes technology more than any other group of people, the future is unknown.

"This is the first generation where the quick and the immediate is more important than anything else and I think it's going to be interesting to see what happens 20 years from now with this generation," Janusik said.

Because of the younger generation's reliance on technology today, Janusik thinks teenagers should test their ability to stay away from all things electronic.

"My challenge [to teens] is to go without technology for 24 or 48 hours and journal," Janusik said. "See how the world is different. You'll probably hate it, but try to take that good thing into your future so you can be more conscious and intentional with how you use technology. I don't think technology is a bad thing by any stretch of the imagination. It's how we use it responsibly or irresponsibly." ★ **Contact Madalyne Bird at mbird@dartnewsonline.com & Megan Schaff at mschaff@dartnewsonline.com**

## The Dart polled STA girls in grades 9-12 about their texting relationships with their peers and significant others

compiled by **MEGAN SCHAFF**

**How many texts a day do you send to your significant other?**

- 0-5: 4%
- 10-30: 25%
- 31-50: 32%
- 51-70: 10%
- 71-90: 4%
- 91-100: 10%
- 100+: 15%

**Approximately how many texts a day do you send to your friends?**

- 0-5: 10%
- 10-30: 39%
- 31-50: 18%
- 51-70: 8%
- 71-90: 5%
- 91-100: 3%
- 100+: 17%

**Do you usually confront problems with your friends in person or electronically?**

**In person: 68%**  
**Electronically: 32%**

**Do you feel that technology affects your relationships?**

**Positively: 38%**  
**Negatively: 22%**  
**Unaffected: 40%**

## The following information was taken from a survey taken by AT&T in 2008:

**24%** said the biggest turnoff when texting with a date or a spouse is a slow response.

**38%** admitted that their wireless phone has saved them from an uncomfortable dating situation.

**58%** admitted they have at least occasionally shown a friend a text message from a suitor to get his or her interpretation.

**26%** of respondents ages 18-35 admitted to texting more than one person at a time to invite them on a date or for other romantic reasons, but only 7 percent of those who are 36-55 have done the same.

compiled by **MORGAN SAID**

## Five ways to break up with your significant other electronically

compiled by **MADALYNE BIRD**

**For the brave—a Skype date**

At least you guys are looking at each other (via webcam) when you say "It's not you, it's me." As scary as a face-to-face encounter may seem, this does leave room for a quick escape. This method is most effective for terminating those tedious long-distance relationships.

**For those with some common courtesy—the phone call**

Before you call the person, write down some summary points that you need to cover in your conversation, like, "I'm breaking up with you because you smell, you chew with your mouth open and you hate my dog." Have the necessary discussion and then get off the line as fast as possible.

**For the person with a lack of social skill—the quick text message**

Just whip out your cellphone and type up a simple text to end it. Why even bother with a complete sentence? Try something like "you + me = over." The end.

**For the faint of heart—the IM**

This method is similar to the use of the text message, however response time can be quicker and it allows for more ability to have a conversation. This way, you can make a really rude comment like, "I'm really just not that into you" and use the quick and easy "offline" option. With one click, you can end all communication.

**For the total coward—the Facebook relationship status change**

This is the perfect resolution for those relationships you didn't really want to be a part of in the first place. Really, why waste time in letting the other know that you are breaking up by telling them personally? Just tell all of your "friends" on a popular social networking site. One click from "in a relationship" to "single" and poof, broken ties. ★

## Senior Sam Cusumano shared her text message history with her boyfriend, Rockhurst High School senior Ben Elliott:

4/17/2011 @ 6:55pm Ben Elliott: I know you're already heading out to the campout but text me if you can! Be safe! And ps- you played great today!

4/17/2011 @ 6:58pm Me: Thanks! We're on our way!

4/17/2011 @ 7:04pm Ben Elliott: I promise I won't text you anymore and interrupt your night, but please text me when you get there safely. Thanks Sam.

4/17/2011 @ 7:10pm Me: Will do! Love you!

4/17/2011 @ 7:12pm Ben Elliott: I love you too, be safe and text me!

4/17/2011 @ 9:34pm Me: I locked my keys in the car.

4/17/2011 @ 9:36pm Ben Elliott: No you did not...? Babe! Do you have a spare key at your house?

4/17/2011 @ 9:38pm Ben Elliott: Do you need help?

4/17/2011 @ 9:58pm Me: Yes, I did. And I'm crying for the 15th time this weekend. I'm the biggest loser.

4/17/2011 @ 10:00pm Ben Elliott: Sam...I'll come out and help you, I'll bring you a spare key, and I'll go get one of those things to stick in the window to unlock it. I'll do whatever you need me too! Don't cry...things will be fine!

4/17/2011 @ 10:05pm Me: I've already called the tow truck and I'm sitting by the car.

4/17/2011 @ 10:07pm Ben Elliott: By yourself? Can someone please sit with you until he gets there? I'll come right now!

4/17/2011 @ 10:14pm Me: I love you. Thank you for being there for me and willing to always help me out.

4/17/2011 @ 10:18 Ben Elliott: That's my job. To make sure that someone is there for you! Don't let it ruin your night. Everything will be fine!

# Scoring goals abroad, setting goals for future

Freshman travels abroad with national soccer team, keeps eyes on future goal in soccer career

story by **KATIE MCCOMBS**  
pr & circulation

Freshman varsity soccer player Savannah Trujillo traveled to other countries to compete against players three years her senior over spring break. The trip exposed her to new techniques, a more casual soccer culture, college coaches and a mentor.

Overseas, Trujillo was surprised to see pick-up games of her favorite sport beginning spontaneously in streets, alleyways and open fields. Water bottles were used as balls and kicked into trash cans. The unorganized games, comprised mostly of boys, were played with any accessible, convenient equipment. Trujillo soon recognized that these games were just for fun and were a normality in the society, unlike the formal soccer with accurately lined fields, three uniformed referees and bench full of subs, she was used to. Trujillo admired the European culture across the cities she visited: Belgium, Amsterdam and Utrecht, and began to see how highly they valued the sport of soccer in their everyday lives.

"In [Europe], soccer isn't just a game," Trujillo said. "It's part of their culture."

Back at home, Trujillo plays with the US Youth Soccer Olympic Development Program (ODP) Region II '95 Girls Team in the national pool, aside from her premier club team and the STA varsity team. The selection process for this national team began when Trujillo tried out for and made the Missouri State ODP Team. According to [mysa.org](http://mysa.org), the State ODP program is the starting point for regional and national levels of play and serves as a source of development, where one can train with other players of equal or better ability, and utilize the skills of carefully selected licensed coaches.

Trujillo then further advanced in the ODP process, by attending the regional camp in DeKalb, Ill. during the summer. Trujillo made the regional team, which consists of approximately 18 girls from across the Midwest. The regional teams' participants were then thrown into the national

team pool for their age group of the top 100 girls in the country. Finally, Trujillo was picked for this national team, where she now currently stands in her soccer career.

Varsity soccer head coach Jeremy MacElduff believes making the national team is a rare honor and opens up many doors for a soccer player.

"Savannah is one of 30 or so players that are selected from around the country to play with the national team set-up," MacElduff said in an email interview. "It's another opportunity to get coaching or advice from top level coaches and work with coaches and players that can push [you] in different ways."

Trujillo believes that playing internationally and representing the US national team is difficult, but rewarding, and properly balances fun and competition.

"On [the national team], everyone is there to compete and everyone has that drive and desire to make it a competitive environment, while making it challenging and fun at the same time," Trujillo said.

Trujillo plays on a club team called KCFC Futura Academy, while concurrently competing on the national team. Trujillo finds that the national team has helped her develop into a well-rounded soccer

"In Europe, soccer isn't just a game. It's part of their culture."

Savannah Trujillo, freshman

player.

"There are so many coaches and good players that help you work to the best of your ability and challenge you to be better," Trujillo said.

On her European excursion, Trujillo and the national team were accompanied by the University of Wisconsin women's soccer head coach Paula Wilkins and Wisconsin-Milwaukee coaching mentor Mike Moynihan. They traveled overseas to compete against under 17 and 18 European national teams, who had both three years of age and soccer experience on the 14 year olds on Trujillo's team. The US team lost all three of their games: 2-0, 2-1 and 3-0.

Despite the losses, playing soccer abroad enhanced Trujillo's entire view of the game and taught her different techniques and skills.

"Playing against people from other countries gave me a whole new outlook on the game," Trujillo said. "They have a unique style of play and different strategies that are hard to compete with. They learn how to read the game and how to play fast



**twinkle toes** ★ Freshman Savannah Trujillo practices with STA varsity soccer team April 14. Trujillo plays with the US Youth Soccer Olympic Development Program Girls National Team traveling the world when not playing for STA. Photo by **LAURA NEENAN**

under pressure. They understand the game more and are really technically sound."

MacElduff agrees that competing against other countries helps a player view different styles of play.

Along with her coaches, Trujillo's parents have played a supportive role in her soccer endeavors and in her goal of playing soccer on the collegiate level.

"I just tell her to do her best and put out what she can," Trujillo's mom Stephanie said. "She is an extremely hard worker and usually pushes herself harder than I have to. I just drive her where she needs to be, and support her by being there for her to talk about what she can do to accomplish her goals."

As Trujillo's high school soccer coach, MacElduff has already begun to recognize Trujillo's goals

and potential at the beginning of the spring soccer season.

"[Savannah] is one of those players who can play almost anywhere on the field," MacElduff wrote. "She has a nose for the goal and is always looking to attack. She is very skilled and strong on and off the ball. [Savannah] reads and knows the game very well, especially for such a young player."

Trujillo explains her feelings for soccer as "indescribable."

"Soccer isn't really just a hobby for me," Trujillo said. "It's my life and I have a fiery passion for the sport. I'm in love with the game and if I was stranded on an island with just a soccer ball, I would be set." ★ contact Katie McCombs at [kmccombs@dartnews-online.com](mailto:kmccombs@dartnews-online.com)

## Freshman required to choose between track, soccer

After attempting to participate in two sports at once, freshman Mary Gibson chooses to run track

story by **EMILY BRESETTE**  
staff writer

During STA spring sports tryouts, freshman Mary Gibson believed she would be able to participate in both track and soccer.

However, Gibson said that although the JV soccer coach was willing to work out a practice schedule, head track and field coach Amanda James didn't believe it was fair for Gibson to run varsity over other girls who attended every practice. Gibson said that athletic director Mark Hough had a meeting with the two coaches and told Gibson she had to choose. Although Gibson ended up choosing track, she said the decision was hard to make.

She had been playing soccer since kindergarten and running track since fourth grade. Gibson said athletic director Mark Hough initially told her they would work out a schedule that would allow her to play both sports.

"[Hough] said that it would be exhausting and really stressful but I was willing to try to make it work because those had both been my main sports all through middle school," Gibson said. "I was willing to sacrifice a few hours of sleep a night to play both."

According to James, an athlete should not play two sports at one time for multiple reasons, including health reasons.

"My opinion is that you should focus on one sport at once," James said. "It's really hard to play two sports at once and be good at both. I think you're spreading yourself too thin."

According to Hough, the school does not have a specific policy on athletes wanting to play two sports at once.

"We evaluate each situation on a case-by-case basis considering the demands put on by the individual involved and the unique characteristics of each sport," Hough wrote in an email. "Generally speaking, it will be very difficult to manage two sports in the same season and equally as difficult for two sports schedules to work in sync with each other."

In hindsight, Gibson agrees with James that playing two sports at once would've been too much to handle.

"I'm actually really glad that I had to pick," Gibson said. "I'm already stressed out enough. Plus I would have to miss practices, which means I wouldn't get much playing time for soccer or get to participate in all the meets anyway."

James said that although STA does not advocate dual sport athletes, she was willing to work with Gibson so that she could make the best decision for her.

"If she wanted to play both sports at one time,

[our coaches] would work with [Gibson]," James said. "But our coaches and staff would go ahead and release her from track and field so she can focus on soccer."

Gibson said that even though she loves to play soccer, she still would have chosen track in the end.

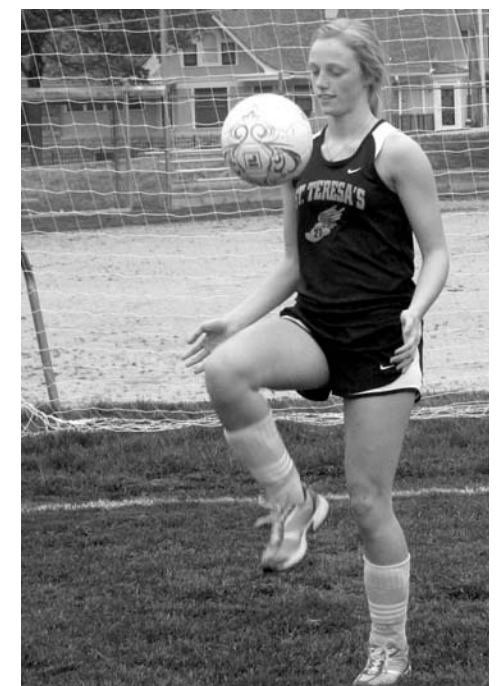
"[Making varsity] was never going to happen," Gibson said. "But if I did, I still would have chosen track. I would have been the worst on the team and never would have played."

Gibson also said she has no plans to continue playing soccer on a competitive level.

"I do love soccer, but I don't really see the point of playing club anymore," Gibson said. "I am thinking about playing on a rec team next spring though."

In the end, even though Gibson had to choose between two sports she loves, she wants to do her best to meet her goals this season. Gibson said the meet she is most proud of is the Bishop Miege High School meet, where she placed first in the 100- and 200-meter preliminary heats and second in the 100-meter final.

"I feel a lot more self-satisfaction seeing my times and how they're improving," Gibson said. "It's a lot more gratifying than soccer where you just score a goal. The satisfaction lasts longer because you always have a time to beat and something to strive for." ★ contact Emily Bresette at [ebresette@dartnews-online.com](mailto:ebresette@dartnews-online.com)



**double time**★ Freshman Mary Gibson juggles a soccer ball while wearing her track uniform. She began the spring sports season participating in both soccer and track but chose to quit soccer. Photo illustration by **MEGAN SCHAFF**

# Road to a 5K

After following this four-week exercise program, you will be in great shape and ready to run a 5K

compiled by **LANE MAGUIRE**  
staff writer

This four-week long schedule is designed to prepare beginner runners for a 5k road race. This schedule was created with reference to cross-country coach Karen Moran's beginner summer running schedule, *Runner's World Magazine* and personal experience.

### Week 1

- Sunday: walk 2 miles
- Monday: run 1 mile (walk a portion if you can't run the whole mile)
- Tuesday: sprint all-out for 30 sec. x 3 (walk for 30 seconds between each)
- Wednesday: cross-train (bike, swim, etc.) for at least 30 minutes
- Thursday: jog 1 mile on hills (Loose Park hill, Rockhill Road, or Mission Hills)
- Friday: run 1 mile (with fewer walking breaks than Monday) and do 1 set of 50 crunches
- Saturday: Take the day off

### Week 2

- Sunday: off
- Monday: run 1 mile at a fairly brisk pace (no walking breaks if possible)
- Tuesday: sprint all-out for 30 sec. x 3 (jog for 30 sec. between each)
- Wednesday: cross-training for 1 hour
- Thursday: run 1 mile at moderate pace on hills (minimize walking breaks)
- Friday: run 1 mile at brisk pace (no walking breaks). Do 1 set of 50 crunches and 15 push-ups.
- Saturday: off

### Week 3

- Sunday: off
- Monday: run 2 miles at a brisk pace (no walking breaks)
- Tuesday: run 2 x 400 meters (or for 1:30) at 95% effort with 40 sec. Rest between the two.
- Wednesday: 2-3 miles at a moderate pace (minimize walking breaks)
- Thursday: run 2 miles at moderate pace on hills (walk a portion if this is too much)
- Friday: run 2 miles at a brisk pace. Do 60 crunches and 20 push-ups.
- Saturday: cross training for 1 hour

### Week 4

- Sunday: off
- Monday: run 3 miles at a fairly brisk pace (no walking breaks)
- Tuesday: run 400 meters and sprint 4 times for 30 seconds each
- Wednesday: run 2-3 miles at a moderate pace (continuous)
- Thursday: run 2 miles at a moderate pace on hills (continuous)
- Friday: run 3 miles at a brisk pace. Do 70 crunches and 30 push-ups
- Saturday: cross training for 1 hour



**push it real good ★**  
Senior Meghan Harper does a push up before her run on April 12. Photo Illustration by **CASSIE REDLINGSHAFFER**

## Why you should run, from the brain of a varsity runner



opinion by **LANE MAGUIRE**  
staff writer

I ran an eighth of a mile of my speed— workout at a pace so slow a speed— walker could have beaten me, my knees aching, my stomach churning and just about ready to give up running altogether. "What have I even gained from running?" I asked myself. Mental and physical exhaustion, multiple trips to the trainer, loss of sleep... the list could go on.

So how is it that runners, such as those from Kenya and Ethiopia (a.k.a. some of the fastest runners in the world) can run without shoes, Biofreeze, iPods and heart rate monitors and still somehow effortlessly cross the finish line first, smiling and grateful that they are even given the opportunity to run.

Yet on a certain level I understand the joy these runners experience. Because running is natural, some-

thing most of us learn to do at an early age. Running is simple- all it takes is a pair of running shoes and even that is not required. It separates us from the things that pull us down— a fast-paced society, technology and everyday pressures.

And although I complain about minor aches and pains, these discomforts seem to miraculously vanish when I run, only creeping back when I "forget" to go for a run or can't seem to fit it into my schedule. Sure, there are days when I don't know why I run. But then there are days when I can't think of a better way to spend two hours after school— days when I feel like I could run back-to-back marathons.

These are the days that I run for: The times when I feel like I'm 8 years old again, running barefoot through my neighborhood with my friends. Of course, I run for the obvious reasons of achieving fitness and cardiovascular benefits, but also to just have fun running with my friends, to provide stress relief when I have an upcoming week of tests and to not feel too guilty when, for example, I mindlessly eat two burgers at the Spring Sports Barbecue, and then go home and chow down on the sub sandwich that my mom made for dinner (plus about half a box of Oreos). Because, hey, I ran 10 miles today.

I run for the bathroom stories and jokes shared among runners that anyone else would find disgustingly weird.

I run to satisfy my increasing obsession with running clothes and shoes because if I could have it my way, that's all I would ever wear.

I run for the challenge. I run so that when I step up to that starting line, there's no doubt in my mind that I can finish the race knowing that I left it all on the track. ★ contact Lane Maguire at [lmaguire@dartnewsonline.com](mailto:lmaguire@dartnewsonline.com)

### Upcoming 5K Races

Here's some information on the upcoming 5Ks in the Kansas City area so start training today!

**What:** Swope Park Cross-Country 5-K & Fun Run  
**When:** May 21 at 8 a.m.  
**Where:** Swope Park Shelter 4 in Kansas City, MO  
**Cause:** Proceeds benefit CASA (Court Appointed Special Advocates)- Jackson County  
**Fee:** \$25 online through May 17 or \$30 in person at packet pick-up or at race

**What:** Together As One Run  
**When:** May 21 at 9 a.m.  
**Where:** English Landing Park in Parkville  
**Cause:** to provide support to competitive Youth Athletes in the Kansas City Northland  
**Fee:** \$25

**What:** Night Flight 5k  
**When:** June 10 at 9 p.m.  
**Where:** Harris Park Community Center, Lee's Summit  
**Cause:** Proceeds benefit the Legacy for Parks Foundation which promotes the services of the Lee's Summit Parks and Recreation Department.  
**Fee:** Adults (13 and older): \$25 before May 31, \$30 thereafter

**What:** KC Bike and Foot Chase  
**When:** July 24 at 8 a.m.  
**Where:** Zona Rosa shopping plaza  
**Cause:** fitness and fun, charity  
**Fee:** \$25

## 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

The epidemic has hit-- senioritis. As summer nears, it becomes harder to concentrate in school. Once seniors are accepted to a college, high school grades suddenly seem "less important," according to education.com. Grades dwindle and seniors fall behind in class, sometimes causing colleges to revoke acceptance or scholarships. To avoid senioritis, the Roanoke Times advises seniors stay on top of their work and pay attention in class. Create incentives when you do well on a test. Get plenty of sleep, but make sure to stay active.

## BODY

Want a nice glow for prom? Think twice before you get into that tanning bed next time. The Skin Cancer Foundation says that on average, indoor tanners are 74 percent more likely to develop melanomas than non-tanners, 25 times more likely to develop cell carcinoma and 15 times more likely to develop basal cell carcinoma. According to an Archives of Dermatology study of 2,869 white men and women between the ages of 18 and 64, just 13.3 percent of women and 4.2 percent of men knew that avoiding tanning beds could reduce their risk of skin cancer.

## SOUL

When you can't handle one more minute of homework, when you need out of the house to avoid fighting with your parents or when you simply need a break from the stresses of life, try something therapeutic to occupy your time. According to rehabmd.com, occupation contributes to an individual's personal sense of identity. Occupation encompasses three areas: self care, productivity and leisure. For example, try something like baking. According to culinarytherapy.com, cooking has benefits that are "rich and delicious."



## Anna Rayburn, senior

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

This "Artist of the Issue" encourages her peers to stay positive as the campus embarks upon major changes. Rayburn proposes an art project to decorate the fence lining the current construction of the St. Joseph Chapel and Windmoor Center.

**Q: How do you feel about how the seniors are reacting to the campus changes?**

**A:** I feel like there is a lot of resentment. Everyone was way more upset first but now they are less vocal about it. They are kind of accepting it grudgingly.

**Q: What are the common complaints with the current construction that you have been hearing?**

**A:** People are most upset because it's change. It's a major change. I mean, you have to draw the line somewhere because as humans, we need stability. That's one of the reasons why I chose STA. It's not like grade school, it wouldn't change every year. We're all stressed out with changes we're going through and seeing this stable thing change is overwhelming.



Rayburn

**Q: How do you think the seniors should act for the last month of school?**

**A:** I keep changing my mind about this. I think that they should do what they can to make sure that everyone understands how much they love STA. And let everyone know that we want them to have the same great experience we have had.

**Q: Do you think all of the recent changes will be a part of the senior class legacy?**

**A:** I really think it depends on our behavior—whether we behave badly or react with a positive attitude.

**Q: What are some of your ideas to make the best of the construction taking over the campus?**

**A:** It would be great to put some art on the fence. I know art portfolio is working on a project for the fence. It would just make it prettier.

**Q: What are the decorations you have planned for the fence?**

**A:** [Ideally we would] weave strips of recycled billboard through the fence.

**Q: When do you plan on executing this plan?**

**A:** Unfortunately, [the art portfolio class and I] probably won't have time before we graduate.

compiled by **CASSIE REDLINGSHAFFER & KATIE MCCOMBS**

# Seniors write, cast, direct annual student productions



1



2



3



**be direct** ★ 1. Seniors Anna Rayburn, left, and Amy Wendland direct auditions for their production "P.E. for Nerds" March 7. **covergirl** ★ 2. Seniors Lilly Kraus, left, and Samantha Scheuler apply make-up before dress rehearsal April 6. **rewired** ★ 3. Freshman Emmie McCabe, left, assists senior Kelly Clay put on her microphone in the M&A auditorium April 6. **class act** ★ 4. Junior Danielle Comford, from left, junior Rosemary McGraw, freshman Kathleen Blanck, and senior Maddie Lundgren practice for the production "Peter and the Pencil Friends" on April 6. Photos by **ELLIE NACHBOR, TAYLOR WOODRUFF & JENNY SCHORGL**

## Cast members entertain guests April 8, 9 for annual performances in the M&A auditorium

story by **ABBY UCHE & KATIE HYDE**  
staff writer & managing editor of copy

The stage is filled with oddly dressed students. Audience members exchange smiles as these actors make jokes only an STA student could get, while others glance about in confusion. Tears stream down the faces of those overcome with hysteric laughter. This is student productions. Each year, members of the senior class are invited to write anywhere from five to 30 minute productions for this annual tradition. After the top scripts are selected, the seniors are given the reigns to direct and organize their production. Drama teacher Shana Prentiss, who usually oversees STA productions, chose five skits for the event April 8 and 9.

According to sophomore Elena Spaulding, a cast member of the production "The End," the seniors' job is a difficult one.

"I have a huge amount of respect for [directors Maggie Holt and Sarah Moran] because I couldn't do [what they do]," Spaulding said. "I'm not [writing a script] senior year because I can't write, and I definitely couldn't handle it."

According to senior Dominique Brawner, when she and her fellow directors decided to write "Peter and the Pencil Friends," they had no idea what

they were getting into. However, the directors were enthusiastic about creating a skit.

"We all just thought it would be really fun, and we just sat down and wrote it," Brawner said.

In addition to writing and directing, these seniors are also responsible for organizing rehearsals for their cast, who could expect a hectic schedule in preparation for their performance. Besides, the rehearsals set up by directors, casts must also attend standard rehearsals on stage with the crew.

The crew stands behind each performance, organizing the backstage area and assisting with technical aspects of each show. The bulk of their work occurs during "tech week," the five days before the productions in which the sound, lighting and set changes are rehearsed in conjunction with the performances.

According to crew member Kate Needham, tech week rehearsals were disorganized because the senior directors are not as authoritative as Prentiss. Even outside of tech week cast members were often missing from rehearsal.

"We usually didn't have our whole cast [at rehearsals] until tech week," Brawner said. "There was always someone missing."

Despite some scheduling difficulties, Spaulding said that the atmosphere of student productions was much more laid-back than what you would find at a regular STA production.

"[Student productions] are not like a regular play or production where you have a set time and you better be there or otherwise Prentiss is going

## 2011 Student Productions

"And Then There Weren't Any" directed by Mary Franke, Lindsay Girardeau and Betsy Tampke

"P.E. for Nerds" directed by Anna Rayburn and Amy Wendland

"Peter and the Pencil Friends" directed by Maggie Bradford, Dominique Brawner, Zoe Busey, Emy Gatapia and Chloe Zinn

"The Terminal: Taking All Necessary Precautions" directed by Kathleen Hough and Maddie Lueke

"The End" directed by Maggie Holt and Sarah Moran

compiled by **LAURA NEENAN**

to cut your head off," Spaulding said.

Needham agreed that student productions are more relaxed.

"I love how chill productions are," Needham said. "It's a good balance for my own intensity."

Brawner also feels that student productions should have a relaxed atmosphere and advises future directors not to allow stress to detract from that.

"Don't take [student productions] too seriously, and don't get too stressed out about it 'cause it will work out eventually," Brawner said. ★ contact Abby Uche at [auche@dartnewsonline.com](mailto:auche@dartnewsonline.com)

# Local musicians represent Kansas City culture

The *Dart* investigated Kansas City's hidden music scene. Check out this information about their music, their hometown and relevance to STA:

## She's a Keeper

**Members:**

Colin Nelson: guitar and vocals, Rockhurst High School senior  
 Zac Jurden: guitar and vocals, Pembroke Hill High School senior  
 Fritz Hutchinson: drums, bass, banjo, vocals  
 Kate Sopcich: cello, keyboards, Notre Dame de Sion High School senior

**Genre:** folk rock

**Relation to STA:** This band recently released a CD and has a large following of STA students.

**When did you start the band and why?:**

"Zac and Colin have been playing together since like 7th grade," Fritz Hutchinson said. "I joined up with them a little over a year ago and Kate joined a few months after. Why? Why not?"

**Have you had any performances?:**

"We've played at several area bars over the past year, such as the Gaf in Waldo and Mike's Tavern on Troost," Hutchinson said. "Crowd responses have been great. We have a decent following of young high school kids but have also appealed to an older audience lately as well."

**Do you have any upcoming performances?:**

"We're playing at the Record Bar sometime next month," Hutchinson said. "It's graduation party season, so we're doing a bunch of private events and such. We're also playing at the St. Julian hotel in Boulder, Colorado in July."

**What is your favorite part of being in a band?:**

"My favorite part of being in this band is the way that we can collaborate with our different individual styles and create something seamless and whole with them," Hutchinson said.

**Has living in Kansas City affected your music?:**

Kansas City has been a great town for us, both because we are lucky enough to have been brought up in such a supportive community and also for the great musical tradition of the area," Hutchinson said. "For me, the combination of jazz, blues and Irish folk history was a great environment for a musical upbringing that in my opinion definitely comes out in our music."

**Where do you see yourselves in the future?:**

"We all definitely want to pursue a career in music in some way or another, mostly because we don't care about much of anything else," Hutchinson said.



compiled by **CHELSEA BIRCHMIER**  
news editor

photo by **KIRSTY MCGHIE**

**jammin' ★** Rockhurst High School senior Colin Nelson, from left, Pembroke Hill High School senior Zac Jurden, and Notre Dame de Sion High School senior Kate Sopcich jam during band practice on Monday. Photo by **KIRSTY MCGHIE**



## The Grisly Hand

**Members:**

Jimmy Fitzner, John Nichols, Chas Snyder, Ben Summers, Kian Byrne, Mike Tuley and Lauren Krum

**Genre:** Americana folk

**Relation to STA:** The band practices and performs locally and member Lauren Krum is an STA alumna.

**STA opinion:** "I have seen them play multiple times and I have their album and I love their music," junior Lorraine Sands said. "They are really unique and they stand out in the local KC music community. They are definitely one of a kind. They always play really fun and lively shows, and I'm always in the mood to listen to their music."

**Upcoming performances:**

Apr 23, 10 p.m., Ferenczi's Bottomfeeder Bay  
 May 6, 9:30 p.m., Davey's Uptown Ramblers  
 Jun 8, 6:10 p.m., Kauffman Stadium



## The Republic Tigers

**Members:**

Kenn Jankowski: vocals, guitar  
 Adam McGill: guitar, vocals  
 Ryan Pinkston: guitar, piano  
 Marc Pepperman: bass  
 Justin Tricoli: drums

**Genre:** alternative rock

**Relation to STA:** The band started in Kansas City and has music featured on television shows "Gossip Girl," "Grey's Anatomy", "Chuck", "Supernatural" and appeared on "The Late Show with David Letterman."



## Evalyn Awake

**Members:**

Tyler Lyon: vocals and guitar  
 Josh Barber: bass  
 Rory Siercks: guitar and vocal harmonies  
 Nick Marshall: guitar and vocal harmonies  
 Trent Bickel: drums

**Genre:** rock

**Relation to STA:** The band is local and performs in Kansas City.

**STA opinion:** "I think they have great potential," junior Miranda Green said. "I like the fact that they're from Kansas City. I've seen them in concert, and they're really cool."



## Cimino

**Members:**

Kyle Cimino: lead vocals, lead guitar  
 Trevor Brown: bass, background vocals  
 Sebastian Anderson: drums

**Genre:** rock

**Relation to STA:** The band members attend local high schools.

**How has living in Kansas City affected your music?:**

"Kansas City has greatly affected my life as well as my music," Kyle Cimino said. "The people I've met here have become my friends, enemies, love interests and even bandmates, all of which impact what ends up on my songs. I think that Kansas City is a great place to grow up and the music scene has been very kind to me so far."





# Overcoming obstacles

photos by **SARAH WIRTZ**

story by **EMILY McCANN**  
staff writer

Walking into the third floor hallway of Donnelly Hall, science teacher Amy Carlson was immediately overwhelmed by the immediate amounts of food set up in the hallway. Welcome back posters adorned the walls with balloons and streamers. Carlson's advisees, students and fellow teachers surrounded her with smiles and words of en-

couragement. People came up and hugged Carlson, telling her how much they had missed her. A student Carlson had never met was even there, assuring Carlson of the community's prayers and support. Fellow science teacher Mary Montag planned this surprise party for Carlson upon her return to school, back from surgery for her recently diagnosed brain tumor. Montag collected money from advisees on the third floor for pizza and salad from Waldo Pizza, while students brought in drinks and desserts.

While Carlson was recovering, advisees relentlessly showed their support. Seniors Alex Stucky and Madalyne Bird texted her, wishing her well in her recovery. Additionally, the advisory signed and sent a get well card.



After living with the symptoms of a brain tumor for two years, doctors finally give Carlson a medical diagnosis for her pain

When Carlson was diagnosed with her brain tumor, doctors told her that the tumor had been growing for two or three years. For that amount of time, Carlson was plagued with frequent migraines and "brain zaps" that affected her teaching and volleyball coaching.

Throughout the year, the headaches were so extreme that she couldn't drive to work. Some days, Carlson found rides, other days, she wouldn't come to school. She also found herself altering lesson plans because of her vision. If her class had to do something with microscopes, Carlson would have to switch lesson plans to something that didn't require fine eyesight.

"I got so used to feeling bad," Carlson said. "I couldn't even realize that I didn't used to feel like this. It taught me to never take feeling good for granted."

Carlson describes her "brain zaps" as very brief "jolts," like an electric shock across her brain.

Carlson had many days where she also felt flu-like symptoms, causing her to miss days of school. She also felt like she was losing her vision.

"It was extremely scary when I was losing my eyesight," said Carlson. "I would go in and out and at times I could barely see my computer screen."

Montag had become aware of Carlson's symptoms.

"She'd been having headaches and the symptoms were persisting and getting worse," Montag said. "We just wanted to know what we were dealing with."

Within the last four months, as Carlson felt her symptoms worsen, she began seeing numerous doctors, but according to Carlson, none could pinpoint the cause.

Then, when Carlson was at her eye doctor, he noticed some confusing patterns. At times, Carlson would have 20/20 vision and the next second she couldn't see anything. The doctor then looked into Carlson's eyes and noticed something pushing up against her optic nerve.

"He asked me if I would take an MRI," Carlson said. "After the MRI, everyone was being very nice to me and offering me something to drink and I knew something was up."

The eye doctor then told Carlson that he would be sending her to another doctor and requested that she call a friend or family member to accompany her. After waiting an hour for a friend to arrive, Carlson went in to meet the other doctor. He introduced himself, then told her she had a brain tumor.



Eight hours of operation and a two day hospital stay later, Carlson misses six weeks of school to make a full recovery

Carlson was diagnosed with a baseball-sized Oligoastrocytoma tumor on the right frontal lobe of her brain that she named "Tumzilla." An Oligoastrocytoma is a slow growing tumor that can be controlled, but not cured. According to the American Brain Tumor Association, headaches, like Carlson's, are the most common symptoms for this type of tumor. According to ABTA, this part of the brain has to do with memory. This would explain Carlson's "brain zaps" that had been occurring frequently.

Carlson went in for her surgery on March 1. After eight hours of operating, the tumor had been removed.

"[The doctors] went in and shaved from ear to ear," Carlson said. "Then they pulled back the skin there and then operated through a two-inch hole in my skull that they had created and then went through some brain matter before being able to remove the tumor."

Amused, Carlson recounted a story about waking up from surgery, and the heavy, painkilling medication caused her to text some coworkers at

three in the morning saying, "No dain damage, I be at work on Monday."

Although she has experienced some setbacks, such as memory loss and focus issues, Carlson feels that so far, her recovery has been successful.

Carlson was out of the hospital after just two days and was so excited to be without the migraines that she didn't want to rest. According to Carlson's mother, Lorena, she had to tie Carlson to the couch to get her to rest.

"After the first few weeks, I got my stamina back," Carlson said. "I'm feeling great and that's why I'm recovery so well. I feel so good without that tumor in my head."

Carlson returned back to teaching full-time April 11, just six weeks after her surgery. However, she will be missing a few days for checkups and doctor's appointments.

Sophomore biology student, Natalie Winterman is glad to see Carlson recovering so well.

"I was really worried when I first heard about [Carlson's] tumor," Winterman said. "I'm just glad to have her back in the classroom and feeling better."



Back at STA and teaching again, Carlson continues to be embraced by fellow teachers, students with prayers and hugs

According to Carlson, the support she felt from the STA community was overwhelming.

"The community really reached out to me," Carlson said. "Even students I had never met were really supportive and kind."

According to Montag, who taught Carlson's biology class while Carlson was gone, she and other faculty members did everything they could to make Carlson's absence worry-free.

"The whole idea was 'How can we relieve stress from [Carlson]?' Montag said. "But also keeping the students moving forward and the advisory taken care of."

Montag, as well as science teacher Renee Blake, who taught Carlson's anatomy classes and administrative assistant Kelly Drummond, who took care of Carlson's advisory and substitute teachers, helped keep everything stress free for

Carlson. Carlson attributes their help to her low anxiety levels while gone from school.

Montag was surprised and reassured by the support that she saw from everyone at STA.

"There were so many cards," Montag said. "Cards from individuals, cards from classes, cards from advisories and even a large thought box. It was truly incredible."

Carlson not only received an outpouring of cards and kind messages, but also prayers.

"I really feel like the prayers helped with how speedy my recovery was," Carlson said. "Prayer definitely makes a difference and an impact."

Carlson is happy to be back and teaching again.

"[Ever since I came back], I have a constant smile and I'm back and able to teach without being blind and having a headache." ★ contact Emily McCann at [emccann@dartnewsonline.com](mailto:emccann@dartnewsonline.com)





# Freshmen skype Japanese students

St. Joseph Joshi Gakuen becomes sister school of STA; English classes arrange Skype conference

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

This February, English teacher Carrie Jacquin's freshmen skyped STA's sister school, St. Joseph Joshi Gakuen, in Tsu City, Japan. St. Joseph became a sister school of STA over a year ago, along with five other high schools in the USA. This all-girl junior high school was founded by the Sisters of St. Joseph of Carondelet in 1959.

According to St. Joseph English teacher Anthony Hollinghurst, the idea of an exchange between their school and STA came soon after they became a sister school of STA.

"The initial motivation was really just to try to raise awareness on both sides of the existence of the sister school relationship, as well as to provide a motivation to study English for the students here," Hollinghurst wrote in an email interview.

Hollinghurst contacted STA last spring in hopes of finding a group of students who would be willing to communicate with his English class. His students had been taking English for over two years when he first contacted STA. According to Hollinghurst, his students were excited to be able to use the language for real communication, not just for the benefit of the teacher.

Hollinghurst says he was grateful when principal for academic affairs Barbara McCormick put him in contact with Jacquin.

"I was just the one who volunteered, which worked out well because the girls are the same age," Jacquin said.

To give her students more of a background on the Japanese culture, Jacquin assigned the book "One Bird" by Kyoko Mori as a summer reading assignment. The book follows a Japanese teenage girl who is having problems coping with her parents' divorce.

The students at both schools conducted surveys asking questions about school, their daily lives and their culture.

"As we had approximately the same number

## Sister schools

St. Joseph Joshi Gakuen maintains an international exchange program with the following schools in the USA:

**Carondelet High School:** Concord, Calif.

**St. Mary's Academy:** Inglewood, Calif.

**St. Joseph High School:** Lakewood, Calif.

**St. Joseph's Academy:** St. Louis, Mo.

**St. Teresa's Academy:** Kansas City, Mo.

**Academy of Our Lady of Peace:** San Diego, Calif.

source: St. Joseph Joshi Gakuen's school website

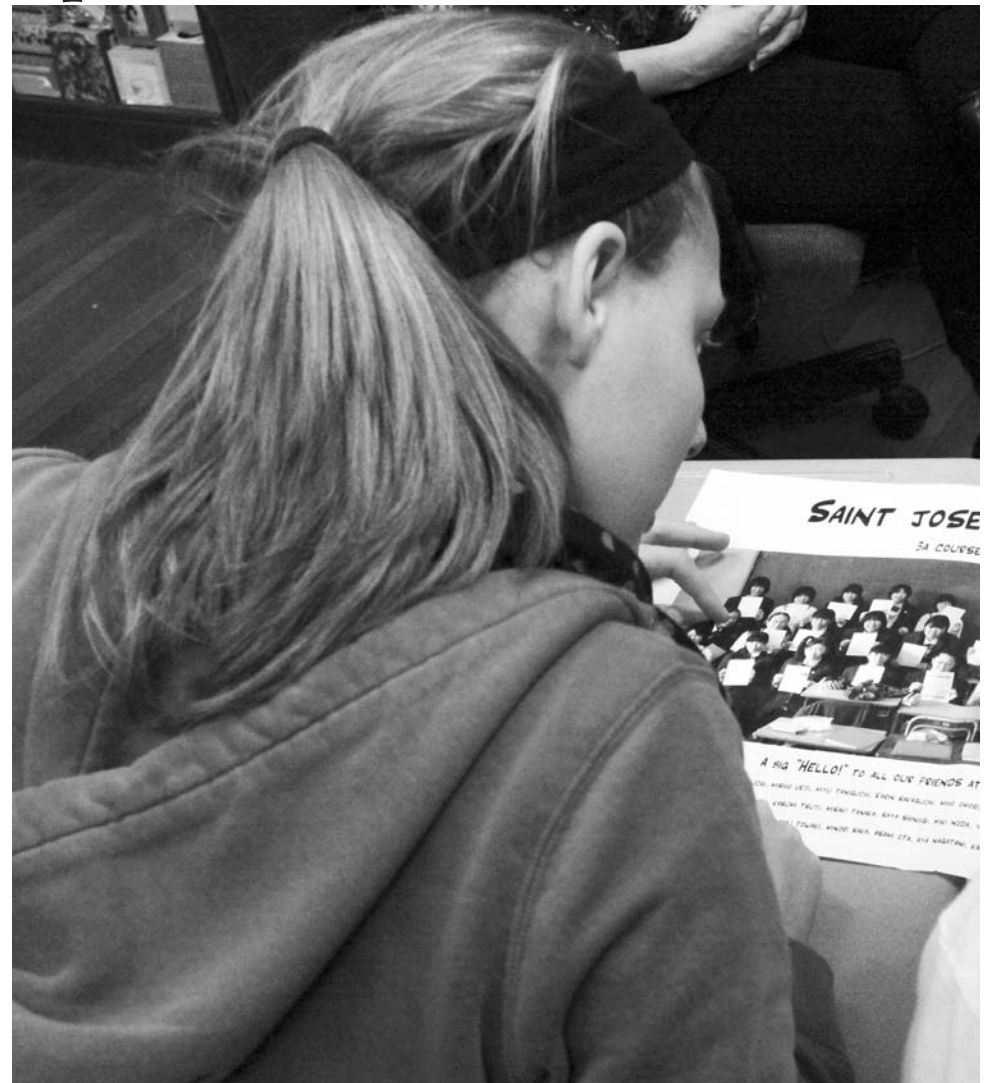
compiled by **MARY O'LEARY**

of students on each side, we allocated partners, and the look of thrill on [my students'] faces when they received personalized replies to their survey questions was wonderful," Hollinghurst wrote.

According to Jacquin, in February, a Skype video conference was finally arranged between the two schools. Because of the time difference in Japan, the students at STA had to stay at school until 4:30 p.m. and the students at St. Joseph had to arrive to school early, around 6 a.m. The video conference was held in Jacquin's room on her computer, and an average of seven girls attended from both sides.

Freshman Molly Corless recalls asking the girls about their boyfriends, what kind of music they listen to and what time they wake up for school.

"My favorite part [about skyping] was when they asked us to sing some Justin Bieber and we sang 'Never Say Never,' Corless said. "They didn't know what to say, so they just laughed at us. It was a lot of fun." ★ contact Mary O'Leary at [moleary@dartnewsonline.com](mailto:moleary@dartnewsonline.com)



**Face to face** ★ Freshman Molly Corless examines a photo of St. Joseph Joshi Gakuen students. Corless and several other freshmen in English teacher Carrie Jacquin's class skyped these Japanese students this February. Photo submitted by **ALEX RADTKE**

# Faculty modifies AP course prerequisites

Prerequisite changes allow students to choose how they want to challenge themselves

story by **SARA MEURER**  
last look editor

Enrollment numbers for accelerated classes are up because administration has separated the classes and changed the prerequisites.

According to principal for academic affairs Barbara McCormick, next school year there will be no prerequisites for AP American literature, AP American history, accelerated world literature or college composition. For the 2011-2012 school year, students do not have to have a certain cumulative GPA to qualify for these English and history classes McCormick said.

English department head Eric Thomas has already seen positive effects from this change.

"The immediate effect is that students are going to be challenged where they want to be challenged,"

Thomas said. "Our enrollment numbers already show that we will have a huge leap in students taking accelerated and honors courses in the sophomore and junior classes."

According to Thomas, next year's accelerated world literature will have 69 students as opposed to this year's 24 and AP American literature will have 65 students instead of this year's 46. The only English class without an enrollment increase is English I Thomas stated.

Additionally, McCormick stated that students have the choice to take only one AP or accelerated interdisciplinary course rather than having to take the same level of history and literature. For example, a student could take AP American literature

"Our enrollment numbers already show that we will have a huge leap in students taking accelerated and honors courses in the sophomore and junior classes,"

Eric Thomas, English department head

while taking regular American history instead of AP American history.

McCormick reasons that these new decisions

will benefit students, particularly juniors.

"I do believe that the disconnection of AP junior courses provides the student [with] a better selection and not feeling overwhelmed because it doesn't mean that you have to take both courses," McCormick said.

Sophomore Erin Thompson, who now

has the option of taking AP courses due to the open enrollment, believes that this change will have a positive reaction from students.

"I think [the change] is good because students can have the option," Thompson said. "I mean it



**Thomas**

wouldn't be smart to take [an AP class] if it is your worst subject or anything but usually students can judge on their own to decide if they can handle it or not."

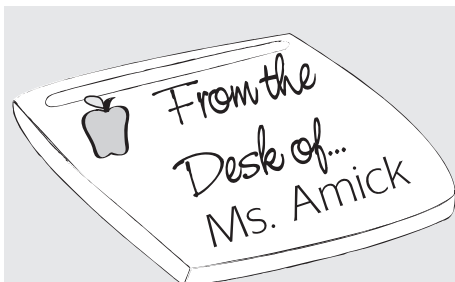
Thomas believes that teachers are look-

ing forward to the change.

"I think that [teachers] are just excited that students are willing to challenge themselves," Thomas said. "I take it as a compliment that any miscellaneous student can challenge themselves."

Thompson also believes that her fellow students will be content with the change.

"I think students will be happy with this because they can challenge themselves and make their own decisions on what they want and can accomplish and handle." ★ contact Sara Meurer at [smeurer@dartnewsonline.com](mailto:smeurer@dartnewsonline.com)



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

story by **CHRISTINA BARTON**  
opinion editor

Eliza is not like most 3-year-olds. While many babies cry when meeting new people, she can make friends with anyone, running at people with her 85-pound-body. While many babies dislike

the doctor's office, she simply sees it as a chance to make new friends. However, Eliza is not like her human friends at the doctor's office -- she is a dog. A Bernese Mountain dog to be exact. For French teacher Alice Amick, Eliza is a girl's best friend.

The two were thrown together by chance. Amick got her first dog, Beau, a part Bernese Mountain dog, at a shelter. After 18-year-old Beau died, Amick started looking for a dog that would remind her of Beau. Amick discovered LionHeart Bernese, a Bernese Mountain breeder in Louisburg, Kansas

where she has found two dogs — Rhiannon, her first Bernese, and her second, Eliza.

Rhiannon died of lymphoma at age 10 and now Eliza has her own bout with cancer. Amick immediately recognized a problem and took her to the veterinarian. Bernese Mountain dogs are at risk for cancer, so it was not entirely a surprise. Luckily, the early removal of Eliza's tumors gives her a sunny outlook. That's great for both Eliza and Amick because according to Amick, Eliza lives to be loved and Amick loves to give that to her.

# keepin' it 'laxi'



**laxi gals** ★ Assistant lacrosse coach Holly Ambrose, from left, and juniors Christina Barton, Lizzy Imperiale, Celia O'Flaherty, Allison Fitts and Alex Radtke sit on the sidelines of the JV/Varsity soccer scrimmage March 24. STA hosted a scrimmage for the STA soccer and lacrosse teams complete with a barbecue dinner for players and parents, provided by the STA booster club. Photo by **HOLLY FIELDER**



**fillin' out the paperwork** ★ Freshman Emma Connelly, the lacrosse team manager, takes down statistics for the developmental team March 24. The developmental team played against the JV squad during the Black and Gold scrimmage. Photo by **DANIELLE GATAPIA**



**the giggle gang** ★ Sophomores Meghan Lewis, left, and Ema Brzon embrace after finishing their scrimmages March 24. Lewis plays on the JV soccer team and Brzon plays on the Developmental lacrosse team. Photo by **SHAEFFER SMITH**



**hit me up** ★ Sophomore Chloe Brown runs alongside her teammates after a stick and goggle check. The developmental team hit sticks and cheered on one another to pump up before the scrimmage. Photo by **DANIELLE GATAPIA**



**get your game face on** ★ Sophomore Emma Rebein, right, focuses while the JV team warms up March 24. Rebein, along with freshman Molly Woolery, from left, senior Cydney Chibnall and sophomore Kelli Strader played against the varsity team. Photo by **SHAEFFER SMITH**

# days of our lives

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

A hoppin' **1** day until Easter Break

Exactly **6** days until the Fine Arts Showcase

About **12** days until STAR night

Approximately **13** days until senior exams

Nearly **21** days until class day

A mere **32** days until finals

And only **35** days

**840** hours,

**50,400** minutes,

**3,024,000** seconds

until summer. ★

compiled by **KATIE MCCOMBS**

## 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?" compiled by **LAURA NEENAN**

**Len Spaulding**

Just had some random girl in the movie theater just asked me if I went to sta, because she has seen me in the play, not to sound creepy she said. Im evenwearing sta gear (track jacket and auction sweatpants). Really girl? Really?

April 14 at 7:36pm via Text Message · Like · Comment

**Emily Cox**

how do they expect me to motivate myself to study for finals when I have been diagnosed with senioritis?

8 hours ago via Mobile Web · Like · Comment

**Emma Steck**

Got my cap and gown and decided I'm going to st bens!! What an eventful day :)

4 minutes ago via iPhone · Like · Comment

**Erin Farmer**

Had fun watching all the seniors model at the Mother Daughter Fashion Show!

10 April at 14:33 · Like · Comment

**HelloKatie Diane Crow**

I love how in the commercials with the iPhone 4, in the corner it says 3G...fail?

Yesterday at 3:48pm via iPhone · Like · Comment

**Meka Kelly**

Maddy Ismert my mom misses her snuggle buddy!

Sunday at 9:04pm · Like · Comment

**Katie Evans**

meet you on the dance floor kelly fast.

Saturday at 2:56pm · Like · Comment

**Colleen Corcoran**

UH HUH. YOU KNOW WHAT IT IS.

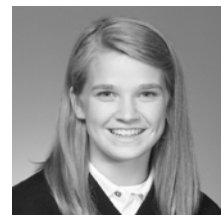
Sunday at 11:10am · Like · Comment

## My life sucks

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



compiled by **EMILY BRESSETTE**



**Gardella**

"After my soccer game, I was walking down the hill behind the gym and talking to one of my friends who was with me. All of the sudden, I stepped into this huge hole that I didn't see coming. I heard a nasty crack when I went down. It hurt so bad and now I have a sprained ankle. MLS."

Kelly Gardella, freshman

## It's a wonderful life



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

"I was just asked if I had an "It's a wonderful life" story for the *Dart*. This has been my all-time dream since coming to STA. It just came true. It's a wonderful life."

Emily Reboulet, sophomore



**Reboulet**

# I want to hold your hand



STA juniors and seniors competed with friends and faculty in the 2nd annual Dancing With the Stars competition to help fundraise for the class of 2011 March 25. Junior Brie Sandridge and Sister Joan Tolle won first place in the competition followed by senior Cele Fryer and Ms. Katie Dolan. STA senior Lindsay Girardeau and Rockhurst High School senior Alex Tomlinson received third place.



**1. dancing the night away** ★ Rockhurst High School senior Alex Tomlinson, left, and STA senior Lindsay Girardeau perform together at Dancing With the Stars March 25 to a remix of pop songs.

**2. sassy salsa** ★ Facilities manager Rafael Ramirez, left, and senior Maddie Lueke groove to "Hips Don't Lie" by Shakira.

**3. sisterly love** ★ Junior Brie Sandridge, left, performs with Sister Joan Tolle. The crowd applauded when the couple changed into matching nun outfits. The couple received first place in the competition.

**4. work it out** ★ STA seniors Laura Neenan, left, and Anna McTygue dressed as Mr. Kelly Fast compete in the Dancing With the Stars competition. The crowd applauded when they thought Fast was actually competing, and was surprised to see McTygue dressed as a look-alike.

