

News Briefs

Honors Ceremonies

The Induction Ceremony for the National Honor Society will take place on Nov. 29 in the Auditorium. There will be a practice ceremony on Nov. 28 in the Auditorium. Both take place at 7 p.m. The Tri-M Music Honors Society will hold its induction ceremony at 7:30 p.m. on Nov. 30. This ceremony will also take place in the Auditorium.

Journalism Awards

Congratulations to the students who worked on the Works literary magazine in the 2004-2005 school year. The magazine recently took fourth place in the Best of Show competition at the JEA/NSPA annual fall convention for high school journalists. The convention was the largest ever held. Additionally, seniors Meghan Bliss and Caroline Bleeke, as well as junior Rebecca Wall participated in newspaper write-off competitions and received honorable mentions in sports writing, commentary writing and review writing respectively.

Principal's Leadership Award

Senior Whitney Bruce has been nominated for the Principal's Leadership Award for the 2005-2006 school year. The national scholarship program recognizes one student per high school for outstanding leadership.

Honors Band

Juniors Christine Ford, Charles Johnson and Abby Lawlor have been named to the Honors Symphonic Band, as has sophomore Jacob Rienstra. They will be playing the Clarinet, Clarinet and Baritone respectively. Additionally, freshmen Brian Fleischer and Ben Portner, sophomore Drew Lefkowitz and senior Mark Goldman have been named to the Honors Jazz Band. They will be playing Latin Percussion, Drums, Alto Saxophone and Alto respectively. Congratulations to all.

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Globe

November 2005 Volume 77, Issue 4 **CLAYTON HIGH SCHOOL** | Mark Twain Circle Clayton, MO. 63105



GAY FIELD RENOVATIONS began at the end of the 2004 football season leaving CHS without a true home field for the 2005 season. The new field with artificial turf and lights will be home for football, soccer, lacrosse, field hockey and track teams in the future. The renovations will allow for Friday night football games and back-to-back games on a given day. "With the new turf, there will no longer be dips and divots making it softer and a lot safer for our athletes which is the main priority," Grawer said. "We will also be able to play on Friday nights and have late night practices in August instead of having our athletes practice in the dangerous heat."

Gay Field renovations close to completion

The Greyhounds have been playing at Concordia since the end of 2004, but thanks to help from the Friends of Clayton Athletes, the Greyhounds' renovated home field will soon be complete with artificial turf and lights.

MATT HORN

It has been long enough since fans have been able to enjoy the excitement of playing at Gay Field. Clayton has not played a home game of any sort since the Hounds football squad beat Normandy on Oct. 29, 2004. Since then Greyhound athletics were forced to move their games to the old Christan Brothers College (CBC) now Concordia Seminary. For many the wait has been too long, but others don't feel as energized about their new "home" field.

"You don't see the same intensity playing at Concordia that you used to see at Gay," junior football player Doug Williams said. "It doesn't feel like a home game at Concordia."

The long wait may soon be coming to a close for Williams and other CHS students. According to

Athletic Director Rich Grawer and construction workers at the field, the construction could be complete as early as Nov. 19.

The new field is equipped with lights, a new scoreboard and track and infield turf similar to the turf the St. Louis Rams play on.

The field is then made soft by pieces of rubber from over 150,000 old tires which were frozen and processed to feel softer. The main reason for all these new features is safety.

"With the new turf, there will no longer be dips and divots making it softer and a lot safer for our athletes which is the main priority," Grawer said. "We will also be able to play on Friday nights and have late night practices in August instead of having our athletes practice in the dangerous heat."

Another important decision for the new field was preservation and

maintenance.

"We can now have back-to-back games on the same day without the fear of ruining our field, as no preparation will be needed to set these games up," Grawer said. "And now we don't have to worry about rain ruining our field because of our new drainage system."

The new drainage system, which was paid for with the help of the Friends of Clayton Athletes, is actually set up under the field. The new turf contains holes in it which allows the rain to seep through into a bunch of rocks. These rocks, which are lodged under the turf are aligned so the rain drains into a certain area away from the playing field.

None of these features would be possible without the help of the Friends of Clayton Athletes led by Frank Hackmann. This group originally borrowed \$600,000 from

the bank and, through fundraising, was able to collect \$1 million to pay for the construction.

"These new features are amazing; the field has really come a long way and I can't wait to start playing real home games," junior football player Jonah Murov said.

Senior football player Chirs Peck missed having a home football field for his senior year, but knows that the new field will be beneficial for future teams.

"Not having a home field this year sucked," Peck said. "It's not fun having to travel to every game, it makes every game seem like an away game. Concordia never felt like home, it was just as far away as MICDS."

While the players and fans dislike Concordia, head football coach Sam Horrell doesn't understand what all the fuss is about.

"While I can't wait to play at the

new Gay, at the same time I don't mind playing at old CBC," Horrell said. "I don't think playing at Gay gives us any extra advantage compared to the old CBC."

While most of the focus is directed toward the football team, the field will also serve as the home to the soccer, lacrosse, field hockey and track teams.

"This field is a blessing for all CHS sports teams," junior soccer player Alex Johnson said.

The field is also a savior to the fans who don't like watching from Concordia.

"It doesn't feel the same to cheer at Concordia as it does Gay, since Gay is our true home," senior Elise Chudacoff said.

In the seasons to come, the Hounds will abandon play at Concordia and fans and players will once again enjoy "real" home games. ☺

Students question aftermath of Halloween dance

ANNALISE SHUMWAY

After the Halloween dance this past month, many students have criticized the administration because they feel that the drug and alcohol policy is too strict, and certainly stricter than it has been in the past. Also, many students have strong opinions regarding the punishment of designated drivers.

"No student who was a designated driver was suspended just because they were a driver," CHS principal Louise Losos said. "Designated drivers are also at fault if there is a possession of alcohol in the car."

Losos makes it distinctly clear that she approves of designated drivers but students cannot have alcohol in their car.

"I have some concern that a few students are making a martyr out of the student who was the designated driver," Losos said. "All other students suspended drank before they came to the dance. I love the concept of a designated driver but I wish it was not necessary."

Some students feel that the drug and alcohol policy has not been reviewed often enough by students and that the policy was too strictly imposed on students.

"I think the goal for the alcohol and drug policy is good but it has been more lenient in

the past," senior Melissa Smith said. "It is not realistic to increase the bar suddenly, even if the standard was already there. I suggest that students are told the policy. Students can read it in the planner but teenagers don't listen until we are told directly."

Senior Andrew O'Neal believes the policy is justifiable given students' actions.

"I think the policy is fair punishment for students who get caught," O'Neal said. "They probably won't do it again."

Like other high schools, CHS has a drinking problem, which Losos hopes to address to both students and parents.

"CHS has an alcohol problem, but we are not unique," Losos said. "I have been thinking about the issue a lot. The Clayton community

is different because everyone knows everything that happens in the area. I am also concerned about the attitude about the drinking from both parents and students. The reality is that 99 percent of the students who are drinking do it at home before they come to the school. The idea that 'this is just what we do' is not right. There is also a perception of the administration just turns their heads and blind eyes at dances. We are

DANCE, 5



SENIOR TREVOR GRANT, dressed as a girl at the Halloween dance on Oct. 20, poses with principal Louise Losos. Many students attended the dance dressed in costume.

Bird flu may become global epidemic

The recent outbreak of avian flu, a strain of influenza that originated in Asia, has been compared to the 1918 epidemic that plagued the world. As the number of cases continues to increase, experts rush to develop a vaccine.

ROLAND REIMERS

Imagine a disease so dangerous that it could spread throughout the entire world within a matter of months, ravaging animal populations and decimating human civilization.

This rather bleak picture of death and chaos, however, is not a problem new to the human race.

Precisely this occurred in 1918, when the Spanish Flu emerged from Europe after the end of World War I. The recent October issue of National Geographic stated that cargo ships carrying infected livestock spread the deadly virus from the trenches of Europe all the way to Alaska and around the world, killing between 50 and 100 million people.

Presently, the influenza strain that is a major threatening force according to scientists is the avian, or bird flu. In order to fully understand the nature of this virus, it is necessary to know a few basic facts about infectious diseases. One of the premier experts on this topic is Donald J. Kennedy, M.D., Professor of Internal Medicine and Infectious Disease at St. Louis University.

"Most infectious diseases are caused by microorganisms that are transmissible or communicable either person-to-person or sometimes animal-to-person, depending on the specific agent," Kennedy said.

Infectious diseases can be caused by many microscopic organisms, such as viruses, bacteria, fungi, and parasites. Influenza itself is caused by a virus that changes slightly each year, with a major change or pandemic every few decades. Each differently structured flu strain is given a different identification, using the proteins neuraminidase (N) and hemagglutinin (H).

"The H's and N's are labels of viral proteins on the outer membrane surface proteins of the viruses," Kennedy said. "Each virus that has a different 'H' has a different protein structure on the outside."

The 1918 virus was most likely a bird flu as well, and its label was only an H1. Knowing this, one might ask how the different protein structures affect the human immune system. The answer lies in what Kennedy defines as a difference between "drift" and "shift."

A drift is the small or minor change that a virus undergoes every year, resulting in the changes of flu virus each winter season. A shift, on the other hand, is a dramatic change of the surface mem-



AN ARTISAN TAKES a break near the wooden bird cage he is building. His stall is at the Pakruma bird market in Jakarta, Indonesia. Despite worldwide pressure for Indonesia to contain avian flu, it is taking little action, increasing the odds that a global pandemic could ignite here.

brane structure, hence a different 'H', and therefore requires a dramatically different response from the immune system to control infection. It is this shift from previous viruses that has caused the current bird virus to be of such concern to the scientific community.

Pandemics similar to the 1918 flu have been seen in 1957 and 1968 because of these shifts, but their effects were not as pronounced as in 1918 because of the development of antibiotics and other technological advancements.

In many cases, the flu virus weakened the body's defenses enough to allow the development of a secondary bacterial pneumonia. This pneumonia was in fact the main cause of death in bird flu patients, not the virus itself.

"It is becoming increasingly clear that those outbreaks are very similar to this one," Kennedy said.

Governments in China, Vietnam, Russia, and Romania have attempted to contain this outbreak through various methods. When the H5N1

virus was first noted in Hong Kong in 1997, government officials immediately ordered the killing of all of the islands' birds, approximately 1.5 million in all.

Yet the virus kept reappearing, despite the extreme efforts the government took. Eventually the virus spread to mainland China and south to Vietnam, Laos, Cambodia, and Thailand.

Kennedy explained that there is a three-pronged prevention and treatment program in place at this time.

The first protective measure is drug therapy. Four specific drugs are related to this bird flu, but only two are an effective means of treating it. The most widely called for drug is Tamiflu (oseltamivir). Tamiflu is popular because it is in pill form, which makes it not only easy to store but also easy take on a regular basis.

The other effective drug is known as Relenza. Relenza is hard to administer because it has to be inhaled rather than swallowed, and

its main side effect is its tendency to cause severe asthma attacks.

The second preventative measure underway in multiple countries is the development of a vaccine, Kennedy continued. The creation of an effective vaccine would be invaluable in stopping the spread of the flu, but current influenza vaccines are only 80 percent protective.

Finally, if large sections of the population were to contract the flu, quarantine and other public health procedures are likely to be implemented. An example of such measures was most recently evidenced in Toronto after SARS made the trans-Pacific journey from Asia to Canada and infected people there. Quarantine effectively contained the spread of the disease.

Although only up to 120 human cases of bird flu have been reported so far, with only 68 bird flu related deaths, there is still a distinct danger that "mixing vessels" such as pigs will reassort the virus, enabling it to transfer human-to-hu-

man much more easily, the National Geographic article stated.

Kennedy said that reassortment occurs when an animal catches two different strands of flu at the same time, such as from another animal and a human, and then alters the genetic make-up of the virus to create a different, more dangerous, end product. He further explained the spread of viruses in animals.

"The [virus] spreads in animals the way it does in humans: primarily through secretions and respiratory routes," Kennedy said. "It attaches to cells within either the respiratory tract or the [gastrointestinal] tract. Viruses have to use other living cells in order to replicate."

Multiple scientists interviewed in the New York Times and other newspapers have stressed that the virus has only spread to birds in southeast Asia, Russia, and eastern Europe so far. However, the virus will likely eventually sweep across the world, including the United States, according to Kennedy. In

preparation for this spread, President George W. Bush recently asked Congress for \$7.1 billion to develop vaccines, purchase flu vaccines, and buy more antiviral drugs. Although the president is preparing well, the arrival of the bird flu might still lie far into the future.

"How fast this will come, and how bad it will be, is subject to speculation," Kennedy said. "It has the potential to overflow hospitals and increase mortality...it has the potential to be very disruptive."

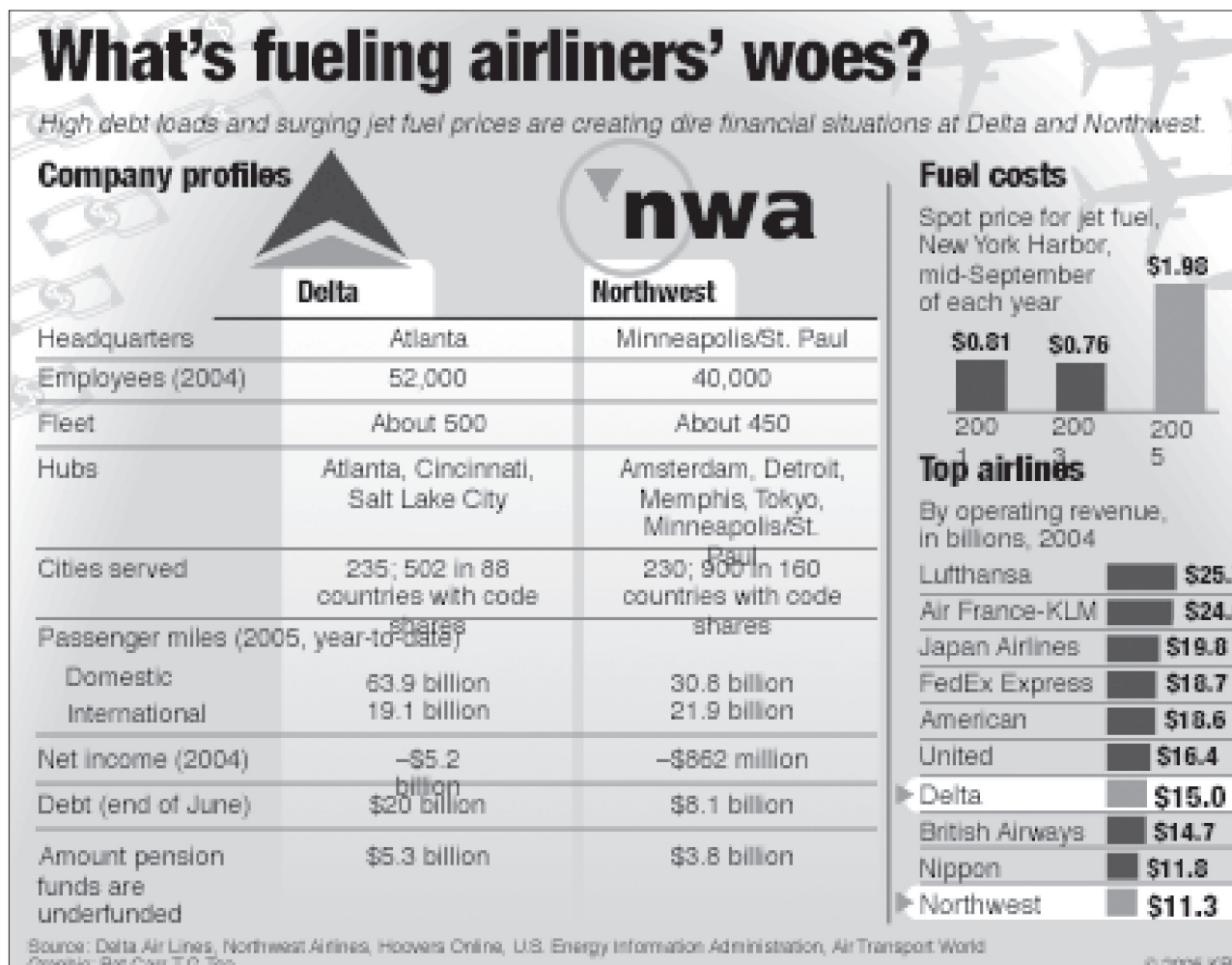
So far, the bird flu has only disrupted life in rural Vietnam and China, but the flu may be far more dangerous than a mere scare halfway across the world.

"I think there is a reasonable chance within the next few years, that we are going to have a new flu strain that we haven't seen before," Kennedy said.

Whatever happens in the next weeks, months, and years in terms of the bird flu, it will undoubtedly cause some sort of an impact not only medically, but economically,



Viability of aviation industry up in air



YIPENG HUANG

You might not be aware that every time you travel on an airline, you're doing business with one of the most economically unstable industries in the United States.

With domestic airlines filing bankruptcies, passengers are wor-

ried about losing their reservations. Furthermore, as fuel prices increase, the airlines are counterbalancing the extra expenses by cutting down on their service quality.

Traditionally, an airline's business strategy could be classified as one of two distinct types. Legacy carriers, such as Delta Air Lines,

Northwest Airlines and the former Trans World Airlines, are usually the companies that have been in the industry longer. They sell more of their tickets to travel agencies, who then provide advance booking for passengers.

On the other hand, low-cost airlines often offer set fares for their

tickets, so ticket prices depend less on how early the passenger purchases a ticket. Examples of low-cost airlines would be Southwest Airlines or Jet-Blue Airways.

"What's convenient about flying with Southwest is that I can buy a ticket from them and fly the same day without worrying about getting price-gouged," science teacher Nathan Peck said. "TWA, before they went under, and American Airlines would provide better service at a higher price. Now it seems like their service is as minimal as low-cost airlines. The difference in service quality between legacy carriers and low-cost airlines seems to be not as prominent anymore."

Many legacy carriers, under the pressure of rising fuel costs, no longer provide meals or movies on domestic flights. Still, most airlines are struggling due to high fuel costs and reduced air travel after the Sept. 11 attacks.

"The airline industry is actually a market that is very hard to make a profit in," social studies teacher Mark Bayles said. "The expenses for purchasing aircraft and fuel along with the labor and maintenance costs are so high that mainly only large companies can survive. Legacy carriers are also

at a disadvantage since they tend to have older fleets and their labor force is more unionized."

Earlier this year, Delta and Northwest joined United in the list of major bankrupt airlines. US Airways and America West Airlines are set to merge over the next few years. Airlines have been going bankrupt ever since the U.S. loosened regulation on airline companies in 1978, so, strictly speaking, airline bankruptcy is not just a recent phe-

nomenon. Nonetheless, the airline market is unique compared to other industries.

"Domestic airlines are unique in that they are not as subsidized as international airlines or foreign airlines," Bayles said. "Furthermore, the market follows a cyclic pattern in that the industry experiences years of good performance followed by years of bad performance. This is also true for the auto industry, but for airlines the profits made during the good years do not make up for the losses

in the bad ones."

When TWA declared bankruptcy and merged with American Airlines in 2001, air travel in and out of Lambert-Saint Louis Airport decreased significantly as a result.

"With STL not being a major hub anymore, it's hard to get around," junior Charlie Klein said. "There aren't direct flights to many cities anymore."

A bankrupt company is protected from previous contracts.

Although a bankrupt airline would probably try to honor booked tickets and frequent flyer miles, they have no legal obligation to do so. If the airline has no chance of recovering from bankruptcy and the bankruptcy court orders the airline to shut down, ticket holders are at risk of being unable to travel.

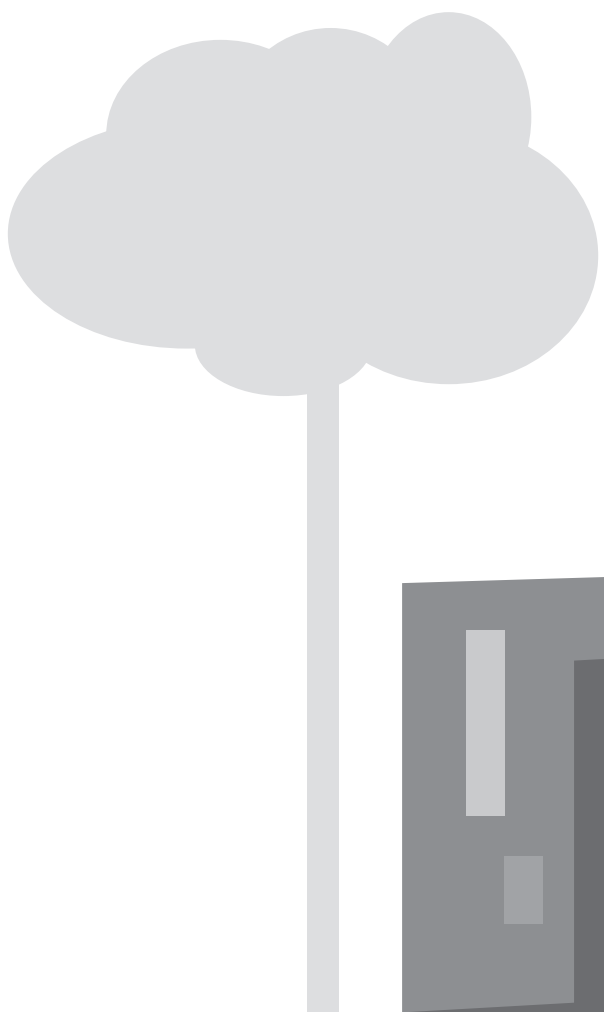
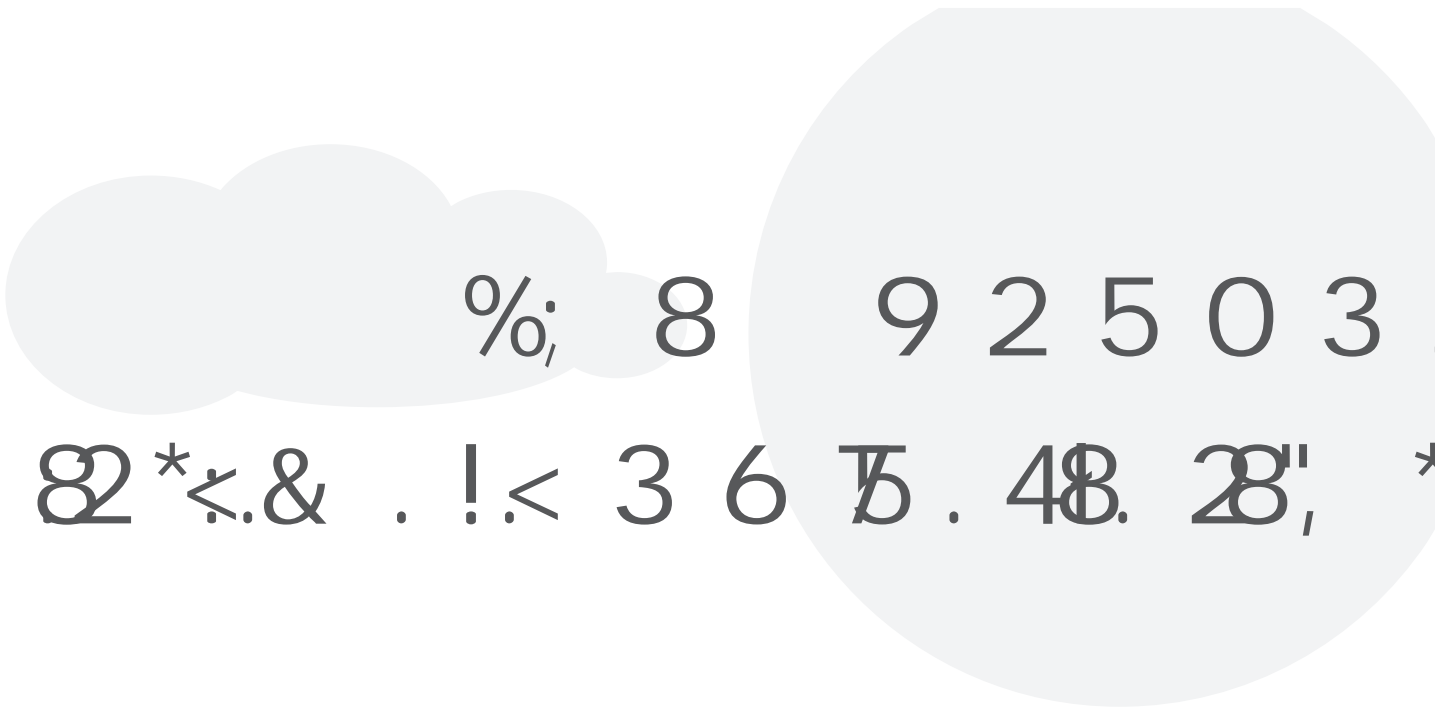
"I'm not worried that the airlines I fly are bankrupt," Peck said. "However, for planned trips, I avoid booking tickets with airlines that have filed for bankruptcy, just to be safe."

social studies teacher

MARK BAYLES

The airline industry is actually a market that is very hard to make a profit in. The expenses for purchasing aircraft and fuel along with the labor and maintenance costs are so high that mainly only large companies can survive.

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Chelsea Fischer



Chelsea Fischer

LEFT: JUNIOR KENT Gray and junior Maddie Rich watch one of the movies the CHS film club has seen this year. Above: Senior Cong Yu and senior Stephen Jia eat the snacks provided at another film club meeting. The film clubs watches a variety of films, ranging from foreign films to movies for teenagers. "We watch movies that are not usually in the movie theaters," Yu said. "They are movies that are foreign or less known ones. They all have a common theme, so it's a good way to put everything together."

Film club helps students see movies in different light

✪ FENG-SHUANG STAMME

If you like to relax and watch movies, look no further than the CHS Film Club. The film club has been around since before most students were born. English teacher Nick Otten, the original sponsor of this club, started the club back in the 1980s.

For the past three years, English teachers Amy Chappuis and Cherie Thibodeaux have taken the responsibility of being co-sponsors of the film club.

According to Chappuis, film club is a place for anyone who likes to watch films.

"Ms. Thibodeaux and I choose a theme each year and then the club watches movies around that

theme," Chappuis said. "After viewing each movie, we discuss it as a group. We look at some of the big ideas, like the overall message of the film."

This year's theme is isolation, and isolation among teenagers. The theme revolves around the misfits of the society, looking at the obstacles they face in their daily lives.

The variety of movies that the club will be viewing is diverse. They range from foreign films to teen-

I think this club is a place for students to see the kind of movies they don't normally see and look at in ways that they may not normally look at in a movie.

English teacher
AMY CHAPPAUIS

house" and "Goonies." Later view-

ings of films such as "Saved" and "Thirteen" are just some of the selections.

For the movies that the club has watched, students feel it is worthwhile to see these movies.

"The movies we have seen are really funny," junior Tess Shapiro said. "Like the movie, 'Welcome to the Doll House' was hilarious and it had a good message."

This year, the film club is planning something new to do as a group during the fourteenth annual St. Louis International Film Festival.

"We are organizing a club field trip to see a film at the International Film Festival," Chappuis said. "This is something new Ms. Thibodeaux and I are doing this

year, it should be really fun."

Shapiro, the co-president and second year member of the film club, thinks film club is for everyone to enjoy.

"It's fun; you don't have to be a big movie person to like it," Shapiro said. "We just watch movies, and then talk about them. They are not big theatrical movies; they are more like smaller ones, that you really haven't heard of."

Senior Cong Yu agrees the movies are not just the usual movies.

"We watch movies that are not usually in the movie theaters," Yu said. "They are movies that are foreign or less known ones. They all have a common theme, so it's a good way to put everything together."

Yu also points out other beneficial sides of the film club.

"You get free food," Yu said. "It is also a good place to just hang out with your friends."

Shapiro points out although the film club is small, it creates a nice setting for watching movies.

"Because we don't have that many people, it's really intimate," Shapiro said.

Each month, the film club holds its regular meeting in the Greyhound room at 1 p.m. on Sundays. The film club plans to have eight meetings for the 2006 school year.

"I think this club is place for students to see the kind of movies they don't normally see and look at in ways that they may not normally look at a movie," Chappuis said. ✪



Chelsea Fischer

JUNIOR SARAH GARVIN checks her grades on PowerSchool. Beginning this 2005 school year, students were allowed to utilize PowerSchool, instead of just parents.

PowerSchool proves successful

✪ ANYA VEREMAKIS

Nowadays a person can do anything on the web, from buying a pair of shoes on Ebay to finding a spouse; now CHS students as well as their parents can even check grades online.

PowerSchool is a web-based information system offered by Apple, which allows teachers to post grades online.

Newly implemented at CHS last year, parents were allowed the option of getting access to PowerSchool. In order to receive this tool a parent must come to the main office at CHS and receive a user name and a password.

"We purchased it [PowerSchool] from Apple after looking at several different student data management programs on the market," technology specialist David Hoffman said. "We found PowerSchool to be best suited for making information about student progress and attendance available on the web."

PowerSchool has proven to be a success for teachers and parents so far.

"Now that I have access to PowerSchool I don't have to ask how he [her son] did on papers or tests," sophomore parent Jackie Levine said. "I haven't had any issues at all with PowerSchool. Last year I had a little bit of trouble with teachers updating it, but this year they are very good about it."

PowerSchool allows parents to have the responsibility of checking attendance and keeping up with their student's grades.

"Parents often get upset when they do not know when their child has missed classes, or when they

have a child with inconsistent attendance," principal Dr. Louise Losos said. "This allows them to follow up without needing to go through the school."

Last school year students were not allowed access to PowerSchool, yet some CHS students still used the tool.

"I let my parents see my grades sometimes, but mostly I used PowerSchool for myself," senior Gene Cerrato said. "I know a lot of kids who do the same thing. I think they should have just given us access from the beginning."

Beginning this 2005 school year, students were granted access to PowerSchool as well. Every student was given a separate user name and password than his or her parents in order to obtain access to the tool.

The plan was always to give parents access the first year and then grant students access the second year.

"I think it is logical for students to have access to the program," math teacher David Kohmetscher said. "If it were up to me I would have given students access at the same time if not before parents. If an issue arises in a grade, I would hope the student would see me and fix the problem before the parents are even aware of the issue."

Enabling students to utilize PowerSchool increases student responsibility for their grades.

"Giving students access to their own grades gives them just that much more information, removes ambiguity and allows the students to follow up on missed assignments in a timely fashion," Losos said.

Yet, with all the pros that

PowerSchool brings to CHS, the cons are still of some concern.

"A negative is that students and parents will focus more on their letter grade and less on learning the material," Kohmetscher said.

This issue of students becoming too interested in a grade strikes a problem of over utilizing the tool.

"The cons are when a student becomes obsessed with his or her grades and checks them constantly," Losos said.

The concern of students and parents becoming obsessed with the grades is a big one, which brings up a very valid question: how many times a week is checking too much?

"I go on PowerSchool three to four times a week," freshman Amber Fisher said. "Usually towards the end of the quarter I go on it a lot more so I can check how I did on end of the quarter tests and projects."

"During the week I check about once a day," Levine said.

Additionally, along with technology often comes trouble. Fortunately, PowerSchool has proven to be fairly immune so far.

"There have been a few minor glitches with information not showing up correctly in PowerGrade, the application teachers use to put information into PowerSchool, but nothing for which we haven't been able to figure out a solution," Hoffman said.

The implementation of PowerSchool for both students and parents is proving to be a good one. Despite the very few problems, PowerSchool has become a very widely used and appreciated tool throughout the school. ✪

Arts Fair preparations start early in school year

✪ REBEKAH SLODOUNIK

Each spring, Clayton High School students participate in a CHS tradition: the Arts Fair. However, most students do not realize the effort that goes into planning the Arts Fair.

"The Arts Fair is not just a day event," senior and member of the Arts Fair Steering Committee Whitney Bruce said. "We start planning in late fall and the event is not until spring. It is important for people to realize how much Clayton values the event, not just for community service, but because we truly care."

Math teacher and co-sponsor of the Arts Fair Anne Etling also emphasizes the effort it takes to plan the Arts Fair.

"The Arts Fair is not something that is planned in a couple of months," Etling said. "We start planning in October and we have multiple meetings before the Arts Fair."

The first Arts Fair Steering Committee meeting took place on Oct. 27 at 7:30 a.m.

"At the first meeting, we signed up for committees and decided on responsibilities," Learning Center Director and co-sponsor of the Arts Fair Dee Blassie said.

Committees include the Activities Committee, the Site Logistics Committee, the Volunteers Committee and the Public Relations and Decoration Committee.

The Arts Fair Steering Committee meets bi-monthly until early spring, when it meets weekly.

"At our last meeting, we decided on our theme for the Arts Fair, Monopoly St. Louis," Bruce said. "We plan to have a room sponsored by the Botanical Gardens, Imo's, the Arch and the Hill. Since will have younger and older students, we have to accommodate both levels

of interests. Hopefully, by choosing a topic like Monopoly St. Louis, both ages will enjoy it."

Bruce further explains some of the Arts Fair Steering Committee's responsibilities.

"We organize the volunteer events, send invitations and help plan the arts and crafts," Bruce said.

Etling points out the positive aspects for students who actively participate in planning the Arts Fair.

"Helping to plan the Arts Fair allows some students the opportunity to take a leadership role, and it offers CHS students a chance to better know some of their classmates," Etling said. "It also gives real world experience in working with disabled students."

Bruce also believes students benefit from helping to plan the Arts Fair.

"For any event, planning helps you to learn responsibility," Bruce said. "It also helps you to appreciate how much other people do to plan events, and it makes you appreciate the Arts Fair day itself."

The Arts Fair Steering Committee is open to any student who wishes to participate.

"You don't have to be on Stugo to participate," Etling said. "Any student can be part of the planning of the Arts Fair. The thing that makes the Arts Fair work is the students. If our students aren't excited and aren't willing to share their time, the Arts Fair wouldn't work."

Like Etling, Blassie emphasizes the need for more participants.

"We can always use more volunteers," Blassie said. "The more people we have involved the better. We need to get the word out to freshmen because they weren't here last year, and the students who have participated know how special it is."

Dr. Mike Musick, who left CHS this summer to become principal of the Construction Career Center High School, developed the tradition of the Arts Fair at Clayton.

"The Arts Fair began with Dr. Musick," Etling said. "My hope is that the tradition will continue through the enthusiasm and motivation of the students involved."

Blassie wanted Musick to know how much his input into the Arts Fair will be missed.

"At our first meeting, I called Dr. Musick on his cell phone to tell him what we were in the midst of planning," Blassie said. "I wanted to make sure he knew how much he was going to be missed. I put him on speakerphone and the students said hello."

However, Musick's absence will not alter how the Arts Fair is run this year.

"Dr. Musick laid a great foundation for the Arts Fair," Blassie said. "Ms. Etling and I were able to pick up and take off this year."

Etling also agrees that the planning for the Arts Fair this year will remain the same.

"This is my learning year," Etling said. "I'm learning and structuring the Arts Fair how it has been structured in the past. After one year of experience, then I will take a look back and decide if there are any changes I need to make. Feedback from students will also help decide what changes are made."

This year's Arts Fair is scheduled for April 6, and the excitement is already starting to be felt.

"I'm just so excited about being a part of this wonderful event," Blassie said. "The determination of students and their overwhelming commitment is unbelievable. I've never seen anything like it." ✪

School dance sparks controversy

DANCE, I

aware that some students have been drinking but we don't know every person well enough to tell a difference. If we know a student is under the influence we investigate it."

Losos ensures that there will not be breathalyzer tests at dances for every student.

"We need to work on better

chaperones at the dances," Losos said. "There is better supervision when there are more adults around. We are also not looking to use a breathalyzer on every student. This would be counter to the philosophy of CHS. There is no need for a police state but there is a need for more awareness. Suspending students is not fun for administrators. It is the worst aspect of the job. It was not a reason for me to get into

education."

Although many students are upset about the suspensions, Losos hopes all students can learn from it and make wiser choices at the other dances this year.

"I wish students could have fun without alcohol," Losos said. "Many students believe it is part of the CHS culture. We still have three more dances and I hope the whole student body can learn from it." ✪

CHS science curriculum practical, fits modern times

CHS offers a unique science curriculum, requiring freshmen to take physics instead of the conventional biology class. Coordinators hope that the arrangement will compliment students' background knowledge of the subjects.

✎ JEREMY BLEEKE

If someone visiting Clayton High School were to go up to room 222 during third hour, they may hear the following exchange:

'The general formula for Y final that we decided to use is acceleration times delta T squared plus velocity final times delta T plus Y initial.'

'Right...and we know that it is negative because...?'

'Because the object is accelerating towards the ZRL?'

'Sure. So now what?'

'You substitute in your values and solve for Y final. So you do 1/2 negative nine point eight meters squared times 13 seconds squared plus 309 meters.' Etc. Etc.

But what the visitor may find most surprising about his/her visit to the third floor is that during third hour, room 222 is filled not with juniors or seniors, but with freshmen.

Should the visitor investigate this any further they would discover that these twenty or so students are here discussing uniform acceleration thanks to Rex Rice, who teaches honors freshman physics and AP physics at the high school.

For certain freshmen, physics had been offered as a course all the way back to the '60s, but was never available to everybody.

When Rice joined the science department for the '91-'92 school year he had some big changes in mind.

"My proposal," Rice said, "was that we do what is called the inverted sequence, which means everybody take physics as a freshman, chemistry as a sophomore, and biology as a junior, the sequence we have now."

This wasn't entirely approved right away. It was decided that all freshman would take physics, but that biology would be taught in tenth grade, and chemistry in eleventh- not quite achieving the idea of the inverted sequence.

Slowly however, the other teachers came around to the idea, and the physics, chemistry, biology sequence was put into place.

This "physics first" philosophy is not common. The only other public school in the St. Louis area that teaches it is Kirkwood, and there are a few private schools as well such as Nerinx Hall and Chaminade.

For the most part however, in St. Louis and around the country, the traditional order has been biology, chemistry, and finally physics.

The reasoning behind this progression is that when the sequence was conceived, at around the turn of the century, biology was based primarily on memorization and required little math.

Biology should be followed by chemistry which was reliant mostly on memorization, focused on detailed experimental procedures and required modest amounts of math.

Lastly should be physics, which required the most mathematics and relied heavily on problem solving, analysis and critical thinking.

Although this may make sense for people in 1904, the nature of these various fields have changed drastically since then and the requirements have changed along with them.

"Biology when this sequence got going was all about classification and memorizing names and stuff like that," Rice said. "But in the hundred years since then the nature of biology is understanding the bio chemical and ultimately the chemical and physical underpinnings of life. So you can't do biology without understanding some chemistry."

In our modern age biology and chemistry have become so much more than just memorization that it is obvious that it no longer makes sense to follow this outdated reasoning.

The theory behind physics first, chemistry second, and biology third is that one builds on the next, which builds on the next.

Physics is the most basic science, so it should be taught first because the ideas in physics can be applied to the ideas in chemistry. Those ideas in turn can be applied in biology.

"Physics is the most fundamental of the three sciences," Rice said. "It really is at the root of all science, and chemistry really picks up on physics and focuses on a [specific] area. If you look at biology, biology as it looks in the twenty first century is really bio-chemistry and if you don't understand some chemistry there is no way you can understand biology."

Gabriel de la Paz, who teaches both physics and biology, shares these sentiments.

"One advantage is that physics first and chemistry second puts chemistry before biology which is huge in terms of my own experience teaching biology," de la Paz said. "Before coming to a place where they teach chemistry before



FRESHMEN IN PHYSICS teacher Gabriel de la Paz's third hour Honors Freshmen Physics class look on as de la Paz explains a physics concept. The CHS science curriculum is unique in that freshmen take physics first, sophomores take chemistry and juniors take biology. Usually, the sequence is biology, chemistry and physics. "Physics is the most fundamental of the three sciences," physics teacher Rex Rice said. "It really is the root of all science."

biology I may spend four weeks teaching my students basic chemistry."

One of the most obvious ways to see this relationship is by looking at prerequisites for understanding science textbooks, meaning things that it is assumed you already know before you start the course.

Uri Haber Schaim, one of the national figures behind the physics first movement, counted these prerequisites in several popular textbooks.

He found that there are on average 31 physics prerequisites in chemistry textbooks, 23 chemistry prerequisites in biology textbooks, and a total of 2 chemistry and biology prerequisites in physics textbooks. This shows, beyond a doubt, how teaching with the in-

verted sequence builds one subject on the next.

Teaching physics to freshmen does have its downfalls however. Some of the subject matter has to be cut because the math needed has not yet been studied, trigonometry in particular.

"We don't do circular motion, we don't do momentum because of the difference in math ability between freshmen and juniors or seniors," de la Paz said. "But that being said I don't believe that physics should be all about doing math problems anyway. I think there is a lot of physics to be understood that doesn't require that much math."

The other obvious strike against teaching the inverted sequence, at least in Missouri, is that the MAP (Missouri Assessment Program)

tests contain a very large section on biology, and since the tests are taken at the end of sophomore year Clayton students have not been taught much biology.

However according to Rice that despite this obvious set back scores have been so good on the other science sections that Clayton has still ranked at or near the top ten schools in the state as far as science achievement as measured by MAP.

And if there is any doubt about whether teaching physics to freshmen is effective, let the numbers speak for themselves.

Clayton has finished in the top ten for TEAMS every year since '93, won 6 national championships in TEAMS competition, won first place at SLUH physics competition eight out of the last nine years, and

85% of the students who take the AP physics exam receive a 5 (the highest score possible).

Senior Amar Srivastava has gone through the physics first sequence and is now in Rice's AP physics class. He agrees that taking physics, chemistry, and then biology was a good experience.

"It's good that they teach the sequence like they do now," Srivastava said. "It seems like most of our science comes from physics and that there are physical and chemical applications in all of the different subjects as well."

So now, and in years to come, visitors to the third floor will still be able to hear talk of uniform acceleration coming from room 222, because physics for freshmen is here to stay. ☺

Forensics class: the real 'CSI'

✎ CALEAH BOYKIN

The first day in Forensic Class a student is digging through trash, but that's not the reason that Forensics has become the most popular science class, thanks to televisions most watched drama "Crime Scene Investigation, CSI."

The class has become so successful that science teacher Heather Jacus will offer an advance forensics class next semester.

Jacus majored in forensics in college but she figured out that she didn't want to "think about blood guts all the time," so the perfect job for her was to teach in a high school setting.

Jacus started out as a chemistry teacher and did a three-week forensic science unit with her students, and they loved it. She then decided to turn it into a regular class. The class was so successful that she needed a little more help this semester. Science teacher Craig Sucher is also teaching basic Forensics this semester.

"I just had a curiosity about the material from watching 'CSI,'" Sucher said. "It's an neat opportunity for the kids to use all the science that they've taken in their science careers here. We pull from their physics understanding, their chemistry, their biology understanding and put them together in a context application that's just really neat and kind of interesting."

In basic forensics, students learn interesting facts such as how to determine the time of death by watching a dead chicken decompose. Yes, CHS has a body farm.

The forensics students also learn time of death by watching real doctors do their jobs on Court TV's "Case Files." This forensic class is not for the squeamish because the students also go to a morgue at Barnes-Jewish hospital to look at cadavers.

Jacus said the class also covers anthropology, the study of bones. She teaches her students how to tell age and race by the skeleton of the victim.

The class also goes into accident reconstruction, taught to the students by the student resource officer Dan Hegger.

The students study blood splatter as well. From the blood splatters, they can tell if the victim was shot, beaten or stabbed.

"What made me want to take Forensics is that I was interested in learning how to solve crimes," senior Tynisha Hatcher said.

Basic forensics doesn't just cover science; the class also goes into law as well.

"We talk about how all this evidence is assessed and how it ties in to the legal system to get a conviction," Jacus said. "And we talk about it more now than we did in past semesters."

The students discuss eyewitness testimony and how the court could dismiss them, due to things like weapon focus, which is the term for a victim of a crime who doesn't look at the perpetrator but at the weapon the perpetrator is using. The students follow cases of how wrongfully accused people were put in jail by those testimonies.

They participate in exercises to see how hard it is to describe someone they see everyday. The students even go to court to see how specialists are used in court cases.

That's just the basic forensic class. The advanced forensics class will begin next semester.

"In Advanced Forensics, one of the topics is profiling," Jacus said "And forensic psychology and how the mind operates differently in someone who repeatedly uses criminal behavior."

The Advanced Forensics students will also study toxicology. They will talk about sports because of all the steroids players take. They have a lab where they study fake urine. The students will also study arson.

"We're going to talk about arson cases and how you can determine whether or not a fire was initially started," Jacus said.

They also study cases with a lot more twists. The students have more guests, a bomb dog and a robot, so the students can see how the bomb squad does its job.

It's not surprising why Forensics has become one of the most popular science classes. The class is fun and students don't get to study just science but law as well. The TV show might have been what got students into Forensics but most don't regret being in the class. ☺



SENIOR ANDREW O'NEAL is one of the many students enrolled in Forensics, one of CHS's most popular classes.

Club provides chance to explore Spanish culture

✎ LIZA SCHMIDT

Every Friday morning, Spanish music echoes down the hall, mixed with laughter and loud conversation. It is the morning of Spanish Club.

Most Fridays students get together around 7:45 a.m. to eat breakfast and plan their next activity. So far this year the club has

shared slideshows and photos from the Spain trip this summer, as well as announced dates that interested students could take Flamenco lessons at a nearby dance studio.

"They're going to have more experiences with the cultural activities that might not fit into the courses they're offered," Spanish teacher Maria Roman said.

"I joined Spanish Club because I wanted to learn more about the culture," sophomore Maggie Renshaw said. The club is planning on watching Spanish

movies, cooking different Hispanic foods and doing some community service work as well. "We're hoping to get a tutoring program off the ground, run by higher-level Spanish students in the club," Spanish teacher Stephanie Martin said. Senior Jocelyn Wagman thinks the tutoring will help students who are struggling in Spanish. "The sessions would be open to anyone, not just regular Spanish club members," Wagman said.

In the past the club has sponsored a needy family during the winter holidays. They are hoping to do that again this year as well. "I really enjoy the opportunity to do community service with the students," Martin said.

The beauty of Spanish club is the casual atmosphere. Club members come when they can and participate if they please. All lovers of Spanish are welcome! ☺

Spanish club members will have more experiences with cultural activities that might not fit into the courses they're offered.

Spanish teacher **MARIA ROMAN**

Journalism convention gives student publications new ideas

From Nov. 9-13, over 6000 journalism students from around the world gathered in Chicago for the annual JEA and NSPA Fall National Convention. The long weekend consisted of friendly competition, informational sessions, and the opportunity to explore downtown Chicago.

❶ RACHEL HARRIS

Throw more than 6,000 journalism students from across the country into one hotel and voila, the biggest high school journalism convention in history is born.

From Nov 9-13, journalism students nationwide flocked to the Hyatt Regency in downtown Chicago to participate in one of the biggest events the hotel has ever seen. "Walking into the hotel was sort of overwhelming," junior Globe section editor Rebecca Wall said. "I didn't realize that there were even 6,000 journalism students in the entire country. It was sort of a reality check to see so many congregated in one location."

Over the course of the convention, students attended breakout sessions catered to their specific area of journalism. There was an extensive variation in session topics ranging from Editorial Pages to Happy Birthday Publications, which detailed how to throw a birthday bash for a newspaper.

"My favorite session was the one about selling yearbook ads," junior

and CLAMO sports editor Matt Schlessman said. "It went over how to make the ad appealing because of the slow turn-around of the ad. Since the yearbook only comes out once every year, we learned marketing strategies to compensate for that."

"My favorite session was the Chicago Tribune front page," senior and Globe managing editor Annalise Shumway. "I enjoyed it because

it gave me good ideas to use in our paper. The man who ran it was very impressed that we had used the Chicago Tribune front page to inspire us this summer when we redesigned the paper."

Senior and Globe editor-in-chief Caroline Bleeke accompanied Shumway in the breakout session.

"It was really interesting," Bleeke said. "We looked at the front pages of the Tribune after major events. I also liked the 'Meet with a pro' breakout session. Five other people and I got to talk with the Pulitzer Prize-winning editor-in-chief of the Chicago Tribune."

Students from the CHS yearbook and newspaper attended the convention, but no broadcast news students were able to.

"I think the broadcast news students would have really benefited from the convention," yearbook advisor Christine Strahan said. "I went to a lot of the breakout sessions and learned about new ways to improve our broadcasts."

While all the attendees participated in the breakout sessions, only about 2,000 participated in

the writing competition called the write-off.

"I was in the commentary write-off," Bleeke said. "The guest speakers spoke about how school was scheduled badly for teens sleep habits." Bleeke, although

coming to win honorable mention, had an interesting experience during the actual competition.

"There was this crazy girl who was sitting with me at my table,"

Bleeke said. "She was really intense. She had a tape recorder recording everything the speaker said even though we were writing a column and a bunch of journalism style books all around her."

Other write-off wins came from Wall who won honorable mention in review writing and Globe managing editor Meghan Bliss who also won honorable mention in sports writing.

"Write-offs are very difficult because it involves listening to a speaker and taking notes which is different than what everyone is used to," Globe advisor Nancy Freeman said. "With 2,400 people in the contest, I'm very proud that three of our students could place."

Not only did the convention provide a good environment to learn about journalism, but the location of the conference was appealing to many people as well.

"It was really awesome that the convention was in Chicago," Shumway said. "Getting to go shopping along Michigan Avenue and visit the different museums was really fun. The setting in general was awesome. It was a nice change in pace from life in St. Louis."

Everyone who attended the conference had a lot of fun. Those who chose not to attend regretted missing out on the experience of attending the largest high school journalism convention in the world to date.



photo courtesy of Kate Waterbury

I would definitely go again. It was a nice mix of learning, seeing Chicago, visiting friends, shopping, and going to museums. It was cool being able to interact with students in a different setting.

yearbook adviser

CHRISTINE STRAHAN



photo courtesy of Kate Waterbury

ABOVE: THE GLOBE and Clamo head editors pose in front of Chicago's Millennium Park. Journalism students attended eight break-out sessions in addition to two keynote speakers during the four day convention, yet still had time to explore downtown Chicago.

Left: Senior Annalise Shumway prepares to return to St. Louis on Sunday morning. Although the weekend was filled with activity, which many found exhausting, the students found it was worth their time and travel.



Carlin Ly

THE CHS CHAMBER choir makes final preparations for their trip to New York City. On Nov. 22, the choir will be performing Vivaldi's "Gloria" at Carnegie Hall with other high school and college choirs from throughout the country. "I think it's a great opportunity to perform in a concert bigger than our small group," choir director Alice Fasman said. "The [CHS Choir] will raise themselves to a higher level."

Chamber choir to sing at Carnegie Hall

❶ REBECCA GUTMANN

A dream trip for many, is becoming a reality for some. The CHS Chamber Singers will join half a dozen choirs from all around the country at Carnegie Hall in New York City on Nov. 22 to perform Antonio Vivaldi's "Gloria."

There, the choir will have the opportunity to sing with a professional orchestra as part of a concert series at the infamous Carnegie Hall.

"I think it's a great opportunity to perform in a concert bigger than our small group," choir director Alice Fasman said. "The [CHS choir] will raise themselves up to a higher level."

Senior Susie Johnson feels the same way.

"I was told that schools are invited to sing at this concert at Carnegie Hall," Johnson said. "That makes it a really big honor, a once-in-a-lifetime opportunity."

Johnson also feels that the concert will provide an exciting challenge.

"We are singing with really talented

choirs from across the country," Johnson said. "There are even college choirs participating, which is which will be another good experience."

Chamber Choir has been working diligently, practicing daily, in preparation for the trip. Many students feel that choir practice has changed in respect to the trip.

We've been singing 'Gloria' a lot," junior Andrew Davidson said.

Johnson likes the way the choir approached the music.

"We incorporated the songs we needed

to practice for the concert in New York into our fall concert," Johnson said. "It was nice to sing some different music at the concert and it gave us a chance to practice the required music without making it too overwhelming."

And that is true, the choir rehearsals have, gotten "more harsh and demanding," according to sophomore Erik Jones.

Although the practices have become more rigorous, students, like senior Amber Engh agree it is worth it.

senior
SUSIE JOHNSON

We are singing with really talented choirs from across the country. There are even college choirs participating, which will be another good experience.

"Since I've taken vocal lessons since elementary school, going to New York to sing at Carnegie hall is the biggest opportunity I've ever had," Engh said.

Fasman, along with her choir, was invited to participate in the concert series, "the New England Concert Ensemble," being performed at Carnegie Hall. This specific concert on Nov. 22 includes the performing of Mark Brymer's "The Christmas Suite," Gwyneth Walker's "Songs for Women's voices" and Joseph Martin's "The Awakening."

From the beginning of the trip, the choir will be involved in daily rehearsals. Apart from rehearsals and the final performance on Nov. 22, 2005, CHS Chamber Choir has a packed itinerary of activities. Seeing a Broadway musical, visiting the Empire State Building, and visiting New York University are just some of the events Fasman has planned for her 21 students and four chaperones.

Although some of the twenty-one students have been to New York City before, for many of them this is their first visit to the Big Apple, and the incentive for wanting to go on this trip.

"Seeing Carnegie Hall is a once in a lifetime experience," Jones said.

The Choir leaves on Nov. 18 and returns on Nov. 23. And although it is uncertain if this will become an annual trip, both students and staff alike are excited for the trip. ☺

NHS makes changes for 2005-06 school year

❶ HYRUM SHUMWAY

In the past at CHS, National Honor Society has merely been an honor. After the induction ceremony, the organization seemed to disappear until the following year.

This year the organization is breaking previous tradition by trying to implement a new service component for the society.

NHS sponsor Kris Helbling thinks service is a good idea.

"The intention of NHS is not to be an honor roll," Helbling said. "NHS is meant to show not only students' academics but also their leadership, service and character."

Helbling explains the procedure.

"There are four criteria to be accepted into NHS: scholarship, leadership, service and character," Helbling said. "Usually schools address scholarship first. You must have a certain GPA to even be eligible."

Each NHS chapter can make small changes in their requirements based on the demographics of their school.

"At Clayton our cut off is 3.5," Helbling said. "With NHS you cannot preference those that have a 3.75 or a 3.9 compared to those with a 3.5 they have both made the scholarship criteria and are equal in this aspect. Next the character rating is made through the teachers. Last year 77 students were admitted last year and this year there were 81."

However, the NHS decisions are sometimes second-guessed by CHS students. "I know some people who didn't get

in that probably should have," senior Polly Jewett said. "This is because teachers didn't like them last year, or because they aren't as involved. I think that NHS could ask for coaches' opinions also."

Jewett is not alone in her view.

"Overall, I haven't been surprised

This year we are going to try to get NHS back to where it is more traditional. In our case that means more community service. Our first event will be on Dec. 3. We are going to clean up Forest Park.

senior NHS officer
ANDREW O'NEAL

about who have been inducted," senior NHS officer Jennifer Pierce said. "I am more surprised in who didn't get in. I sometimes question where they make the cut-off."

In contrast, many believe the system is well organized.

"To get in I had to get signatures from teachers and write a list of my activities," senior Julie Shore said. "I think it is pretty fair because it shows not only an academic record but also your activities."

This year service will be included in NHS activities.

Andrew O'Neal an NHS officer describes how the service component will be added.

"This year we are going to try to get NHS back to where it is more traditional," O'Neal said. "In our case that means more community service. Our first event will be on Dec. 3. We are going to clean up Forest Park."

NHS is also trying to change the lunch habits of CHS students, in hopes of bettering the general atmosphere at CHS.

"Also NHS is trying to sponsor a campaign to clean up trash in the commons," Pierce said.

This year, NHS' finances are also changing.

"This is also the first year to have a charge for admission of \$5," Pierce said. "It will be used cover the cost of the pin, certificate, candles and food at the community service activities." ☺



Stealing remains major concern at CHS despite economic affluence

Recent rash of thefts in locker room make students wonder why others feel compelled to steal.

☛ **MEREDITH MCKAY**

Recently, a spree of thefts has swept the eighth-hour freshman health class, Fitness for Life.

The grand total of money stolen has reached \$111. But an even greater concern in the eyes of the victims is the simple question: why?

"I don't understand why anyone would steal at Clayton High," freshman Chelsea Flood said. "I mean, it just doesn't make sense."

Flood has had a total of \$91 stolen.

Flood is referring to the fact that most people who attend Clayton High are fairly affluent; in 2002 the estimated average household income in Clayton was \$135,075.

Flood feels that most students at Clayton High have no logical justification for stealing money.

All students agreed that their money was stolen out of their bags and not lost or left lying out.

"My wallet was in my wallet in my bag in my backpack," said Flood. "Someone definitely went

into my stuff and stole my money."

Freshman Maddie Harned, another eighth hour Fitness for Life student, agrees.

A total of \$5 has been stolen from Harned.

"My money was in my backpack before health and it was missing right afterwards," Harned said. "It's not the amount that bugs me though," Harned said. "It's the fact that CHS students, who obviously don't need the money, are stealing."

Freshman Neda Svrakik agrees. Roughly \$15 has been stolen from Svrakik. She feels that the amount of money stolen does not bother her as much as the fact that people

went through her property.

"I want to be able to leave my stuff in the changing room when I go to class," Flood said. "But I feel uncomfortable doing it now because I'm always wondering, 'are people going to take my stuff again?'"

Maybe a psychological reason can explain why students who do not need money are stealing.

Psychologist Maria Antoniadis theorizes that although the common conception is that rich people will steal less than poor people, maybe that idea is wrong.

"Kids in affluent communities might feel intense pressure to keep up with everyone else in

their community," Antoniadis said.

"They may resort to stealing to get the designer clothes and newest gadgets. Most people think that people in affluent communities will steal less than poorer people; but think about Wall Street, ethics there are horrible. I think it might be possible that affluent people steal more because poorer people are not as easily entranced by money because they do not have as much 'experience' with it."

Antoniadis also mused that an emotional need might be driving this more than a physical need.

"It might be that someone has a deficit in their heart and not in their pocketbook," Antoniadis said. "If someone is feeling neglected or like no one cares about them, the cheap thrill of getting away with stealing could fill that void at least for a little while."

Whatever the reason for these thefts, most students agree that school should be a safe environment for students, one where they feel comfortable leaving their bags in the changing room when they go to their health class. ☛

Kids in affluent communities might feel intense pressure to keep up with everyone else in their community.

psychologist.
MARIA ANTONIADIS

IS Fitness offers options for P.E.

IS Fitness is a personalized class that encourages self-motivation and determination among students enrolled. Many kids choose this due to its freedom opportunities, but it can be a problem for students who don't stick to their schedules.

☛ **QING ZHANG**

The bold print on the student handbook for Independent Studies: Personal Fitness Program says: "Taking Ownership of Personal Wellness."

Independent Study Fitness is a one semester, highly-personalized fitness program that is offered at Clayton High School annually.

"Basically, it is called Independent Study Fitness because it is very individualized," physical education teacher Melissa Lewis said. "It gives the students an opportunity to come up with their own fitness plan and achieve their goals outside a typical class setting."

Not only does the flexibility of the course structure appeal to many busy students with a conflicted daily schedule, its intention to modify the traditional class atmosphere to a more accommodating one draws an increasing number of applicants as well.

"Unlike a regular physical education class," Lewis said. "This course is designed so that students who want fitness training will not get stuck with something they don't want to do during physical education."

The omission of constant supervision proves to be another attractive factor for students who registered for the class.

"You do not have a teacher telling you what to do," junior Maria Muzanila, currently enrolled in the program, said. "You can be independent and the good thing is that it is different and more adaptable."

But this class is not for everyone.

"The course is usually scheduled for juniors and seniors with a full schedule," physical education teacher Joseph Gamlin said. "And a recommendation from the previous physical education teacher is needed to assess the ability and



CHS STUDENTS RUN through Shaw Park in order to fulfill Independent Study Fitness class requirements.

motivation of the student."

Aside from the official limitations, the privileges of the class entail certain obligations.

Students are expected to do all course objectives in order to get full credit. These requirements are necessary for success.

"The students will have to set down their own goals, design their own fitness programs and conference with the instructors every other week," Lewis said. "And work out at the Center of Clayton at least three times per week, attend focus

sessions, and do some follow-up writings."

The course expectations, in contrary to popular belief, do exert intensive pressure on students enrolled in the course.

"No one is going to hold your hand," Lewis said. "Nobody is going to be there to babysit you. You have to be motivated and self-disciplined to succeed in the class."

The absence of an instructional presence had become, ironically, a major contributor to students' failures in the class.

"The problem is that there are so many students in the class who should not be there," Gamlin said. "Those

who are not motivated try to take advantage of the system by not working out and just filling out the handbook. In first quarter alone, I have five students failing the class."

Nobody is going to be there to babysit you. You have to be motivated and self-disciplined to succeed in the class.

Physical Education teacher
MELISSA LEWIS

"It is a lot more work than I anticipated," junior Margaret Meyer said. "There is a scarce amount of time for the work-outs and conferences when you have club activities and other extracurricular interests to attend to."

Lewis commented on the time issue. "Students just have to find that time to fulfill their responsibilities for the course," Lewis said. "Sometimes they are so busy they can not take the class anyway."

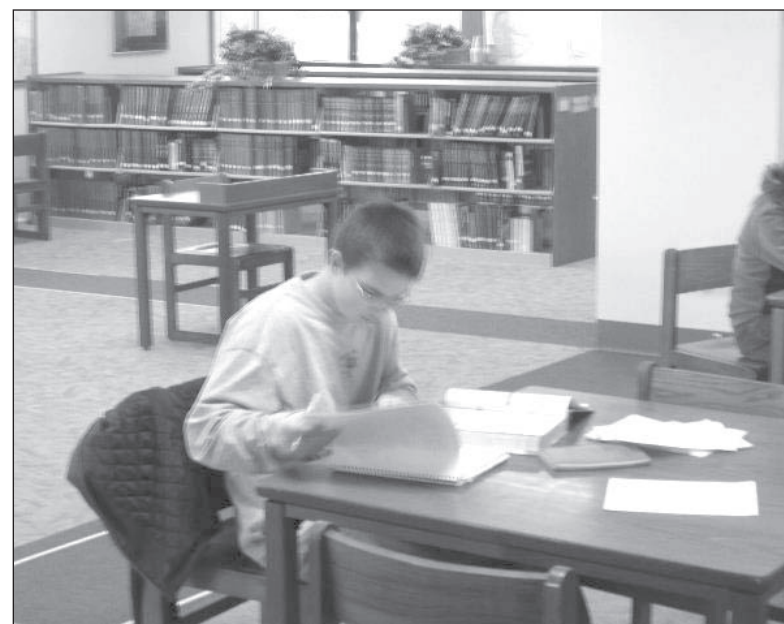
The mandatory instructor conferences and focus sessions appear to be another source of complaint for students.

"The bad thing is that I just forget [the meetings] sometimes," Muzanila said.

Meyer agreed. "The focus sessions do not have a set schedule and the announcements for them are hard to hear," Meyer said.

Despite the shortfalls of the course, most students favor the freedom the class brings.

"It is definitely better than to have a class every other day," Muzanila said. "You just have to be good on your own." ☛



JUNIOR JOHANN COTTIER studies during first hour in the library. Many students rely on the library as a place to study and use the computers after school. A shift in personnel had caused the library to shorten its hours to 3:30 p.m., but it has now returned to a 4 p.m. closing time.

Concern causes shift in Library hours

The CHS had shortened its hours this year due to a reduced staff, but it has now returned to its former hours.

☛ **WENNY DONG**

A half hour may or may not seem very significant. Though only a tiny portion of a lifetime, 30 minutes is impossibly long when facing the last class on Friday. Or, as students feel, 30 minutes also makes a big difference when studying for tests or when doing homework in the school library.

This year, instead of closing at 4 p.m. as in previous years, the library has been closing at 3:30 p.m. because it was one staff member short.

"We lost our director of technology, Marci Pieper, who stayed until 4 p.m.," librarian Lucinda Menkhuis said. "After she left, the school didn't replace her, so this year the library was closing half an hour earlier."

However, after discussions at an Administrative Team meeting involving Academic Director Josh Meyers and principal Louise Losos, the library has resumed its previous closing time.

"The library will be open until 4 p.m. on Monday through Thursday," Menkhuis said. "On Friday and the day before break, the library will close at 3:30 p.m."

Although Meyers was not privy about the decision to close early, he felt the library and its resources should be available without negatively impacting the library staff or students.

"It came to my attention that there was a need for the use of the library after 3:30 p.m. by several students," Meyers said. "Since a sizable group of kids needed the space, it made sense to me to at least to inquire as to the feasibility to staying open later."

Yet Menkhuis feels the majority of students weren't significantly bothered by the early closing.

"There are seven to 10 students who come in the library after school. More students come in the morning than in the afternoon," Menkhuis said. "The library doesn't open earlier in the morning, but we still service more students than in the afternoon."

The rest of the library-goers, if not bothered, certainly weren't pleased by the change.

Students favoring the after-school library session were concerned about losing 30 minutes of their homework time.

"It isn't helpful that the library was closing earlier this year," junior Natalie Heinz said. "The library's a good place to study for tests, to do homework and to work on projects."

Other students also felt the loss of the school's quiet environment after 3:30 p.m.

"My sister [junior Alyssa Hartel] doesn't like to wait for me after school because the library closes and there's nothing for her to do," freshman Julia Hartel said. "The commons is too loud and there aren't any quiet places to go to do

homework."

Junior Ann Selvadurai also thinks the change interfered with making the most of homework time.

"Last year I usually studied for tests and finals in the library with other people in my class," Selvadurai said.

However, Selvadurai has adjusted by going elsewhere in search of the ideal studying spot.

"The library closing early really wasn't a big problem," Selvadurai said. "This year, for the bio test, we went to the county library instead because we could stay there longer. I can always go to the county library or someone's house. Plus, the Learning Center is a good place to get work done."

With the library closing earlier, Learning Center Director Dee Blassie said more students were in the Learning Center after school this year than before.

"The only reason I found out was that suddenly, there were 18 to 20 students in the Learning Center after school," Blassie said. "I didn't even know before because the planner still said the library closed at 4 p.m. and there wasn't been a sign or notice."

But Blassie welcomes all students to come to the Learning Center and she fully encourages them to ask for help from the staff.

Blassie has even set up a rotation system with the teachers in the Learning Center. With some teachers leaving early and others staying late, she staggers her staff to help the students until 4 p.m.

However, Blassie is concerned that there aren't enough resources.

"I love seeing kids collaborating and sharing, and I think it's wonderful that they can help each other," Blassie said. "I just want there to be ample resources if students need them. Our goal is for the Learning Center to provide a positive environment, a place where students want to come. We want to set kids up for success."

The need for resources had a significant impact on the decision for the library to close at 4 p.m.

"Mrs. Blassie did everything she could to find a space and the resources these students needed, but was limited by the sheer number in need," Meyers said. "We asked around, and found there was no place for them to work, specifically a place to work with computer access."

Just as Blassie sees the importance in setting students up for success, Meyers also thinks that CHS will make the necessary changes if it means benefiting students.

"If this is something that we value, we will find a way to make it work," Meyers said. "I'm sure Dr. Losos will be evaluating the change and determining whether or not we can maintain this with our current level of staffing, and whether the later hours are being utilized to a degree to justify the change." ☛

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True confessions of a nerd/dork/geek

Despite social pressures against being a nerd, an editor finds comfort and acceptance in the academic pursuits of her family.

When do you first realize you are a nerd? When you are little, there are no such things as nerds. The first kindergarteners to learn how to read are revered and idolized. Graduating from "See Spot Run" to chapter books is a rite that no one wants to miss. My family has a home video of me as a tiny toddler, intently focusing on my grandpa (a former English teacher), repeating the multi-syllabic words he threw at me sound by sound.

Keeping It In PERSPECTIVE



CAROLINE BLEEKE

My hairdresser still laughs about the day 15 years ago when I corrected his grammar ("It's not ain't, it's isn't!"). Two-year-old word connoisseurs are seen as "adorable." Seventeen-year-old word connoisseurs are not. When is it that reading excessively becomes nerdy? Perhaps I should have seen the warning signs when, as a third grader, I described the Nancy Drew books my grandma bought me as "fun to read but seriously lacking in character development and foreshadowing."

During the ancient Greek empire, scholars were the upper crust of society, the gentry of the time. Bookishness and love of learning were viewed as prime, desirable characteristics. What happened?

In some circles, of course, this scholarly philosophy has remained. My family is a haven for nerds of all types: bookworms, mathletes and science geeks are all accepted unconditionally. We understand one another.

My dad is the undisputed geekiest member of the family. In high school, he never got an A in gym, a feat he is proud of except that it kept him off the honor roll. He was the undefeated chess champion for four straight years, the captain of the math team, an avid participant in forensics, school valedictorian.

He didn't go to his senior prom but did successfully engineer a "Bridge over Troubled Waters" to go with the dance's theme.

My parents fell in love as chemistry grad students at Cornell Uni-

versity. My parents' favorite wedding pictures feature my mom in her beautiful wedding dress and my dad in his thick, heavy-framed glasses standing beneath a large sign that reads, "The Chemistry was Right."

Sometimes having a nerdy family is annoying. I remember the embarrassment I used to feel when I would carpool with friends and my mom would be drilling my second-grade sister on the periodic table of elements in the front seat.

Open House and meet-the-teacher nights become tedious, drawn-out affairs when my dad, a Washington University chemistry professor, has to engage in heated discussions with the high school chemistry teachers over the direction of the dipole moment of SO₂.

But for the most part, I'm glad my family is the way it is. They understand when I get upset over



Laura Bleeke

B and C test grades. They thought it was perfectly normal that during my softball banquet my coach didn't mention any of my stats and instead commented on my "genuine character and work ethic." They didn't laugh when, for my first solo driving excursion, I drove to Barnes and Noble.

My grandma is always there to

Results of Nerd/Dork/Geek? Test
Caroline Bleeke: Tri-Lamb Material
86% Nerd, 25% Geek, 65% Dork

The classic '80s nerd, you are what most people think of when they think "nerd," largely due to '80s movies like "Revenge of the Nerds." You're exceptionally bright and smart, and partly because of that you have never quite fit in with your peers or social groups. Perhaps you've realized, or will someday, that it is possible to retain all of the things you like about being brilliant and still make peace with the social cliques around you. Or maybe you won't—it's really not necessary. As the brothers of Lambda Lambda discovered, you're fine just the way you are and can take pride in that.

Compared to other people your age and gender, you scored higher than 97 percent on nerdiness, higher than 29 percent on geekosity and higher than 97 percent on dork points.

help with crossword puzzles, my great aunt to provide puns, my brother to quote "Monty Python" with me, my dad to discuss literature, my mom to debate, my sister to make me cards and snacks when I'm up too late studying.

They are all there to remind me of our family motto: "The geeks shall inherit the earth." ☺

For the record, a Nerd is someone who is passionate about learning, being smart and academia. A Geek is someone who is passionate about some particular area or subject, often an obscure or difficult one. A Dork is someone who has difficulty with common social expectations and interactions. To test yourself, go to www.okcupid.com/tests/take?testid=9935030990046738815.

Hwy. 40 shutdown would cut heart out of St. Louis area

With the amount of traffic that I-64 (Hwy. 40) carries, the possible plans to shut down big portions of it during reconstruction would cause undo hardships on surrounding communities as well as commuters.

Some say it will be a headache. Some say it will be a pain. I think it will be like quadruple bypass surgery done with a plastic knife. This is because closing down Interstate 64, aka Highway 40, will be like cutting the heart out of Saint Louis traffic.

traffic will be wishing the highway was shut down just so they could have a reason not to use it.

However, as a student at CHS and a driver, I am not so concerned about the Highway 40 "commuter conundrum." I am worried about what the residual effects will be.

I'm a recently christened driver at the ripe age of sixteen, and even I know how bad traffic on Highway 40 is.



Kelly Moffitt

MoDot's plan to completely rebuild I-64 is aimed directly at revamping the highway to alleviate the traffic conditions.

I live in a sheltered community; one in which things come on an instant gratification basis. When we "need" something, we get it. When we don't want something, it doesn't happen. Yes, this way of life is unrealistic. However, for Clayton, that is the way it is. This is why in 2002, when Metrolink construction started, Clayton got a rude wake-up call.

If you had asked the average Clayton resident, not many hoorah'ed the decision to allow Metrolink into our community.

The idea had been circulating since I was in kindergarten. However, there was nothing the Clayton residents could do to stop the construction from happening. Nothing. For the first time the Clayton residents were denied, with a capital D.

The construction has been more than annoyance. Traffic is at its highest, and woe to the person who heads to the football game at 5:30 p.m. However, the metrolink has prepared us all for this season's new color of "Highway 40 Construction." In fact, it may be the only ally.

We, in Clayton, are powerless to actually stop the Highway 40 construction from happening. Yes, it is pessimistic. But, yes, it is true. We can boycott all we want, but in truth, the construction will happen in some way, shape, or form.

Whatever traffic the Metrolink prepared us for, Highway 40 renovations will be five times worse. The Metrolink construction only affects commuters and residents in Clayton. The Highway 40 construction will displace 170,000 commuters.

A percentage of these will seek refuge on the streets of Clayton. Which, they have every right to do. However for me, a student at CHS, I will be waylaid to get to school in the morning or getting to basketball games at night.



staff photo

CLOSING HIGHWAY 40 may end up being more detrimental than helpful. "Whatever traffic the Metrolink prepared us for, Highway 40 renovations will be five times worse. The Metrolink construction only affects commuters and residents in Clayton. The Highway 40 construction will displace 170,000 commuters. A percentage of these will seek refuge on the streets of Clayton."

One of the proposed plans involves making the exit off Highway 40, at Bellevue, a high-speed ramp. This plan has caused uproar in our sister county, Richmond Heights.

The exit comes right up to St. Luke the Evangelist school and church. Kids play on the soccer fields there everyday. Kids walk home from school from there everyday. Kids like my fellow CHS students. Kids, I am friends with. I used to live right next to that school.

Imagine, the latest headline in the St. Louis Post-Dispatch reading, "St. Luke's student mangled in high speed chase off highway." What if that student was someone you knew?

Supposedly, the ramp would be for St. Mary's Hospital, down the street. The ramp would provide an easy access for ambulances. Oddly,

St. Mary's is not a trauma center. So, the child, from the school, who was hit by the car, off the high-speed ramp, wouldn't even be able to go there.

Think about the hospital dotted on the map of construction, which actually is a trauma center: Barnes Jewish Hospital. I have to ask myself if anyone will be able to get there in time if the highway is shut down. My life may be put at risk because of someone's inability to come up with a plan to reconstruct the highway in such a way, that it doesn't have to be closed down completely.

If not having an accessible hospital is not enough reason to worry about the Highway 40 construction; there are many other problems, which could occur because of this construction. Many people come to the St. Louis Galleria and

surrounding area to shop, bringing in important business not only to Richmond Heights, but to Clayton business as well. Without as much business coming in off the highway, the Galleria may have to close down. Other places might follow. Places like Target, Borders, and Best Buy. Changes like these could be detrimental to the Clayton community. Add on top of this, the commuters, who will likely turn to Metrolink for refuge from the highway nightmare. Everyone will want to use the Metrolink. Good for the bank at Metrolink, bad for Clayton residents.

In a place where parking is already a hell-ish experience, add hundreds of commuters. The parking lots, allotted to Metrolink will not hold them all. Soon, people will park anywhere and everywhere. Car accidents will be rampant and

resident's otherwise quiet neighborhoods will be invaded.

I may be an ignorant 16-year-old in a sheltered community, but I know that closing down Highway 40 is a crazy. My overly imaginative brain has given me hypothetical reason as to why it will not work.

The simple fact is that Highway 40 is the heart of St. Louis. It connects us all. Without it, everyday transportation will be a horrible experience. Therefore, we must stand together and petition for a different plan to be approved.

We can't stop the construction from happening, but we can stop it from happening in a way that is detrimental to our community. If we cut out our own heart, we will be killing ourselves. In a community with so much at stake, we must find a different way to fix the problems on Highway 40. ☺

The simple fact is that Highway 40 is the heart of St. Louis. It connects us all. Without it, everyday transportation will be a horrible experience. Therefore, we must stand together and petition for a different plan to be approved.

Even if Highway 40 is not shut down, construction will create such a mess, that people sitting in the



Thumbs Up

- short quarter
- Thanksgiving
- leftover Halloween candy
- winter sports
- gas prices
- winter movies



Thumbs Down

- transition weather
- PLAN testing
- college application deadlines
- Blues hockey
- Center closing after school

Wasting Away

Like drug addictions, eating disorders are easy to deny and difficult to control. For teenagers who suffer from anorexia and bulimia, the road to recovery is paved with emotional and physical pain.

Maddie Harned

The idea of easily, quickly losing weight is seductive. On paper, not eating or bingeing then purging seem like straightforward ways to solve weight problems. But beneath the temptations are numerous consequences.

Junior Lisa McCarty* experienced those consequences firsthand.

"I lost 20 pounds in two and a half months," McCarty said. "I wouldn't eat, or if I would eat, I would put my finger in my throat and then feel a lot better. I looked good, and really skinny, but I felt like I wanted to die."

One out of 100 American teenage girls have anorexia and four out of 100 have bulimia. The number may seem small, but is still large enough to be a significant cultural crisis.

McCarty and freshman Anna Johnston* are both students at CHS who have close friends, enjoy school and have respectable family lives. On the surface, McCarty and Johnston seem like normal teenagers. But both have a past most would not expect: they are recovering from eating disorders.

Why?

Doctors and researchers have explored many theories about why so many people fall victim to eating disorders.

"There are a lot of things that can contribute," Justine Lake, a two-year employee of eating disorder rehabilitation center McCallum Place, said. "There's the body image piece of it, chaos in the family or past trauma. There's a gaggle of different reasons for why people develop eating disorders, and unfortunately research can't support any one specific reason."

The ever-growing number of teens with eating disorders inspired MD Kimberli McCallum to found McCallum Place. The rehabilitation center is not anything like a cold, damp hospital with nurses in white lab coats, but is rather a warm, accepting safe haven for those afflicted with eating disorders.

"We do take ages 12 through 50," Lake said. "But just because the nature of the disorder, our census tends to be between 15 to 26. The treatment we provide here is very comprehensive, in that we treat the whole human being. Eating disorders are very complicated in the sense that they infiltrate a person's whole life."

A drastic change, like transitioning from middle school to high school, can take a heavy toll on teenagers' self-esteem, possibly leading to the development of eating disorders.

As students leave the comfort and safety of Wydown and enter the new building of CHS, life changes. For many, looks seem to become more important than grades. This can take a heavy toll on teenagers' self-esteem, which can lead some teens to anorexia or bulimia.

"At CHS it almost feels like being thin is a competition, a competition that no one talks about, but is kind of like an underground secret," McCarty said. "It's like whoever can be the skinniest gets a prize."

Others believe that competition is part of high school life, from sports to academics to personal appearance.

"I'm sure there are students here who have eating disorders, but I don't think we have a higher incidence than any other school," CHS nurse Dede Coughlin said. "I think that at CHS, like at other schools, there's competition in all factors. Unfortunately, high school is a very competitive environment."

Many say that the way the media portrays "thin being in" is a reason for the development of eating disorders. Many teens strive to look like their favorite celebrities and some take their obsessions too far.

"I wouldn't say the way the media portrays young women was the only reason I wouldn't eat, but it definitely was a factor," McCarty said. "I know this may sound stupid, but one day I was just flipping through some fashion magazine and every person in the magazine was really skinny. They all looked so skinny I guess I thought that if I just lost a little weight then I would look like a model."

Peer pressure is a common excuse that has become so stereotypical many do not take it seriously. However, it was

peer pressure that led McCarty to develop anorexia and bulimia.

"Within my group of friends someone would say, 'All I ate today was a pear,' and then someone else would say, 'Oh yeah, well I had nothing,'" McCarty said.

For Johnston, the reason for developing anorexia was closer to home.

"I tried not eating because my mom basically told me I was getting fat, even though at the time I only weighed 85 pounds," Johnston said. "I'm not sure she was trying to make me feel bad about myself, but that's just how it came out."

Parental influence is not an uncommon reason for the development of eating disorders. Parents often use bribery, from money to attention, as motives for their children to lose weight.

"I started feeling really bad about myself," Johnston said. "I thought that maybe if I lost a little weight my mom would stop thinking I was fat."

Most people have had thoughts that were less than self-actualizing at one point or another, but in the overcrowded minds of teens, those thoughts can sometimes turn into obsessions.

Another reason young people develop eating disorders is disarray in their home, from feeling lonely to being afraid.

"Things could be out of control in their life, and so food is the one thing they can control," Lake said.

According to Lake, though, family dinners allow parents to monitor what their child eats, without putting on uncomfortable and unwanted pressure.

"A lot of families don't have sit-down dinners anymore because people are always on the go and parents don't get to see their children eat," Lake said. "But having every food group and good conversation at the meal is great."

Calm before the storm

"I don't know how I necessarily developed an eating disorder, it just kind of happened," McCarty said. "Once I started losing weight I just couldn't stop. I was hooked."

As the disorder begins to take off, feelings of control finally come to life in the minds of many victims.

"The more weight I lost, the more compliments I got, even though my body felt like s---," McCarty said.

However, the situation quickly changes for the worse.

Excuses are almost always used to cover up the fact that someone has an eating disorder.

"I didn't eat breakfast, purposely forgot my lunch and told my parents I was too sick for dinner," Johnston said.

McCarty resorted to more desperate measures when she could not control her food intake.

"Once I was just so hungry I gave in and ate a whole bunch of Ben and Jerry's chocolate ice cream and some cookies," McCarty said. "I felt so guilty about it that I went to the bathroom and I just did it: I put my finger into my throat and then I was done with it."

Both anorexia and bulimia carry a lot of emotional baggage. Feelings of embarrassment and guilt are reasons that many individuals hide their disorder. Others are afraid the compliments will stop coming if others find out.

"[Anorexia and bulimia] are considered very shameful disorders," Lake said. "It's a common misconception that eating disorders are all about people wanting to be thin, and it's all about vanity, but that's just not it. There's so much more."

Downward spiral

Beyond the initial high of losing the desired weight or finally feeling in control is a dark, addictive and dismal future, filled with dangerous consequences.

Like most who develop eating disorders, McCarty was unaware of such consequences.

"I remembered what I had learned in health classes, but I didn't think anything bad would happen to me," McCarty said.

Ultimately, 20 percent of people who do not receive treatment for an eating disorder die.

"Anorexia is known as the deadliest mental disorder," Lake said. "It can be a chronic disease, just like alcoholism. And once it becomes chronic it is extremely hard to treat."

While statistics about eating disorders are hard to gather, as each individual case is different, some known consequences of not treating anorexia include developing an abnormally slow heart rate, low blood pressure, reduction of bone density, muscle loss, weakness, kidney failure, severe dehydration, dry hair and skin and hair loss.

Another consequence that many are unaware of is the growth of a downy hair layer called lanugo all over the body, including the face, to keep the body warm.

The consequences of going without treatment for bulimia are electrolyte imbalances that can lead to heart failure, gastric ruptures during periods of binge eating, peptic ulcers, pancreatitis, tooth decay and inflammation or a rupture of the esophagus.

These possible results of eating disorders seem far less glamorous.

"The edges of my eyes started to go fuzzy and gray, and my head constantly hurt," Johnston said.

McCarty felt some of the negative consequences of her eating disorder as well.

"There were days where I just didn't want to get out of bed, because I was so tired and hungry and was sick of people telling me I looked too skinny," McCarty said. "My body felt horrible, and my nose ran a lot, so I had a bright red nose from always using Kleenex."

Even with the physical and emotional pain, many either do not want or know how to stop the dangerous behaviors.

"Someone who's severely malnourished isn't going to look at me and think I'm fat, they're going to look at themselves and think they're fat," Lake said.

Treatment and help

It is hard to identify an eating disorder, but there are warning signs, such as a marked increase or decrease in weight, the development of secretive or abnormal eating habits, compulsive or excessive exercising, sudden feelings of depression or isolation and an intense preoccupation with weight and body image.

Whether on their own, or through the insistence of another person, somewhere from 60 to 80 percent of people with eating disorders receive treatment or help. Johnston realized on her own that enough was enough.

"When my eyes started to get messed up, I realized it just wasn't worth it," Johnston said.

For McCarty, however, intervention was necessary.

"My parents basically sat down and told me they were worried about me," McCarty said. "I felt bad about making them so worried, and then I started to realize I just needed to stop. It took a while for me to finally come to the point where I knew I didn't have to starve or throw up to look good."

When an eating disorder is treated or terminated, the chance of death drops from a 20 percent chance to a 2 percent chance, although this drop is case specific.

"The disorders are so specific to each

person that it's hard to get statistics," Lake said. "You could have the patient who's been anorexic for the past year, and then the patient who's been anorexic for the past five years, so it's hard to say an exact recovery rate."

Statistics may be hard to come by in the world of eating disorders, but treatment is not.

"[McCallum Place runs] a voluntary program, so that basically means if you're over the age of 18, you're free to leave at any time," Lake said. "For our younger clients, it's not like a lockdown facility or a scary psych ward or anything. If they want to, our younger clients can go to school and sleep at home."

Like most former anorexics, Johnston is pleased with her recovery.

"I'm just happy I realized how damaging not eating was before it was too late," Johnston said.

Aftermath

"I'm totally happy with the way I am now," McCarty said. "Sure, I wish I still was like 90 or 100 pounds, but I know my body isn't supposed to be that thin."

After treatment, many former anorexics and bulimics find healthier methods to maintain their ideal weight.

"One way is just to exercise, not like for three hours, but just for the recommended time," Lake said. "This may sound corny, but the food pyramid is totally right."

Others say that simply eliminating unhealthy foods will suffice.

"The three C's are a good thing to cut out—chips, cheese and chocolate," Coughlin said. "I would have to say it would be best for a teenager who wants to diet to talk with their pediatrician."

When McCarty first began not eating, she was unaware of the physical and emotional consequences, and the scar it would leave on the rest of her life, despite treatment and counseling.

"My counselor told me I could 'relapse' any time," McCarty said. "Not eating or vomiting my food is a hard habit to break. I just wish I had never started any of this. It just sucks." ☹

*Names changed to protect student anonymity.



Vegetarian Thanksgiving differs from traditional Thanksgiving, cannot be called 'Turkey-Day'

by KELLY LANE

Even though the word "thanksgiving" doesn't have turkey in it, the holiday certainly does.

Or at least it has since the early settlers realized that their second winter in the New World would be more satisfactory than the first because, with the Native Americans' help, they had secured an adequate harvest. But in today's day and age when the thought of "meat and

potatoes" doesn't make everyone's mouth water, and is the type of meal which many would never consider eating, the traditions of Thanksgiving are bound to change.

The reason for this is because Thanksgiving is a prejudiced holiday. It doesn't segregate the white from the black or the Muslims from the Christians, rather the carnivores from the herbivores.

While there may be a revolution going on in California, capital of

the vegetarian world, to start a new non-flesh tradition for the main course of the Thanksgiving meal, the rest of the country, which is by majority non-vegetarian, goes on enjoying the results of their tryptophan every year on the third Thursday of every November.

Headless of their status as a minority, vegetarians do not suddenly decide to make an exception and eat meat for one holiday. Family to family, innovative main dishes are created so that vegetarians and meat-eaters alike can be thankful for all that they have, without being forced to partake in a more than 300-year-old tradition of an eating habit that does not represent who they are.

"When my parents got married, buying meat was too expensive for their budget," senior Leah Squires said. "Then they had my sister and then me, and they just stuck with it. For Thanksgiving we always have spinach lasagna. That is how it has been forever. I used to not like it; I was in my 'I hate spinach' stage. Now I like it, it is healthy and warm, perfect for this time of year, but we

also have the usual dishes like mashed potatoes and cranberry sauce."

Stuffed squash is also another favorite for vegetarian families to share their thanks over. However, some students at CHS are alone in their venture of vegetarianism. With families of meat eaters, a vegetarian's Thanksgiving experience is a bit different.

"I became a vegetarian about two years ago," junior Alyson Swarm said. "For one thing it is healthier. Also some think that if everyone became vegetarian, world hunger would be solved. But it is just me [as a vegetarian in my family]. We still cook a turkey and stuff. I usually just eat a bunch of the side stuff like stuffing, cranberries, salad and different types of bread."

More and more, those who are voracious eaters are considering the needs of their family members who take little relish in carving up a turkey.

"My grandma goes out and gets me a whole lasagna from an Italian restaurant," junior Alyssa Hartel said. "It is so good. Everyone who doesn't like turkey ends up eating it."

Some still make their favorite

dishes, but make adjustments to the recipes to be conscientious of all their guests.

"Our meal is usually pot-luck type, so you really don't know what will be served," Swarm said. "But usually people use vegetable broth instead of chicken broth. That is the one change they make."

The food industry is also capitalizing on the lack of a Thanksgiving entrée for vegetarians. Just as there are meatless burgers and hot dogs, meatless turkey called tofurky is becoming a popular choice of sustenance for more and more vegetarians.

"I haven't tried tofurky, but I'd like to," Junior Eric Einstein said. "I hear it's awesome. It is supposed to be really good."

Even though the idea of meatless meat may appeal to vegetarians, the actual product is some-

times just not the same.

"My aunt, who is also a vegetarian, got a tofurky last year," Swarm said. "I have to admit that I didn't try it, but she said it was interesting."

One day a year, most people in the country are eating the same meal at around the same time. Grocery stores overstock the same choice products which they predict people will eat, as they have been eating for over 300 years. But just because that is what tradition says to do, not everyone listens to the invisible voice of tradition. Vegetarians at CHS, and all over for that matter, are creating their own traditions for the day of thanks. And since the holiday is only nicknamed "Turkey Day," people agree that you aren't what you eat on that day; it is what you are thankful for that matters. ☺

Healthy Living

Nutrients for vegetarians

Good sources of some essential vitamins and minerals for people who do not eat meat or fish:


Iron
Cashews, tomato juice, rice, tofu, lentils, chickpeas

Calcium
Milk products, broccoli, calcium-enriched tofu, dark-leaved greens

Vitamin B12
Eggs, milk products, soy milk, enriched cereals

Zinc
Nuts, enriched tofu, milk products, eggs, spinach, kale, onions, potatoes, carrots, whole-grain products

Source: Danish magazine ALT, KRT Photo Service
Graphic: Julia Schade, Mark Mathers © 2004 KRT



Favorite Thanksgiving Traditions



My favorite thanksgiving tradition is butter and beer turkey. It's fun to make, you smother the turkey in butter and douse it in beer and its fun to eat because its turkey, butter and beer.
-junior Matt Schlessman

I go to Nisrine Omri's house every year for Thanksgiving dinner. They make all sorts of food like Cholla bread and pies and stuff. It's a lot of fun.
-senior Ya Xiao



Student-to-Student offers teens insight into Jewish culture

by GILA HOFFMAN

For eleventh and twelfth grade Jewish teenagers involved in the Student-to-Student program, it can be intimidating to enter a high school classroom with the knowledge that they are the first Jews these students ever met. After all, how do you respond when someone asks you if you have horns?

In an attempt to try and eliminate stereotypes, the Jewish Community Relations Council (JCRC) created Student-to-Student, a program that brings Jewish teenagers to area high schools that have few or even no Jewish students. The Jewish students talk about what it means to be a Jewish teenager.

"Student-to-student is a prejudice reduction program," JCRC Student-to-Student Coordinator Fawn Chapel said. "We try to put a human face to Judaism, which is a way to fight bigotry and intolerance. Sometimes stereotypes and prejudice comes from a lack of knowledge. The students don't know Jewish people; they don't know better until they have met a Jew and gotten to know them."

The JCRC invites Jewish students who are committed to diminishing prejudice, have a solid background in Jewish tradition and history and have an understanding of the connection between the Jewish people and Israel to participate in this program.

A typical presentation includes three to four students, one from each of the major movements of Judaism including the reform, conservative, and orthodox branches. Topics that are discussed include, the Jewish lifecycle, holidays, the Hebrew language, Israel and a typical day in the life of a Jewish teenager.

"We emphasize that students should ask questions," junior and Student-to-Student participant Avi-

tal Ludomirsky said. "We let them raise their hands at any point in the presentation, and we answer their questions."

The types of questions asked, such as "are there movie theaters in Israel" or "do Jews go out on Saturday like normal people" show that is difficult for students to understand concepts that they have not been exposed to before.

"It is really hard for them to understand the concept that we don't believe that Jesus is the messiah and that we don't celebrate Christmas," senior Donna Iken said. "They sometimes don't even understand that I don't eat a cheeseburger."

senior
DONNA IKEN

Another component of the presentation is that students bring in actual 'props' for the class to see. Instead of explaining what challah [bread eaten on the Sabbath] is, an actual challah loaf is brought in for tasting.

"When we talk about kashrut [Jewish dietary laws], we bring in a bag of Oreos and pass it around and let each student find where the K [kosher certification] is," Ludomirsky said. "Once they find it, they can eat one. Sometimes they misunderstand and think that I can't eat anything because I keep kosher."

Presenters try and make the classroom experience as participatory as possible. When the Hebrew language is discussed, group members try and write students' names on the board. For the life cycle por-



Meghan Bliss

SENIOR DONNA IKEN, junior Jackie Rifkin and junior Jon Igielnik are all CHS students who participate in the Student-to-Student program. The program offers Jewish students a chance to explain their culture to teens who would not otherwise know about the Jewish religion. Program coordinator Fawn Chapel describes the program as a way to eliminate stereotypes. "It gives information and cultivates understanding and countes stereotypes," Chapel said.

tion of the presentation, pictures from Jewish weddings are brought in and the concept of Bar and Bat Mitzvah is explained.

Eleven, out of a total of 100 Student-to-Student participants, are from CHS. They visit schools such as Lindbergh High, Ursuline, Incarnate Word, Westminster Academy and Eureka High School. Each has become involved for a variety of reasons, but all agree that their participation has been a positive experience.

"I had heard about [Student-to-Student] from a friend and it sounded really cool and it's really cool that you get to teach the concept of Judaism to people who have never met Jews," Ludomirsky said. "For me personally, it is very important to teach the concept of tolerance."

Senior Julie Shore was also eager to join the program.

"I thought it would be a good experience to be active in the Jewish community and talk to other schools to educate others who don't know a lot about Juda-

ism," Shore said.

Iken was interested for different reasons.

"It's a great way to meet other people and it's interesting to talk to other Jewish teens and see how their traditions differ from mine," Iken said.

The program has a powerful impact on both the Jewish presenters and the students and teachers that hear the presentations.

"It's a phenomenal program and an amazing idea to see how accepting these schools are after you meet them and they warm up to you is just amazing," Ludomirsky said.

For Chapel, there are three main reasons why Student-to-Student is important.

"It gives information, cultivates understanding and counters stereotypes," Chapel said.

Shore comments that the program is very student driven and, because students are in control of the presentation, it feels as though they are ones who eliminate the stereotypes that other teens have about Jewish people.

Iken agrees.

"The most important thing is to give people who have never met a Jew a positive perspective of a Jewish student their age," Iken said. "You really feel like you're making a difference. Its awesome to break stereotypes and preconceived notions that they have that are negative."

Chapel enjoys watching the audience connect with the presenters by the conclusion of the presentation.

"For me, it's exciting to watch the walls come down when the groups present," Chapel said. "By the end of the presentation, they are laughing together. They are student to student, kids to kids. They appreciate one another. And the students understand that instead of a group of Jewish kids, they are individuals." ☺

Winter running club keeps athletes in shape during off-season

by ADRIENNE STORMO

Thirteen miles. That's 52 times around the track at Gay Field. Or, for metric fans, that's over 21 thousand meters. And this February, Clayton students will travel about one thousand miles to compete against runners from around the world in a 13-mile half marathon race.

This is the plan of CHS cross country coach Chuck Collis for his Winter Running Club participants. Now that the cross country season has ended, Collis wants to make sure that the members of the team have an opportunity to continue running in the off season.

"It started as an attempt by me to keep my cross-country runners in shape," Collis said. "In winter

it can be difficult to stay motivated when the weather is nasty."

However, the new club is not just for cross country runners. The club welcomes anyone who wants to run, whether it is to stay in shape during the winter or just for fun. The club officially begins on Nov. 15. The runs will start out short: three- to four-mile team runs on Tuesdays and Thursdays with longer, individual runs on the weekends. When the club ends in February, just before the start of the spring season, Collis says he would like for the team to be running up to 10 miles a day during the weekly sessions.

"My hope is that everyone will be able to do a half marathon by the spring season," Collis said.

He plans on getting 10 to 12

dedicated runners ready to go to the first annual marathon/half-marathon in Pensacola, Florida on Feb. 19.

"I want to stay in shape for cross-country and I really want to run the half marathon at the end," sophomore runner Abbie Minton said.

Minton is looking forward to participating in the Winter Running Club, but is slightly apprehensive about running outside during the cold St. Louis winter.

Christine Strahan, another teacher involved in the Winter Running Club, understands Minton's concern but says there isn't anything to worry about.

"It's easier to run in the winter than when it's warm out," Strahan said. ☺



Caitlin Ly

STUDENTS IN THE winter running club have the opportunity to run during the winter to help them stay in shape in months when there is no school-sponsored sport centered around running. The club was started by cross country coach Chuck Collis.

Rosa Parks remembered

The mother of the Civil Rights movement becomes the first woman to be laid in state at the Capitol Rotunda.

LEAH EBY

People sometimes wonder what the actions of one person can accomplish. Dec. 1, 1955, marked the beginning of the end of segregation in the United States. Rosa Parks, the woman known as the "mother of the civil rights movement," refused to give up her bus seat to a white man in Montgomery, Ala.

After a day's work as a seamstress in a local department store, thoughts of the upcoming National Association for the Advancement of Colored People (N.A.A.C.P.) election of officers and preparations for a teen workshop were running through her head.

"So it was not a time for me to be planning to get arrested," Parks said in a 1988 interview.

When asked by a police officer if the bus driver had asked her to stand, "I said yes. He said, 'Why don't you stand up?' I said, 'I don't think I should have to stand up,'" said Parks in a 1992 NPR interview.

In a time when the law stated that any black person had to relinquish his/her seat for a white, Parks risked legal and physical harm by refusing. She challenged the South's Jim Crow laws and Montgomery's segregated bus seating policy to defend herself and all other blacks in the country.

"I did not want to be mistreated and I did not want to be deprived of the seat I had paid for," Parks said to NPR in 1992. "There was an opportunity for me to take the stand to express the way I felt for being treated in that manner."

As a result of her advocacy, Parks was arrested and fined \$10, plus an additional \$4 in court fees. But this incident did not happen in vain. Following her arrest, blacks in Montgomery carried out a bus boycott for nearly 13 months. This then inspired a successful Supreme Court challenge to the status of blacks on the public bus system.

Parks' situation also transformed a 26-year-old pastor at the Dexter Avenue Baptist Church into head of the Mont-

gomery Improvement Association and eventually a nationwide symbol of freedom. This man, Dr. Martin Luther King Jr., was inspired by Parks to become another renowned civil rights activist.

History teacher Donna Rogers-Beard was growing up during the historic time of Parks. She lived in Chicago, and participated in a boycott there in the '60s.

"[Rosa Parks] put a face on the civil rights movement," Rogers-Beard said. "It was face that a lot of people could identify with."

Parks and her husband Raymond, a barber, were active members in the Montgomery chapter of the N.A.A.C.P. In the summer of 1955, she attended an interracial leadership conference in Tennessee. She later said that there, she "gained strength to persevere in my work for freedom, not just for blacks, but for all oppressed people."

Until her death on Oct. 24, Parks continued to make appearances at events and commemorations. She was a woman of great honor and bravery, with a life of triumph and change.

"After her death, she left a powerful mark," said senior Ada Samuel, vice president of the 4 A's. Samuel looks up to Parks for two definitive reasons.

"She is a female and an African American who has made such a difference."

In her later years, Parks received numerous awards. In 1999, President Bill Clinton presented her with a Congressional Gold Medal, the nation's highest civilian honor. At this ceremony, Clinton said, "We must never ever, when this ceremony is over, forget about the power of ordinary people to stand in the fire for the cause of human dignity."

On Oct. 30, Parks became the first woman to lie at the Capitol Rotunda in Washington D.C., sharing this honor with the nation's greatest leaders, such as Abraham Lincoln and John F. Kennedy.

"She sat down in order that we might stand up," Rev. Jesse Jackson said after her death. "Paradoxically, her imprisonment opened the doors for our long journey to freedom."



JUNIOR ANDREW DAVIDSON, Kate Lipstein and Zach Smith use the computer lab for their Honors Pre-Calculus class. They are using new eMacs.

CHS becomes market for new Macs

JIM AN

For many years, Windows and PCs have ruled the computing scene, but it was not always so. For nine years from 1984 to 1993, the Mac operating system was the only real viable graphical system on the market. The earlier versions of Windows were unstable, unwieldy, and generally unusable. On the other hand, MacOS was, and still is, "innovative and intuitive," said CHS physics teacher Rex Rice, a loyal Mac user since 1984.

Since then Windows has grabbed a lion's share of the market. According to IDC, a computer research organization, Windows systems accounts for 85 percent of client, or user, systems sold. However, the School District of Clayton has chosen to stick with Macintoshes as its primary computing platform.

Since its first technology purchases, the district has gone Apple, buying Apple IIe's at around \$4500 apiece in the late '80s.

"Apple offered much more software for education than other companies who tended to be geared toward business," CHS technology specialist David Hoffman said. "Macs are more intuitive. They are plug and play, drag and drop, click and go. Joining networks, choosing printers, saving files, starting programs are all easier in an Apple environment."

"Apple has really good design," Rice said. "Not only does Apple have better user interfaces, he believes, but also the physical Macintoshes simply look better as opposed to a PC, which just look like 'parts thrown together.'"

However, Rice admits, "It's really just a matter of what you're used to. If you've been using Macs, you'll prefer Macs. If you've been using PCs, you'll prefer PCs."

Macs also hold the edge when dealing with graphics. In the school's new digital photogra-

phy lab, the computers are all Macintosh. With all this in mind, the school has purchased hundreds of Macs since 1984, each lasting for seven to eight years. Today the school "[has] nearly 60 PCs in the building," Hoffman said, "[but we] are constantly dealing with virus and spyware problems on them."

PCs are often plagued with viruses and spyware, while Macs rarely are affected by such problems.

"PCs are great for gaming," junior Andy Sides said. "There aren't a lot of games for the Mac and more programs work with PCs."

In addition, the inflexibility of the Mac hardware platform is a troubling issue.

"For upgrades, you have to pay Apple [and] you can't really go to an independent source," Sides said. "Mac completely owns you after you buy one."

Some are a bit blunter in their attacks towards the Macs.

"I hate Macs," junior Lizzie Boulton said. "I hate the mice and all Mac-specific programs because they just really don't work well at all. I can't exactly describe why, it's just a feeling."

However, not every student hates Macs. "I definitely prefer Macs," junior Paul Lehmann said. "They're a lot more stable and they just look way better."

While some students clearly prefer one or the other, Rice and Hoffman think that for most students, especially nowadays, both platforms will be about the same.

"It's like learning to drive in a Chevy," Hoffman said, "If you can do that, then you can drive a Ford. Microsoft Office and Macromedia products, for example, are identical for the user in both the Apple and Windows environment. Students who use Apple are not at a disadvantage later if they need to move to the Windows environment."



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DRIVING HOME FROM school, sophomore Emily Anderson concentrates on the situations around her. A close call right after she started driving has taught her to pay attention. Anderson is one of the growing number of sophomore drivers.

Sophomores enter world 'behind the wheel'

SHAINA KORBLUM

Turning 15 is an exciting time. Most students get their permit and get a new car when they turn 16.

Sophomore Katy Brockmann got her license a day before homecoming. After the homecoming dance Brockmann and three of her friends decided to go to Steak 'n' Shake. She was heading south on Brentwood and tried to make a left turn onto Forest Park Parkway. When she realized she couldn't make a left turn there, she continued south on Brentwood not knowing a police car was sitting right under that bridge.

"I freaked out when he turned on his sirens," Brockmann said. "I didn't know what to do."

The police officer asked for her license but Brockmann had trouble finding it.

"I looked for it [my license], but I couldn't find it," Brockmann said. "I remembered that I had put it in my bag that was in my trunk."

After the officer returned Brockmann's license to her he asked if she knew why he pulled her over. She thought he pulled her over because she had tried to make a left turn

where she couldn't. The officer then told her that he had flashed his brights at her because her headlights were off. When she didn't turn them on, he pulled her over to make sure everything was okay.

"Luckily he let me off with just a warning," Brockmann said "I was so relieved."

Some parents set strict rules for their new drivers. Sophomore Emily Anderson was not allowed to have friends in the car during her first two months of driving.

After field hockey, Anderson drove home friends home despite her parents' rule.

"We had the music up kind of loud," Anderson said. "I was stopped at a stop light and explaining to my friends why my mom thought I couldn't handle driving with friends in the car. She was afraid I would be distracted and I was. I didn't look and I almost hit a pedestrian."

Driving is an important part of teenage life. It's a big privilege, and it takes a lot of practice.

"Driving gives me a lot of freedom." Senior Nelson Olivo said, "Driving is fun; it's a new experience every day."

High fashion meets THRIFT

☛ CHELA COLVIN

All fashions come full circle, but nothing could have prepared teens for the rush of styles this fall/winter season.

"There is a point where every style is reinvented," fashion enthusiast Kara Ross said. "The world of fashion is both predictable and unpredictable."

Last season teens were overwhelmed by high fashion classics such as Chanel, Vuitton and Dior. These designers were considered to be the absolute must-haves of the period.

Old-school accessories were paired up with new generation denims and synthetic vintage motifs.

The styles for last season were expensive for teens to acquire. Those high quality trends however, also served as clues for this year in fashion.

"We're seeing the return of cute and classic," style director for WWD Children's Business Lynda Johnson said.

Recently, fashion has generally taken a new turn: affordable.

The trendiest styles are accessible to nearly all teens. Some of the new creations of last year are now classic and less expensive.

"The major plus this season is that those same looks are cheaper," junior Marie-Sophie Ritter said.

Periodicals of all kind are celebrating the transition in fashion. Teen Vogue Magazine recognized the Isaac Mizrahi collection, exclusively at Target, as an ultimate find.

"His prices are great for the quality you receive," junior Anna Goss said.

This season quality and luxury are the big emphasis. Young people are more aware of what they are purchasing and their prices.

"There are lots of heavy, chunky textures interestingly paired up with dainty patterns," Johnson said. "It's all about thrift store chic this time around."

In Style, W and Vogue Magazines all reported the shift from serene pale shades to something quite different.

"[Everything] is richer, more bold and exotic than before," Johnson said.

For most teenagers this fall/winter in fashion is identifiable to their own lives.

"It is so cool how you can mix things up," junior Hannah Longmore said. "I like how I can be an individual with fashion."

Professionals suggest that the season's new fashions are a hint to the young generations de-

sires.

"All these styles show that people want comfort in their fashion," Johnson said. "A wardrobe with longevity."

Fashion for once outstanding prices is now available to thrifty young locals. The anticipated arrivals of two H&M stores are evident to the new changes. Famous European designer Stella McCartney unveiled her 40-piece collection to 400 H&M stores across the globe Nov. 10.

McCartney's collection is a tremendously cheaper version of her exclusive high fashion thrills.

"I admit some styles are like art, ones to admire," Ritter said.

Runway art this season is consumed with the less obvious articles of clothing. Astonishingly some of the hottest items teens already possess.

Tweed jackets/blazers, nylon sweat suit jackets, argyle and cable knits are all trend basics this year. There are more unique looks approaching as well. Among the most popular are military jackets, cropped and oversized sweaters and western motifs.

The styles so far seem to reflect major changes for our culture and fashion.

"There's been a renaissance," Longmore said. ☛



RIGHT: SENIOR ANYA Fisher models the latest fall and winter fashions. The new trends are all about affordability and have a thrift-store vibe, including Fisher's cowboy boots paired with leggings and a denim mini. She tops it off with a striped sweater and a chunky belt and necklace to complete the look. Left: several other big fall and winter trends include faded and vintage jeans, long, flowing prairie skirts and delicate, beaded camisoles worn with sophisticated blazers. Several popular fabrics include velour, tweed and suede. Overall the fashion trends are veering towards the old vintage look being new and in style again. This means more affordable clothing for teens, as many shop at thrift and resale stores to find that perfect vintage look. Many teens already have some essentials of the season, such as blazers and cable-knit sweaters.



Sarah Powers

St. Louis Scholarship Foundation provides funding for college educations, runs trendy resale shops

Locally based St. Louis Scholarship Foundation helps disadvantaged teens go to college by providing them with interest-free loans and grants. The not-for-profit organization receives most of its revenue from its two ScholarShops, clothing resale shops that run on donations from St. Louis residents.

☛ KATE ROTHMAN

Each year, approximately 630 students are able to attend college with the help of the St. Louis Scholarship Foundation (SF). SF, headed by executive director Faith Sandler, is a not-for-profit organization that has existed in St. Louis for 85 years.

"A woman named Mata Bettman started the foundation in 1920," Sandler said. "She was a community minded philanthropic woman who lived in the Parkview area."

The foundation was started because Bettman firmly believed that everyone deserved an education.

"[SF] was founded in 1920 based on the conviction that an educated citizenry is essential to a democracy," Sandler said.

There were also other contributing factors.

"Meta Bettman started the organization partially in response to Eastern Europe immigrant families coming to St. Louis at the time," Sandler said.

Since the organization started more than half a decade ago, it has grown and changed in many ways.

"SF had expanded in terms of who supported it and who it assists," Sandler said. "Bettman started awarding interest-free loans with only the money that she and some of her friends provided to the students. It began by supporting immigrant families. Today, we have a board that represents a wider cross section of the community. Now, it supports a whole host of people who couldn't afford higher education without financial help."

SF's loans are different than loans from many other organizations.

"Our loans are unique because they are based on need, not on academic merit, and are interest free," Sandler said.

SF is generous with their loans to students. "We award interest-free loans each year, as well as a small amount of grants," Sandler said. "We assist about 630 students each year, and our best estimate is that the Foundation has given out about 16,000 loans since it began. In the past

ten years alone, the Foundation has provided over \$10 million to St. Louis students."

The Foundation's generosity pays off as they get paid back by students that went to school on one of their loans.

"The students do pay off the money they have borrowed, when they are able," Sandler said. They also have the opportunity to pay back their loans by working in the shops or helping new students with the application process. When students pay back their loans, that money immediately goes to funding new students."

The repayment can also come in forms other than money.

"I love being able to give loans and grants to students who never thought they would have the chance to go to college," Sandler said. "Also, I love knowing how many students come back and make a contribution to us later."

Students who receive loans are able to pursue their educations at a wide variety of schools.

"Our students have attended almost every accredited college or university within the continental United States," Sandler said. "Our students attend 2-year and 4-year colleges, vocation and technical schools, and professional schools. The only field of study that SF does not fund in the ministry of any religion."

Though they don't often have problems, SF expects their students to work hard, and loans can be taken away from students who don't.

"Loans can be taken away from students if a student does not respond to deadlines, no longer needs financial aid, or does not maintain satisfactory academic progress," Sandler said.

Much of the money that the Scholarship Foundation uses for loans comes from their store, The ScholarShop.

The ScholarShop has two locations, one in Clayton, and one in Webster Groves, and sells upscale used clothing that people donate for a tax-deduction.

"The two ScholarShops are our primary fundraising vehicle," Sandler said. "They generate about \$2 million a year in sales, and the vast majority of that money funds the student loan



Jamie Sachar

program. The ScholarShops are staffed by volunteers, our students and a small paid staff."

Until this past year, there was only one ScholarShop.

"The shop now has two locations," Sandler said. "A total of 6500 households and businesses donate merchandise annually. The shop has changed over the years from being just resale to being upscale resale."

Sandler has been at the Scholarship Foundation for 16 years.

"I read an ad in a newspaper, a help wanted ad. Prior to that, I knew nothing about the organization, even though I was on full financial aid as a student myself."

Her job, though hectic at times, is always rewarding.

"I love the opportunity to interact with a

wide range of people, from students, to board members, to our volunteers and donors," Sandler said.

Students interested in receiving a loan can apply in several different ways.

"They can request an application after Jan. 1 for an April 15 deadline," Sandler said. "They might be able to see their high school counselor who should have information after Jan. 1. A recommendation is part of the application process, but they don't have to be recommended by anyone to start the application process."

Sandler also encourages students to talk to their family about their individual situation.

"Students should ask questions about their family's circumstances and family's eligibility for financial aid," Sandler said. "You can't necessarily just believe what other people tell you." ☛

THE SCHOLARSHOP ON Clayton Road is the main source of revenue for the St. Louis Scholarship Foundation, which provides interest-free loans to students in need. The ScholarShop is also a place for teens to find stylish used clothing at reasonable prices.



Caitlin Ly

THE CHS SYMPHONIC Band performs a concert on Nov. 15. Many CHS students choose to surpass the one-credit fine arts requirement, opting to take multiple years of performing arts classes. "In performing arts classes, you get to express your emotions and present a lot of different interpretations," senior Cherish Varley said. "You get to choose how you portray pieces of art which allows you to be creative. It's enriching. Some people don't take those kinds of classes seriously, but they should. They might find something they didn't know they were good at. They might discover a passion they didn't know they had."

Performing arts classes offer outlet for creative expression

NAVA KANTOR

CHS has a reputation for maintaining a high quality performing arts department.

Despite the fact that the current fine arts graduation requirement is only one credit, several CHS students choose to take multiple fine arts classes, making performing arts a major focus of their high school careers.

Sophomore Cameron Davis is very active in CHS's performing arts activities. In addition to participating in the fall play and Broadway musical, he takes several music classes.

"I take chamber choir, show choir, and symphonic band," Davis said. "I'm the third chair clarinet in band."

Senior Mark Goldman has been playing saxophone for eight years.

"I've also been involved in the pit orchestra for the Broadway musical and the student-run musical," Goldman said. "I participate in the all-suburban orchestra and a few other music groups."

Sophomore Drew Lefkowitz started playing an instrument in fifth grade. Lefkowitz places the saxophone.



Caitlin Ly

ALTHOUGH CHS ONLY requires one credit of fine arts to graduate, many students choose to participate throughout their four years. "[These kids] would rather play than eat," Director of Choral Music Alice Fasman said. "They would rather sing than sleep. Isn't that astounding?"

"I started out playing the clarinet, but I had this intuitive feeling that I wanted to play the saxophone," Lefkowitz said. "The teachers picked me for sax when we applied for new instruments, and I've been playing it ever since."

Senior Cherish Varley, who takes chamber choir and classes on film and Shakespeare, has been performing since a very young age.

"I've been singing and acting forever," Varley said. "My dad is a music teacher, so we were always singing at home. Then I started choir, and did a play in fifth grade, and from then on I've been involved with the arts at school."

Davis was also influenced by music at an early age. "I just grew up singing," Davis said. "I started at church choir. My grandma and my cousins all sing, so I guess it was natural when I started singing at school."

Director of Choral Music Alice Fasman enjoys having students that are so fully committed to the arts.

"It's just what they love to do," Fasman said. "They would rather play than eat. They would rather sing than sleep. Isn't that astounding?"

Perfecting their respective arts takes valuable time from these students' busy lives.

"For jazz band, I sometimes take the music home to work on it," Lefkowitz said. "We do gigs and concerts outside of school. I also have to practice for scales tests."

And it's not only school classes that require such a big commitment; voluntary activities like outside plays do as well.

"The fall play and the musical take up a lot of time," Varley said. "I wrote a play that's going to be produced. I also have to prepare for debate, where I do humorous interpretation. My speech coach helps me prepare for meets."

Balancing traditional academic work with performing arts classes is one of the challenges of involvement in drama and music.

"I think my other classes are a lot harder in terms of homework, because you have to have a lot of sit-down time for homework," Davis said. "But my music classes are also time-demanding. You have to give it your all when you're in those classes. I chose to give up my lunch period in order to take an extra music elective. I

love the performing arts that much."

Varley agrees. "I probably put more time into homework, but I put a more engaged effort into choir and drama," Varley said.

Performing arts students often have a constant, powerful drive to improve their art.

"Listening to famous jazz musicians inspires me to want to be as good as I can," Lefkowitz said. "I always try to improve on things that we work on in lessons, but I also work hard at my improvisational skills for jazz."

Davis is also determined to improve his talents.

"There's always room to get better," Davis said. "Every day, I am constantly trying to improve my singing and playing the clarinet."

Varley experiences her own challenges. "I need to work on drama more, because usually I do comedy," Varley said. "I have dyslexia, so that causes temporary problems when I start a new piece."

Goldman feels that his music teachers at school and his private instructor encourage him to concentrate on the areas that trouble him, which include understanding music theory among other things.

Davis feels his family has been very supportive. "Getting into music and acting was something I chose to do for myself, but my family supports me 100 percent," Davis said.

Although these performers may make acting, singing and playing instruments look easy on stage, proficiency at performing arts doesn't come magically.

Varley, who had a humorous role in this year's fall play, did not get in to the play in her freshman year. But instead of giving up on her aspirations to act, she tried something new.

"When I didn't get in, I decided to try speech and debate," Varley said. "Humorous interpretation is like a one-man show. I love it, and I've been pretty successful at it."

Many students find that an artistic commitment has a positive impact on their lives.

"Music in general is an emotional outlet for me," Lefkowitz said. "It gives me a break from school and helps me concentrate."

A special benefit of drama and music is that students can learn in unconventional ways.

"Acting gives you this first-hand knowledge about language," Davis said. "After working on the fall play,

I felt like I could contribute a lot about Shakespeare to my English class. I had a hands-on, lively experience with his work, and I learned a lot. All that experience carried over to the classroom too."

Most people feel that self-expression is an important component of the performing arts.

"In performing arts classes, you get to express your emotions and present a lot of different interpretations," Varley said. "You get to choose how you portray pieces of art which allows you to be creative. It's

enriching. Some people don't take those kinds of classes seriously, but they should. They could find something they didn't know they were good at. They might discover a passion they didn't know they had. There are many possibilities."

Fasman agrees. "Certain kids are very good in the arts," Fasman said. "That's where their accomplishments lie, so that's where they need to be. Students that are in a place where their strengths lie have a real sense of accomplishment. The arts give them a sense of self worth."

These benefits are for students. Having a place to express themselves is important to students who participate in the performing arts.

Some students see themselves pursuing artistic passions in their adult lives.

"I want to have a career in the performing arts," Davis said. "Hopefully I'll be famous someday. It's something that I'm passionate about and would enjoy doing everyday." ☺

Certain kids are very good at the arts. Students that are in a place where their strengths lie have a real sense of accomplishment.

Director of Choral Music
Alice Fasman

Private lessons provide extra practice for young artists

TIAN QIU

Many teenagers would define private lessons in any subjects as a tedious and painful process that certain individuals willingly inflict upon themselves in their free time.

Sophomore Shizuka Tomatsu takes lessons on several different musical instruments.

"I take piano over the summer or when I have a break, because I like piano," Tomatsu said. "It's relaxing. I also take flute lessons once a month. I take them because I fell in love with it when I saw it in fourth grade at the instrument store."

Tomatsu also takes violin lessons. "I've always been intrigued by violin and wanted to play it but never got the chance until I was in middle school."

While some find private lessons enjoyable, others are introduced to lessons because of outside motivations.

"Well, I was five when I started [taking piano]," Sophomore Kelly Moffitt said, "I didn't really have a choice because I was five. I quit this summer because I was bored with

it. Playing any instrument is not worth it if you hate it. I still play though, for fun, but I don't feel obligated to play or practice like I did before."

Although parents have been known to persuade their kids to take private lessons in order to "fuel" their kids' minds with some extra knowledge, many students volunteer to take them to gain such benefits.

"My parents actually didn't pressure me into it [private lessons] at all," Tomatsu said. "They actually didn't want me to take violin because it's time consuming and expensive, but I made them listen to me. I can't do orchestra and band at school, it's good that I can take violin every week."

In spite of all the advantages from the private lessons, they are regarded as financial burdens to many. No matter if it's for sports, instruments or academics, private lessons tuition fee ranges anywhere from \$15 to well over \$100 an hour.

"I took [private] lessons because I wasn't learning enough at the school orchestra," CHS graduate

Ning Ning Ma said. "A lot of the other kids hadn't been playing for as long or just didn't take it seriously. The lessons helped me a lot because [the private lesson] was one on one, and my teacher was really good. On the other hand, I didn't have time to practice after a while and it was so expensive."

Despite the rising trend of students seeking private lessons, there are still those who do not think private lessons are worth the time and money.

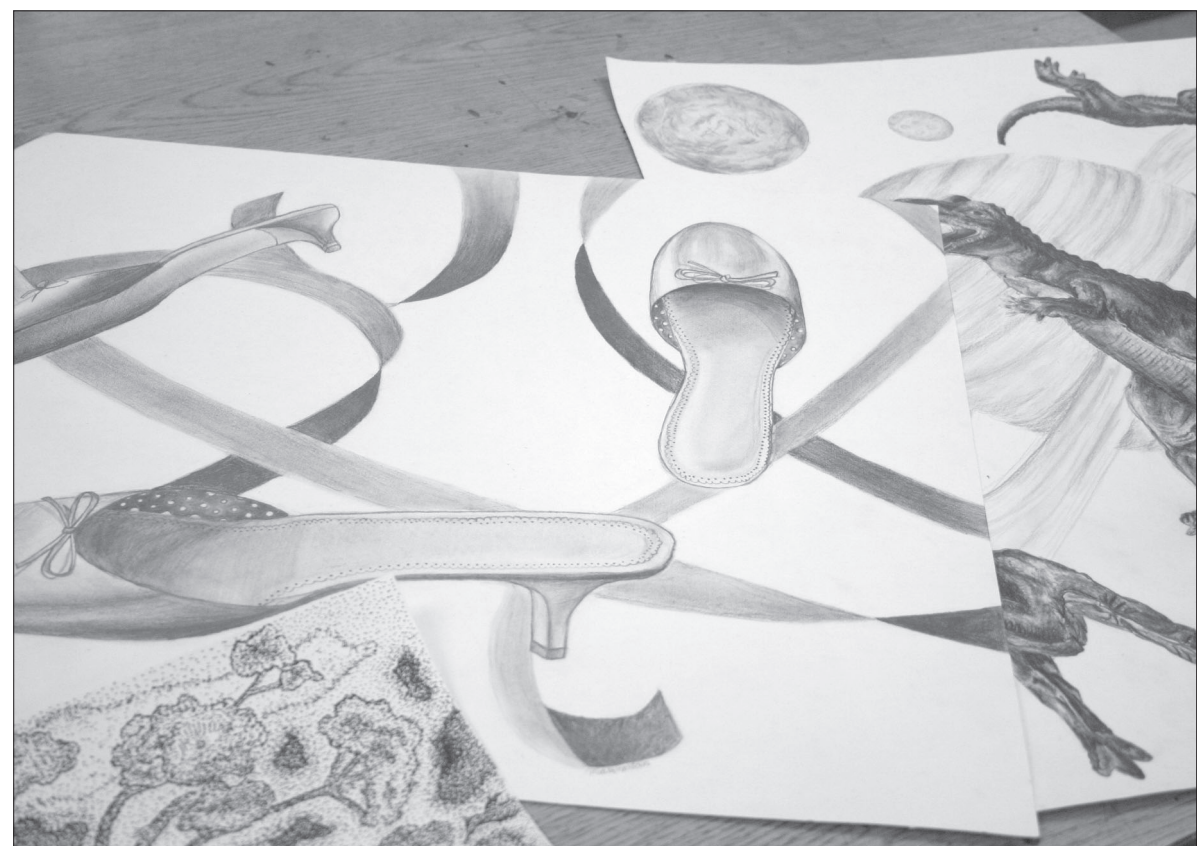
"It's extraordinarily hard to find good art instruction," sophomore Kerri Blumer said. "And it's not necessary if you are disciplined enough to practice on your own."

Blumer is a student artist and has had her artwork featured in places such as the St. Louis Galleria. She was never dependent on private art lessons to help herself progress.

"By drawing from my own life [by myself], I'm able to see the differences between how something looks and how I drew it," Blumer said. "From that I can decide whether or not I like the piece. I've never thought [private lessons are] necessary. I'm just fine learning by myself based on my own critiques of my work."

Although students hold different opinions concerning the need for private lessons, most agree that private lessons have the potential to provide some value and benefit.

"Taking private lessons really helps me, especially when it comes to working with auditioning materials like the ones for All Suburban auditions," sophomore trumpet player Jacob Rienstra said. "They also help me to sight-read better



Sarah Powers

CHS STUDENTS DISPLAY their art throughout the school. For young artists, private extracurricular lessons offer one on one work with an instructor, allowing them to target specific problem areas. However, for some students, private lessons are not worth the time and money. "By drawing from my own life [by myself], I am able to see the differences between how something looks and how I drew it," sophomore Kerri Blumer said. "From that I can decide whether or not I like the piece. I've never thought [private lessons are] necessary. I'm just fine learning by myself based on my own critiques of my work."

and other fundamental skills like that you don't have as much time to practice and work with in a band class."

In classes such as CHS's Symphonic Band, people who take private lessons generally occupy the desirable "chairs" and have more successful performances.

There are also other specific rea-

sons for why private lessons are beneficial to students.

"Private teachers can get deeper into students and focus on every idiosyncrasy they have," CHS Band Director Charles Blackmore said. "We only work with students on a general basis while private teachers specialize in the specific needs in an individual. Students can be

more successful when taking private lessons because their private teachers are able to address issues to their needs. Generally, kids who take private lessons have more successful auditions and are able to study [musical] material better because private teachers select pieces based specifically for the student's talents and needs." ☺

'A Winter's Tale' proves to be a delight

Taking on a challenge, CHS students succeed in bringing a challenging Shakespearean play to stage for a modern audience.

BECKY DALE

An imprisoned adulteress falsely accused, a jealous husband and king, a servant caught between two masters, and loyal friends ever-ready to aid and restore love and order: here we find Shakespeare's infamous "A Winter's Tale," beautifully told by Clayton High School.

Medieval Sicilia, so King Leontes and his Queen Hermione call home, sets the scene. A guest by the name of King Polixenes stays a long nine months and the good king and queen entreat him stay more. Queen Hermione alone, though, captures his heart and keeps it in Sicilia. A jealous rage overtakes good King Leontes and he orders his servant Camillo kill Polixenes, his friend, and publicly accuses his wife of infidelity, throwing her in prison. There, she gives birth to his daughter and a trusted friend, Paulina, takes the babe to the king hoping to soften his heart. Leontes casts the baby to a faraway land, only to find himself heirless since his son, Prince Mamillius died in response to his mother's absence and cruel treatment.

TOP RIGHT: SENIORS Jessie Kissinger and Brian Koehler embrace on stage in their roles as King Leontes and Queen Hermione. *Far Right: Senior* Nisrine Omri played Perdita in the play and, despite appearing in only the second act, offered a captivating performance. *Right: Seniors* Rachel Smith and Sarah Tisdale played Lady Number 1 and Lady Number 2 respectively in the play and are seen surrounding Kissinger in the play.

A story of a mournful king's repentance and an honest wife's rebirth, *A Winter's Tale* is brightened by the appearance of several characters of the land of Bohemia.

The ever-mischievous Autolycus, a rogue beyond telling whose appearance slightly resembles that of Charlie Chaplin, enters the Shakespearean world under Shakespearean law to simply meddle

livered many, and often difficult, lines and speeches and carried an air of authority.

To counter her husband's jealous cruelty, Hermione's strong yet modestly obedient character introduced the feminine beauty with fiery passion. Jessie Kissinger's facial expressions and soothing vocal quality brought this lovely queen to life.

The play itself was "musicalized" in the words of director and cast. Songs originally written by Shakespeare himself, whose music has since been lost, were re-made and sung throughout the show often as solos and at times a duet. In addition, several voice talents graced the stage including most notably that of Paulina, delivered by Kelly Pappageorge.

Costumes and lights grabbed the eye. Period-appropriate and elegant, the costumes the characters donned contributed to the story.

The lights, especially in the use of story-telling through a curtain on the side during certain integral point of the play, set the mood through wonderful colors and direction.

As the play drew to a closure, and the lights returned for the cast's final bows, it can be said that "*A Winter's Tale*" was certainly told, and those in attendance received a beautiful story to carry with them for years to come. ☺

King Polixenes' son Florizel and King Leontes' lost daughter Perdita, conjure sweet images as their individual stories unfold.

"*A Winter's Tale*" becomes more than just a single tale and showcases both romantic and comedic intervals throughout.

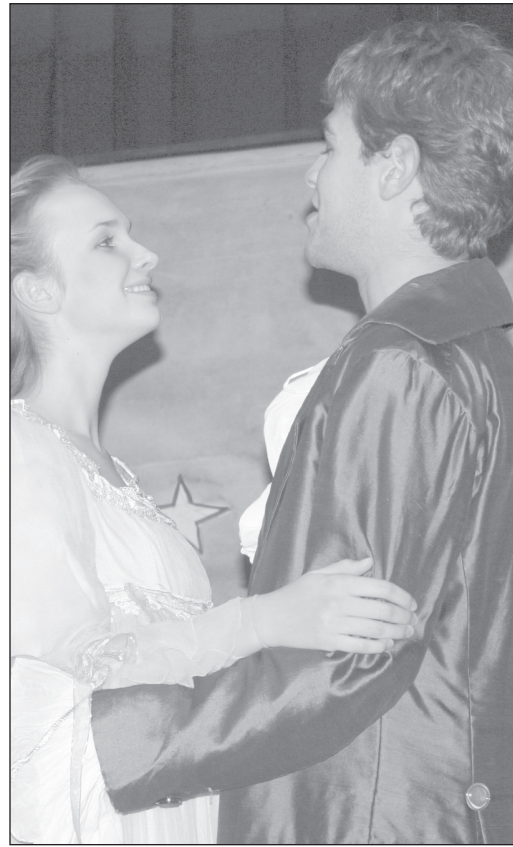
Excellent portrayed by Brian Koehler, King Leontes certainly ruled the stage. He powerfully de-

with the story in any way possible. Finding the young princess abandoned by her father, enter two characters both lovable and intelligent as the sheep they shear. And of course, the two lovers,

This review was written by Becky Dale of Nerinx Hall, a member of Cappies, a national organization that encourages student review writing and drama by providing opportunities for students to act as critics for other school's plays.



Whitney Bruce



Whitney Bruce



Whitney Bruce



staff photo

CARRABBA'S ITALIAN GRILL, a national chain, recently opened a new location at 10923 Olive Blvd. in Creve Coeur. In addition to on location dining, it offers a comprehensive carryout service.

Restaurant not worth going outside bubble

Despite reputation, local Italian restaurant proves to be overpriced and overhyped.

I've heard about this place for years. My cousin loves to go to the one in Houston, so on his recommendation, my family and I headed to Carrabba's, a chain Italian restaurant that just opened in Creve Coeur. Located off of Olive, just west of Spodee, Carrabba's is easily accessible from both Clayton and West County.

When we walked in, I got this corny vibe. The decor was trying too hard to make you feel like you were in Italy. Stucco colored walls and fake vines hanging from the ceiling were just a bit too over the top for me. There was a nice sized bar, and we were able to watch the football game while we waited for a table. For a Sunday night at 6 p.m., it was pretty crowded. We waited for 15 minutes, but were informed that they did call ahead seating (not as good as a reservation, but your name goes on the waiting list before you arrive).

We were seated at a nice size table in the middle of the restaurant in full view of the open kitchen. The seating staff was very helpful, but we waited about five minutes for our waiter to come. The menu was pretty minimal, with over priced pasta and entrees. There was a good amount of appetizers, but we decided against ordering one. There was also two types of pizza, as well as a few beef, chicken and pasta dishes.

After we were able to order, bread and olive oil were delivered to our table, along with our drinks. I have to say that this was probably the best part of the meal. The olive oil was really good plain with bread dipped in it, though my brother insisted on adding pepper and the house herbs to it.

Nobody ordered anything too extravagant, but the service was a bit slow. My mom, brother and I all got salads, but there was something wrong with every one of them. My mom had the Italian salad, which was served with tomatoes, too American for an Italian place. My brother's Caesar was had too much anchovy with the biggest croutons I have ever seen, while my house salad was plain containing only carrots, lettuce and celery. The dressing was really peppery which bothered me, even though I like peppery foods. My dad ordered the Minestrone, which he said had too many beans and was pretty bland. Most of our food arrived together, including my brother's chicken Parmesan, my dad's sirloin Milano, and my Pasta Carraba. There seemed to be a back order on spaghetti with meatballs that my mom ordered. The chicken Parmesan was the best dish of the night, like eating one on the Hill. The sirloin was okay, served with garlic loaded mashed potatoes that were pretty good. I was not a fan of the Pasta Carraba, but then again it was loaded with peas and mushrooms, too many for my taste. Once my mom's spaghetti got there it was also pretty good. But then again, it takes a real magician to screw up spaghetti and meatballs.

We ended up taking the spaghetti and chicken Parmesan home, but left the rest. When we got the check, I was shocked at the price. For four people with no alcohol, appetizer or dessert, it was \$70 without tip. Way overpriced for food that just wasn't that great.

I wouldn't venture outside of the bubble for Carrabba's. The experience made me realize how great the Hill was, and why, if you feel the need to step outside the bubble for Italian, you should go there. For a chain, the restaurant just wasn't up to par. ☺

OUTSIDE the BUBBLE



Katherine Sher

The new face of JAMES BOND

British actor Daniel Craig takes over as the new James Bond formerly played by Pierce Brosnan.



photo courtesy of www.raremovieimages.com

BRITISH ACTOR DANIEL Craig is the latest actor to take on the challenging role of James Bond. Some are skeptical about his look, having blonde as opposed to dark hair.

ELAD GROSS

"The name's Bond. James Bond."

No longer does Pierce Brosnan have the privilege to utter this line of honor. Instead, British actor Daniel Craig will fill the role in the newest Bond film, *Casino Royale*. Adapted from Ian Fleming's first James Bond novel, *Casino Royale* will be directed by Martin Campbell. Filming will begin in January 2006.

But there is something amiss in the British spy network. The sixth James Bond not only has much to live up to, but he may have a physical handicap for this mission as well. Craig has blonde hair and blue eyes, a stark contrast with his predecessors' dark hair.

The question emerges: "Does Craig look and fit the part of 007?"

"Pierce Brosnan is dreamy," senior Chris Peck said. "Daniel Craig is not."

Other Clayton students hold similar beliefs. "He doesn't have the look," Senior Cong Yu said. "He looks weak."

Senior Mike Oliveri, upon seeing the picture of Daniel Craig, expressed great consternation. "Is that the new James Bond?" Oliveri said. "Oh noooooo."

Senior Zach Smith took a different perspective on the issue. When selecting which of the six Bonds (Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Brosnan or Craig) looked the least like James Bond, Smith immediately chose Craig. However, Smith showed some optimism.

"I think he will be able to pull it off, depending on his accent, his mannerisms," Smith said. "If not, the blonde hair will be the nail in the coffin."

When shown pictures of all six Bonds, Yu and Smith both chose Pierce Brosnan as having the

best Bond look, with Yu excitedly pointing at Brosnan, remembering him from the only Bond film he has seen—*Goldeneye*.

"The Goldeneye," Yu said. "The only I've seen. I loved it. It's awesome."

The loss of Brosnan and the insertion of Craig will probably not translate into a decrease in Bond fans. Many still plan to see the next Bond movie.

"I'd go even if Toby Maguire was James Bond," Peck said.

Smith expressed himself differently, but remains a fan.

"I wouldn't miss it for the world," Smith said.

While Smith believes it is the plot that makes the Bond, both Yu and Peck saw the Bond actor as the most important factor. However, Yu still struggled with the loss of Brosnan.

When asked what would draw him most to the next movie, Yu enthusiastically replied: "Pierce Brosnan."

But Brosnan is no more.

Once the likes of Connery and Moore had moved on, a void was left for a new, young, dashing actor to fit the stereotypical role of Bond.

Up to now, every Bond has looked somewhat similar, creating a distinct Bond look. But Craig breaks this mold with his light hair and reflective blue eyes. Still, Smith is not fazed, keeping his focus on the actual storyline.

"The guy only works if the plot works," Smith said.

Still, all eyes will be on Craig, his audience holding all the golden bullets in this operation. It will be up to the timeless spy to accomplish what few have lately been able to do—make a Bond movie worthy of the title.

This is his mission. Failure is not an option. ☺

Newly-released biopics prove historically accurate

Although "Capote" and "Good Night and Good Luck" differ in plot, both films radiate intrigue and seamless mastery.

☛ CAROLINE BLEEKE

Sometimes the media is an outlet for heroes, providing opportunities to expose evil and advocate good. But sometimes the media is an outlet for flawed characters, providing space to further personal ambition.

George Clooney's "Good Night and Good Luck" and Bennett Miller's "Capote" are both Oscar-worthy films that document the lives of famous, undeniably talented journalists. But in addressing the ultimate role of the media, the two movies could not be more different.

"Good Night and Good Luck" is the type of film that makes journalists proud of their profession, that shows the power and beauty of television journalism at its best.

The movie tells the true story of Edward R. Murrow (David Strathairn), a CBS reporter from the '50s. Murrow proved himself to be a true American patriot during World War II, when he broadcast live from the front lines in Europe. "Good Night and Good Luck," however, is set after the war, during the McCarthy era.

During the 50s, Senator Joseph McCarthy persecuted Americans with his famous "blacklists," which named supposed communists or communist supporters in the U.S. With a single pronouncement, McCarthy could turn the paranoid public against innocent individuals. His tactics of slander and fear tore the nation apart, but few Americans were brave enough to stand up against his practices.

Murrow, however, was different. "Good Night and Good Luck" traces the free-speech advocate's battle against one of the most influential men in the country. Knowing full well that broadcasting stories that negatively portrayed McCarthy could put both his career and reputation into question, Murrow held firmly to his beliefs and used his power as an influential journalist to expose misuse of government power.

Strathairn gives a stunningly realistic portrayal of Murrow, both in



photo courtesy of <http://www.celuloide.com>

physical appearance and character. Strathairn captures Murrow's courageous TV-idol personality as well as the stressed, fearful persona that he concealed beneath his graceful exterior.

Clooney, who gives a noteworthy performance as Fred Friendly, also proves that his talents lie beyond just acting.

Clooney demonstrates his directorial worthiness in the cinematic brilliance that characterizes "Good Night and Good Luck." The film is entirely in black and white and Clooney seamlessly weaves actual video clips of McCarthy speeches throughout, allowing the senator to speak for himself. The black and white technique helps set the serious mood of the piece while also transporting viewers into Murrow's era, when TV was not yet in

color.

The live jazz performances scattered throughout the movie also help define the setting, as do the costumes and the perpetual cloud of cigarette smokes that surrounds Murrow, even during his broadcasts.

Ultimately, "Good Night and Good Luck" shows the positive influence journalists can have. Because of Murrow's broadcasts, the country saw that McCarthy was taking advantage of the widespread communist fear to create even more chaos. By standing up for his beliefs and for what he knew to be right, Murrow strengthened the integrity of the media.

As portrayed by Clooney's film, Murrow is a true American hero and journalism is an outlet for that heroism.



photo courtesy of www.sos.state.mo.us



Photo courtesy of www.edgeboston.com

LEFT: PHILLIP SEYMOUR stars as infamous author Truman Capote. Above: "Good Night and Good Luck" traces the free-speech advocate's battle against one of the most influential men in the country.

Truman Capote (Philip Seymour Hoffman), the protagonist of "Capote," is another idolized American writer. His books, from "A Christmas Memory" to "Breakfast at Tiffany's" to "In Cold Blood," are considered American classics and cultural icons. "Capote," however, reveals that Capote is a hero with serious flaws, if he is a hero at all. The film documents Capote's process of writing "In Cold Blood," the true story of the brutal and mysteri-

ous murders of the Clutter family in Holcomb, Kansas. In the 50s.

"Capote" follows the plot line of "In Cold Blood," but instead of focusing on the lives of the murderers, as the novel does, the film focuses on Capote himself, a character fantastical and unique enough to seem fictional.

Hoffman brings Capote to life, portraying his haughty, self-consumed, brilliant personality. Beyond his high, false voice, Capote

is undeniably captivating. He has an ability to draw out people's stories, an uncannily good memory and an amazing writing style. "In Cold Blood" is truly deserving of its high literary status. But "Capote" exposes the sometimes appalling means Capote used to write his "book of the century."

"In Cold Blood" is famous not only because of its quality but also because it defined a new genre, that of the "nonfiction novel." The book is, in essence, a huge work of journalism, with actual dialogues, real characters and a compelling, true plot line.

In crafting "In Cold Blood," Capote had to spend years with the Clutter murderers, who were the protagonists of the novel, in which Capote ushered readers into the minds of the killers.

Capote, a homosexual, ended up falling in love with Perry Smith (Clifton Collins, Jr.), one of the two Clutter murderers. While Capote deeply cared for Smith and wanted to protect him from the death penalty, he also deeply cared about his book. Capote ultimately realized that in order to end "In Cold Blood," Smith had to be hanged.

Instead of using his journalistic influence and knowledge of Smith's personality to save him, Capote stood aside so that his masterpiece could at last be finished.

Capote's twisted actions, portrayed beautifully by Hoffman, haunted him for the rest of his life. After writing "In Cold Blood," Capote never published another book. One of his unfinished works began with the quotation, "More tears are shed over answered prayers than unanswered ones." This sentiment captures the tragedy of what journalistic obsession can lead to.

"Capote" is a powerful, fascinating movie that reveals the ways in which journalism can be corrupted. Capote made the mistake of valuing a good story over truth and moral obligation.

When viewed together, "Good Night and Good Luck" and "Capote" force audiences to examine how they feel about the nature of journalism. ☛

"Legend of Zorro" disappoints, disheartens viewers

☛ PERCY OLSEN

Let me just get this out of the way: I love Antonio Banderas. The actor, not the crooner. Just the way he can make any old line seem cool just wows my brain. He always adds an edge to his character with his acting. Too bad the direction in "The Legend of Zorro" has more of a dull, almost fuzzy feel to it.

Obviously, the great Zorro (or his alias, Alejandro) is played by Antonio Banderas. In "The Legend of Zorro," Zorro does his Zorro thing. Face it, he's Zorro, he's better than you. He can do flips, walk on tightropes, run faster than horses, and apparently cause armed men to never hit him. Then things take a turn. Zorro's wife, Elena (Catherine Zeta-Jones), does the one thing that can hurt Zorro: she divorces him. But you swinging' singles out there better not get your hopes up. She's was actually forced to get divorced by two mustached government agents, who are using Zorro's identity as blackmail to get her to do their bidding. So, in the end, even when Zorro is divorced, he's still got a girl. He's that cool.

Okay, I'm going to be honest with you. I didn't see this movie for the plot. Any red-blooded American male knows that the plot is just there to keep one thing going: the action. Granted, I'd rather have action mixed with a clever plot, but come on, this is a Zorro movie, that's asking too much of it. So imagine how surprised I was when the action wasn't good. I'm telling you this, I did not pay \$6 to watch some fourth grader, Zorro's son, Joaquin (Adrian Alonso), beat up his teacher with a ruler, bow to his classmates, and then jump out the window. I was hoping for more of a visceral Kill Bill-type experience, and

there's no reason it couldn't have happened; everything was in place: the nameless henchmen, a sword-wielding hero,

and a family at stake.

Unfortunately, this did not happen. This is basically the perfect action movie for kids. There's very little blood, nobody dies on camera, and the worst thing that happens to the henchmen is that they get mildly embarrassed (i.e. fall into water, get a "Z" cut into their pants, etc.) Just like "The Mask of Zorro," this "Legend" is directed by Martin Campbell, most famous for his direction of "Goldeneye," yet another "action" movie aimed at, shall we say, immature audiences. Zorro even pulls an Odd job, throwing his hat at an unsuspecting coney.

Although, to be fair, it's not really Martin Campbell's fault that he makes "soft action" movies. I place the blame solely on Columbia Pictures for making sure that the movie would receive a PG-rating. Columbia actually had a chance to sign Robert Rodriguez, the director of "Sin City" and the Mariachi Series, which starred Antonio Banderas, but it fell through because his R-rated version of the story wasn't what Columbia wanted. Shame on you Columbia, shame on you! Gone are the days when movie studios made meaningful movies, now every studio is out just to make a buck.

In the end, "Zorro" is just another typical kiddie-action movie. Even "The Mask of Zorro" managed to earn itself a PG-13-rating, with its slightly harder storyline and edgier action sequences. The main problem with "The Legend of Zorro" is that the viewer always knows that Zorro will never get physically hurt, much less die. Explosions become meaningless, swords transform into pieces of straw, and gun might as well be a banana. Zorro always smiles and walks on. When you know that the worst thing that could happen to Zorro is that somebody could take his mask off, the tension just leaves the film like a deflated balloon. All you can do is watch and marvel at Banderas and his wicked accent. ☛



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CATHERINE ZETA-JONES and Antonio Banderas sizzle in "Zorro"

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METRO IMAGING

Humor Column

Blockbuster conjures up outcry over witches, spells, evil

by JEREMY BLEEKE

The release of Harry Potter and the Goblet of Fire this past Friday caused widespread celebration and excitement for Potter fans around the world. Many students attended midnight show, despite having to go to school sleep deprived.

"I just can't believe that they are already over halfway done with the movies!" Sally Fig, a devoted Potter follower said. "My friends and me like totally worship him. It's sort of my little secret, but I know what kind of toothpaste he uses."

Fig didn't specify whether she meant Daniel Radcliffe, who plays Potter in Warner Bros. mega-million-dollar movies, or Harry Potter himself, whom she believes to be very much alive.

"Once, when me and my friends were coming out of the mall I saw a man who looked suspiciously like a death eater. He just had that...look. But I played it cool and was all like 'what would Harry do?' I decided to alert security but by the time they got there he was gone. It's scary to think that people like that are living among us, but I know that someday Harry will hunt him down."

Whether our personal safety rests with a kid who routinely talks to pictures is a matter of opinion.



However, one thing is certain: with the renewed hype caused by Goblet of Fire hitting theaters it is important to remember that Harry Potter is more than just a boy with a broomstick and a magical twig.

According to some, Harry Potter is evil.

"In her books J.K. Rowling tries to gloss over the true wickedness of witchcraft by presenting it with a zero to hero protagonist, and some lovable characters like Hagrid or Voldemort," Daureen Frumpcakes, a leading figure in the campaign against the Potter series, said. "But the bottom line is that when kids read passages that talk about things like potion making, spell casting, or transfiguration, they are poisoning their minds with thoughts of the devil. It shocks me that anyone

could have the nerve to publish a book with such blatant references to devil worship," Frumpcakes continued. "I mean, just try to read page 94, paragraph two, sentences three through six without having to ask forgiveness halfway through. Exposing innocent children to that sort of material is just unthinkable."

Many concerned parents in cities across the country have begun to form support groups to try and shelter kids from the Potter series and to nurture those who have already been exposed. Potter Spotters is the largest of these groups, now with more than 35 chapters in the U.S. and Canada. "Our mission is to create a caring, supportive environment for those already marred by the Harry Potter books, and find people who we think may have been hurt but don't know what to do," Eugene Jenkins, founder of the Potter Spotters network said. "I see our organization making a difference in people's lives day in and day out. Several days after we formed our chapter in San Antonio we received a call from a boy who had seen the devil in Hagrid's nifflers. This wasn't the first call we had

received about the nifflers and we scheduled a time when he could come in to talk with someone. This coming Thursday will mark little Billy's one year mark of living Potter-free."

Jenkins and Frumpcakes are bracing themselves against the onslaught of Potter merchandise which will surely accompany Goblet of Fire. "Every time I see a little boy put on a lightning scar tattoo, I die a little," Jenkins said. "We can never solve this Potter virus if our children are pretending to be him. Potter Spotters is actually planning an advertising campaign to spread the truth about HP, and organizing a boycott of Potter merchandise in retailers around the country."

Yet despite the overwhelming magnitude of the situation Jenkins manages to stay positive. "We work on healing one person at a time," Jenkins said. "When one person is healed they can begin to tell the good news to their friends too. Every little victory counts. The other day I had someone tell me they realized that Mrs. Weasley was possessed by no less than six demons. That news just warms my heart."

Next time, look closer. You'll see a subtle twitch, sweat stains, or dilated pupils from what administrators like to call a healthy education. You've seen us in the halls. From a distance, we look like any other peppy youth.

Next time, look closer. You'll see a subtle twitch, sweat stains, or dilated pupils from what administrators like to call a healthy education. You've seen us in the halls. From a distance, we look like any other peppy youth.

To receive a good education: falsehood! In fact, one can receive a decent education at any school, even community college. The only difference is the percentage of student-teacher affairs, commonly mistaken as prestige.

My parents will beat me if I don't. It is a common misconception that in the case of being

Humor Column

Applying to college not worth the stress; it all turns out bad anyway

by BRITTANY DENNISON

It's that time of year again; Leaves crunching under foot and overpriced holiday lattes can only mean one thing: fall is here. And yet, for us Seniors, instead of reaping the benefits of carbon copy Christmas cards from our dentists and disappointingly cheap presents, we're enjoying a plethora of psychological disorders such as insomnia, anxiety

clubbed to death by a parent for not getting a full scholarship to Harvard, the proper etiquette is to weep quietly on the bathroom floor until you lose all will to live.

In fact, the correct response is to hit them back. Don't be afraid to use objects close by, this is payback for all those times they forgot to pick you up from preschool.

I want to get into the same school as my boyfriend/friend. Aww, that's cute. But we'll see how cute it is when you get to college

From a distance, we look like any other peppy youth. Next look closer. You'll see the subtle twitch, sweat stains, or dilated pupils.

only to realize that those quirky qualities you used to think were adorable are unbearably obnoxious.

I need to get into a good school to that I can fulfill my lifelong dream of being a _____. I'm going to level with all of you right now. It's not going to happen. There will be those of us who have plastic surgery, save the lives of millions, marry a celebrity, and have kids with just as perfect teeth as we do.

For the rest of us, the other 99%, we will go through unsuccessful marriage counseling, the tragedy of being hated by our children, and work in a cubicle. So whenever you start writing that suicide note, just think, it'll only get worse!

So let's all just relax a little and enjoy ourselves while we can. We've got the rest of our lives to hate ourselves.

just watch me
find a cure

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Saturday, November 12, 10 am to 1 pm
Chicago Campus

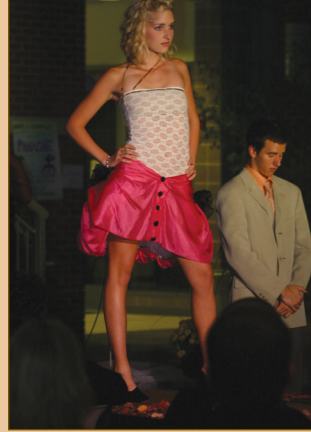
To register, call 1-877-APPLY RU or visit
www.roosevelt.edu/openhouses



Freshman Alli Holt



Freshman Morgan Ostapowicz



Senior Ellie Warshaw



Sophomore Elaine Beebe



SENIOR COLE EASTMAN puts the finishing touches on the fashion show refreshments. The dishes were prepared entirely by the CHS gourmet foods class.



Junior Rebecca Gutmann



Junior Shannon Keane



SENIOR FASHION DESIGNER Melvina Hoxha (center right) gets prepped before the show by senior Susie Johnson (center left). Hoxha designed about 45 original pieces for the show, which were then modeled by CHS students.



Sophomore Leigh Katz

On the Runway

The Wardrobe class' fashion show, Panache, featured over 75 original designs by three student designers. The fashions were modeled by approximately 50 student models.



JUNIOR MARIA MUZANILA models one of the dresses designed by senior Malvina Hoxha. Hoxha will be attending a fashion design school in Los Angeles next fall.

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