

LE JOURNAL

NOTRE DAME DE SION HIGH SCHOOL | MARCH 2020 | VOLUME 38

A SPECIAL EDITION:

The Women's Issue

The Rise of **THE WOMAN**

A look at how women have gained rights
and a voice over the last century and
what still needs to be done
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NINE BRANDS
THAT SUPPORT
WOMEN
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KNOW YOUR
RIGHTS THROUGH
TITLE IX
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SOPHOMORE
SOPHIA TOTTA:
HELPING
OTHERS TO LOVE
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(Illustration by Emma Hutchin)

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Junior Riley Weaver wins NYT contest (Photo by Madisen Hane)



Storm brings home Irish Cup (Photo by Ava Stoltz)

Coronavirus's effect on the economy (Photo by MCT Campus)

Celebration of Ash Wednesday (Photo by Kate Vankeirsbilck)

EDITOR'S *Ink*

March is international women's month, and due to our school's all-girl's atmosphere, we felt it was necessary to have an issue to recognize the accomplishments of women over the past century. You might notice that we limited the amount of pink we used in this issue as purple is the internationally recognized color to symbolize women.

Women's role in society and the ever changing waves of feminism have continued to flourish, expand and change over the past decades, especially since the ratification of the 19th Amendment in the United States (pg. 14-17).

One of the highest glass ceilings women have been trying to break for decades has been electing a woman for president.

This year, we got closer than we ever have before with six women frontrunners for the Democratic Party (pg. 5). This included two women, **Elizabeth Warren** and **Amy Klobuchar**, who were still in the running until about a week ago when they dropped out.

Women's reproductive rights have been a center of conversation since *Roe v. Wade* passed in 1973. Learn the facts surrounding Planned Parenthood and how different religions view abortion (pg. 7). The Pro-Life Pro-Choice debate

that erupted after the ruling has divided the country and public opinion on abortion (pg. 12-13).

The word feminist has gained a somewhat negative connotation after the fourth wave, yet the definition for people tends to be very fluid and different in each person.

Learn about five different students and teachers and their own personal definition of feminism (pg. 8-9). Also check out the staff editorial on why everyone should be a feminist (pg. 10).

With an issue dedicated to women, we also wanted to recognize the challenges with being female, including being at higher risk for diseases like anorexia. Learn about sophomore **Sophia Totta** and her battle with the disease, and how she has turned this



The Le Journal 19-20 Staff

into a positivity themed Instagram to help others struggling (pg. 18-19).

We hope you enjoy this new take on our normal March issue, and as second semester begins to come to a close, remember to cherish those times with the strong, independent women that surround you in this school and in your lives.

Sincerely,
Ava & Kamryn

Letter TO THE EDITORS

After reading the opinion piece, "Don't Believe the Plant-Based Hype" in the September issue of *Le Journal*, I found some facts taken out of context that I want to hopefully set straight.

At one point, the writer addresses a chart that tracks the pounds of greenhouse gas emissions associated with 1,000 calories of each food with beef showing 19.18 pounds and lettuce showing 18.67 pounds. Comparing 1,000 calories of lettuce to eating 1,000 calories of beef seemed questionable.

According to the Agricultural Marketing Resource Center, in 2015 the annual consumption of all types of lettuce was 25.8 pounds per person. And since a pound of lettuce is 63 calories, this adds up to the average person consuming 1,625 calories of lettuce per year.

With beef, the average consumer ate 222.2 pounds of red meat and poultry in 2018, according to the U.S. Department of Agriculture. Since a pound of beef is 1,137 calories, this means the average person consumes 252,641.4 calories of beef per year.

Looking at these facts, the average person is consuming almost double the amount of calories in beef than lettuce and therefore producing 38.36 pounds of greenhouse gas emissions of beef than the 19.18 pounds of lettuce.

With this comparison, and assuming this trend will remain relatively constant overtime, beef overall contributes more to greenhouse gas emissions than lettuce.

-senior **Ceresa Munjak-Khoury**

IN LOVING MEMORY



After a battle with urethral cancer, Director of Facilities and Operations **Andy Sheer** passed away Friday, March 6. Sheer, 46, was a member of the Sion community since 2002. He is survived by his wife **Jennifer Sheer** and his three children. "Andy and his family have meant so much to our entire community at Notre Dame de Sion. For all of us lucky enough to know him, we know that no one loved Sion and embodied our school values more than Andy," President **Alicia Kotarba** wrote in an email sent to the school community.



EYES ON THE PRIZE
At the basketball Irish Cup game against St. Teresa's Academy, junior **Shannon Karlin** finds her way to the basket, taking down STA senior Grace Kauten in the process Mar. 7. The Storm won 53-42. (Photo by Ava Stoltz)

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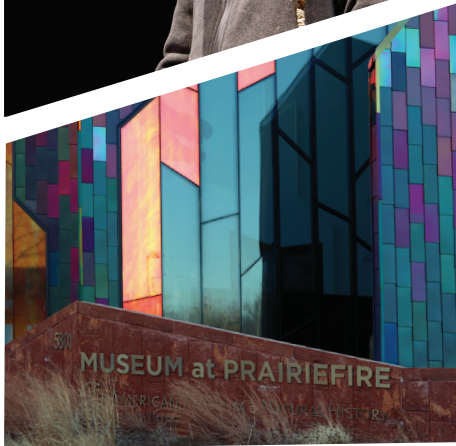
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NEWS IN *brief*



NOBEL PRIZE FINALIST

Seventeen-year-old climate activist **Greta Thunberg** was nominated for the Nobel Peace Prize for the second year in a row. Two Sweden lawmakers nominated Thunberg for the award noting her global activism. If she wins, Thunberg would be the first person to win a Nobel Peace Prize for global activism since 2007. "I think she's definitely pushing young people to try to make the world a better place," freshman **Grace Gaither** said. (Photo by MCT Campus)



PROM CHANGES

The layout of prom has changed from the traditional sit-down dinner and dancing to only desserts and dancing. Prom is March 28 from 7 p.m. to 9 p.m. at a new location, the Museum at Prairiefire. This will be the first time the museum has held a prom. The ticket prices have also changed from last year's \$75 per person to \$35 per person since dinner will not be served. The theme of prom is fire and ice and will be decorated accordingly, including a photo booth with a backdrop fitting the theme. "My favorite part has been getting to have a say in what goes into this special night," junior and Prom chair **Mikayla Gunther** said. (Photo by Kate Vankeirsbilck)



CENTENNIAL CELEBRATION

The Negro League Baseball Museum centennial celebration was Feb. 15. They are commemorating 100 years of recognition of the extraordinary baseball talent of African-American and Hispanic baseball players. The past 40 years of the museum have been a catalyst for African-American communities and are creating a social change across the world according to NLBM. "I think that a hundred year mark is really cool and is impactful to our community," sophomore **Chloe Angrisano** said. (Photo by MCT Campus)



CREATING ENTREPRENEURS

In English IV students have been working on an action-based project. It started as a research paper in the fall, over a topic chosen by each student on what they felt needed to be changed in the school, community or Kansas City. Students then went on a field trip to PlexPod to meet with members of InnovateHER and administration to talk through their ideas and get feedback. On the field trip they took a tour of Plexpod which is a progressive co-working space. **Lauren Conaway**, founder of InnovateHer, spoke about her professional journey and the organization. "It was important to talk with the professionals because they knew how to help us in new ways," senior **Christina Peters** said. (Photo by Avery Brundige)

BIG MOMENTS // WOMEN'S HISTORY



First Woman to get a Medical Degree

Elizabeth Blackwell was the first woman to graduate medical school in 1849.



Equal Pay Act

President John F. Kennedy signed a law in 1963 prohibiting the pay discrimination between sexes.



Women in Military

Women have been able to serve in all forces of combat since 2016.



1993 Maternity Leave

U.S. labor law requires employers to give employees up to 12 weeks leave for qualified medical or family reasons.

(Illustrations by Keely Schieffer)

NATIONAL/WORLDWIDE



Coronavirus Updated

Coronavirus - COVID-19 - has surged outside of China and there have been 26 deaths due to the virus in the United States. New cases have popped up in all continents except Antarctica and are at almost 115,000 confirmed cases, of which 4,000 people have died. Italy has enacted a national lock down. The latest fallout from the virus also includes some airlines cutting global and domestic flights. (Photo by MCT Campus)



Tennessee Tornado

A tornado destroyed the central regions areas in Nashville, Tennessee March 3. The community has been working endlessly to pick up the remains and search for missing people. 24 people were found dead in the results of the tornado. (Photo by MCT Campus)



Greece-Turkey Border Crisis

Turkish migrants are crowding the Turkey and Greece border. Migrants are occupying makeshift boats in Greek waters. One boat carried 48 people and a Turkish coast guard by Lesbos, Greece. The boat capsized killing one child March 2. (Photo by MCT Campus)

UPCOMING & *Local*



MARCH 17

KC ST. PATRICK'S DAY PARADE
(Photo by MCT Campus)



MARCH 28

PROM
(Photo by Avery Brundige, pictured is senior Allie Dierks)



APRIL 3

SION OLYMPICS
(Photo by Cecilia Mohacsi, Reilly Jackboice pictured)

THE HIGHEST GLASS CEILING

Women for President

More female candidates ran for the 2020 Presidential Democratic nomination than ever before.

ILLUSTRATIONS BY CALLIE CAMERON A&E EDITOR

AMY KLOBUCHAR



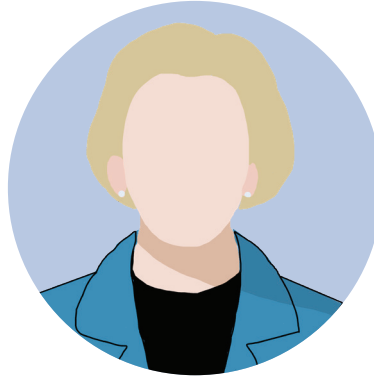
Update: Ended campaign March 2

Party: Democrat

Former Job: senator from Minnesota, former Hennepin county, Minnesota attorney

Signature Issues: With a bipartisan approach, she provided a list of 100 issues she would correct her first 100 days in office, which addressed voting rights, prescription drugs and antitrust enforcement.

ELIZABETH WARREN



Update: Ended campaign March 5

Party: Democrat

Former Job: Senator from Massachusetts, former Harvard law professor

Signature Issues: Warren's policies focus on income inequality and the attack of the middle class. She speaks frequently about the need for big structural change, and released a wide range of detailed plans for how to reshape the economy.

TULSI GABBARD



Update: Still running

Party: Democrat

Former Job: Army National Guard veteran, Congresswoman

Signature Issues: Gabbard opposes American military intervention overseas, including in countries like Syria. Specifically, she is urging the United States to get out of foreign wars and focus on peacebuilding.

KIRSTEN GILLIBRAND



Update: Ended campaign Aug. 28

Party: Democrat

Former Job: Senator from New York, former congresswoman

Signature issues: Gillibrand anchored her candidacy on women's equality and support for women running for Congress. She also had a strong emphasis on abortion rights.

KAMALA HARRIS



Update: Ended campaign Dec. 3

Party: Democrat

Former Job: Senator from California, former attorney general of California, former San Francisco district attorney

Signature issues: With an appeal to both progressives and moderates, her policies focus on positive results for historically marginalized groups like women, people of color and low-income Americans.

MARIANNE WILLIAMSON



Update: Ended campaign Jan. 10

Party: Democrat

Former Job: Self-help author, new age lecturer

Signature Issues: One of Williamson's biggest unique proposals was establishing a Department of Peace, which would oversee efforts like foreign conflicts and combat white supremacy.

Nine things to know about

FIX

Title IX provides numerous benefits and resources to students.

STORY AND DESIGN BY KENNEDY WADE
MANAGING PRINT EDITOR

Title IX is credited to three people:



REP. PATSY T. MINK (HI)
Mink is credited as the major author and sponsor of Title IX, which was inspired by the difficulties she had during her own education.



REP. EDITH GREEN (OR)
During her 10 terms in the house, Green was dedicated to education and women's rights. She worked with Bayh and Mink to get Title IX passed.



SEN. BIRCH BAYH (IN)
Nicknamed the "father of Title IX", Bayh was instrumental in seeing Title IX through the senate.

What is Title IX?

Title IX is a part of the Education Amendments of 1972. It states that "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance."



Title IX applies to any institution that uses federal funding, which encompasses the majority of public schools and universities.

Under Title IX, public schools and universities must comply with its regulations or lose federal funding. Most private universities are included as well, due to student participation in federal financial aid programs.



Title IX protects students from sexual harassment, sexual assault and discrimination based on gender.

Title IX requires schools to respond to and remedy hostile education environments. Schools must have established procedures for handling complaints of gender discrimination, sexual harassment and sexual assault.

Schools can't retaliate against complaints.

Students who file complaints under Title IX cannot face consequences for reporting. Additionally, they cannot encourage students to withdraw from classes or leave the school.

Schools must protect the complainant.

Students are permitted to request to not share classes or living spaces with their accused abuser, and schools can issue no contact directives to prevent the accused from contacting the student.

Title IX applies to activities outside the classroom.

Title IX applies to all activities associated with the school, including clubs and athletics. Title IX mandates that clubs cannot be denied based on what it's about, and that all students are given equal opportunity to play sports.



Title IX covers all students.

Title IX protects all students regardless of gender or sexual identity, race, citizenship status and disability. Title IX was created with the intent of preventing misogyny affecting woman's education. By definition, however, it also protects men from sex based discrimination. Since its creation, Title IX has expanded to cover discrimination against the LGBT+ community. Additionally, Title IX covers any student on campus, including foreign exchange students.



What to do when your Title IX rights are violated:

If you have experienced sex based discrimination or sexual violence relating to your school, you are entitled to file a complaint against the perpetrator. All Title IX compliant schools are required to have a Title IX coordinator and a process for taking complaints, and the information to help you can typically be found in the student handbook. If your school refuses to comply with Title IX and remedy the situation, or if your school retaliates against you, you may file a complaint against the school with your regional Department of Education Office for Civil Rights, which can be found at www2.ed.gov.

(Information from American Civil Liberties Union, Know Your Title IX, and Stop Sexual Assault In Schools)

(Illustrations by Kennedy Wade)



Restricting Rights

A new bill in Kansas proposes more reforms on reproductive rights.

BY MADELINE HAMMETT
NEWS EDITOR

Kansas lawmakers are pushing to pass a bill to be voted on by citizens in an effort to decrease abortion rights in Kansas.

"It means that Kansans can elect legislators, pro-life legislators, pro-choice legislators, whatever they want to enact regulations on the abortion industry," state Rep. **Kellie Warren** said.

The bill intends to add an extra line to the end of the state Bill of Rights. It will contain information stating that abortion is not constitutionally protected and therefore it can be controlled by state legislatures. The line will give legislators the ability to regulate abortions. This ability opens up the potential for abortion to become illegal in the state of Kansas. This will include the regulating of abortions when a pregnancy comes from incest or rape, according to an interview from National Public Radio.

"This is a very important issue that all Kansans should be able to get behind and get this constitutional amendment on Kansans' ballots," Warren said. "It lets Kansans vote on what their Kansas constitution says."

The Kansas House Republicans did not have enough votes for the bill to be on ballots for the August primary. Two-thirds votes were required from the republicans and the end result was 80-43, only four votes away from the minimum. For now, the amendment has been sent back to the senate committees. The house will likely see the amendment again for another vote over its placement on the November ballot.

"It's important for everyone who can vote to vote on this matter and future matters because everyone deserves a say in how their lives will be affected," junior **Mason Lewis** said. "It gives the best representation on how the entire population feels."

Anti-Abortion activists were advocating for the vote to happen in August. The August primary is suspected to have a smaller and more skewed electorate that would increase the amendment's potential to pass, according to the University of Kansas political scientist **Patrick Miller**. November, which is when the voting will likely occur, has shown to have a higher amount of people who have mixed feelings on controversial topics. Most residents in Kansas are known to be "middle-of-the-road-voters," according to NPR.

In 2016, a Fort Hayes survey on abortion showed that 29% of people believe abortion should always be allowed, 26% believe abortion should never be allowed and 38% believe that it should only be allowed in certain situations.

"Everyone should follow the issues," social studies department chair **Jennifer Brown-Howerton** said. "And then they should vote in a way that best represents their interests."

Because of the unpredictability of the voting results on the amendment in Kansas, officials can't be sure on which way this amendment will be received at the polls. For now, the decision in the Kansas House is whether the amendment will be put on the ballot and what time.

"Without the amendment, it changes everything," Warren said. "Without the amendment we can't keep any protections in place to keep Kansas women safe who are seeking an abortion."

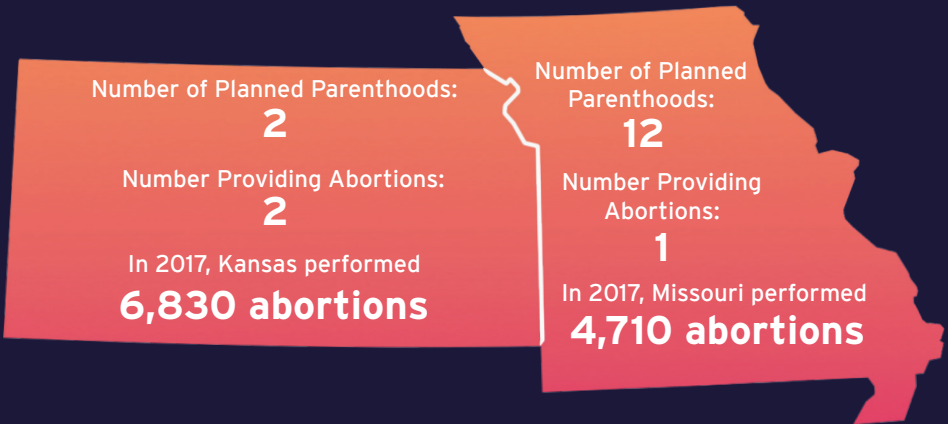
Governor Laura Kelly, Rep. Valdenia Winn, Sen. Molly Baumgardner, and Sen. Dinah Sykes were contacted but did not comment.

REPRODUCTION:

Kansas vs. Missouri

What exactly is Planned Parenthood?

Planned Parenthood offers abortions as well as sex education, reproductive health care and information to women and men worldwide.



Abortion in Both States

- Legal up to **22 weeks** after the last menstrual period
- Public **funding for abortions** only offered in cases of rape, incest or life endangerment
- Parental, guardian or judge **consent required** for anyone under 18
- Significant others do not have a say in the **woman's choice** to abort or not abort
- Counseling must be received including information that **discourages an abortion** and must wait 24 hours (Kansas) and 72 hours (Missouri)
- Insurance policies for public employees only applies in cases of **life endangerment**
- Abortion for the purpose of **sex selection** is prohibited (according to Guttmacher Institute)

Religion and Reproduction

No abortion under any circumstances:

- Catholicism
- Lutheran Church-Missouri Synod

No abortion except for in cases of rape, incest, or life threat:

- Southern Baptist Convention
- Islam
- Church Jesus Christ of Latter-day Saints
- National Association of Evangelicals
- Episcopal Church
- Hinduism

No official position:

- Buddhism
- National Council of Churches

Does not condemn abortion outright:

- American Baptist Churches in the U.S.A.
- Presbyterian Church U.S.A.
- Judaism
- United Church of Christ
- United Methodist Church

(according to Pew Research Institute)

What the Word *Feminist* Means to Me

Five different students and teachers reflect on their own definition of the word.

BY AVA STOLTZ
PRINT CO-EDITOR-IN-CHIEF

English teacher Casey Engel

"What feminism means to me. I think everyday that I think about that, it grows more complex because we are really living in a complicated

"I think we do a great disservice to the basic definitions of feminism. It's really complex because we are complex people."

of so much complexity. I still stand firm in there should be equal pay, equal rights and equal opportunity regardless of any sex or gender."

time. There's so much that, especially women, are dealing with today and that they have to come to terms with for the better and the worse that I think feminism means how does each individual woman define herself. What does she stand for and what does she stand against and oppose? I think that this fourth wave that we are supposedly in is a little bit less definite than the other waves because



Senior Inaya Khan

"I think feminism is supposed to be for women. I don't think it's just one single thing; I think women take what they want from it, or just interpret it how they want in a way that's self benefiting. It's for them

"I think feminism is just about wanting equal rights, and I think that's something a lot of people fear."

to find unique ways in which they see something in their life that they might have a problem with, and then they take from feminism to help them grow stronger or just find encouragement through that. It's about not only equality but also equity, so having equal opportunities and equal chances at reaching for different goals in

life that men might have an easier chance at. There is a stereotype for women, how we can seem aggressive, but all we are asking for is equal rights and equal opportunity, and people see that as threatening."



Sophomore Olivia Mancina

"I think feminism is about giving a voice to women who deserve basic rights, and I think feminism advocates for basic human rights and making sure that women are treated equally as men and getting the rights they deserve. Intersectional feminism is a form of feminism that not only advocates for equality for all races and sexualities of women, but it also focuses on the layers of advantage that certain women may have- like in my case as a white woman I may experience sexism based on my gender, however a woman of color may experience discrimination based on her race and her gender as well. So it's recognizing the layers of discrimination women face and working to spread awareness and advocating for women's rights, while remembering that women can experience multiple layers of oppression that go hand in hand sometimes."

"Feminism applies to all women, but also those who identify as a woman, all races and all sexualities. Every woman deserves feminism."

Theology teacher Paul Kramschuster

"Where I think feminism comes in is that society's norms are still masculine, and with the norms there has been this viscous legacy since the beginning of time of patriarchy. So the idea of feminism is to challenge that patriarchy. I also would say feminism is a movement to end sexism, sexist exploitation and oppression. Feminist politics aims to challenge those things, and I think that's where it gets into some debatability because some people say 'I'm comfortable in this world, I have what I need' when there's a whole bunch of other women that look at it and say no, we're still under these heavy norms of patriarchy, and there's a lot of work that needs to be done."

"A definition of feminism, for me, is the equality of men and women, and I don't think most people argue with that; it's pretty accepted."



Junior Grace Dobbels

"Feminism is fighting for equal rights and equal justice for women. Just basically supporting the dignity of women in general. It's pretty easy to [practice feminism] at Sion. We are all about female power. Whenever I have a conversation with someone and they say something ignorant or they don't seem educated on the subject of women's rights, I'll respectfully try to open up that conversation more. Whenever the opportunity arises for me to fight for something that needs to be changed, whether it's in my school, at home or within my friend group, I'm always going to try to do something about it."

"It's fighting for women's issues as well, so not just equal pay, but like getting rid of the tax on feminine products."

Feminism is for Everyone

This editorial reflects the views of the Le Journal staff. Twenty out of 20 members voted in favor of this editorial.



Educating women leads to smaller infant mortality rates during birth



Educated women are more likely to engage in community politics, and fight to secure equality through political movements.

environment



The #MeToo campaign exposed hundreds of sexual assault cases



Encourages women to enter higher paying jobs, like engineering

women



The more women in the workforce, the higher the country's GDP will rise



For every additional year of school a girl receives, wages increase 10-20%

economics



The Representation Project challenged male stereotypes in media



The #RapeIsRape campaign acknowledged male sexual assaults

men



In the 1860s, women like Sojourner Truth were at the forefront of abolition



Patsy Mink drafted Title IX, advancing rights of young women

women of color

BENEFITS OF Feminism

(Illustrations by Jenna Barackman and Kennedy Wade)

Despite the "fem" in feminism, it stands up for more than just women.

Fewer than one in five women identify as feminists, according to polls in the United States and the United Kingdom by the Fawcett Society.

This statistic may come as a surprise since, by definition, feminism advocates for women's rights until the eventual goal of gender equity in every aspect of life from the workplace to marriage. With all the mistreatment and inequality women face including the pay gap, sexual and physical violence and child marriage, it's a mystery why anyone would deny the feminist label.

For one, women aren't paid equally for doing the same amount of work as their male counterparts. Hispanic women are paid only 54% of what white men are paid, Native American women 58%, black women 62%, white women 79% and Asian women 93%, according to the American Association of University Women. A major factor is that many high-paying jobs like engineering are overwhelmingly male.

Only 13% of engineers are women, and those engineers, on average, make around 10% less than their male counterparts according to the Society of Women Engineers. Overall, women make 82% of what men are paid, according to the U.S. 2018 Census Bureau.

The economic gap between men and women is more than just an issue of being paid less. By paying women less and denying them entry into higher-paying jobs, according to polls by Gallup, countries forgo significant economic benefits.

The National Gross Domestic Product of countries increases as more women are introduced to the workforce; 21% in Italy, 19% in Spain and 16% in Japan, with expected consistent increases, according to the Economist. The more women in the workforce, especially in higher paying jobs, the more a country's wealth increases.

More than one in three women experience sexual violence during their lives, according to the Center for Disease Control. Up to 70% of women have experienced some form of domestic or sexual violence, according to the World Health Organization. Of the 87,000 women killed intentionally, 58% were killed by a partner or family member, meaning that about 137 women are killed by a family member every day, according to the United Nations Office on Drugs and Crime.

In Kansas City alone, almost 4,000 women in 2016 were trafficked for the purpose of sexual exploitation, making Missouri the 16th most dangerous human trafficking state in the country, according to the National Human Trafficking Hotline.

Feminists work to end this. The "Rape is Rape" email campaign in 2010, launched by the Feminist Majority Foundation and Ms. Magazine, sent over 160,000 emails

to the Federal Bureau of Investigation to change the definition of rape to include men and oral assault. This campaign forced the FBI to change its archaic language and acknowledge that men can and are victims, too.

Additionally, the #MeToo campaign, which was launched by feminist activist **Tarana Burke**, brought hundreds of rape and sexual assaults into the public eye and led to the prosecution of some infamous figures, including producer **Harvey Weinstein**.

Young women aged 15 to 24 account for 59% of illiterate people, according to UNICEF. Developing countries still consistently practice the archaic and painful process of female circumcision, of which 200 million girls have been circumcised, according to WHO.

In sub-Saharan Africa, many eastern Asian countries and many parts of the Middle East, almost four in 10

women are married before their 18th birthday, according to UNICEF, which has been proven to lead to an interruption or termination of schooling,

early and frequent pregnancies and extreme poverty. This practice of child marriage and subsequent early pregnancies leads to higher infant mortality, higher mortality rates in childbirth and overpopulation.

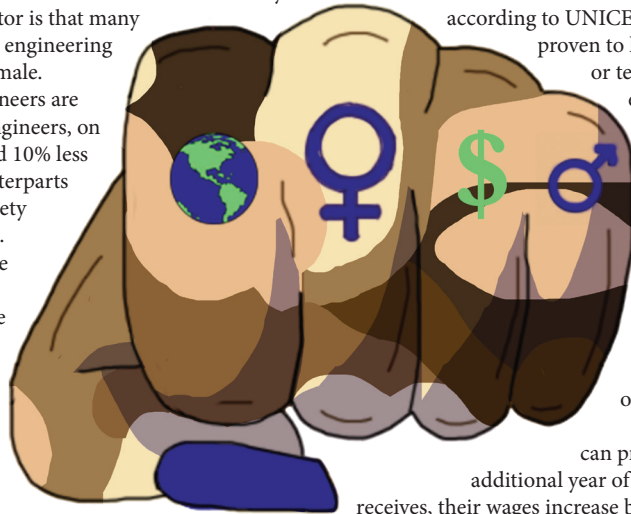
Educating women can prevent this. For every

additional year of schooling a girl receives, their wages increase by 10-20%, encouraging them to have fewer children and wait longer to start families, according to UN Women.

Despite women of color being paid significantly less, women of color suffer even more inequalities than that. Rates of unemployment for black and Hispanic women were 13.3% and 11.3% respectively, compared to 7.2% of white women, according to the Center for American Progress.

Feminism, when it is intersectional and not white feminism, encourages diversity and attempts to close the gaps between white men and women, and men and women of color. Even from the first wave of feminism, women like Sojourner Truth led the abolition movement, weaving it in with feminism in her famous "Ain't I a Woman" speech, while others like author and feminist Ida B. Wells led anti-lynching campaigns all over the country and started the National Association for the Advancement of Colored People. Later, feminists like Dorothy Height and Eleanor Roosevelt were at the forefront of the civil rights movement, and racial equality has been closely tied with the intersectional feminist movement for centuries.

Feminism is not about buzz cuts, unshaved armpits and dominating men. It's about understanding there are women suffering everyday from oppression, sexism and outright discrimination. You don't have to be a woman to be a feminist. You just need to believe in the basic human right that all people should be equal.



Internet Expectations are too High

(Photo and Illustration by Sela Kincaid)

Beauty standards are becoming worse due to the constant use of social media.

BY SELA KINCAID
VIDEO CONTENT EDITOR

Comparing. Checking. Obsessing. Believing. These are the stages that most people go through when looking at social media. Comparing their body to an unrealistic expectation. Checking to see if their photo is “good enough” to even post. Obsessing about the number of likes and comments in comparison to their friends. Believing that they could never measure up to the beauty standards and are just one ugly duck. Beauty standards are greatly affected by the internet in a negative way.

Society has made it very easy for people to tear themselves down on the internet. Beauty standards have gotten dramatically worse because of how people look at themselves in vain and then subconsciously compare themselves to others, according to the Healthy Teen Project. In a study done by Florida House Experiences, 1,000 men

and women were surveyed to see how they saw themselves on social media. 87% of women and 65% of men compared their bodies to other strangers on the internet, 50% of women and 37% of men looked at themselves negatively. Social media models and celebrities increase this already staggering statistic. They give people someone to look up to, but that person is unrealistic, having been photoshopped or pampered in ways that a normal person can not access. This makes it hard for people to accept their “normal” reality and see themselves as attractive too.

It is a common thought that people on the internet only put their best of the best out there, their “highlights.” When younger people look at these “highlights,” they see what they want to be, and their young mind is shaped into thinking this is real. In reality, life is much less filtered and photoshopped than Instagram is.

Wanting to become this perfect person can cause mental health problems, with some of the most common being eating disorders, according to the National Association of Anorexia Nervosa and Associated Disorders. Eating disorders

are commonly formed in teenagers and stay consistent throughout life. According to The Healthy Teen Project, 95% of eating disorders begin in ages 12 to 25, when most kids are exposed to the internet and all its wonders.

People are always affected by the internet, and there are good and bad sides to it. To maintain a healthy relationship with social media, some might need a break. Everyone processes experiences differently and not everyone is confident in their own skin. If you find yourself experiencing one or more of these stages, it is probably best to think about what you really want for the internet and how susceptible you are to “wanting to fit in.” Setting a limit on media usage or time is a good start. Instagram just recently limited who can see the likes on a post, and this is a good first step. It saves people from becoming obsessive over their like in comparison to others.

Being more aware of the side effects of the internet can help save self-esteem loss and create a more friendly environment. Let’s go back to not judging people based on looks and being more social in real life- not just on an app.

Women for Women: *Globally*

With the rise of feminism in America, many places around the world struggle with gender equality.

BY PAULA SWEENEY
COPY EDITOR

What does it mean to be a feminist in America? Not shaving your legs? Speaking out about the pink tax? The wage gap? Sexual harassment? The list could go on and on. We’ve made strides in our own country, slowly gaining the respect and basic human rights we deserve. But while we’ve been so focused on what’s going on in our own country, we’ve forgotten about the other women around the world. What happened to **Malala Yousafzai**, who put her life on the line for an education that we dread every day? Or **Chimamanda Ngozi Adichie**, who wrote a book calling out the twisted social constructs of our society and the roles gender plays in that? We’re so focused on ourselves and our own issues that we often forget to support our fellow women in other countries.

Yousafzai, the youngest person ever to receive a Nobel Peace Prize, faced the Taliban for promoting girls’ rights to their education. In Pakistan, violence including rape, “honor” killings, acid attacks, domestic violence and forced marriage remains a serious problem for women and children. Over five million children, mostly girls, are denied any sort of schooling. 21% of girls marry before the age of 18 every year, and there were 141 reported cases of child sexual abuse within the first six months of 2018, according to Human Rights Watch. Women around the world need a voice and Yousafzai has been an amazing example of one.

In English teacher **Casey Engel’s** AP English III class, students read “We Should All Be Feminists” by Adichie. She writes her book from a first-person perspective as she recalls her encounters with gender inequality and discrimination specifically in Africa as a student but also in other places around the world. On describing gender roles, Adichie says, “Feminism is,

of course, part of human rights in general... It would be a way of denying that the problem of gender targets women. That the problem was not about being human, but specifically about being a female human.” She points out that being a “feminist” is not promoting women’s rights over anyone else’s but instead, giving a voice to the side of gender that has been oppressed since the beginning. Adichie, having lived and worked in many different countries including Nigeria, the United States and England, gives the perfect explanation of modern-day feminism and the necessity for it worldwide.

European countries like Switzerland, Great Britain, France and Italy are considered some of the most feminist countries according to a poll of 25,000 people in 23 countries by The YouGov-Cambridge Globalism Project. 46% of Swedes call themselves feminists, and their country is one of the most progressive and least violent throughout history. Sweden is close to reaching gender parity, thanks to its equal public health care, education, job opportunities and generous parental leave policies. The country has almost closed their wage gap between men and women with women receiving 88% of men’s wages in comparison to the U.S.’s wage gap ranging from 58%-82% of the white man’s dollar depending on the woman’s race. Other countries including the U.S. should take note and work harder to follow in the footsteps of more progressive countries by replicating some of their strategies that are proving to work well.

While some countries are making great strides towards gender equality and recognition, others are still far behind in the movement. As we continue to focus our efforts in our own state and country, we must remember to be aware of women around the world and fight for change globally. This could be as simple as buying your neighbor’s Girl Scout cookies or as substantial as becoming an advocate for all girls through Girl Inc. Either way, women supporting women is crucial in this day and age if we want to invoke change and make a difference for future generations.

(Illustration by Kennedy Wade)



CHOOSING LIFE EMPOWERS *women*

The Pro-Life movement advocates for all life.



BY MORGAN HERRIOTT
SPORTS EDITOR

“Choice.” It’s a word describing the freedom to make decisions in our lives. But sometimes the basis of “choice” goes too far. A woman should not be able to justify the termination of her pregnancy in the name of “choice.”

A woman has the right to make her own decisions, except when it comes at the cost of another life. Life is in its most innocent and vulnerable form when it’s in the womb, as life in the womb does not have a voice to advocate for itself.

In 2019, 17 states passed abortion restriction laws, according to Guttmacher Institute. The laws range from bans on a patient’s reasoning for abortion to bans on abortion if the U.S. was to overturn *Roe v. Wade*. However, before people think about officially banning or protecting abortion, they need to be educated about abortion in general and the morality associated with it.

Science undeniably backs up the Pro-Life argument. At conception, a new form of life is created. “Zygote” is the name of the life created at conception, according to embryology.med.

A zygote is composed of human DNA and molecules, making this life completely human, not just a “clump of cells” like the Pro-Choice movement attempts to argue. A zygote is completely unique from any other human, making it its own form of life. This counters the view that the only life affected in an abortion is the mother. Think about it in terms of the legal system. If a person kills a pregnant woman, it is ruled a double homicide, not a single one, according to the Unborn Victims of Violence Act. There are two lives to be considered in pregnancy, not just one.

Abortions can be extremely harmful to the mother’s health. Risks include uterine blood clots, a torn cervix and perforation of the uterine wall, all of which make it difficult for a woman to have a successful pregnancy later in her life, according to the Louisiana Department of Health. If a woman wishes to get

pregnant later on, the childbearing process can be much more difficult. This can lead to regret or guilt for a previous abortion. These effects on a woman’s life need to be considered and are not worth the risk.

The goal of the Pro-Life movement is to advocate for both the mother and baby and to show the mother she can have her baby and her life. The Pro-Choice movement argues being Pro-Life is anti-feminist because telling a woman she shouldn’t have an abortion is against her right to make her own decisions. The point of the Pro-Life movement is not to tell a woman what to do or that she should be ashamed of considering abortion. The point is to show an expecting mother they are a strong, independent woman who can overcome her challenges.

Over 92% of abortions are due to inconvenience, according to Guttmacher Institute. Taking someone’s life due to inconvenience would be immoral to a life outside the womb. Abortion should not be any different.

In the cases of a more severe crisis pregnancy, the answer is extremely difficult and drastically different for each case. Instead of letting a woman feel like abortion is her only option, one could reach out to the mother to let her know her options. A few of these options include single parenting, co-parenting, temporary guardianship or adoption. A woman choosing to have both her baby and her dreams is empowering and pro-woman.

Adoption empowers women to choose life by giving it to others. In the U.S., there are currently over 2 million couples currently waiting to adopt, according to American

Adoptions. In 2017, 862,320 abortions were performed, according to the Guttmacher Institute. These could have been adoptions.

The Pro-Life movement believes women’s rights start in the womb. Women, or anyone for that matter, in the womb deserve the same right to life as those out of the womb. They don’t have the voice to advocate for themselves, so they need someone to be their voice. Advocating for life inside the womb is advocating for the rights of all life.

Banning legal abortions will not cause as big of a rise in illegal, unsafe abortions as people think. This argument was originally prompted by co-founder of the National Abortion Rights Action League, **Dr. Bernard Nathanson**. In Nathanson’s article published in the *New England Journal of Medicine* in 1974, he admitted abortion industry leaders made up these figures to gain public sympathy for abortion laws.

Current forms of legal abortion are also unsafe. Abortion pills, called abortifacient pills, like RU-486 can result in uterine bleeding and infection as well as death, according to RxList. All forms of abortion have the possibility to harm a woman, so a mother choosing life takes away the risks of abortion, illegal or not.

Instead of only advocating for or against abortion, people should begin to advocate for the multitudes of other options. The ability to overcome a crisis pregnancy and bring a beautiful life into the world is nothing but empowering. Being Pro-Life is not just about being “anti-abortion.” The Pro-Life movement is about advocating for the right to life of all people and being a voice for the voiceless.



(Photo by Morgan Herriott)

The following opinion editorial does not reflect the thoughts and opinions of Notre Dame de Sion Catholic School. As a Catholic School, our official stance supports all life from conception to natural death.

THE RIGHT TO CHOOSE SUPPORTS *women*

Being Pro-Choice is being pro-woman.



BY MAGGIE MCKINNEY
EDITORIAL EDITOR

It can be argued that there is not a topic that makes people more divided than the Pro-Life vs. Pro-Choice debate. Although it is divisive, this conversation is at the forefront when considering the extent of women's rights. Women must fight for the continued access to reproductive healthcare, including abortion services, if they are to continue to fight for gender equality.

Pro-Lifers often think that Pro-Choice simply means pro-abortion. This is far from the truth. The Pro-Choice movement advocates for women having the freedom to be able to choose their own course of reproductive health. This includes having the freedom to choose birth control, emergency contraceptives and even abortion if necessary.

Pro-Choice is about bodily autonomy for women, without the

influence and opinions of those who don't know or care to know their situation. Pro-Choicers don't believe that the government should be able to regulate what women do with their own bodies through policies like so-called "heartbeat bills" or six-week abortion bans.

Pro-Lifers also argue that because every cell has its own unique strand of DNA, every cell has its own potential for life and therefore, abortion is murder. This isn't necessarily the case. Yes, all cells have their own potential for life. But cells are not inherently autonomous. They cannot survive without the body and the support of a host. A zygote does not have the same functions, independence or life-bearing capabilities that a fully-formed person does. Therefore, a zygote has no potential for life outside the womb.

Additionally, unwanted pregnancies create a cycle of poverty and oppression for women. Pregnancy and childcare are

excessively expensive in the United States. The National Partnership for Women and Families found that in 2013, hospitals charged an average of \$32,093 for an uncomplicated vaginal birth and newborn care. A standard cesarean section with newborn care was a whopping \$51,125.

As if those numbers weren't already alarming, women in the United States earned an average of only \$41,997 in 2017, according to the nonprofit research group Catalyst. Pregnancy and the costs associated with it put women at an economic disadvantage, and it is arbitrary to not allow women to consider options other than pregnancy.

By forcing low-income women to carry out unintended pregnancies or spend a substantial portion of their income on abortion care, the government places a large barrier on women trying to lift themselves out of poverty.

The Family and Medical Leave Act of 1993 only guarantees women 12 weeks of unpaid family leave. This forces many women to choose between a family and a paycheck. The law also doesn't protect women in workplaces with under 50 employees, forcing millions of women back to work early.

Knowingly bringing a child into a life where they must worry about food insecurity, unsafe living conditions or growing up neglected is inhumane. If the United States cannot guarantee new mothers the monetary support they need to start a family and care for a child, it is absurd to force all of them to carry out a pregnancy that will be detrimental to both of their lives and

well-being.

Banning abortion and limiting abortion access only bans and limits safe abortions. According to the Guttmacher Institute, an independent research organization that analyzes and studies reproductive and sexual health, illegal abortions were responsible for at least one-sixth of all pregnancy-related deaths in 1965 before Roe v. Wade was decided.

Now that abortion is legal, it has become one of the safest medical procedures in the United States, with a safety record of over 99%, according to Planned Parenthood. According to the National Abortion Federation, less than .5% of women who obtain surgical abortions need to be hospitalized or require further surgical treatment after the procedure. Moreover, childbirth has a mortality rate 14 times higher than that of abortion, according to a study done in 2012 by the National Institute of Health.

Altogether, people that are Pro-Choice aren't arguing that they agree with an abortion for themselves. They are arguing that an individual should be able to make her own choices concerning what will ultimately affect her well-being. This is because abortion access is health care. It is necessary. It is safe. It is life-saving.

If the government wants to limit the number of abortions, they need to advocate for easier access to birth control. To contraceptives. To sexual education. To all the sexual and reproductive health care besides abortion. Because abortion access promotes choice. It promotes equality. And most importantly? It promotes women.



(Photo by Maggie McKinney)

THE RISE OF THE *Woman*

One hundred years after the ratification of the 19th Amendment, women are using their voices to continue the fight for equality.

STORY AND DESIGN BY EMMA HUTCHIN PHOTO
EDITOR AND AVERY BRUNDIGE FEATURES EDITOR

On August 18, 1920 women were given a voice for the first time in United States history. The 19th amendment was ratified under the Constitution after years of petition. The first convention for women's rights gathered in 1848 at Seneca Falls, where the Declaration of Sentiments, Grievances, and Resolutions was drafted, laying out the foundation for the women's suffrage movement, according to History.com.

By the start of the 20th century, women's roles in society were evolving. Their status within the home shifted, some began working, educational opportunities arose and more radical suffrage movements took place, including marches and protests.

"If we want to achieve the basic values some strive for, like equality among salaries, we aren't too far," senior **Sophia Angrisano** said. "But if we want to achieve a greater idea of women in which they are valued as important historical figures, powerful, and held to the same standards as men, we still have a lot to work for. And those things don't come overnight."

Jumping ahead to 1963, The Equal Pay Act was passed by Congress, securing wage equality no matter race or sex, according to U.S. News. Then in 1972, Title IX was passed, prohibiting sex based discrimination in educational programs. In 2007, Nancy Pelosi became the first Speaker of the House. In 2013, the ban against women in military combat positions was lifted, according to U.S. News.

Now, in recent years women are still taking a stand. In 2017, a radical movement began after countless actresses and celebrities came forward declaring '#MeToo' after director Harvey Weinstein was accused of rape and assault, according to the New York Times. Women have found their voice. Now, they are using that voice to continuously fight for global rights for women and equal liberty for all.

Story continued on Page 16





Waves of Feminism

Throughout the decades, western feminism has evolved through four distinct “waves,” some more inclusive or extreme than others. To be clear, feminism was not invented in 1920 with the ratification of the 19th Amendment. As the first wave came to a close, there remained a tsunami of reforms left in the hands of future generations.

First-wave feminism was most prominent in the late 19th and early 20th centuries, leading up to the ratification of the 19th Amendment in 1920, according to Pacific University professor **Martha Rampton**. The main goal of this wave was to give women the right to vote in an era of rising progressive ideals and the increase of women in the workplace, especially during WWI. First-wave feminism, however, was largely noninclusive for women of color with a few exceptions, according to English teacher **Casey Engel**.

“First wave definitely was just getting voting equality, but it was largely for white women,” Engel said. “There was a movement with Sojourner Truth who introduced the idea of ‘Ain’t I a Woman Too?’ Some white women were in support of that, some weren’t.”

Second-wave feminism, which spanned the mid-1900s, was largely fueled by symbols such as Rosie the Riveter. These icons



Junior Riley Weaver

“Being a woman and a feminist gives me so much joy. I get to share stories, joy, and pain with so many other women around me and foster empathetic conversations.”

promoted equality in the workplace after WWI left vacancies for women in the workforce. This era, unlike the first, included women of all colors and occupations, according to Engel.

“Second wave would probably be your most outrageous wave,” Engel said. “They were so tired of prolonged oppression that some second-wavers went to extremes, the bra-burning, for example. I think such demonstrations stand out to me because second-wavers were channeling the ‘Rosie the Riveter’ power.”

Third-wave feminism served to embrace the entire “feminist” spectrum. This included women in the workforce as well as those who pursued familial-based lifestyles. Although prejudice was still present, women were more commonly employed in traditionally male roles during this era, including jobs in the stock market, according to Waddell & Reed Portfolio Manager **Sarah Ross**.

“If you go back to the ‘60s, ‘70s, ‘80s, there was kind of a prejudicial perception that men were more suited for it,” Ross said. “There were more men in those roles and they hired more men who were like-minded. There was a perception that people felt more comfortable trusting their money to men, but I really think that’s a thing of the past.”

The present, or fourth wave is among the most inclusive and “evolving” wave, according to Engel. The movement includes members of the LGBTQ community as well as women of color, according to junior **Riley Weaver**.

“The feminist movement has always received pushback, from the women’s suffrage movement to the modern Me Too movement,” Weaver said. “In past years, I’ve also seen a shift towards lifting up women of color and allowing them to share their stories of not only success but hardship as well.”

As the fourth wave is the most inclusive, it is also considered the most radical, according to junior **Ally Heefner**. Although the dictionary definition describes perfect equality between genders, some fourth wave “radical feminists” have been called misandrist and hateful towards men. This shift has caused many with feminist beliefs to sever ties with the word and its new meaning.

“I do not consider myself a feminist. Modern feminism is too radical,” Heefner said. “Feminists now believe that women are superior to men, and that women should be rewarded better rights.”

What Now?

Although several laws and acts have been passed to prevent misogyny since the ratification of the 19th Amendment, 12 out of the 50 states have yet to ratify the Equal Rights Act. Missouri is among the 12. The ERA is short; it simply proposes that “equality of rights under the law should not be denied or abridged... on account of sex.” This means that in states like Missouri, it is very much legal for a woman’s right to divorce, property ownership and fair employment can be revoked solely based on gender. This is the basis of what feminism aims to overcome.

One of the most obvious and pressing symbols of lingering misogyny is the Wage Gap. Women are, on average, paid 82 cents to a man’s dollar, according to the U.S. Census. This means it would take a woman up to 39 days of work to bridge the gap between wages. It has also been shown that women pay close to 13% more for personal items such as shampoo and razors than men, according to the New York Department of Consumer Affairs. In turn, the cumulative effect on a woman’s disposable income is negative relative to men, not to mention the expenses set aside for menstrual products.

“There is a definite stigma around periods,” junior **Kyra Wilburn** said. “There it is conditioned and imprinted into people’s teachings. Even though it is literally what makes life possible.”

The Me Too movement began in 2006, when **Tarana Burke** used the phrase to raise awareness for sexual assault. The movement went viral in early 2017 when accusations against media mogul Harvey Weinstein, actor Kevin Spacey and the Olympic gymnastic team’s doctor Lawrence G. Nassar seemed to pour in, some accusations years old. Since then, the movement has worked to remove the stigma around being a “victim” of sexual assault and push the

I would absolutely consider myself a feminist. To me, the word means equality in every sense. Equality in opportunity, equality in compensation, equality in heavy lifting within people’s homes and families.

- Waddell & Reed Portfolio Manager
Sarah Ross



1848

Seneca Falls Convention



1912

Girl Scouts of America is founded



1920

19th Amendment is ratified



1932

Amelia Earhart flew around the world



1942

Anna Leyah Fox receives purple heart



1955

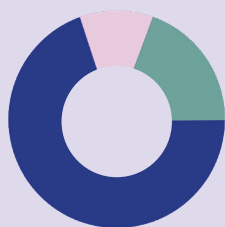
Rosa Parks refused to give up her seat on the bus



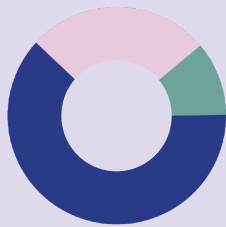
1963

JFK signs the Equal Pay Act into law

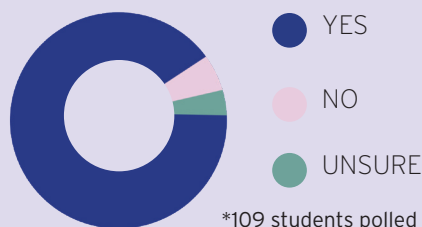
ARE YOU A FEMINIST?



SHOULD EVERYONE BE A FEMINIST?



IS THERE A PAY GAP?



focus towards the bettering of society as a whole.

"The CDC statistic of one in three women that experience sexual violence is pretty staggering," Ross said. "And in Kansas City, you have 2300 rape kits that aren't even getting tested. And it's often times men who are



Senior Sophia Angrisano

"And to say we aren't close is not meant to diminish all of the hard work, pain, and fight women have had in the past. One of the only things we still struggle to achieve is recognition."

prosecuting, male judges, all kinds of stuff."

Although women do 60% of the world's work and produce 50% of our food, they only own 1% of land and they make up 70% of those under the poverty line today, according to Unilever. Based on these statistics, it can be estimated that, by employing and financing women and men equally, the

Global Rights of Women

gross domestic product of the developed world would rise nearly 12%.

"I think that being a woman brings so many benefits into my life," Angrisano said. "I have a community of women to depend on, even if I don't know them. Role models who worked so hard for the future, the opportunity to bring life into the world, and so much more."

Fortunately, women in the United States have been granted a vast amount of rights and freedoms since 1920. But outside of the country, women are still fighting every day for their voices.

"I feel that in America, we often tend to forget about the rest of the world or feel helpless to do anything about it. I am guilty of the very same," Weaver said. "I think that the start is educating yourself on what goes on in the rest of the world. Politics and humanity are never truly the same. Listen to a podcast on your way to school and ask questions even when it's scary to."

Up until 2018, women in Saudi Arabia were not allowed to drive, according to the New York Times. Now, even with the new ability to drive, women are still facing harsh guardianship laws. Up until marriage, a Saudi woman's legal guardian is her father. A woman that does not abide by these laws can be arrested on the terms of disobedience, according to the New York Times. However, in other Middle Eastern countries, such as Syria, women are being educated about their rights.

"I learn a lot from Syrian families, for most of the men are loving and caring towards their wives," KC for Refugees board member **Dr. Sophia Khan** said. "There are many women who are actually doing much better than those in America because their husbands are very protective."

The wage gap between men and women in India is still one of the worst in the world with men earning 25 percent more than women doing the same work, according to Step Up for Rights of Females.

In 2019, thousands of women in Switzerland protested the nearly 20 percent wage gap, despite Switzerland being one of the wealthiest countries in the world, according to the Council on Foreign Relations.

"We still have an incredible way to go, we have gone a distance but not as far as we can or need to," Wilburn said. "There are still horrible things happening and restricting women in America and worse in other countries."

A larger issue, many girls do not have access to proper menstruation care which can lead to infections, according to the United Nations Population Fund. Poverty and religious restrictions put a damper on proper care and cause many women to use rags, leaves, or other unsanitary scraps to handle their menstruating.

"The United States creates a stigma that our periods are our responsibility and that we should have to pay taxes on products that allow us to continue our everyday lives during our periods," Angrisano said. "And while this is certainly not perfect conditions, I think it's also important to acknowledge the stigma of periods around the world. Those are the people who are suffering. And we all should work together to help those in need and normalize periods."

Regardless of country affiliation, the fight for equal rights of women is never over. Through education and equal opportunity efforts, women can use their voice to secure equality for future generations.

"Empowerment of women and forcing educational programs around the world that educate women, especially young girls, in any part of the world, should be supported," Khan said. "Education gives the woman power. It gives her the insight into understanding her rights. She understands them and she becomes a stronger and more educated woman."



Freshman Juvani Ya

"Feminism impacts my life because it's a way to advocate for myself and others. To me, feminism means that you believe in equal rights for any and everyone. Not just women."



1972

TITLE IX is signed into law



1981

Sandra Day O'Connor is appointed to the Supreme Court



1987

Mae Jemison becomes first African American woman Astronaut



1993

Janet Reno becomes first female attorney general



1994

Violence Against Women Act is passed



2007

Nancy Pelosi becomes Speaker of the House



2016

Hillary Clinton gets Democratic party nomination for President



WORKIN' ON HER FITNESS

After struggling with over-exercising, sophomore **Sophia Totta** has since learned how to include physical activity in a healthy way into her daily life. (Photo by Abbie Sinow, photo illustration by Kennedy Wade)

Guiding TO Growth

Sophomore Sophia Totta strives to spread self-love after struggling with it for years.

BY ABBIE SINOW
REPORTER

As she stepped into the bathtub, the stride over the three-foot ledge felt like climbing a mountain. The stifling water reminded her of her muscles, aching with exhaustion and fatigue. The water trickled down her face, past her eyelashes, to her mouth and down off her chin. She gazed into the showerhead, as she listened to the grating voice in her ears.

She climbed over the ledge once again, exerting any energy she had left in her body. As she reached for an unstable step, her body suddenly convulsed, sending her hands to her knees, weakly steadying her body.

She collapsed to the floor, sprawling on the frigid marble of the tile floor, where she remained for hours before crawling to the comfort of her bed. Sophomore **Sophia Totta** suffered from Anorexia Nervosa induced by clinical depression starting in the summer of 2018.

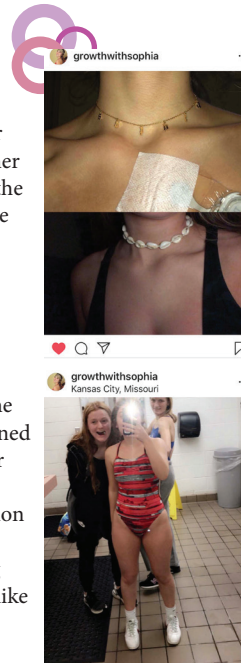
"At the beginning of May, I started feeling really lonely and depressed," Totta said. "I felt like not eating could help me cope with that."

Totta began exhibiting symptoms of depression, causing her to begin restricting her meals. As months passed, she began obsessing over her weight and the amount of food she was putting into her body.

"The first thing I noticed in Sophia was withdrawing from friends and family," Totta's mother **Niki Totta** said. "She isolated herself, and that behavior increased over time as she became more ill."

Totta began seeing a therapist and a nutritionist, but her eating disorder persisted. Her organs began shutting down in early October, requiring her to stay in the hospital for multiple nights and have a heart monitor.

"I remember I was on bed rest for the whole week," Totta said. "I remember just crying every single day because I was so lonely and scared."



Sophomore **Sophia Totta** has close to 1000 followers on her Instagram, @growthwithsophia.



At the end of the week, a nurse entered the room and informed Totta that her parents decided to send her to the Eating Recovery Center in Dallas, Texas. Overcome with emotions, she didn't talk to her parents the rest of the week, according to Totta.

"I walked in there, and it was literally the scariest thing I've experienced in my life," Totta said. "I was just so overwhelmed by everything."

Totta arrived at the center at the end of October, meeting multiple new friends that would help her with her recovery. She was released to come back home on Dec. 13, though remained enrolled in a local outpatient recovery program.

"Before she went to recovery, she wasn't really open about her condition and how it affected her," close friend, sophomore **Ashley Ulowetz** said. "Now she just wants to help as many people as she can."

Upon her return, Totta continued treatment at Bellatore Eating Disorder Recovery Center in Lenexa, Kansas, where she received inspiration to help others as efficiently as she could. With newfound mental and physical energy, she devotes her time to not only her own mental health, but others' as well.

"I know people are scared or embarrassed to ask for help, but there's nothing to be ashamed of," Totta said. "That's why I made my Instagram, to hopefully inspire other teenagers and younger people."

Totta's Instagram, @growthwithsophia, features her favorite snacks, the meals she eats and inspirational messages that she wishes she had heard before she went to recovery.

"I think it's really amazing that Sophia made her Instagram because not a lot of people talk about it," junior **Emily Weians**, who has also struggled with an eating disorder said. "I think it's really inspiring to see her be so open about it."

SPORTS IN *brief*



Irish Cup Redeemed

The basketball team defeated St. Teresa's Academy 53-42 Thursday, Feb. 27. The game resulted in the storm taking home the Irish Cup trophy. STA led the game after the end of the first half 27-25. The Storm bounced back in the second half and finished the game off with an 11 point lead. "It was the best atmosphere we have ever had at a game," junior and captain **Shannon Karlin** (pictured left) said. "It was very intense, and competitive." (Photo by Ava Stoltz)

Swim Record Broken

At the Independent League Championships on Feb. 11, swim team captain senior **Olivia Townsend** broke the school record for the 100 yard breaststroke held previously by coach and alumna **Laura Klover**. Klover held the record of 1:08.92 and Townsend broke the record by swimming 1:08.82. At the Missouri State meet preliminaries Feb. 20, Townsend swam a 1:07.97 breaking her own record by dropping .85 seconds. "I was super proud to watch her break it," Klover, pictured with Townsend, said. "I am happy to see her carry on the legacy." (Photo by Kate Vankeirsbilck)



Swim and Dive State Wrap Up

Senior **Olivia Townsend** won 8th in the 100 yard breaststroke in St. Charles, Missouri Feb. 20 and 21 at the Missouri State swim and dive tournament. The team's 200 yard medley relay placed 15th, the 200 free style relay placed 11th and the 400 relay placed 15th. Dive team captain senior **Caroline Knopke** scored 432.40 points and placed second individually (pictured left). The team placed 17th out of 46 teams overall. "I am happy with how the team did and how hard we all worked," Knopke said. "I am happy and sad that it's all over." (Photo by Kate Vankeirsbilck)



Shaped By Hockey

Junior **Mia Legato** reunites with her love for hockey through her job after spending her childhood at the hockey rink.

BY GRACE HILLS
REPORTER

(Photo by Grace Hills)



Junior **Mia Legato** has lived a chilly childhood. She spent hours upon hours of her childhood at hockey practices in Pepsi Ice, a hockey arena that has since shut down. Except Legato was not the one on the ice, but in the stands.

"Basically, I grew up in a hockey rink," Legato said. "My brother played hockey competitively, so he practiced every day. So my dad and I would go play on the practice ice."

Once her brother stopped playing, Legato fell out of the daily routine with hockey. However, years later Legato found herself working at The Ice at Park Place, an ice skating rink that hosts hockey games for their staff.

"Just skating and being at a rink again made me remember how much I loved it," Legato said.

The games have been a weekly event for Legato and her co-workers. While the temperatures averaged well

below freezing, the games were a way to bring the staff closer, according to Legato's co-worker, junior **Zoe Zorn**.

"It's so different than other bonding activities," Zorn said.

The games were far from professional, acting more as a fun way to close off the week. After the rink was closed, a group of about eight co-workers would play for hours on the ice.

"It's a wide range of people playing," Legato's co-worker **Colby Bjorem** said, "which always made it really fun."

With warmer weather rounding the corner, the rink has now closed for the season. But after four months of being open, Legato says the hockey is her favorite part.

"Hockey was always the highlight of the week," Legato said. "It'll be what I miss the most from the rink season."

D1 *commits*

Four student athletes committed to play Division I collegiate sports. Division I is the highest level of intercollegiate athletics. Thus far, three students have committed to play soccer and one to play golf. (photos submitted by each student)



Katelyn Brinkman, 11
University of Arkansas
Soccer



Megan Propeck, 11
University of Virginia
Golf



Kennedy Ruark, 11
University of Missouri-Kansas City
Soccer



Felicia Knox, 12
University of Alabama
Soccer

Women Up to Play

Twenty-first century American women who have broken barriers in their sports.

BY KATE VANKEIRSBILCK
REPORTER



1 - Serena Williams

Williams is a former number one tennis player in women's singles. She holds the title for woman with the most Grand Slam titles in singles, doubles and mixed doubles among active players. She also holds the record for the most women's singles matches won at majors with 351 matches. Williams has won four Olympic gold medals. She was the highest paid female athlete in 2016 and 2017 and was the only woman on the highest paid athletes on the Forbes list. (Photo by Wikimedia Commons/ Edwin Martinez)

2- Mo'ne Davis

Davis was the first African American girl to play in, win and pitch a shutout during the Little League World Series. She was one of two girls to play in the 2014 Little League World Series. She was also the first Little League baseball player to appear on the cover of Sports Illustrated as a Little League player. (Photo by MCT Campus/ Charles Fox)

3 - Ibtihaj Muhammad

Muhammad is the first Muslim American woman to compete and earn a bronze medal in the 2016 Summer Olympics team sabre event. As a member of the United States fencing team, she helped defeat Italy 45-30 to clinch third place and the first women's medal in fencing for the Americans in Rio. She was the first woman to wear a hijab during a competition. (Photo by Wikimedia Commons/ Noah Salzman)

4 - Diana Taurasi

Taurasi was the first overall pick in the 2004 Women's National Basketball Association draft for the Phoenix Mercury and won rookie of the year that same year. She has won three WNBA championships, three FIBA world cups, two WNBA Finals MVP and one WNBA MVP award in 2009. She also has four Olympic gold medals and is nicknamed "White Mamba" first coined by Kobe Bryant. (Photo by MCT Campus/ John Woike)

Meet the Spring Sports Captains



LILY HENKLE, 12

What one word describes you as a leader? **Driven**
Do you have any pre-game rituals? **I always eat a peanut butter and honey sandwich and relax on the field.**



GRACE HILL, 11

What one word describes you as a leader? **Encouraging**
Do you have any pre-game rituals? **I have a pre-game playlist that I always listen to.**



AVANNI MARTIN, 12

What one word describes you as a leader? **Fun**
What is the best part of competing? **When you are doing really well and your whole team is there to cheer you on.**



OLIVIA OVERLEASE, 11

What one word describes you as a leader? **Driven, Persistent**
What is the best part about competing? **I love improving my scores because the more you compete, the better.**



LOGAN DIXON, 12

What one word describes you as a leader? **Determined**
What is the best part of competing? **I think the best part of competing is putting your 100% into the game.**



ROSE ORRICK, 12

What one word describes you as a leader? **Dedicated**
What is the best part of competing? **Getting to work with the team and see the hard work pay off.**



NINA TROUVÉ, 12

What one word describes you as a leader? **Hardworking**
Do you have any pre-game rituals? **Cracking my back, putting on ankle braces and listening to music.**

(Lacrosse captains will be announced mid-March)

5 - Simone Biles

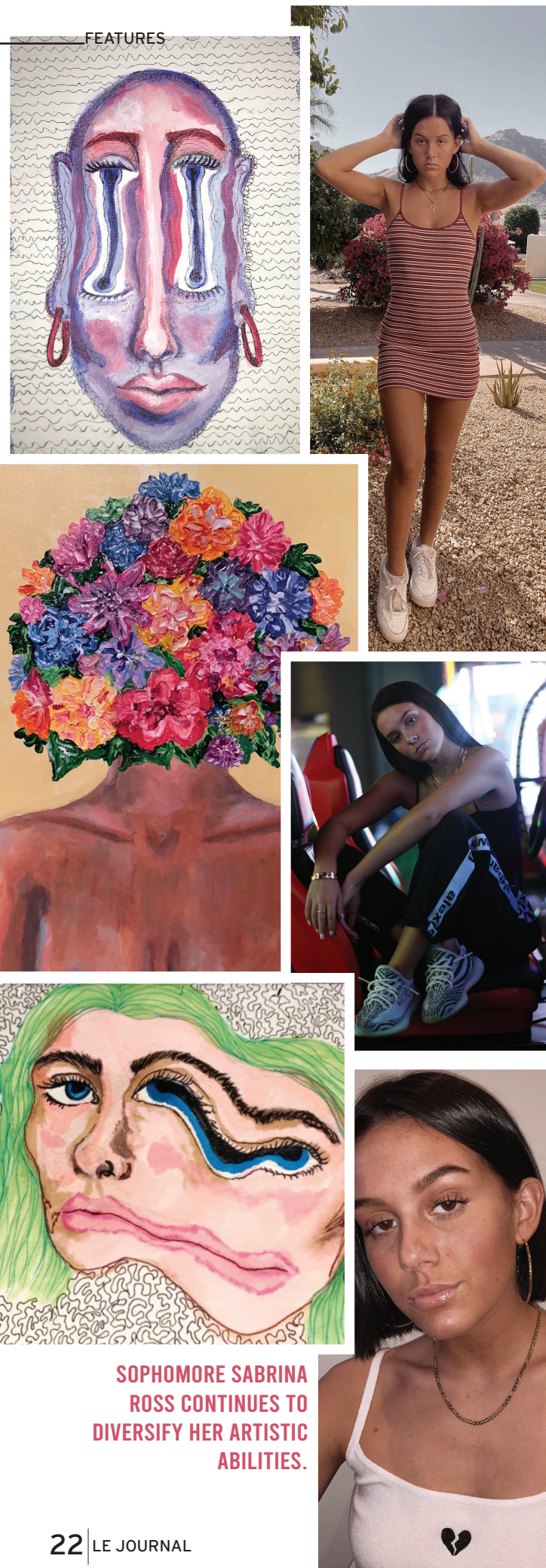
Biles is the most decorated American gymnast with a total of 30 Olympic and World Championship medals and is the third most decorated gymnast in the world. In 2016 Summer Olympics in Rio de Janeiro, Biles won individual gold medals in all-around, vault and floor; bronze in balance beam; and gold as part of the United States team, dubbed the "Final Five." She is a five-time World all-around champion, five-time floor exercise World champion, three-time World balance beam champion and two-time World vault champion. She is the first American woman to win a World medal in every event. (Photo by Wikimedia Commons/ Agência Brasil Fotografias)

(All photo illustrations by Kate Vankeirsbilck)

TRACK

SOCCER

FOR THE LOVE



**SOPHOMORE SABRINA
ROSS CONTINUES TO
DIVERSIFY HER ARTISTIC
ABILITIES.**



of Art **QA**

STORY AND DESIGN BY PRINT
CO-EDITOR-IN-CHIEF KAMRYN ROGERS

Q WHY DID YOU START CREATING ART?

I definitely dealt with a lot of mental health issues and still do. It helps me mentally to focus on something easy.

Q WHAT ARE YOUR FAVORITE THINGS TO MAKE?

I like it all, really. I sew, I paint, I draw. Name it, I've tried everything.

Q WHY DID YOU TRANSFER?

Blue Valley West just was not a great environment for me. I really like how small the environment here is too. People and education are just so much better.

Q HOW DO YOU GET INSPIRATION FOR YOUR PIECES?

Sometimes I'll get an idea randomly and write it down then I'll think more on it and figure out how I'm going to put it into place. But then there's sometimes where I'll just think of something and I already have stuff out so I just go for it. A lot of my art represents my moods or how I'm feeling. So sometimes they can look one way and sometimes they can look the total opposite. It just ranges.

Q HOW WOULD YOU DESCRIBE YOUR AESTHETIC?

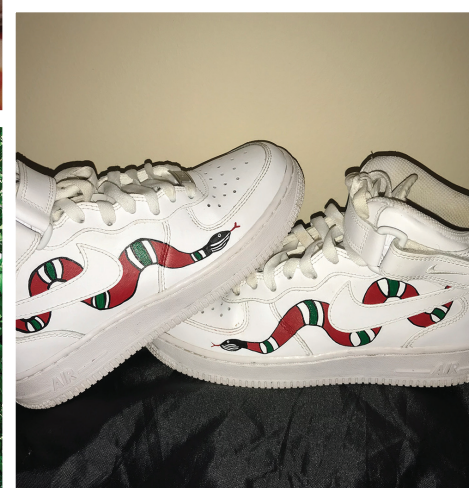
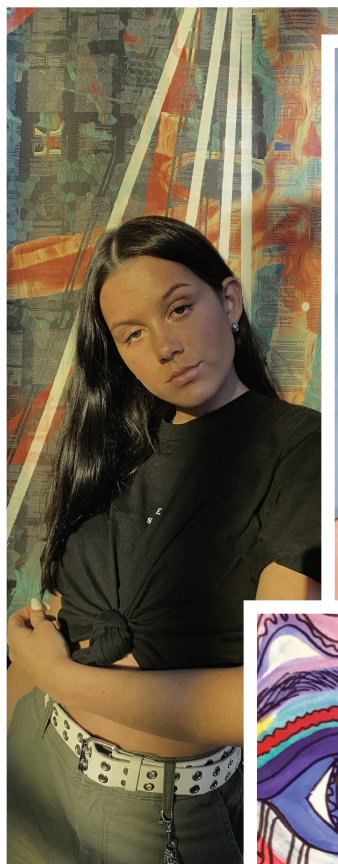
It really changes depending on what I'm doing. But my biggest inspirations are a lot towards streetwear, streetstyle, Off-White, Supreme, that kind of stuff. That's my jam I love all that stuff.

Q LONG TERM, ARE YOU GOING TO CONTINUE TO PURSUE ART?

I will be going to art college, like there's no doubt. My dream school is FIDM in LA, Fashion Institute of Design & Merchandising. I've already talked to them multiple times and went to a portfolio day at the Kansas City Art Institute. I want to go there so bad. I want to do like fashion design, like a high-end clothing brand. That's kind of my end goal. I want to be able to incorporate my artistic abilities into fashion and make it my own thing.

Q WHY STREETWEAR?

I feel like the streetwear industry is extremely male dominated. I've been to so many conventions out of the state for it, and it's just literally all boys. I just don't want it to be such a taboo thing for girls to be into that kind of stuff. I think it could be really cool to be one of those girls to influence people.



GOLDEN HOUR (CENTER)

Sophomore **Sabrina Ross** poses as the sun goes down at Ironwoods Park March 3. (Photo by Ava Stoltz)

ART & STYLE (BOTH PAGES)

A compilation of Ross's art and outfits. (All photos submitted by Sabrina Ross)

WOMEN WHO *Changed the Path*

A culmination of influential women chosen and drawn by Dimension In Visual Arts classes. The assignment: "draw a woman who inspires you."

BY GRACE HILLS
REPORTER

MIA HAMM. From her 158 goals scored to the five consecutive years in a row she won the Soccer Female Athlete of the year award, Hamm has proved herself to be one of the most prolific soccer players of all time. She's taken home the Olympic gold medal twice in 1996 and 2004 and a silver in 2000. Hamm's influential career wasn't over after she retired at age 32, she continues to be a role model for young girls through her philanthropic work in "Athletes Giving Back," a charity designed to help families in need of a bone marrow transplant. Drawn by freshman **Grace Gaither.**



DOLLY PARTON. Through her five decades of stardom, Parton has accumulated gold, platinum and multi-platinum awards from the Recording Industry Association of America as well as winning the Grammy Lifetime Achievement in 2011. Parton has been considered an "LGBTQ icon" by the community and is working to support literacy through her Imagination Library. As a feminine superstar, she's not afraid to talk about the plastic surgery she's had done, famously saying in an interview with Today, "If I see something sagging, bagging or dragging, I'll get it nipped, tucked or sucked." Drawn by freshman **Gabel Whittaker.**



MALALA YOUSAFZAI. After her town in Pakistan was corrupted by Taliban extremists, Yousafzai fought back. She stood up in the face of the Taliban to fight for her and many other girls' right to an education. The Taliban retaliated and shot her in the head, leading to months of rehabilitation. She knew she couldn't keep quiet. She knew education was a fundamental right. Her dedication acted as a catalyst to write her book, "I am Malala" and start the Malala fund. Her voice was heard around the world, and she was awarded the Nobel Peace Prize for her work in December 2014, becoming the youngest-ever Nobel laureate. Drawn by freshman **Caroline Dold.**



BEYONCÉ. "Beyoncé Knowles Carter" has become a household name. Throughout her years of stardom, she's remained a feminist, musical and fashion icon. She's a well known activist, making her voice heard in the Black Lives Matter Movement and being an LGBTQ ally. Her feminist ideologies are echoed in her actions with songs like "Who Run the World (Girls)" or working on Gucci's "Chime for Change" campaign that was focused on female empowerment. She continues to inspire millions with her voice not only as a singer, but also as an activist. Drawn by freshman **Farrah Allen.**



Emma: Handsome, Clever and Rich

Autumn de Wilde's movie gives hope for new romance movies.

BY KAITLIN LYMAN
REPORTER

Jane Austen's "Emma" made its way back to the big screen for the second time, and served as a refreshing take on a modern-day classic. Played by **Anya Taylor-Joy**, Emma Woodhouse considers herself a great matchmaker as she muddles around the lives of her friends and family, making quite a few mistakes. However, she has made it very clear that marriage is wasn't for her and ignores love that has been right in front of her from the beginning.

Emma's life of living on a large estate with her lonesome father may seem boring, but her life outside those walls can be quite hectic. Her plan to find best friend, Harriet Smith love overwhelms her life and puts some of her own relationships in danger. Matchmaking is tricky, but that does not stop Emma from finding her friend's love and doing anything to make it happen.

Watching the whole process of how she matchmakes keeps the audience on the edge of their seats waiting for the questions they all desperately want answered. Even though Emma is the matchmaker, she neglected to realize that while finding love for another, she was falling in love. It is one of those movies that makes an audience member get out of their seat and yell, "What are

you doing!" because she was completely oblivious to her own match. Nearing the end of the movie, Emma begins to realize that falling in love may not be something she wants.

Compared to other romance movies, "Emma" is more realistic and relatable, whereas other romance movies can be overdramatic or predictable. The independence Emma's character had was another good touch. Women of that time period didn't have much independence or opinions, but Emma does. She spoke her opinion when she felt necessary and made her own agenda. She had complete control over her life and no one, not even her father, interfered with her choices. The movie should be praised for not coming off as a try-hard for being overly feminist, but approaching the subject in an organic way; it is just well done.

Adapted from Austen's classic novel with the screenplay by Elanor Catton and directed by Wilde who was previously know for her photography and directing music videos and made her cinematic debut with "Emma." Both Catton and Wilde took the classic love story and made it one of the best romance movies to hit the screen in a long time. It's empowering to see women's work get an overwhelmingly positive response considering that the film world lacks female representation, and Wilde has done that with "Emma."

(Photo used with permission EPK.TV/Box Hill Farms)



HUGS FOR EMMA

Anya Taylor-Joy, who plays Emma, and first time director **Autumn de Wilde** hug at Chateau Marmont for Vogue. (Photo by MCT Campus / Matt Winkelmeyer)



DANCING TIME

Emma, played by **Anya Taylor-Joy**, and George, played by **Johnny Flynn** dance together at the ball. (Photo used with permission EPK.TV/Box Hill Farms)

TRACK THAT.

Period apps can make tracking your flow much easier while offering more than just a start date. Here's the top three from a poll of 118 students.

ILLUSTRATIONS BY KAITLIN LYMAN
REPORTER



26%
use Flo

Not only can users track their periods with accuracy, Flo also offers helpful courses about fitness, acne and cramp relief remedies along with insights on logged symptoms from Flo's virtual assistant.



28%
use Clue

Learn about your body, mind and self while using Clue's calendar that will track cycles, ovulation and send reminders for birth control pills.



3%
use Eve

Users can track and log their cycles while receiving informative health insights and upcoming cycle forecasts.

Period App Survey

(based on a poll of 118 students)

69% use an app

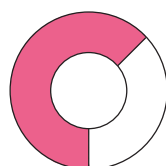
do not use an app **31%**

31% use for a reminder

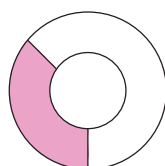
use for accuracy **15%**

8% use for health insights

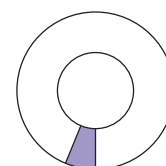
Do you think there is a stigma surrounding periods?



63%
Yes,
everywhere



30%
Yes, but
mostly
outside of
the U.S.



2%
Not at all
(5% chose
other)

Support Brands That...

In a diverse society of increased activism for equality, brands have joined the wave of feminism. The following brands, created for women at affordable prices, contribute to the feminist movement.

BY COPY EDITOR PAULA SWEENEY AND
WEB EDITOR-IN-CHIEF MALEAH DOWNTON



Aerie CLOTHING BRAND

Their campaign, #AerieREAL, promotes no retouching, body positivity and empowerment. They strive to make everyone feel confident inside and out. The brand features a diverse range of models honoring their motto, "Let the real you shine." If you share an unretouched photo of yourself with #AerieREAL @Aerie, the company will donate \$1 to the National Eating Disorder Association for every post. They currently have \$100K for NEDA. Their website also includes blogs that has topics over body confidence, self-love and health and wellness.

Dove PERSONAL CARE BRAND

Dove's "Real Beauty Pledge" is a campaign that uses real women, not models, to emphasize the diversity of women. They don't have any type of digital retouching or editing and all the women featured approve the images. Another campaign is their "Self-Esteem Project." This provides resources for parents, mentors, teachers and youth leaders. Not only is Dove committed to empowering women, but they are also pledged to reduce plastic waste. The company will begin making 100% recyclable or compostable bottles to fight the waste. They will be reducing the manufacturing of more than 22,597 U.S. tons of virgin plastic per year.



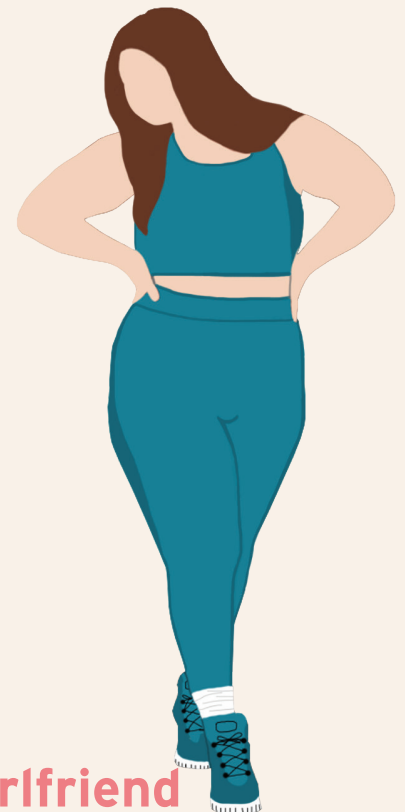
Billie SHAVING BRAND

Billie is a razor company that believes in abolishing the pink tax so they price their razors around the same as men's and have equal quality. Their razors are \$9 and they donate 1% of all sales to women causes around the world.

Currently, they are donating to Every Mother Counts, an organization that is committed to making pregnancy and childbirth safe for women everywhere.

Poptivism PHONE GRIP BRAND

Popsocket, the phone grip brand, launched the initiative Poptivism that supports various non-profits. Customers can purchase phone grips from a charity of their choice from the available options. Some non-profit options include She's the First, Girls on the Run International and the Breast Cancer Research Foundation. Following the purchase of a phone grip, 50% of the proceeds go to the selected non-profit. Poptivism has raised a total of \$900,000.



Girlfriend ACTIVWEAR BRAND

Girlfriend Collective is an activewear brand that advocates body positivity and sustainability. Showcasing their clothing, the brand features models of all sizes and ethnicities. The brand also focuses on being eco-friendly with their 100% recycled and recyclable packaging. The company's Compressive Leggings and Bras are made from 21% spandex and 79% recycled polyester and which use 25 recycled post-consumer water bottles for the leggings and 11 water bottles for the bras, according to their website.



Flower BEAUTY BRAND

Founder of Flower, Drew Barrymore is a “bisexual icon” who created the brand based on her philosophy of empowerment: “that women everywhere deserve the best quality, most efficacious products at an affordable price.” The brand aims to make consumers feel the best in their own skin. Product award winners include “Women’s Health” Editor’s Choice \$9 Petal Pout Lip Mask and Refinery29 Beauty Innovator Award 2019’s Blush Bomb Color Drops for Cheeks \$10.

Always FEMININE HYGIENE BRAND

Always, the feminine hygiene company, started the famous #LikeAGirl campaign to ensure girls keep their confidence through puberty and beyond. According to the company, three times more girls now have a positive association with the phrase “Like a Girl,” an increase from 19% to 76%. Always is also advocating for education through their “Empowering through Education” initiative. This includes puberty and confidence education, a TEDxEducation Partnership and the Always #LikeAGirl Confidence Summit.



Kendra Scott JEWELRY BRAND

The popular jewelry brand teamed up with the University of Texas at Austin to start the Kendra Scott Women’s Entrepreneurial Leadership Institute. Their mission is to “strengthen the next generation of courageous, creative female leaders that will change the world – in business and beyond.” The institute offers various courses, workshops and opportunities including internships and mentoring. They aim to boost the number of women-owned and women-led businesses through increasing support and engagement for women entrepreneurs on campus.

CHNGE CLOTHING BRAND

CHNGE is the streetwear brand built on transparency, sustainability, and philanthropy. The company donates 50% of profits to Charity: Water, Acumen, Malala Fund, Pencils of Promise and Stand for Trees with plans to expand to additional organizations in the future. They know exactly where their cotton comes from and they work with a factory in Denizli, Turkey where workers are paid a living wage and taught how to manage their new income since it is much different from the minimum wage they may be used to. One of their campaigns titled “Feminism” included the release of a shirt with the word “feminism” and a definition of “the notion that regardless of gender, all people should be treated equal.” They then had a diverse group of people model the shirts and write what feminism meant to them.



Support Women

Girl Up

In the month of February, students participated in Robotics, basketball, dance and cheer senior night, a pep assembly and a Father Daughter dance to wrap up the third quarter.

1.



1. HEAVEN ON EARTH

Senior **Caroline Knopke** cheered at the pep assembly in preparation for the Irish Cup basketball game Feb. 27. "My favorite part about senior night was having a huge crowd of students there cheering everyone on," Knopke said. "It made it so much more fun and exciting, being the STA game, as well. It was a great way to end the season." (Photo by Avery Brundige)

2. BACK TO THE BASICS

During a robotics workshop Feb. 26, juniors **Ana Colliton** and **Nicole Jackson** demonstrated the coding process. "I taught Java programming language," Jackson said. "It was an introductory course on how to program robots." (Photo by Maggie McKinney)

3. WE LOVE YOU SENIORS

Senior **Olivia Townsend** walked down the gym with her parents **Jason** and **Kris Townsend** for Dance Team senior night Feb. 27. "I really enjoyed celebrating the end of dance team with my blood family and my Sion family," Townsend said. (Photo by Ava Stoltz)



4. GOT IT FROM MY DAD

Senior **Nina Trouvé** danced with her father **Marc Trouvé** at the Father Daughter dance themed Pink Ladies Feb. 9. "I loved when the dads sang to us," Trouvé said. "It was funny because my dad kept pointing at me when he was singing." (Photo by Maggie McKinney)

5. WE WANT SOME VIVE

Junior **Sophia Allen** cheered at the basketball game against St. Teresa's Academy Feb. 27. "I loved the energy from the crowd that night, but it was also bittersweet because of senior night," Allen said, "I was so hype throughout the game. It was hard to even think about it as one of the last games with my favorite seniors, but I wouldn't have wanted it any other way." (Photo by Ava Stoltz)