MISSION STATEMENT
Saint Joseph Academy, rooted in the spirituality of the Congregation of St. Joseph, fosters unifying relationships with God and all creation, empowers each young woman to achieve academic excellence, and inspires a life of compassionate leadership and service in a global society.

45 Seniors Commissioned as Extraordinary Ministers of the Eucharist

Parents, students, faculty and staff filled the Academy Center Tuesday to celebrate the commissioning of 45 seniors as Extraordinary Ministers of the Eucharist. The students can now distribute Communion at all school Masses, as well as in their home parishes.

Congratulations to the following students: Emily Armstrong, Katie Battaglia, Maggie Bishop, Natalie Bittel, Emily Caja, MaryKate Caja, Jillian Chambers, Christie Dibbin, Brianna Dombo, Bridget Ellert, Claire Fitzgerald, Courtney Flynn, Caroline Goodill, Halle Groudle, Amanda Hahn, Rita Hanna, Devanne Hargis, Mary Kate Healey, Kristen Hegeman, Nicole Hegeman, Caitlin Homey, Elora Irizarry, Patricia Kay, Erin Keane, Erin Eileen Kelly, Ashley Klimeczyk, Katie Kostell, Brenna McGrath, Karen McGraw, Nicole Mikolic, Nichole Miller, Alexandra Mills, Angelina Morales, Melissa Reardon, Regina Russo, Ellen Saracina, Sarah Schwind, Sierra Speck, Julianna Spinazze, Virginia Sullivan, Madeline Tippie, Claire Violand, Annie Webster, Liann Winship and Emma Wolpert.

Spread the Word! Sunday is SJA’s Fall Open House

Please help us spread the word (or join us if you have elementary students in your house!) about our Fall Open House this Sunday, October 21, from 1-4 p.m. We will be offering tours of the school and campus beginning at 1 p.m., led by current students. It should be a fun and informative event.

This week, 45 students were commissioned as Extraordinary Ministers of the Eucharist (see story above). I was so proud of them! I look at it as yet another level of maturation as these young women approach the end of their high school careers. We are so proud of their Christian witness and service to God.

Finally, don’t forget the Academy Parents Potluck Social on Monday, October 22, at 7 p.m. in the new dining hall. Please join us!

~ James M. Cantwell, Ed.D.
Alum Speaker Details Dangers of Diabetes

Children born in 2000 have an astounding 35 percent chance of developing Type 2 diabetes, a condition that has devastating side effects, including blindness, nerve damage, loss of limbs and even death. That was just one of the scary facts related to Science teacher Mr. Fred Kieser’s Honors Anatomy class during a visit from Ms. Theresa Lohn ’08 on Thursday morning. She was visiting the class to talk about prediabetes in the adolescent population as part of her studies for a Master’s degree at Gannon University. She will graduate in August, 2013 as a Physician’s Assistant.

“It’s all Mr. Kieser’s fault,” she shared, laughing. “He was the one who suggested I look into being a Physician’s Assistant.”

Ms. Lohn explained the causes of Type 2 diabetes, and how pre-diabetes can be diagnosed as early as 13 years before the condition actually develops. “Lack of exercise, poor nutrition and obesity all contribute to pre-diabetes,” she said. TLC, or Therapeutic Lifestyle Changes, can be just as effective, if not more effective, in preventing diabetes, stated Ms. Lohn.

“I had no idea what a problem pre-diabetes was in young children. That surprised me!” shared Sarah Schwind ‘13.

Day of Silent Solidarity

On Tuesday, about 50 students participated in a Day of Silent Solidarity, taking the vow to spend the entire day without talking. They wore red tape to signify their participation.

“This is a day of complete silence to raise awareness for ‘Respect Life’ month and in solidarity with the unborn who have no voice,” shared CORE Ministry Theology teacher Ms. Renee Brickman ’91.

Homeless Campout Provides Valuable Lessons

It was cold. It was windy. It was damp. It was basically miserable. But on Thursday, October 11, 57 students and three chaperones spent the night sleeping on the school’s track, protected only by cardboard boxes, layers of clothing and sleeping bags. The point was to experience what a homeless person has to endure – in all types of weather.

The Homeless Campout was organized by seniors Caroline Goodill and Sharlo Bayless, who incorporated Scripture readings, and local and national facts about homelessness into the experience. “We believe it is important to understand what the homeless have to overcome on a daily basis,” shared Caroline.

Chaperones were College Counselor Ms. Maria Mueller, Physical Education teacher Ms. Marilyn McConnell and Spanish teacher Mr. Ethan Saurwein. “Caroline and Sharlo did a really nice job making this a meaningful experience!” stated Ms. Mueller.

College Corner

Enrollment: 21,000 undergraduates.
Strongest Programs: Forensics and Investigative Science, Engineering, Political Science, Pharmacy.
Fun Fact: The university maintains two “crime scene” houses for the study of forensic science.

www.wvu.edu

October bookstore hours

Weekly Lunch Menu
SJA and Saint Ignatius Joint Jr. High Retreat
Saint Joseph Academy and Saint Ignatius High School are co-sponsoring a retreat for 7th and 8th grades girls and boys on Saturday, November 17, at SJA and at River’s Edge. Check-in is 8:30 a.m. The retreat concludes at 5:30 p.m. Cost is $20 per student. Lunch and dinner are provided.
Parents are invited to join the participants at 4 p.m. for Mass at the Motherhouse, followed by a light dinner in the SJA Dining Hall. Pre-registration is required at www.sja1890.org/spiritualretreat.

Fall Dance, Thanksgiving Holiday Date Changes
Because of various scheduling conflicts, including football games and plays, the Fall Dance will be held on Tuesday, November 20, instead of Friday, November 16. In addition, the Thanksgiving holiday now will begin on Wednesday, November 21, for students and teachers. The last full day of classes is Tuesday, November 20. The school office will close at noon on Wednesday, November 21.

Jaguar Jackpot
The LAST ticket acceptance deadline will be October 24, 2012. All tickets and money should be returned to the Finance Office, Room 126, on or before this date to be included in the $25,000 Grand Prize drawing on October 26, 2012.

Winners for October 19, 2012
Anna White sold by Jessica Runyon – Ticket # 12327
Carmen Dvorak sold by Chelsea Kordel – Ticket # 04053
Bill Cherry sold by Amanda Moore – Ticket # 05061
Ralph Sullivan sold by Rebecca Sullivan – Ticket # 29669

Basketball, Swimming & Diving Tryouts
Attention athletes!
Basketball Tryouts are Friday, October 26. Varsity tryouts are 4:30 p.m.-7 p.m.. JV and Freshman are 7-9 p.m.
Swimming & Diving Tryouts are Friday, November 2, at 3:30 p.m.. Transportation to the pool is provided from SJA.

Father/Daughter Basketball Clinic
Attention all girls in grades 3-8! Now is your chance to learn basketball tricks and techniques at the SJA Father/Daughter Basketball Clinic being held Thursday, October 25, at the Academy. The clinic for grades 3, 4 and 5 is from 6-7:30 p.m.; the lesson for grades 6, 7 and 8 is 7:30-9 p.m. Cost is $20 per Father/Daughter(s). Deadline is Tuesday, October 23. Please send your check, along with the names, your address, phone number, e-mail address, grade school and grade to Saint Joseph Academy, attention Jennie Amodio, 3470 Rocky River Drive, Cleveland, OH 44111.

Crew
On Saturday, October 12, Crew traveled to Columbus, for the 29th Jack Speakmon Memorial Regatta. The Jaguar Navy had strong performances from both Varsity and Novice squads. The Novice 8+ finished 7th while the Novice 4+ improved from last week’s performance to finish 7th out of 13 total boats. In the Varsity 8+ race, SJA’s first boat took 5th, only 0.6 seconds behind Toledo’s Notre Dame Academy. In the same event, the Second Varsity 8+ boat finished 8th in a competitive field of 13 entries. The Varsity 4+ of Julia Herrel ’15, Hannah Smith ’14, Karen McGraw ’13, Sarah Johanek ’15, and coxswain Mackenzie Schoenherr ’15 finished only behind Ann Arbor Huron High School (Michigan) to win the silver medal in a field of 24 entries. The Second Varsity 4+ finished 8th.

This weekend, SJA’s Varsity 8+ and Varsity 4+ will travel to Boston, MA to compete in the 48th Head of the Charles Regatta. In the largest two-day regatta worldwide, a total of 6,000 athletes and more than 600,000 spectators are expected to line the banks of the Charles River. The Jaguar Navy will compete against the country’s best high school crews in the Women’s Youth 8+ and Women’s Youth 4+ events. Both events feature a field of 85 entries. Jaguar fans can watch the racing live Sunday October 21 at http://hocr.org/the-2012-regatta/2012-live-webcast/. The Varsity 4+ (bow #75) races at 10:52 a.m., while the Varsity 8+ (bow #77) races at 1:52 p.m.
**Cross Country**

The team had its last full-team invitational Saturday, October 13, at Massillon. Even though SJA held back Varsity to help pace JV runners, and split the full squad into three even teams, victory was still achieved. The SJA “white” team consisted of scorers Helen Steve ‘13, Rachel Cogar ‘16, Mel Ward ‘13, Rachel McGuire ‘14 and Emma Stalder ‘16. The top finisher overall was junior Maddie Zimmerman, who was 4th in the race.

On Wednesday, October 17, seniors were honored before the JV meet. Congratulations to the following seniors on a wonderful SJA running careers: Emily Armstrong, Emily Bauer, Jessica Bresnahan, Jill Bresnahan, MaryKate Caja, Bridget Egan, Alex Hallagan, Brittany Hennings, Melyssa Jackson, Katie Jeziorowski, Ashley Klimczyk, Colleen Kramer, Libby Pipak, Kristina Radin, Regina Russo, Helen Steve, Melanie Ward and Mary Bridget Waters.

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**Soccer**

On Monday, October 8, Jaguars tied the Midpark Meteors 1-1. Senior Nikki Mikolcic had her 98th career goal (but wait! It gets better!) from a great pass by junior Ali DeCrane. Junior Courtney Kuntz had eight saves.

JV shut out the Meteors 6-0. Scoring for the Jags were sophomore Allie Hippler with another hat trick (three goals), junior Megan Traine with two goals, and sophomore Grace Reinhold with one goal and two assists, junior Sarah Stotter and freshmen Kelsie Brinker had one assist each. Sophomore Becky Tent had three saves in goal.

On Thursday, October 11, Nikki scored her 99th and 100th career goals(!) in a 4-2 loss to Magnificat. Junior Nicole Rave and sophomore Jackie Harter assisted on the goals.

JV lost to the Blue Streaks 7-2. Sophomore’s Allie Hippler and Clare Sonby scored for the Jags.

On Saturday, October 13, Varsity took on Western Reserve Academy and, despite a 1-4 loss, the Jaguars celebrated their senior night with pride. Congratulations to seniors Michelle Costanzo, Niki Mikolcic, Carolyn Gavin, Sarah Schwind, Lauren Brooks, Chelsea Hirzel and Moira McGuire on a wonderful SJA soccer careers. (Pictured L-R above.)

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**Fall Sports Banquet**

Reservations are being accepted for the Fall Sports Banquet, being held Tuesday, November 6 at Brennan’s Party Center, 13000 Triskett Road, Cleveland. Cost is $20 for each guest. Athletes are free. The deadline for reservations is Tuesday, October 30; checks should be made payable to Saint Joseph Academy. All athletes attending must RSVP, with or without guests. This event is mandatory for all athletes. Reservation forms are available at www.sja1890.org/athletics.