



KNIGHTLY NEWS..“To Image Christ in mind, heart, body, and soul”

Volume 46, Issue 2

October, 2009

From the Principal

I write the newsletter article this month to inform you that after this month's publication of the *St. Joseph High School Knightly News*, you will not be receiving the newsletter in the same format as you previously did. In an effort to save money, to be more environmentally conscious, and to facilitate more timely communication with you, beginning next month the *St. Joseph High School Knightly News* will be available on-line at the school's website www.sjhsknights.com instead of through the mail service. This is the last newsletter you will receive through the mail, unless you notify us that you do not have Internet access, and, therefore, cannot access the newsletter on-line. If that is the case, we will be happy to continue to mail your *Knightly News* to you. However, our great hope is that virtually all of our families will be able to access the newsletter on-line.

Putting the *Knightly News* on-line is a decision that considers both the practical and the idealistic. In an effort to trim our budget, we took a long look at our annual mailing fees and all of the costs associated with them. The cost of paper, printer ink cartridges and bulk mailing is substantial. If you stop to consider that those people who do read the newsletter from cover to cover, as we hope you do, probably immediately throw this publication into the trash after they are done with it, you will then realize that the costs do not end there. If these pages end up in a landfill, the process of mailing it to you has become even more costly, both financially and environmentally. It makes sense to access this and other publications that the school produces (including the Alumni Newsletter: *The Alum-Knight*) on-line, so that you can read the school news from your home or work computer without ever having to print it out.

(Continued on page 2)

Inside this issue:	
From the Principal	1
From the Vice Principal	3
Campus Ministry	4
Bookstore News	5
From Your Academic Counselors	6
Knights Sports	7
Booster News	8

Special points of interest:

- Oct. 1-3—College Trip South
- Oct. 6-8—Mid-Term Exams
- Oct. 9-12—Extended Weekend/Faculty Regional Formation Day
- Oct. 14—Frosh, Soph, and Junior Testing
- Oct. 26-31—Homecoming Week
- Oct. 28—Senor Portraits for Yearbook Due

(From the Principal....continued from page 1)

Many institutions have adopted the same practice for the same reasons.

The on-line access to the *Knightly News* is a part of a broader effort that we here at St. Joseph are about to undertake, and we would like to dub this effort: **Go St. Joseph Green**. We recognize as a school that we need to educate our students about our roles as stewards of the environment that God gave us. This not only makes sense from an educational perspective, but also from a Catholic perspective, since Catholic Social Teaching specifies environmental awareness and practice as an important aspect of Christian living. In addition, to cutting down on the amount of paper waste that we create as a school, we also hope to implement some other environmental practices: energy saving through conservation and energy efficient lighting, the use of biodegradable products in our kitchen, and a concerted effort to do a better job of recycling paper, plastic,

aluminum, and cardboard. Our Earth Club will help spearhead these efforts.

Finally, by placing the newsletter on-line, the information that you receive in this publication will be up-to-date, since it generally takes at least one to two days for the *Knightly News* to be delivered to you. Sometimes, events that occur the day after or a few days after the mailing of the *Knightly News* have already taken place by the time you receive it in the mail each month.

We hope to make some other changes to the *Knightly News* to make it more interesting and pertinent. I hope you look forward to those changes. As always, thank you for your support of St. Joseph, and please keep us in your prayers as we keep you in ours.

Sincerely,

Joe Myers

Parent Representative Opportunity

BASH is looking for a parent from each class to recruit five volunteers to help with community acquisitions. These volunteers would contact parents from a class list to see if they would be interested in working in acquisitions for BASH. This position requires a few hours on the phone and is really a great way to help support BASH. If you are interested or have any questions, please contact Eleanor Byars or Terry Mastrup, Acquisition Chairs, at 937-4299.

From the Vice Principal

Advanced Placement Scholar Awards—Twenty nine St. Joseph High School students earned recognition from the College Board for their exceptional achievement on Advanced Placement exams. These students are among the top eighteen percent of the nearly 1.7 million students worldwide who took AP exams last May. Students who score three or higher on the five point exam are generally granted college credit for the equivalent college level course. Currently we offer AP classes in English Language and Composition, English Literature and Composition, Biology, European History, United States History, Calculus, and Spanish Language. ***Congratulations*** to the following AP Scholars:

Scholars with Distinction:

(Scored a 3 or higher on 5 or more AP exams)

Robert Bucayu (2009)
Kevin Lewis (2009)
Bo Reynolds (2009)

Rochelle Vertrees (2010)
James Xing (2009)

Scholars with Honor:

(Scored a 3 or higher on four AP exams)

Zachary Gastelum (2010)
Mallory Nagy (2010)
Hannah Ontiveros (2010)
Mary Clare Rigali (2010)

Scholars:

(Scored a 3 or higher on three AP exams)

Dayna Drewniak (2009)
Britney Edens (2010)
Riley Ellis (2010)
Ashlee Jones (2009)
Kristen King (2009)
Christina Mahan (2009)
Karla Ovalle (2010)
Katherine Pena (2010)
Gabrielle Peng (2009)
Christopher Schahrabani (2009)
James Sheehy (2009)
Jennifer Simeone (2009)
Karen Wong (2009)
Meng-Chien Yang (2009)
Andrea Zimkowski (2009)

Standardized Testing Day for ALL Juniors, Sophomores and Freshmen—Wednesday, October 14, 7:45 a.m.

Wednesday, October 14, is assessment day for all freshmen, sophomores and juniors. This standardized testing will help students on their path to success by measuring their current academic development, exploring career options and developing plans for the remaining years of high school and post-graduation years. Freshmen will take the ACT Explore while sophomores will take the ACT Plan. Both tests measure aptitude in English, Mathematics, Reading and Science. The last portion of the test helps students explore personally relevant career options and plans the student currently has for the future. Both of these tests also provide practice for the ACT college entrance test as well as future standardized testing including the PSAT and SAT I and II. Juniors will take the PSAT which serves as a practice test for the SAT and a competition for scholarships. Both the PLAN and the PSAT allow interested colleges to contact students provided the student marks the appropriate box on the test. All of these tests need to be taken seriously! If a student misses a test, there will not be a make-up date. Senior testing is on selected Saturdays as they take the SAT and/or ACT tests. Senior start school at 10:30 a.m. on this testing day, Wednesday, October 14.

Campus Ministry

Greeted by an animated group of Youth Ministers, one hundred and forty curious, laughing freshmen entered Waller Park to bond and share the presence of God with one another at the Freshman Retreat... entering the gym decorated with loaves of bread and fishes, a family of over five hundred students and faculty came together to celebrate the Welcome Mass...Freed of worry and stress, the Juniors had a day of prayer and fun at Old Mission Santa Ines in Solvang. The SJHS Youth Ministry team hit the ground running with these activities kicking off the school year with spiritually challenging events. October is upon us and the Youth Ministry team is now

preparing the sophomore class retreat. The retreat will be on October 19 and 20. Half the class will attend one day and the other half will have the experience the second day. This retreat will focus on the sophomores’ intellectual, spiritual, and personal transformation throughout high school. Please pray that October will be graced with the Holy Sprit and help the Youth Ministers lead the school in these spiritually enriching events.

May God bless you,

Zachary Gastelum
Youth Ministry team member

A NOTE ON MOTHERS AND FATHERS MASS PICTURES

Thursday, October 8, is the deadline for the pictures for the Mothers’ and Fathers’ Masses. We would like one picture of each parent with the child. These pictures can also be with those who play a significant parent role such as a step-parent. The picture can be of any age. Please put your pictures in an envelope or zip-lock bag with the student’s name. If you have any questions, please call Mr. Wells at 937-2038, ext. 145.

Earth Club to relocate animals!

Earth Club is selling coffee to help the Santa Maria Humane Society relocate to a larger facility. Each 12 oz. bag of Humboldt Bay Coffee is \$10.00, and Earth Club will keep \$4.00. Available flavors include Dark Roast, Breakfast Blend, Espresso Blend, Organic Blend, Decaf Dark Roast and Decaf Espresso. If you are interested in supporting this activity, please contact Miss Enguehard at extension 137. Go, Java Joe!

Bookstore News

Merci! Gracias! Danke! Grazie!
 Obrigado! 谢谢 I just can't thank
 the parent volunteers enough for
 their time, talent and "muscles"
 that made the book sale this past

August such a success. It went so
 smoothly...it was seamless. A big
 "Thank you" to the following par-
 ents who made this day a little less
 stressful for you and for me....

Pre-Fill Orders

- Mrs. Ginny Cronomiz
- Mrs. Barbara Edwards
- Mrs. Theresa Keeling
- Mrs. Cathy Ruiz
- Mrs. Janice Terrell
- Mrs. Stacy Verbryke
- Mrs. Liz Whitmore
- Mrs. Anita Withers

Book Retrievers

- Mr. Pat Cusack
- Mrs. Donna Freche
- Mrs. Linda Jones
- Mrs. Michelle Leachman
- Mrs. Jolene Parker
- Mrs. Jerri Paulson
- Mrs. Justine Penaflor
- Mr. Dennis Perea

Cashiers

- Mrs. Emma Cavazos
- Mrs. Liz Conolly
- Mrs. Nancy Leachman
- Mrs. Lori Franco
- Mrs. Diana Lewis
- Mrs. Patrice Mosby
- Mrs. Maria Pule
- Mrs. Debbie Rodriguez
- Mrs. Connie Wemple

Problem Resolving

- Mrs. Stacy Verbryke
- Mrs. Liz Whitmore

Assistant to Mrs. Bendixin

- Mrs. Elena Morelos
- Mrs. Patti Stadler

Door Control

- Mrs. Debbie Bachman
- Mrs. Tina Dean

Crowd Control

- Mrs. Arleen Peterson
- Mrs. Cheryl Ensor

Receipt Checker

- Mrs. Christine LaRocco
- Mrs. Sandra Talamantes



Have You Turned In Your Car Raffle Tickets Yet?

By now, each family should have received their car raffle tickets (two per student) in their Back-to-School Night packet. Please be sure to complete the ticket stubs and return them to the box in the school office as soon as possible to ensure that you are a part of this exciting opportunity to win a brand new car! If you would like to increase your odds of winning a Toyota Prius, Honda Accord EX-L, Chevy Silverado truck, or VW Jetta, additional tickets are available for \$20 each in the front office or by calling 937-2038, ext. 163. You may also pick up additional tickets to sell on behalf of SJHS – remember, for every five tickets sold or purchased, you will be entered into a drawing for \$500 CASH! Don't delay – ticket stubs must be turned in by Friday, October 30, 2009!

Thank you for participating and good luck!

From your Academic Counselors

For Parents of Seniors—The counselors want to let you know that we did in-class guidance sessions in early September with all of the seniors to give them information about applying to college, about testing for college entrance, and about paying for college. All seniors got a copy of their transcript to help them with their applications. Here’s some of what was included:

Testing—The SAT will be administered here on November 7 and December 5. The deadlines to apply online at www.collegeboard.com are October 1 (or October 15 with a late fee) and October 30 respectively. (The October 10 SAT is now available on standby only.)

Applying:

California State University: Apply online from October 1 to November 30. Apply for Cal Poly early decision from October 1 to October 31. Applications are online now at www.csumentor.edu

The University of California: Apply online from November 1 to November 30. Applications are online now at www.universityofcalifornia.edu/apply and this link also has an excellent online tutorial to help with the required personal statements.

Private universities: Get applications now from each school’s website.

Two big reminders, worth repeating:

- 1) We want seniors to print out their completed online applications and let us review them *before they submit them* to the colleges.
- 2) For applications that need letters of recommendation, *allow about two weeks* and provide the recommender with good information about goals and activities (see *The Shield*, page 23 for more details).

Paying for college—There will be financial aid workshops for seniors in December and for parents on January 14, 2010 at 6:30 p.m. here at school to help with completing the 2010-2011 Free Application for Federal Student Aid (available January 1); parents and students can go online now www.fafsa.ed.gov to get their PIN number for signing electronically.

Scholarships: Keep checking out the scholarships on our website (www.sjhsknights.com then to **Students’ Corner** then to **Scholarships**). The list is updated frequently. Each entry tells whether the student can apply online or should pick up a paper application, and each entry clearly shows the deadline.

Knights Sports

It's great to be a Knight! The first month is now behind us and Fall Sports are in full swing here at St. Joseph. We have nearly 300 students participating in a sport this fall and a great group of dedicated coaches helping them reach their full potential. A special thank you goes out to all of the parent volunteers that have helped St. Joseph Athletics thus far. We could not do it without you!

This fall we've had some outstanding performances by our athletic teams with a few highlighted below:

Girls Golf (Coach Dottie Lyons) – The Lady Knights are off to a great start to the 2009 season with a great mix of veterans and youth. Danielle Gillaspay (2010) has been the medalist in every match thus far and is ready to help lead the Knights in their quest for a LPL Championship.

Boys Water Polo (Coach John Walker) – In just their second year, boys' water polo is making huge waves. With 36 boys participating we've now outgrown the Allan Hancock College pool and are utilizing Paul Nelson Pool as well. In the water the Knights are working hard and are eager to improve each and every day.

Cross Country (Coach Greg Sarkisian) – Once again, the Knights are fielding competitive teams at both

levels and are looking for another trip to the CIF Team Championships. On the girls' side, Quetta Peinado (2011) leads the harriers while on the boys' side Hayes Dunn (2012) has posted the fastest times thus far this season.

Girls Volleyball (Coach Tammy Hartman) – After enduring a very tough non-league schedule, the Lady Knights are ready to once again challenge for a Los Padres League title. On September 14, the Knights travelled to Righetti High School for the 1st annual "Together For a Cure" volleyball match to benefit the Marian Breast Care Program. With both teams clad in pink, the St. Joseph Knights defeated their cross-street rivals by a score of 3-1. More importantly though, the St. Joseph Volleyball team sold more than 300 event t-shirts which helped raise additional funds and awareness for a very important cause.

Girls Tennis (Coach Julie Epps) – With only one senior on the roster, the future looks very bright for the Lady Knights. Led by #1 singles player Frankie Eszes (2011) and the doubles tandem of Ellie McPike (2013) and Sammy White (2010), the Lady Knights have been working hard to prepare for a difficult Los Padres League season and a CIF Playoff appearance.

(Continued on page 8)

*(Knights News.....continued from page 7)***Football (Coach Mike Hartman) –**

The Knights are currently ranked #3 in the CIF Northwest Division behind Oaks Christian (ranked #8 in the nation according to USA Today) and Serra (Gardena). With great leadership from a talented senior class and a hard working and dedicated group of juniors, St. Joseph is poised to make another run at a Los Padres League Championship and a deep run in the CIF Playoffs.

Upcoming Events**Tues., Oct. 13, 7:00 p.m.**

Booster Club Meeting

Mon., Oct. 26

Golf BASH Marathon

Sat., Nov. 7

Casino Knights, Booster Club Fund-raiser

Tues., Nov. 10, 7:00 p.m.

Booster Club Meeting

Thurs., Nov. 19, 7:00 p.m.

Winter Parents Sports Meeting

Mon., Nov. 23, 6:30 p.m.

Fall Sports Banquet (Girls' Volleyball, Girls' Golf, Girls' Tennis, Cross Country and Boys' Water Polo) 6:30

Mon., Dec. 7, 6:00 p.m. (New Time)

Football Banquet

Tues., Dec. 15, 7:00 p.m.

Booster Club Meeting 7:00

For more information about these events or anything else related to St. Joseph Athletics, please feel free to contact Athletic Director Tom Mott at (805) 934-2009 / tmott@sjhsknights.com or Assistant Athletic Director Debbie Wegemer at (805) 937-2038 x 147 / dwegemer@sjhsknights.com

Booster News

Football season is off to a great start. Thank you to all of the parent crew volunteers who work their shifts to ensure everything runs smoothly at each home game.

ACTIVITY CARDS—Please remember to bring your 2009-2010 Green Activity Card to all sports events which entitles you to “free admission” for all SJ parents and their children under the age of 18.

St. Joseph Booster Board Members:

The new Booster Board for 2009-2010 school year is:

President—Luis Escobar

1st Vice Pres.—Rick Wilson2nd Vice Pres.—Jack Bingham3rd Vice Pres.—Jennifer Daniels

Recording Sec.—Shawn Bland

Corresp. Sec.—Debbie Goeres

Treasurer—Linda Jones

Public Relations—Wendy Foxen

Spec. Events Chair—Liz Cosand,

Apparel Coord.—Ann Epperly

(Continued on page 9)

(Continued from page 8)

Purchaser—Emma Cavazos
 Marketing—Terry Savey
 Dir. of Publications—Debbie Wegemer
 Parent Contacts—Michelle Swanson
 and Julie Posada
 Concession Stand—Tina Rodriguez
 BBQ Crew Leaders—Ron Roemling
 Girls Volleyball—Nancy Drewniak
 Water Polo & Swim—Tom Janzen

A Note from your Booster Parent Contacts—Greetings and welcome to the 2009-2010 football season. As this year's Parent Contacts, we just wanted to touch base with everyone about this year's Volunteer Schedule. First we want to thank everyone for their patience in allowing us to learn the ropes as well as jump over a few hurdles. As of September 22, all schedules will be mailed to each participating Booster parent as well as emailed to the email address provided on your bright yellow volunteer form that you filled out during registration. Because we are trying to save a few trees as well as a few dollars, you will only be receiving the dates that you are scheduled to work. If you have a problem with the schedule, please refer to the parent letter that you will also receive. We are

also very diligently trying to get all schedules on-line, very similar to the Bingo schedule. We hope this will help with any immediate questions regarding your schedules. We may have started off slow, but like the turtle that raced the rabbit, we are on our way to victory. Go Knights!!

Casino Knights 2009—It's Parents' night out!!! Mark your calendars now for Casino Knights on Saturday, November 7, at St. Joseph in the gym at 5:00 p.m. There will be a reverse drawing, many casino tables for some fun gambling, prizes to be won and good food, drinks and socializing. All proceeds benefit all SJHS's athletic programs. For questions or additional information contact Liz Cosand at 937-7184. We hope to see you on Nov 7 for a fun-filled evening of fun and **CASH!!**

Next Booster Board Meeting—Tuesday, October 13, at 7:00 p.m. in Joe's Place. All parents are welcome.

Wendy Foxen.

Booster Club Public Relations



Saint Joseph High School

Announcing our Spring 2010 S.A.T. Prep Class to prepare current juniors, the Class of 2011, for the S.A.T.

Students graduating in June 2011 can take the S.A.T. Reasoning Test for the first time in spring 2010. The class will meet at St. Joseph High School from 8:00 AM to noon on four Saturdays –April 17, April 24, May 8, and May 15, 2010– to prepare for the S.A.T. on June 5, 2010. (Register to take the June S.A.T. at www.collegeboard.com by April 29, 2010.)

The fee for the course is \$100. This includes all materials, workbook, and sample tests.

This class will benefit students who participate willingly in all four weeks of the course and who actively work to complete the practice exercises. Good students who suffer test anxiety and who actively do all the work connected with this class are the ones whose scores show the greatest improvement after this class. We have found that students who have no interest in attending and who “cut and run” after a couple of sessions will gain nothing.

The S.A.T. has three parts: Math including Algebra 2 (70 minutes), Critical Reading (70 minutes), Writing (35-minute multiple choice and a 25-minute essay), plus a 25-minute variable section which could be reading or math. The S.A.T. Prep Class will include familiarization activities, sample questions, training in filling in the “student-produced response questions,” hints on when to use calculators—and when *not to*—and strategies for each type of question, for writing the essay, and for the Subject Tests (required for U.C.), as well as two full-length practice S.A.T. tests (taken, corrected, and scored at the first and last classes).

The instructor is Michael Tscheekar, Counselor at Saint Joseph High School.

Early registration is recommended, but enrollment will be accepted until March 17, one month before the first class, to give us time to order the course materials.

You may cancel and receive a full refund anytime up to and including the first day of class. This class is only for Saint Joseph students.

To enroll, return the coupon and payment to your counselor at St. Joseph High School.

Please enroll me in the Spring 2009 SAT Prep Class for Juniors. Please make checks (\$100 per student) payable to Saint Joseph High School. **Deadline to enroll: March 17, 2010.**

NAME _____ Grade 11

13th Annual BASH GOLF MARATHON

Monday, October 26th, 2009

Santa Maria Country Club

Attention all SJHS families! We need your support!

If you are a golfer & would like to play in the marathon, we still have openings.

If you are not a golfer, perhaps consider a pledge towards the golfer or sport/club of your choice. Each sport and some clubs at St. Joseph are fielding a golfer and they are in the process of collecting pledges that will in turn support the sport or club of their choice. Each golfer can earn from 25% to 70% of their pledges toward the sport of their choice, with the rest of each pledge used towards the '09-'10 Athletic Project, which will be an update to our historical plaque of our CIF Champions in the gymnasium. Thanks to our corporate sponsors, 100% of each pledge will benefit athletics at SJHS. Following is a list of golfers that are currently signed up to join us. Please consider a pledge on their behalf.

Golfer's Name Sport:

Charlie O'Sullivan	Boy's Volleyball
Chris Clement	Boy's Soccer
Dottie Lyons	Girl's Golf
Greg Sarkisian	Cross Country/Track
James Acosta	Baseball
Joe Myers	TRUST
John McPike	Girl's Track/Tennis
Josh Wong	Girl's Golf
Landon Reid	Girl's Soccer
Mark Whitten	Boy's Basketball
Clancy Mc Auliff	
James Fosdick	Cheer/Boys Golf
Mike Hartman	Football
Tammy Hartman	Girl's Volleyball
Patrick Ortiz	Boy's Tennis
Raleigh Monroy	Boy's Tennis
Larry McCoy	Boys Basketball
Rick Gillespie	Girl's Waterpolo
Rob Buchanan	Football/ Baseball
Ron Jacobs	Boy's Baseball
Dan Pancratz	Boy's Waterpolo
Ed Torres	Girl's Basketball
Tom Janzen	Swim Team

*If you don't see your sport listed . . . they need your help. Sign up today to play for YOUR team!

Incentives!! . . . as if you needed any!

- Each golfer will receive lunch along the course with a Social at 2:00 pm.
- All golfers participate in our raffle for fun prizes! Included is golf at several great central coast golf courses, an awesome golf gift from Santa Maria Country Club Pro Shop and other great prizes.
- The Sport that receives the most collected pledges will receive a trophy to show off in the Heritage Lobby newly built trophy case AND earn an extra 10% towards their sport~!

. . . There is room for you too!

I would like to sponsor the golfer/sport listed below:

Golfer/Sport _____

Name: _____

Address & phone: _____

(This is a tax-deductible donation. Tax ID# 95-231593)

PLEDGE\$ _____ Please bill me: _____ Payment enclosed _____

Charge my VISA/MC# _____ xp _____



BASH

NO EXPERIENCE NECESSARY

Table Judge Chairman – Bash nights of March 12th & 13th

Handyman Dad – Hours flexible

Table Setting Chairman – Saturday Morning of March 13th

Decorations Trainee

Please call the BASH office if you are interested in hearing more about these positions! Possible perk – bingo exemption!

Liz or Laurie @ 937-4299