

# Principal's Corner

As I write this Month's Navigator address, our country is commemorating the tenth anniversary of the September 11, 2001 attacks on the World Trade Center and the Pentagon. Nearly 3,000 Americans lost their lives that day, including those who were in the facilities, passengers and airline personnel on aircraft, and those who took part in rescue efforts.

Like so many "defining" moments in history, many of us remember this one vividly. We also remember where we were and what we were doing at the time. I was the activities director at Wahlert Catholic High School in Dubuque and I recall being informed about the first plane crashing into the tower. We were loading all of our students into busses to transport them to the Five Flags Center for an all-Catholic school Mass celebrated by our Archbishop. The Mass was planned as a celebration of the newly formed "Holy Family Catholic School System" in Dubuque but after details of the event confirmed that America had been attacked and the death toll would be great, the focus quickly turned to the events that were unfolding. Clergy, administrators, faculty, staff, students, parents and alumni were confused, worried and quite frankly didn't know what to do. So we did what we did know how to do – we prayed. We prayed for the victims, their families, and for the rescuers. We prayed for peace. Prayer gave us hope that our God would intervene and inspire those working to save lives. Prayer eased our anxiety and gave us what little comfort we were capable of feeling at that time.

As I look back at other tragic events that I remember, I recall similar responses. At St. Cyril School outside Philadelphia, Sister Alice Ann led us all to our knees in prayer after

an announcement was made that President Kennedy had been shot and killed in Dallas. Similar scenes played out in years that followed upon our learning of the assassinations of Bobby Kennedy and Martin Luther King Jr.

Prayer is at the very core of who we are and what we do as Catholics. We pray to thank God for all He has given us. We pray to ask God for guidance, for comfort and for forgiveness. Prayer is our way to communicate with God and, if we listen, God's way to communicate with us. It is our opportunity to nurture our relationship with God.

While it may sound redundant here, I thank God for the opportunity we have to pray with our young people in Catholic schools. Praying alone is important and rewarding. Praying as a community is downright powerful. We have experienced our share of joy and our share of sorrow at Xavier, in our community, in our nation and in our world. Our reactions may differ emotionally to those experiences but our ability to pray together brings us all to a place of hope and love.

And so today I ask that we continue to pray for the victims of all tragedies and for those who work tirelessly to save those victims. And, as hard as it is sometimes, let us pray for those who may be the cause of the tragedies. As we heard in "Sirach," on September 11: "Wrath and anger are hateful things, yet the sinner hugs them tight...Forgive your neighbor's injustice; then when you pray, your own sins will be forgiven." Harden not our hearts.

God bless you and your families.

Sincerely



Tom Keating, Principal

## ○ Fall Vocal Music Preview

The vocal music preview will be held on Monday, October 17 at 7:00 p.m. in the Regis-LaSalle Theatre. Students and parents are encouraged to support our fine vocal groups.



## ○ Early Dismissals/No School


On Wednesday, September 28, and October 12, Xavier High School will have early dismissals at 12:30 p.m. The afternoon time will be utilized for faculty in-service. Buses will run immediately following school. Xavier will also have early dismissals on October 19 and 20 at 1:45 p.m. for Parent-Teacher Conferences. Buses will run on their regular schedules. There is no school on Friday, October 21.



## ○ Photo Retake Day

Student photo retake day will be held on Wednesday, October 5 at 7:30 a.m. for those students who missed the scheduled picture day or would like a retake.



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## Xavier NHS Policies Outlined

The Xavier Chapter of the National Honor Society must maintain high standards of:

- ❖ **Scholarship** – Must have a 3.5 cumulative grade point average.
- ❖ **Service** – Must perform 25 hours of community service during each school year.
- ❖ **Leadership** – Leadership standards reviewed each semester by faculty council.
- ❖ **Character** – Character standard reviewed each semester by faculty council.

All sophomores and any juniors or seniors who are not currently involved in NHS may become eligible for selection after the first semester of the 2011-2012 school year. Eligible students must have a minimum cumulative first semester grade point average of 3.5 or above. Application materials will be distributed to all students whom meet this criteria at the beginning of the second semester. The application process consist of a typed essay, testimonials of good leadership qualities and excellent character traits, **25 hours of service completed prior to submission of application** and a listing of all activities one has taken part in throughout high school. This packet will be due to Mrs. Kearns on Friday, March 23 and accepted students will be notified by Monday, April 16. The 2011-2012 NHS inductions will be held on Monday, April 23 in the Regis-LaSalle Theater.

## 2011-2012 NHS Officers Elected



*The 2011-2012 National Honor Society elected the following students to be part of the leadership committee (pictured from left to right):  
President Jackson Esker, Secretary Kerry McCartan, Vice President Kelly Biermann and Treasurer Cole Manternach.*

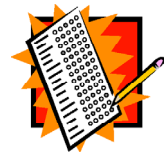
### Xavier Doors Locked

The doors to the student and faculty parking lot are locked each day at approximately 8:30 a.m. If you are arriving at school after that time you will need to use the southeast main entrance to the school. All guests **must** report to the main office to sign in and to receive a visitor's badge. Thank you for your help and cooperation.



### I.T.E.D. Tests Scheduled

All freshman, sophomore, and junior students will be taking the Iowa Tests of Educational Development. These tests are used to measure individual growth in many academic areas. They also help the school analyze its curriculum based upon class growth from year to year. It is very important for students to do their absolute best on these tests.



The tests will be administered from 8:00-9:45 a.m. on Tuesday, October 4, Wednesday, October 5, and Thursday, October 6. Seniors report at 9:50 a.m. on each of these three days.

### DRUGPRX (Drug-Parent Request Xavier)

DRUGPRX (Drug-Parent Request Xavier) is an ongoing service for parents of Xavier students who question if their child is under the influence of drugs. This is a collaborative program with Mercy Medical Center and Sedlacek Treatment Center. There is no charge for the first two screenings. Results are solely for the purpose of parental concern and is not a legal collection. All results remain confidential between Mercy Medical Center, Sedlacek Treatment Center, and parent. Xavier High School will not be made of results unless a parent self reports. Instructions for having your child screened can be found on the Xavier High School Web Site under Services/Health. You will find the consent under the Forms header. Please print off the DrugPRX form and bring it with you to Mercy when you use this program. Any questions, please call Kris Naeve, 294-6635x318.



# JOIN THE SILVER CLUB



Xavier High School is once again sponsoring the Silver Club. **For \$175**, your Silver Club Membership entitles:

- 1) You and your immediate family (you, your spouse and your school-age children grades K-12) free admission for all Xavier home events (except: IHSAA and IGHSAA sponsored tournaments) and "at-the-door" (not reserved seats) to all fine arts events. Approximately \$880 value for a family of four attending all Xavier High School home athletic events.
- 2) Invitation for you and your spouse or guest to the Silver Club Dinner and Drawing October 23, 2011. Prizes include: one paid student tuition (in-parish tuition rate) for the 2012-13 school year at any CR/Marion Metro Catholic elementary school, middle school or Xavier High School. A cash prize of \$2,500 will be awarded to a winner without a child in one of our schools. Additional prizes will also be awarded.

If you are interested in purchasing a ticket, simply mail a check for \$175 made payable to the Xavier Silver Club and mail it to:

**Attn: Melissa Slinger, Xavier High School  
6300 42nd St NE, Cedar Rapids, IA 52411**

Once your check is received you will receive one laminated Xavier Silver Club Pass mailed to you and you will automatically be entered in the drawing at the dinner on October 23 (need not be present to win).

## Log On to Xavier

For the most up-to-date information on Xavier High School, visit our website at: [www.xaviersaints.org](http://www.xaviersaints.org).



## School Cents

Begins October 1, 2011 -- Help to support the XAVIER SAINTS!!!!

### What is School Cents?

In an effort to assist schools in our community, Lindale Mall is offering \$25,000 in prize money to area schools through **School Cents**, a program designed to assist schools with funding for their programs in need.

### How do I participate?

Simply turn in your Lindale Mall receipts and Xavier report cards to help Xavier earn points from October 1, 2011 through December 31, 2011!! More information to come!

## Senior Photo Requirements for the 2011-2012 Yearbook

To ensure consistency and quality, senior photos submitted to the 2011-2012 Xavier High School Yearbook must meet the following requirements:

- Color photo
- Indoor shot
- Plain background
- Headshot: one inch from subject's eye brow to chin
- Please submit a wallet either hard copy or emailed to: [kellie.wagner@xaviersaints.org](mailto:kellie.wagner@xaviersaints.org)
- If sending hard copy, please place photo in an envelope labeled with the student's full name

The deadline for senior photos to be submitted for the year is **January 4, 2012**. Please email or turn in to Mrs. Wagner - Room 226.

# Voice Mail Instructions

Xavier High School is very pleased to offer a phone messaging system that enhances communication between parents and the school. The system allows you to leave messages for teachers or administrators after hours.

To leave a message for a teacher, administrator or staff, call the school at 294-6635, wait for the automated attendant greeting, then dial the mailbox number and leave

your message after the tone.

Below is a list of all Xavier faculty, staff, and administration with their voice mailbox numbers. You can also contact anyone via their email address.

Parents are encouraged to use these systems to stay in close contact with their student(s) teachers.



| <u>Name</u>              | <u>Department</u>                    | <u>E-Mail Address</u>                    | <u>Mailbox</u> |
|--------------------------|--------------------------------------|------------------------------------------|----------------|
| Stuart Ballinger .....   | Science .....                        | stu.ballinger@xaviersaints.org .....     | 330            |
| Jeff Bieber .....        | Vocal Music .....                    | jeff.bieber@xaviersaints.org .....       | 321            |
| Joann Bogguss .....      | Math .....                           | jo.bogguss@xaviersaints.org .....        | 327            |
| Barbara Brunow .....     | Theology.....                        | barb.brunow@xaviersaints.org .....       | 355            |
| Russ Camacho.....        | Science .....                        | russ.camacho@xaviersaints.org.....       | 332            |
| Michael Cervantes.....   | Drama .....                          | mike.cervantes@xaviersaints.org .....    | 373            |
| Jane Constant .....      | French/Spanish.....                  | jane.constant@xaviersaints.org .....     | 361            |
| Dee Davis .....          | Teacher Librarian .....              | dee.davis@xaviersaints.org.....          | 389            |
| Jennifer Dircks.....     | Science .....                        | jennifer.dircks@xaviersaints.org .....   | 334            |
| Philip Drey.....         | Theology.....                        | phil.drey@xaviersaints.org .....         | 387            |
| Jody Esker .....         | Campus Ministry.....                 | jody.esker@xaviersaints.org.....         | 350            |
| Matthew Farrell.....     | Theology.....                        | matt.farrell@xaviersaints.org.....       | 378            |
| Dennis Ferguson .....    | English .....                        | dennis.ferguson@xaviersaints.org.....    | 368            |
| Amanda Finley .....      | Art .....                            | amanda.finley@xaviersaints.org .....     | 337            |
| Michelle Flores .....    | English .....                        | michelle.flores@xaviersaints.org.....    | 372            |
| Kathleen Glady .....     | Math .....                           | kathleen.glady@xaviersaints.org.....     | 328            |
| Barbara Glass .....      | Math .....                           | barbara.glass@xaviersaints.org .....     | 325            |
| David Glynn .....        | Associate Dean of Students/Math..... | dave.glynn@xaviersaints.org.....         | 303            |
| Jaclyn Goertz .....      | Math .....                           | jaclyn.goertz@xaviersaints.org .....     | 324            |
| Michael Goldsmith.....   | Social Studies.....                  | mike.goldsmith@xaviersaints.org.....     | 366            |
| Gaylord Hauschildt ..... | Fitness/Wellness .....               | gaylord.hauschildt@xaviersaints.org..... | 345            |
| Andrew Hayward .....     | English/Reading Specialist .....     | andy.hayward@xaviersaints.org .....      | 370            |
| Victoria Hoffman .....   | Spanish .....                        | vicki.hoffman@xaviersaints.org .....     | 358            |
| Matthew Jenkins .....    | Guided Study .....                   | matt.jenkins@xaviersaints.org .....      | 379            |
| Craig Kadlec .....       | Science .....                        | craig.kadlec@xaviersaints.org .....      | 333            |
| Julie Kadlec .....       | Fitness/Wellness .....               | julie.kadlec@xaviersaints.org.....       | 343            |
| Erica Kearns .....       | Social Studies.....                  | erica.kearns@xaviersaints.org .....      | 364            |
| Tom Keating .....        | Principal.....                       | tom.keating@xaviersaints.org .....       | 305            |
| Ashley Kimbal .....      | Spanish .....                        | ashley.kimbal@xaviersaints.org .....     | 362            |
| Justin Kramer .....      | Guidance Counselor .....             | justin.kramer@xaviersaints.org .....     | 313            |
| Tom Lilly .....          | Psychology/Fitness/Wellness .....    | tom.lilly@xaviersaints.org .....         | 367            |
| Tracie Marshall .....    | English .....                        | tracie.marshall@xaviersaints.org.....    | 369            |
| Susan May .....          | Campus Ministry/Theology .....       | sue.may@xaviersaints.org .....           | 350            |
| Molly McDonald.....      | Theology.....                        | molly.mcdonald@xaviersaints.org .....    | 354            |
| Sara Jo Merkey .....     | Spanish .....                        | sarajo.merkey@xaviersaints.org.....      | 377            |
| Barb Miltner .....       | Math .....                           | barb.miltner@xaviersaints.org .....      | 326            |
| Emily Moses .....        | English .....                        | emily.moses@xaviersaints.org.....        | 371            |
| Tim O'Brien .....        | Business .....                       | tim.obrien@xaviersaints.org .....        | 380            |
| Angela Olson.....        | Associate Principal .....            | angela.olson@xaviersaints.org.....       | 304            |
| Philip Sanders .....     | Math .....                           | phil.sanders@xaviersaints.org .....      | 329            |
| Scott Schaub .....       | Science .....                        | scott.schaub@xaviersaints.org .....      | 335            |
| David Schemmel .....     | Guidance Counselor .....             | dave.schemmel@xaviersaints.org .....     | 311            |
| Duane Schulte .....      | Social Studies.....                  | duane.schulte@xaviersaints.org.....      | 365            |
| Makenzie Schutt .....    | Social Studies.....                  | makenzie.schutt@xaviersaints.org .....   | 360            |
| Joy St. Andrews.....     | Guidance Counselor .....             | joy.standrews@xaviersaints.org .....     | 314            |
| Lisa Streif .....        | English .....                        | lisa.streif@xaviersaints.org .....       | 375            |
| Dave Sullivan.....       | Science .....                        | dave.sullivan@xaviersaints.org.....      | 331            |

(continued on page 5)

## Voice Mail Instructions

(continued from page 4)

| <u>Name</u>                           | <u>Department</u>                       | <u>E-Mail Address</u>                   | <u>Mailbox</u> |
|---------------------------------------|-----------------------------------------|-----------------------------------------|----------------|
| Dan Swanson .....                     | Social Studies.....                     | dan.swanson@xaviersaints.org .....      | 359            |
| Kelli Swehla .....                    | Instrumental Music.....                 | kelli.swehla@xaviersaints.org .....     | 322            |
| Dan Thraen .....                      | Theology.....                           | dan.thraen@xaviersaints.org .....       | 356            |
| Rev. Dustin Vu .....                  | Campus Ministry/Theology .....          | dbq227@arch.pvt.k12.ia.us.....          | 384            |
| Kellie Wagner .....                   | Journalism .....                        | kellie.wagner@xaviersaints.org.....     | 376            |
| Matthew Walker .....                  | Vocal Music .....                       | matt.walker@xaviersaints.org .....      | 323            |
| Stephanie Wendt.....                  | Art .....                               | stephanie.wendt@xaviersaints.org .....  | 336            |
| Mike Winker .....                     | Activities Director .....               | mike.winker@xaviersaints.org .....      | 306            |
| Donna Winter .....                    | Social Studies.....                     | donna.winter@xaviersaints.org.....      | 363            |
| <b><u>Office Staff</u></b>            |                                         |                                         |                |
| Pam Barta .....                       | Activities Secretary .....              | pam.barta@xaviersaints.org .....        | 302            |
| Jacque Buschette .....                | Assistant Controller.....               | jacque.buschette@xaviersaints.org ..... | 308            |
| Shea Francis .....                    | Controller.....                         | shea.francis@xaviersaints.org .....     | 307            |
| Peggy Hrcirik .....                   | Attendance/A.P. Secretary .....         | peggy.hrcirik@xaviersaints.org .....    | 301            |
| Joshua Kearns .....                   | Lounge/Study Hall Supervisor            |                                         |                |
| Barbara Kemp .....                    | Guidance Secretary .....                | barbara.kemp@xaviersaints.org .....     | 312            |
| Janet Lukan .....                     | Admissions/A.P. Secretary .....         | janet.lukan@xaviersaints.org.....       | 390            |
| Kristine Naeve .....                  | School Nurse.....                       | kris.naeve@xaviersaints.org .....       | 318            |
| Melissa Slinger.....                  | Admin. Assist. to the Principal...      | melissa.slinger@xaviersaints.org.....   | 309            |
| Mike Vaughn .....                     | Lounge/Study Hall Supervisor            |                                         |                |
| Anne Wallraff .....                   | Media Center Assistant.....             | anne.wallraff@xaviersaints.org.....     | 382            |
| <b><u>Cafeteria</u></b>               |                                         |                                         |                |
| Marge Carson .....                    | Cafeteria Supervisor .....              | marge.carson@xaviersaints.org .....     | 339            |
| <b><u>Maintenance</u></b>             |                                         |                                         |                |
| Tom Wille.....                        | Maintenance Supervisor.....             | tom.wille@xaviersaints.org .....        | 338            |
| <b><u>Xavier Foundation Staff</u></b> |                                         |                                         |                |
| Lynn Jump .....                       | Annual Fund Director.....               | ljump@xavierfoundation.org.....         | 320            |
| Jody Ruff .....                       | Executive Director.....                 | jruff@xavierfoundation.org .....        | 319            |
| Jessica Schneider.....                | Dir. of Marketing & Alumni Relations... | jschneider@xavierfoundation.org .....   | 317            |

## Health Promotion Center DID YOU EAT BREAKFAST?

Many of the students who visit the Health Promotion Center know that I will ask them this question when they come in complaining of a headache, stomach ache, or feeling weak in the morning.

According to the American Dietetic Association, children who eat breakfast perform better in school through increased problem-solving ability, memory, verbal fluency, and creativity. Research indicates that skipping breakfast influences metabolic changes that occur when an overnight fast continues and a significant amount of nutrients are absent from a student's overall daily nutrition. As described by registered dietician, Sandra Baxter, R.D., in Bryan, Texas, "we wouldn't attempt to drive a car for long distances when the fuel gauge reads empty, so why should we expect children to be at peak performance without fueling their bodies."

I frequently see students who are not eating breakfast. Most of them say that they don't eat because they do not have time or they are not hungry that early in the morning. I remind them that breakfast does not have to be a sit down breakfast consisting of bacon, eggs, and toast. I stress the importance of breakfast to them and try to get the kids to pick three different food groups for breakfast that are on-the-go foods such as a whole grain bagel or toast with peanut butter and 100% fruit juice or granola bar, banana, and carton of skim milk. On an average 200 students take advantage of the breakfast program offered at Xavier High School. For those students who are not hungry in the early hours of the morning or were running late, this is a great opportunity for them to get the nutrition they need.



# Academic Certificates Awarded

The following students earned 3.0 or higher in both first and second semester during the 2010-2011 school-year. These students will be awarded academic certificates. All sophomores and those marked with an \* will also receive academic letters.

## Seniors

Alexander, Kell  
 Andersen, Katlyn  
 Bales, Thomas  
 Ball, Nicholas  
 Barnum, Joseph  
 Barnum, Julianne  
 Bartz, Alex  
 Bentz, Allison  
 Biermann, Kelly  
 Birky, Laura  
 Bohnenkamp, Rachel  
 Brady, Stephanie  
 Bro, Carly  
 Burns, Amber  
 Buschette, Logan  
 Byard, John  
 Daubitz, Jackson  
 Dempsey, Logan  
 Dolan, Alexandra  
 Dubois, Joshua  
 Esker, Jackson  
 Fenske, Justin  
 Flaherty, Rachel  
 Franey, Micaela  
 Freitag, Evan  
 Gallagher, Kate  
 Gates, Meghann  
 Gibney, Blake  
 Giles, Joshua  
 \*Gilmer, Chad  
 Glavan, Ann  
 Gross, Sara  
 Gust, Elizabeth  
 Hamer, Gina  
 Harry, Christopher  
 Hines, Tyler  
 \*Hoffman, Jordan  
 Holt, Claire  
 Holub, Ashley  
 Hosch, Kevin  
 Huss, Mitchell  
 Ireland, Lindsay  
 Joens, Jarred  
 Karas, Kathryn  
 Kean, Claire  
 \*King, Jeffery  
 Koenighain, Sarah  
 Kuba-Tresnak, Kelsey  
 Kundel, Megan  
 Larkin, Colm  
 Laska, Tyler  
 Lehner, Rhianne  
 Leskovec, Kimberly  
 Levett, Mary  
 Loecher, Jana  
 Mahr, Caitlin  
 Manternach, Cole  
 Marks, Connor  
 Martin, Brooke

Mattke, Mackenzie  
 McCartan, Kerry  
 Meissner, Christina  
 Metz, Emily  
 Meyers, Jacob  
 Michalski, Megan  
 Milke, Ryan  
 Miller, Ryan  
 Morisette, Gemma  
 Morrissey, Katherine  
 Mueller, Lindsay  
 Nelson, Joshua  
 Neuhaus, Collin  
 Neuwohner, Faith  
 Noonan, Nicole  
 Oakley, Taylor  
 Oberfoell, Allysia  
 Olstad, Hanna  
 Ort, Taylor  
 Pape, Joseph  
 Powers, Benjamin  
 Rehman, Alex  
 Reilly, Cara  
 Reiman, Megan  
 Rochford, Hannah  
 Rouse, Joshua  
 Satern, Noah  
 Schmall, Noah  
 Schultz, Alyson  
 Sigmon, Rachel  
 Snow, Molly  
 Steffensmeier, Joshua  
 Stovie, Zachary  
 Szymanek, John  
 Ties, Morgan  
 Trace, Cameron  
 Valentine, Carter  
 Walvoord, Emily  
 Weber, Jordan  
 Weger, Tyler  
 Welch, Hannah  
 Wertzberger, Taylor  
 Westlund, Alexandra  
 Winker, Katelyn  
 Zipperer, Alyssa

## Juniors

Ahmann, Alexander  
 Andrews, Micaela  
 Armstrong, Kayla  
 Banowitz, Bryan  
 Bauserman, Gage  
 Blair, Lindsey  
 Boomgarden, Lisa  
 \*Bouska, Benjamin  
 \*Boyer, Kelsey  
 Breitbach, Benjamin  
 Brown, Zachary  
 Burken, Payton  
 Busch, Cassandra  
 Busse, Anna

Busse, Monica  
 Callanan, Paige  
 Cavin, Paul  
 Chicchelly, Sarah  
 Chorzempa, Allison  
 Christensen, Shelby  
 \*Collins, Connor  
 Collins, Jack  
 Cowden, Daniel  
 \*Crane, Amanda  
 Cunningham, Alex  
 Curphey, Bryan  
 \*Darden, Carrie  
 DeLong, Morgan  
 Detterman, Ashley  
 Dickes, Sarah  
 \*Dlouhy, Kyle  
 \*Donithan, Kory  
 Donnelly, Brianna  
 Drahos, Kalie  
 Drahozal, John  
 Draker, Nicole  
 \*Edwards, Elizabeth  
 Eller, Valerie  
 Erger, Alexis  
 Etscheidt, Carah  
 Everett, Melissa  
 Fahnle, Seth  
 \*Fitzpatrick, Tori  
 Flores, Tyler  
 \*Fortman, Rachel  
 French, Lauren  
 \*Frisch, Isaac  
 \*Galligan, Sydney  
 \*Garcia, Francisco  
 Gibbs, Hannah  
 \*Gourley, John  
 Guge, Kirby  
 \*Gunn, Colin  
 Haag, Alex  
 Hagen, Noah  
 \*Hall, Braxton  
 Hammerberg, Lucas  
 Hasley, Madeline  
 Hausmann, Nicholas  
 Hazelton, Nicholas  
 Hennings, Alexandra  
 Herder, Shane  
 Hermes, Kylie  
 Hewitt, Joshua  
 Himmelsbach, Courtney  
 \*Hoffman, Meagan  
 Homan, Sarah  
 Hunt, Christina  
 Hunt, Grant  
 Jantzen, John  
 Joens, Cortney  
 Jones, Alexa  
 Kapsch, Mary  
 Kellen, Mitchell  
 Kesselring, Bianca

Kirpes, David  
 Konzen, Abbey  
 Kramer, Abigail  
 Krouse, James  
 Kuhn, Hannah  
 Lampe, Caroline  
 Lang, Nicole  
 Laska, Josephine  
 Latteyer, Alex  
 Lembeck, Maegen  
 \*Liss, Brett  
 \*Lloyd, Caleb  
 Lutgens, Lauren  
 Lynch, Megan  
 Maier, Tiana  
 Maloney, Blair  
 Manternach, Ashlyn  
 Marshall, Kara  
 Martin, Lucy  
 McDonald, Emily  
 McWhinney, Elizabeth  
 Meaney, Ryan  
 Miller, Erica  
 Millsap, Morgan  
 \*Mitchell, Kristin  
 \*Montover, Elaine  
 Moore, James  
 Morrow, Rachel  
 Mullin, Patrick  
 Murtha, Craig  
 Myers, Madelynn  
 Oberfoell, Olivia  
 \*OBrien, Ansley  
 Olberding, Lisa  
 Olson, Brandon  
 Pape, Daniel  
 Payne, Theodore  
 Pitz, Allison  
 Potter, Mckenzie  
 Powell, Michaela  
 Ramlo, Alexa  
 Richards, Audrey  
 Richardson, John  
 Rosencrants, Peyton  
 Sampson, Trey  
 Schemmel, Eric  
 Schiltz, Haylee  
 Schneider, Caitlin  
 Schowalter, Zachary  
 Schrader, Natalie  
 Schulte, Reginald  
 Schuster, Kristen  
 Segriff, Santana  
 Shepard, Samantha  
 Slezak, Ryan  
 Smith, Madisen  
 Snow, Thomas  
 Sojka, Hailey  
 Steingreaber, Nicholas  
 Stevenson, Chase

Stovie, Cal  
 Stulken, Ashley  
 Sulentic, Jenna  
 Swanke, Kristin  
 Thing, Nicole  
 Thinnies, Robert  
 Thorsteinson, Joseph  
 Tietz, Alex  
 Tilson, Karle  
 Trace, Colby  
 Trcka, Tara  
 Tursi, Elizabeth  
 Van Hoeck, Lauren  
 VonKampen, Carolina  
 Wallraff, Nicholas  
 Wardlaw, Matthew  
 Whitson, Nicholas  
 Wille, Hunter  
 Williams, Chris  
 Winders, Rebecca  
 Wittrock, Kellie  
 Woods, Corbin  
 Young, Shawntel  
 Young, William

## Sophomores

Airy, Chad  
 Bailey, Jake  
 Baldus, Hunter  
 Ball, Christopher  
 Barta, Emma  
 Bauer, Christopher  
 Becker, Hannah  
 Bertsch, Madison  
 Berutti, Carly  
 Biermann, Michael  
 Blake, Sam  
 Blanck, Joshua  
 Blum, Kaylee  
 Brady, Nick  
 Brady, Rachel  
 Breitbach, Molly  
 Burke, Eleanor  
 Burke, Katherine  
 Busch, Dustin  
 Busse, Grace  
 Challenger, Ameena  
 Charipar, Benjamin  
 Chute, Hannah  
 Clarahan, Logan  
 Colston, Courtney  
 Cummings, Mikayla  
 Daubitz, Harrison  
 Dean, Charlotte  
 Deignan, Emma  
 Delaney, Morgan  
 Deutmeyer, Hayley  
 DeWees, Kylie  
 Diebold, Meredith  
 DMello, Kyle

(continued on page 7)

Academic Certificates

(continued from page 6)

Drahozal, Nicholas  
 Duball, Jerry  
 Efting, Maria  
 Eichler, Edward  
 Elkema, Angelica  
 Esker, Mary  
 Even, Nolan  
 Fay, Michael  
 Fenske, Jenna  
 Flaherty, Ryan  
 Ford, Annmarie  
 French, Olivia  
 Fuller, Kelsi  
 Gardner, Wesley  
 Gerke, Meghan  
 Gerleman, Madeline  
 Goldsmith, Katherine  
 Gorkow, Alyssa  
 Graeve, Brennan  
 Grimm, Bryce  
 Haase, Clancy  
 Hayes, Bryton  
 Hayes, Devin  
 Hayes, Hunter  
 Hazelton, Holly  
 Heeren, Amanda

Herndon, Jacob  
 Heying, Halle  
 Hill, Francis  
 Hunt, Emma  
 Huss, Nicholas  
 Ickes, Sean  
 Ingwersen, John  
 Jacobi, Anna  
 Jacoby, Jeremy  
 Janney, Payton  
 Jensen, Haley  
 Junge, Matthew  
 Kean, Mariel  
 Kenney, Caroline  
 Kherbaoui, Salim  
 Klimesh, Zachary  
 Lacy, Sarah  
 Lansing, Kayla  
 Larson, Alyssa  
 Le, Tiffany  
 Loecher, John  
 Malloy, Taylor  
 Mathis, Mary  
 Meyer, Rachel  
 Miller, Brendan  
 Miller, Colette

Miller, Levi  
 Millsap, Adam  
 Mlodzik, Nicholas  
 Montuoro, Mason  
 Moran, Quinlan  
 Mulcahey, Shannon  
 Nelson, Matthew  
 Neuwohner, Erin  
 Noonan, Morgan  
 Noronha, Nina  
 OBrien, Kathryn  
 OConnell, Colin  
 Persick, Ryan  
 Peters, Jonathan  
 Pick, Adam  
 Pudil, Ashley  
 Reiman, Gina  
 Robinson, Jacob  
 Robinson, Nicholas  
 Ruhd, Cassandra  
 Sagers, Benjamin  
 Salter, Alec  
 Sander, Matthew  
 Santel, Logan  
 Schiltz, Ryan  
 Schirm, Christopher

Schmitt, Jacob  
 Schnoebelen, Zachary  
 Scholer, Quinton  
 Scholtes, Britni  
 Schroud, Marinna  
 Schwach, Allison  
 Smith, Lauren  
 Streif, Chloe  
 Sueppel, Cara  
 Terfler, Nicholas  
 Tessmer, Madison  
 Thommana, Matthew  
 Valentine, Benjamin  
 Vanden Bosch, Kasey  
 Vercande, Kyra  
 Vipond, Molly  
 Volk, Bryce  
 Walvoord, Jacob  
 Watson, Abby  
 Wenisch, Claire  
 White, Anna  
 Wille, Austin  
 Winker, Grace  
 Worden, Joe  
 Wymore, Amanda  
 Zwanziger, Kara

## Tips From the Trainer

*By Heather Boyer Xavier Athletic Trainer*

### Muscle Cramps

Anyone who has experienced a muscle cramp can attest to the fact that it can be quite painful. Muscle cramps occur when muscles involuntarily contract and cannot relax. Muscle cramps can last anywhere from a few seconds to an hour. Also, it is not uncommon for a cramp to recur multiple times until it finally goes away.

Cramps are extremely common, but it is not known exactly why muscles cramps develop. Insufficient stretching before exercise, exercising in the heat, poor circulation, accumulation of lactic acid, medications (diuretics), poor nutrition and muscle fatigue may all play a role. Imbalances in the levels of electrolytes (sodium, potassium, chloride, calcium and phosphate) in the blood can also lead to muscle cramps.

Most cramps can be stopped if the muscle can be stretched, gently massaged, and fluid/electrolyte replacement given.

Cramps can be prevented by stretching before and after activity, along with an adequate warm-up and cool down. Good hydration before, during and after the activity is important as well. Magnesium (found in bananas, apricots, nuts, soybeans, meat/fish, grains, and pickle juice), Vitamin E and some medications (IBU, Quinine) may help as well for the prevention of cramps.



## Xavier Board of Education

### 2011-2012

#### Board Member

#### Parish

- Rev. Philip Thompson ..... Pastoral Coordinator,  
St. Pius X
- Rev. Mark Reasoner..... Pastor Representative,  
St. Jude
- Rev. David O'Connor..... Pastor Representative,  
All Saints
- Tom Keating ..... Principal
- Ken Bauer..... Secretary, St. Joseph
- Chris Cummings ..... St. Pius X
- Dennis Fagan ..... Immaculate Conception
- Jeff Hanson..... **President**, St. Jude
- Mark Krapfl..... St. Elizabeth Ann Seton
- Dave McGraw ..... Blessed John XXIII
- Mike Potter..... **St. Matthew**
- Dave Skala ..... St. Wenceslaus
- Lynn Ties..... St. Patrick
- Mike Wallerstedt ..... All Saints
- Kari Winders ..... **V. P.** , St. Ludmila

# NEWS FROM THE GUIDANCE DEPARTMENT

☞ **NCAA-CLEARINGHOUSE** - Any student who intends to play sports at a Division I or Division II college or university needs to complete a registration form through the NCAA CLEARINGHOUSE ([www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)). Talk to one of the counselors if you have any questions.

☞ **GOLDEN CIRCLE COLLEGE FAIR, Iowa Events Center - Hy-Vee Hall, Des Moines** Sunday, October 2, 2011. 12:30 p.m. - 3 p.m. Visit 150 Colleges in One Day. Please plan to attend the Golden Circle College Fair in Des Moines on Oct. 2. The Golden Circle College Fair is traditionally the largest in Iowa. Last year, 150 colleges and universities exhibited to more than 2,000 students and family members. Take advantage of this opportunity to speak one-on-one with school representatives from across the country. New this year! Iowa college fairs, including the Golden Circle College Fair, will be implementing a College Fair Automation barcode and scanner system this year. Students can register online and receive a personalized barcode to print and bring to the college fair. When a student visits the booth of a college he or she is interested in, they can have the college scan the barcode rather than filling out the information forms at the table.

☞ **October 4, 5, 6 ITED Tests** will be given to 9th, 10th, and 11th grade students. We would ask that you try not to schedule any outside appointments during test dates. Seniors are to report to school at 9:50am on test days.

☞ **OCTOBER 12 - PRELIMINARY SCHOLASTIC APTITUDE TEST/NATIONAL MERIT SCHOLARSHIP TEST (PSAT/NMSQT)** will be held at Xavier High School on Wednesday, October 12, 8:00-Noon. Juniors participate in this testing opportunity to prepare for SAT college entrance exams and to compete in the National Merit Scholarship Competition. Sophomores may take the PSAT for practice only. SAT practice tests are also available in the guidance office. Any junior with a B+ average or better should seriously consider taking advantage of this opportunity. All, however, are eligible to take PSAT/NMSQT by registering in the guidance office and paying a fee of \$15. An additional fee will be charged for late registration.

☞ **OCTOBER 22 - ACT:** Seniors who have not yet taken the ACT for college entrance should consider the October, December or February test dates to be eligible for scholarships. September 16 is the deadline for the October test date. For an additional fee the late registration deadline is October 1. Juniors usually take the ACT test in April or June. ACT testing is offered five times each year and may be taken as often as desired. Registration information and practice tests are available in the guidance office. Students can register via the internet at [www.actstudent.org](http://www.actstudent.org)

☞ **October 25 - COGNITIVE ABILITY TEST (IQ)** will be administered to all freshman as an IQ update for added information to be used in educational and vocational planning and placement. Results are discussed individually with students and/or parents in conjunction with other school data upon request.

☞ **NOVEMBER 2 - PLAN TESTING** available to sophomores. This test gives an early indication of readiness for the ACT Assessment and will provide students, their parents, and counselors with comprehensive detailed information they need to build

solid educational and career plans. PLAN includes a study skill assessment, interest inventory, and a section for student-reported needs, plans and goals. Cost is \$15. An additional fee will be charged for late registration.

☞ **SENIORS NEEDING SAT SCORES** for early decision programs at Eastern schools or other Ivy League schools may need to register for one of the following test dates: October 1, November 5, or December 3. In addition to the SAT, some schools also require SAT Subject tests. Contact colleges for deadlines. Registration material is available in the guidance office or via internet at [www.collegeboard.com](http://www.collegeboard.com)

☞ **A SCHOOL PSYCHOLOGIST, SOCIAL WORKER, VOCATIONAL REHABILITATION COUNSELOR, AND SPEECH AND HEARING CLINICIAN** are available to Xavier through GWAEA. If you think your student can benefit from one of these services please contact the guidance office.

☞ **ACADEMIC SCHOLARSHIPS:** Students who qualify for academic scholarships should apply as early as possible to the college of their choice. To be eligible for most academic scholarships a student must apply to the college. The deadlines for Presidential Scholarships and other academic scholarships may be as early as October 1. See one of the counselors for further information.

☞ **SELECTIVE SERVICE** – Federal law requires that all men register with Selective Service within 30 days of their 18th birthday. Now, 17 year-old men can submit their registration information early on the internet ([www.sss.gov](http://www.sss.gov)), or by filling out a form at any post office. Selective Service registration is required to be eligible for a federal student loan, job training, most federal jobs, and U.S. citizenship.

## Board Meeting Dates

The following are the board meeting dates for the 2011-2012 school year.

All board meetings are at 7:00 p.m. in the Novak Conference Room at Xavier.

|              |          |
|--------------|----------|
| September 22 | April 26 |
| October 27   | May 24   |
| December 1   | June 21  |
| January 26   |          |
| February 23  |          |
| March 22     |          |



# Campus Ministry News

We begin the school year full of hope for another year and all the blessings, challenges and opportunities that it brings. Fr. Vu led us in celebration at our **Back to School Mass** and challenged students, faculty and parents to answer the call to holiness, the call to be Saints always, at home, at school and with friends. In his homily, Fr. Vu said that we are all on the journey to Sainthood. It is not an easy journey and we need each other for support. He challenged us to look at our theme for the year and to ask ourselves where it is easiest to be a saint and where is it most difficult. We should strive each day to live out the call to be a saint.

We will be holding four **Kairos retreats** for Juniors this year. Kairos is a four day long retreat held at American Martyrs retreat house. The dates are as follows:

K-9 – October 6-9, 2011

K-10 – December 1-4, 2011

K-11 – January 26-29, 2012

K-12 – April 19-22, 2012

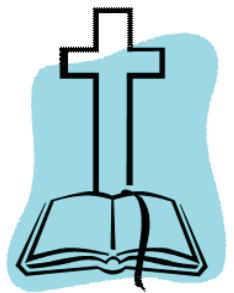
The retreat has been a very positive experience for students who have attended it in the past. Please encourage your student to sign up today!

**TEC retreat** for Seniors will be held here at Xavier November 19-21. This is a three day long retreat. It is a great chance for seniors to take time out from their busy schedules to reflect on their faith as they begin to prepare for the next phase of their lives. This year the Spiritual director for the XHS TEC will be Fr. Vu, so it is sure to be a wonderful weekend. For other TEC dates and online registration, please visit [www.DBQArchEvents.org](http://www.DBQArchEvents.org).

There are many opportunities for your student to **become involved in Campus Ministry** this year. Please encourage your son or daughter to sign up for Liturgy Committee, Liturgy Singers and Musicians, Lifesavers (pro-life group) or to help with planning our Mission trip or work on the Freshman or Sophomore retreats as a group leader. Our Freshman retreat was held September 9 with a focus on building a community of Saints.

*The call to holiness is a universal teaching of the Catholic Church. Because of our baptism, all of us are called to a life of holiness. Pope John Paul II writing about this universal call to holiness says: "Holiness is not a state but a task, whereby Christians should strive for a full Christian life, imitating Christ." The document of the Second Vatican Council, Lumen Gentium, states, "Therefore, all the faithful are invited and obliged to holiness and the perfection of their own state of life. Keeping their eyes on the goal of their journey of holiness, let those who use this world not fix their abode in it" (LG 42).*

**Campus Ministry Tip:** Make weekend Mass a family priority. The US Conference of Bishops researched young adults asking what kept them involved in church life. Most said it was because they are involved in liturgy. A good way to be involved with liturgy is to attend Mass as a family and be involved in your parish community. Keep your faith alive and be nourished by the Eucharist at Mass each Sunday.



## Xavier Foundation 2011 Parish Appeal

The Xavier Foundation 2011 Parish Appeal will kick off this month with a volunteer meeting on September 21 at Xavier High School at 7 p.m. Under the leadership of Xavier parents Jeff and Monica Robinson and John and Dana Miller the appeal will begin at metro area parishes on September 24 & 25. The goal is to raise \$410,000 to benefit Xavier High School. Your financial gift will help pay down the bonds used to finance the building of the school and provide tuition assistance. Pledge cards will be available before and after Mass during the weekends of September 24 & 25 and October 1 & 2. Last year, more than 200 volunteers helped raise these important funds for Xavier High School. There is still time to help with this year's appeal. Please consider volunteering your time and contact your parish leaders who are listed below today. Thank you for your willingness to serve!

**All Saints:** Mike & Lisa Wallerstedt, Gary & Shelly Zaugg; **Blessed John XXIII:** Rick & Paula Moore, Jim & Amy Lansing; **St. Elizabeth Ann Seton:** Greg & Brenda Ort, Greg & Marci Wertzberger; **Immaculate Conception:** Kendall Krouse, Diane Ropp; **St. Joseph:** Bruce & Jo Marie Elkema, Ken & Rosemary Bauer; **St. Jude:** Kevin & Jean Biermann, Lou & Carla Montuoro; **St. Ludmila:** Kari Winders, Sara Baldus; **St. Matthew:** Cynthia & Bill Sueppel, Jeff & Mary Scherrman; **St. Patrick:** Marian Biggins, Dan & Shelley Helms; **St. Pius X:** Jeff & Lorie Hines, Brian & Kathy Walvoord; **St. Wenceslaus:** Dave Martin, Patti Jansa.



# BOOSTER CLUB NEWS

## ☆ JOIN THE BOOSTER CLUB

Thank you to the 191 Xavier families that have already joined the Booster Club for the 11-12 school year. Please complete the form in this issue of the Navigator and return it to the main office at your earliest convenience. Your \$50 membership fee is critical to providing continued support for all academics, fine arts and athletic-related endeavors for your children. Thank you in advance for your support! The following are the newest members of the the Booster Club:

|                           |                           |
|---------------------------|---------------------------|
| Joe & Linda Bertsch       | Mary & Dave Junge         |
| Stephen & Lori Boyer      | Ronald & Vanessa Junge    |
| Dan & Lisa Breitbach      | Maureen & Joe Kenney      |
| Mike & Lydia Brown        | Jenny & Alan Koehner      |
| Bob & Jacquie Buschette   | Jim & Paula Levett        |
| Matt & Tracie Chute       | Mark & Inez Mattke        |
| Pat & Elaine Collins      | Steve & Janet Noonan      |
| Loren & Susan Corrigan    | Jeff & Amy Godwin Pick    |
| Ron & Peg Detweiler       | Tom & Dianna Richardson   |
| Shawn & Celeste Gallagher | Rock & Peggy Rochford     |
| Jeff & Linda Gorkow       | Scott & Paula Sander      |
| Bill & Lori Hannen        | Colleen & Randy Scholer   |
| Jim & Kathy Harriott      | Tom & Joy St. Andrews     |
| Jennifer Heeren           | Carol & Dave Steingreaber |
| Jan & Mike Hessman        | Ron & Janet Van Hoeck     |
| Mike & Courtney Hoffman   | Bob & Anne Wallraff       |
| Joe & Kelly Ickes         | Jeff & Cheryl Westlund    |
| Terry & Teresa Iiams      | Mike & Julie Winker       |
| Phil & Kathy Jasper       |                           |

## ☆ 2011-2012 BOOSTER CLUB OFFICERS

Pat Collins – **President**  
Gloria Kuhn – **Secretary**  
Julie Kapsch – **Treasurer**

## ☆ POT OF SILVER

The Pot of Silver is back again this year!! Don't miss your next chance to win cash prizes during our home football games.



## ☆ XAVIER X GAME HAS BEGUN!

Weekly winners will be posted on the Xavier website. Purchasing a ticket allows you the chance to win \$500 each week during the upcoming NFL season. Each week your ticket will show three randomly selected NFL teams. If your three teams score the most points that week, you win \$500! You can win multiple \$500 prizes with just one ticket. Over \$10,000 in cash prizes will be given away to lucky XGAME ticket holders throughout the entire football season. Buy as many tickets as you like to increase your chances. All proceeds will help purchase new uniforms for Xavier fine arts and athletics this coming school year. This is a Xavier Booster Club sponsored event. Remember tickets are \$25 and will help support many Xavier activities.

Tickets can still be purchased at Xavier. You will be eligible for the remaining weeks of the pro football season from the point that your paid ticket is turned into the school or activities office. Thank you for supporting this Xavier Booster Club fund raiser.

## ☆ NEXT MEETING

The next Booster Club meeting is scheduled for Wednesday, October 5, 2011, at 6:30 p.m. in the Novak Conference Room. All members are encouraged to attend and get involved in supporting Xavier High School.



## ANNUAL POINSETTIA AND CHRISTMAS GREENERY FUNDRAISER



HOSTED BY THE XAVIER PERFORMING ARTS STUDENTS

FROM OCTOBER 18th TO NOVEMBER 17th, 2011

A variety of greenery will be again offered this year all consisting of a mixture of balsam, cedar, and pine. The foil wrapped Poinsettias will be available in jingle bell, pink, white, and red colors. **BUSINESS OWNERS...why not consider supporting the Xavier High School performing art students by purchasing your holiday greenery through them!** For further information contact Carol Vester at 378-8326 or [cavester@mchsi.com](mailto:cavester@mchsi.com).



| October 2011                    |                                                                                                               |                                                                                                                                      |                                                                                                                                            |                                                                                                                                          |                                                                                                   |                                                                                                                                                                                                                                     | Default |
|---------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Sun                             | Mon                                                                                                           | Tue                                                                                                                                  | Wed                                                                                                                                        | Thu                                                                                                                                      | Fri                                                                                               | Sat                                                                                                                                                                                                                                 |         |
| 25                              | 26                                                                                                            | 27                                                                                                                                   | 28                                                                                                                                         | 29                                                                                                                                       | 30                                                                                                | 1                                                                                                                                                                                                                                   |         |
| Xavier Foundation Parish Appeal | 9:30a Bgolf MVC Div @ A'port Natl<br>4:30p JV VB ICH Tour<br>5:00p FVB LM H                                   | Blood Drive 9am-2pm<br>3:15p JV Bgolf CRP Inv @ A'port Natl<br>4:30p CC LM Inv @ Tuma<br>5:00p FFB CF Holmes JH H<br>5:30p VVB CRP A | 12:30p Early Dismissal<br>1:00p In-Service<br>3:15p 9th Bgolf CRW Inv @ Gardner                                                            | 3:15p Bgolf ICW Tri @ Finkbine                                                                                                           | Casual Dress Day<br>5:00p FB ICW A                                                                | Marching Band IC<br>Little Hawk Inv<br>Xavier Foundation Parish Appeal<br>9:30a CC Clinton Classic<br>11:00a FFB LM A                                                                                                               |         |
| 2                               | 3                                                                                                             | 4                                                                                                                                    | 5                                                                                                                                          | 6                                                                                                                                        | 7                                                                                                 | 8                                                                                                                                                                                                                                   |         |
| Xavier Foundation Parish Appeal | 5:00p FFB LM (B) H<br>5:00p FVB CRP A                                                                         | 12:00a Bgolf 4A District<br>ITED'S (Fr/So/Jr)<br>Seniors report @ 9:50 AM<br>5:30p VVB DH A                                          | ITED'S (Fr/So/Jr)<br>Seniors report @ 9:50 AM<br>Student Picture Retakes<br>6:30p Booster Club Meeting                                     | ITED'S (Fr/So/Jr)<br>Kairos #9<br>Seniors report @ 9:50 AM<br>3:30p CC MVC Meet @ Noelridge<br>5:00p FVB CRJ H<br>6:00p FFB CF Peet JH H | 12:00a Bgolf 4A State<br>Kairos #9<br>8:30a International Roundtable<br>5:00p FB WE Future Saints | 12:00a Bgolf 4A State<br>Kairos #9<br>State Marching Band Festival @ Kingston Stadium<br>8:00a FVB ICH Tour A<br>8:30a VVB West Side Inv @ CRJ<br>9:00a SVB CRK Inv<br>12:00p Kiddy Pom Camp<br>5:00p Wheelchair Sport Ability Game |         |
| 9                               | 10                                                                                                            | 11                                                                                                                                   | 12                                                                                                                                         | 13                                                                                                                                       | 14                                                                                                | 15                                                                                                                                                                                                                                  |         |
| Kairos #9                       | 12:00p Jazz Band Audition<br>5:00p FVB ICH H<br>5:00p JV VB CRW Inv<br>6:00p Marching Band Classic @ Kingston | 12:00p Jazz Band Audition<br>5:30p VVB CF Future Saints H                                                                            | PSAT/NMSQT 8:00 Am-Noon<br>12:00p Jazz Band Audition<br>12:30p Early Dismissal<br>1:00p In-Service<br>7:00p ICAN College Planning Pres-Srs | 12:00p Jazz Band Audition<br>3:30p CC MVC Div @ CRP<br>6:00p FFB CRK H                                                                   | End 1st Qtr<br>12:00p Jazz Band Audition<br>5:00p FB CRJ @ Kingston                               | 9:00a FVB CRP Tour A<br>9:00a VVB MVC Tour @ ICW                                                                                                                                                                                    |         |
| 16                              | 17                                                                                                            | 18                                                                                                                                   | 19                                                                                                                                         | 20                                                                                                                                       | 21                                                                                                | 22                                                                                                                                                                                                                                  |         |
|                                 | 7:00p Fall Vocal Music Preview - Theatre                                                                      | 5:00p Freshman Football vs Waterloo West @ Sloane Wallace<br>5:30p VVB ICH Senior Night H                                            | Parent Teacher Conf 6pm-9pm<br>9:50a Respect Life Assembly<br>1:45p Early Dismissal                                                        | CC Girls<br>Regional/Boys District<br>Parent Teacher Conf 5 Pm-8pm<br>1:45p Early Dismissal<br>8:00p Mock All State Auditions-Choir Rm   | No School<br>Parent Teacher Conf 8am-11am<br>5:00p FB LM H                                        | All State Auditions @ Manchester<br>All-State Auditions<br>8:00a ACT Test (Building Closed)<br>9:00a SVB CRANDIC @ ICH                                                                                                              |         |
| 23                              | 24                                                                                                            | 25                                                                                                                                   | 26                                                                                                                                         | 27                                                                                                                                       | 28                                                                                                | 29                                                                                                                                                                                                                                  |         |
| 6:00p Silver Club Banquet       | VVB Regional                                                                                                  | 8:00a CAT Exam (9th Gr) 8-11a                                                                                                        | Community Service Day<br>7:00p FB 1st Round Playoff                                                                                        | VVB Regional Semifinal<br>7:00p School Bd Mtg                                                                                            | Casual Dress Day<br>Sophomore Retreat                                                             | CC State<br>12:00p Prairie Stack the Stands Pom Comp                                                                                                                                                                                |         |
| 30                              | 31                                                                                                            | 1                                                                                                                                    | 2                                                                                                                                          | 3                                                                                                                                        | 4                                                                                                 | 5                                                                                                                                                                                                                                   |         |
|                                 | 7:00p FB 2nd Round Playoff                                                                                    | VVB Regional Final<br>10:00a All-Saints Day Memorial Mass                                                                            | PLAN Exam (10th Gr)<br>6:30p Booster Club Meeting                                                                                          |                                                                                                                                          | Metro In-Service Day<br>7:00p FB Quarterfinals                                                    | Pom Solo Comp @ Pella HS                                                                                                                                                                                                            |         |

## In the Next Issue

- Parent-Teacher Conference Scheduling
- Xavier Players November Production
- Community Service Day Information

XAVIER HIGH SCHOOL

# Navigator

# XPX Spiritual Life

## Featuring St. Wenceslaus Parish

*"That we become One . . ."*

It's that time of year again: yellow school buses bustling kids to and from as the new school year begins to unfold, athletic practices taking over local school grounds after the completion of the academic day, and the sight of "St. Wenceslaus Goulash Festival" signs dotting front lawns throughout the city.

The Goulash Festival is St. Wenceslaus Parish's annual fundraiser, which is purposefully scheduled to fall as closely as possible to the parish feast day of September 28th. St. Wenceslaus is one of few parishes in Cedar Rapids that continues to honor its feast day in this way – with a parish wide celebration. The Goulash Day festivities will commence with a Czech Folk Mass at 10:30 a.m., followed by games, bingo, food (yes, Kolaches), and music. In addition to the Czech Plus band, the Iowa Accordion Club will perform, along with other musical ensembles. Incidentally, Czech goulash is a type of beef stew often served with rye bread. Plan to sample this fare on Sunday, September 25th, on the grounds of the parish between 11:00 a.m. and 5:00 p.m. In addition to the Goulash celebration, St. Wenceslaus will honor its patron saint with a Latin Mass at 5:15 p.m. on the evening of its feast day.

St. Wenceslaus Parish, originally known as St. Wenceslaus Bohemian Catholic Parish, came to be back in 1874. Immigrants from Czechoslovakia, Poland and Lithuania, who were seeking a better way of life than that experienced under the oppression of the Austro-Hungarian Empire, settled in the Cedar Rapids area largely due to the recruiting efforts of business man T.M. Sinclair. Mr. Sinclair, who owned and operated the former meat packing plant to the south of the parish grounds, was in need of cheap but dependable labor. Upon learning of the good work ethic of the Bohemian families, he traveled to the area to offer them jobs. The immigrants, grateful to leave their oppressive homeland following the Prussian War, came and depended upon the parish community as their port of entry into American society. The parish met their spiritual, educational, and social needs in a sometimes harsh and cold new society.

The first church for these families was completed in 1890; the bricks and labor for it having been furnished by the men of the parish after their regular working hours. A grade school was added in 1893; it closed in 1969 and has since been torn down. The current church building was constructed in 1904. A high school opened in 1921; the auditorium and gymnasium were added in 1926. It was at this time that the high school became the first Czech parish school to become fully accredited in the United States. Though the high school closed in 1958, the building is now used for some community outreach programs, such as AmeriCorp VISTA, and for social events. The parish web site continues to highlight the former St. Wenceslaus High School by offering an Alumni association link that not only includes highlights of previous class reunions, but also posts the words to the Redhawks fight song! Redhawk gear is even still available for purchase, via the parish "Newsletter" link. St. Wenceslaus Parish has the unique distinction of being designated as a National Czech Parish, which means that any Catholic of Czech origin, regardless of parish boundaries, may be a member of the parish.

A step into St. Wenceslaus Parish is a step into the past; the past in which the creative talents are a means by which to give thanks and praise to God - through works of beauty. The paintings and stained glass windows are handicrafts that depict saints that are especially revered by the Czech people, as well as famous shrines in Europe which have special significance to them. The rose glass window above the choir loft is acclaimed as one of the most beautiful examples of rose-window art, second only to the one in the National Cathedral in Washington D.C. The history of the stained glass windows is rather unique, too. They had been ordered before WWII, and were created by Italian artisans in Munich. The windows were hidden in caves in Germany during the war, however, because of the dangers of shipping them at that time. They were installed in the church in 1946.

To celebrate the centennial of the current church building, St. Wenceslaus Parish led the renewal of downtown Cedar Rapids by

creating the Czech Heritage Park project in 2004. The highlight of the park is the amazing stone sculpture of St. Ludmila, with her grandson, St. Wenceslaus. The statue was created by Czech sculptor Jan Kotel. Mr. Kotel was able to replicate the original piece, which graces the St. Charles Bridge in Prague, Czech Republic, by having a plaster model created from the original mold, which had been made in the 1700's. With the model, he was able to make measurements so that his work would be an exact imitation of the original one to within an inch. The parish web site has pictures showing the progress of Mr. Kotel's work; the "dots" on the piece of limestone, as it is evolving into the proper form, are the artist's measurements as he progressed. There are tentative plans for additional features to be added to the Czech Heritage Park; when funding is available a statue of King Wenceslaus on his horse may be added, in addition to flags representing the countries of Slovakia, Czech Republic, and the United States, as well as a sign for the area, and possibly a boulevard leading from the parish down to the Czech Village. Yes, St. Wenceslaus is also known as "Good King Wenceslaus", who reigned in Bohemia in the early 900's. After his father's death, he was brought up by his grandmother, St. Ludmila, who raised him to be a Christian, despite his pagan mother's wishes. The park is a tribute to his grandmother - a thousand years later. Additionally, St. Ludmila's Parish, on the west side of the Cedar River, and originally a mission parish of St. Wenceslaus' for settlers who had difficulty traveling across the river to attend Mass, was also named in St. Wenceslaus' grandmother's honor.

Discussion of St. Wenceslaus' Parish would not be complete without mention of the affects of the flood of 2008. Water filled the church basement, the parish hall (old gymnasium), and the lower level of the old rectory, (now parish offices). The main church had roughly a foot of water in it throughout. Thankfully, much of the historical artifacts of the parish were able to be removed prior to the worst of the flooding, and they have since been returned after the rebuilding of the damaged areas. Masses resumed in the church just 15 weeks after the flood because of the round-the-clock dedication to the cleanup effort by its parishioners. Fr. Chris Podhajsky, who had just been assigned as the new pastor of St. Wenceslaus (to begin in July of 2008), said his first Mass at the parish in August of that year, concelebrating with Archbishop Hanus, who had come to bless and rededicate the church after the flood. After tens of thousands of volunteer hours by lovingly dedicated and determined parishioners, and volunteers from all over, St. Wenceslaus' has been rebuilt better than it ever was - a tribute, once again, to the good work ethic of the Czech people!

So much more could be said about this historical parish of the Cedar Rapids area. Though small in numbers in comparison to other local parishes, with only 380 families, and few, if any, Xavier high school students as parishioners, the involvement and integrity of its members speaks volumes. This is a parish that celebrates life, as evidenced by the many parish photos of events throughout the years posted throughout its vast website. Spend some time exploring the culture of Cedar Rapids Catholic Czechs at: [www.stwenceslauscr.com](http://www.stwenceslauscr.com)

Mass times for St. Wenceslaus Parish are Saturdays at 4:00 p.m. and Sundays at 10:30 a.m. Mass in the Extraordinary form of the Latin rite is celebrated on Sundays at 7:00 a.m., as well as on Wednesday and Thursday mornings, also at 7:00 a.m. Mass on Thursdays is at 5:15 p.m. A Holy Hour is offered on Saturdays from 3:00 to 4:00 p.m.; Confessions are heard beginning at 3:30 p.m. on Saturdays.

Xavier High School thanks the good people of St. Wenceslaus Parish for not only their prayers and support of Catholic education in Cedar Rapids, but also for their committed and continual presence in our community. That we become one . . . Xavier also extends heartfelt thanks to Fr. Chris Podhajsky, pastor of St. Wenceslaus and of Immaculate Conception Parish. In addition to his daily Masses at these two parishes, Fr. Podhajsky travels to Xavier High School on a weekly basis to celebrate Mass on Friday mornings at 7:00 a.m. Plan to participate in this wonderful opportunity soon! Thank you, Fr. Podhajsky!



***Our Faith, Our Children, Our Future School Tuition Organization***  
**2011 Donor Form**

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**Gift Fulfillment:** (If you wish to make a recurring contribution by EFT or Credit Card, please visit our website at [www.OurFaithSTO.org](http://www.OurFaithSTO.org))

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- I want to give stock – please contact me.

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Please check school(s)/system(s) for restricted contribution (if more than one school/system is selected, the restricted portion will be evenly divided):

- |                                                                        |                                                                        |                                                                      |
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| <input type="checkbox"/> 2. Anamosa: St. Patrick                       | <input type="checkbox"/> 16. Dubuque: Holy Family                      | <input type="checkbox"/> 30. Mason City: Newman Catholic System      |
| <input type="checkbox"/> 3. Bellevue: Marquette Catholic School System | <input type="checkbox"/> 17. Dyersville: St. Francis Xavier            | <input type="checkbox"/> 31. Monticello: Sacred Heart                |
| <input type="checkbox"/> 4. Calmar, Spillville: C/F/S Consolidated     | <input type="checkbox"/> 18. Dyersville: Beckman MS/HS                 | <input type="checkbox"/> 32. New Hampton: St. Joseph                 |
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| <input type="checkbox"/> 6. Cedar Falls: St. Patrick                   | <input type="checkbox"/> 20. Gilbertville, Raymond: Bosco System       | <input type="checkbox"/> 34. Osage: Sacred Heart                     |
| <input type="checkbox"/> 7. Cedar Rapids: All Saints                   | <input type="checkbox"/> 21. Guttenberg: St. Mary                      | <input type="checkbox"/> 35. Ossian: St. Francis DeSales             |
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| <input type="checkbox"/> 10. Cedar Rapids: St. Pius X                  | <input type="checkbox"/> 24. Independence: St. John                    | <input type="checkbox"/> 38. Waukon: St. Patrick                     |
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It is important to note that donor requested restrictions to specific school(s)/system(s) are subject to the following STO regulations. Up to 50% of gifts may be restricted to school(s)/system(s) as designated. The Contributor understands and agrees that if a school/system designated for a restricted contribution does not have one or more students who are eligible to receive tuition assistance under the law's requirements so as to permit for the full use of the requested contribution, the contribution, or the unused portion thereof, will be re-directed first to provide tuition assistance to students at any other school(s)/system(s) designated for a restricted contribution on this form, and if no other school/system is designated or eligible students are not enrolled at any of the other school(s)/system(s) designated for a restricted contribution, the contribution, or unused portion thereof, will be used for tuition assistance for qualifying students at any of the STO schools/systems. There are no appeals.

Mail your contribution with this completed form to: **Our Faith, Our Children, Our Future STO**  
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## St. Teresa of Avila....Pray for Us!

ST. TERESA OF AVILA - BORN 1515, AVILA SPAIN  
FEAST DAY OCTOBER 15  
PATRONESS OF HEADACHE SUFFERERS

Teresa was born in 1515, in the small city of Avila. As a young girl, she struggled to balance a love for God with a need for friends and fun. Later, as a teenager, she was more interested in boys than religion.

When she was 16, Teresa's father sent her to a convent, which she hated at first. But eventually she began to feel close to God. Even so, Teresa felt that she was very prone to sin, which may be why she chose the convent over marriage. And this may have helped her to avoid struggles with secular temptations.

Even after Teresa committed herself to a religious life, it wasn't easy for her to give up worldly pleasures. She enjoyed having visitors and found it hard to stay focused on God. While praying Teresa's mind strayed. But she kept trying and God rewarded her with visions and a sense of rapture.

As she grew deeper in her faith, Teresa realized that she could help other nuns overcome the challenges she had faced. She founded a new order, the Discalced Carmelites, that focused on a return to simplicity and mental prayer, without allowing idle chatter and personal interests to interfere. "Discalced" means "without shoes", a reference to the Order's tenets of poverty and simplicity.

Teresa didn't advocate mere prayer; she taught the nuns in her order that asking God for the ability to actually do good was more important than simply saying prayers that didn't lead to action. Teresa's writings, including Interior Castle and Way of Perfection, have been a source of inspiration for centuries, and she is one of only two women named a Doctor of the Church for her teachings and writings.

Like many saints, Teresa was an ordinary woman who rose to greatness. She used her gifts as a teacher and writer to bring others closer to God. It's good to keep this in mind when we consider our own lives: we all have something to teach others. As parents, through our own example, we demonstrate how to love one another to our children. Our children are watching how we should treat others. Simple ways to show them include:

- ✚ Extend courtesy to a driver who cuts you off (instead of shouting).
- ✚ Show "Saintly" behavior at sporting events.
- ✚ Thank teachers for their dedication and sacrifice for Catholic Education.

Thank you Teresa of Avila for your example of holiness, and teaching us to put our prayers into action and make the world a better place. We deeply appreciate the many ways you inspire us in our holy journey of "learning today, leading tomorrow and serving forever". St. Teresa of Avila, please pray for us!



### **New this Fall – A Pilgrimage Journey to Our Lady of Guadalupe Shrine La Crosse, Wisconsin**

- For Whom:** Parents of the Xavier Community (and their students, if desired; students must be accompanied by a parent)
- What:** A Pilgrimage Journey, offered by the XPX Spiritual Team, and accompanied by Fr. David O'Connor, pastor of All Saints Parish, who will celebrate Mass with our group while there
- Where:** Southwestern Wisconsin, just outside of La Crosse - a three hour journey
- When:** Saturday, November 12th, 2011
- How:** Cedar Valley Transit Charter - boarding at 6:15 a.m. to leave at 6:30, from the Xavier Parking lot - Returning to Xavier between 8:00 and 9:00 p.m. that evening
- Why:** To pause and reflect on who we are and what we are – the Body of Christ on earth – the Church!
- Cost:** \$45 per person, lunch included, nonrefundable; 47 seat Charter Bus
- Interested:** To register contact: Kendall Krouse at: [kendallkrouse@aol.com](mailto:kendallkrouse@aol.com)

or

Jeani Murtha at: [jmurtha@mchsi.com](mailto:jmurtha@mchsi.com)  
(By October 7th, 2011, for scheduling purposes)



# Students, Staff of the Month -- September



**Nicole Noonan**

"For her volunteer work with the St. Jude's mission trip to Haiti."



**Mrs. Moses**

"For her work with Students Against Destructive Decisions and for chairing the Xavier Social Committee."



**Carter Valentine**

"For his outstanding performances against Kennedy and Prairie."



**Mr. Schemmel**

"For earning Metro Coach of the Year honors in baseball."

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