



the VOICE

STRONG Values | STRONG Women

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Wake Up, St. Joe!



The Voice is published quarterly during the school year. All articles and photographs can only be reprinted with the permission of **The Voice**. **The Voice** welcomes letters to the editor, but will not print letters submitted anonymously. We are also online at sjathevoice.org.

Mission Statement

The duty and mission of **The Voice** is to share news with the St Joseph's Academy community through honest, unbiased and entertaining reporting **The Voice** strives to give St. Joe students a voice through the publication of student-produced articles and seeks to serve as a forum for free discussion among students. **The Voice** fosters the development of students into values-driven leaders by providing them with opportunities to discern their own views on issues facing both the school and the larger community.

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Dear Readers,

Reading and editing this issue, for the last time, reminded me of the true nostalgia, excitement and vigor I've felt in working on this magazine over the years. Working with the print staff, particularly on this issue, brought back memories, and allowed me creative insights which I might never have known. So, above all, I would like to extend a huge thank you to our print managerial and layout editors, in addition to the wonderful art staff who worked so hard to make our sketches a reality; I am so honored and proud to have worked with all of you.

As a group, coming up with a theme always presents a unique challenge for us. We want to choose something timeless, but also current and pertinent to our student readers. Over the last few months, we've brainstormed and gone back and forth quite a bit, and finally, we settled on something which we think truly embodies the spirit here at St. Joseph's Academy.

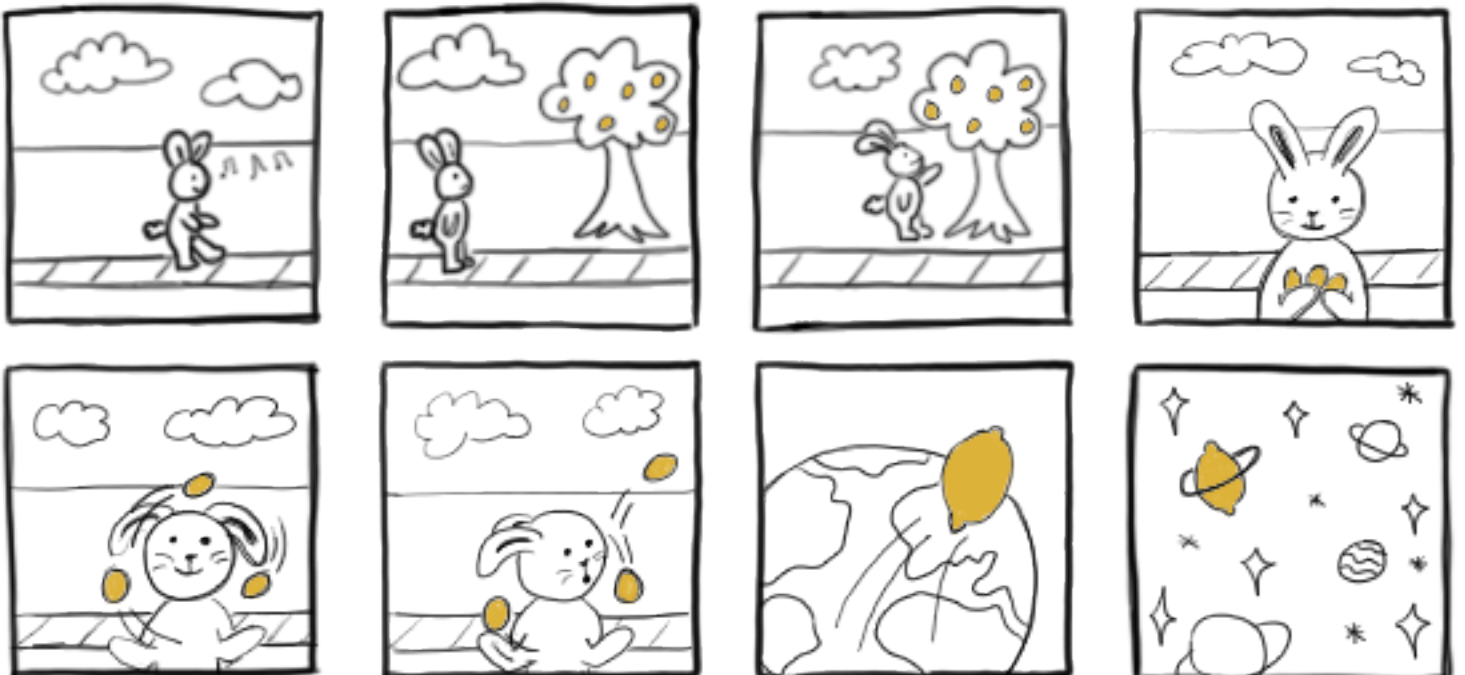
In the year after a global health crisis, I, admittedly, had no idea what to expect. I think it's safe to say, for so many reasons, that my expectations have been exceeded beyond capacity. I applaud the St. Joe community for their ability to reinvigorate to create a spirited, exciting year for all of us. That is, truthfully, what inspired this issue. In reading, we hope you'll find that enthusiasm mirrored.

Once again, I'd like to thank everyone who has worked with *The Voice* over the years. Writers, editors, and, of course, Ms. Hanson Summers, it has been an honor and a pleasure. I am so beyond thankful for each opportunity, skill, and friend I've gained in working with you. Without further adieu, and for my last time as Editor-in-Chief, it is my privilege to present *The Voice* Magazine.

Love,

Mary Dill

Mary Dill
2021 - 2022 Editor-in-Chief



art by grace kelly, print editor

Like anyone, I'm definitely a creature of habit. Particularly in the mornings, I like to begin with a steady routine to start my day off on the right foot. Recently, as finals approach and end of year activities commence, I find it increasingly difficult to wake up with enough energy and time to prepare for a great day. Still, I hold myself to high standards of morning vivacity. Of course everyone is different, but I find that my morning ritual has made me more productive throughout the day, increasingly energetic as the day goes on, and a better organized individual. Thus, myself and a few of my peers have compiled a list of activities to help Wake Up St. Joe. We hope you, like us, can come to enjoy and rely on your morning routine for daily jubilation!

Begin your morning with a glass of water. Not only is it a fantastic refresh after a good night's sleep, but it also proactively prevents symptoms of dehydration. Beginning your day with water helps to flush out your stomach, prevent migraines, even out your complexion, improve your metabolism and prevent heartburn. Continue to drink water throughout the day to keep your body hydrated before and after meals.

Junior Bridget Sharp finds that this simple ritual has changed how she goes about her day.

"I always start my day with at least one glass of water. Sometimes I have breakfast first, but I find that having water in the morning helps me feel clean for the day," she said.

Wash your face. Lots of people have very specific routines for morning skincare, still others splash some cold water and call it a day. In my life, one of my favorite daily practices is my personal skincare regime. I wash my face with a gentle cleanser, tone with The Ordinary Toner and immediately follow with their Hyaluronic Acid serum. Next, I apply a chemical exfoliant - I like the one from Sunday Riley - and apply moisturizer. My favorite part of the routine is using my Gua Sha, a tool to drain my lymph nodes; it has completely changed my face. Having this morning routine, which usually takes 20 minutes, allows me to center myself and immediately remind myself that self care is a priority.

Meditate. This is something I often struggle with. Usually, my mornings are pretty packed and I find it difficult to prioritize meditation. However, Grace Bradley, a St. Joe Senior has made it a part of her routine since freshman year.

"I love meditating in the morning. Even something as simple as stating my gratitude reminds me of everything I have to be thankful for. I can't think of a better way to begin my morning. Sometimes I get more complicated, but not really. I'm very mindful of what my body and mind can handle in the morning, especially when it's early, so I really try to keep it simple," she said.

Finally, **have some breakfast and begin preparing for your day.** Grab a snack, or cook yourself a family style breakfast to make sure you are completely prepared for a day of learning and socialization.

Mornings are different for everyone. Some people like to wake up two minutes before they have to leave, while others need at least an hour to prepare for a productive day. Either way, or if you're somewhere in between, *The Voice* encourages you to adopt a morning routine, and become more intentional about the way you start your day.



Morning Meditations

By Mary Dill, Editor-in-Chief



Ways to Take Your Coffee

By Mary Dill, Editor in Chief & Photos by Heidi Gaertner, Asst. Art Editor

In 2022, we've evolved quite a bit from drab cups of black coffee to constitute caffeinated deliciousness. Now, elaborate morning rituals involve oat milk lattes, frappuccinos and beautiful, two-toned macchiatos.

In my own experience, my best mornings begin with a perfect cup of coffee; still, I've struggled to find the perfect place or recipe. So, I deferred to the judgment of my peers and the Voice Staff for the perfect morning coffee routine. Here is *The Voice's* extensive list of coffee favorites:

Stay Home - Lizzie Balestreri

"I am not a morning person. I say stay home, and make your own coffee. It's cheaper and more convenient anyway. I usually put a couple ice cubes in a cup, fill it up about $\frac{3}{4}$ of the way with Starbucks Blonde Roast, and finish it with some caramel creamer. It's pretty sweet, but still really good.

The Annex Golden Milk Latte - Heidi Gaertner

"For me, this is a commitment. It's kind of far from school but it's something I let myself do once a week. The Annex in Webster has this Golden Milk Latte that I love. It's milk warmed with turmeric and other spices. It's hard to explain the flavor but it's so delicious. It's sweet and savory, but also kind of earthy. This is, by far, the best way to start my morning."

Cup of Joe Java Chip Frappe - Grace Kelly

"This one is a nostalgic favorite for me. I used to get this so much during my freshman year, and it started my coffee addiction now! I recommend this one to anyone who wants a morning sweet treat. I know so many students who rely on this; I am one of them."

Clover and Bee Hot Chocolate - Olivia Hattrich

"Sometimes I'm really not a coffee person. Whenever that happens I like to go to Clover and Bee and grab a hot chocolate. It's right by my house, and there's a little window where you can get to-go orders really fast. I'd say it's pretty convenient and so, so good. If you're not a hot chocolate person, they have lots of other interesting coffee drinks to try."

Starbucks Cafe Vanilla Frappuccino - Mary Dill

"Finally, my own recommendation: This frappuccino is basically coffee ice cream. I absolutely love it. It's a great way to start my morning, it's not too strong and it's very sweet. Plus, with Starbucks locations so close to St. Joe, it's a convenient alternative to at home coffee."

The Voice Staff, in addition to so many others at St. Joe, is very particular about mornings and coffee. With this issue, we're inviting you to be more intentional about the way you start your day. So, sit down, sip your coffee and enjoy.

New Summer, New Plans

By Erin Voigt, Senior Staff Writer

The Summer of 2022 is the time for YOU! It's that time of year again where everyone is coming up with new routines for the upcoming summer. The halls of St. Joe are buzzing with new ways to make this upcoming summer extraordinarily better than the last. Changes range from being more fit, to carving out more time to hit the books, to helping others more in the new year.

Resolutions can sometimes be difficult to think of, especially ones that are unique to each individual. Below is a list of some most popular ones:

1

Eating healthier

This could be as simple as cutting out the soda and other sugary food and drinks, or as elaborate as coming up with a whole new diet, including more fruits and vegetables.

2

Working out more

Working out can sometimes be a little daunting especially if you don't know where to start. You can start out small and simple by taking a yoga or exercise class!

3

Learning a new hobby

If there is anything you have always wanted to try, 2022 is the year to do it! Have fun and find something that is interesting to you.

4

Getting organized

Break out those planners and sticky notes! Getting organized is a great way to reduce stress..

5

Spending more time with friends and family

Spending more time with friends and family can help distract you from the craziness of life.

6

Finding ways to make someone's day a little brighter

Whether it is telling someone you love their smile or helping them with a project, help someone out and make them feel special!

7

Trying new things ("Leaning into Discomfort")

Don't be afraid to push yourselves to try new things! You never know what could become your new favorite food or activity.

8

Studying more and developing better study habits

Working hard in school can sometimes be hard, especially if you are a procrastinator. Stay on top of your work and ask your friends for help if you ever need it! Don't put off that summer reading!

9

Taking more time for self-care

Face masks and meditation! Do the simple things in life that you enjoy to make summer 2022 all about you!

10

Volunteering more often

Work to help those around you and in your wider community to make an impact. These are only a few options you could make for your summer resolution. There are many more out there.

Junior Grace Zolla is adapting to a new way of life for the summer and is coming up with resolutions that she plans to keep the whole break!

"I plan to be active, but also adapt a more positive outlook for this year to throw negativity out the window!" she said.

Developing summer changes is not to find the faults in ourselves, but rather help us determine what we can change in our daily routines to make this summer the best one yet. Resolutions are a way for us to commit to what we want for the summer and give goals for people to look to for guidance and inspiration.

The vast pride in St. Louis stems from its various beautiful areas – the Loop, the Central West End, Soulard, The Hill, Old North, and Tower Grove, only to name a few. These areas have been revamped within the last few decades, bringing in new tourists, customers, and life. These areas provide what truly makes St. Louis special.

The Delmar Loop is a St. Louis favorite, with its remarkable variety of businesses, including interesting thrift shops, eccentric food vendors, and exciting entertainments with an assortment to choose from.

A fan-favorite of the Loop is Blueberry Hill– a music hall that hosts local and visiting performers. Many St. Joe students enjoy this area, like freshman Margee Buehring.

“The Loop has one of the best breakfast places– Peacock Diner– I fully recommend visiting,” Margee said.

Webster Groves, along with Old Webster, provides a distinctive scheme of shops. A few of these shops are high-end businesses, such as Civil Alchemy, eco-friendly options like Dharma and Dwell, and delicious food like Clover and the Bee. These shops and others allow patrons to put money into their community, thus benefiting their city.

Senior Jazzy Saliba loves spending her free time in Webster Groves.

“I love Webster Groves, the unique assortment of businesses is truly fascinating. No matter what you’re looking for, Webster Groves has it,” Jazzy said.

With such a large sports’ fans community in St. Louis, the hundreds who flock towards Ballpark Village are no surprise. It makes sense that fans favor places like Downtown, for the presence of the Cardinals.

Assistant Librarian Ms. Pegi Ferrell loves Downtown St. Louis.

“Busch Stadium with the Cardinals trouncing the Cubs beats all. A close second, however, is any library” Ms. Ferrell said.

These communities have been consistently improving and drawing in new customers. These neighborhoods allow new entrepreneurs to showcase their ideas and allow them to succeed. Many business owners in these areas are local, allowing for the benefits of such initiative to be easily viewed. These businesses positively impact their communities, both by bringing in new people and by owners donating to their community.

Old North, an area between Downtown and North County, has many historic buildings, restaurants, and homes. This area is in the process of being redone, though slowly. Most famous in this area is Crown Candy, a diner-style restaurant known for their malts and delicious sweets. There are various boutiques, including one in the Old North Church. Also, La Mancha Coffeehouse is famous for their breakfast, smoothies, and coffee. With so many delicious restaurants and unique shops, Old North is impossible to ignore.

Dr. Julia Wilkins Kohrmann, Director of Diversity, Culture and Climate, organized for See Stl tours, which are designed to highlight areas in St. Louis. One of these tours goes throughout Old North, which is an area that many people overlook, but is full of history.

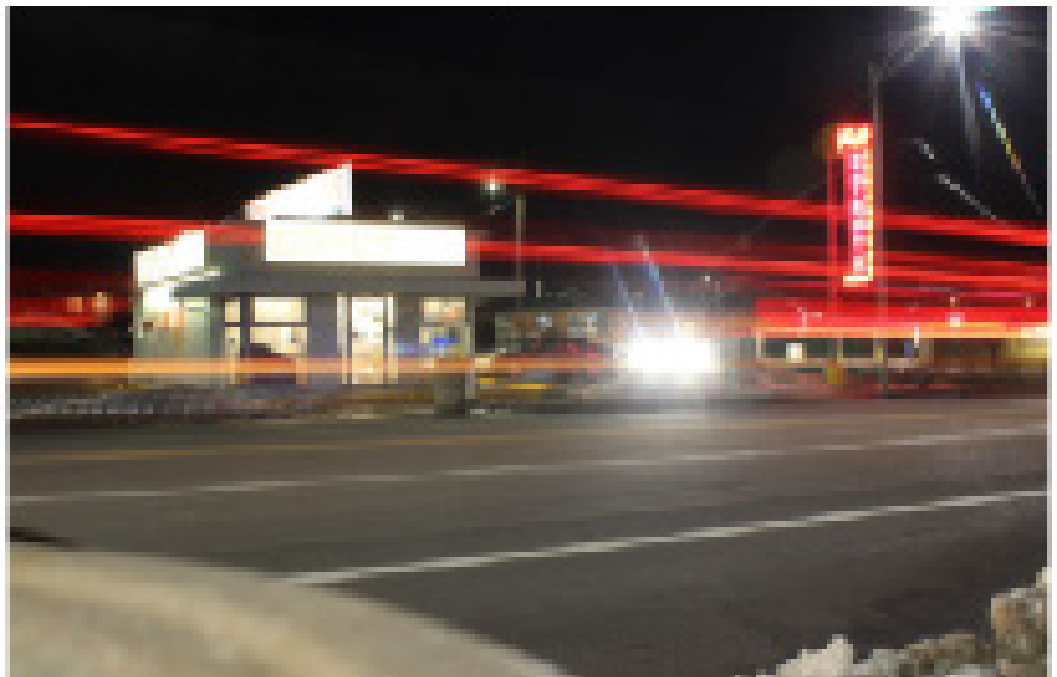
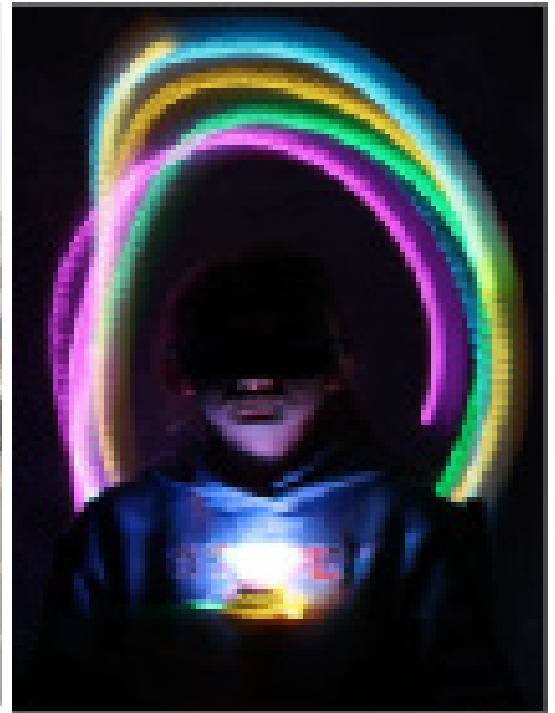
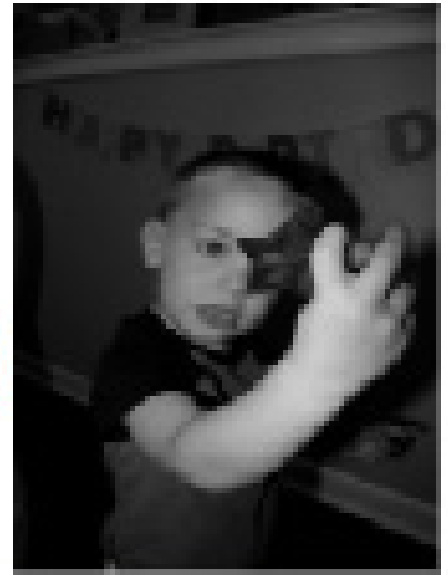
“What I love about Old North is that you can stand in one spot and see the influence of multiple generations--an old bath house, Crown Candy Kitchen, grassroots organizations, various styles of architecture, and really great coffee. If you stand at the corner of St. Louis Ave and N 14th Street, you have the most incredible view of the Arch, ” Dr. Wilkins Kohrmann said.

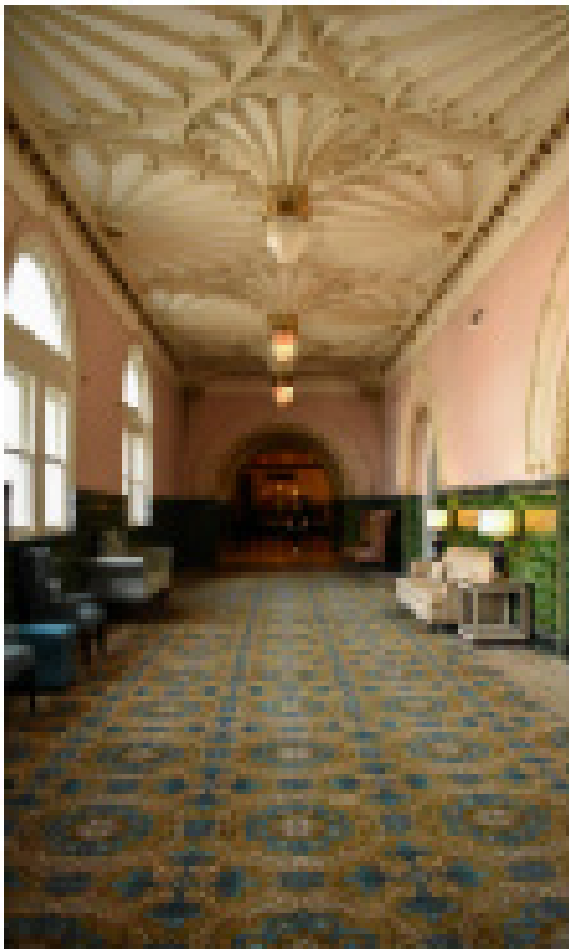
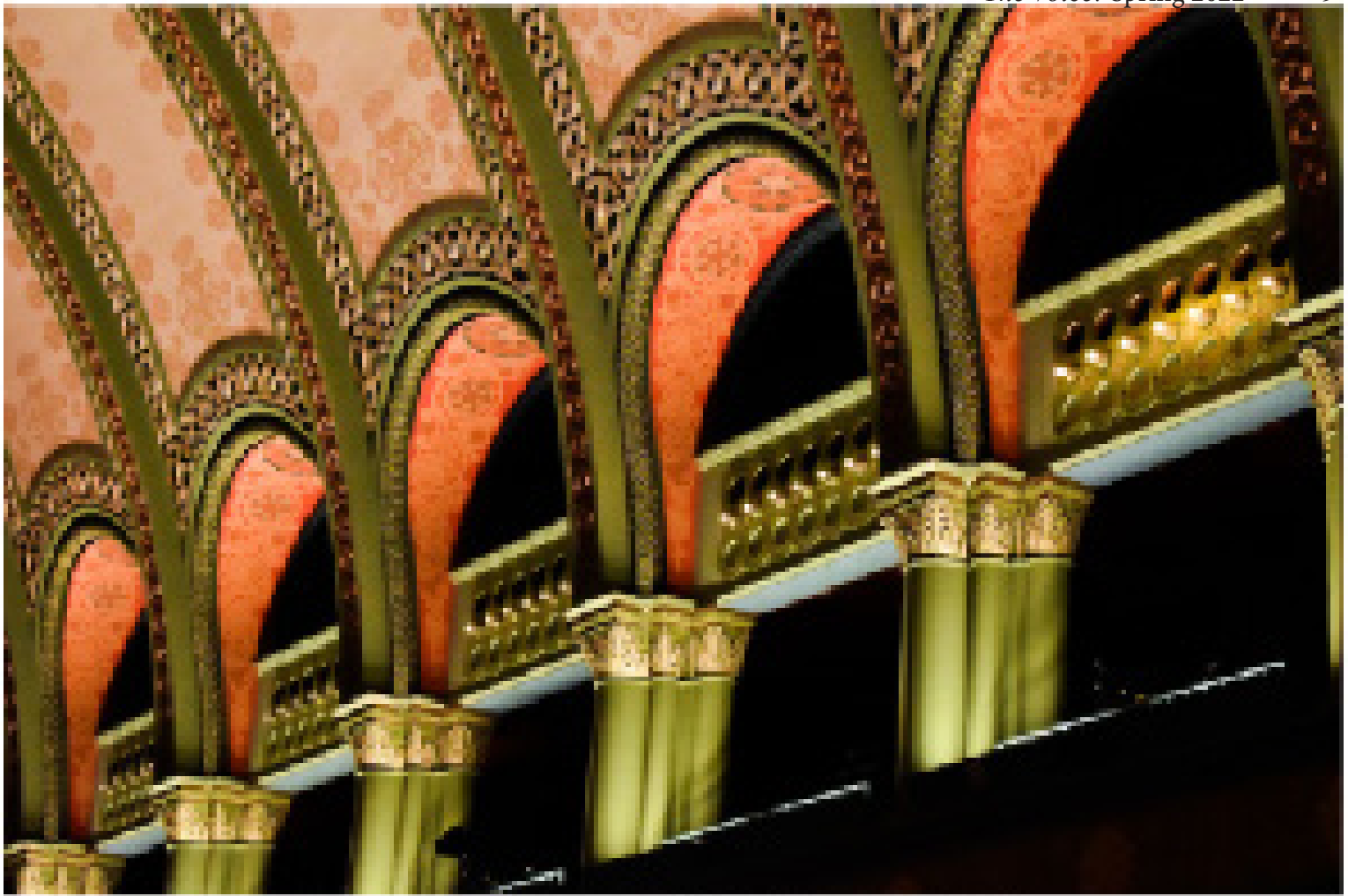
The improvement of St. Louis has taken decades but is easily visible. Whether in Webster or the Delmar Loop, the Hill or Old North, Tower Grove or Downtown, there is a plethora of unique businesses which will directly benefit these communities and others. No matter what customers crave, they can find a business that fits their unique desires, in any area of St. Louis.



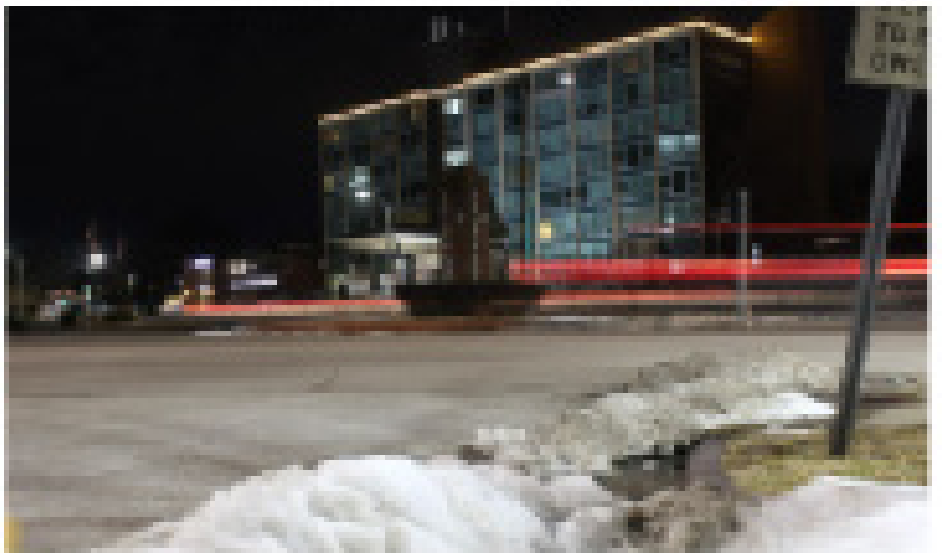
REVAMPING THE CITY BY LIV BRUSATTI, SENIOR STAFF WRITER

BEST Photos of





20
21



It is time to prepare ourselves to be one with Christ. Easter is the most important and oldest celebration of the Christian Church, celebrating the resurrection of Jesus Christ.

In the Western Church, Easter is held between March 21 and April 25, the first Sunday after the first full moon, following the northern spring equinox. Easter's holiest time occurs from Good Friday to Easter Monday. It commemorates the resurrection of Jesus from the dead, as described in the New Testament in 30 AD. Easter is celebrated as a joyous holiday because it represents the fulfillment of the prophecies of the Old Testament and the Revelation of God's salvific plan for all human beings. In commemorating the resurrection of Jesus, Easter also celebrates the defeat of both death and the hope of salvation.

Other names for Easter include Pascha, Zatik, or Resurrection Sunday. Long before the advent of Christianity, Easter began as a pagan festival celebrating spring equinoxes. Following the events of Jesus and Christianity, the Easter period became associated with the resurrection of Christ.

Senior Grace Dutch favors Easter over the other holidays.

"I love celebrating Easter because it is the one time during the whole year where I get to see each and every one of my family members from both of my parents' sides. Coming together to celebrate Jesus is really a special occasion for me," she said.

Easter symbolizes a variety of things. For example, it is the fulfillment of the prophecies of the Old Testament and the revelation of the plan that God has for all of humankind. It symbolizes the resurrection of the savior Jesus Christ. It is the season of rebirth. Easter and spring are associated with new life and hope. Easter is the celebration of the belief that Jesus Christ rose from the dead offering the possibility of life after death for believers. Similarly, it reminds us that we have a savior who can heal brokenness and despair and replace it with hope.

In the Catholic Church, Lent is a period of penitential preparation before Easter begins. It begins on Ash Wednesday, which is six and a half weeks before Easter. A forty-day "fast" of some sort is expected in imitation of Christ's fasting in the wilderness before he began his public ministry. Not being sure what to give up for Lent can be quite common. Some common ideas include social media, certain unhealthier foods, caffeine, and shopping. In addition, one can also choose to do something new for Lent instead of giving something up. It's possible to try new foods, start exercising, studying more, and many more.

Senior Sam Stryker is giving up sweets for Lent.

"Trying to eat healthy is constantly a goal of mine. I figure as long as Lent is happening soon, I will get a jumpstart on my plans," she said.

Easter is the celebration of Jesus' miraculous resurrection from the dead. Additionally, Easter celebrates the defeat of death and the hope for salvation. Before Easter, Catholics make choices to give something up or do something for someone else during the period of Lent.



easter:
REBIRTH

Art By Nina Kreikemeier,
Senior Staff Writer

Artice By Lizzie Balestreri,
Print Managerial Editor

What did you give up for Lent?

By Brighton McDaniel,
Sports Editor

AMY KAISER

Junior Campus Ministry Officer Amy Kaiser loves the season of Lent.

“This year I am giving up all other types of drinks and I am only drinking water,” Amy said.

CLAIRE MCGRATH

Freshman Claire McGrath has a goal for herself this Lent season.

“This past school year I have made it a habit of being late often, so for Lent this year I am giving up being late to school,” Claire said.

SOPHIE MIDDENDORF

Junior Frontenac singer Sophie Middendorf is giving something up for Lent.

“This year I am giving up Starburst, I love them so it is going to be a bit of struggle to live without them,” Sophie said.

MS. MEERSMAN

Math teacher Ms. Hailey Meersman is making a lot of changes during this time of Lent.

“During the season of Lent I am giving up grading,” Ms. Meersman said.

NORA BUHR

Freshman Nora Buhr loves ice cream.

“I really enjoy anything dairy, especially ice cream, so this year for Lent I am giving up ice cream,” Nora said.

MRS. STEINHART

Mrs. Jamie Steinhart is taking this season of Lent to reflect on God.

“This year I am giving sweets and doing the collective team lent challenge of not complaining,” Mrs. Steinhart said.

Post-COVID Awakening

By Frankie Schuman,
Senior Staff Writer

The global pandemic has shaken every community across the world for the past two years. With the many months spent in isolation from the rest of the world— and with the rest of our lives put on hold, many people spent their time relaxing and learning new skills. In the middle of the chaos of *Tiger King* and *Euphoria*, there was also a surge in dancing, reading, and meditation. The development of these ideas has helped many people with their struggles outside of the pandemic.

One of these people was junior Livie Corona who taught herself to knit and crochet during her quarantine experience.

“It helps me to avoid fast-fashion now that I can make my own clothes...and it showed me how hard it is to actually make clothes,” Livie said.



Art By Grace Kelly, Print Editor

She now uses her newfound art skills to relax and reflect when her days get extra stressful. The intricate form of art acts like a form of meditation for Livie. While it was just a pastime that she used during quarantine, it has now become her greatest form of expression.

Freshman Ava Umphlett learned a variety of TikTok dances.

“They passed the time pretty quickly, and I loved to use my creativity with each dance,” Ava said.

She also adds that her current Dance I class has helped her to destress, and that it doesn’t even feel like she’s exercising. Now, dance has become a consistent source of peace for Ava. She uses the hobby as a brain-break while studying and doing her homework, which helps her to focus.

Ms. Hailey Meersman, math teacher, is one of the generous people who adopted a pet during the period of thousands of pets being adopted.

“Being home a lot helped me to train [my dog] and spend a lot of time with her. She even graduated from puppy training!” she said.

The distraction of these animals helps many families to endure the overwhelming months of isolation, while also finding a new best friend.

These two examples hardly represent the rest of the world. Teenagers across the United States began to publish books and music that they worked on during their free time. But overall, almost all of us learned how to slow down. While quarantine was a slow-moving time for all of us, it was the slow pace that allowed us to reflect on ourselves and take a pause from the rest of the world. While COVID won’t be the highlight of our lives, at least it brings us one step closer to it.

What did COVID teach you?

"I learned from COVID that it can be frustrating and strange to live under conditions in which we have no control or experience. It's hard to please everyone, as everyone holds varying beliefs and views. There are also many conflicting reports about statistics, severity, and facts of the virus, which causes a divide between different groups of people," senior Olivia Spalitto said.

"I have learned that everything can change super quickly so it is important to just live in the moment and enjoy everything while you can," junior Brynley Wall said.

"I actually appreciate school, I love seeing people's entire faces, I found a healthy balance of to-dos and self-care, I tried new things, I realized that you don't have to go far or travel the world to enjoy, people are really creative when they need something terribly, and the list goes on," senior Libby Kreikemeier said.

"Learning from home was very challenging for me. I couldn't get the same amount of help at home as I did at school. Asking questions over Zoom was not always an option...Also, I had to do dance practices over Zoom, which was very upsetting to me as I was unable to perform and practice my true passion: Irish dance," junior Peyton Clemons said.

"At first, teaching virtually was not ideal for math classes. In person is far superior to virtual learning. I can help the students one-on-one as needed. And I can ensure that everyone is working and easily see when people are confused. Students had a hard time focusing [virtually]. It was frustrating to try and help those that were confused. And giving secure, valid assessments was difficult in math. When we were virtual, taping [answer keys] was useful, and I have decided to keep that as part of my lessons" mathematics teacher Mr. Tom Riordan said.

"One of the biggest challenges of online learning was not being able to make new friends freshman year. In the classroom, I am putting in more effort than I did before COVID because now I am more engaged in the classroom and feel more involved rather than sitting in my room doing school," freshman Elise Wagner said.

"[When COVID first hit], I felt distant from my friends and family and got super bored. I had to take new hobbies on to occupy my time. My main issue with online learning was wifi and turning things in on time. But, I learned how to manage my time better and developed a better organization system for myself. I also learned to appreciate in-person school more because of how often I felt I was stuck at home," sophomore Mackenzie Golomski said.

BEST

Temperatures are rising and flowers are blooming; spring is officially here. Wake up St Joe, it's time to get moving! The St. Louis area is home to an amazing parks department that maintains 150 parks. St. Louis City's parks department is led by Greg Hayes, the Director of Parks, Recreation, and Forestry.

"Parks are an important respite for all ages to enjoy and all of them certainly provide many health benefits. We observed that our 110 parks were especially popular to all who frequented them during the last couple years of the stressful pandemic," Hayes said.

As the school year begins to approach final exams, parks are an essential resource of stress relief. Harvard researchers proved that being surrounded by nature drops the body's levels of cortisol, a stress hormone.

Senior Julia Castellano has run cross country and track all four years of high school.

"Long runs have allowed me to explore many of St. Louis' parks and provided me with an outlet during school's stressful times," Julia said.

When end of the year stress kicks in, consider taking a study break in one of St. Louis' amazing parks. Below are listed some of the area's best.



Photos from Queeny Park website

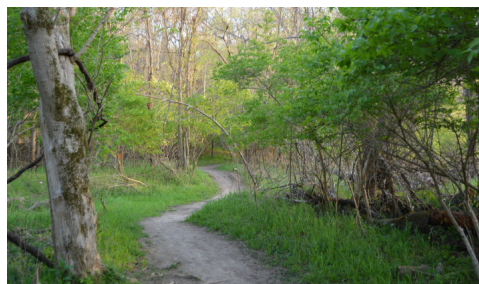
HIKING:

Castlewood
Queeny
Hawn State Park
Elephant Rocks
Don Robinson State Park
Powder Valley

Photos from Castlewood Park website

SPORTS:

Forest Park
Tower Grove
Shaw Park
Kirkwood Park
Des Peres Park



NATURE In the city

By Grace Kelly, Print Editor
Photos by Alyssa Yelton

WALKING:

Forest Park
Missouri Botanical Gardens
Creve Coeur

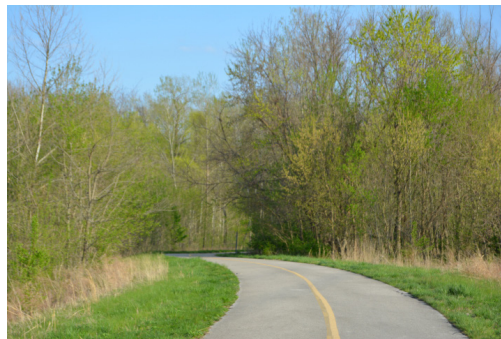


Photo from Creve Coeur website

SPORTS:

Forest Park
Tower Grove
Shaw Park
Kirkwood Park
Des Peres



Photos from Laumeier website



PICNICS:

Laumeier
Forest Park
Lafayette Park
City Garden

