

The

**MIGHTY**

**WARRIOR**



**Summer 2022**

**St. Frederick High School**



*Carynn Wiggins*



## Principal Dr. Carynn Wiggins

It's a great time to be a warrior! I am proud to be a member of the Warrior family and I look forward to many years in the role of principal. What a blessing to be a part of such a wonderful group of students, teachers, families, and amazing St. Frederick alumni and supporters! With a sense of unity and commitment, we will work together to extend and expand the outstanding Warrior legacy which began in 1965. With a great history behind us and an amazing future ahead of us, we boldly embrace this time as Warriors for Christ!

"The Lord is with you, mighty warrior!" Judges 6:12  
God Bless you,  
Dr. Carynn Wiggins  
Principal

# St. Frederick High School Pursues Authorization as an IB World School

St. Frederick High School is a candidate school for the prestigious International Baccalaureate (IB) Middle Years Programme and is pursuing authorization as an IB World School. \* The program, which was developed in Switzerland in the 1960s, is offered in over 5,000 schools worldwide, with only three MYP programs offered in the state of Louisiana. Once authorized, St. Frederick High School will be the only IB World School north of Baton Rouge.

The IB places a heavy emphasis on inquiry-based learning. This approach differs from fact-based learning which primarily values recall with little application and creativity. In contrast, the IB student is placed at the center of the learning environment and given a responsibility for their own learning. Each unit is governed by a "statement of inquiry" that drives the instructional and learning process and targets specific skills, known as "approaches to learning," that are prescribed and reflected upon pre-and post-instruction.

Life skills are also part of the curriculum. Students are taught things like how to work collaboratively, take risks, practice empathy, develop time management skills, and practice focus and concentration. Students are also invited to explore cultural diversity, global interconnectedness, and human commonality. \*Only schools authorized by the IB Organization can offer any of its four academic

programmes: the Primary Years Programme (PYP), the Middle Years Programme(MYP), the Diploma Programme (DP), or the Career-related Programme (CP). Candidate state gives no guarantee that authorization will be granted.





# St. Frederick High School Senior Recognized for Outstanding Community Service & State Heisman

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Glance over Alyssa Dismuke's resume and you will quickly notice that she is not only a scholar and an athlete but also a strong community service leader who has started a ministry and projects of her own. She embodies the charisma of ministry work or "serve like Christ" attitude. Alyssa has been honored by Rustic Pathways for community service; she has won the State Heisman this year, set a record at State in the discus, and placed first in shot put at State. She was also awarded the Louisiana Legislative scholarship for Tulane by State Representative, Francis Thompson in Bastrop.

Her passion for volunteering began modestly at the young age of four when her mother took Christmas dinner to her cousin at a nursing home. That's when Alyssa noticed that nobody had any presents. After that visit, Alyssa started a project to deliver Christmas gifts to one nursing home that evolved into providing gifts for every holiday to two nursing homes.



Alyssa has started a ministry called "Alyssa Cares Ministry" that helps those in need. Alyssa also was the president of the St. Vincent de Paul chapter at St. Frederick High School. The chapter helps the less fortunate by raising money to pay bills and provide clothing. When asked to give others advice about contributing to society, Alyssa said, "Positive impact does not always have to be seen or heard. You will never have to brag about something you did for another if it is truly what you want to do. They never have to be the biggest things, and they don't have to require any monetary item. Something as little as kind words make a positive impact. Community Service doesn't have to be very broad or big." Alyssa said, "you can help your grandparents, help your neighbors or just someone who needs help!"

In her free time, Alyssa loves to play the piano, watch documentaries, and she enjoys listening to classical music. She plans to attend Tulane University in the fall and major in pre-law, where she aspires to become a divorce or criminal lawyer.



# "Hard as Nail Ministries"

## by Justin Fatica



During Catholic Schools week, Justin Fatica from "Hard As Nail Ministries" spoke to St. Frederick High School about loving all people no matter who they are or what they have been through. He brought a team of college and high school students who gave testimonies to touch the lives of our young people. Their mission is to awaken the world to the power of God's love. It was an amazing experience for our students and faculty.





# 2022 Warrior Discipleship Team

The 2022 Discipleship Team took on a vital role this year in the spiritual life of the student body at St. Frederick High School. Their primary responsibility was to plan, organize, outline, and coordinate retreats offered to each class throughout the school year. The goal of the retreats were to build stronger relationships and enrich their faith journey. The last day before the team graduated from SFHS they refurbished the cross in front of the school and planted new white rose bushes around the cross.





# *Congratulations* **to the SFHS Class of 2022!**



Margaret Barham  
Chris Bell  
Alyssa Blaylock  
Connor Breen  
Tamara Brown  
Mary Bryant  
Hannah Burgess  
Ceddriona Bursey  
Raegan Carter  
Tremaine Cleveland  
Davis Dansby  
Alyssa Dismuke  
Logan Foote  
Jalen Francois  
Hannah Garrison

Hayes Gill  
Hayden Hicks  
Graycee Hill  
Dylan Kline  
Kaia Kudlas  
Abigail Lyle  
Cade Maclin  
Rosemary Manning  
Thomas Marsala  
James Mayronne  
Tyler Melna  
Jose Mercado  
Eli Moore  
Jake Napoli  
James Neal

Ty Newman  
Anna Kate Petrus  
Paul Pham  
Emery Pipes  
Gracie Poche  
Matthew Purvis  
Caroline Reed  
Drew Rogers  
Jason Roy  
Caleb Scurfield  
Luke Shaw  
Margaret Ann Sherman  
Grace Tannehill  
Gunter Tannehill  
Elise Tramontana

Vincent Vereen  
John Wade  
Ely Walker





# Warriors Serve Like Christ

## Easter Cards

St. Frederick High School students make Easter Cards that are delivered to six local nursing homes in the Twin City area. Prior to COVID the students would also visit residents at the nursing homes.



## Saturday Meal Delivery

St. Frederick High School students decorate bags for Saturday meal delivery to 100 shut-in individuals in the Twin City area. SFHS partners with Saint Vincent DePaul at Jesus Good Shepherd Church and eight other local churches to deliver a hot meal and a sack meal every Saturday. The beautiful bags made by our students are heartfelt by the receiptants. The bags are beautifully decorated and have scriptures written on them. The Saturday meal delivery has been going on for over 30 years and Jesus Good Shepherd Church and the St. Frederick High School students have never missed a Saturday.



## Spanish National Honor Society provides Easter Egg Hunt

For the past five years, the St. Frederick Spanish Honor Society students have provided an Easter Egg Hunt for the Hispanic congregation of St. Pascal's Catholic Church in West Monroe. The students donate the plastic eggs and candy and spend time filling over 800 eggs! The Egg Hunt takes place on Palm Sunday in the yard behind the church. The children love filling their bags and sometimes have as many as 50 eggs in their bags. The kids at St. Pascal's love it and look forward to the Easter Egg Hunt every year!



## Well-Read Warriors give back to the community

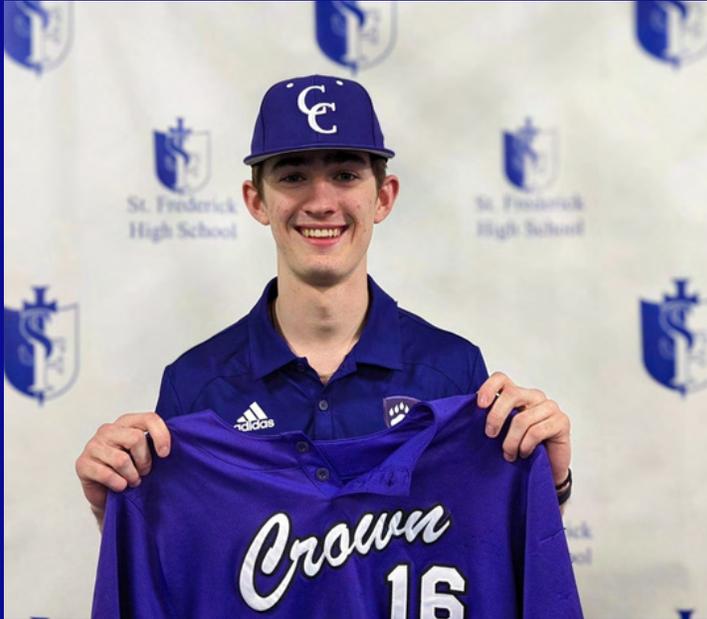
The Well-Read Warrior Book Club, led by Margaret Barham, delivered used books that they read all school year to Family Justice Center of Ouachita Parish, Green Oaks Juvenile Detention Facility, Swanson Center For Youth, and the Center for Children and Families. These young Warriors are giving back to our community.





# WARRIOR

## *Athletics*



**Noah Neal Signs with  
Crown College Minnesota**

### **St. Frederick Athlete Signs College Letter of Intent**

.....

The Boys Varsity Baseball team finished the season with a 25-10 record, and lost in the semifinals of the state playoffs. St. Frederick baseball team took top District honors with Coach Rushworth being named Coach of the Year! And Garrett Taylor received Pitcher of the Year along with Thomas Marsala MVP of the District!



# WARRIOR



*Athletics*



**Junior High Basketball  
State Champions!**



**Junior High Golf**



**Junior High Girls Soccer**



# WARRIOR

*Athletics*

## SFHS Track & Field State Champions



**Alyssa Dismuke -Senior**



**Brandie Eppinette- 8th**

In May, the St. Frederick High School track and field team claimed five 1st place State Champion titles. The meet took place at Louisiana State University in Baton Rouge.

Alyssa Dismuke set a discus state record of 110 feet and also placed 1st in shot put. William Patrick placed 1st in the long jump with a jump of 22 feet and 6 1/2 inches. Brandie Eppinette placed 1st in 1600 meter run. And the 4x400 relay team grabbed 1st place with a time of 4:07. The girl's team placed 3rd overall at State.



**William Patrick - Freshman**



**Brandie Eppinette, Mary Margaret Hayden, Logan Foote, Maddie Ewing**



# WARRIOR

*Athletics*

## 2022 Tennis Team



**The SFHS Tennis team made their name known, as 4 doubles-teams and 3 singles-players arrived to play at the State competition at ULM. Paras Odudu was the last girls' singles match put on the court and the first singles match to come off the court on Tuesday morning as she dominated her first-round opponent. Thomas Hayes and Elijah Odudu fought hard, but fell to players who both advanced to the quarters and the semifinals. Logan Foote/Olivia Delcambre and Hannah Smith /Zeina Fakhre both showed their first-round matches what SFHS Tennis is all about, by dominating these matches. Hannah Smith and Zeina Fakhre fell in the quarterfinals to a team that went on to play in the finals. Cutler Tuft and Sawyer Foote played well, but succumbed to a more seasoned team. Connor Breen and Dixon Tuft fought hard, but came up short in the quarterfinals against a team that continued on to play in the finals. Elijah Odudu played a hard-fought match in the first round against the #1 seed, who went on to play in the finals. Paras Odudu made a dominant showing all the way to the semifinals. She lost in the third set on Wednesday morning to a seasoned player who was a finalist from last year. The SFHS Tennis team did an amazing job this year! They are a young team, who I know will do great things in the near future!**

**SFHS Tennis Coach - Tori Krutzer Fisher**



# WARRIOR

## *Athletics*

### Varsity Softball Team



**St. Frederick Varsity Softball team finished the season with a 20-7 record and lost in the second round of the playoffs.**

### 2022 Junior High Softball Team



**St. Frederick Junior High softball team hosted a middle school tournament at ULM this last semester. They went 4-1 and came in 3rd place.**



# Warrior Student Life

## 2022 Students of the Year

## Mr. & Miss St. Frederick



Senior Rosemary Manning

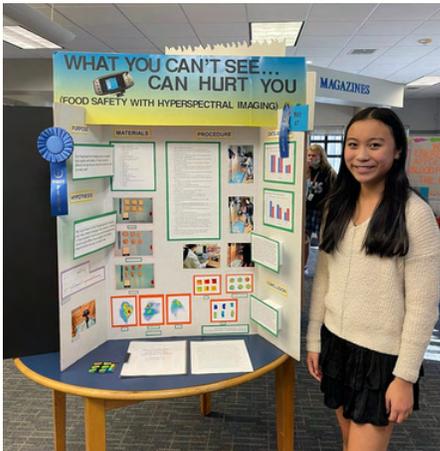


8th Grade Julianna Tan



Rosemary Manning & James Mayronne

### Science Fair Winner



Science Fair Winner  
1st Place  
8th Grade Julianna Tan

### Spelling Bee Winner



Spelling Bee Winner  
8th Grade Osey Anumele

### Louisiana Science & Engineering Fair



Julianna Tan placed 2nd at State  
Bradie Eppinette placed 2nd at State



# 2022 Culinary Club

## Sponsored by Mrs. Lindow



**The Culinary Club, sponsored by Mrs. Lindow, was busy this year learning cooking skills, organizational techniques for a large dinner party, and how to serve the dishes properly at a dinner party. The students had a great year learning new recipes!**



# Alumni Accomplishments



Blaine Bulloch  
2014

Graduated from La Tech summa cum laude in 2018. He now is attending the LSU Shreveport School of Medicine as a member of the Class of 2022. He plans to pursue his residency in Ophthalmology.



George Webb  
2017

Graduated from Baylor University in Linguistics.



Jonathan Roy  
2018

Jonathan Roy was recently accepted to both LSU Shreveport School of Medicine and LSU New Orleans School of Medicine. He is still undecided on where he will attend but plans to begin school in the fall.



Callie Ezell  
2018

Callie Ezell is in her first year of studies in the LSU School of Veterinary Medicine. She was admitted to LSU SVM prior to her completion of her undergraduate degree at Louisiana Tech, and after completing this first year of vet school graduated in May 2022 summa cum laude from Louisiana Tech with an undergraduate degree in animal science. While at Louisiana Tech, Callie was a part of the women's Cross Country and Track teams. She served on the mascot care team, as an agricultural ambassador, was the Vice President of the Pre-Veterinary Medicine Club and a representative for the women's cross country team for the Student Athletic Advisory Committee. At Louisiana State University School of Veterinary Medicine, she serves as the Junior Delegate on the Executive Board of the Student American Veterinary Medical Association (SAVMA), as well as the student representative for AVMA Trust. She looks forward to exploring her interests further in large or mixed animal medicine. She will graduate from LSU SVM in May of 2025.

# Alumni Accomplishments



Elaine Ezell  
2016

Elaine Patrice Ezell graduated from La Tech University in 2019 with a Bachelor's of Arts in pre professional speech language pathology and a 2021 graduate of ULM with a Masters degree in Speech Language Pathology. She is currently employed at LSU/Oschners in Shreveport as a speech pathologist.



Dr. Vincent Herlevic M.D.  
2007

Dr. Herlevic is a 2007 St. Frederick High School alumni that graduated from LSU with a Biology and a double minor in Chemistry and Psychology. He then earned his Doctor of Medicine from LSU Medical School Shreveport where he was awarded "Intern of the Year." He then completed his residency in Internal Medicine and did his fellowship in Gastroenterology at LSUS Health Science Center, VA Hospital, and Willis Knighton Hospital. In April of 2021, Vincent was accepted into Alpha Omega Alpha Medical Honors Society as a Gastroenterology fellow. Vincent is currently in private practice at the Gastroenterology Clinic of Monroe specializing in all GI services including colon cancer screenings and liver diseases. Vincent is married to Ainsley Anderson Herlevic and has one son, Henry Burns Herlevic and another child arriving in July of 2022.



Dr. Chase Wilson  
2011

Dr. Chase Wilson is a 2011 that graduated from the University of Alabama summa cum laude with a double major in Biology and Psychology. He then earned his Doctor of Medicine from LSU Health-Shreveport Medical School in 2019. He is currently living in Shreveport with his wife, Becca Wilson, and completing his residency in Ophthalmology at LSU Health.



# Alumni Business of the Month

Alumni are the foundation of our success! We will be highlighting an Alumni Business of the month every month. If you're interested in having your business highlighted, please email [Jwier@stfrederickhigh.org](mailto:Jwier@stfrederickhigh.org).



**Chad Breard and Ann Breard  
Class of 1982**



**Amy Sawyer  
Class of 1997**



**Anthony Jacola & Vickie Jacola  
Class of 1990**



**Emily Nunnelee  
Class of 1995**



# Alumni On Campus

**Alumni are the foundation of our success!**



**Alumni, Emily Nunnelee, Mallory Benedetto, Jessica O'Quinn, Catherine Stuckey and Laura Maciaszek put on the senior breakfast for the Class of 2022.**



**Rachel Inzina Reynolds  
Class of 1988  
Organized the Chick-fil-A fundraiser for Junior Class Prom.**



**Ainsley Holyfield cheering on the Warriors at the class reunion of the 2010.**



*Be a part of the  
SFHS Legacy  
in the Prayer Garden!*



SFHS "Legacy Walk" campaign kicked off this past fall! We are excited to share with you the continuation of our brick campaign in the Prayer Garden. This giving opportunity provides a way for you to leave a legacy with a customized engraved brick for your SFHS student, a group or team, or in memoriam of a loved one. Don't miss out on this wonderful opportunity to leave a permanent mark at SFHS! For more information, call the office at 318-323-9636 or <https://www.fundraisingbrick.com/stfrederickhs/>

*Be a part of the SFHS Legacy by buying a brick!  
\$125*

# Message from Development



**"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver." -  
-2 Corinthians 9:7**

In August, we begin our 56th year with dedication and determination as St. Frederick High School continues to deliver an outstanding education to our students. As Catholics and Christians, we are people of hope and good news. This exemplifies our work at St. Frederick High School as we develop 285 students into positive role models in society through excellent academics and Christian values.

With an "attitude of gratitude" we look toward our future even in times of uncertainty. We continue to live out our mission to strengthen young minds for a brighter future by promoting high levels of academic excellence, servant leadership, and cultural awareness in a Catholic environment centered around Jesus Christ. With our ever changing world, we need to adapt to our current situations. Now more than ever, our students need us. And we need you.

Please consider supporting the important work at St. Frederick High School by making a gift to the St. Frederick High School Annual Fund. Thank you for playing a huge role in our Warrior Family. We look forward to moving ahead this next school year with grace and persistence but without you, none of it is possible.

God bless,

Jill Wier  
Director of Development



# 2022 "CALL FOR WARRIORS" HONOREES



**2022 Honoree**  
**Mrs. Paula Garrett**



**Science**



**2022 Honoree**  
**Ms. Nancy Fritsche**



*30 years  
@ SFHS*

**Math**



**2022 Honoree**  
**Coach Kip Davis**



*25 plus years  
@ SFHS*

**Track**



**2022 Honoree**  
**Mr. Adam Ryland**



**English**



**2022 Honoree**  
**Mrs. Liz McKown**



**English**



**2022 Honoree**

**Judy & Patrick  
Riley, Sr.**



**2022 Honoree**  
**Msgr. Warren Larroque**



**Principal**

*1965-1972*

*Thank you to all our  
honorees  
for investing in our  
students lives and  
St. Frederick High  
School!*



**2022 Honoree**  
**Mrs. Bonnie Robertson**



*Showstopper  
Coach*

**Biology**



# Corporate Sponsors

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## 2021-2022 Annual Giving Donor List

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Susan Chappell	Peter Guerriero	Harvey R. Lexing	Kelly Riley
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Class of 2022	Judith Hanlon	Jodi Lyle	Victoria Ringo
Jerri Cooper	Meredith Hayes	Michael Malloy	MaryLinda Rocconi
Laura Cooper	Tom Hayes	Derek Mardis	Violet Roussel
Wendy Crow	Tommy Hayes Jr.	Matthew Marks	Kelly Rutz
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Denise Donald	Vincent Herlevic	Milton Moore	Laurie Schexnaider
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**We want to thank all our generous donors for their contributions!**



# 2021-2022 Annual Giving Donor List

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**Holly Talley  
Arvin Tan  
Lori Thibodeaux  
Delle Tyler  
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**We want to thank all our generous donors for their contributions!**

# St. Frederick High School

**3300 Westminster Ave.  
Monroe, LA 71201  
318-323-9636**



*The*



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## **MIGHTY WARRIOR**

A photograph of a garden with a variety of colorful flowers, including yellow, blue, and red. In the center, there is a statue of a woman in a long, flowing, light-colored dress. The statue is set within a blue circular frame.

### Mission

The mission of St. Frederick High School is to strengthen young minds for a brighter future by promoting high levels of academic achievement, servant leadership, and cultural awareness in a Catholic environment centered around Jesus Christ.

Summer 2022