Every fall, about two-hundred freshman students begin high school at Carondelet. They come as girls, wide-eyed with anticipation, curiosity, and anxiety. They know—and yet they cannot know—that in the four years to follow, they will assume new responsibilities, face unfamiliar challenges, and embark on unexpected adventures. They will forge relationships with classmates, some of whom will become lifelong friends. They will explore their spirituality and develop a more mature relationship with God. And they will learn about themselves and their place in the world. They will grow up.

With passion and commitment, the Carondelet faculty, families, and community teach, support, and inspire students so that, four years after those children step tentatively onto the campus, they emerge as women who are capable, aware, generous, and ready to pursue their dreams. Our investment of time and resources—and our students’ persistence and hard work—culminates in graduation, the celebration of two-hundred women who have come of age before our eyes. This issue of the Carondeletter honors the accomplishments of the class of 2014, and the collective dedication that nurtured yet another group of women to go out and make a difference in the world.
In This Issue...

Up Front

Jubilee! Celebrating Our Sisters
Scholarship Evening Connects Recipients with Donors—and Memories
Faculty Farewells: Mary Ahern, Elizabeth O'Sullivan, Don Payne, and Tom Zientara
President's Award: Honey & Jack O'Leary
Alumna of the Year Award: Mary Beth Kulewiec Dittrich '79

The Graduating Class of 2014

Baccalaureate Gospel Reflection
Salutatorian & Valedictorian Speeches
The Class of 2014
Special Honorees
College Choices
Collegiate Athletes

Community News

Cougar Sports Report
Margaret Gartner Retires
Golf Tournament Benefits Science Education
Alumnae Association News & Reunions
In Memoriam

Carondelet High School's annual donor report, Many the Gifts: Statement on Community Support for 2013-14, will be published online in July. Please visit www.carondelet.net to view this report.
“Fifty years,” observed principal Nancy Libby, “is a long time.
Indeed, if a marriage, career, or vocation lasts for half a century, it’s an accomplishment
worthy of honor. So it is no small celebration when the Sisters of St. Joseph of Carondelet
recognize their enduring commitment to the Church and to their order.
Every year, on St. Joseph’s Day, the Sisters unite to celebrate their feast day, when they renew
their vows and commemorate their jubilees—their anniversaries as women religious. When the
School assembled to celebrate St. Joseph’s Day with the Sisters in March, the congregation especially recognized the fiftieth jubilee of Sr. Joann Heinritz, CSJ.
The director of spirituality and mission at CHS has been on the faculty for 16 years. Sr. Joann is also an instructor, spiritual director, and retreat director in the New Directions sabbatical program at the Jesuit School of Theology in Berkeley, and works in the sabbatical program at the School of Applied Theology. Her retreats and workshops incorporate her passion for embodied spirituality and holistic well-being. With masters degrees in Spirituality and Theology, Sr. Joann is also a certified massage practitioner who regularly volunteers to do massage therapy at a shelter for homeless women in San Francisco’s Tenderloin area.
CHS principal Nancy Libby described Sister Joann as a woman of spirituality, grace, connection, wisdom, and fun. A centered woman, she has an inner peace that makes her “a gift to the world.” The oldest of 18 children, Sr. Joann is “comfortable with our human imperfections,” and she relates to each person she meets as “a spiritual being having a human experience.”
Sister Joann said she feels honored to be a part of the community of Sisters, here and everywhere. “I love coming to work here with my friends and the young women of Carondelet” she said. “I come here and life is light.”
Using the theme “Imagine,” the St. Joseph’s Day service included moving choir performances and original compositions, dances, speakers, and a slide show. Some of Sr. Joann’s lifelong “soul friends” came from near and far to share stories and honor her jubilee.
As part of the service, Bay Area CSJ Sisters renewed their perpetual vows. As regional superior for the CSJ Los Angeles Province, Sister Mary Ann Martin spoke about the significance of making this sacred commitment, each year, to a life of poverty, chastity, and obedience. CSJ Associates also renewed their commitments to strive to extend the ministry to the dear neighbor through prayer and action.
Our Sisters Celebrate their Jubilees on St. Joseph’s Day

New Book Tells History of Los Angeles Province of Sisters of St. Joseph of Carondelet

Sister Mary Williams, CSJ, a longtime faculty member at Mount St. Mary’s College, has just published a new book about the Sisters of St. Joseph in the West. *All Things New* shares the history of the Los Angeles Province from 1870 to today. The story starts when the Sisters arrived in Tucson in covered wagons to minister to Native Americans in the desert. The book traces their move to California and the founding of hospitals and schools, including Carondelet High School.

To order, please visit www.csjla.org.

Sister Edward Mary Zerwekh, CSJ
70 Years
Carondelet High School Founder & Principal, 1965-1969

Sister Ann Patricia O’Connor, CSJ
60 Years
Board of Directors, 2006 to Present

Sister James Marien Dyer, CSJ
50 Years
Principal, 2001-2007
At the Scholarship Evening each spring, Carondelet High School awards tuition scholarships to some members of the next year’s senior class. Most scholarships were established to honor or memorialize a loved one. Those students who have completed three years of work grant service are eligible for scholarships, which are determined by the president of Carondelet. The following scholarships were awarded in April for the 2014-15 school year:

- **The Alumnae Scholarship**
  Sancianna Silveira

- **The Dobrich Scholarships**
  Bianca Cortez
  Sophia Mayer
  Angelica Moreira
  Taylor Rose

- **The Faculty/Staff Scholarship**
  Jazsha Escano

- **The Yvette Cherie Farrington Memorial Award**
  Sarah Falco

- **The Silvio E. Garaventa, Sr. Scholarships**
  Emily Africa
  Karis Takata
  Chantal Ysip

- **The Patricia "Tricia" Gunning Memorial Scholarship**
  Molly Norris

- **The Sister Kathleen Lang, CSJ Scholarship**
  Lauren Garcia

- **The Legacy Scholarship**
  Samantha Sherry
Tuition Assistance Program Helps Students Experience All that Carondelet Offers

By Samantha Sherry ’15

I’ve attended Catholic school since the second grade, and always looked forward to attending Carondelet. As the sixth girl in my family to attend the School, I was excited to be able to live all the experiences before me, and I was ecstatic for my first day of high school. I knew that Carondelet was a special place, where I would be challenged, accepted, and cared for, and I couldn’t wait to get started.

As a student here, I’ve done my best to take advantage of everything Carondelet has to offer. Freshman year seems like so long ago, when I made many new friends and adjusted quickly to high school life. I timidly attended football games and dances, I did all of my schoolwork, auditioned for Company’s fall play, and finished the year playing on the JV Softball team.

Sophomore year came and went. I was challenged academically with the honors classes I was taking, I joined the yearbook staff (which I loved), and became JV Softball captain. I developed and strengthened the friendships I had made the previous year, and really felt like I was finding out who I was and where I belonged.

Junior year has proven to be the most challenging, but also most rewarding year so far. On top of the intense academics, junior year has also had two experiences which stand out to me specifically. In the fall, I had the opportunity to go on Ven a Ver, a four-day immersion program in Salinas. While there, I worked in a soup kitchen, visited migrant farms, and even woke up early in the morning to experience working in the fields. Secondly, just last week, I had the wonderful opportunity to attend the senior retreat, Kairos, which allowed me to reflect on myself, bond with my classmates, and discover God in my everyday life. These two experiences provide some of my fondest memories, and I know that these aren’t things that happen at every school.

Looking back at my Carondelet experience so far, I know why it all went so quickly—because I truly loved it. I love being able to come to this beautiful campus every morning and sit with my friends before class starts. I love having teachers who really love what they do, and who have a passion for teaching with a real interest in their students. And I love being in a place where I am challenged and looked at as a whole person.

I know that none of it would have been possible without the generous financial aid I received every year. My mom is a single mom, and if it weren’t for the tuition assistance from donors and the additional help from my family, I wouldn’t be attending Carondelet. Every donation to the Tuition Assistance Program helps girls like me live out our Carondelet dreams. I know that wherever I go in the next stage of my life, I will be successful because of the solid foundation Carondelet has given me. And I couldn’t be more thankful.

My Carondelet experience so far has been a true blessing, and I sincerely thank those who have made it possible.
How Do You Help Teenage Girls Survive High School’s Emotional Roller Coaster?

You Listen

Listening is Mary Ahern’s specialty. When she came to Carondelet in 1982, Mary was the first counselor to be designated as a personal counselor, exclusively. Before that, counselors wore two hats—academic and personal counselors.

At first, Mary devoted herself to working with teachers who were concerned about a student’s well-being and listening to students who asked to see her. After two years, she observed that many student problems were universal teenage difficulties, so she proposed, developed, and taught a new class, Adolescent Psychology. Mary was a classroom teacher as well as a personal counselor.

Her next insight was that not all young women articulate their emotions, fears, and difficulties the same way so, while working full-time, Mary went through the UC Berkeley Art Therapy Program, and then she brought art, sand tray therapy, and other tactile approaches to her work with Carondelet students.

Realizing that adjustment to high school for freshman students was a recurring theme, Mary attended conferences and read volumes about peer counseling programs. In 1990, she convened her first class of juniors, who acquired listening skills, understanding of family dynamics, and awareness of which issues must be addressed by an adult. As seniors, these wonderful girls were assigned “families” of five or six freshman students, meeting with them at least monthly to help the youngsters feel welcome at Carondelet. The Peer Counseling Program continues to this day, and many students recall it as one of their best CHS memories.

Ever aware, Mary repeatedly heard about difficulty adjusting to Carondelet from students whose middle school only sent one or two students here. Cleverly, Mary created the “Onlies Group” so that these students had a sorority of their own and were no longer alone.

Over the years, Mary’s attentive listening and endless compassion led her to develop many other groups for students—a Divorce Group, Chronic Illness Group, Depression and Anxiety Group—and she was the advocate for an independent Alateen Group on campus. Covered in an article in the Catholic Voice, Mary’s Grief Group and its methods were copied by other Catholic schools.

Mary also shared her vast understanding of teenage angst with the faculty, students, and parents, and she brought many speakers to Carondelet. Difficult topics—such as drug and alcohol abuse, sexual abuse prevention, domestic violence prevention, and improving race and ethnic relations—were presented because Mary listened to students who were impacted by these issues.

Unfortunately, as with any community this size, Carondelet has had its share of tragedy, unexpected deaths, and suicide, and the School was not immune from emotional responses to catastrophes such as 9/11 and the 1989 earthquake. In all of these situations, Mary was a calm, steady, and caring port in the storm for students and parents, as well as for faculty and staff. Her warm, non-judgmental counseling demeanor led many faculty members to rely on her in times of personal difficulties—sometimes for years—and her compassion for her colleagues was a big part of Mary’s ministry at Carondelet.

In her contributions to the Carondelet community, Mary Ahern truly lives the words of the Dan Schutte song, “Here I Am, Lord”:

I will go Lord, if You lead me.
I will hold Your people in my heart.

Retaining after 32 years at Carondelet, Mary has held the people of our community in her heart, and she has been a gift to the students and adults whom she has served.
Recently, our world lost a wonder woman, Maya Angelou, who once said, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Twenty-five years ago, on the opening day of school, two New Yorkers met and discovered they spoke the same language. Elizabeth O’Sullivan was beginning her second career as a science teacher; I was returning to Carondelet after seven years in parish ministry.

From the beginning we have shared common interests and concerns, a common love for all things Manhattan, and, I believe a genuine love for the young women we serve at Carondelet.

Over the last 25 years I have had many occasions to visit Room 34 and have witnessed many exchanges with students. They were always treated fairly, personally, and respectfully.

For a moment, let’s remember Maya Angelou’s words. Whether they were in regular or honors Chemistry, Elizabeth’s students may remember or forget what she said or what she did, but they will never forget how she made them feel.

Alive with endless possibilities in the world of science, with an endless drive to explore the responsibility to protect our planet—that was and is Elizabeth! She has inspired her students through E-team and Ecology Club to preserve 16 acres of rainforest and to adopt 11 seals and a California Black Bear. She has turned moles into instruments of creative research. She has taught creativity and diversity through her tie-dye projects.

Most of all, I think, “Miz O’Sull” (as they fondly call her) has helped her students to discover and respect themselves! The name Elizabeth means “God is abundance.” We wish you abundance of good health, relaxation, and new discoveries, Elizabeth. God is your abundance.

Don Payne
Science Teacher since 1990

By Nancy Meyerhofer

When I started at Carondelet, I thought it was funny that Don called me “kiddo.” I was sure that I was much older than this hyperactive dark-haired mustachioed young man.

When I learned that he had worked as a chemical engineer and had been in the Navy, I figured he might be a little older than I thought. It turns out that we are actually the same age, but he’s always had the energy of someone half his age.

Whether he was performing his superman stunt to illustrate properties of light and mirrors, lying on a bed of nails to show how force is distributed, or making an extra large balloon of hydrogen and oxygen to create a crowd-pleasing “boom,” he always went to great lengths to capture his students’ attention and to dramatize how chemistry and physics work.

Everyone on campus knows that nobody put in more time than Don. He tutored students until they got it—whatever “it” was—and always acknowledged students and alums with a fun greeting. Don has made his mark on Carondelet High School, and many students are pursuing studies and careers in science because of him. CHS will not be the same place without him—a little less color, a lot less noise!

Tom Zientara
Social Studies Teacher since 1997

By Mitch Ward

Ask most social studies teachers which course is the least interesting and Economics will usually be at the top of the list. But Tom Zientara is not like most social studies teachers.

Tom made Econ interesting for his students because he showed them how relevant it is to their lives. Last year, one student told me that she learned more useful information in Economics than in any other course at Carondelet. Although the course was difficult and her grade was average, it was still her favorite class.

From opportunity cost to the marketing of Tummy Tuck Jeans, Tom masterfully combined rigor and engaging activities in his Economics classes. Poor vision did not deter him from being a leader in the use of technology with his students. No wonder Carondelet and De La Salle seniors so enjoyed his classes! All of us who know how dedicated he is to teaching will miss Mr. Zientara.

Are You Thinking of a Former Teacher? We Invite You to Share...

If you would like to contact a former faculty member—or share memories and thoughts with current or former members of the CHS faculty or administration—please contact Alumnae Director Mary Frevele at mfrevele@carondeleths.org.
Honey and Jack O’Leary... Where do we begin to sing their praises?

Whenever anyone mentions their names, the reaction is the same: a big smile! When we think of Honey and Jack, we think of service, compassion, and "love for the dear neighbor without distinction."

When they came to work at Carondelet and De La Salle, Honey and Jack both brought masters’ degrees along with many years of teaching experience. They also had a loving relationship which they felt was the most significant support for their classroom ministry. Honey (whose real name is Cecilia) had taught in junior high and high schools in the Albany area of New York State for 10 years, while Jack taught in Brooklyn, East Africa, and Long Island. Primarily an English teacher, Jack began teaching at De La Salle in 1971 and, in 1977, Honey was hired to teach Religious Studies at Carondelet.

Honey retired in 2001 but returned that September as a substitute teacher. In March, 2008, she began working as a replacement for the Community Service Department, expanding it into a national model of excellence. She retired again in June, 2012. In 2009, after many years of inspiring students at De La Salle, Jack came to the Carondelet side of Winton as a long-term sub, and then stayed on as substitute teacher. But he has been so much more. Through his humor and gentleness, Jack was an inspiration to the students of Carondelet.

Dedication is often more than doing things. It’s being there. Staunch supporters of Carondelet student activities, Honey and Jack have attended games, Company productions, and class reunions—too many to count. And whenever someone is out in public with one or both of them, a former student is certain to approach with accolades and words of gratitude. Joining with the great chorus of people who adore the O’Learys, Carondelet High School presents the 2014 President’s Award to Jack and Honey O’Leary.
When it came time to solve the problem of who to choose for the 2014 Carondelet Alumna of the Year, the solution was easy to find. We added the values and looked at the pluses that this graduate offered, and the answer was absolute. She has gone the distance, giving of herself in unparalleled ways, and she measures up to our formula of what makes an inspirational alumna.

For 35 years, she has been a familiar face on campus, holding a variety of titles—religion teacher, assistant campus minister, community service coordinator, dean, academic advisor, freshman and sophomore advisor, and math teacher. She measures the components carefully to celebrate Pi Day and has served on numerous committees, including being a huge plus to the team that produced our Career Fair.

The odds are in Carondelet’s favor as our candidate also gives infinite hours of tutoring, mentoring, and helping our students, faculty, and staff with projects that are variable and cover many angles. She’s been very generous over the years and Carondelet will always be grateful for her percentage of financial support.

Her life at Carondelet is but a mere fraction of the equation. She is the mother of two sons, a devoted wife and a loving daughter. She is a whiz at multiplying her many talents and has served alongside her husband as assistant scoutmaster of Boy Scout Troop 36 for over two-times-five years.

And she is a leader with the Confirmation program at St. John Vianney. And, yes, she uses her math skills in real life. If there’s a two-for-one (50% off) bargain at the store, she’ll buy one and donate the other to a needy cause.

Add up the facts and you know that our Alumna of the Year is Mary Beth Kulewiec Dittrich, Class of 1979. She’s a shining example of an inspirational alum who gives freely of herself to benefit the lives of others. She graces our circle by living out Gospel values in her everyday life. It’s easy to see how our problem of finding an Alum of the Year was just a matter of adding up the values to see our candidate is way above the curve. Congrats, Mary Beth. You are at the top of our scale and we are proud to give you the title, Carondelet’s 2014 Alumna of the Year.
“What can we bring to the Lord?” asks the prophet Micah.

What does God want from us?

Think about it: God—author of everything that is, was, and ever will be—blessed us with life. He sustains us and watches over us. He guides our lives to understanding and goodness. He handed his only Son over to the world, to us. God knows us better than we know ourselves. We are transparent to him. He sees everything. He knows our thoughts and our hearts and our souls and every single choice we will ever make in our lives. He knew us before we even were, and He loves us beyond measure. So, what can we do to give back to God? How do we even begin to thank him?

A reading from the Gospel of John helps us to answer this question. People knew Jesus as “Teacher and Lord,” but in this story, he still tied a towel around his waist and proceeded to wash his disciples’ feet. Teachers and lords do not serve their pupils and subjects in such a way. Especially in Jesus’ time, teachers and lords retained a high position in society. Their social status ensured that they did not need to care about what happened to the people “below them.” But Jesus did. He cared so much, he brought himself below them and he washed their feet. In those days, feet were dusty and gross because of the walking people did to get from one place to another. There weren’t any cars to shield walking people did to get from one place to another. There weren’t any cars to shield

Like Jesus, we serve others because we love them. I’m not talking about the sort of love you have for your car, your clothes, or your favorite food. We serve others because of a generous, selfless, gentle, concerned, agape love that God shares with us. As human beings created in God’s image, we have the capacity to love as God loves. This love doesn’t care about history, but gives freely of itself to anybody it encounters.

I’m talking about a kind, genuine concern for the rest of humanity, a love that keeps us moving forward. This love makes us notice the injustices in the world, and it keeps us fighting against them. It motivates us to help strangers and even people we don’t really like. How can we love these people? We don’t need to know anything about them, just that they are our fellow human beings. That is enough. Let us allow this love, modeled by Jesus and very much a part of each of us, to color our every thought and deed and word.

These four years at Carondelet have taught us all to love our dear neighbor, that’s for sure. People have done incredible things and given up so much of their time and energy for causes they see as greater than themselves.

I wish I had all the time in the world to stand up here and name every single way each person in our class has somehow served others out of love, because you are all truly wonderful. This love, expressed through the service you have done, is also evident in smaller deeds. It’s my dad leaving a bowl of washed and halved strawberries on the table when I’m too busy to eat breakfast. It’s the guy who stands in front of CVS collecting money for DARE. It’s my sister giving me the last bite of her ice cream. It’s my best friend, who is willing to drop whatever she is doing just to talk. It’s the teachers who stay extra long hours to help the students who need it. It’s the girl on my shift at John Muir Hospital, who takes the assignments nobody else will. It’s the people who offer to carry things for you, and actually do it when you take them up on it.

Service is not just something you do on the weekend for a few hours to build up your resume. Service is everything good and perfect in action, a manifestation of our love for others and for God. When we separate service from love, when we have one without the other, we distance ourselves from the people we aim to serve. And, as a society of human beings living on a planet hurtling through space, we have to take care of each other.

As we move on from Carondelet, we are going to meet people who are better off than we are, and we are going to meet people who happen to be less fortunate than we are, too. Let us all allow our compassion to continue to move us to perform little and large acts of service.

A life of love and giving with no expectations for anything in return is the kind of life Jesus lived, and the kind we should strive to live as well. Let us live our lives and find ourselves in the service of others. Let us stay rooted in love and dedicated to service as a way of life. It’s not an easy one, but God promises beautiful rewards that we have yet to see, understand, or even imagine.

So, what can we bring before a God so wonderful? Eyes wide open, sleeves rolled up, hands ready to serve. Kind hearts. A willingness to serve, rooted deep in love. God knows that by losing ourselves in the service of others, we become more whole, and we grow into the people God created us to be. We bring ourselves before God—nothing more and nothing less. As we move on from this period in our lives, let us give freely of ourselves to other people, for the rest of our days, just as Jesus did.
Sneha Bentley with her sister Catherine at a reception after the Baccalaureate Mass.
Today the class of 2014 stands in solidarity as a sisterhood. Yes, “sisterhood,” a term that has been ingrained into all of our minds for the past four years at assemblies, liturgies, and rallies. We even have “Sisterhood Week” during March. But when I sat down to write this speech I had to ask myself, “Why are these girls my sisters?”

Naturally, I turned to someone who I trust whenever I have important questions to ask: Google. The first link advertised a show on TLC, and although it looked interesting, I had to move on (though admittedly I did record the show on my TV the next day). Thankfully the next link shed some more light onto my question. According to Merriam Webster, a “sisterhood” is a community or society of nuns. Suddenly, our uniform guidelines made sense.

I continued my search into the trenches of Google, but still could not pinpoint why I consider the class of 2014 to be my sisters. I finally realized that it is impossible for any website, search engine, or dictionary to understand what the Carondelet sisterhood is because it is so special and unique. It cannot be found anywhere else, because these young women cannot be found anywhere else.

Among the graduates in this gym, we have an “American Idol” contestant, a Kid Jeopardy winner, gifted musicians, several star athletes, internationally ranked Irish dancers, and students who have traveled to Third World countries to volunteer. Among the graduates in this gym, we also have silent servants, who are like our patron saint, Saint Joseph. These silent servants are the students who hold a door for you, lend you a piece of binder paper to start your math homework, and wish you happy birthday. They cheer for the Cougars at sports games, they offer a kind smile in the crowded hallway, they ask you how you’re doing, and they genuinely want to know the answer. Like Saint Joseph, these silent servants help others, without desire for recognition.

Clearly, the class of 2014 has unique talents, personalities, and abilities; we all have been “called to be light.” Through the opportunities that Carondelet has given us—like leadership, campus ministry, community service, sports, chorus, and others—we all have been “sent forth to shine.” This light, that each and every one of us has within, is the reason why we are all sisters; we all need our sisters’ lights to spark our own. Whether we realize it or not, we have all encouraged each other to be the best versions of ourselves. Without this support, we would not be the people we are today. So really, we are not a part of the sisterhood, because we are the sisterhood.

After we cross the stage in our dangerously high heels, we will receive diplomas proving that we attended and fulfilled the requirements of Carondelet High School. Sunday, May 18th, 2014, is the end of our high school careers, but the sisterhood will live on as long as we let our lights shine for everyone around us to see.
Growing up, I always wanted a sister. And although I adore my brother, I yearned for the incredible and unbreakable bond between two sisters. On August 18, 2010, I walked into the halls of Carondelet for the first time with two-hundred strangers. Today, I leave for the last time—with two-hundred sisters.

It is only fitting that the roots of our sisterhood here at Carondelet come from the strong example of the Sisters of St. Joseph and their enduring faith. We were blessed enough to not only receive an incredible education here, but also a Catholic education that is deeply ingrained into our hearts and minds.

We entered Carondelet as anxious and excited girls. Today, we leave as enlightened and educated women. With God’s love and guidance, we all were able to transform in our own ways. Maybe it was your teammates’ drive and encouragement to do your best in your sport that made you realize your maturity. Maybe it was an exhilarating performance on stage that boosted your confidence in yourself. Maybe it was seeing the excitement on the students’ faces after they experienced the Welcome Back Rally you planned that made you understand you could make a difference. Here, at Carondelet, we truly embodied “all of which women is capable.”

Thanks to our hardworking administration and the tireless efforts of our teachers, we were able to realize our potential. Not only did we excel in the classroom, we also excelled as human beings. We contributed tens of thousands of community service hours each year. We connected with each other, ourselves, and God as we experienced Frosh Unity Day, Corazon Retreat, and Kairos. We came together as a school to make sure children had happy Halloweens, the homeless had food at Thanksgiving, and we made a difference in ending violence against women. This is where the heart of the sisterhood lies: in our capacity to love and live out our faith every day.

The biggest question we face as we graduate today is where do we go from here? I am confident that our sisterhood will transcend both distance and time. We will carry our strong minds, hearts, and souls as we move on to the next chapter of our lives.

Among us are future doctors, CEOs, Broadway stars, philosophers, teachers, and anything else we set our minds to. I invite you all to never forget the sisterhood you came from and what you have learned at Carondelet. I know you will not forget the delicious Carondelet chocolate chip cookies or the night you danced your heart out at Senior Ball or the countless Friday night football games. However, keep in mind the strong bond we all share as sisters, your deeply-rooted faith and love, and the amazing Catholic education we were blessed with receiving.

I thank you all for going on this incredible journey with me for the past four years and for becoming the sisters I always dreamed of having.
The Class of 2014

Madison Aberer
President’s Award for Educational Achievement
Salutatorian Candidate

Julia Acquistapace
DePaul University Scholars’ Award
Pittsburg Elks Lodge Scholarship
President’s Award for Educational Achievement

Alexis Acuna
California Scholarship Federation
University of Nevada, Reno Pack Pride Level Scholarship
University of Nevada, Reno Western Undergraduate Exchange Scholarship

Katherine Adams
California Scholarship Federation
National Honor Society
Olympic Club Foundation Brian Ohleyer Memorial Award Nominee
President’s Award for Educational Excellence
President’s Volunteer Service Award

Francesca Almeida
President’s Volunteer Service Award

Gabriella Alvarez
President’s Award for Educational Excellence
University of California, Santa Cruz Grants
University of California, Santa Cruz University Grant

Natalie Amberg
California Scholarship Federation
President’s Award for Educational Excellence
University of California, Los Angeles Athletic Scholarship

Maria Camila Arguello Riveros
Canisius College International Scholars Award
National Hispanic Recognition Program Scholar
President’s Award for Educational Excellence

Nicole Arnaout
California Scholarship Federation
President’s Award for Educational Excellence
President’s Volunteer Service Award

Gabriella Barros
University of Texas at El Paso Athletic Scholarship

Tatiana Bell
California Scholarship Federation
John Muir Medical Center Auxiliary Scholarship
Links Inc., Celebration of Excellence Scholarship
President’s Volunteer Service Award
University of Portland Grant
University of Portland Holy Cross Scholarship

Lucia Benavente
President’s Volunteer Service Award
Saint Mary’s College of California Lasallian Leadership Scholarship

Sneha Bentley
President’s Volunteer Service Award

Elizabeth Bergez
California Scholarship Federation
Chevron Corporation Percy Abram Jr. Scholarship
National Honor Society
President’s Award for Educational Excellence
President’s Volunteer Service Award
Valparaiso University Presidential Scholarship
Valparaiso University Valpo Fund Alumni Scholarship

Katie Berlin
AP Scholar
California Scholarship Federation
California Scholarship Federation, Seymour Memorial Award Finalist
Carondelet High School Medaille Award National Honor Society
President’s Award for Educational Excellence

Nina Biale
Meghan Bindi
California Scholarship Federation
President’s Award for Educational Excellence

Lauren Bingham
California Scholarship Federation
President’s Award for Educational Excellence
President’s Volunteer Service Award

Gabriella Brown
California Scholarship Federation
National Honor Society
President’s Award for Educational Excellence
University of Alabama Collegiate Scholar Scholarship

Hannah Brown
Sophia Brown
California Scholarship Federation
National Honor Society
President’s Award for Educational Excellence

Savannah Bruni
California Scholarship Federation
Gonzaga University Achievement Scholarship
Gonzaga University Grants
Italian Catholic Federation Alice Providenza Bottino Memorial Scholarship
President’s Volunteer Service Award

Allison Bryski
California Scholarship Federation
National Merit Scholarship Program Commended Student
President’s Award for Educational Excellence

Jacqueline Bueno
California Scholarship Federation

Kaitlin Burnash
ABC 7 Top Scholars Nominee
AP Scholar with Honor
California Scholarship Federation
Carondelet Parents’ Association Scholarship
National Honor Society
President’s Award for Educational Excellence
President’s Volunteer Service Award
University of Alabama Engineering Leadership Scholarship
University of Alabama President’s Cabinet Engineering Scholarship
University of Alabama UA Scholar Scholarship

Andrea Bustamante
Francesca Campa

Gianna Carpenello
California Polytechnic State University, San Luis Obispo Charles R. Peebles III Scholarship
California Scholarship Federation

Erin Casey
Dominican University of California Dean’s Scholarship
Dominican University of California Grant
President’s Volunteer Service Award
Makenzie Cast
Loyola Marymount University Athletic Scholarship
President's Award for Educational Achievement

Hailey Castagnozzi
California Scholarship Federation
Pacific Lutheran University Academic Achievement Scholarship
Pacific Lutheran University Access Grant
Pacific Lutheran University Music Scholarship
President's Volunteer Service Award

Madison Castelein
California Scholarship Federation
The Ohio State University Athletic Scholarship

Emily Cattermole
President's Award for Educational Excellence

Jennifer Cavallero
California Scholarship Federation
President's Award for Educational Excellence
President's Volunteer Service Award

Isabella Colarusso
California Scholarship Federation
Carondelet Parents' Association Scholarship
Italian Catholic Federation John Regalia Memorial Scholarship
National Honor Society

Gianna Colvis

Meaghan Corbin
President's Award for Educational Excellence
Ursinus College Scholar
Ursinus College Scholar-Athlete
Ursinus College Scholarship

Katherine Cullen
Saint Mary's College of California Scholarship

Jazelyn De Guzman

Juliana De La Torre
California Scholarship Federation
Carondelet Parents' Association Scholarship
Gonzaga University Achievement Scholarship
Gonzaga University Grant
National Honor Society
President's Award for Educational Excellence

Elizabeth De Leon
San Francisco State University Grants

Nicole DeVincenzi
California Scholarship Federation
President's Award for Educational Excellence

Clare Dinh
President's Volunteer Service Award

Sarah Downum
California Scholarship Federation
National Honor Society
President's Volunteer Service Award

Lauren Dufau
California Scholarship Federation
President's Award for Educational Excellence
University of Portland President's Scholarship

Ella Dzenitis
California Scholarship Federation
National Honor Society
National Merit Scholarship Program Commended Student
President's Award for Educational Excellence
Students Committed to Engineering Excellence Nominee
Valedictorian Candidate

Allison Edwards
California Scholarship Federation
Loyola Marymount University Scholarship
President's Award for Educational Excellence

Victoria Ericksen
California Scholarship Federation
President's Volunteer Service Award
University of Portland President's Scholarship

Alyssa Estrada

Kaylee Fagan
President's Award for Educational Excellence

Regan Fair
California Scholarship Federation

Nicole Fernando
California Scholarship Federation
National Honor Society
President's Award for Educational Excellence
Texas Christian University Scholar
Texas Christian University Scholarship

Paige Fernando
California Scholarship Federation
National Honor Society

Kasey Fitzsimmons
California Scholarship Federation
National Honor Society
President's Award for Educational Excellence

Alyson Fornaci

Natalie Fortunato
California Scholarship Federation
President's Award for Educational Excellence
President's Volunteer Service Award
University of Arizona Excellence Award

Marisa Fragoso
Carondelet Parents' Association Scholarship
Dana Franey  
Nicole Fratangelo  
Christina Freitas  
California Scholarship Federation  
President's Award for Educational Excellence  
Laura Furtado  
California Scholarship Federation  
President's Award for Educational Excellence  
Katrina Maria Gallardo  
California Scholarship Federation  
President's Award for Educational Excellence  
President's Volunteer Service Award  
University of California, Davis Grants  
Andrea Garcia  
Nicole Garcia  
President's Award for Educational Excellence  
University of California, Davis Grant  
Nicolette Gemma  
Creighton University Grant  
Sara Gieringer  
California Scholarship Federation  
President's Award for Educational Excellence  
University of San Francisco Provost's Merit Scholarship  
Isela Gomez Gutierrez  
Cecilia Gomez  
Mills College Eucalyptus Scholar  
Mills College Eucalyptus Scholarship  
Olga Gomez  
AP Scholar  
California Scholarship Federation  
President's Award for Educational Achievement  
University of Portland Grants  
University of Portland Holy Cross Scholarship  
University of Portland Sibling Private Tuition Award  
Felicia Good  
AP Scholar  
National Merit Scholarship Program Commended Student  
President's Award for Educational Excellence  
President's Volunteer Service Award  
Saint Mary's College of California Honors at Entrance Scholarship  
Saint Mary's College of California Lasallian Leadership Scholarship  
Saint Mary's College of California Presidential Scholar  
Saint Mary's College of California Presidential Scholarship  
Olivia Grewal  
Gabriella Grupalo  
California Polytechnic State University, San Luis Obispo Student-Athlete  
California Scholarship Federation  
Rachael Haggen  
President's Volunteer Service Award  
Whitman College Scholar-Athlete  
Makenna Hall  
President's Volunteer Service Award  
University of Arizona Excellence Award  
Erin Hamilton  
President's Award for Educational Excellence  
Olivia Haney  
ABC 7 Top Scholars Nominee  
AP Scholar  
California Scholarship Federation  
National Honor Society  
President's Award for Educational Excellence  
University of Chicago Scholar-Athlete  
University of Chicago University Scholar  
University of Chicago University Scholarship  
Hannah Hartung  
Blake Haverty  
California Scholarship Federation  
California State University, Monterey Bay Athletic Scholarship  
Katherine Hays  
California Scholarship Federation  
President's Award for Educational Excellence  
University of Portland President's Scholarship  
Sloane Hennington  
California Scholarship Federation  
Loyola Marymount University Grants  
Loyola Marymount University Scholarship  
President's Award for Educational Excellence  
Alyssa Hernandez  
Claire Hickel  
California Scholarship Federation  
Washington State University Cougar Academic Award  
Bianca Hill  
Raelan Hovanic  
Makenzie Huguet  
ABC 7 Top Scholars Nominee  
AP Scholar with Honor  
California Scholarship Federation  
National Honor Society  
National Merit Scholarship Program Commended Student  
President's Award for Educational Excellence  
President's Volunteer Service Award  
University of Notre Dame The Glynn Family Honors Program  
Valedictorian Candidate
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Tatiana Marrone  
California Scholarship Federation  
President’s Volunteer Service Award  
St. Mary’s University Honors Program  
St. Mary’s University St. John Paul II Grant  
St. Mary’s University Trustees’ Scholarship  

Sabrina Marshall  
Carondelet Parents’ Association Scholarship  
Whittier College John Greenleaf Whittier Scholarship  

Amanda Martinez  
Sheridan Mathias  
California Scholarship Federation  
St. John’s College Academic Achievement Award  
St. John’s College Founder’s Award  
St. John’s College Grant  

Roilea Maxson  
California Scholarship Federation  
National Hispanic Recognition Program Honorable Mention  
President’s Award for Educational Excellence  

Caitlin McCarthy  
Alexa McQuiston  
California Scholarship Federation  
University of Portland Holy Cross Scholarship  

Megan Medeiros  
California Scholarship Federation  
Carondelet High School Carondelet Award  
National Honor Society  
President’s Award for Educational Excellence  
Salutatorian  
University of Portland Grant  
University of Portland President’s Scholarship  

Emma Mercier  

Ashley Miles  
Rachel Lee Millena  
President’s Volunteer Service Award  

Samantha Miller  
AP Scholar  
California Scholarship Federation  
George Washington University Presidential Academic Scholarship  
President’s Award for Educational Excellence  
President’s Volunteer Service Award  

Shannon Miller  
President’s Volunteer Service Award  

Lyndsey Miyakado  
Southern Oregon University Western Undergraduate Exchange Scholarship  

Katherine Molyneux  
AP Scholar  
California Scholarship Federation  
Condor Citizen Scholar Award and Scholarship  
National Honor Society  
National Merit Scholarship Program Commended Student  
President’s Award for Educational Excellence  
President’s Volunteer Service Award  
Valedictorian Candidate  

Haley Morucci  
Colombo Club and Colombo Club Auxiliary Scholarship  
President’s Volunteer Service Award  

AnnaMaria Neitte Garcia  
California Scholarship Federation  
National Honor Society  
Texas Christian University Grants  

Meera Nicolas  
California Scholarship Federation  
President’s Award for Educational Excellence  

Colleen Noland  
California Scholarship Federation  
National Honor Society  
President’s Award for Educational Excellence  
President’s Volunteer Service Award  
University of San Francisco University Scholar  
University of San Francisco University Scholarship  

Charlotte Novak  
Briana Oakley  

Sandra Ortellado  
AP Scholar with Honor  
California Scholarship Federation  
National Hispanic Recognition Program Scholar  
President’s Award for Educational Excellence  
Stanford University Athletic Scholarship  

Chelsea Ouimet  
University of the Pacific Grants  

Kaitlyn Pahler  
California Scholarship Federation  
President’s Award for Educational Excellence
Francesca Panella  
California Scholarship Federation  
President’s Award for Educational Achievement  
President’s Volunteer Service Award

Kelsey Pasco  
California Scholarship Federation  
National Honor Society  
President’s Award for Educational Excellence  
Santa Clara University Merit Scholarship

Jessica Paul  
California Scholarship Federation  
National Honor Society  
President’s Award for Educational Excellence  
President’s Volunteer Service Award  
University of San Diego Catholic Education Scholarship  
University of San Diego Presidential Scholar  
University of San Diego Presidential Scholarship

Isabella Perez  
Bentley University Scholar-Athlete  
California Scholarship Federation

Camille Perich  
Annalisa Piccinini  
President’s Volunteer Service Award  
Regis College Catholic Award  
Regis University Achievement Award

Jenelle Pinon  
California Scholarship Federation  
University of California, Davis Grant

Saidee Purcell  
University of Dayton Father Chaminade Scholarship  
University of Dayton Leadership in Service Scholarship

Alexandra Quilici  
California Scholarship Federation  
National Honor Society  
President’s Award for Educational Excellence  
President’s Volunteer Service Award

Gina Quinlan  
California Scholarship Federation  
Congressional Certificate of Special Recognition for Service  
Drexel University A. J. Drexel Scholarship  
Drexel University Dragon Award  
Drexel University Endowed Grants  
Italian Catholic Federation First Year Scholarship Branch 14  
National Honor Society  
President’s Award for Educational Excellence  
President’s Lifetime Volunteer Service Award  
Soroptimist International of Diablo Vista Community Service Award

Erica Quintana  
California Scholarship Federation  
National Hispanic Recognition Program Scholar  
National Merit Scholarship Program Commended Student  
President’s Award for Educational Excellence

Tiana Ramirez  
California Scholarship Federation

Cassandra Re  
Dominican University of California Presidential Scholarship

Tessa Redmond  
California Scholarship Federation

Courtney Robone  
California Scholarship Federation  
National Honor Society

Carina Romano  
California Scholarship Federation  
Dominican University of California  
Dominican Grant  
Dominican University of California Trustee Scholarship  
President’s Award for Educational Excellence

Natalie Romeo  
President’s Award for Educational Achievement  
University of Nebraska Athletic Scholarship

Jordan Rowley  
California Scholarship Federation  
President’s Award for Educational Excellence  
President’s Volunteer Service Award  
University of San Diego Catholic Education Scholarship

Zoe Rubens  
California Scholarship Federation  
President’s Volunteer Service Award  
Saint Mary’s College of California Lasallian Leadership Scholarship  
Saint Mary’s College of California Scholarship

Katherine Ruff  
Gonzaga University Merit Scholarship

Victoria Ruff  
St. John’s University Academic Achievement Award  
St. John’s University Catholic High School Scholarship  
St. John’s University Catholic Student Scholarship

Samantha Russell  
California Scholarship Federation  
President’s Award for Educational Excellence  
Villanova University Scholar-Athlete

Christine Saint Germain

Cecilia Nicole Saluna

Jordan Sanchez  
California Scholarship Federation  
University of Arizona Excellence Award

Victoria Santelises

Michelle Seals  
California Scholarship Federation  
National Honor Society  
President’s Award for Educational Excellence  
The Catholic University of America Honors Program  
The Catholic University of America Parish Scholarship  
The Catholic University of America Scholar-Athlete  
The Catholic University of America Scholarship

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The highest honor bestowed on a Carondelet High School graduate, the Carondelet Award recognizes the senior who reflects and exemplifies the Carondelet ideals of academics, leadership, service, character, and loyalty, and who personifies the quote: “Called to be light: Sent forth to shine.” This year’s Carondelet Award recipient is Megan Medeiros.

As president of the Associated Student Body (ASB) Council, Megan has been a motivated, charismatic, compassionate, humorous, and responsible young woman. “I count on her as I would an adult colleague,” said Sarah Daniel, director of student activities. “She is a phenomenal person who can only continue to grow and make a difference in the world.”

An outstanding leader and a creative, articulate young woman, Megan made herself available to the student body, listened to their issues, and brought those issues forward to the ASB as well as faculty and administration. She put in many long hours to fulfill her academic goals and school commitments, and never hesitated to stay late to get the job done. She set high expectations and is exceptionally detail oriented, yet she maintained balance and a sense of humor. An approachable leader with a friendly personality, she was committed to the needs of others. Her cheerful smile, welcoming demeanor, and innate sense of humor were an asset to our school community, and she is well respected by the faculty, administration, and her peers.

Megan managed her academics, spiritual life, and student leadership while remaining actively involved in service to the greater community. Her summer vacations were filled with enrichment opportunities in lieu of vacations. Throughout the year, she found time to be a regular volunteer with the Teen and Parent Society as well as at John Muir Medical Center, while maintaining a GPA over 3.6. “Megan is a dynamic, friendly young woman who understands the mission of our school,” says Carondelet principal Nancy Libby. “She is charismatic and represents Carondelet well, and I couldn’t ask for a better role model.”

The Principal’s Award is presented to the senior who has exemplified Carondelet High School’s mission “to integrate gospel values, to intelligently apply these values into their lives, and to reflect these values through leadership and service to the greater community.” In recognition for all she has meant to Carondelet High School—and especially to the Class of 2013—Emily Lucot is recognized with the Principal’s Award for outstanding service to Carondelet High School.

As an enthusiastic leader at Carondelet High School, Emily is dedicated, creative, organized, and mature. Her delightful sense of humor, creative genius, and motivation allow her to be a bright light, energetic leader, and a woman who accomplishes her goals. As junior and senior class representative on the Associated Student Body (ASB) Council, Emily contributed exceptional leadership for the past two years. In addition to serving on the ASB, she was involved in leading the senior Kairos retreat as the rectora.

An honor-roll student all four years, Emily is well respected by the student body, the faculty, and administration. Rarely is such a dedicated, mature, and energetic young lady found at this age, but Emily Lucot shines in student government and in other aspects of her life.
The Fontbonne Award recognizes the spirituality of Mother Saint Jeanne Fontbonne—a woman of heart, faith, and courage—who refounded the Sisters of St. Joseph after the French Revolution. Awarded to Nena Manuel, the award recognizes the graduate who embodies the CSJ ideal of “eyes open, ears attentive, spirits alert, sleeves rolled up for ministry.”

Nena has volunteered in the community for 10 years, completing 5,391 hours of service and earning the President’s Lifetime Service Award for volunteering more than 4,000 hours.

She earned the Girl Scout Gold Award, volunteered with Boy Scouts’ programs, helped at the Contra Costa County Youth Summit for teenagers, worked as a special education teacher’s aide during summer school, and is active at Holy Rosary Parish in Antioch. She cares for her 91-year-old grandfather and visits other seniors at a nursing home near her home. “I believe that giving is better than receiving,” Nena says, “so I like to give as much as I can, to help people out.”

The Medaille Award for Spirituality and Service honors the spirit of Jean Pierre Medaille SJ, who challenged the first six Sisters of St. Joseph, in 1650, to go out into the city, identify the needs, and to “do all of which woman is capable in service to the dear neighbor.” At Carondelet High School, the Medaille Award is presented to that graduate who exemplifies Father Medaille’s commitment to service-driven spirituality.

With great admiration, the Medaille Award for Spirituality and Service is awarded to Katie Berlin. “The joy in Katie’s faith-filled heart has spilled over to the entire community,” said Cindy Lawrence, community service coordinator. “Her spirit is refreshing and inspiring to all who have been privileged to pray with her.”

The Senior Athlete of the Year Award is given to a student athlete who participates in four years of interscholastic sports while maintaining high academic standards and representing the values of CHS and a Catholic education. The class of 2014’s Senior Athlete of the Year is Riley Shaw.

A four-year varsity player in two different sports, Riley had varsity-level abilities as a freshman, playing on the Carondelet Varsity Water Polo Team and on the 680 Water Polo under-16 A Team as the primary goalie. In her sophomore year, she received the Carondelet Water Polo Team’s Most Valuable Player award and in her junior year she made the EBAL First Team and was a member of the NCS Champion Swim Team. In her senior year, as captain of the Water Polo Team, Riley made EBAL First Team and received Carondelet’s Most Valuable award. She has trained as a goalie with the Olympic Development Water Polo Team for several years, and plans to play water polo at UC Irvine in the fall. Riley Shaw is a dedicated athlete who well represents Carondelet.
Class of 2014 College Choices

201 women graduated in the Class of 2014. 88% plan to attend four-year colleges and universities. 10% plan to attend two-year colleges. 2% are pursuing other options.

CALIFORNIA STATE UNIVERSITIES
27 students (13% of the class)
Cal Poly, San Luis Obispo
Cal Poly, Pomona
CSU, Chico
CSU, Monterey Bay
CSU, Sacramento
San Diego State University
San Francisco State University
San Jose State University
Sonoma State University

UNIVERSITY OF CALIFORNIA CAMPUSES
28 students (14%)
UC Berkeley
UC Davis
UC Irvine
UC Los Angeles
UC Merced
UC Riverside
UC San Diego
UC Santa Barbara
UC Santa Cruz

FOUR-YEAR INDEPENDENT COLLEGES AND UNIVERSITIES IN CALIFORNIA
34 students (17%)
Academy of Art University
Dominican University of California
Loyola Marymount University
Mills College
Notre Dame de Namur University
Pepperdine University
Saint Mary’s College of California
Santa Clara University
Stanford University
University of San Diego
University of San Francisco
University of Southern California
University of the Pacific
Whittier College

COMMUNITY OR TWO-YEAR COLLEGES
21 students (10%)
College of the Siskiyous
Diablo Valley College
Las Positas College
Los Medanos College

FOUR-YEAR OUT-OF-STATE COLLEGES OR UNIVERSITIES
IN 19 STATES AND THE DISTRICT OF COLUMBIA
88 students (44%)

ALABAMA
Auburn University
The University of Alabama

ARIZONA
Arizona State University
Northern Arizona University
The University of Arizona

COLORADO
Colorado State University, Fort Collins
Regis University
University of Colorado at Boulder

FLORIDA
University of Miami

ILLINOIS
DePaul University
Northwestern University
University of Chicago

INDIANA
Purdue University
University of Notre Dame
Valparaiso University

KANSAS
University of Kansas

LOUISIANA
Loyola University New Orleans

MASSACHUSETTS
Bentley University
Boston College
University of Massachusetts Boston

MARYLAND
St. John’s College

NEBRASKA
Creighton University
University of Nebraska—Lincoln
University of Nebraska Omaha

NEW HAMPSHIRE
Dartmouth College

NEVADA
University of Nevada, Las Vegas
University of Nevada, Reno

NEW YORK
Canisius College
Colgate University
Cornell University
St. John’s University—Queens

OHIO
The Ohio State University
University of Dayton

OREGON
Southern Oregon University
University of Oregon
University of Portland
Willamette University

PENNSYLVANIA
Dickinson College
Drexel University
Point Park University
Ursinus College
Villanova University

TEXAS
St. Mary’s University of San Antonio
Texas Christian University
Texas A&M University
The University of Texas at Austin
The University of Texas at El Paso

WASHINGTON
Gonzaga University
Pacific Lutheran University
Seattle University
University of Washington
Washington State University
Whitman College

WASHINGTON D.C.
The Catholic University of America
The George Washington University
Class of 2014 Collegiate Athletes

**Basketball**
Makenzie Cast  
Athletic Scholarship  
Loyola Marymount University

Gabriella Grupalo  
Student-Athlete  
California Polytechnic State University,  
San Luis Obispo

Natalie Romeo  
Athletic Scholarship  
University of Nebraska

**Golf**
Blake Haverty  
Athletic Scholarship  
CSU Monterey Bay

**Lacrosse**
Madison Castelein  
Athletic Scholarship  
The Ohio State University

Meaghan Corbin  
Scholar-Athlete  
Ursinus College

Cierra Kocik  
Scholar-Athlete  
San Diego State University

**Soccer**
Jacqueline Laird  
Athletic Scholarship  
Southern Oregon University

Taylor Mangini  
Student-Athlete  
California State University, Chico

Sydney Smith  
Scholar-Athlete  
Willamette University

**Softball**
Olivia Haney  
Scholar-Athlete  
The University of Chicago

**Swimming**
Natalie Amberg  
Athletic Scholarship  
University of California, Los Angeles

**Synchronized Swimming**
Sandra Ortellado  
Athletic Scholarship  
Stanford University

**Volleyball**
Kylie Baumgartner  
Athletic Scholarship  
University of Texas at El Paso

Rachael Haggen  
Scholar-Athlete  
Whitman College

Isabella Perez  
Scholar-Athlete  
Bentley University

Michelle Seals  
Scholar-Athlete  
The Catholic University of America

**Water Polo**
Samantha Russell  
Scholar-Athlete  
Villanova University

Riley Shaw  
Athletic Scholarship  
University of California, Irvine
Erica Payne ’11 Wins 2014 Division I Women’s Basketball Championship Elite 89 Award

Stanford University junior Erica Payne ’11 received the Elite 89 award for the 2014 NCAA Division I Women’s Basketball Championship.

The NCAA’s Elite 89 award honors the student-athlete who has “reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers.” The award is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA’s championships.

Eligible student-athletes have participated in their sport with their school for at least two years. They must be an active member of the team, traveling and competing at the championship. Erica, who is majoring in Science, Technology, and Society, had a 3.515 GPA at the championships this spring.

Carondelet Athletes Take On the North Coast Section

Track & Field
Competing at the Tri-Valley Meet, the 4x400 relay team took first place and broke the CHS record with a time of 3:48.25. Pictured here (left to right) are Christina Chenault ’15 (who also won the 400-meter and the triple jump), Mikayla Scott ’17, Avery Avina ’16, and Julianna Ruotolo ’16. At the Meet of Champions in Berkeley, Christina placed second and Julianna fourth in the 400, and the 4x400 relay team placed second. A week later, at the State Track Meet, the runners competed in the 4x400 and Christina competed in the triple jump. The relay team qualified and competed in the State finals.

Swimming & Diving
The Carondelet Swim Team finished third overall at the NCS Swimming & Diving Meet in Concord, taking first place in three races. In the 400 Free Relay, Madelyn Murphy ’16, Kelsey Witkay ’16, Samantha Coloma ’16, and Natalie Amberg ’16 took first place. Samantha also took first in the 100 Backstroke and Madelyn was first in the 100 Free. Two Carondelet divers, Lauren Leone ’14 and Adriana Ghiozzi ’15, qualified and competed in the NCS meet.

Lacrosse
After a 10-4 season, CHS Lacrosse took second place in the NCS. Lacrosse team players were Emily Cattermole ’14, Madison Castelein ’14, Meaghan Corbin ’14, Ella Dzenitis ’14, Nicole Fernando ’14, Paige Fernando ’14, Cierra Kocik ’14, Mollie Markey ’14, Elizabeth Whiteman ’14, Amanda Wirfel, Amanda Barton ’15, Meghan Harrington ’15, Corinne Lafayette ’15, Samantha Brasher ’16, Abigail Cattermole ’16, Katherine Kuptz ’16, and Mia Maloney ’16.

Softball
Ranked #15 in the Bay Area, the Carondelet Softball Team played in the NCS Division II championship game at St. Mary’s College in late May, taking second place in the division. The team included Alexis Acuna ’14, Mackenzie Cast ’14, Olivia Haney ’14, Hannah Hartung ’14, Alexie Shurtz ’14, Taylor Blair ’15, Madison Morgan ’15, Allana Shingler ’15, Lauren Ramos ’15, Alyssa Acuna ’16, Sierra Blair ’16, Giovannah Webb ’16, Kylie Cast ’17, and Michaela Vanderklugt ’17.

CHS Names New Varsity Basketball Coach
Elgin Leslie has been named as the new head coach for Varsity Basketball at Carondelet, taking over for the retiring Margaret Gartner. Elgin has been the assistant coach for Varsity Basketball at Carondelet for much of the past 14 years. He also served as head coach of the Junior Varsity Basketball Team from 2006 to 2008 and the Freshman Basketball Team from 2000 to 2004, achieving winning records each year. As head coach of varsity girls basketball teams at Concord High School and Campolindo High School, he has managed all aspects of varsity programs.
Coach Margaret Gartner was pivotal in putting Carondelet High School’s basketball program on the map. She has impacted many players, not just during their time as high school athletes, but well beyond their college years and throughout their lives.

Coach Margaret has a passion for learning and for teaching. The CHS gym was her classroom and, even after more than 20 winning seasons at Carondelet, she continued to seek ways to improve. She approached each season with fresh perspective and her desire to better herself as a coach inspired her players to work hard and be open to learning. Year after year, she took the time to determine the most effective ways to unify each group of 12 athletes. When her team was faced with challenges or mistakes, Coach Margaret didn’t cast blame but recognized those instances as teaching opportunities.

“Coach Margaret gave me the room to build confidence. She trusted me to make big plays throughout my career and she supported my development in the game in many ways.”
—Jayne Appel ‘06

Every summer, Coach put in many hours to help her players develop and then, during the season, she spent countless hours of preparation for games and practices. She cared deeply about all of her players and acted like our team mom when we traveled overnight.

She also built the program’s national reputation. She developed her strategy and system, and then was able to get each player to do her role. Players on our team knew that each role was necessary in order for our team to succeed. Coach was able to define these roles, get players to buy into them and work on them, and produce wins because of it. She was also able to analyze the opponent, determine which players would produce the best results on the court against them, and execute down the stretch.

Coach always challenged her players. When she ran drills in practice, she kept score and then would switch up the teams halfway through the drill so that it always stayed competitive. She was not afraid to schedule her teams in tough tournaments and games that pushed her players to the limits, testing our ability to put together a complete, well played basketball game. As a result, she helped many young women develop the skills to play at the highest levels and sent dozens of athletes to play collegiate basketball.

An excellent representative of Carondelet High School and the Sisters of St. Joseph, Coach Margaret Gartner is a model of integrity, a woman who expected her players to treat their teammates and opponents with the utmost respect. Her athletes—and Carondelet High School—have been blessed to learn from her all these years.

“The 2004 State Championship game was a special moment for the CHS basketball team and also for the wider community. I looked up into the stands from the court and saw busloads of classmates wearing red ‘6th Woman’ shirts. I will never forget the excitement of that game. Coach Margaret was so proud of our team’s accomplishments, and she welcomed the support from teachers, parents, staff, and alumnae, recognizing the role that each group played in our success.”
—Emily St. Jean ‘05
Golfers and volunteers alike enjoyed a fabulous day and beautiful weather at Diablo Country Club for the 24th Annual Carondelet Golf Tournament in April. The course was full of entertaining activities—a marshmallow drive, putting contest, longest drive, closest-to-the-hole contest, two hole-in-one contests for cars, bulls eye, black jack, hit the green, and more. Course refreshments included a fabulous Morucci’s boxed lunch as well as quesadillas and margaritas on the first tee, Kinder’s sausage and shots of Tennessee Honey Jack Daniels on the seventh tee, a hosted beverage cart, and ice cream. After all the on-course fun, players enjoyed a two-hour premium hosted bar in the clubhouse and a delicious dinner with fun awards and prizes. It was a “win-win situation,” since the Swing for Science Golf Tournament benefitted the STEM program (Science, Technology, Engineering, and Math education) at Carondelet. If you missed out this year, don’t miss it next year. The Carondelet Golf Tournament will be on Monday, April 27, 2015.
Tournament Results

FIRST PLACE
Sil Garaventa, Ed Lampe, Dan Dwyer, Sil Garaventa III

SECOND PLACE
Mike Barry, James Morrisroe, JB Orecchia, Tom Robone

THIRD PLACE
Mark Ransom, Lance Mendes, Robert Yewell, Kevin Fisher

HIGH SCORE
James and Lea Baldacci, Paul and Betty Baldacci

LONGEST DRIVE
Women—Gwen Madison Aberer ’86
Men—Bob Rivera

CLOSEST-TO-THE-HOLE
Hole #3—Marc Macauley
Hole #6—Joe Casey
Hole #8—Michael Han
Hole #13—Steve Miller
Hole #16—Mike Libby

MARSHMALLOW DRIVE
Women—Laura Aberer McClure ’88
Men—Sil Garaventa III

$5,000 PEBBLE BEACH GRAND PRIZE WINNER—Michelle Allman
(Resort gift card can be used for rounds of golf on great courses—Pebble Beach, Spanish Bay, and Spyglass—plus shopping, indulging in spa treatments, gourmet dining, relaxing in luxurious accommodations... So many possibilities!)

SECOND PRIZE WINNER—Eric Cline Diablo Country Club foursome.

THIRD PRIZE WINNER—Mike Mculgan OGIO Mammoth Travel Bag

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Did you know that early voice recognition software only recognized male voices? And the first airbags in automobiles were tailored for adult males, resulting in injuries to women and children?

Since only 11% of U.S. engineers are women, we don’t always get the best design for all Americans. This highlights the need for women to join this field. Some of the best opportunities to be creative, to be leaders, and to make a difference will be open to those who are comfortable using science and technology.

The Carondelet High School Science Department has been hard at work, exploring the most recent data on science course sequences, girls’ attitudes toward science and technology, and the best ways to get girls interested in and confident of their abilities to pursue coursework and careers in the science, technology, engineering, and math (STEM) fields. Through research and discussion—and interviews with other high schools—we are considering the most current thinking on how to disrupt gender stereotypes and give girls the confidence and knowledge they need to succeed in designing a better future for us all.

Based on this information, we are making changes to foster a more coherent understanding of science at Carondelet High School. Beginning with fall 2014, Carondelet will increase graduation requirements in science and adopt the “Physics First” curriculum. All students will take an inquiry-based Physics course in ninth grade, Chemistry in tenth, and Biology in eleventh grade. Though it will be challenging, the Science Department is excited about these changes and what they will mean for the young women of Carondelet.

“Our students will find many jobs in science, and we must prepare them to be successful. Looking forward, we are excited to align with STEM practices that will be so important to the girls and their future career options.”

—Merrilee Gutierrez Silveira ’88
Science Teacher, Science Department Chair
The CHS Alumnae Association will be reaching out to our sisters—and our Sisters—in southern California, as part of the Association’s “Sister Act” project that started a few years ago.

Through Sister Act, the Alumnae Association invites the School’s alumnae to communicate with the CSJ Sisters who live at the Carondelet Center located adjacent to Mt. St. Mary’s College in Los Angeles. Alumnae write cards and notes to the Sisters to help them celebrate feast days and their birthdays.

Built in 1955, the Carondelet Center originally housed the Novitiate, Juniorate, and Provincial Offices for the Los Angeles Province of the Sisters of St. Joseph of Carondelet. Today, about 15 retired Sisters live at the Center, in addition to about 90 Sisters who need care or medical assistance, which is provided by lay staff. In addition, about 20 Sisters who manage the needs of the Los Angeles Province (including leadership) work in various offices at the Center.

Later this year, “Alums on the Run” will be a new spin-off of Sister Act. Several Carondelet alums will travel to Los Angeles to visit with southern California alums and CSJ Sisters at the Center. The Alumnae Association will have its first “regional meeting” in Los Angeles, and alums who attend will be invited to spend a day together at Disneyland. While in the area, the alumnae group will also host a tea party for the Sisters at the Center, serving tea and treats and sharing cheer and stories.

After this first regional Alumnae Association meeting, alumnae director Mary Goebel Frevele ’75 hopes to expand Alums on the Run with a similar outing for alums who live in the Sacramento area.

Any alums who are interested in attending a regional meeting—or having one in their area—are encouraged to contact Mary, who would also love to receive any cards, notes, or inquiries for Sisters who used to teach at Carondelet, or for any Sisters in residence at the Carondelet Center. Mary can be reached at 925/686-5353 extension 155 or by email at mfrevele@carondeleths.org.
2014 REUNIONS!

Alumnae director Mary Goebel Frevele ’75 greets Patti Stauch, former CHS faculty and longtime Company director, at a class reunion.
Chuck Bellia, father of Lorri ’94; grandfather of Gabriella Grupalo’14.
Ken Clark, father of Therese ’75, Katie ’76, and Patty ’78; grandfather of Sophie Vecchio ’13.
Robert Costello, father of Christine ’77.
Patricia and Ken Hammon, parents of Lorie ’82.
Penn Keller, father of Kristy ’81 and Holly ’85.
Mary Ellen Knoedler, mother of Amy ’89.
Noel Manfroi, father of Lori ’75.
Joseph Mangini, father of Taylor ’14.
Judy Mork, CSJ Associate and former CHS staff, mother of Vicki ’75.

Caesar Nuti, CHS benefactor, grandfather of Annaliese Peterson ’17.
Marguerite Payne, mother of former faculty member Don Payne.
Evelyn Ravazza, mother of Christine ’71 and Lisa ’72.
James Russi, father of Jack (Jodie) CHS benefactors, grandfather of Lauren ’04, Allison ’05, and Melissa ’12.
Joseph Scalmanini, former CHS Board member, father of Jenna ’04 and Annie ’07.
Lucille Trager, mother of Sandy Aberer (James), CHS former Board member, and CHS benefactors; grandmother of Laura Aberer ’80; great-grandmother of Madison Aberer ’14, Morgan Aberer ’17, and Katherine McClure ’16.
Rita Troia, mother of Mary ’81.

Lace is a symbol of the Sisters of St. Joseph, who taught women on the streets of Le Puy (more than three hundred years ago) how to make lace so that they could support themselves. This image of lace was recently used on the funeral program for Sister Joyce Hampel, CSJ.
Sarah Lessard ’13 Sings National Anthem at AT&T Park to Open Giants Game

Sarah Lessard ’13 of Vallejo sang the National Anthem for the home crowd at the San Francisco Giants game in July, when the Giants host the Arizona Diamondbacks. Sarah, who attends the University of Arizona, first sang at the Giants game when she was eight years old, after auditioning for the opportunity. Her powerful vocals surprised the crowd and she has sung the National Anthem at the park every year since. (The Anthem is not usually broadcast on television, but KNBR Radio 680AM broadcasts it before most games.) To follow Sarah’s singing career, check out her Instagram page at sarahlesssard. (Yes, three S’s in "Lesssard"!)
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NEW POLICY: In consideration of good stewardship of our financial resources and the environment, we will send only one copy of future issues of the Carondeletter to each address. If your daughter moves out or you want additional copies, please let us know and we will add new addresses to our mailing list. Additional copies are also available in the School’s Main Lobby.

Please email any address corrections to MSimmons@carondeleths.org.