

The

MIGHTY

WARRIOR



Summer 2023

St. Frederick High School

*Dr. Carynn Wiggins*

## From the Principal

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Dear Warrior Family and Friends,

It is a wonderful time to be a Warrior! We are working to put "Pride in our past, faith in our future!" into action. We are excited about the response from our alumni—we will be hosting at least seven reunions at Homecoming on October 20th. Welcome home, Warriors!

We have kicked off the first phase of our Capital Campaign and the results are clearly visible. We have two renovated classrooms and a real upgrade to our gym. There is a new football scoreboard in the endzone and new fencing around the school. There are campus beautification projects in the project as well. We have completed the Cognia accreditation and are awaiting our certificate. We will be having a face-to-face visit from the International Baccalaureate accreditation committee in September and anticipate full accreditation for our Middle Years Program. This is quite an accomplishment as we will become the seventh accredited school in Louisiana and the only one north of I-10.

We have several new additions to our already amazing faculty. Our teachers are subject matter experts who share a passion for teaching. Our students are excelling and setting amazing goals for themselves. They are off to great universities and reporting back to how well prepared they are. The 2023 seniors will be attending Auburn, Clemson, University of California at Irvine, Notre Dame, Arkansas, Ole Miss, Mississippi State, ULM, LSU, LA Tech, Tulane—just to name a few! We also have students at Vanderbilt, Baylor, TCU, Syracuse, University of Virginia, and Georgia! Most of these students will have SIGNIFICANT scholarships. I attribute their success to their intelligence and drive, but I also give credit to their teachers and the confidence the students have developed in themselves.

Many of our business students had paid internships during the summer as part of a grant through ULM. They worked at VCOM, judges' offices, medical offices, in construction...too many to name. How great will it look on their college resumes that they had a PAID internship in high school?

St. Frederick High School is in a wonderful place. We are growing and learning. We are succeeding in athletics with our teams going deep into the playoffs. Our school spirit is phenomenal! Our strong commitment to our faith is lived daily. Please come for a visit. You will be Warrior proud!

Yours in Christ,

Dr. Carynn Wiggins  
Principal







# The **Mighty Warrior**

## **St. Frederick High School Senior Recognized for Outstanding Community Service**

Glance over Paula Pham's resume, and you will quickly notice that she has done more than just set the standard for exemplary volunteering. She is a scholar and a vital community service leader who led the SFHS St. Vincent de Paul chapter into being officially installed this year by the Regional Director, Jim Beadles. Her passion in life is to serve others. She has worked closely with community leader Jo Ann Crone through the years. Jo Ann Crone says, since a young age, Paula has had a passion for service; she is intelligent and kind and does not know the word "NO." Paula embodies the charisma of ministry work or a "serve like Christ" attitude. Paula has been honored the DAR Good Citizen Award for her community service; she was selected Student of the Month for demonstrating the IB Learner Profile of "CARING" to her teachers and peers; she was the Valedictorian, Homecoming Queen, and named Miss St. Frederick this year. She started the Culinary Club, was President of the Book Club, served as the Chaplain for the student body, and led many service projects at SFHS, such as the Thanksgiving baskets, toy drive at Christmas, delivered "lunch bags to go" with meals for shut-ins, cookies for Veterans, and Poor Man's Supper that raised money for those who could not afford medicine. This is only a small list of her accomplishments. Her passion for service began modestly in the 7th grade when her religion teacher, Mrs. Hays told stories to the students about her love for helping the community. In her free time, Paula loves spending time at the Jesus Good Shepherd Youth group, JGS Choir, cooking, and hanging out with friends. Paula plans on attending the University of Virginia and majoring in Pre-Med.





## Warriors Attend "A Night to Shine Prom"

THE TIM TEBOW FOUNDATION SPONSORS A PROM NIGHT EXPERIENCE FOR PEOPLE WITH SPECIAL NEEDS CALLED "A NIGHT TO SHINE PROM."

Tim Tebow created the foundation to show the love that God has for those with special needs and disabilities. He wanted to reassure them that they were made in God's image and to give the special needs community a night that held value and significance. This last semester twenty Warriors attended the eighth anniversary of this celebration at La Tech University. This event occurs in 620 local churches across roughly 30 countries, providing guests with a red-carpet entrance, dinner, desserts, music, karaoke, limousine rides, dancing, and photos before topping the evening off with a crowning ceremony. The celebration offers an unforgettable prom experience for people with special needs ages 14 years and older, including people with disabilities that may be physical or psychological. The St. Frederick High School Warriors volunteered to be buddies that night for the guests. The Warriors had dinner with their buddy, took photos, did limousine rides, and danced the night away. The prom took place from 6 to 9 pm and ended with all the participants crowned prom king and queen. There was a balloon drop and a message from Tim Tebow that was displayed on a giant screen. This event didn't only bring joy to these guests during the event, but it created beautiful memories for the guest and our Warriors.







# Congratulations to the SFHS Class of 2023!



Emma Barksdale  
Micah Bell  
Emery Bonnacaze  
Lexie Bourgeois  
Nathan Bryant  
Kendall Crosby  
Olivia Delcambre  
Christian Dickey

Colin Ducote  
Alex Elliott  
Charlie French  
Nicholas Gault  
Donovan Giovingo  
Lyvee Hill  
Mikayla Hilliard  
Riley Houser

Makira Howell  
Aaleah Logwood  
Jude Maddox  
Isabella Moore  
Carlota Nieto  
Rodriguez  
Cecily Norred  
Paula Pham

Nancy Phoenix  
Brooke Pohlman  
Peyton Reynolds  
Hannah Smith  
Michael Thompson, Jr.  
Ben Ticheli  
Cris Torres  
Piper Yarbrough





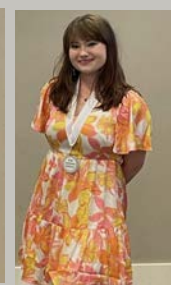


# The **Mighty Warrior**

## EXCELSIOR SCHOLARS DINNER



The first annual Excelsior Scholars Dinner was celebrated at Bayou Desiard Country Club this year on May 9th. St. Frederick High School recognized the top ten scholars from the class of 2023. Our 2004 alumna, Mallory Herlevic-Benedetto was the keynote speaker that night and spoke to the scholars about the importance of trying something new and not focusing on failures. Failures teach us flexibility, how to overcome obstacles and how to grow. Congratulations to SFHS 2023 Top Ten Scholars! Lexie Bourgeois, Olivia Delcambre, Mikayla Hilliard, Riley Houser, Jude Maddox, Isabella Moore, Paula Pham, Peyton Reynolds, Cris Torres, Piper Yarbrough.







# Warriors Serve Like Christ



## Children's Coalition Dragon Boat Festival!

Warriors helped raise money and awareness for Children's Coalition at the Dragon Boat Festival this year. Congratulations to our Warriors on winning the Youth Cup in the Dragon Boat Competition this year!

## Warriors help ULM Catholic Campus Ministry

Warriors help out at the ULM Catholic Campus Ministry during their annual Fish Fry fundraiser in March.



## Spanish National Honor Society provides Easter Egg Hunt

For the past six 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 600 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 40 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 Paula Pham, 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*

## Lady Warriors Go To State Tournament For The First Time In 23 Years

The Lady Warriors went to the state tournament in softball for the first time in 23 years. They earned the opportunity to go to the semifinals after they defeated the No. 6 team, St. John High School, 5-3. Coach Ronnie LaSuzzo said, the kids had worked hard and deserved this great opportunity. The Championship game was played at North Frasch Softball Complex in Sulpher, LA, on April 28 against Riverside Academy. While the team fought hard, the Warriors came up a little short, losing 7-4. St. Frederick softball team took top District honors with Coach LaSuzzo being named Coach of the Year! Also, many Warrior players received district awards titles: Victoria Gray was named District MVP. All-District players included Piper Yarbrough, Avery Houser, Kyndall Taylor, Abigail Creighton, Hannah Gammage, Sophie Domonos, Brooke Pohlman, Megan Day, and Ainsley Blaylock.







# WARRIOR

*Athletics*

## Jarvis Brown

selected to lead Basketball

Coach Jarvis Brown has been named the new Head Basketball Coach for St. Frederick High School. Coach Jarvis, previously was the Ouachita assistant coach for the last three seasons. Basketball fans are very familiar with the name Brown from his early days of playing and coaching in Northeast Louisiana. From his playing days in the early 2000s at Rayville to earning playing time at Grambling years later to coaching at Rayville, Delhi, Carroll and Ouachita. Coach Jarvis is a great choice for SFHS with his experience and insight about the game. He brings a wealth of knowledge, and it is great to have someone on staff that we know can continue to grow and develop the program, while also promoting excellence in our young men on and off the court.



## Varsity Baseball



The Boys Varsity Baseball team finished the season with a 16-15 record. Coach Rushworth says, the future looks bright for the Warriors after playing so many freshman and sophomores throughout the year. Coach Rushworth continues to build a strong program at SFHS. Many Warrior players received district awards titles: William Patrick, Garrett Taylor, Kaden Miller, Carson Day, Aiden Melna, Anthony Jackson, Nick Riley, Owen O'Neil, Eli Carr, Garrett Ajlani, Kade Embanato, and Clayton Turpin.



# WARRIOR



*Athletics*



## Varsity Golf Team



**Junior High Basketball team won the State Championship!**



**The Girls Soccer Team won the Division IV District Championship.**



**Junior High Girls Softball Team**



**Varsity Girls Basketball Team**





# WARRIOR

*Athletics*

## SFHS Track & Field State Champions



**Brandie Eppinette**  
- Freshman



**Montrell Connor - Freshman**



**William Patrick - Sophomore**



**Riley Houser - Senior**



The St. Frederick High School had an outstanding season and topped it off by placing at the state meet in Baton Rouge. We had two State Champions, Brandie Eppinette and Montrell Conner. Montrell Conner broke the SFHS school record of John Hand with 14.97 in 110 meter hurdle.

Brandie Eppinette - took 1st Place at state in the 1600 meter run with a time of 5:26.03.

Montrell Conner took 1st place at state in the 110 meter hurdles. William Patrick took 2nd Place in the long jump competition.

Brandie Eppinette took 3rd Place in the 800 meter. MJ Dade took 4th Place- 100 meter dash. Mary Margaret Hayden - 4th Place 400 meter. Riley Houser - 6th place Javelin.

4X400 Relay Team: 4th Place- Brandie Eppinette, Maddie Ewing, Mary Margaret Hayden, Marsala Trahan

4X200 Relay Team: 6th Place -Mary Margaret Hayden, Marsala Trahan, Maddie Ewing, Helen Kielwasser-6th Place

4X100 Relay Team: 6th Place - Helen Claire Kielwasser, Mary Margaret Hayden, Marsala Trahan, Maddie Ewing





# WARRIOR

*Athletics*

## 2023 Tennis Team



**The St. Frederick Warrior Tennis team showed up this year in force! Both the boy's and girl's teams won runner-up at Regionals. Paras Odudu placed 1st in Regionals girl's singles without dropping a set. The Tuft brothers made it to the finals at Regionals but came up a bit short. St. Frederick's had a total of three doubles teams and one singles player compete in the semifinals of Regionals.**

**All SFHS girl's teams won their first-round matches at Regionals. SFHS had a total of 10 players qualify for the State Tennis tournament with two girl's doubles teams and two boy's doubles teams, a girl's single player and a boy's single player. All players won their first-rounds at State. Olivia Delcambre/Zeina Fakhre advanced to the quarterfinals but fell short to the team that won the girl's doubles division in the finals. Paras Odudu and CulterTuft/Dixon Tuft advanced to the semifinals, both falling to teams that would win the final round.**

**Overall, St. Frederick High School Tennis made an impressive showing at the Division IV-Region I Regional and State tournaments marking their name in the tennis world as a young up and coming team.**

**SFHS Tennis Coach - Tori Krutzer Fisher**





# Warrior Student Life



## Mr. & Miss St. Frederick

Paula Pham and Micah Bell were selected by their peers as 2023 Mr. & Miss. St. Frederick

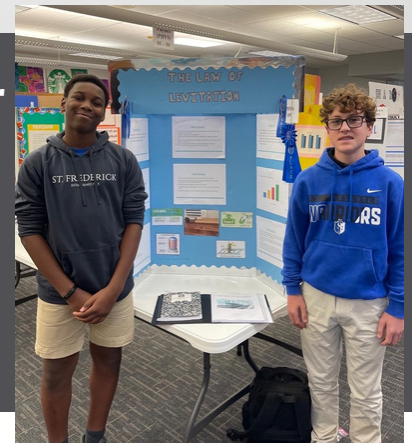
### ULM 30th Annual High School Art Show

Nancy Phoenix



### Science Fair Winner

Science Fair Winner  
1st Place at Regionals  
Osey Anumele  
Archer Ashbrook



### Spelling Bee Winner

2023 Spelling Bee Winner  
Osey Anumele

### Louisiana Science & Engineering Fair

Addison Maciaszek  
4th Place at State



### 2023 Chess Champion

Chess Champion  
8th grader Cade Nickelson







# The Mighty Warrior



## 2023 Prom King & Queen

Micah Bell & Olivia Delcambre were selected as Prom King & Queen at the Golden Gala on April 15.



## 2023 SFHS Powderpuff Football Games:

Congratulations to the class of 2023 on winning the tournament this year!



## Fun In The Sun

JH teachers and students enjoyed an afternoon in the sun after a week of testing! Congratulations to the Lindow Lunatics for taking the Gold at the kickball tournament.





# Warrior Student Life



## Waffles with Warriors

Culinary Club led by Paula Pham made Waffles for the Warriors to raise money for their club. Warriors loved waffles before school!

## Sister Elfie visits SFHS

Sister Elfie of the Salesian Sisters of Saint John Bosco visited SFHS for a week! She came to speak with our students about God's love for them and how to discern their vocation in life. Sister Elfie is a joy and brought a smile to everyone in our school.



## JH Field Day

Junior High Field day was a fun filled day with games, Debbie's Snowballs and a color run. Thank you to our alumni, Carrie Rocconi, Donna Ashbrook and our Parents' Association for making this a great day for our students.





# Traveling Warriors



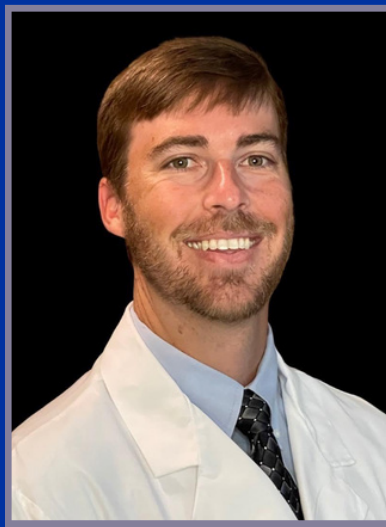


# Alumni Accomplishments



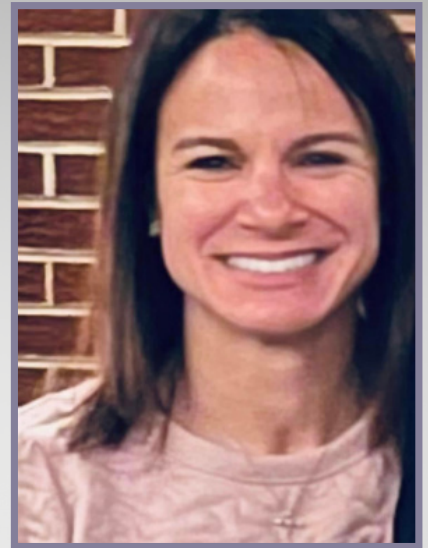
**Dr. Leslie Oglesby**  
2001

Dr. Leslie Oglesby is a 2001 St. Frederick High School alumna that graduated from Louisiana Tech University in 2005 with a Bachelor of Science Degree and then completed her Master's Degree in Cell and Molecular Biology in 2007. She then earned her Doctor in Medicine in 2011 from St. Matthews University in Grand Cayman. Dr. Oglesby lives in Monroe with her husband, Nick, and her 6 year old daughter. She practices in Rayville in family medicine and ER at Richardson Medical Center. She also owns Sign Gypsies Twin Cities with her sister, Audrey Harvey.



**Steven Schwab**  
2007

Dr. Steven Schwab is a 2007 St. Frederick High School alumnus that graduated with a Bachelor's in Clinical Kinesiology in 2012 from Louisiana State University. He then earned his Doctorate in Physical Therapy from the University of St. Augustine in Florida. He lives in Monroe with his wife, Susan, and has a two-year-old son. Steven is the Owner/Physical Therapist at his clinic Geaux Physical Therapy located within the Monroe Athletic Club and Geaux Physical Therapy, which opened in 2021. Steven enjoys having exclusive one-on-one sessions with his patients delivering the compassionate care they deserve.



**Lauren LaSuzzo**  
2001

Lauren LaSuzzo is a 2001 St. Frederick High School alumni that graduated from Delta State University with an undergraduate degree in Exercise Science with a minor in Business. She then went on to complete her Masters Degree in Health Physical Education and Recreation from Delta State University. Lauren played softball for Delta State from 2001 - 2005 where she was awarded all - conference and all - region along with receiving the Charles Kerg Award for being Delta State University's Top Female Athlete of the Year her senior season. In 2017, Lauren was inducted into St. Frederick High School Sports Hall of Fame and in 2018 she was inducted into Bayou Academy's Athletic Hall of Fame. Lauren is currently in her 13th season as head softball coach at Bayou Academy in Cleveland, Mississippi. She has coached 5 State Championship teams along with two State Champion Runner-up teams. This past season she won her 400th win as a head coach. Her current coaching record at Bayou Academy is 401-124.



# Alumni Accomplishments



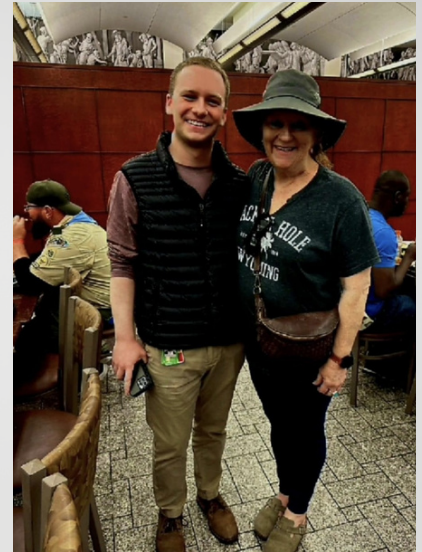
**Caroline Dixon-Carpenter  
1998**

Caroline Dixon-Carpenter is a 1998 St. Frederick High School alumna that graduated from the University of Louisiana-Monroe. She then earned her Doctor of Nursing Practice in 2018. Caroline was a nurse practitioner for several years in our community and is now an Assistant Professor at the University of Monroe.



**Morgan Boudreaux  
2018**

Morgan Boudreaux is a 2018 St. Frederick High School alumna that graduated from ULM with a Bachelor of Science in Speech-Language Pathology. Morgan is currently pursuing her master's degree in Speech-Language Pathology at ULM and plans to graduate in May of 2024. She has a strong interest in pediatric and traumatic brain injury patients. Morgan is engaged to Jacob Angevine and will get married in May 2024.



**Christian Amy  
2017**

Christian Amy is a 2017 St. Frederick High School alumna. Ms. Dollar and the SFHS students caught Christian to tour the U.S. Capitol this past semester. Christian works in Washington, D.C. for Senator Kennedy.





# Alumni Support!

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



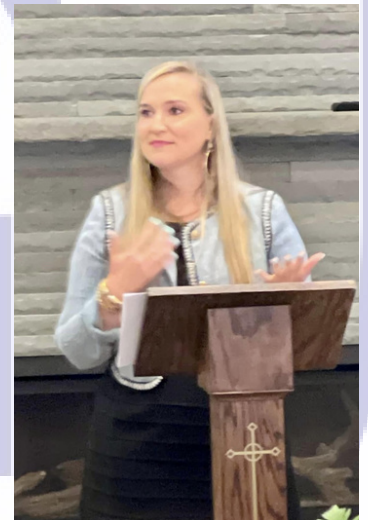
**Senator Stewart Cathey tours the State Capitol with our 8th grade students.**



**Alumni, Emily Nunnelee, Mallory Benedetto, Jessica O'Quinn, and Leslie Trahan put on the senior breakfast for the Class of 2023.**



**SFHS alumni, Christian Amy tours with Ms. Dollar and the SFHS students at the U.S. Capitol. Christian Amy works in Washington, D.C. for Senator Kennedy.**



**SFHS 2004 alumni, Mallory Benedetto was the keynote speaker at the Excelsior Scholars Dinner for the Class of 2023.**



ST. FREDERICK HIGH SCHOOL  
**BUILDING**  
**warriors**

faith . scholarship . service

CAPITAL IMPROVEMENT CAMPAIGN

**Calling all Warriors! We need your help!**

A Capital Improvement Campaign is about more than buildings and facilities. It is about helping our kids, who carry a tremendous amount of potential, reach that potential and ultimately make a difference in the world. The time is now for St. Frederick to embark on journey and with your support, we can expand, renovate and improve critical infrastructure needs as well as upgrade existing facilities. If we all come together, we can help the students of St. Frederick, both now and in the future, thrive in the academic arena as well as in athletics. But it will take all of us! No gift is too small (or too big)!

Please help St. Frederick reach it full potential and be a place that all students, faculty, alumni and families can be proud to call Our School!

For more information or questions, please reach out to Jill Wier at [jwier@stfrederickhigh.org](mailto:jwier@stfrederickhigh.org) or by calling (318)323-9636.





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



SFHS "Legacy Walk" campaign kicked off two years ago! 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.stfrederickhigh.org/donate>

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





Thank You!

# 2023 Corporate Sponsors







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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*



## **MIGHTY WARRIOR**

### 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 2023